

The Sentinel

JULY 2024

50 cent suggested donation

From the Manager



We have made it to the halfway mark of our calendar year and the first month of our new fiscal year. We are closing out accounts and finishing jobs while simultaneously creating new accounts, beginning new jobs, creating new "to-do" lists, and studying new budgets to carry us through another fiscal year.

Here is a reminder of all the wonderful services provided at the senior center.

We offer transportation to and from the senior center for a suggested donation of \$1.00 per one-way trip. Grocery shopping is offered twice a week for those who lack transportation while en route for regular services, and Thrift Store and mall shopping is offered once a week. Field trips to the surrounding area are provided for a small fee.

Bingo is held on Tuesday & Friday afternoons. We have various daily/weekly activities such as Lapidary, Billiards, Quilting, and Bridge just to name a few. We celebrate birthdays each month on the 3rd Wednesday from 10:00 to 10:30 in our dining room.

We have an awesome fitness facility with over 40 weekly classes, plus free weights and machines.

Our Congregate Meal Program is served Monday through Friday from 11:00 to 12:30 for a suggested donation of \$3.00. We have talented musicians/entertainment every morning from 9:00 to 11:00 for socialization with coffee and tea.

Our Home Delivered Meal Program is available to our homebound senior community. Qualification required.

With all this said, the services are for those 60 or older with State-required updated membership.

We have an awesome Senior Companion & Foster Grandparent program for services in the community as well.

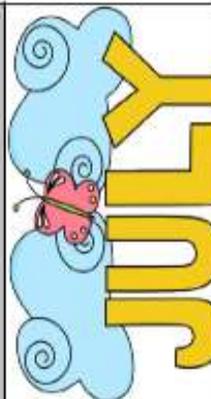
Magdalena

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>

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
Sloppy Joe Baked French Fries Roasted Cauliflower Mandarin Oranges	Green Chile Lasagna Tossed Salad w/ Italian Dressing Italian Vegetables Crackers Pears Vanilla Yogurt	Green Chile Cheeseburger Peas & Carrots Cucumbers w/ Dill Peaches		Scrambled Eggs Sausage Patty Diced Potatoes w/ Pepper & Onions Bread Applesauce
8 - Monday Hamburger Mac Green Beans Corn Apricots	9 - Tuesday Sour Cream Chicken Enchiladas Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail	10 - Wednesday Swiss Steak Baked Potato Steamed Cabbage WW Roll Mixed Fruit	11 - Thursday Spaghetti & Baked Turkey Meatballs Green Salad Italian Mixed Vegetables Garlic Bread Pineapple Tidbits	12 - Friday Salisbury Steak Parsley Potatoes Spinach WW Roll Fruit Salad
15 - Monday Beef Tips Tossed Salad w/ Italian Dressing Herbed Roasted Potatoes Roasted Brussels Sprouts Buttermilk Biscuit Peaches	16 - Tuesday Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit	17 - Wednesday Chicken Tetrazzini Capri Vegetables Green Salad w/ Italian Dressing Cinnamon Apples	18 - Thursday Country Fried Steak Mashed Potatoes w/ Gravy Glazed Carrots WW Roll Fruit Cocktail	19 - Friday Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Strawberries
22 - Monday Chicken Pot Pie Salad w/ Dressing Vegetables Plums WW Roll	23 - Tuesday Red Beef Enchiladas Lettuce & Tomato Vegetable Medley Pinto Beans Grapes	24 - Wednesday Soft Beef Tacos Chuckwagon Vegetables Winter Blend Cilantro-Lime Brown Rice Diced Mango	25 - Thursday Meatloaf w/ Gravy Mashed Potatoes Beet & Onion Salad WW Roll Spiced Pears	26 - Friday Stuffed Chicken Breast Baked Potato Spinach French Style Green Beans WW Roll Pineapple Tidbits
29 - Monday Chicken Tacos Lettuce & Tomato Spanish Rice Tropical Fruit	30 - Tuesday Green Chile Pork Stew Salad Combread Apricots	31 - Wednesday Chicken Strips w/ Gravy Mashed Potatoes Carrots Green Beans Sliced Bread Fruit Salad	1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change	

Our monthly menus are verified by a dietitian 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, **NO**
MILK IS TO BE TAKEN OUT OF THE DINING ROOM!!!

NON-METRO AREA AGENCY ON AGING (NMAAA)

Our mission is to promote independence, healthy aging practices, and choices that allow older adults to thrive and maintain their independence and dignity.



SCAN ME

VOLUNTEER DRIVER PROGRAM

Help provide transportation services for non-emergency medical appointments to seniors and adults with disabilities.

Volunteer drivers utilize their own insured vehicles to provide rides for vulnerable populations when there are little-to-no transportation options available. **Become a volunteer now!**

WE OFFER

- Volunteer times are flexible to meet your schedule
- Optional mileage reimbursement offered at 65 cents per mile
- Optional meal reimbursements for longer rides
- Supplemental volunteer auto insurance coverage



CONTACT US

seniorhelp@ncnmedd.com

(505) 356-9791



Alamo Senior Center

Will Be

Closed

On

Thursday, July 4th



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 **10:30 AM - 1:00 PM**. Some of our drivers may have a double route to deliver, which can delay delivery to you. We apologize for any inconvenience.

Thank You

Tons of
GAMES
To Play in our Lobby

PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!

ASC Mission Statement:

“The Alamo Senior Center's mission is to provide services for persons 60 and over and their spouses regardless of age. The Center is a social environment, which provides support, education, recreation, nutrition, and entertainment for independent elderly persons in Alamogordo and the surrounding area. The Center's goal is to provide an opportunity to maintain a vital role in life for all persons.”

WANT TO LEARN MORE ABOUT ALZHEIMER'S AND DEMENTIA?

Free educational classes are being held the second Tuesday of every month in Alamogordo.

For more information, please contact Chris Morehkaash at (575) 921-6131

ALL ARE WELCOME TO ATTEND



What Are the Symptoms of CO Poisoning?

For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness upon moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory and coordination. CO is called the “silent killer” because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger.

To Prevent CO Poisoning, Remember I CAN B:

- Install CO alarms near sleeping areas.
- Check heating systems and fuel-burning appliances annually.
- Avoid the use of non-vented combustion appliances.
- Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.
- Be Attentive to possible symptoms of CO poisoning.

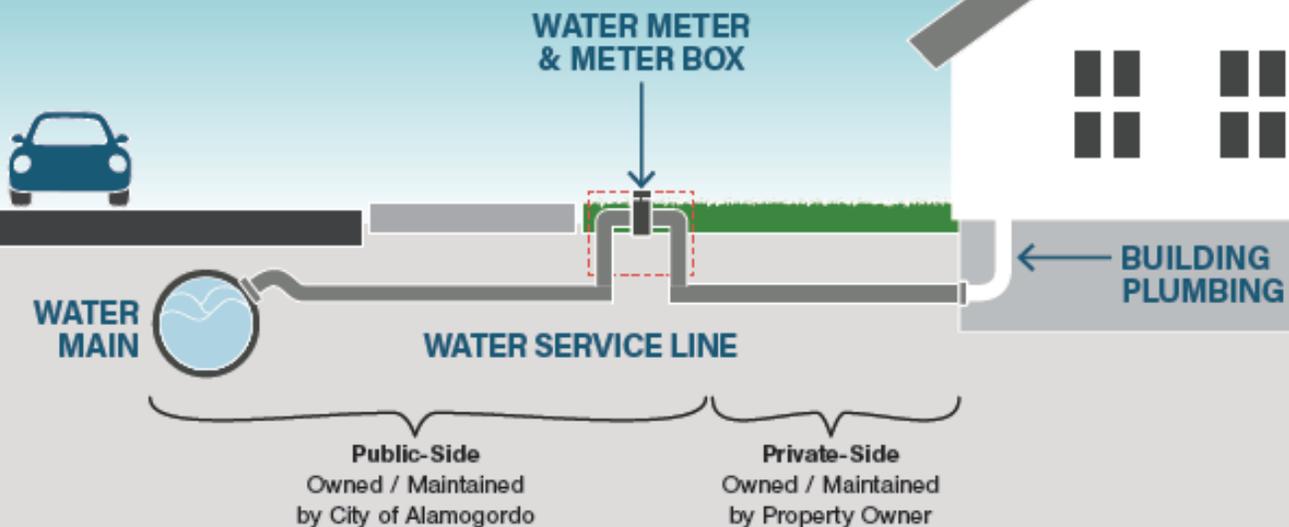
Other Tips for Preventing CO Poisoning:

- Keep gas appliances properly adjusted.
- Consider purchasing a vented space heater when replacing a non-vented one.
- Use proper fuel in kerosene space heaters.
- Install and use an exhaust fan vented to the outdoors over gas stoves.
- Open flues when using the fireplace.
- Choose properly-sized wood stoves that are certified to meet EPA emission standards. Ensure wood stove doors fit tightly.
- Have your heating system and chimney inspected and cleaned by a qualified technician annually.

HELP US HELP YOU

KEEP YOUR DRINKING WATER SAFE

The City of Alamogordo is committed to protecting public health by providing healthy, safe, and clean reliable water to its water community. Knowing the materials of your water service line helps us do that!



What is a water service line?

Water service lines are small pipes that carry water from water mains - large pipes located in the streets - into homes and other buildings. The City of Alamogordo owns part of the service line (public-side), and our homeowners own the other part (private-side). The water traveling through the mains does not contain lead. **However, some service line materials, like lead, may leach into your water over time, decreasing its quality and posing a health risk.**

Why is lead a health risk?

Lead builds up in the body over years and can damage the brain, red blood cells, and kidneys. **The greatest risk is to young children, pregnant women, and unborn babies.**

What is the City of Alamogordo doing about it?

The 2021 U.S. Environmental Protection Agency Lead and Copper Rule Revisions require all water systems, including the City of Alamogordo, to prepare a service line inventory of both utility- and private-side materials. The City is proactively creating our service line inventory, which will be posted to our website by mid-2024. At that time, you will be able to look up your service line material.

The U.S. Environmental Protection Agency banned lead in plumbing and public water systems in 1986. **The City of Alamogordo does not expect to find many lead or galvanized steel (which can contain lead) service lines.**

LEARN MORE



www.ci.alamogordo.nm.us/833/Water-Service-Line-Survey



575.437.5991

**Advertise
Your
Business
Here**

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



**May 2024
Nutrition Report**

6

Number of days served this month: 22

Total number of meals served: 7,717

	Congregate	HD Meals:
Meals Served:	4,160	7,732
Donation Average:	\$2.00	\$.90

*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.



FREE FINAL WILL & TESTAMENT!

Secure Your Legacy with a FREE Simple Will and Testament from VIP Insurance Advocates LLC!

Are you prepared for the future? VIP Insurance Advocates LLC is pleased to offer you an invaluable opportunity to safeguard your legacy with a FREE simple Will and Testament.

This essential document ensures that your wishes are legally documented and your loved ones are protected.

*Offer valid for a limited time. Terms and conditions apply. Consultation required. VIP Insurance Advocates LLC is not a law firm and does not provide legal advice.



575-322-8112

www.vipinsuranceadvocates.com



Thank you for supporting the Alamo Senior Center



Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:
1-866-563-9294

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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):

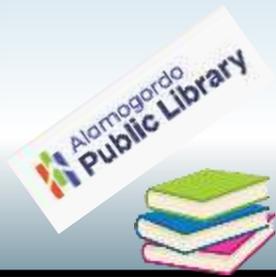
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

FREE Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

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



Hours of Operation:

Monday & Tuesday 10-6

Wed. & Thurs. 10-5

Friday Closed- Curbside and Phone

Reference 10-4

Saturday 11-5

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

The Senior Center's official Website is located here:

ci.alamogordo.nm.us

Select Community & you will find several Community Services

Divisions including the Alamo Senior Center. All other websites are not supported by the City of Alamogordo.

-- **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



Caution

Taxation and Revenue urges taxpayer caution

Fraudulent letters threaten seizure of properties with tax debt

SANTA FE — The New Mexico Taxation and Revenue Department is warning taxpayers about fraudulent demand letters going out to property owners who are delinquent on their taxes.

The letters tell the owners to call a 1-800 number by a certain date or the state will seize their property. Letters have been sent to property owners in Valencia County and possibly elsewhere.

The letters are not from the state Taxation and Revenue Department.

Anyone with an outstanding property tax debt should work directly with the treasurer's office in the county where their property is located or with Taxation and Revenue at 505-827-0883 if the debt is three or more years past due and has been turned over to the state for collection.

The Taxation and Revenue Department does auction properties for delinquent taxes when it has been unable to collect debts owed on those properties. The department schedules at least one auction in each county annually.

Anyone who suspects they have encountered fraudulent activity can contact the Department through the Fraud Hotline at 1-866-457-6789 or by email at Tax.Fraud@tax.nm.gov.



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!



Date & Time:

Monday, September 9, 2024, 9:30 AM Start Time, 1:30 End Time

Please arrive 20 min early for registration.

Check or Cash (exact cash helpful) only PLEASE- cannot accept credit card
Bring water and snack if desired

Location:

Alamo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Registers:

575-439-4150 or at Alamo 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

*Offer available per registration rules in each jurisdiction. Offer restrictions apply. Consult your agent for details.



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

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way!	No Floor Stretch and Flow with Sue	Fitness Ball & Stretch with Pat	Do it Your Way!	Do it your Way!
9:00-9:45	Strength Training with Pat	Low Impact Aerobics with Pat	Strength Training with Lydia	Basic Step & More Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies with Joyce, Cheryl & Tami	Yoga with Judy	Cardio-Chair Bonanza with Cheryl, Joyce & Tami	No Floor Stretch and Flow with Sue	Balance Baby Balls & Beanies with Tami, Joyce, & Cheryl
11:00-11:45	<u>Watch for more classes coming in the near future!</u>				
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	Chair Exercise with Luis	Walk Aerobics with Lee	Chair Exercise with Luis	Do It Your Way With Lee
9:00-9:45	Chair Exercise With Luis	Basic-Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00-10:45	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance & fall Prevention With Billie	Tai Chi with Billie	Balance & Fall Prevention With Billie
11:00-11:45	High Energy Aerobics with Tamie	Belly Dancing with Claudia & Colette	High Energy Aerobics with Tamie	Gentle Stretch with Sonja	Western Partner Dance with Michael
1:00-1:45	Beginner Line Dancing with Michael		Beginner Line Dancing with Michael		
2:00-3:45	Learning to Line Dance Improvers/Intermediate Level with Michael		Advanced Line Dance with Michael		



Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts(Open Platform)	Mon - Fri	8:00 AM - 12:00 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
DAV	2nd Tues of Month	2:00 PM - 3:00 PM	Classroom
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
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 - 12:00 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 - 12:00 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

12/20/2023

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Insurance
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Under the Big Red Roof!*

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Across from the White Sands Mall
575-439-9999



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Dr. Robert Albiston, DDS

- ◆ Bridges and crowns
- ◆ Dentures
- ◆ Partial
- ◆ Implants
- ◆ Whitening

MON-THUR
8AM / 4PM



(575) 434-3026 610 Cuba Avenue Skyviewdentist.com



WANT TO LEARN MORE ABOUT ALZHEIMER'S AND DEMENTIA?

Free educational classes are being held the second Tuesday of every month in Alamogordo.

For more information, please contact Chris Morehkash at (575) 921-6131

ALL ARE WELCOME TO ATTEND



***FREE* SERIES!**

Create Better Health

- Eat Well and Be Active on a Budget
- Cooking Skills
- Explore Food Health and Safety



OUR NEXT GROUP RUNS: **July 2-Aug. 5**

WE MEET: **Every Tuesday 10am-11am**

JOIN US AT: **Alamogordo Senior Center
2201 Puerto Rico Ave., Alamogordo, NM**

Contact your local ICAN Educator **Christine Martin** at **575.437.0231** or **cjam0709@nmsu.edu** to sign up, or sign up online at redcap.link/snapp



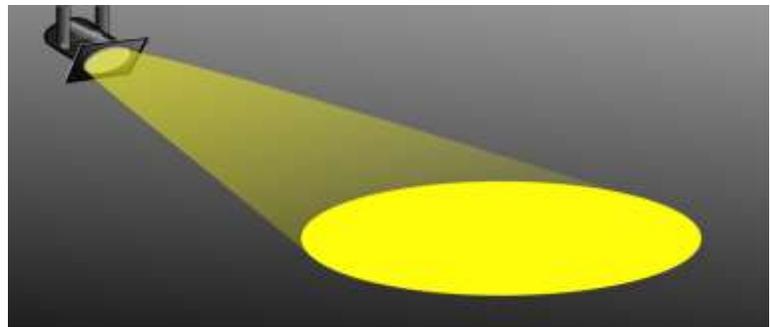
If you are an individual with a disability and need an auxiliary aid or service, call **Christine Martin** at **575.437.0231** or email **cjam0709@nmsu.edu** no later than 7 days before your class.

This work is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This provision is an equal opportunity provider. This work is delivered through New Mexico State University's Cooperative Extension Service and College of Agricultural, Consumer, and Environmental Sciences (ACES). ACES is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research and extension programs. USDA and NMSU are equal opportunity employers and educators.

SENIOR FITNESS

Wendell Lang

I have been attending the fitness center for quite some time. I love meeting people and dancing along with everyone! (Just look at the bulletin board in front of the Pool room). This makes to smile every day. I recently was asked to sub "Line Dancing". How could I refuse? My favorite saying is, "In order to insult me, I must first value your opinion". There you go. Come see us at the Alamo Fitness Center. We have lots of fun and make new friends.



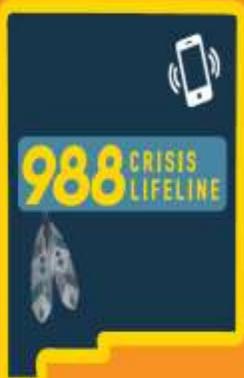
June Birthdays



Pictured left to right: Karen Maughan, Clara Dezelle, Mary Liston, Bob Bridges, William Bamber, Tonglean Loomis, and Jenny Dickenson.

Thank you JAVIER LERMA from Allstate for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteer: Lydia Hall



Call, Text, or Message

988

For Mental Wellness

988 NM Crisis Support
@988nmcrisissupport
<https://988nm.org/>



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 !!!