

The Sentinel

August 2023

50 cent suggested donation

From the Manager

For the month of August, I am going to feature our Home Delivered Meal Program. Eddie, Zyra, and Teri work in this program area. To qualify for any services at the Senior Center, you must be 60 or older. Other qualifications for our Home Delivered Meal Program include living in our service delivery area and being homebound. Not having a car does not qualify someone for Meals on Wheels since our Transportation Program will transport consumers to the Center for meals, activities, and socialization. Staff will conduct an in-home initial assessment of State-required documents. Homebound consumers will be reassessed every six months continuously when qualified to remain on homebound status. The Home Delivered Meal Program consists of a hot, nutritious meal prepared by our kitchen staff. The meals are delivered Monday - Friday between 10:30 to 1:00 p.m. by staff and our **AWESOME** volunteers! It is the same meal prepared for our consumers dining at the Center. Home Delivered Consumers in need are also eligible for a daily breakfast delivered with the daily hot lunch. We also have a weekend meal for our homebound in need, consisting of a frozen meal prepared from our daily leftover meals. Breakfast is also provided on the weekends for our home-delivered consumers in need. Weekend meals are delivered with Friday's daily hot lunch. Our suggested donation for lunch meals is \$2.50, and our breakfast is \$1.25, provided for homebound only. These donations can be given to your driver in check form to be included in our daily deposit. Please email or call our Home Delivered Meal staff for qualification at eperez@ci.alamogordo.nm.us or (575) 439-4150.

Member's Memoirs!

I received a suggestion from one of our consumers while visiting with them in our dining room. Memoirs from our members! Do you have a special memory you would like to share? A binder will be created that will remain here at the Center with your memoir for others to read. The binder will be history in the making, and stories can be added anytime. Start working on your story and submit it to the front desk staff. Our Homebound can give their story to any driver to return to the Center. I can't wait to read your story!

Magdalena

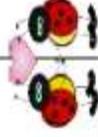
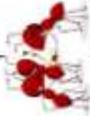
Alamo Senior Center

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>

August

	<p>1 - Tuesday Hamburger Steak Mashed Potatoes Carrots Cornbread w/ Honey Peaches</p>	<p>2 - Wednesday Sour Cream Enchiladas Roasted Zucchini Yellow Squash Pinto Beans Fruit Cocktail</p> 	<p>3 - Thursday Baked Pork Chop Green Beans Corn WW Roll Mixed Fruit</p>	<p>4 - Friday Bratwurst Dog Black-Eyed-Peas Broccoli Salad Applesauce</p>
<p>7 - Monday Beef Tips Roasted Cauliflower Sliced Carrots Peas & Onions Pears</p>	<p>8 - Tuesday Chicken Parmesan Spaghetti Noodles Italian Vegetables Tossed Salad Fruit Salad</p> 	<p>9 - Wednesday Beef Fajitas Lettuce & Tomatoe Spanish Rice California Blend Vegetables Chocolate Pudding</p>	<p>10 - Thursday Salisbury Steak Potatoes Au Gratin Bean Salad Spiced Peaches</p> 	<p>11 - Friday Shepherd's Tossed Salad WW Roll Mandarin Oranges in Gelatin</p>
<p>14 - Monday Beef Burgundy Scalloped Potatoes Roasted Brussell Sprouts Cornbread Apple Slices</p> 	<p>15 - Tuesday Green Chili Chicken Enchiladas Pinto Beans Cucumber Salad Apricots</p>	<p>16 - Wednesday Country Fried Steak Mashed Potatoes w/ Gravy Italian Beans WW Roll Watermelon</p>	<p>17 - Thursday Chicken Strips Herb Roasted Potatoes Spinach WW Roll Berries w/ Whipped Topping</p> 	<p>18 - Friday Pepper Steak Brown Rice Stir Fry Vegetables Mandarin Oranges and Pineapples</p>
<p>21 - Monday Spaghetti Italian Blend Vegetables Crackers Peach Crisp</p>	<p>22 - Tuesday Stuffed Chicken Breast Parsley Potatoes Vegetable Medley WW Roll Strawberries</p>	<p>23 - Wednesday Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit</p> 	<p>24 - Thursday Chicken Fajitas Bell Pepper & Onions Calabacitas Spanish Rice Pears in Gelatin</p>	<p>25 - Friday Meatloaf Mashed Potatoes Mixed Vegetables WW Roll Spiced Apples</p>
<p>28 - Monday Soft Beef Tacos Pinto Beans Spinach Spanish Rice Grapes</p>	<p>29-Tuesday Cheeseburger Capri Vegetables French Fries Applesauce</p> 	<p>30-Wednesday Red Beef Enchiladas Lettuce & Tomato Zucchini w/Diced Tomato Spanish Rice Fruit Salad</p>	<p>31-Thursday Baked Lemon Pepper Chicken Rice Pilaf Asparagus Tossed Salad WW Roll Honeydew</p>	<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change</p>

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

Congregate Lunch is Served from 11:00 am - 12:30 pm
Only whole fruit, rolls, or cookies can be taken out.
MILK IS TO BE TAKEN OUT OF THE DINING ROOM!!!

August Happenings!

8th Pool Tournament – Pool Room
2nd Tuesday of the month

16th – Birthday Bash in the Dining Room
10:00 am - 10:30 am

22nd-El Paso Cielo Vista Mall Field Trip
9:00 am - 3:00 pm

16th Human Insurance – Lobby
10:00 a.m. - 1: 00 p.m.

17th -Building and Decorating Bird houses! In the Dining Room

**Advertise
Your
Business
Here**

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



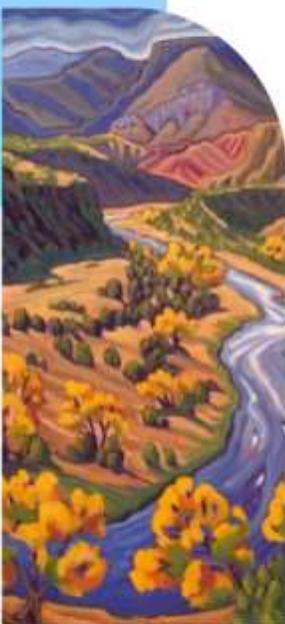
June 2023
Nutrition Report

4

Number of days served this month: 21

Total number of meals served: 6,471

	Congregate Meals:	HD Meals:
Meals Served:	\$5,692.11	\$3,539.00
Donation Average:	\$1.80	\$1.07



Porter, Elisabeth (etsy), Chama River

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 by phone, text, or email.

Let's Thrive!



CONTACT US
Local: (505)395-2668
Toll Free: (866)699-4927

CASE MANAGEMENT
Phone: (505)391-9231
Email: seniorhelp@ncnmedd.com

www.nonmetroaaa.com

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!



Sweets & Treats

(Sweet Food Trailer)

575-491-3257 OR FIND US ON FACEBOOK!

DO YOU HAVE A SWEET TOOTH THAT NEEDS TO BE FIXED??

WE HAVE YOU COVERED FROM SNOWCONES, SWEETS AND CUSTOM CAKES MADE TO ORDER!! CONTACT US FOR YOUR SWEET FIX!

EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO DEPARTMENT OF HEALTH
HEALTH #ProtectNM #MaskUp

5

IMPORTANT INFORMATION

Here are two websites where you 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>

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, Wednesdays Only

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

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

Leading the MARKET
IN EVERY FORMAT

Cool 94.5 FM

Country 106.3 FM

94KEY 94.5 FM

NEWS TALK KINN 106.3 FM 1270 AM

www.burtbroadcasting.net

FREE Legal Helpline
for Seniors

Legal Resources for the Elderly Program

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

Statewide 1-800-876-6657

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

Come and Join Us!

Building and Decorating Birdhouses!

10:00am-11:00am In
the Dining Room

August 17th, 2023



El Paso Cielo Vista Mall Field Trip

When: Tuesday, August 22,
2023

Time: 9:00 am—3:00 pm (Meet
in ASC lobby promptly at 9:00
for roll call)

Where: Shopping & Lunch in
the El Paso Cielo Vista Mall

Cost: \$5

Space is limited. Sign up at
the front desk. No Refunds!



AARP

SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-way and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

NEW
CONTENT
ADDED!

Date & Time:

Monday, October 9, 9:30 AM Start Time

Please arrive 20 min early for registration.

Check or Cash only PLEASE- cannot accept credit card

Bring water and snack if desired

Location:

Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Register:

575-439-4150 or at Alamogordo Senior Center

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160



MEDICAL CENTER

NAME _____ AGE _____
ADDRESS _____ DATE _____

R Alamo Senior Center Health Fair 2023

September 14, 2023

9:00 am - 1:00 pm



Over 30 Vendors

Free Admission

Open to the Public

Health & Community Information

Mark Your Calendar!

2201 Puerto Rico Ave. Alamogordo, NM 88310

FREE LIVE LEGAL WEBINARS

The Legal Resources for the Elderly Program (LREP) will be presenting monthly free Legal Webinars available to the general public.

Topics covered:

- Power of Attorney
- Advance Health Care Directive
- Probate
- Non-Probate Transfers (including Transfer on Death Deeds)
- Institutional Medicaid

Each workshop includes:

- A presentation by an LREP Staff Attorney
- An open question and answer period

Upcoming Dates in 2023:

- July 18
- August 15
- September 5
- October 10
- November 14
- December 12

Time: 11 a.m. **Location:** Virtual

To Register: Call LREP at 505-797-6005 or 1-800-876-6657

LREP is a joint project of the New Mexico Aging and Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the
Elderly Program

Social Security Administration Expands Outreach and Access for Supplemental Security Inc.

SSI provides monthly payments to adults aged 65 and older or other adults and children with a disability or blindness who have limited income and financial resources.

Please get in touch with SSI online at www.ssa.gov/ssi, or by phone at 1-800-772-1213 for more information or an appointment to apply.

Please see Gloria Guerrero at the front office if you have any questions.

POOL NEWS



THE POOL TOURNAMENT FOR ALAMOGORDO IS ON THE SECOND TUESDAY OF THE MONTH AT THE ALAMO SENIOR CENTER AT 9:30 A.M. THE CONTACT PERSON IS DAVID HANSEN.

Ruidoso Downs: 6-30-2023 (11 players)
1st place - Gilbert Munoz - Alamogordo
2nd place - Lazaretto (JR) Guevara - Capitán
3rd place - Dave Hansen - Alamogordo
4th place - Randy Jackson - Alamogordo

Capitan: 7-7-2023 (11 players)
1st place: Jaime Charranco - Ruidoso
2nd place - Dave Hansen - Alamogordo
3rd place - Ron Foster
4th place - Gilbert Munoz - Alamogordo

Alamogordo: 7-11-2023 (22 players)
1st place - Steve Gonzalez - Tularosa
2nd place - Ron Sain - Alto
3rd place - Orlando Sineson - Alamogordo
4th place - Jim Wagner - La Luz

Hondo Valley: 7-14-2023 (10 players)
1st place - Lazaretto (JR) Guevara - Capitán
2nd place - Dave Hansen - Alamogordo
3rd place - Orlando Sineson - Alamogordo
4th place - Ron Foster

Tularosa: 7-18-2023 (15 players)
1st place - Ron Foster
2nd place - Henry Goodman - Tularosa
3rd place - Orlando Sineson - Alamogordo
4th place - Joe Small - Alamogordo

Everyone is welcome if you are 60 or older. The Alamo Senior Center is a great place to have a good time and where great friendships are developed.

Membership is Required

Doors open at 8:00 a.m.-4:00 p.m.



Housing Stability Program

Serving families in Grant, Hidalgo, Luna, Otero, Sierra Counties

Are you or someone you know experiencing housing instability or homelessness?

Community Action Agency of Southern NM can help you manage and sustain affordable housing.

Help is available in person, on the phone, and/or online to find resources, consult with agencies, complete applications, understand documents, and follow-up.

To apply ONLINE go to <https://www.caasnm.org/> click Request Services
Or CALL CAASNM at 575-527-8799 and ask for the Housing Program.

Turning 65 or new to Medicare?

Humana can help you choose a Medicare plan

Find a Humana plan that fits your goals and your life

It's time to choose your 2023 Medicare plan, and Humana and I are here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may have additional benefits and services that meet your healthcare needs. Humana offers these plans at attractive premiums.



Call a licensed Humana sales agent

DaMarrio Mitchell
 575-343-5517 (TTY: 711)
 dmitchell56@humana.com

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.



FREE FUNERAL PLANNING GUIDE!

Did you know that today's average funeral costs about \$10,000?

What's even worse is people normally don't share information on "what happens when" with their loved ones, often leaving their family with a lot of unanswered questions.

Call or email us today, we'll be happy to provide you with a **free funeral planning guide** along with a **free policy review** to give you peace of mind on your coverage. Don't have your final expenses covered? We have access to multiple state-regulated affordable policies!



575-322-8112

www.vipinsuranceadvocates.com

USA Insurance

Independent Insurance Agents

***All your Insurance Needs
Under the Big Red Roof!***

3310 N White Sands Blvd, Alamogordo
 Across from the White Sands Mall

575-439-9999



Alamo Senior Center Activities

9

ASC Activities	Day	Time	Place
Arts & Crafts(Open Platform)	Mon - Fri	8:00 AM - 4:00 PM	Activity Room
Bingo	Tues & Fri	1:00 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	8:00 AM - 4:00 PM	Lobby
Chicken Foot Dominoes	Tues	1:00 PM - 4:00 PM	Lobby
Dominoes	Thurs	1:00 PM - 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
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
Needlework (Open Platform)	Mon - Fri	8:00 AM - 4:00 PM	Activity Room
Pool/Billiards	Mon - Fri	8:00 AM - 4:00 PM	Pool Room
Pool Tournament	2nd Tues of Month	9:30 AM - Done	Pool Room
Quilting Group	Thurs	8:00 - 11:00 AM	Activity Room
Quilting (Open Platform)	Mon - Fri	8:00 AM - 4:00 PM	Activity Room
SVP Advisory Council	3rd Wed of Month-Quarterly	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	8:00 AM - 4:00 PM	Lapidary Room
Spinning & Fiber Class	3rd Tues of Month	10:00 AM - 12:00 PM	Activity Room

5/8/2023

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

Tons of GAMES
To Play in our Lobby

PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!

CHESS FOR SENIORS



FREE Weekly Chess Classes Online!

Taught By

- National Master Jason Lu
- Expert Albert Yao
- Expert Alex Hu

CLASSES START SOON!!



Visit chessforseniors.org for more information!

Beehive[®]

H O M E S

of Alamogordo

 Advanced
HEARING CARE

ALAMOGORDO
1401 10th St, Ste B
Alamogordo, NM 88310
575.437.HEAR (4327)

RUIDOSO
2825 Sudderth Dr, Ste H
Ruidoso, NM 88345
575.257.0454

SERVICES INCLUDE:

- Hearing Evaluations for all ages
- Tinnitus (ringing in the ear) evaluations
- Balance evaluation
- Custom made hearing protection
- Hearing aids of all manufacturers
- Hearing aid repair
- Cerumen (ear wax) removal

COME VISIT US!

*WE ARE IN NETWORK WITH ALL INSURANCES
(including Tricare, Medicare and Medicaid)

*WE ARE CONTRACTED WITH THE
VETERANS ADMINISTRATION
(no need to drive to El Paso or Albuquerque
for your VA hearing aid needs)

• • • • •

DR. ALLISON MONEYPENNY, AUD CCC-A
WWW.AHCNM.COM • ALLISON@AHCNM.COM

ASC Fitness Center Class Schedule & Procedures

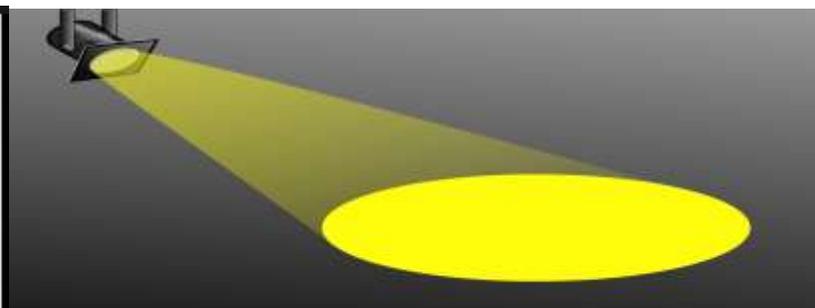
Alamo Senior Center Fitness Activities

Event/Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beanies	Mon/Fri	10:00 AM - 10:45 AM	Fitness Room I
Belly Dancing	Tues	11:00 AM - 11:45 AM	Fitness Room II
Cardio Chair Bonanza	Wed	10:00 AM - 10:45 AM	Fitness Room I
Cardio Strength	Wed	11:00 AM - 11:45 AM	Fitness Room II
Chair Exercise	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room II
Do It Your Way	Mon - Fri	8:00 AM - 8:45 AM	Fitness Room I
Equipment Room	Open	Open	Equipment Room
Gentle Stretch	Thurs	11:00 AM - 11:45 AM	Fitness Room II
Learning to Line Dance	Mon	1:00 PM - 3:00 PM	Fitness Room II
Line Dance-Advanced	Wed	1:00 PM - 3:45 PM	Fitness Room II
Line Dancing-Basic	Tues/Thurs	9:00 AM - 9:45 AM	Fitness Room II
Low Impact Aerobics-1	Tues	9:00 AM - 9:45 AM	Fitness Room I
Low Impact Aerobics-2	Mon	11:00 AM - 11:45 AM	Fitness Room II
No Floor Stretch & Flow	Tues	8:00 AM - 8:45 AM	Fitness Room I
No Floor Stretch & Flow	Thurs	10:00 AM - 10:45 AM	Fitness Room I
Resistance, Strength & Weight Training	Mon/Wed/Fri	1:00 PM - 1:45 PM	Fitness Room I
Step & Strength	Thurs	9:00 AM - 9:45 AM	Fitness Room I
Strength Training	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room I
Tai Chi	Tues/Thurs	10:00 AM - 10:45 AM	Fitness Room II
Walk Aerobics	Mon/Wed/Fri	8:00 AM - 8:45 AM	Fitness Room II
Yoga	Tues	10:00 AM - 10:45 AM	Fitness Room I

Updated 7/3/2023

Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After your class, please promptly exit the room so the next class can set up and start on time.
3. Masks are highly recommended but not mandated.



Hi, my name is Pat Stuart. After retiring in Arizona, we sold our house and bought a motorhome to tour the US. We have volunteered at various National Parks and Wildlife Refuges along the way. Covid hurried our decision to get off the road, so in late 2020, we settled in Alamogordo. Following the advice of my “98” year old aunt, we knew that we needed to stay active. The Fitness Center meets those needs in SPADES! I take two fitness classes three days a week. Many days I stay after class to enjoy the great lunches that are served in the senior center. I have met so many wonderful people here. I always say, “It’s the best deal in town” because it is!!



July Birthdays



Pictured: Randy Cain, Carmen Larsen, Bob Kunes, Maria Amaya, Priscilla Riley, Bobby Barber, Gail Wallace, and Helen Kester.

Thank You, Sue King from Casa Y Tierra Abstract and Title Co. for sponsoring our Birthday Bash.

Wishing our volunteer Fitness Instructors a very Happy Birthday!
Randy Anderson and Billie Velasco

Masks are not required, however they are strongly encouraged while inside.

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