

The Sentinel

April 2020

50 cent suggested donation

From the Manager

On behalf of the Alamo Senior Center Staff, we hope everyone is doing well! We miss all of you! Just know that we are still here for you!

The timeline to comply with the Governor's & ALTSD (Aging & Long Term Services Department) Directives has been extended to June 30, 2020.

We will still provide meals and grocery shopping service Monday through Friday for those age 60 or older.

For those of you that have never used our services, you must be registered through the Senior Center in order to receive these services. Just give us a call at (575) 439-4150 so we can register you over the phone. The process takes about 10 minutes to complete. Please be patient with us if we do not answer or call you back immediately. Most likely, we are outside serving meals.

For those registered seniors, you may pick up a meal from 11:00–1:00, at our curbside service in **front of our main entrance. We will hand you your meal so you don't even have to get out of your vehicle!**

Meal delivery is available for those that cannot come to the Center to pick up a meal. Give us a call to see if you qualify for the Home Delivered Meal Program. We can then register you over the phone.

Grocery shopping is also available to our registered seniors. We can also assist with grocery delivery to those that would like to order on-line through our neighborhood grocers. This grocery shopping service will be available Monday through Friday between 8:30–2:00.

Your suggested donation of \$2.50 per meal is greatly appreciated as well as your donation of \$1.00 one-way trip for grocery shopping!

We are also providing virtual exercise classes on the Senior Center's Facebook & web page. Just go to the City's Website & follow the link.

Stay Safe, Healthy & God Bless!!!

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>

April 2020

1 - Wednesday		2 - Thursday		3 - Friday	
Breakfast for Lunch Scrambled Eggs Sausage Patty Potatoes w/ Peppers & Onions Pancakes Biscuit w/ Gravy Mandarin Oranges		Sour Cream Enchiladas Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail Chocolate Milk		Tuna Noodle Casserole Salad w/ Dressing Whole Wheat Bread w/ Margarine Peaches 	
8 - Wednesday Stuffed Peppers Au Gratin Potatoes Green Beans Biscuit w/ Margarine Tropical Fruit 		9 - Thursday Chicken & Rice Broccoli Peas & Carrots Whole Wheat Bread w/ Margarine Oatmeal Cookie Chocolate Milk		10 - Friday Fish Platter Coleslaw Rice Pilaf Green Beans Jell-O w/ Mandarin Oranges	
7 - Tuesday BBQ Chicken Coleslaw Green Beans Whole Wheat Bread w/ Margarine Chocolate Pudding Chocolate Milk		15 - Wednesday BBQ Beef Sandwich Macaroni Salad Green Beans Peanut Butter Cookie 		16 - Thursday Beef Lasagna Salad w/ Dressing Scandinavian Mixed Vegetables Whole Wheat Bread w/ Margarine Apricots Chocolate Milk	
6 - Monday Spaghetti & Meatballs Salad w/ Dressing Italian Mixed Vegetables Garlic Bread Jell-O w/ Pineapple 		14 - Tuesday Stuffed Chicken Breast Baked Potato Capri Mixed Vegetables Whole Wheat Bread w/ Margarine Cranberry Relish Chocolate Milk		17 - Friday Green Chile Cheese Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Jell-O w/ Mixed Fruit 	
13 - Monday Baked Ham Yams Asparagus Whole Wheat Bread w/ Margarine Pineapple Upside Down Cake		22 - Wednesday King Ranch Chicken Lettuce, Tomato, & Peppers Salsa Corn Spanish Rice Cottage Cheese w/ Pears		23 - Thursday Hot Beef Sandwich Pickled Beets Mashed Potatoes w/ Gravy Green Beans Chocolate Cake Chocolate Milk 	
20 - Monday Grilled Pork Chop Sweet Potato Cabbage Cornbread w/ Margarine Applesauce 		29 - Wednesday Hamburger Steak w/ Gravy Roasted Vegetables Coleslaw Whole Wheat Bread w/ Margarine Peaches 		24 - Friday Salisbury Steak Parsley Potatoes Spinach Whole Wheat Bread w/ Margarine Pumpkin Spice Cookie	
27 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet 		30 - Thursday Ham & Beans Beans Cornbread Pumpkin Spice Cookie Mandarin Oranges		1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change Lunch served from 11:00am-1:00pm	

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.



When this is over,
 may we never again
 take for granted
 A handshake with a stranger
 Full shelves at the store
 Conversations with neighbors
 A crowded theatre
 Friday night out
 The taste of communion
 A routine checkup
 The school rush each morning
 Coffee with a friend
 The stadium roaring
 Each deep breath
 A boring Tuesday
 Life itself.

When this ends,
 may we find
 that we have become
 more like the people
 we wanted to be
 we were called to be
 we hoped to be
 and may we stay
 that way—better
 for each other
 because of the worst.

—
 LAURA KELLY FANUCCI

Strength



Hope



Thank you for supporting the
Alamo Senior Center

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*February 2020
Nutrition Report*

Number of days served this month: 19

Total number of meals served: 5,896

	Congregate Meals	Home Delivered Meals
Meals Served:	3,209	2,687
Donation Average:	\$1.46	\$0.78

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.

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KINN** 106.3 FM 1270 AM

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Pool News March 2020

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: 2-28-2020 (20 players)
1st place – Steve Gonzales—Tularosa
2nd place – Henry Goodman—Tularosa
3rd place – Ron Foster—Alto
4th place – Glen Campbell—Alamogordo

Capitan: 3-8-2020 (20 players)
1st place – Pete Serna—Las Cruces
2nd place – Jaime Chavando—Ruidoso/El Paso
3rd place – Walt Dickinson—Alamogordo
4th place – Henry Goodman—Tularosa

Alamogordo: 3-10-2020 (18 players)
1st place – Steve Gonzales—Tularosa
2nd place – Gilbert Munoz—Alamogordo
3rd place – Luther Craig—Alamogordo
4th place – Glen Campbell—Alamogordo

Hondo Valley:
1st place –
2nd place –
3rd place –
4th place –

Tularosa:
1st place –
2nd place –
3rd place –
4th place –

CANCELLED

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Compiled by David Hansen of Alamogordo



Here are 2 websites where our Seniors can find reliable information about coronavirus.

NM Dept. of Health (NMDOH):

<https://cv.nmhealth.org/>

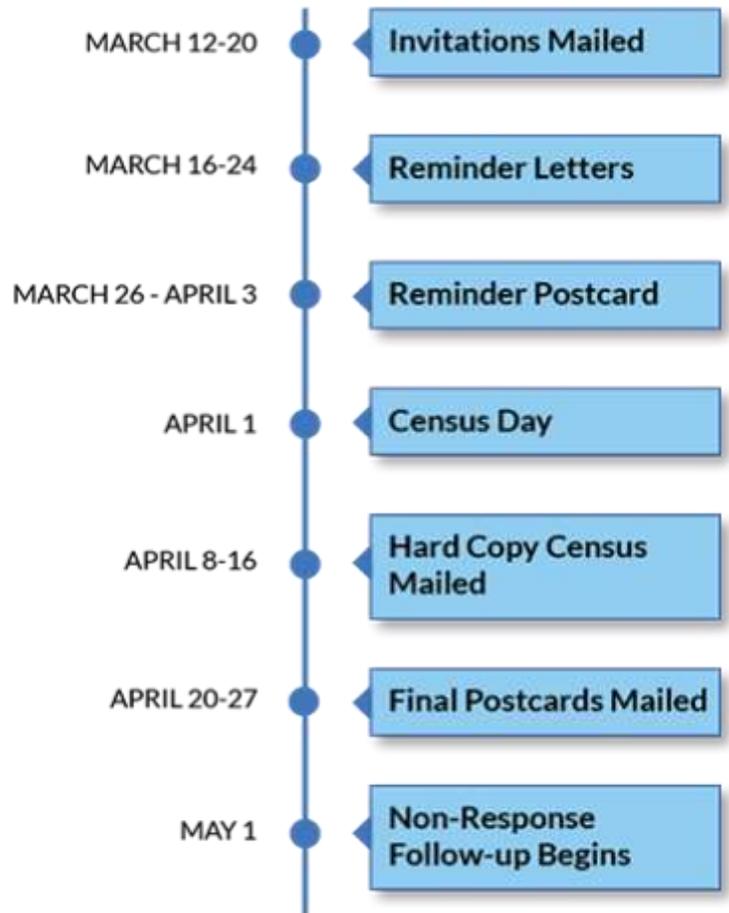
Center for Disease Control & Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Federal Government Census website: <https://2020census.gov/>

State of NM Census website: <https://www.icountnm.gov/>

WHEN IS THE 2020 CENSUS?



March Birthdays

Happy
Birthday
to you!



Pictured, Left to Right: Mark Goffman, Sheryl Krueger, Dan Hughes, Albert Lyles, & June Gibeau. Inset: Del Larson & Hazel Miles



GERMS AREN'T THIS CUTE!

Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

Tips from the Centers for Disease Control Prevention (CDC)



Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at:

877-908-3360

