

The Sentinel

October, 2017

50 cent suggested donation

From the Manager

Senior Centers across New Mexico—indeed, across the United States—have been serving nutritious lunches through Meals on Wheels and in dining rooms for many years. All this started with the Older Americans Act of 1960. The meals we enjoy here every day are thanks to the funds we receive from the federal and state government.

Unfortunately, we are at a crossroad: the government is looking to cut spending. The federal contribution alone supplies us with meals for 4-5 months a year. Imagine, if you can, how our meals may change if we lose that funding. The choice may be to require a reservation. Or, we can go to a fixed count meal system: we prepare 100 meals, for example, and stop serving when we run out of food for the day.

What can you do to help? Surprisingly, it's as easy as remembering to renew your Senior Center card every year. When you update your card, we get funding for your reassessment and funding for your senior service—transportation, lunch, fitness center--for another year. We cannot—and would not—refuse you **the lunch, the bus ride or access to our fitness center, but when you don't update your card, we don't get any help from the state or the federal governments.**

Help us and help yourselves. Look at your Senior Center ID card. Is it out of date? Please stop by and schedule a brief 5-10 minute reassessment. Are you annoyed by the questions we ask? You are not required to give us any information that makes you uncomfortable. Are you required to give a donation for the reassessment? **Nope. We appreciate all your donations, but you don't need to give us a penny to help us with this project!** Is your information none of our darn business? If you believe that the government is getting too nosy about your private life, ask us how you opt out. We may not get any funding, but we can at least stop bugging you.

Please stop by the Front Desk and sign up a time for reassessment. Remember **that all of this funding goes to directly support our programs. If you're from another Senior Center, please help them in the same way.**

Peter

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>

October 2017

2-MONDAY	3-TUESDAY	4-WEDNESDAY	5-THURSDAY	6-FRIDAY
Green Chile Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream w/Strawberries	BBQ Chicken Thighs Broccoli, Cauliflower Carrot Salad Dinner Roll Spiced Peaches Sugar Cookie	Chicken Fried Steak Mashed Potatoes w/Gravy Seasoned Mixed Vegetables Bread Tangerines	Pork Chops Mashed Potatoes w/Gravy Seasoned Peas Biscuit Cherry Cobbler	Meat Loaf Steamed Rice Beets Biscuit Cantaloupe
9-MONDAY	10-TUESDAY	11-WEDNESDAY	12-THURSDAY	13-FRIDAY
Roast Beef Mashed Potatoes w/Gravy Tossed Salad California Vegetables Dinner Roll Cantaloupe	Baked Chicken Carrot Raisin Salad Wild Rice Biscuit Mandarin Oranges	Beef Stew Cucumber & Onion Salad Cornbread Strawberry Shortcake	Lasagna Garden Salad Mixed Vegetables French Bread Plum Cobbler	Red Beef Enchiladas Jalapeno, Onion, Tomato Salsa Seasoned Pinto Beans
16-MONDAY	17-TUESDAY	18-WEDNESDAY	19-THURSDAY	20-FRIDAY
Beef Tips & Noodles Tossed Green Salad Peas & Carrots Oatmeal Cookie Pears	Green Chile Chicken Enchiladas Lettuce & Tomatoes Pinto Beans Jell-O Apricots	Baked Chicken Breast Sliced Tomatoes Broccoli w/Cheese Dinner Roll Strawberries & Bananas	Country Fired Steak Mashed Potatoes Seasoned Spinach Dinner Roll Chocolate Cookie Tangerine	Roast Pork Tossed Salad Peas and Carrots Dinner Roll Lemon Pudding Mandarin Oranges
23-MONDAY	24-TUESDAY	25-WEDNESDAY	26-THURSDAY	27-FRIDAY
Salisbury Steak Sliced Red Peppers Tortilla Pumpkin Bread	Roast Beef Mashed Potatoes w/Gravy Seasoned Mixed Vegetables Applesauce Cake Pears & Mandarin Oranges	Oven Fried Chicken Baked Sweet Potato Bread Apple Peach Crisp	Green Chili Cheeseburger Lettuce, Tomato & Onion Carrots & Peppers Butter Beans Chocolate Pudding	Dill Baked Fish Corn & Peppers Bread Stick Low-Fat Yogurt Pears
30-MONDAY	31-TUESDAY			
Green Chili Beef Enchiladas Jalapeno, Onion, Tomato Salsa Pinto Beans	Road Kill (Hot Beef Sandwich) Sour Potatoes (mashed) Rotten Roots (carrots & peppers) Crusty Bread Wormy Pears (diced)			
		8 oz. 1% Low Fat Milk Served With All Meals		
		Suggested Donation: \$2.50		

Meal Tickets



August 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 \$7.30 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: 23

Total number of meals served: 6,809

	Congregate Meals	Home Delivered Meals
Meals Served:	3,619	3,190
Donation Average:	\$1.51	.79

PLEASE REMEMBER
TO RENEW/UPDATE
YOUR SENIOR CENTER ID CARD:
EXCEPT FOR THOSE RECEIVING
MEALS ON WHEELS,
YOUR CARD EXPIRES ON YOUR
BIRTH MONTH.

The Alamo Senior Center
needs volunteers
for Home Delivered Meals.

Deliveries take about one hour.
Your help just once a week helps
our homebound seniors.

From the Nutrition Desk:
Packets of salad dressing are
available on the serving line
upon request.

- Italian
- Thousand Island
- Ranch



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.

Alamo Senior Center Calendar of Events

October 4, 2017

Wednesday

10:00 AM - 2:00 PM

**TSA-Roswell Commodity Supplemental Food Program (CSFP) --
Civic Center**
(1st Wednesday)

2:00 PM - 4:00 PM

SAVVY Caregiver -- Staff Conference Room

October 11, 2017

Wednesday

2:00 PM - 4:00 PM

SAVVY Caregiver -- Staff Conference Room

October 12, 2017

Thursday

1:15 PM - 2:15 PM

ASC Nutrition Council Meeting -- Classroom
(Meets 2nd Thursday of the month)

October 13, 2017

Friday

5:00 PM - 8:00 PM

**Senior Volunteer Program Spaghetti Dinner-Tickets can be
purchased in RSVP Office for \$7.00 -- William Estrada Memorial
Civic Center 800 E. 1st Street**

6:00 PM - 9:00 PM

Friday Night Dance
\$4.00 per person. Open to the Public.

October 18, 2017

Wednesday

10:00 AM - 11:30 AM

Flowering Desert Garden Club -- Lobby
(Meets 3rd Wednesday)

1:15 PM - 3:00 PM

Senior Advisory Council Meeting -- Classroom
(Meets 3rd Wednesday of the month)

2:00 PM - 4:00 PM

SAVVY Caregiver -- Staff Conference Room

Alamo Senior Center Calendar of Events

October 19, 2017

Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Course -- Classroom

Sign up at the Front Desk! --Fee Required
(Meets 3rd Thursday)

October 21, 2017

Saturday

8:00 AM - 12:00 PM

AARP Driver Safety Course -- Classroom

Sign up at the Front Desk! --Fee Required
(Meets 3rd Saturday)

October 24, 2017

Tuesday

10:00 AM - 12:00 PM

Humana Medicare -- Lobby

October 25, 2017

Wednesday

9:45 AM - 10:30 AM

Senior Center Birthday Party! -- Dining Room

(The last Wednesday of the month, except November & December)

2:00 PM - 4:00 PM

SAVVY Caregiver -- Staff Conference Room

October 27, 2017

Friday

10:30 AM - 12:00 PM

Sophia Leckie Molina Medicare Options Plus -- Lobby

6:00 PM - 9:00 PM

Friday Night Dance

\$4.00 per person. Open to the Public.

October 30, 2017

Monday

10:00 AM - 2:00 PM

Stephanie Lazarene Open Enrollment -- Lobby

October 31, 2017

Tuesday

10:00 AM - 12:00 PM

Humana Medicare -- Lobby

DO YOU HAVE CONCERNS ABOUT FALLING?

GCRMC is pleased to offer a free program designed to work with community dwelling elderly adults with a fear of falling. Call for class schedule.



PLEASE JOIN US IF:

- You are concerned about falls
- Sustained a fall in the past
- Want to improve flexibility, balance and strength
- Restrict activities because of concerns of falling
- Are 60 or older, ambulatory and able to problem solve



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS



Gerald Champion
Regional Medical Center
Our Family Caring For Yours

This award winning program is designed to benefit community dwelling older adults to reduce the fear of falling. This program utilizes volunteer coaches to teach the eight two-hour sessions. If interested in becoming a coach please indicate so when you RSVP.

CALL TODAY TO RSVP: 214-532-1170

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006.
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Sunday	1:00 pm	
Monday	1:00 pm	7:00 pm
Tuesday	1:00 pm	7:00 pm
(Doors Open	11:30 am	5:30 pm)

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Senior Volunteer Programs Annual Spaghetti Dinner



Friday, October 13, 2017

5 to 8 pm at the Sgt. Willie Estrada Civic Center

Tickets are \$7.00 and are on sale in the SVP office

Please call 439-4154 for more information



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Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/Merry
Chair Exercise/Balance	Mon & Wed & Fri	9:30 - 10:00AM	Fitness Room II w/Genny & Luis
Dance Fitness	Fri	11:00-11:45	Fitness Room I w/Patti Elliot
Aerobics & Stability Ball	Mon	11:00-11:45 AM	Fitness Room II w/Sue
Jamboree Line Dance (Advanced) *	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/Bea *
Jamboree Line Dance (Beginner) *	Tues & Wed & Fri	12:30-1:30 PM	Fitness Room II w/Bea *
Jamboree Line Dancing (High Beginner)	Tues	3:00-4:00 PM	Fitness Room II w/Norma
Line Dancing (Advanced)	Tues & Thurs	4:00 - 5:00 PM	Fitness Room II w/Norma
Line Dancing (Advanced)	Tues & Thurs	5:00 - 6:00 PM	Fitness Room II w/Merry
Line Dancing (Basic Beginner)	Mon & Thurs	1:15-1:45 PM	Fitness Room II w/Jean D.
Line Dancing (Low Intermediate)	Mon & Thurs	2:00-3:00 PM	Fitness Room II w/Jean D.
Line Dancing (Ultra Beginner)	Thurs	3:00 - 4:00 PM	Fitness Room II w/Norma
Meditation	Fri	10:30- AM - 12:00 PM	Classroom w/John *
Resistance Strength & Weight Training *	Mon & Wed & Fri	1:00-2:00 PM	Fitness Room I w/Tom *
Strength & Flexibility *	Mon & Wed & Fri	8:30-9:30 AM	Wellness Center w/Judie *
The old Wellness Center is located at 10th & Washington, Alamogordo			
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/Leo
Strength Training & Stretching-Advanced	Mon & Wed & Fri	8:00-9:00 AM	Fitness Room I w/Chuck
Table Tennis	Mon & Wed & Fri	8:00-11:00 AM	Classroom
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/Merry
Walk Aerobics	Mon & Wed & Fri	8:45-9:30 AM	Fitness Room II w/Lee
Walk Aerobics	Mon & Wed & Fri	1:50 - 2:45 PM	Fitness Room I w/Becky
Yoga	Tues	8:30 - 9:30 AM	Fitness Room II w/Judy
Yoga (Qigong) *	Thursday	8:30 - 9:30 AM	Fitness Room II w/John *
Zumba - DVD	Wed & Fri	11:00-11:45 AM	Fitness Room II with Rueben

* Class is taught by a certified instructor.

Updated 6/21/2017

**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.**

A few policy reminders for use of the Alamo Senior Center Fitness Center:

- All persons under the age of 60 are subject to a fee of \$20/month or \$5/class, to be paid at the Front Desk. Those under 60 cannot displace a senior 60 or over at any time.
- Everyone needs to have a signed health waiver on file.
- Tennis shoes are a requirement for all exercise to include fitness classes and working out on the fitness equipment.
- **You cannot exercise alone:** there must be someone else in the Fitness Center with you. *Period.*

Alamo Senior Center Activities

ASC Activities	Day	Time	Place
AARP Driver Safety Program	3rd Thurs.	9:00 AM - 3:00 PM	Classroom
AARP Driver Safety Program	3rd Sat	8:00 AM - 12:00 PM	Classroom
Art (Arts & Crafts)	Fri	8:30 AM - 11:30 AM	Activity Room
Art (Open - Any Media)	Wed	9:00 AM - 3:00 PM	Activity Room
Beginning Crochet	Fri	8:30 AM - 11:30 AM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:00 PM	Dining Room
Birthday Party	Last Wed of the month	9:45 AM - 10:30 AM	Dining Room
Bridge (Duplicate) - *DCBC	Mon & Tues & Fri	12:30 PM - 4:30 PM	Activity Room
Bridge (Party)	Thurs	12:30 PM - 4:30 PM	Activity Room
	and 2nd Tues	12:00 PM - 4:00 PM	Classroom
Chorus	Thurs	10:00 AM - 11:00 AM	Dining Room
Dominoes	Thurs	1:00 PM - 4:00 PM	Lobby
Flowering Desert Garden Club	3rd Wed	10:00 AM - 11:30 AM	Lobby
Harmonica	4th & 5th Thurs	9:00 AM - 11:00 AM	Lobby
Lapidary	Wed & Fri	10:00 AM - 12:00 PM	Lapidary Room
Marine Corp. League	2nd Sat	11:00 AM - 1:00 PM	Classroom
Music	Daily	9:00 AM - 11:00 AM	Dining Room
NARFE Board	2nd Mon	1:00 PM	Conference Room
Needlework	Tues	9:00 AM - 11:00 AM	Activity Room
Nutrition Council Meeting	2nd Thurs	1:15 PM - 2:15 PM	Classroom
OWL Writing Group	Fri	1:30 PM - 4:00 PM	Conference Room
Pinochle	Wed	1:00 PM - 5:00 PM	Lobby
Pool (Women's League)	Mon & Wed	9:00 AM	Pool Room
Pool Tournament	2nd Tues	9:30 AM	Pool Room
Quilting	Thurs	9:00 AM - 11:30 AM	Activity Room
Senior Advisory Council	3rd Wed	1:15 - 3:00 PM	Classroom
Senior Olympics Meeting	1st Thurs Jan-Sept	1:00 - 2:00 PM	Classroom
Silversmith	Wed & Fri	1:00 - 3:00 PM	Lapidary Room

*DCBC = Desert Castaways Bridge Club

Updated 2/10/2017

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

Did You Know?

Access to medical care is one of our area's greatest challenges. You can help by volunteering time to drive seniors to/from their medical appointments, locally or out of town.

For information, please contact the Senior Volunteer Programs department at 439-4150.

FROM THE FITNESS CENTER:

We have over twenty senior fitness classes that are fun and provide various levels of fitness challenges.

Just a reminder: to use the Fitness Center, staff needs to have a current registration form on file. This includes the use of the workout area and the classes. Please see Fitness Coordinator Bryan to obtain a form.



Pool News

September 2017

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 is **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 9:00. You are encouraged to join them and us and have FUN.

Ruidoso Downs: 8-25-2017 (23 players)
 1st place – Ron Foster – Alto
 2nd place – Luther Craig – Alamogordo
 3rd place – Ed Chavez – Alamogordo
 4th place – Glen Campbell – Alamogordo

Capitan: 9-1-2017 (18 players)
 1st place – Bill Ward – Ruidoso
 2nd place – Walt Dickinson – Alamogordo
 3rd place – Barbara Stewart – Capitan
 4th place – Dave Hansen – Alamogordo

Alamogordo: 9-12-2017 (27 players)
 1st place – Lasarito Guevera Jr – Las Cruces
 2nd place – Luther Craig – Alamogordo
 3rd place – Richard Estrada – Alamogordo
 4th place – Danny Lujan – El Paso

Hondo Valley: 9-8-2017 (12 players)
 1st place – Gilbert Munoz – Alamogordo
 2nd place – John Martinez - La Luz
 3rd place – Al Infante – Las Cruces
 4th place – Frank Smith – Alamogordo

Tularosa: 9-19-2017 (18 players)
 1st place – Luther Craig – Alamogordo
 2nd place – Ed Chavez – Alamogordo
 3rd place – Dave Hansen – Alamogordo
 4th place – Jim Wagner – La Luz

Compiled by David Hansen of Alamogordo

We Can Help

- Need help with your medical expenses?
- Need help paying for your Medicare hospital insurance or medical insurance?
- Need help buying food?
- Need help with your utilities?

Let us help you to determine if you qualify for important Human Services Department benefits.

Call
 Aging & Disability Resource Center
 at 1-800-432-2080.

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1205 MONTE VISTA - TULAROSA, NM 88352

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Efficiency & 1 Bedroom

PLEASE HELP US

We are losing hundreds of dollars from missing or discarded flatware and dishes. Please check your tray before you dump it in the trash and please do not take silverware or dishes out of the dining room.

They are very expensive to replace.

Your cooperation is sincerely appreciated!



September Birthdays

September birthdays from front: Fern Williams; Anita Raynor; Janet Bergmann Back: Allen Schwartz; Michael Larivee; Helga Neidinger; Elise Haley



THANK YOU ALAMO SENIOR CENTER, for sponsoring our September birthday party!

Transportation Commodities Schedule

The Alamo Senior Center provides transportation for commodities as a service for our regular bus riders. The Salvation Army-Roswell delivers CSFP commodities to Alamogordo the 1st Wednesday of the month; Salvation Army-Alamogordo commodities are available the 3rd Wednesday of the month. If you would like more information about these programs, please inquire at the Front Desk.

Salvation Army-Roswell
Wednesday, October 4th

Salvation Army-Alamogordo
Wednesday, October 18th