

# The Sentinel

June 2020

50 cent suggested donation

## *From the Manager*

The big question is **“When are we going to reopen?”** At this point, the only accurate answer I can provide is **“CLOSED UNTIL FURTHER NOTICE”**. Since we are in unprecedented times & uncertainty, I cannot provide you with a specific reopening date. I have been meeting with both the Area Agency on Aging (State) & Agency & Long-Term Services Department (Federal) on a weekly basis through teleconference meetings. They are aware that Providers State-wide are anxious to return to normal. Because we serve you, who are most vulnerable to the virus, safety measures will be implemented as we move forward. There is the possibility of re-opening with staggered services. There is the possibility of closure for several more months. There is the possibility of closure through the end of the year. **Reopening will be determined by the Governor’s Order. In the meantime, we will remain closed & continue Grab & Go Services, Home Delivered Meals, Transportation & Grocery pick-up services.**

Our units of service (UOS) have increased significantly through Grab & Go. This new system has taken some getting used to & is exhausting for all of us here at the Senior Center. But, every morning, we come back bright-eyed, bushy tailed and ready to serve! I want to thank my staff for all their hard work during our closure. They have gone above & beyond to serve every single day! They put all their heart, love & soul into each day preparing a hearty meal, serving in the heat, delivering MOW’s, grocery shopping, etc. You will see all of us featured inside this newsletter.

City staff have helped us during this time as well in the kitchen, on the serving line, delivering Meals on Wheels, delivering food boxes and handing those boxes out at our Grab & Go line. Many thanks to all of you!

**Last but certainly not least, many thanks to our volunteers that have “soldiered” on right beside us through this pandemic. They have continued to help in the kitchen, deliver Meals on Wheels & help at our Grab & Go line. Everyone one of you is AWESOME!**

Stay Safe, Stay Healthy & God Bless!!!

*Magdalena*

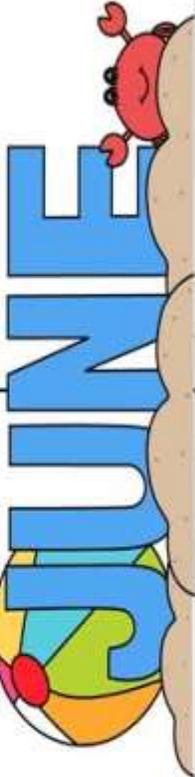
## Alamo Senior Center

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>

June 2020

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<b>1 - Monday</b> Green Chile Beef Enchiladas Salad w/ Dressing Pinto Beans Spanish Rice Crackers Mandarin Oranges & Bananas 	<b>2 - Tuesday</b> Teriyaki Chicken Cucumber Salad Steamed Rice Oriental Vegetables Whole Wheat Bread w/ Margarine Sugar Cookie	<b>3 - Wednesday</b> Pot Roast Salad w/ Dressing Whole Wheat Bread w/ Margarine Peach Cobbler 	<b>4 - Thursday</b> Chicken Tacos Lettuce & Tomato Calabacitas w/ Green Chile Pinto Beans Rice Pudding 	<b>5 - Friday</b> Green Chile Cheeseburger Lettuce, Tomato, & Onion Ranch Beans Onion Rings Applesauce 	
<b>8 - Monday</b> Hamburger Mac Green Beans Corn Whole Wheat Bread w/ Margarine Apricots Peanut Butter Cookie	<b>9 - Tuesday</b> Pork Chop Sweet Potatoes Black-Eyed Peas Cornbread w/ Margarine Baked Spiced Apples	<b>10 - Wednesday</b> Beef Stroganoff Buttered Noodles Sour Cream Three Bean Salad Carrots Whole Wheat Bread w/ Margarine Tropical Fruit	<b>11 - Thursday</b> Orange Chicken Vegetables Salad w/ Dressing Mixed Vegetables Whole Wheat Bread w/ Margarine White Cake w/ Chocolate Icing	<b>12 - Friday</b> Lasagna Salad w/ Dressing Mixed Vegetables Whole Wheat Bread w/ Margarine Peach Cobbler 	
<b>15 - Monday</b> Beef Tips & Noodles Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie 	<b>16 - Tuesday</b> Oven Fried Chicken Mashed Potatoes w/ Gravy Beets Whole Wheat Bread w/ Margarine Jell-O w/ Pineapple	<b>17 - Wednesday</b> Beef Steak Ranchero Pineapple Slaw Baked Potato Ranch Beans Cornbread w/ Margarine Peaches	<b>18 - Thursday</b> Baked Ham Sweet Potato Spinach Cornbread w/ Margarine Fruit Salad 	<b>19 - Friday</b> Green Chile Chicken Enchiladas Lettuce & Tomato Salad Pinto Beans Spanish Rice Ice Cream Crackers 	
<b>22 - Monday</b> Spaghetti & Meatballs Salad w/ Dressing Italian Vegetables Garlic Bread Plum Cobbler 	<b>23 - Tuesday</b> BBQ Baked Chicken Scalloped Potatoes Green Beans Whole Wheat Bread w/ Margarine Carrot Raisin Salad	<b>24 - Wednesday</b> Swiss Steak Waldorf Salad Dill Potatoes Yellow Squash Whole Wheat Bread w/ Margarine Peaches	<b>25 - Thursday</b> Chicken Pot Pie Beet & Onion Salad Zucchini w/ Tomato & Onion Whole Wheat Bread w/ Margarine Carrot Cake 	<b>26 - Friday</b> Red Beef Enchiladas Lettuce & Tomato Salad Crackers Pinto Beans Spanish Rice Pineapple 	
<b>29 - Monday</b> Beef Stew Steamed Rice Beets Biscuit w/ Margarine Peaches 	<b>30 - Tuesday</b> Green Chile Cheese Lasagna Lettuce & Tomato Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail				<b>1% Low Fat Milk Served Daily</b>  <b>Suggested Donation: \$2.50</b>  <b>Menu Subject to Change</b>  <i>Lunch Served from 11:00am-1:00pm</i>

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

## Our Saints

Alamogordo is not easy to say

Like Lourdes, the Vatican, or Guadalupe

But we have our Saints, though not canonized by a Pope

Like other Saints they provide hope

Daily risking their lives in this Pandemic

Serving with calm while others now panic

Exposed to strangers with each car they serve

Armored with just a thin mask and a heroes nerve

They never know what each person may bring

But they stay with the task, serve each car in the line

**A greeting, a card beneath each cars' wiper**

To indicate the meal requests by the driver

Then the cars advance, giving names and donation

Meals provided as each tag is taken

Then the next car moves forward into that place

In spite of the masks there is a quiet grace

To all of our Saints at our Senior Center

We Alamogordo Seniors thank our Saints

There are none better

Thank you to all of the staff who are providing the healthy, tasty nutritious meals.

*Warren Johnson*

Thank you for supporting the  
Alamo Senior Center



**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](http://www.climateheatingandairconditioning.com)



*A pril 2020  
Nutrition Report*

**Number of days served this month: 22**

**Total number of meals served: 9,267**

	Congregate Meals	Home Delivered Meals
Meals Served:	5,440	3,278
Donation Average:	\$1.75	\$0.72

### 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.

[www.burtbroadcasting.net](http://www.burtbroadcasting.net)



*Volunteer Appreciation Dinner Service*

*Friday, June 5<sup>th</sup> 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 5<sup>th</sup>, in front of the Senior Center.

Tickets will be available beginning Monday, May 4<sup>th</sup>. **\*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 8<sup>th</sup>.  
Please call us at 439-4154 if you have questions.



The Alamo Senior Center Staff would like to thank Grace United Methodist Church for providing us with over 250 homemade masks. We were able to distribute these masks to all of you! ASC would also like to thank all of our amazing seniors who provided homemade masks for our staff. We cannot thank you all enough. We miss you, hope to see you soon, and stay safe!

ASC Staff



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):

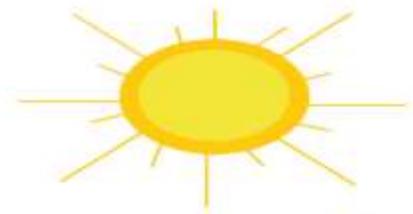
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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

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

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

**877-908-3360**



HAPPY  
SUMMER

Kitchen



Rosanne Garcia  
Kitchen Administrator



Rebecca Tavenier  
Assistant Kitchen Admin.



Joan Wallace  
Kitchen Cook



Brandi White  
Kitchen Aide



Cruz Rodriguez  
Kitchen Aide/Custodian



Antonio Onate  
Kitchen Aide

“Trying times are good for following your own interests. I still practice Qigong daily. Other enriching activities are: feed backyard birds; plant flowers/vegetables; watch San Diego Zoo live-cam; visit Smithsonian’s Learning Lab; attend the Social Distancing Festival; read a book (Brothers Karamazov, anyone?); walk 10,000 steps; count your breath; re-watch our Tai Chi video (more soon!); exercise with Miranda Esmonde-White on PBS. Remember: Your track-record for getting through tough times is 100%! “

Administration

MOW’s



Eddie Perez  
Home Services Supervisor



Teri Eldridge  
**MOW’s Aide**



Zyra Serna  
Nutrition Coordinator



Magdalena Morales  
Senior Center Manager



Britney Courtier  
Admin. Assistant



John Ely  
Finance Coordinator

SVP/RSVP



Julie Baker  
SVP Administrator



Karen Groves  
FGP/SCP Volunteer Coord.



Neil McFarland  
RSVP Volunteer Coord.

Senior Services



Brittany Clark  
Senior Services Supervisor



Jessica Alirez  
I&R Coordinator



Lydia Tyrrell  
Receptionist



Willie Colbert  
Program Aide/Bus Driver



Martin Henderson  
Program Aide/Bus Driver



Jamie White  
Maintenance



Tracy Duncan  
Fitness Coordinator



“We miss you all and stay safe!”

“We miss you and hope you all are doing well.”

“Air HUGS to all, I miss you!”

“We at Meals on Wheels wish for everyone to be safe, stay safe, and are anxiously waiting to see you all at the Senior Center soon.”

Greetings from the Kitchen Staff here at the Senior Center. Hopefully, we’ve been pleasing you with our services. Appears we have been serving quite a few of you and we thank you for your participation of the meal program. We’ve been super busy and we do all we can to provide you the best meal possible for your enjoyment. We look forward to the day we can all be together. Hope you are all staying well. We love you and miss you. Can’t wait to see you all.

# May Birthdays



Pictured, Left to Right: Robert Fair, Giesla Motley, Lucy Pianka, & Mary Lou Armijo

## Fathers Day

S	P	C	B	F	A	T	H	E	R	T	R	G	T
R	F	R	E	N	E	P	O	E	L	T	T	O	B
F	E	E	G	N	I	H	S	I	F	H	K	A	A
O	I	G	N	O	R	T	S	R	A	A	L	F	N
O	H	H	C	U	S	A	A	T	E	E	T	A	O
T	C	F	A	N	A	Z	J	V	E	E	L	A	N
B	R	A	R	A	O	O	A	C	R	O	O	R	A
A	E	M	D	R	D	C	B	S	H	O	R	E	H
L	K	I	E	R	N	T	H	R	E	L	O	V	E
L	D	L	S	A	R	A	C	S	T	R	O	P	S
R	N	Y	M	F	V	C	C	O	O	K	O	U	T
R	A	F	V	E	T	R	D	A	D	D	Y	S	H
R	H	W	A	L	L	E	T	T	E	K	C	A	J
A	P	A	R	E	N	T	B	R	E	N	R	E	T

- HANDKERCHIEF
- WALLET
- CARD
- BOTTLE OPENER
- AFTERSHAVE
- PARENT
- HAT
- STRONG
- HERO
- FATHER
- COOKOUT
- FOOTBALL
- MAN CAVE
- FAMILY
- JACKET
- RAZOR
- DADDY
- SPORTSCAR
- FISHING
- LOVE

