

The Sentinel

August 2018

50 cent suggested donation

From the Manager

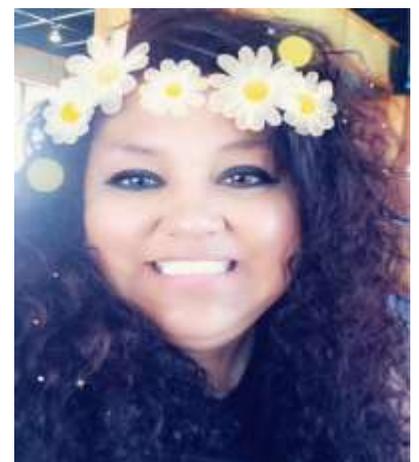
I would like to take this opportunity to introduce myself as the new Senior Center Manager. I would like to start with my history here at the Senior Center. I started employment with the Senior Center many, many years ago... **in 1989 to be exact. We were housed with City Hall on 10th Street** when I started. The building was located on the property of Lowe's Grocery where the gas pumps are located. I hired on as the **Administrative Assistant** to the Senior Center Manager. We were involved with our Building Committee, working towards our new "home" which is what we have today. I was then promoted in **2001 to the Home Services Program which is our Meals on Wheels area**. As the supervisor in that position I was in charge of our Meals on Wheels Program, our once Respite Program and our Homemaker Program that we lost mid-July. I was in charge of assessing/reassessing all of our clients that received any one of those three services and oversaw the volunteers & staff in that area. The Meals on Wheels Program is still going strong and I do not foresee any changes in that area.

I was recently promoted Mid-July as the Alamo Senior Center Manager. So, I bring 29 years of senior center experience with me, that I am very proud of. I do not claim to be a master of anything that I have done, but I do give 100% of everything that I am challenged with. There is always room to learn and grow and I accept those responsibilities. I will make my share of mistakes and ask that you have patience & understanding as I struggle to learn my new responsibilities and undertake these new challenges. I have been told by my predecessors that this position requires a 3-year learning curve. I have always been the type to know now, so I have to learn to be patient as well.

There have been many other changes at the senior center as well. By the time this edition is generated, we will **have been "housed" at the Civic Center for our meal program, due to the much needed new flooring in the kitchen**. We hope to return to the Senior Center mid-August. We are still trying to fill our dishwasher position in the kitchen. Bryan Geary who was our Fitness Coordinator has moved on, so we are short staffed in that program as well. We are also in the process of hiring someone to replace me as the supervisor in the Meals on Wheels program. Peter McKown has taken on the Data Entry Clerk position so we haven't seen the last of him yet. **And, I definitely need his guidance... so thank you Peter!**

I thank all of you for your warm and welcome wishes! I want to thank our staff and volunteers for pulling together and continuing to provide exceptional services to all of you! This is the reason I have never had the desire to leave our senior center. Our staff, volunteers and all of you make the Senior Center a great place to be!

Magdalena Morales



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 2018

		1 - Wednesday		2 - Thursday		3 - Friday	
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change		Hamburger Steak w/ Gravy Roasted Vegetables Coleslaw Whole Wheat Bread w/ Margarine Peaches	Ham & Beans Harvard Beets Tomato Cucumber Salad Cornbread w/ Margarine Pumpkin Spice Cookie Mandarin Oranges Chocolate Milk	Green Chile Cheeseburger Lettuce, Tomato, & Onion Peas & Carrots Peanut Butter Cookie Applesauce			
		8 - Wednesday		9 - Thursday		10 - Friday	
6 - Monday Spaghetti & Meat Sauce Green Salad Scandinavian Vegetables Whole Wheat Bread w/ Margarine Spiced Apples	7 - Tuesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Mandarin Oranges Chocolate Milk	Swiss Steak Mashed Potatoes Peas & Onions Whole Wheat Bread w/ Margarine Peaches	Chicken & Rice Peas & Carrots Broccoli Whole Wheat Bread w/ Margarine Peanut Butter Cookie Chocolate Milk	Green Chile Reileno Green Salad Pinto Beans Crackers Mixed Fruit			
		15 - Wednesday		16 - Thursday		17 - Friday	
13 - Monday Beef Tips & Noodles Green Salad Peas & Carrots Oatmeal Cookie Pears	14 - Tuesday Baked Chicken Wild Rice Carrots Green Beans Whole Wheat Bread w/ Margarine Plums Chocolate Milk	Hamburger Mac & Noodles Green Salad Italian Vegetables Whole Wheat Bread w/ Margarine Peanut Butter Cookie Apricots	Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Pineapple Chocolate Milk	Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Cornbread Chocolate Pudding			
		22 - Wednesday		23 - Thursday		24 - Friday	
20 - Monday Beef Stew Green Beans Beets Biscuit w/ Margarine Peaches	21 - Tuesday Chicken Pot Pie Beet & Onion Salad Zucchini Bake Whole Wheat Bread w/ Margarine Jell-O w/ Mixed Fruit Chocolate Milk	Roast Beef Green Salad Baked Potato Mixed Vegetables Whole Wheat Bread w/ Margarine Chocolate Cake	Stuffed Chicken Breast Mashed Potatoes w/ Gravy Capri Vegetables Cranberry Relish Chocolate Milk	Baked Ham Sweet Potatoes Spinach Cornbread w/ Margarine Tropical Fruit			
		29 - Wednesday		30 - Thursday		31 - Friday	
27 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet	28 - Tuesday Baked Pork Chops Black-Eyed Peas Sweet Potato Cornbread w/ Margarine Spiced Apples Chocolate Milk	Hot Beef Sandwich Mashed Potatoes Green Beans Peach Cobbler	Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Short Cake Chocolate Milk	Chicken Ala King Peas & Carrots Rice Pilaf Brussel Sprouts Pineapple Upside Down Cake			

Meal Tickets



*June 2018
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 1p.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: 21

Total number of meals served: 6,249

	Congregate Meals	Home Delivered Meals
Meals Served:	3,324	2,911
Donation Average:	\$1.56	\$1.05

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:

Salad dressings 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.

AUGUST

Alamo Senior Center Calendar of Events

August 1, 2018
Wednesday

10:00 AM - 2:00 PM

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

August 2, 2018
Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

August 3, 2018
Friday

6:00 PM - 9:00 PM

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



August 7, 2018
Tuesday

10:30 AM - 12:00 PM



Distinguished Choice Insurance Solutions - Sophia -- Lobby

August 8, 2018
Wednesday

1:00 PM - 3:00 PM



Huff N Puff -- Classroom



August 9, 2018
Thursday

1:15 PM - 2:15 PM

Nutrition Council Meeting -- Classroom



August 15, 2018
Wednesday

10:00 AM - 11:00 AM



Medicare 101 Presentation -- Classroom



1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom

Alamo Senior Center
Calendar of Events

 **AUGUST** 

August 16, 2018
Thursday

9:30 AM - 11:30 AM



April Rhodes-Nutrition Educator -- Lobby
NMSU Cooperative Extension Service

1:15 PM - 2:15 PM

Mayor's Committee On Aging -- Classroom

August 17, 2018
Friday

6:00 PM - 9:00 PM



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

August 18, 2018
Saturday

8:00 AM - 12:00 PM

AARP Driver Safety Program -- Classroom



August 21, 2018
Tuesday

10:00 AM - 11:00 AM



Protect Yourself Against Scams Presentation -- Classroom

1:15 PM - 2:00 PM

Volunteer Listening Session -- Classroom



August 22, 2018
Wednesday

8:00 AM - 5:00 PM



Celestial Hearing -- Classroom

FREE Hearing Evaluations.
(575)232-9022 or 1-877-372-7730
Must call and schedule an appointment to be evaluated.

8:00 AM - 5:00 PM

Field Trip: El Paso

\$10.00 Suggested Donation(Includes Museum Ticket)
Sign up at the Front Desk(No Refunds)



AUGUST

Alamo Senior Center Calendar of Events

August 23, 2018
Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Program -- Classroom



August 27, 2018
Monday

9:00 AM - 4:00 PM



Field Trip: Inn of the Mountain Gods

\$5.00 Suggested Donation (NO Refunds)

Sign up at the Front Desk



August 28, 2018
Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program (NDPP) -- Classroom

August 29, 2018
Wednesday

9:45 AM - 10:30 AM



Birthday Party -- Dining Room

Happy Birthday!

August 31, 2018
Friday

6:00 PM - 9:00 PM

Friday Night Dance - The House Band

\$4.00 per person. Open to the Public.



**Day of
Caring**
October 12th, 2018

The Day of Caring is a community project to help elderly & disabled citizens who could not help themselves either physically or financially.

Stop by the Front Desk for more information and an application.

Deadline is August 31, 2018

**Please patronize
our advertisers!
Let them know
you appreciate their support
of the Alamo Senior Center!**

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Contact the
Retired Senior Volunteer Program
at 439-4154 for more information.



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 **MEDICAL CENTER**

NAME _____ AGE _____
ADDRESS _____ DATE _____

R Alamo Senior Center Health Fair 2018

September 20, 2018
9:00 am - 12:00 pm



Over 30 Vendors
Free Admission
Open to the Public

Health & Community Information

Mark Your Calendar!

See *The Sentinel*, bulletins and TV monitors for
program changes for our Health Fair.

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
Belly Dancing	Tues	11:00-12:00 PM	Fitness Room II w/ Keri
Body Toning	Wed	11:15-12:00 PM	Fitness Room I w/ Kay
Chair Exercise/Balance	Mon & Wed & Fri	9:30-10:00 AM	Fitness Room II w/ Genny & Luis
Cardio/Strength	Mon & Fri	11:00-11:45 AM	Fitness Room II w/ Sue
Gentle Stretching	Thurs	11:15-12:00 PM	Fitness Room II w/ Kay
Jamboree Line Dance (Advanced) *	Tues & Wed & Fri	1:30-2:45 PM	Fitness Room II w/ Bea *
Jamboree Line Dancing (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
Line Dancing (Low Intermediate)	Mon & Thurs	2:00-3:00 PM	Fitness Room II
Line Dancing (Ultra Beginner)	Thurs	3:00-4:00 PM	Dining Room w/ Norma
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
The old Wellness Center is located at 10th & Washington Ave.			
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
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Tai Chi for Arthritis*	Mon & Wed	3:30 - 4:30 PM	Fitness Room II w/ John
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) *	Thurs	8:30 - 9:30 AM	Fitness Room II w/ John *
Zumba - DVD	Wed & Fri	11:00-11:45 AM	Fitness Room II w/ Rueben

* Class is taught by a certified instructor.

Updated 6/4/2018

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.
- 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
Arts & Crafts (Painting & Woodworking)	Wed	9:00 AM - 1:00 PM	Activity Room
Beginning Crochet	Fri	9:00 AM - 11:00 AM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:00 PM	Dining Room
Birthday Party	See Calendar of Events	9:45 AM - 10:30 AM	Dining Room
Bridge (Party)	Thurs	12:30 PM - 4:30 PM	Activity Room
	and 2nd Tues	12:00 PM - 4:00 PM	Classroom
Beginners "Giggle" Bridge	Mon	1:00 PM - 3:00 PM	Activity Room
Chorus	Thurs	10:00 AM - 11:00 AM	Dining Room
Dominoes	Thurs	12:30 PM - 3:00 PM	Lobby
Harmonica	4th & 5th Thurs	9:00 AM - 11:00 AM	Lobby
Lapidary	Mon Wed & Fri	10:00 AM - 12:00 PM	Lapidary Room
Marine Corp. League	2nd Sat EOM	11:00 AM - 1:00 PM	Classroom
Music in the Morning	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
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-Nov	1:00 - 2:00 PM	Classroom
Sign Language for Beginners	Mon	1:00 - 3:00 PM	Classroom
Silversmith	Wed & Fri	1:00 - 3:00 PM	Lapidary Room
Table Tennis	Stop by the Front Desk	for room availability	Classroom

EOM = Every Other Month

Updated 04/17/2018

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

Huff n' Puff: a C.O.P.D. support group

Coming Event: Wed., Aug. 8, 2018

Time: 1:00—3:00 p.m.

Location: Alamo Senior Center

Families, caregivers and guests are welcome!

For more information, contact GCRMC Cardio-pulmonary at 443-7680, Daniel at 437-6155 or Melissa at 434-3779.



Did you Know?

Seniors aged 65 and above who have lived in Otero County for at least one year are eligible to take college classes at NMSU-A for the reduced rate of \$5.00 per credit.

For more information, please contact NMSU-A Student Services at 439-3854 or visit the website at:

www.nmsua.edu.



August Field Trips

El Paso Field Trip

When: Wednesday, August 22, 2018
Time: 8:00 am—5:00 pm (Meet in ASC lobby promptly at 8 for roll call)
Where: El Paso Museum of Archeology, El Paso Border Patrol Museum, lunch and shopping at the Fountains of Farrah

Cost: Suggested Donation of \$10 (includes museum entrance)

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



Inn of the Mountain Gods Field Trip

Lunch at your own cost

Field Trip Includes:
 Apache Travel Center
 Inn of the Mountain Gods Casino



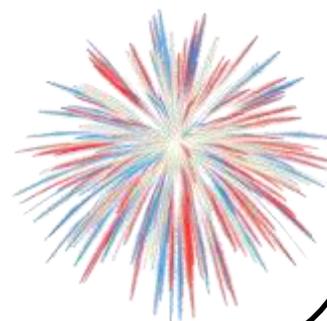
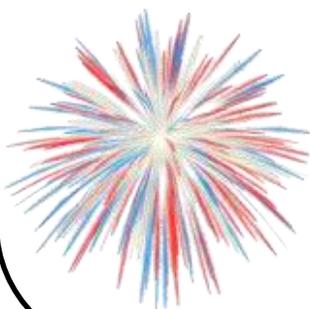
Date: Monday, August 27, 2018
Time: 9:00 am to 4:00 pm

Suggested Transportation Donation: \$5
Please sign up at the front desk, seats are limited!

No Refunds

Congratulations!

On Saturday, June 30, 2018, Bea Smith and the Dog Canyon Line Dancers participated in Alamogordo's Independence Day Parade. Bea and her fellow dancers won "BEST FLOAT" in the parade. Congratulations to Bea and everyone that put in time to help win! When you see Bea or any of the other liner dancers, be sure to congratulate them for doing a fantastic job.



Pool News July 2018



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: 6-29-2018 (18 players)
 1st place – Frank Smith—Alamogordo
 2nd place – John Martinez—La Luz
 3rd place – Ron Foster—Alto
 4th place – Gilbert Munoz—Alamogordo

Capitan: 7-6-2018 (16 players)
 1st place – Henry Goodman—Tularosa
 2nd place – Orlando Sisneros—Alamogordo
 3rd place – Barbara Stewart—Capitan
 4th place – John Martinez—La Luz

Alamogordo: 7-10-2018 (26 players)
 1st place – Gilbert Munoz—Alamogordo
 2nd place – Dave Hansen—Alamogordo
 3rd place – Orlando Sisneros—Alamogordo
 4th place – Richard Estrada—Alamogordo

Hondo Valley: 7-13-2018 (14 players)
 1st place – Gilbert Munoz—Alamogordo
 2nd place – Bill Ward—Ruidoso
 3rd place – Jerry Burchett—Hondo
 4th place – Glen Campbell—Alamogordo

Tularosa: 7-17-2018 (21 players)
 1st place – Luther Craig—Alamogordo
 2nd place – Bill Ward—Ruidoso
 3rd place – Glen Campbell—Alamogordo
 4th place – Kenny Henson—Alamogordo

Compiled by David Hansen of Alamogordo

CONGRATULATIONS



Congratulations to Rusty Miller. Rusty's name was drawn as the winner of the 4th of July Raffle that our Senior Volunteer Programs put on. He won over \$600 worth of prizes!



1 out of 3 American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills

Join the PreventT2 program – so you can keep doing the things you love.



Participate in the PreventT2 lifestyle change program offered by Otter County Cooperative Extension Service based on the following eligibility criteria:

- ✓ 65 years or older
- ✓ No previous diagnosis of type 1 or type 2 diabetes
- ✓ Diagnosis of prediabetes within the past year



Weekly Meetings Will Be On:
Tuesdays, 10am to 11am

First Meeting Scheduled For:
August 28, 2018 at 10:00am
Alamogordo Senior Center
2201 Puer to Rico Ave, Alamogordo

To Pre Register or Request Info.
Call: 575-437-0231



July Birthdays



Pictured, Front, Left to Right: Rusty Miller, Lucille Burrows, Randy Cain, Helen Kester, Bobby Barber, and Jim Carson

Thank you Mountain Shadows Homecare for sponsoring our June Birthday Party!!!



IMPORTANT ANNOUNCEMENT



Due to the Kitchen floor being renovated, all dining room activities including: Lunch, Bingo, & Music in the Morning will be either cancelled or relocated to the Civic Center located at 800 E. 1st Street. The Alamo Senior Center will remain open during normal business hours, as well as the Fitness Center and other activities. The estimated dates for this project are set for July 30th—August 17th. For our normal riders, transportation will still be in effect to and from the Civic Center during that time.

Thank You,
ASC Staff

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.

All bus riders must take the early (8:00 am) bus to arrive at the Center in time for the commodities bus run.

Salvation Army-Roswell
Wednesday, August 1st

Salvation Army-Alamogordo
N/A until further notice