

# The Sentinel

June 2022

50 cent suggested donation

## *From the Manager*



Happy Father's Day to all our dads!

June marks the 4<sup>th</sup> month of our full reopening meal service program. It has been quite successful and we are serving at full capacity. We have served up to 100 consumers/day in our dining room setting; up to 150 consumers/day through our Carryout service and our usual 130 home delivered consumers/day. This does not include all the activities that take place on a daily basis. Whew... yes, we have been busy!

The Carryout line process changed last month so that everyone picks up a meal through our serving line. It has been going quite well. The process takes a little bit of time and requires some patience. It is not necessary to rush the process. We will have food to provide to everyone. Thank you all for understanding and adapting to the change. Our Carryout service will continue as well, indefinitely.

We are nearing the end of our fiscal year on Thursday, June 30<sup>th</sup>. The Center will be closed on this day. This means no activities & no meals. So mark your calendars. Staff will be archiving files, doing much needed deep cleaning throughout the facility & staff training. We will resume regular service on Friday, July 1<sup>st</sup>.

It is with a heavy-heart that we bid Farewell to Becky Tavernier, our Assistant Kitchen Administrator. Becky decided to end this journey with us at the end of May to start anew. Thank you for the many years of service and experience you enhanced in our kitchen program area. We will miss you Becky!

If you do not have a membership card and visit the senior center regularly for our meal program, please see staff at the front desk for your new card.

*-Magdalena*

Alamo Senior Center

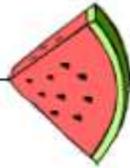
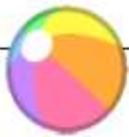
2201 Puerto Rico  
Alamogordo, NM, 88310

Phone: 575-439-4150  
Fax: 575-439-4160

Visit us online at: <http://ci.alamogordo.nm.us/coa/communityservices/asc.htm>

June 2022

# JUNE

<p><b>6 - Monday</b>  <b>Beef Tips &amp; Egg Noodles</b>          Peas &amp; Carrots          Biscuit          Mandarin Oranges</p> 	<p><b>7 - Tuesday</b>  <b>Chicken Taquitos w/ Salsa</b>          Spanish Rice          Refried Beans          Fruit Cocktail</p>	<p><b>8 - Wednesday</b>  <b>Salisbury Steak w/ Gravy</b>          Scalloped Potatoes          Broccoli          Tropical Fruit</p> 	<p><b>9 - Thursday</b>  <b>Beef Steak Ranchero</b>          Chuck Wagon Corn          Cilantro Roasted Potatoes          Tortilla          Plums</p>	<p><b>10 - Friday</b>  <b>Sloppy Joe</b>          Island Mix Vegetables          Baked Chips          Mixed Fruit</p>
<p><b>13 - Monday</b>  <b>Pepper Steak</b>          Steamed Rice          Green Beans          Pears</p>	<p><b>14 - Tuesday</b>  <b>Chicken Strips w/ Gravy</b>          Mashed Potatoes          Chateau Blend Vegetables          Apple Sauce</p> 	<p><b>15 - Wednesday</b>  <b>Sour Cream Enchiladas</b>          Pinto Beans          Crackers          Vanilla Pudding</p>	<p><b>16 - Thursday</b>  <b>Sweet &amp; Sour Pork</b>          Emperor Vegetables          White Rice          Mandarin Oranges</p> 	<p><b>17 - Friday</b>  <b>Chicken Cordon Bleu</b>          Mashed Potatoes          Capri Vegetables          WW Roll          Cake</p>
<p><b>20 - Monday</b>  <b>Breaded Cod</b>          Broccoli          Cole Slaw          Peaches</p> 	<p><b>21 - Tuesday</b>  <b>Country Fried Steak</b>          Mashed Potatoes w/ Gravy          Green Beans          Garlic Cheddar Biscuit          Apricots</p>	<p><b>22 - Wednesday</b>  <b>Beef Burgundy w/ Egg Noodles</b>          Peas &amp; Carrots          Biscuit          Apple Sauce          Granola Bar</p> 	<p><b>23 - Thursday</b>  <b>Green Chile Chicken Enchiladas</b>          Spanish Rice          Crackers          Vanilla Ice Cream</p>	<p><b>24 - Friday</b>  <b>Chicken Salad Wrap</b>          Sun Chips          Lemon Bar</p> 
<p><b>27 - Monday</b>  <b>Spaghetti w/ Meat Sauce</b>          Buttered Corn          Garlic Cheddar Biscuit          Peaches</p> 	<p><b>28 - Tuesday</b>  <b>Swiss Steak w/ Tomato Gravy</b>          Scalloped Potatoes          Buttered Corn          Biscuit          Pears</p>	<p><b>29 - Wednesday</b>  <b>BBQ Pulled Pork Sandwich</b>          Pickles &amp; Onion          Baked Chips          Pineapple Tidbits</p>	<p><b>30 - Thursday</b>  </p>	<p><b>1% Low Fat Milk Served Daily</b>  <b>Chocolate Milk Served on Fridays</b>  <b>Suggested Donation: \$2.50</b>  <b>Menu Subject to Change</b></p>

Congregate Lunch 11 am-12:30 pm

Grab and Go Lunch Served 11:30 am - 12:30 pm

\*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.\*

**Advertise  
Your  
Business  
Here**

Advertising funds directly support senior activities. Give us a call at (575) 439-4150



*April 2022  
Nutrition Report*

**Number of days served this month: 21**

**Total number of meals served: 7,364**

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	1,819	2,553	2,992
Donation Average:	\$2.02	\$2.02	\$0.81

## Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY  
617 New York Ave.  
Alamogordo, NM 88310

(575) 437-3130  
Fax 437-0108  
N.M. Lic #3117

[www.climateheatingandairconditioning.com](http://www.climateheatingandairconditioning.com)

## Want more benefits from your Medicare plan? Lean on Molina.

Call Sophia Leckie,  
Medicare Trusted Advisor

(575) 339-5935, TTY: 711  
[Sophia.Leckie@MolinaHealthcare.com](mailto:Sophia.Leckie@MolinaHealthcare.com)



Hablo Español

### **Volunteer Needed:**

**Share your Talent with our Fitness Center. We are looking for someone to teach new fitness classes. Please call Tracy at 575-439-4150 for more information.**



### To Our Meals on Wheels Recipients

- We appreciate your calling us to cancel your meal when you are not going to be home.
- Please note that our delivery times are from **10:45 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.

## *Living Will and Testament*

When making out your Final Will and Testament, **PLEASE** remember to include your Alamo Senior Center. We appreciate any and all contributions no matter how big or small. As a member of our Center, you know that your monetary gift will be put to good use. Your contribution will allow for many seniors to enjoy our Center as much as you have.

If you have any questions, please call Magdalena at (575) 439-4150.

**DID YOU KNOW?!?!?** There is a program that will help reimburse residents of New Mexico for funeral costs related to Covid-19. Please visit this site at <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance/faq> for any help or questions!

Thank you for supporting the  
Alamo Senior Center

**ARKHII**  
ACTIVE RADIO  
89.9 FM & 100.5 FM

**RUIDOSO**  
**102.3 FM**

**ROCK 97.9**  
All Day's Radio For Southern New Mexico

### VACCINATION SITES

#### **Albertsons :**

Moderna, Monday-Thursday every week

#### **Walgreens:**

Moderna, (575)434-4116

#### **Wal-Mart:**

Moderna, daily (575)434-5345

#### **PMS:**

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

#### **GCRMC:**

Pfizer, Thursdays & Fridays from 8am-4:30pm

#### **Otero Public Health:**

Pfizer, Thursdays & Fridays

#### **Ben Archer:**

For patients, call for scheduling.

To register online go to: <https://vaccinenm.org/>  
or call Aging & Disability Resource Center at :  
1-800-432-2080

**IMPORTANT  
INFORMATION**

Here are two websites where our Seniors can find reliable information about coronavirus.

NM Dept. of Health (NMDOH):

<https://cv.nmhealth.org/>

Center for Disease Control &  
Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at: 877-908-3360**

-- **Crisis Line** -- Call 24 hours a day, 7 days a week, 365 days a year  
**1-855-NMCRISIS (1-855-662-7474)**

-- **Peer to Peer Warmline** -- Call from 3:30p - 11:30p MT every day  
**1-855-4NM-7100 (1-855-466-7100)**

-- **Peer to Peer Warmline** -- Text from 6:00p - 11:00p MT every day  
**1-855-4NM-7100 (1-855-466-7100)**

-- **Healthcare Worker and First Responder Support Line** --  
Call 24/7/365  
**1-855-507-5509**



**FREE  
Legal Helpline**  
for Seniors

Legal Resources  
for the  
Elderly Program

Statewide 1-800-876-6657

A statewide, free legal helpline for  
New Mexico residents 55 and older.

### **Did You Know?**

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:  
866-563-9294

# Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts(Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:15 PM	Dining Room
Birthday Party	3rd Wed of Month	10:00 AM - 10:30 AM	Dining Room
Bridge	Thurs	11:00 AM - 3:45 PM	Activity Room
Card Games, Board Games Etc	Mon - Fri	9:00 AM - 4:00 PM	Lobby
Jewelry/Silversmithing	Tues & Thurs	9:30 AM - Done	Lapidary Room
Lapidary	Mon & Wed	10:00 AM - 12:00 PM	Lapidary Room
Marine Corps League	2nd Saturday of Month	11:00 AM - 1:00 PM	Classroom
Mayor's Committee on Aging	3rd Thurs	1:15 PM - 3:00 PM	Classroom
Mexican Train Dominoes	Wed	2:00 PM - 4:00 PM	Lobby
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
Needlework (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Pool (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Pool Room
Pool Tournament	2nd Tues of Month	9:30 AM - Done	Pool Room
Quilting Group	Thurs	9:00 - 11:30 AM	Activity Room
Quilting (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Senior Advisory Council	3rd Wed of Month	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room

5/24/2022

Oops! Did we miss something? Please report any omissions or changes to the Front Desk!

## DID YOU KNOW?!?!

Resource List Available for you at the Front Desk:

- Emergency Assistance
- Home Health Care Providers
- Energy Assistance
- Assisted Living & Nursing Homes
- Senior Apartment Info
- Food Bank Information



Paint: Elizabeth (Betty) Chama River

Contact us by phone, text, or email.

Let's Thrive!



CASE MANAGEMENT:  
Information & Referrals

We offer information & assistance, such as:

- Referrals to community resources and state programs
- Referrals to your local senior center for meals, transportation, and other services
- Helping you set personal goals and build a plan for healthy living
- Following up with wellness calls to support you on your journey

CONTACT US

Local: (505)395-2668

Toll Free: (866)699-4927

CASE MANAGEMENT

Phone: (505)391-9231

Email: seniorhelp@ncnmedd.com

www.nonmetroaaa.com

# ASC Fitness Center Class

## Schedule & Procedures

### Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After completing your class, please wipe down the equipment you used and promptly exit the room so the next class can set up and start on time.
3. Masks are highly recommended but not mandated.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.
5. Closed toed footwear must be worn at all times.

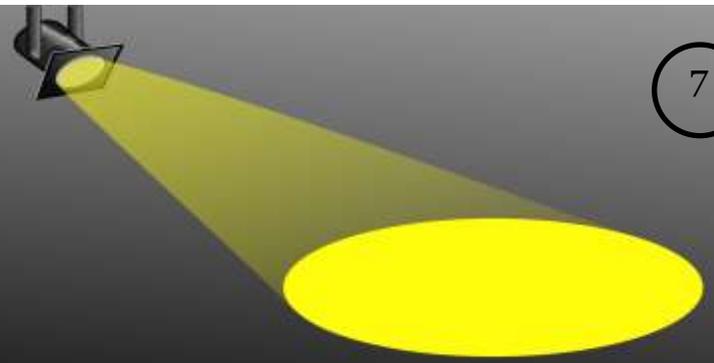
## Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do It your Way With Chuck Brooks	Do It your Way With Chuck Brooks
9:00 – 9:45	Strength Training With Lydia	Low Impact Aero- bics With Pat	Strength Training With Lydia	Step and Strength With Pat	Strength Training With Lydia
10:00 – 10:45	Balance Baby Balls & Beanies With Tami & Cheryl	Yoga with Judy	Cardio-Chair Bo- nanza With Tami	No Floor Yoga With Margaret	Balance Baby Balls & Beanies With Tami & Cheryl
1:00 – 1:45	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom

## Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Walk Aerobics With Lee	_____	Walk Aerobics With Lee	_____	Walk Aerobics With Lee
9:00 – 9:45	Chair Exercise With Luis	Line Dance— Basic With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance—Basic With Ilene & Lou Ann	Chair Exercise With Luis
10:00 – 10:45	Balance & Fall Pre- vention With Billie	Tai Chi With Billie	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance & Fall Preven- tion With Billie
11:00 – 11:45	_____	Belly Dancing With Colette	Cardio Strength With Sue	Dynamic Stretch With Sonja	Low Impact Aerobics With Tamie
2:00 – 3:45	_____	_____	Line Dance— Advanced With La Nora	_____	_____

# SENIOR FITNESS



## CARMEN LARSON



Carmen is a “wisp of a Lady with a mountain lion’s heart of determination”. She attends the Fitness Center 5 days a week to exercise. She is truly a golden gem! She came to us from Florida with many physical challenges. Carmen has had 2 heart attacks while delivering babies and later, she had a stroke. Doctors told her that she should stop having children, but she dismissed the doctor’s orders and had 5 sons. Later, Carmen had a car accident and lost the use of her spine. (Yes, she has an artificial spine!) Through all of this, Carmen still comes to the Fitness Center Monday through Friday and sometimes attends 2 classes per visit. She continues to overcome her pain and states that she loves the Fitness Center and comes mainly for healthy reasons, but also for the social aspects. She states that the people at the Fitness Center are a great Family!

### Affordable Connectivity Program Benefits



Up to \$30/month towards broadband service from participating providers



Up to \$75/month towards broadband service for households on tribal lands, including Hawaiian Home Lands



A one-time discount of up to \$100 to purchase a laptop, desktop, computer, or tablet

## Do you speak Spanish?

¡HOLA!

¿Te gustaria dar clases de espanol?



**WE ARE LOOKING FOR SOMEONE TO PROVIDE SPANISH LESSONS HERE AT THE CENTER!!!**

For more information, please contact Brittany Clark or Magdalena Morales in the front offices or call (575) 439-4150

We are looking for a

**Ballroom  
Dance  
Teacher**

If you are interested in teaching, please see Brittany Clark or Magdalena Morales in the front offices or call (575) 439-4150





# A Special Place

8

There's a special place in our Senior Center  
I try to check it each day when I enter  
It's a place that remembers friends that are gone  
And others we saw that now have passed on  
Sometimes it's a picture of a friend we've lost touch  
Time lost to Covid, we all lost so much.

Now our Center is open, though not back to normal  
Some of us still are masked, others less formal  
But those friends in those pictures are history pages  
And their life experiences, now lost to the ages.  
So spend time to listen to these seniors around you  
The lives that they lived may just astound you  
Take time to know them before they're just a picture  
On the wall that you check whenever you enter.

By: Warren Johnson  
April 2022

ALAMO SENIOR CENTER

# WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH PACKING SIDE ITEMS, ROLLING SILVERWARE AND HELP ON THE SERVING LINE FROM 9:00 A.M. TO 12:30 P.M. MONDAY THROUGH FRIDAY. YOU DECIDE WHICH DAY OF THE WEEK WORKS BEST FOR YOU. WE ARE FLEXIBLE! DUTIES INCLUDE: PACKING SIDE ITEMS, ROLLING SILVERWARE OR SERVING THE DAYS MEAL ONTO TRAYS.

FOR MORE INFORMATION PLEASE CONTACT VIOLET NORMAN AT (575) 439-4153

Made with PosterMyWall.com

# ASC Thrift Shop

LOCATED:  
NORTH LOBBY AREA

OPEN DAILY  
9 a.m. to 12:30 p.m.  
(Permitting Volunteers)

We sell  
**GENTLY USED HOUSEHOLD  
ITEMS & JEWELRY ETC.**  
in excellent condition

\*\*\*Currently Accepting Donations!!!\*\*\*

*Make some great finds today!*

Are you a senior who needs help with groceries?



### What is SNAP?

SNAP (formerly known as Food Stamps) is a federally-funded food assistance program that provides monthly benefits that can be used to purchase groceries. Seniors may be eligible for SNAP benefits if their household income below certain standards.

### Things you need to know

- You can receive Social Security, SSDI, or SSI, and still be eligible for SNAP.
- If you do not have reliable access to transportation, your certification interview can be done by phone.
- If you have trouble getting to the grocery store, a family member or friend can act as your authorized representative and use your EBT card to go shopping for you.
- You may still be eligible for SNAP benefits even if you are a resident of federally subsidized housing for the elderly and receive meals at the facility.

### Do you have questions about SNAP and how to apply?

Roadrunner Food Bank can help you apply for SNAP.  
Our assistance line is free and open to the public.

**(844) 684-6268**



## Please join us for Medicare 101!

This is a community educational event. Everyone is welcome!

Alamogordo Senior Center  
2201 Puerto Rico Ave  
June 29, 2022 @ 10:30am

### Call a licensed Humana sales agent to RSVP



DAMARRIO MITCHELL  
575-343-5517 (TTY: 711)  
Monday - Friday, 8 a.m. - 5 p.m.  
DMITCHELL56@HUMANA.COM  
humana.com/aoadv/1808756



# May Birthdays



Pictured Left to Right: Marilyn Swoveland, Gisela Motley, Walter Packwood & Tony Chavez.

**Thank you Sergio from Walgreens for sponsoring our birthday party this month!!!**



Join us in the dining room for our Monthly Birthday Party every 3rd Wednesday of the month at 10:00 AM—10:30 AM!!!



Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed below. For your June birthday, e-mail your picture NO LATER THAN June 17 2022.  
E-Mail photo to: [gguerrero@ci.alamogordo.nm.us](mailto:gguerrero@ci.alamogordo.nm.us)