

The Sentinel

May 2020

50 cent suggested donation

From the Manager

We hope everyone is doing well! This will be a repeat of last month's article so that everyone knows our process. We keep seeing new faces, which is great! But, there is still some confusion as to how our system works.

The timeline to comply with the Governor's & ALTSD (Aging & Long Term Services Department) Directives has not changed of June 30, 2020.

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

For those that have never used our services, you must be registered through the Senior Center to receive these services. The process is simple and painless and only takes about 10 minutes to complete. Just give us a call at (575) 439-4150 and we can register you over the phone. If you call & we do not answer, please be patient with us. We will call you back. We are working at 50% so we are busy taking care of other tasks. We are also outside serving meals for a good 2 hours.

Our curb side services is from 11:00–1:00, Monday through Friday. We are in front of our main entrance, signing you in & handing your meal to you through your window. 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. The same registration process applies over the phone at this time.

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. We do not handle cash or credit cards. The order does have to be placed on-line.

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!

Stay Safe, Stay Healthy & God Bless!!!

Magdalena

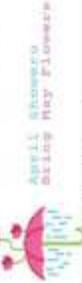
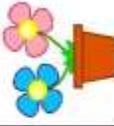
Alamo Senior Center

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>

May 2020

<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p> <p><i>Lunch Served from 11:00am-1:00pm</i></p>				<p>1 - Friday</p> <p>Green Chile Cheeseburger Lettuce, Tomato, & Onion Peas & Carrots Applesauce Peanut Butter Cookie</p> 
<p>4 - Monday</p> <p>Beef Tips Egg Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie</p>	<p>5 - Tuesday</p> <p>Tamale & Taco Lettuce & Tomato Salad Pinto Beans Chips & Salsa Mandarin Oranges Churro</p>  	<p>6 - Wednesday</p> <p>Stuffed Chicken Breast Scandinavian Vegetables California Vegetables Biscuit w/ Margarine Peach Crisp</p>	<p>7 - Thursday</p> <p>Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Shortcake</p>	<p>8 - Friday</p> <p>Roast Beef Three Bean Salad Baked Potato Broccoli Normandy Whole Wheat Bread w/ Margarine Vanilla Ice Cream</p>
<p>11 - Monday</p> <p>Spaghetti & Meat Sauce Carrot Raisin Salad Scandinavian Vegetables Garlic Bread Spiced Apples</p> 	<p>12 - Tuesday</p> <p>BBQ Pork Riblet Sweet Potato Black-Eyed Peas Whole Wheat Bread w/ Margarine Spiced Cake</p>	<p>13 - Wednesday</p> <p>Hamburger & Hot Dog Lettuce, Tomato, & Onion French Fries Baked Beans Chocolate Ice Cream</p>	<p>14 - Thursday</p> <p>Hot Turkey Sandwich Stuffing & Gravy Peas & Carrots Cranberry Relish Mandarin Oranges</p>	<p>15 - Friday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Salad Pinto Beans Spanish Rice Jell-O w/ Apricots</p> 
<p>18 - Monday</p> <p>Hamburger Mac Green Beans Corn Peanut Butter Cookie</p> 	<p>19 - Tuesday</p> <p>Liver & Onions Sliced Cucumbers Mashed Potatoes Green Beans Whole Wheat Bread w/ Margarine Peaches & Strawberries</p>	<p>20 - Wednesday</p> <p>Chicken Ala King Pickled Beets Biscuit w/ Margarine Tropical Fruit</p> 	<p>21 - Thursday</p> <p>Lasagna Lettuce & Tomato Salad Italian Vegetables Garlic Bread Pears Peanut Butter Cookie</p>	<p>22 - Friday</p> <p>Glazed Ham Sweet Potato Apple Casserole California Vegetables Whole Wheat Bread w/ Margarine Apricots</p>
<p>25 - Monday</p> <p>ASC Closed</p>  <p>MEMORIAL DAY</p>	<p>26 - Tuesday</p> <p>Beef Stew Three Bean Salad Cornbread w/ Margarine Tropical Fruit</p> 	<p>27 - Wednesday</p> <p>Chile Rellenos Salad w/ Dressing Pinto Beans Crackers Mixed Fruit</p> 	<p>28 - Thursday</p> <p>Meatloaf Gravy Carrot Raisin Salad Mashed Potatoes Capri Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Cobbler</p>	<p>29 - Friday</p> <p>Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Hush Puppies Chocolate Cake</p>

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



Thank you for supporting the
Alamo Senior Center

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*March 2020
Nutrition Report*

Number of days served this month: 22

Total number of meals served: 7,100

	Congregate Meals	Home Delivered Meals
Meals Served:	3,891	3,209
Donation Average:	\$1.54	\$0.73

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.

**Leading
the MARKET**
IN EVERY FORMAT

COOL 107.9 FM

COUNTRY 102.3 FM

94KEY 94.3 FM

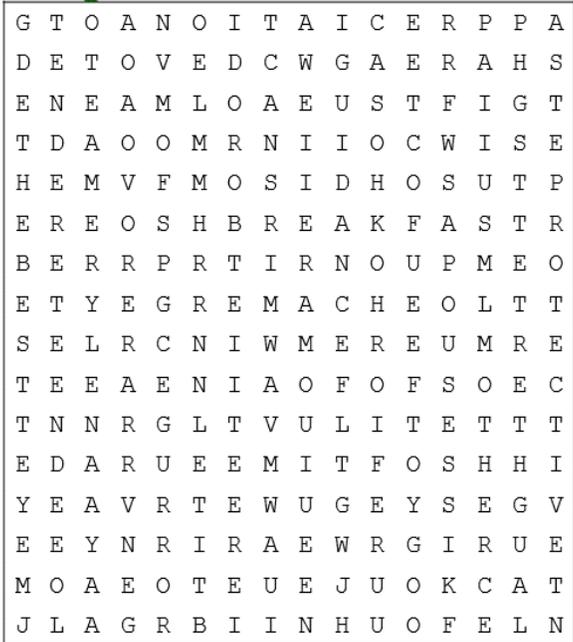
NEWS TALK KINN 106.3 FM 1270 AM

www.burtbroadcasting.net

IMPORTANT INFORMATION



Mother's Day Second Sunday of May



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/>

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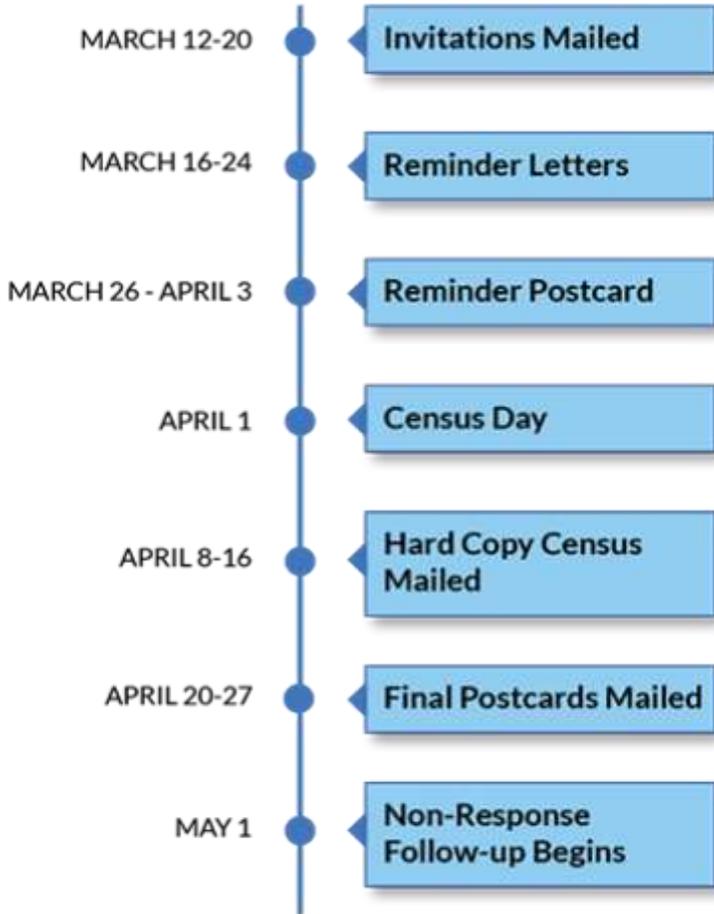
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JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
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PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at:
877-908-3360

WHEN IS THE 2020 CENSUS?





Volunteer Appreciation Dinner Service

Friday, June 5th from 3 to 6 pm

Due to COVID - 19, our annual volunteer appreciation banquet for this year has, unfortunately, been cancelled.

Instead, we will be hosting a curb-side-to-go dinner for our volunteers on Friday, June 5th, in front of the Senior Center.

Tickets will be available beginning Monday, May 4th. ***Please call the SVP office and we will mail your ticket to you.** We will take your ticket and your door-prize stub (with your name and phone number) from you at the curb and you will receive your dinner and gift.

Please Note: If you normally rely on Senior Center transportation to get to the banquet, let us know when you call for your ticket and we will arrange delivery.

Achievement pins will be mailed to you at your home.

Our menu is:

*Salad, Cranberry Orange Chicken, Rice,
Green Beans, Roll with butter,
Cheesecake*

***Tickets will be for active volunteers only. Limit two tickets per family.**

Door prize drawings will be held on Monday, June 8th.

Please call us at 439-4154 if you have questions.

OTERO COUNTY FOOD RESOURCES

Otero county food resources update for April and May 2020

MEALS Entity and location	Day / time of service provision	Type of service	Contact information	Notes
Our Savior Lutheran Church, 1212 Washington Ave Alamogordo	every Tuesday, Wednesday, Thursday 5-6pm	Free meal pick-up site	575-495-8343	
Grace United Methodist 1206 Greenwood Alamogordo	Saturday 11am - 1pm	Free meal pick-up site	575-437-7640	
Alamogordo Senior Center, 2201 Puerto Rico Alamogordo	Monday - Friday 11am - 1pm	for SENIORS; meal pick-up site and meal delivery	575-439-4150	must be registered; suggested donation
Alamogordo Public Schools	Monday - Friday, except April 10th	Schools - free meal pick-up site for APS students/families	www.alamogordoschools.org/	
Cloudcroft Senior Center, 212 Glorieta Ave Cloudcroft	Monday - Friday 11:30am - 12:15pm	for SENIORS; meal pick-up site and meal delivery	575-682-3022	must be registered; suggested donation
Cloudcroft Schools, in front of High School on Highway 82 and Swallow Place	9:30am to 12:30pm	Schools - free meal pick-up site for Cloudcroft students/families	575-601-4416 Ext. 182	
Tularosa Senior Center, 35 Radio Rd, Tularosa	Monday - Friday 11:30am - 12:30pm	for SENIORS; meal pick-up site and meal delivery	575-585-4532	must be registered; suggested donation
Tularosa Municipal Schools, and at Mescalero Community Center	Monday - Thursday 10:30am - 12:30pm	Schools - free meal pick-up site for Tularosa children under 18	575-585-8811	
FOOD BANKS Entity and location	Day / time of service provision	Type of service	Contact information	
Love INC, 2826 Indian Wells, Alamogordo	Monday - Thursday by appointment only	Food pantry	575-439-5683	
Salvation Army, 1900 1st Street, Alamogordo	Monday - Thursday 9:30-11:30 & 2-4pm	Food pantry	575-443-0845	
Our Lady of the Light Church, 4 La Luz Road, La Luz	Tuesday April 21, 28, May 12 & May 26	Roadrunner Food Pantry	575-434-9460	
Grace United Methodist 1206 Greenwood Alamogordo	Thursday 9 - 11am	Food pantry	575-437-7640	
Worship Center, 801 E. 10th Street, Alamogordo	1st Thursday / month. Get timeslot at 9am for pick-up time.	Roadrunner Mobile Food Pantry	575-437-8922	
Our Savior Lutheran Church, 1212 Washington Ave Alamogordo	2nd Friday / month. Get timeslot starting at 8am. Return for pick-up 10:30am.	Roadrunner Mobile Food Pantry	575-495-8343	
Fairgrounds Parking Lot, 401 Fairgrounds Road, Alamogordo	Friday April 24. Box pick-up approximately 9 am.	Roadrunner Mobile Food Pantry	575-442-2664	
Aggie Cupboard, 2235 N. Scenic Drive, Alamogordo	Last Tues & Wed/ month April 28 & 29, May 26 & 27, 4-6pm.	Food pantry	ahillis@nmslu.edu	with NMSLU ID only
Cloudcroft Senior Center, 212 Glorieta Ave Cloudcroft	4th Wed/ month (April 22) 12:30 - 2:30pm	Roadrunner Mobile Food Pantry	575-682-3022	
Tularosa Methodist Church, 107 Granada Tularosa	every Tuesday (except the 1st Tuesday/month) 10-noon	Roadrunner Mobile Food Pantry	575-585-2314	
Tularosa Community Church, 101 Central Ave Tularosa	Wednesdays 10am - noon	Food pantry	575-921-7572	
Timberon Community Connection, 170 Chaucer Dr Timberon, NM 88350	Fridays 4:30-5:30pm	Food pantry	575-987-2713 timberoncommunityconnection.org	
Mescalero Tribal Office, 101 Central Avenue Mescalero	1st Thursday/month 12:20pm - 2:30pm	Roadrunner Mobile Food Pantry	575-937-8006	
St. Thomas More Catholic Church 568 E Lisa Dr Chaparral, NM 88008	2nd Friday/ month noon.	Roadrunner Mobile Food Pantry	575-523-5542	call to confirm schedule



April Birthdays

Happy Birthday to you!



Pictured, Left to Right: Don Mendonca, Slim Baxter, Tamela Campbell, Jen Weyandt, & Ilene Smith

City Attorney & Staff Utility Billing Staff
 Library Staff Zoo Staff MIS
 Assistant City Manager Recreation Staff
 HR / Safety Communications/Marketing Staff
 Utility Maintenance Fleet Maintenance

Gracias *Grazie*

Thank You

Obrigado 😊 *Merci*

From de Alamo Senior Center

Finance Director & Accountant Kitchen & MOW's Volunteers
 Civic Center Staff Facility Maintenance
 Golf Course Staff Public Housing Staff
 Utility Construction Manager Community Services Director & Assistant