

The Sentinel

September 2019

50 cent suggested donation

From the Manager

I cannot believe a year has come & gone since I was promoted as Alamo Senior Center Manager last July 2018. So many things have happened over the year. I feel as though I just blinked my eyes into a new year, but not so much when I was in the moment. It was quite a hectic journey that I know I have not fully mastered but I truly do love it! I have great supervisors, support staff, many, many volunteers & of course you, our consumers, that have made my experience as manager this last year a great one.

The month of September is going to be a busy one. We will be hosting our annual Public Forum on Wednesday, September 18th from 2:00 – 3:00 p.m. in the Dining Room. The public forum is to address senior needs for the upcoming fiscal year. Forms will be available to express your needs in writing if you cannot attend the forum. Our Health Fair is scheduled the next day on Thursday, February 19th from 9:00 – 12:00. There will be over 30 vendors providing health & communication information. So mark your calendars.

A new Home Services Supervisor was just hired late last month. Please extend your courtesies and introduce yourself as you see Mr. Eddie Perez making his way around the Center. **Please help me give a warm welcome to Eddie...**

Hello. My name is Eddie Perez, and I am the new Home Services Supervisor at the Alamo Senior Center. I'm originally from El Paso, Texas, and just recently moved here from Anchorage, Alaska. My interest in this position goes back to when I used to volunteer for the meals on wheels program when I was stationed at Holloman AFB. I enjoyed talking to people, and how it brought a smile to their face when I delivered a meal. To be able to help them with their nutrition needs is an even bigger reward. I've enjoyed being a part of this community from the first time I got stationed here to now being a part of this town. I hope to bring smiles to everyone I work with, and dedicate my time to the job and the consumers of the meals on wheels program. My goal in this position is to make sure that every person gets treated with respect and courtesy, and make them a part of our senior center family. My off duty time involves me spending time with family, and when time permits, going camping. I'm not much of a sports fan, but I do love watching college football. GO LONGHORNS!!!!



Magdalena

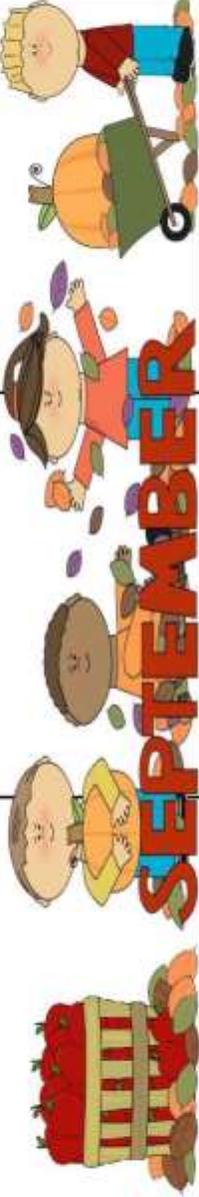
Alamo Senior Center

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 2019

<p>2 - Monday ASC Closed </p>	<p>3 - Tuesday Hamburger Mac Green Beans Corn Apricots Peanut Butter Cookie Chocolate Milk</p>	<p>4 - Wednesday Pork Ribs Broccoli Carrot Raisin Salad Whole Wheat Bread w/ Margarine Applesauce Cake</p>	<p>5 - Thursday Baked Chicken Green Beans Scalloped Potatoes Carrot Raisin Salad Whole Wheat Bread w/ Margarine Jell-O w/ Pineapple Chocolate Milk</p>	<p>6 - Friday Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail</p> 
<p>9 - Monday Beef Fajita Pinto Beans Oatmeal Cookie Peaches</p> 	<p>10 - Tuesday Baked Cod Tarter Sauce Coleslaw Green Beans Corn Bread w/ Margarine Pineapple Upside Down Cake Chocolate Milk</p>	<p>11 - Wednesday Chicken Breast Mashed Potatoes w/ Gravy Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Peaches & Strawberries</p> 	<p>12 - Thursday Lasagna Spinach Salad w/ Dressing Garlic Bread Pears Chocolate Milk</p>	<p>13 - Friday Kraut Dog California Vegetables Baked Potato Wedges Tropical Fruit</p> 
<p>16 - Monday Spaghetti w/ Meat Sauce Broccoli & Cauliflower w/ Cheese Sauce Garlic Bread Peaches</p> 	<p>17 - Tuesday Pork Stir Fry Stir Fry Vegetables Rice Whole Wheat Bread w/ Margarine Apple Cobbler Chocolate Milk</p>	<p>18 - Wednesday Green Chile Cheeseburger Lettuce, Tomato, & Onion Pork & Beans Tropical Fruit</p> 	<p>19 - Thursday Roast Beef Baked Potato w/ Gravy California Vegetables Whole Wheat Bread w/ Margarine Cherry Cobbler Chocolate Milk</p>	<p>20 - Friday Baked Chicken Rice w/ Peas Carrot Raisin Salad Biscuit w/ Margarine Mandarin Oranges</p>
<p>23 - Monday Green Chile Beed Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Strawberries</p>  <p>HAPPY fall JAIL</p>	<p>24 - Tuesday Chicken Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers Chocolate Milk</p>	<p>25 - Wednesday Chicken & Rice Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie</p>	<p>26 - Thursday Pork Butt Roast Mashed Potatoes w/ Gravy Asparagus Whole Wheat Bread w/ Margarine Applesauce Chocolate Milk</p>	<p>27 - Friday Chile Relleno Salad w/ Dressing Pinto Beans Crackers Fruit Cup</p> 
<p>30 - Monday Roasted Turkey Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Strawberries Vanilla Wafers</p>				<p>1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change</p>

Meal Tickets



July 2019
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 \$11.00 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.

You may enjoy the choice of a soup and salad instead of the 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: 22

Total number of meals served: 7,162

	Congregate Meals	Home Delivered Meals
Meals Served:	3,802	3,360
Donation Average:	\$1.60	\$0.70

PLEASE REMEMBER
TO RENEW/UPDATE
YOUR SENIOR CENTER ID CARD:
EXCEPT FOR THOSE RECEIVING
MEALS ON WHEELS,
LOOK FOR THE EXPIRATION DATE
ON THE BACK OF YOUR CARD.

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.

September

Alamo Senior Center Calendar of Events

September 2, 2019

Monday

8:00 AM - 5:00 PM



ASC Closed

Holiday: Labor Day

September 4, 2019

Wednesday

8:00 AM - 1:00 PM



Bake Sale & Craft Table -- Lobby



10:00 AM - 2:00 PM

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

10:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

September 5, 2019

Thursday

1:00 PM - 2:00 PM

Senior Olympics Meeting -- Classroom



September 9, 2019

Monday

8:00 AM - 11:00 AM

Medicare 101 Information Table-Mia Sanca -- Lobby

9:00 AM - 4:00 PM



Field Trip: Inn of the Mountain Gods

Suggested Donation \$5.00 (No Refunds)

Sign up at the Front Desk.

9:00 AM - 12:00 PM

Molina Health Care Representative -- Lobby



September 11, 2019

Wednesday

10:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

Alamo Senior Center Calendar of Events

September

September 13, 2019 Friday

8:00 AM - 11:00 AM

Medicare 101 Information Table-Mia Sanca



6:00 PM - 9:00 PM



Friday Night Dance - The House Band

\$4.00 per person. Open to the public.

September 16, 2019 Monday

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 - 11:00 AM



Medicare 101 Information Table-Mia Sanca -- Lobby

September 18, 2019 Wednesday

9:00 AM - 11:00 AM

Salvation Army - Alamogordo Food Pantry

10:00 AM - 12:00 PM



Hear on Earth Hearing Care -- Classroom

1:15 PM - 3:00 PM

Senior Advisory Council -- Classroom



2:00 PM - 3:00 PM



Public Forum on Senior Issues -- Dining Room

September 19, 2019 Thursday

9:00 AM - 12:00 PM



Health Fair 2019

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

1:00 PM - 2:00 PM

Medicare 101 -- Classroom



September 25, 2019

Wednesday

8:00 AM - 5:00 PM**Field Trip: El Paso Zoo and Shopping**

Suggested Donation \$10.00 (No Refunds)

Sign up at the Front Desk.**9:45 AM - 10:30 AM****Happy
Birthday****Birthday Party -- Dining Room****10:00 AM - 11:15 AM****Legal Resources for the Elderly Program(LREP) -- Classroom**

Presentation: Power of Attorneys, Advance Health Care Directives, Probate and Estate Planning, Transfer on Death Deeds, Medicaid & Long-Term Care

10:00 AM - 11:00 AM**Presentation: Medicare 101 -- Staff Conference Room**

Bobby Jo from Humana

Humana**September 26, 2019**

Thursday

9:00 AM - 3:00 PM**AARP Driver Safety Program -- Classroom****September 27, 2019**

Friday

6:00 PM - 9:00 PM**Friday Night Dance - Selmo**

\$4.00 per person. Open to the public.



PROGRAM CHANGE: Annual Health Fair

- Wednesday, September 18th, from 1 to 5 pm, we will be setting up for the fair—all programs are cancelled
- Health Fair: Thursday, September 19th from 9 am to Noon.

SENIOR CENTER DOORS WILL OPEN AT 9 AM

- Programs scheduled for 1 to 5 pm after the fair are cancelled for clean up



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



Alamogordo Chiropractic

Dr. Samuel G. Hammel
 1909 Cuba Ave. Suite 1
 Alamogordo, NM 88310
 575-214-2800

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY (575) 437-3130
 617 New York Ave. Alamogordo, NM 88310 N.M. Lic #3117
www.climateheatingandairconditioning.com

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

Advertise Your Business Here

Would you like to advertise your business in our monthly newsletter? The funds that come from your advertisement directly support senior activities. Give us a call at (575) 439-4150 for any questions you may have, as well as price listings!



RSVP

Lead with Experience



SENIOR COMPANIONS

Make Independence a Reality



FOSTER GRANDPARENTS

Share Today. Shape Tomorrow.

Alamo Senior Center

Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance, Baby Balls, & Beanies	Mon & Fri	10:00-10:45 AM	Fitness Room I w/ Tami
Balance/Fall Prevention	Mon & Wed & Fri	10:00-11:00 AM	Fitness Room II w/ Merry
Belly Dancing	Tues	11:15-12:00 PM	Fitness Room II Karri
Chair Exercise/Balance	Mon & Wed & Fri	9:30-10:00 AM	Fitness Room II w/ Genny & Luis
Cardio/Strength	Mon & Fri	11:15-12:00 PM	Fitness Room II w/ Sue
Do it YOUR WAY!	Mon - Fri	8:00-9:00 AM	Fitness Room I w/ Chuck
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 *
Line Dancing (Basic Beginner)	Mon & Thurs	1:15-2:00 PM	Fitness Room II w/ LouAnn & Ilene
Line Dancing (Beginner)	Thurs	3:00-4:00 PM	Dining Room w/ Norma
Line Dancing (High Beginner)	Tues	3:00-4:00 PM	Fitness Room II w/ Norma
Line Dancing (Improvers)	Tues & Thurs	4:00-5:00 PM	Fitness Room II w/ Norma
Line Dancing (Intermediate/Advanced)	Tues & Thurs	5:00-6:00 PM	Fitness Room II w/ Merry
No Floor Yoga	Tues & Thurs	10:00-11:00 AM	Fitness Room I w/ Margaret
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/10th & Washington
Strength Training	Mon & Wed & Fri	9:00-10:00 AM	Fitness Room I w/ Les
Step Aerobics/Low Impact	Wed	10:00-10:45 AM	Fitness Room I w/ Tamie
Step Aerobics/Low Impact	Thurs	11:00-11:45 AM	Fitness Room I w/ Tamie
Tai Chi	Tues & Thurs	10:00-11:00 AM	Fitness Room II w/ Merry
Tai Chi for Health *	Thurs	12:15-1:00 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	8:30-9:45 AM	Fitness Room II w/ Judy
Zumba - DVD	Wed & Fri	11:00-11:45 AM	Fitness Room II w/ DVD

* Class is taught by a certified instructor.

Updated 7/12/2019



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
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 PM - 3:00 PM	Classroom
Senior Olympics Meeting	1st Thurs Jan-Nov	1:00 PM - 2:00 PM	Classroom
Sign Language for Beginners	Mon	1:00 PM - 3:00 PM	Activity Room
Silversmith	Wed & Fri	1:00 PM - 3:00 PM	Lapidary Room
Table Tennis	Stop by the Front Desk	for room availability	Classroom

EOM = Every Other Month

Updated 7/30/19

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 9, 2019
Time: 9:00 am to 4:00 pm

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

No Refunds

El Paso Zoo/Shopping Field Trip

When: Wednesday, September 25, 2019

Time: 8:00 am—5:00 pm (Meet in ASC lobby promptly at 8 AM for roll call)

Where: El Paso Zoo, Lunch on your own (undecided) and shopping at Fountains of Farrah

Cost: Suggested Donation of \$10

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



Thanks again to our local 2019 White Sands Pupfish for all your help!

WS



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 Ave.
Alamogordo, NM 88310

Very Important



Wednesday September 25, 2019

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 August 2019



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: 7-26-2019 (20 players)
1st place – Orlando Sisneros—Alamogordo
2nd place – Ron Foster—Alto
3rd place – Gilbert Munoz—Alamogordo
4th place – Jamie Chavando—Ruidoso/ El Paso

Capitan: 8-2-2019 (18 players)
1st place – Jamie Chavando—Ruidoso/El Paso
2nd place – Ron Foster—Alto
3rd place – Frank Smith—Alamogordo
4th place – Orlando Sisneros—Alamogordo

Alamogordo: 8-13-2019 (26 players)
1st place – Steve Gonzales—Tularosa
2nd place – Gilbert Munoz—Alamogordo
3rd place – John Arsola—Las Cruces
4th place – Apolinar (Polo) Lopez—Alamogordo

Hondo Valley: 8-19-2019 (18 players)
1st place – Gilbert Munoz—Alamogordo
2nd place – Jamie Chavando—Ruidoso/El Paso
3rd place – Bill Ward—Ruidoso
4th place – Ron Foster—Alto

Tularosa: 8-20-2019 (31 players)
1st place – Glen Campbell—Alamogordo
2nd place – Gilbert Munoz—Alamogordo
3rd place – Walt Dickinson—Alamogordo
4th place – Pedro Serna—Las Cruces

Compiled by David Hansen of Alamogordo

Public Hearing



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

**When: Wednesday, September 18th
Time: 2:00 p.m.—3:00 p.m.**

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.



MEDICAL CENTER

NAME _____ AGE _____
ADDRESS _____ DATE _____

R Alamo Senior Center Health Fair 2019

**September 19, 2019
9:00 am - 12:00 pm**



**Over 30 Vendors
Free Admission
Open to the Public
Health & Community Information**

□ LABEL _____
REFILL 0 1 2 3 _____
SIGNATURE _____

Mark Your Calendar!

August Birthdays



Pictured, Front, Left to Right: Thirza Fair, Adrian McWilliams, Verna Bassett, and Doug Rice. Inset, Top to Bottom: Maria Mireles, Cheryl Olson, and Connie Coyazo

Thank you, UnitedHealthcare, for sponsoring our August Birthday Party!!!

A day of remembrance
for those that lost
their lives and for all
of those who gave their lives.
We Remember.



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 4th

Salvation Army-Alamogordo
Wednesday, September 18th