

THE SENTINEL

NOVEMBER 2013

50 CENT SUGGESTED DONATION

2201 Puerto Rico Alamogordo, NM, 88310 575-439-4150, Fax: 575-439-4160

I have so much to share with you. It has been extremely busy at your Senior Center. We hope you are enjoying the many activities and events we have planned for you. Make sure to check the tons of flyers that are on every window, door, and board to see what we have to offer.

Please be aware of the many presentations by the NM Aging & Long Term Services Department offered to you during open enrollment to review your Medicare/Medicaid needs. Take time to make an educated decision by having someone review your current benefits to make sure that you are on the best plan. This review takes about 45 minutes to an hour, and the best news is that this state agency is bi-partisan and is not affiliated with any insurance company. They are not trying to sell you anything. They are trying to assist you in getting the best coverage for your current medications and to make sure that your current physician is on your plan.

Did you know that NM ranks 2nd in the Nation for Senior Hunger? Please help us find these seniors in our community. You can help us in this outreach by passing on information about your Senior Center to your neighbors, your parish families, or as you are waiting in your doctor's office taking part in conversations. We offer an array of services to help our seniors stay in their homes for as long as possible. Please help us to reach those isolated seniors in our community.

We welcome two new part-time staff members to our Center. Audrey Ferguson is our Home Delivered Meals Aide and she will assist the Home Services Department in delivering meals as well as assisting special needs seniors in the dining room. Amy Cochran is our new Fitness Coordinator who will be assisting you with your nutrition/fitness needs. Come by to see Amy and update your Alamo Ageless Health registration form. She will be offering fitness testing to those of you who would like to measure where you are in your fitness regime. This will help us see if your exercise routine is really helping you to attain your goals and help us to provide an evidence-based program for you.

We thank you for the opportunity to serve you. We have a wonderful caring staff that is here to assist you. I have an open door policy, and welcome you to come in and let us know how we are doing.

Happy Thanksgiving to Everyone!

Always, *Ronnie*

Alamo Senior
Center

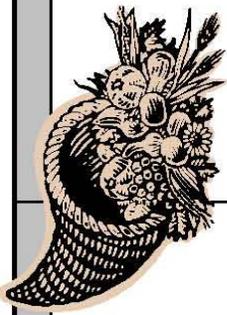


Veronica
Ortega

ASC
Manager

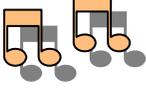


NOVEMBER 2013

								1 - FRIDAY	
								Baked Fish on Rice Succotash Spinach Salad WWV Roll Peanut Butter Cookie	
4 - MONDAY		5 - TUESDAY		6 - WEDNESDAY		7 - THURSDAY		8 - FRIDAY	
Chicken Tenders Mashed Potatoes w/Gravy Broccoli WWV Roll Apricots w/ Cottage Cheese	Baked Fish Cole Slaw Lima Beans Seasoned Spinach Dinner Roll Chilled Pineapple	Roast Beef Garden Salad Mashed Potatoes Seasoned Corn Dinner Roll Tropical Fruit	Baked Pork Chop Brussels Sprouts Carrots Whole Wheat Roll Fruit Cocktail	Green Chile Beef Enchiladas Pinto Beans Tossed Salad Crackers Diced Pears					
11 - MONDAY		12 - TUESDAY		13 - WEDNESDAY		14 - THURSDAY		15 - FRIDAY	
Chile Dog Cheese/Onion Baked Fries Mixed Vegetables Whipped Berries	Lasagna Garden Salad Italian Vegetables Applesauce Cake	Oven Fried Chicken Braised Onions Green Beans & Potatoes Carrot Raisin Salad WWV Bread Mandarin Oranges Peanut Butter Cookie	Meat Loaf Mashed Potatoes w/Gravy Carrots WWV Roll Strawberries	Thanksgiving Dinner Turkey Stuffing Capri Vegetables WWV Roll Pumpkin Pie w/ Topping					
								22 - FRIDAY	
18 - MONDAY		19 - TUESDAY		20 - WEDNESDAY		21 - THURSDAY		22 - FRIDAY	
Salisbury Steak Mashed Potatoes Mushroom Gravy Peas & Carrots Whole Wheat Roll Apricots	Fish Sandwich Broccoli Cucumber/Carrot Salad Tapioca Pudding	Shepard's Pie Mashed Potatoes Mixed Vegetables Spinach Biscuit Chilled Pears	Chicken Paprika Buttered Rice Broccoli Cauliflower Wheat Roll Pineapple	Hamburger Lettuce, Tomato, Onion Dill Pickle Baked Beans Potato Salad Melon					
25 - MONDAY		26 - TUESDAY		27 - WEDNESDAY		28 - THURSDAY		29 - FRIDAY	
Chicken Nuggets Honey Mustard/BBQ Sauce Baked Potato Wedges Broccoli with Cheese Fruit Cocktail	BAKED HAM Black eye peas Baked sweet potato Cornbread	Swiss Steak Tomato, Onion, Peppers Gravy Mixed Vegetables Wheat Roll Orange	CLOSED HAPPY THANKSGIVING! THANKSGIVING Have a wonderful holiday No Congregate meal served	Menu subject to change Lowfat Milk served daily Suggested donation is \$2.50				CLOSED THANKSGIVING Have a wonderful holiday No Congregate meal served	

Calendar of Events

For more information on any of these events, please call 439-4150

<p>Dance to the music of : Johnny Mack</p>  	<p>November 1st & 15th, 6:00 pm — 9:00 pm Dining Room — \$4.00 per person Light refreshments will be served</p>
<p>NMSU-A Nursing Program Health Fair Information, Blood Pressure Check, Glucose Screening, Vital Signs, Cholesterol Screening \$10,</p>	<p>November 4th, 2013 8:00 am — 4:00 pm ASC foyer</p>
<p>Advanced Hearing Care Dr. Allison Money Penny, Au.D. Presentation on hearing and individualized hearing tests</p> 	<p>November 4th, 2013 8:00 am — 4:00 pm ASC Classroom</p>
<p>Huff and Puff a C.O.P.D. Support Group Speaker: Bill Phillips from American Home Patient Topic: Home Sleep Testing</p>	<p>November 5th, 2013 1:00 pm — 3:00 pm Classrooms 1 & 2</p>
<p>BLOOD PRESSURE CLINIC  Sponsored by Encompass Home Health</p>	<p>November 6th, 13th, 20th, & 27th Wednesdays, 10:00 am — 12:00 pm Foyer</p>
<p>Alzheimer's Association <i>Alzheimer's Support Group For Caregivers</i></p>	<p>November 6th, 13th, 20th, & 27th Wednesdays 11:00 am — 1:00 pm ASC Conference Room</p>

Calendar of Events

For more information on any of these events, please call 439-4150

<p>Dance to the music of:</p> <p>SELMO</p> 	<p>November 8th & 22nd</p> <p>6:00 p.m. — 9:00 p.m. Dining room — \$4.00 per person</p>
 <p>Honorable Christine A. Tenski Otero County Probate Judge</p> <p>Presentation on Probate, Wills, Transfer on Death Deeds, and Surviving Spouse Affidavits</p>	<p>November 13th, 2013</p> <p>10:00 am — 12:00 pm ASC Classroom</p>
<p>Pet Adoption Day</p> 	<p>November 14th, 2013</p> <p>9:30 am — 11:00 am Second Thursday of every month</p>
<p>THANKSGIVING DINNER</p> 	<p>November 15th, 2013</p> <p>11:00 am — 1:00 pm Dining Room</p>
<p>Bereavement Class</p>  <p>By Pastor Bob</p>	<p>November 20th, 2013</p> <p>10:00 am — 12:00 pm Staff conference Room</p>
<p>Senior Birthday Party</p> 	<p>November 27th, 2013</p> <p>9:45 am — 10:30 am ASC Dining Room</p>

Meal Tickets



September Nutrition Report



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 \$8.50 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.

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!

Number of days served this month: 20

Total number of meals served: 6,247

Meals Served:	Congregate Meals	Home Delivered Meals
September	3,081	3,166
Donation Average:	\$1.74	\$.84

Thrift Shop Donations Needed

The Alamo Senior Center needs donations for our Thrift Shop. Your donations are greatly appreciated. All proceeds benefit the Senior Center.

The Alamo Senior Center needs Volunteers for Home Delivered Meals. If interested, let us know!

**CHRISTMAS TREE
LIGHT TOUR**

**December 12th, 2013
5:00 til ????**

**Dinner at McDonald's
on your own.**

Suggested Transportation Donation
\$2:00

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Member Facility with New Mexico Health Care Association

Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
Aerobics	Mon & Wed & Fri	8:45-9:45 AM	Old Wellness Cntr
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/ Merry
Basic Beginner Line Dancing	Mon & Thurs	1:15-1:45 PM	Fitness Room II w/ Jean
Belly Dancing	Mon	2:00 - 3:00 PM	Fitness Room I w/ Mitzi
Chair Exercise	Mon & Wed & Fri	9:35 - 9:55AM	Fitness Room I w/ Genny
Circuit Training	Tue & Thurs	2:00 - 2:45 PM	Fitness Center w/ Cindy
Beginner/Intermediate Line Dancing	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/ Jean
Cue Line Dancing	Wed	6:30 - 7:30 PM	Fitness Room II w/ Iris
Jamboree Line Dance Beg.	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/ Bea
Jamboree Line Dance Adv.	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea
Line Dancing (High Beginners)	Tues & Thurs	6:00-7:00 PM	Fitness Room II w/ Iris
Line Dancing (Intermediate)	Tues & Thurs	7:00-8:30 PM	Fitness Room II w/ Iris
Open Swimming	Mon-Fri	6:00 - 8:00 AM	Rec Center
Plus Square Dance	Wed	2:00-3:00 PM	Fitness Room I w/ Jean
Road Runner Walking Club	Mon-Fri	8:00 - 9:00 AM	White Sands Mall
Stretching	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room I w/ Lucille
Strength Training 	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/ Claire
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/ Dick
Resistance Strength Training	Mon & Wed & Fri	1:00-2:00 PM	Fitness Room I w/ Tom
Strength & Flexibility	Mon & Wed & Fri	8:30-9:30 AM	White Sands Mall w/ Judy
Table Tennis	Mon & Wed & Fri	8:00-11:00 AM	Classroom I & II w/ Monroe
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Walk Aerobics	Mon & Wed	2:30-3:30PM	Fitness Room II w/ Velda
Wgt Training & DVD Dance	Mon & Wed & Fri	11:00-12:00 PM	Fitness Room I w/ Elena
Yoga 	Mon & Wed	4:00-5:15 PM	Fitness Room II w/ Mary
Zumba	Mon	11:15-11:45 AM	Fitness Room II
Zumba	Wed	11:15-11:45 AM	Fitness Room II
Zumba - Video/instructor	Fri	11:15-12:45 AM	Fitness Room II w/Jenny

Updated 10/28/2013

**All classes, support groups and activities are instructed by VOLUNTEERS.
PLEASE keep this in mind, as things come up,
and sometimes our classes are delayed or canceled.**

Alamo Senior Center Activities

Event: Support Groups	Day	Time	Place
Alzheimer's Support	2nd Tues	6:30 PM	Casa Arena
Daily Cancer Support	Mon. - Fri.	11AM - 5PM	907 New York Ave.
COPD Huff n Puff	1st Tues	1:00 PM	Class Room I and II
DAV	1st Mon	6-7:30 PM	Classroom II
Diabetes Support Group	3rd Tues	3:00 PM	GCRMC
Low Vision/Blind Support	2nd Thurs	9-11:00 AM	Conference Room
Event: Activities	Day	Time	Place
Marine Corp. League	1st Sat	1-3 PM	Classroom I
Military Ret. Grass Roots	3rd Sat	1-2 PM	Classroom I
NARFE Board	2nd Mon	1:00 PM	Classroom I
Nutrition Council Meeting	2nd Thurs	1:00 PM	Classroom II
Retired Public Employees	2nd Tues	1-3 PM	Classroom II
Event: Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00-3:00 PM	Class Room I
Art (Multimedia)	Wednesday	8:30-11:30 AM & 1-3:30 PM	Activity Room
Bingo	Tues & Fri	1:15-3 PM	Dining Room
Birthday Party	Last Wed. of the month	@ 9:45-10:30AM	Dining Room
Blood Pressure	3rd Thurs	9-11 AM	Lobby
Bridge Party	Thursday	12:30 PM	Activity Room/Rose / ASC
Bridge Lessons	Wednesday	6:30 - 8:30 PM	Activity Room/Adam / ASC
Bridge (Duplicate)	Mon & Tues & Fri	12:30-4 PM	Activity Room/Adam/DCBC
Bridge (Duplicate)	Jan - June, 1st Sun of the month	@ 1:30 -4:00 PM	Activity Room/Adam/DCBC
Chorus	Thursday	10:00 AM	Dining Room
Harmonica	Thursday	9:00 AM	Class Room I
Lapidary	Wed & Fri	10:00 AM -12:00 PM	Lapidary Room
Music	Daily	9:00-11:00 AM	Dining Room
Writing Group	Friday	1:30 PM - 3:30 PM	Classroom I & II
Pinochle	Wed	1-3 PM	Lobby
Pool (Women's League)	Mon & Wed	9:00 AM	Pool Room
Pool Tournament	2nd Tuesday	9:30 AM	Pool Room
Quilting	Thursday	9-11 AM	Activity Room
Senior Golf	Wednesday	8 AM-12 PM	Desert Lakes
Senior Olympics Meeting	Thurs. Jan-Sept	1:00PM	Classroom I & II
Silversmith	Wed & Fri	1-3 PM	Lapidary Room
Woodworking Class	Saturdays	10:00 AM	Senior Center

*DCBC = Desert Castaways Bridge Club



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For information:

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AARP Safe Driving Class

November 21st, 2013

9:00 am — 3:00 pm

Classroom 1

Sign up at the front desk.

12\$ for AARP members, \$14 non-members

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October Birthdays



Helene Thompson, Cindi Barberi, Nellie Baker
Bill Whitley, Frank Smith, Joe Cooley, Irvin Michaud (side)

Special Thanks To: Betty Dare
for their Cake Donation!!!

POOL NEWS

October 2013

I encourage anyone interested in playing pool to come to the Senior Center and enjoy the facilities. The pool tables at the Center 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's everyone's game. For ladies interested in playing pool, there are several ladies who play at the Alamo Senior Center on Mondays and Wednesdays at 9 am. You are encouraged to join them and us and have **FUN**.

Ruidoso Downs: 9-27-2013 (19 players)

- 1st place – Dave Hansen - Alamogordo
- 2nd place – Pete Sarmiento - Ruidoso
- 3rd place – Frank Smith - Alamogordo
- 4th place – Bill Sheppard - Alamogordo

Capitan: 10-4-2013 (15 players)

- 1st place – Dave Hansen - Alamogordo
- 2nd place – Howard Stewart - Capitan
- 3rd place – Bob Pardue - Alto
- 4th place – Frank Smith - Alamogordo

Alamogordo: 10-8-2013 (23 players)

- 1st place – Ed Chavez - Alamogordo
- 2nd place – Joe Lujan - La Luz
- 3rd place – John Martinez - Alamogordo
- 4th place – Luther Craig - Alamogordo

Hondo Valley: 10-11-2013 (16 players)

- 1st place – Frank Smith - Alamogordo
- 2nd place – Howard Stewart - Capitan
- 3rd place – Dave Hansen - Alamogordo
- 4th place – John Martinez * Alamogordo

Tularosa: 10-15-2013 (18 players)

- 1st place – Gilbert Munoz - Alamogordo
- 2nd place – Jerry Burchett - Hondo
- 3rd place – Ed Chavez - Alamogordo
- 4th place – Lloyd Miller - Tularosa

Compiled by David Hansen of Alamogordo

Amy's Top Three Fitness and Nutrition Advice

Posture is so important because it assists in building your core muscles as well as perform the exercise in the proper form. Core muscles help perform the everyday basic functions and are important to keep active for well being.

Maintaining good posture is the easiest way to build those muscles, allowing them to slowly build stronger and stronger.

Limit sodium intake. Sodium is hidden in everything we eat that has been processed and packaged. Make sure you read the food labels before you buy. Your body only needs 180 to 500 milligrams of sodium to function. The Institute of Medicine recommends 1500 milligrams and no more than 2,300 milligrams. A can of tomato soup has 480 milligrams of sodium. Another good tip for limiting sodium is to not add extra salt to your food.

Decrease your sugar intake. Diabetes is one of the scariest diseases we face in the nutrition and fitness world. Limiting sugar intake is the best way to either keep diabetes from occurring or maintaining control over diabetes. Skipping that can of cola or the candy bar is the obvious suggestions but also paying attention to the food labels on the back of cereal, bread and soup are big ones as well.

Amy Cochran is the new Fitness Coordinator in the Fitness Center. She is certified through AFPA in nutrition counseling, personal training, and several other certifications. Feel free to stop by and ask her any questions you have about fitness and nutrition. Amy can be reached at 439-4274.

2013 Ruidoso
Christmas Jubilee

Travel Center Casino

November 8th, 2013

9:00am — 3:30pm

Lunch on your own

Admission \$1.00



Suggested Transportation Donation \$10.00

FIELD TRIPS

Shopping at
Big Lots,
Hobby Lobby
& more



in Las Cruces, NM

November 14th, 2013

Time: 8:00 am — 3:00 pm

Suggested Transportation Donation \$10

Lunch on your own

