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**Alamo Senior Center**  
 2201 Puerto Rico  
 575-439-4150

**United Way**



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# Alamo Senior Center's



## Dear Friends,

Well, I think Spring has Sprung and Summer is finally gracing us with her presence! Everyone is hopefully past those spring hay fever symptoms – itchy watery eyes, runny nose, sneezing and the never ending ACHOO! No matter how we were affected by Spring, with all the snow/water from this winter we have to admit that we have been truly blessed with beautiful flowers: primrose, verbena, fleabane daisy, blue flax, paintbrush, yucca and more! It's been so nice to see all the cacti in bloom, wild flowers we haven't seen in years, and the wildlife that has flourished with the abundance of vegetation! We do live in a beautiful basin!

This Spring my back yard has been filled with a variety of feathered friends: morning doves, ring necked doves, finch, orioles, robins, hummingbirds, woodpeckers, phoebes and so much more! Many a morning and evening I have spent watching them come and go, eating the mulberries off the tree and the seed I put out for them to enjoy. Watching the males extend their chest and fluff their feathers to impress the females only to have her ignore him. Their little mating rituals are something to see

– very impressive at times. I hope you all enjoyed the celebrations for Older American's Month in May. Cinco de Mayo festivities started the month off with singing, churros, nachos, sangria and a wonderful south of the border meal prepared by our kitchen staff!



RSVP put on a beautiful Mid Morning Tea. They did a wonderful job with the cookies, finger sandwiches, petit fours and chocolate strawberries. Yum!

A Day at the Circus was filled with fun and exciting things to do: a cake walk, popcorn, bean bag toss, fishing, prizes and more!

To wrap up the month we celebrated with a Senior Dance to the music of the Dolittle DoRights. Light refreshments were served, good company and a spin around the dance floor! What a better way to end a

great month!

We, the staff, all take a lot of pride in the activities we plan and put on for your enjoyment. I have to say that we were a little discouraged by the low donations for Cinco de Mayo. We served 189 congregate meals. Donations that day came to an average of .75¢ per meal. You can imagine how disappointed we were. When we take the time to plan these extra special events and then the response is so low we can't help but think "is it worth it"?

This is YOUR Center and we try to make each day a special outing for you to enjoy. Whether it's an extra planned activity or playing bingo with your friends, we want each day to be fun. With budget cuts, the end of the fiscal year quickly approaching, and tough times in general, we have to be creative in planning events. Let us know what you like (and don't like) – we'll try and plan accordingly. You are important to us and we want the ASC to be an enjoyable place to come!

~Janice Armstrong  
 Acting Director

**JUNE ISSUE**  
**50 Cent Suggested Donation**

## Shopping on a Fixed Income

When it comes to shopping, there are simple methods to cutting grocery costs. Here are some simple guidelines to follow:

1. **Plan Grocery Trips-** Limiting your grocery trip to once every week or two will cut overspending and gas costs by at least half.
2. **Creating a List-** This will omit impulse buying and you won't have to drive back for something you "forgot".
3. **Plan Your List-** Planning your meals ahead of time will allow you to see what ingredients you can buy in bulk. Buying in bulk helps you save money (a few cents goes a long way!). Writing your meals down on paper, can warn you that even though chicken is a common staple, you don't need to buy it that week.
4. **Eat Before You Go-** There is a reason the marketing business is a multibillion dollar industry! If you shop while hungry, you are more likely to fall prey to expertly packaged convenience foods. If you eat first, then go, food in general will look a lot less appetizing.
5. **Study Sales Cycles-** Pick up your local ads and plan your meals around what is on sale or in season. Also, if you have some expendable cash, buy a few extra canned goods that are good deals. Cans can be stored for a long time, and even though you are spending three dollars more now, you are actually saving it in the long run.
6. **Beware of Coupons**

Sometimes coupons force you to spend more, rather than save. Saving two dollars on detergent is nice, but not if it forces you to buy something more expensive like Tide that is priced at \$11.98 over Rain-X which is priced at \$6.98 without a sale.

### *Helpful Shopping Hint:*

#### **Score a sale price after you buy!**

Bought something at the store only to see it on sale later? Most stores will give you back the difference within thirty days of your initial purchase. Read the fine print on the back of your receipt to find out! Or, log onto [log onto Priceprotectr.com](http://logonto Priceprotectr.com) to learn about post purchase mark-downs.



### MEAL TICKETS



The Nutrition Advisory Council has set a suggested donation of \$2.50 per meal for anyone 60 years of age or older. A family member or guest (under the age of 60) must pay \$8.00 for their meal. For your convenience, you can get a meal ticket for a whole month or for the number of meals you desire. Meal tickets will be available every day (Monday thru Friday) at the Nutrition Counter from 11 a.m. to 12 p.m.



### Salad

If you enjoy a salad instead of the meal, PLEASE stay in line as if you are getting a meal. The salad and all the goodies will be added to the tray as it goes down the line. You will pick it up at the end of the serving line the same way you would pick up your regular meal. Your cooperation with this procedure will assure everyone gets the best service! Thank you!

## Nutrition Count for June 2010

Number of congregate days served in the month: 22

Meals Served:	Cong	HD	Wknd
Monthly	3,790	2,210	214

**Total Meals Served (including guests & staff): 6,813**

Donations:	Congregate	Homebound
Daily Average this Month	\$1.52	\$1.14
Daily Average Year Ago	\$1.42	\$1.14

# Pool News June 2010

I encourage both men and women interested in playing pool to come to the Senior Center and enjoy the facilities. There are several pool tables at the Center which are available for anyone 60 years of age or older. We have a good time at the Senior Center and enjoy the friendships developed there and at the scheduled tournaments at other Senior Centers. Please come out and join us. Pool is everyone's game. For ladies interested in playing pool, there is a ladies pool league at the Alamo Senior Center which meets on Monday and Wednesday at 9:00. You are encouraged to join them and have FUN.

Alamogordo: 5-11-2010 (19 players)

- 1st place - Dave Hansen - Alamogordo
- 2nd place - Gonzalo Torres - Alamogordo
- 3rd place - Lloyd Miller - Tularosa
- 4th place - Pete Sarmento - Ruidoso

Capitan: 5-7-2010 (17 players)

- 1st place - Dave Hansen - Alamogordo
- 2nd place - Bob Pardue - Alto
- 3rd place - Lew Dodson - Hondo

Tularosa: 5-18-2010 (13 players)

- 1st place - Joe Worthington - Alamogordo
- 2nd place - Joe Lujan - Alamogordo
- 3rd place - Bob Pardue - Alto

Ruidoso Downs: 4-30-2010 (18 players)

- 1st place - Gilbert Munoz - Alamogordo
- 2nd place - Dave Hansen - Alamogordo
- 3rd place - Al Yoemans - Capitan
- 4th place - Bob Pardue - Alto

Hondo Valley: 5-14-2010 (16 players)

- 1st place - Lew Dodson - Hondo
- 2nd place - Bob Pardue - Alto
- 3rd place - Bill Jones - Hondo
- 4th place - Dave Hansen - Alamogordo

**Wood Carvers  
meet every  
Saturday at 10:00  
AM**

## **DITCH THE WORKOUT AND JOIN THE PARTY!**

WHERE: The Alamo Senior Center  
Tuesday's at 11am - Instructor: Sue Burns  
Wednesday's at 11am - Instructor: Patti Reyes  
Thursday's at 5:30 pm - Instructor: Sue Burns  
\*Zumba Gold is a fitness class designed for seniors that combines Latin/International rhythms and dance moves.

Contact Patti Reyes (575-551-6748) or  
Sue Burns (575-491-5283)  
for more information

## **CRAFT ACTIVITIES**

**June 8th** - Create your own unique greeting cards. We'll be meeting in Classroom I at 10-11 am. There will be a \$4.00 fee for supplies.

**June 18th** - Fathers Day Boat Races!

**June 29th** - Create a decoupage picture frame. We'll be meeting in Classroom I at 10-11 am. There will be a \$4.00 fee for supplies.

**Please sign up at the reception desk for this activity.**

## Social Security Administration

Will be at the New Mexico  
Department of Human  
Services at 2000 Juniper Drive  
on JUNE 16, 2010 11:30am-1:00pm

Toll Free 1-800-772-1213  
Human Services Dept. 575-437-9260

If you have any question concerning your Social  
Security please visit with them.



Will Be

at the

Senior Center  
On June 21, 2010  
At 9:30

Offering Information on  
Landlord/Tenant Issues  
and Family Law

### Specific Topics:

Evictions	Demand Letters
Debt	Child Support
Court Hearings	Alimony
Retirement	Community Property
Lock Outs	
Custody	

Advanced Hearing Care  
June 15th, 2010  
9:30 in Classroom II

Tutorial on hearing aid and  
hearing care options.



## MEDICARE BASICS

Southeast Regional Benefits Coordinator

There will be NO benefits Counseling event in  
the month of June. If you need assistance with  
your Social Security, Medicare, and/or Medicaid  
benefits, OR if you need assistance with your  
Medicare costs, PLEASE call:

**For More Information,  
call: 1-800-432-2080**

**Lucas Zertuche**

**1-800-762-8690**

or

**(575) 647-2023**

## Huff-N-Puff

Meeting June 1st @ 1PM  
At the Senior Center

Dominic Melendrez, the director of the  
NM Center for Behavioral Sleep Medi-  
cine in Alamogordo, will be the featured  
speaker. The topic will be "Overlap Syn-  
drome," which is the overlap of sleep ap-  
nea and COPD.

For More information call:  
Jan Lundstrom @ 443-2499  
or  
Pulmonary Rehab @ 443-2745



In Loving Mem-  
ory of :  
Lloyd Hershey

From: Merry



In Loving Mem-  
ory of :  
Marge Carlson

From: Orlin and



Happy Birthday! **MAY BIRTHDAYS** Happy Birthday!

2010



From Left to Right:

Norman Wilburn, Laura Stewart, May Castro, Tony Chavez, Ida Maldonado, Max Chavez, Luis Malone

Special Thanks to the special "Lydia's Cakes" who donated the cake!





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## REMEMBER THE ALAMO SENIOR CENTER

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 Rosanne or Janice at 439-4150.



## CRAFT ACTIVITIES

May 11th - Create a beautiful stained-glass effect Sun Catcher Wreath. We'll be meeting  
in Classroom I at 10-11 am. There will be a \$3.00 fee for supplies.



May 25th – Create a Memorial Day Patriotic Key Ring. We'll be meeting in Classroom I at  
10-11 am. There will be a \$3.00 fee for supplies.



Please sign up at the reception desk for this activity.

# Leg Pain and Mobility

Submitted by Merry Koval

Can



you stoop, crouch and kneel? Good, that is an indicator that you are able to perform the tasks of daily living. Difficulty doing those things is an indicator of weakness in the muscles of the thighs, knees and ankles as well as balance problems. If you have balance problems you are at risk of falling or serious injury.

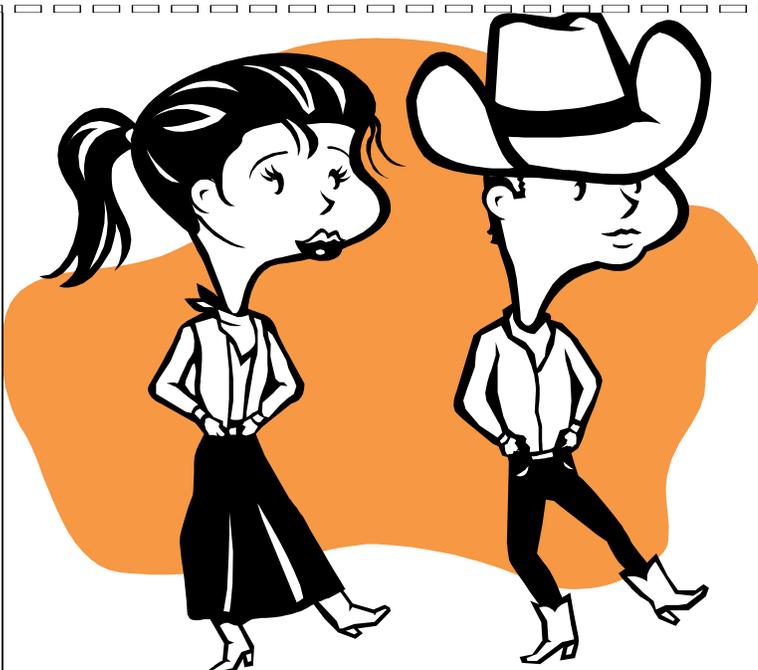
If you can stoop, crouch and kneel you're probably able to take a shower, carry your groceries into the kitchen and do all those simple tasks of daily living. If you can't, you are probably going to have problems functioning.

If your joints hurt because of arthritis or a narrowing of the spinal canal known as spinal stenosis, you're less likely to be active. Inactive people have weaker muscles in the back and legs. If you can't walk for extended periods of time you are probably lacking in muscle strength in your legs. Walking or swimming or riding a stationary bicycle improves muscle strength and reduces pain. Pain medication helps to curb the pain and helps you to literally get back on your feet.

Peripheral artery disease (PAD) is caused by narrowing of the arteries in your legs and feet which causes decreased blood flow: so your feet and legs do not get enough oxygen. This can be very painful, and decreases your ability to walk for an extended period of time, but walk you must. Medication can also help to relax the blood vessels by increasing the blood flow. Keep walking. Don't ever quit because that only makes the problem worse. If you smoke - stop. Get help if you need it, but don't stop walking.

Diabetics sometimes develop neuropathy in their feet and feel numbness, burning or tingling in their feet. You need to watch your blood sugar levels and keep them within normal range.

If you have leg pains see your doctor. He will diagnose the problem and prescribe medication if needed. Ask about exercise. He will probably recommend something suitable for you. Stay active. It will help prevent any further problems. Come join one of our exercise classes - we'll keep you active. Nobody wants to become disabled - unable to take care of their daily needs or dependent on others to take care of them.



## Dance To The Music Of "Selmo"

Friday, June 11th  
6-9 pm

Light refreshments  
will be served