

The Sentinel

September 2018

50 cent suggested donation

From the Food Services Administrator

What a year it has been since September 11, 2017, my first day back at work coming out of retirement. This year has been challenging due to the kitchen being so short staffed. And, not having volunteers has made the work load much heavier.

On a happy note though, it is been a privilege to work for you Senior's. I've been told there have been good changes. The menus are good and improved and are being approved by Global Nutrition. More seniors are coming in to eat or participate in our senior activities. Kitchen staff have been promoted within the kitchen. Joan Wallace is now the cook and Brandi White is now a full-time kitchen aide/MOW driver. Since I started, the kitchen has not been full staff until this coming Monday when our Part-Time Kitchen Aide starts. He will be the main dishwasher in the dish room replacing Brandi. Congratulations to all.

The recent move to the Civic Center was a good experience. Couldn't help but remember the time, a few years back, when the Alamo Senior Center was actually stationed at the Civic Center for a year and a half while the center was being built. The Senior Center was known as the Older American Center back then. We moved into our present location in 1995. Imagine that 23 years ago. Then a few years later we were again stationed at the civic center for replacement of the kitchen floor. Then again, while all went very well, we are very glad to be back at the Senior Center. Aren't we?

A big shout out of "Thanks" to the Civic Center Staff for hosting our temporary move over. All were super nice and good to get to know. They certainly accommodated us in every which way we needed. Our thanks also to the Alamo Senior Staff for all they did too in getting us to the civic center and back to the Alamo Senior Center, we are glad to be back even though we did form an *attachment* to the civic center.

We couldn't fulfill our duties entirely if it weren't for the volunteers. Much appreciation for them for all they do. We'd also like to thank the Elders from the Church of Latter Day Saints for their volunteer time on Thursday's. They have been with us for a number of years now.

The following are the Staff members working in the kitchen: Rebecca Tavernier is our Food Services Administrator Assistant, Joan Wallace is our Cook, Brandi White our Kitchen Aide/MOW Driver for the La Luz Route, Martin Silva our Kitchen Aide/Kitchen Custodian, Cruz Rodriguez is our part-time Kitchen Aide, and myself Rose Anna Garcia, Food Services Administrator.

We will do our best to provide the best services possible from the kitchen. We do however, ask that if there is anyone out there interested in volunteering we would certainly appreciate it. We especially need help on the serving line from 10:30 – 1:00. All we are asking is one day a week, or month, whatever you choose.

One last thing that we at the Senior Center are proud of, Rebecca Tavernier and I both received our Food Protection Manager Certification. And, we are also proud because all the Senior Center staff have their Food Handlers Certificate and seventeen Volunteers that help us throughout the center have also received their Food Handlers Certificates.

How fortunate we are at the Alamo Senior Center to have the best staff possible and volunteers that also care deeply for their peers.

Rose Anna Garcia

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>

September 2018

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
ASC CLOSED 	Hamburger Mac Green Beans Corn Apricots Peanut Butter Cookie Chocolate Milk	Pork Ribs Broccoli Carrot Raisin Salad Whole Wheat Bread w/ Margarine Applesauce Cake	Baked Chicken Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Bread w/ Margarine Jell-O w/ Pineapple Chocolate Milk	Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail
10 - Monday	11 - Tuesday	12 - Wednesday	13 - Thursday	14 - Friday
Beef Fajita Pinto Beans Oatmeal Cookie Peaches	Baked Cod Tarter Sauce Coleslaw Green Beans Cornbread w/ Margarine Pineapple Upside-Down Cake Chocolate Milk	Lasagna Spinach Salad w/ Dressing Pears Peanut Butter Cookie	Chicken Breast Mashed Potatoes Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Peaches & Strawberries Chocolate Milk	Kraut Dog California Vegetables Baked Potato Wedges Tropical Fruit
17 - Monday	18 - Tuesday	19 - Wednesday	20 - Thursday	21 - Friday
Spaghetti & Meat Sauce Broccoli & Cauliflower w/ Cheese Garlic Bread Peaches	Pork Stir Fry Rice Whole Wheat Bread w/ Margarine Apple Cobbler Chocolate Milk	Green Chile Cheeseburger Lettuce, Tomato, and Onion Pork & Beans Tropical Fruit	Baked Chicken Wild Rice Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges Chocolate Milk	Roast Beef w/ Gravy Baked Potato California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler
24 - Monday	25 - Tuesday	26 - Wednesday	27 - Thursday	28 - Friday
Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Strawberries Ice Cream	Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers Chocolate Milk	Chicken & Rice Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie	Pork Butt Roast Mashed Potatoes w/ Gravy Asparagus Whole Wheat Bread w/ Margarine Applesauce Chocolate Milk	Chile Relleno Green Salad w/ Dressing Pinto Beans Crackers Fruit Cup
				1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change

Meal Tickets



*July 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 \$7.00 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 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: 20

Total number of meals served: 5,872

	Congregate Meals	Home Delivered Meals
Meals Served:	3,162	2,702
Donation Average:	\$1.53	\$0.84

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.

MARK YOUR CALENDAR!

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

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

September 3, 2018

Monday

All Day

ASC CLOSED

Holiday: Labor Day



September 4, 2018

Tuesday

10:00 AM - 11:15 AM



Legal Resources for the Elderly Program -- Classroom



September 6, 2018

Thursday

1:00 PM - 2:00 PM



Senior Olympics Meeting -- Classroom

September 7, 2018

Friday

6:00 PM - 9:00 PM

Friday Night Dance - Selmo

\$4.00 per person. Open to the Public.



September 11, 2018

Tuesday

9:00 AM - 9:30 AM



Volunteer Listening Session -- Classroom

10:00 AM - 11:00 AM

Medicare 101 Presentation -- Classroom



September 12, 2018

Wednesday

1:00 PM - 3:00 PM

Huff N Puff -- Classroom



2:00 PM - 3:00 PM



Public Forum on Senior Issues -- Senior Center Dining Room



September 13, 2018

Thursday

9:30 AM - 11:00 AM



April Rhodes - Nutrition Educator -- Lobby

NMSU Cooperative Extension Service

Alamo Senior Center
Calendar of Events



September 13, 2018 Continued
Thursday

1:15 PM - 2:15 PM



Nutrition Council Meeting -- Classroom



September 14, 2018
Friday

6:00 PM - 9:00 PM

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



September 17, 2018
Monday

9:00 AM - 4:00 PM



Field Trip: Inn of the Mountain Gods
\$5.00 Suggested Donation
Sign up at the Front Desk(NO refunds)



September 19, 2018
Wednesday

10:00 AM - 11:00 AM



Stretch Your Grocery Dollars Presentation -- Classroom

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



September 20, 2018
Thursday

9:00 AM - 12:00 PM



Health Fair 2018

Alamo Senior Center doors will open at 9:00am. All other activities are suspended for the day.(Except for the Fitness Center)

September 21, 2018
Friday

6:00 PM - 9:00 PM

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



September 24, 2018
Monday

10:30 AM - 11:30 AM



Medicare 101 -- Classroom





Alamo Senior Center Calendar of Events

September 25, 2018

Tuesday

10:00 AM - 11:00 AM



National Diabetes Prevention Program(NDPP) -- Classroom

September 26, 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.

8:30 AM - 4:00 PM

Field Trip: Alamogordo Field Trip

Alamogordo Brackish Water Treatment Plant Tour and the Space Center IMAX

\$10.00 Suggested Donation(includes cost of IMAX ticket)

Sign up at the Front Desk(NO refunds)



9:45 AM - 10:30 AM



Birthday Party -- Dining Room

Happy Birthday!

September 27, 2018

Thursday

9:00 AM - 3:00 PM

AARP Driver Safety Program -- Classroom



10:00 AM - 11:00 AM



Medicare 101 Presentation -- Staff Conference Room

Program Note

- All afternoon activities are *cancelled* on September 19th as well as all activities on September 20th for our Health Fair.
- **SENIOR CENTER DOORS WILL OPEN AT 9AM.**
- Our Fitness Center will be open for business as usual.

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our advertisers!
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you appreciate their support
of the Alamo Senior Center!**

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Be a Hero. Volunteer.

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



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Senior Volunteer Programs

Annual Spaghetti Dinner

Friday, October 12, 2018

NEW LOCATION!!

Alamo Senior Center

NEW LOCATION!!

5 pm to 7:30 pm

SPAGHETTI & MEATBALLS, SALAD AND BREAD

Tickets are \$7.00 in the SVP office,
(2201 Puerto Rico Ave Alamogordo, NM 88310)
through our Advisory Council members or
at the door

For more information call 439-4154

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*	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 8/28/2018

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!

Public Hearing



**Where: Alamo Senior Center
2201 Puerto Rico Ave.
Alamogordo, NM 88310**

When: Wednesday, September 12th

Come and participate in a public hearing to address senior needs for the upcoming fiscal year. Let your voice be heard. If you cannot make it, please fill out a form that can be read at this hearing on your behalf.

September Field Trips

Alamogordo Field Trip

When: Wednesday, September 26, 2018

Time: 8:30 am—4:00 pm (Meet in ASC lobby promptly at 8:30 for roll call)

Where: Alamogordo Brackish Water Treatment Plant Tour, lunch at Viva Nuevo Mexico (at your own cost), and The Space Center Imax

Cost: Suggested Donation of \$10 (includes cost of IMAX Ticket)

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, September 17, 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

Can my estate avoid probate?

Who will pay for my nursing home care?

What are Powers of Attorney and Advanced Health Care Directives?

Answers to these questions and more at:

LEGAL RESOURCES FOR THE ELDERLY PROGRAM (LREP)

LEGAL WORKSHOP

**Alamo Senior Center
2201 Puerto Rico Avenue
Alamogordo, NM 88310**

Tuesday September 04, 2018

Legal Workshop (Presentation by an LREP attorney)
10:00am-11:15am

Power of Attorney Clinic (Preparation of Powers of Attorney & Advance Health Care Directives) 11:30am-1:00pm

Advance registration required for Power of Attorney Clinic

Call: 1-800-876-6657 or (505) 797-6005

Can't make it to the center that day? Have your questions answered by an attorney by calling the LREP Helpline, 1-800-876-6657 or (505) 797-6005.

A joint project of the New Mexico Aging & Long Term Services Department and the State Bar of New Mexico



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: 7-27-2018 (25 players)
1st place – Richard Estrada—Alamogordo
2nd place – Gilbert Munoz—Alamogordo
3rd place – David Smith—Capitan
4th place – Jerry Burchett—Hondo

Capitan: 8-3-2018 (19 players)
1st place – Dave Hansen—Alamogordo
2nd place – John Martinez—La Luz
3rd place – Ron Foster—Alto
4th place – Frank Smith—Alamogordo

Alamogordo: 8-14-2018 (29 players)
1st place – Henry Telles—Las Cruces
2nd place – Luther Craig—Alamogordo
3rd place – Ed Chavez—Alamogordo
4th place – Kenny Henson—Alamogordo

Hondo Valley: 8-10-2018 (16 players)
1st place – Larry Larkin—Arlington, TX
2nd place – Dave Hansen—Alamogordo
3rd place – Gilbert Munoz—Alamogordo
4th place – Frank Smith—Alamogordo

Tularosa: 8-21-2018 (27 players)
1st place – Richard Estrada—Alamogordo
2nd place – Joe Small—Alamogordo
3rd place – Dave Hansen—Alamogordo
4th place – Bill Ward—Arlington, TX

Compiled by David Hansen of Alamogordo

MUSIC NEEDED!!!



**Get Started Right
Away!**

Let the wonderful city
of Alamogordo hear
your voice and talent!



We need your help!

Do you or anyone you know play music and would like to play at the Alamo Senior Center? We have openings on Monday and Tuesdays for singers, bands, etc. to play music in the mornings from 9am until 11:15am, and Friday evenings from 6pm until 9pm. If you are interested, we would love to have you, please contact Brittany Clark (575) 439-4150

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

Coming Event: Wed., Sept. 12, 2018

Time: 1:00—3:00 p.m.

Location: Alamo Senior Center

Families, caregivers and guests are welcome!

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



Thank you for supporting
the Alamo Senior Center



August Birthdays



★HAPPY★
BIRTHDAY!



Pictured, Front, Left to Right: Doug Rice, Maria Mireles, Verna Bassett, Anita Lee, and Connie Coyazo

Thank you Humana for sponsoring our August 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.

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, September 5th

Salvation Army-Alamogordo
Wednesday, September 19th