

The Sentinel

July 2020

50 cent suggested donation

From the Manager

July is the beginning of a new fiscal year. As old accounts and budgets are closed, new accounts and budgets are created all at the same, which becomes pretty chaotic! We have been very fortunate to receive additional funds during this pandemic from our State/Federal Level with FFCRA & CARES awards. We have also been able to very easily expense these non-recurring funds due to the additional supplies needed for our meal program.

I have not received an update concerning our reopening. I will continue to keep you all posted with information provided from the State/Federal virtual weekly meetings. I know it is frustrating for many and appreciated by others that we are ordered to comply with the closure. Until the Governor lifts the restrictions for facilities such as ours to reopen, we will continue with just our meal program, regardless of the reopening orders surrounding us. The meal program is considered the most vital program and is the only service offered by Senior Programs State-wide. It seems as if staff have become food service workers, but it takes all of us to keep up with the 2,000 plus meals we are serving on a weekly basis. Paperwork is never ending. Our Center is membership based, requiring staff to call each of you to prepare the paperwork that is provided to our State/Federal Level. We are also working at 50%. Staff work on a rotating weekly shift, as you have noticed at our Grab & Go line. We have mastered our plan, but that does not mean it has become any easier. Regardless, we miss all of you!

I was recently asked about the status of the vandalism we encountered late last year to our facility. Most of the damage was to our Fitness building. Prior to COVID, we were **approved by the City's insurance carrier to cover the cost of the damage. Unfortunately**, the contractor did not have the opportunity to fix the damages. So, rest assured, this is a project that will be completed when our contractors are able to proceed.

REMINDER: The Senior Center will be "closed" on Friday, July 3rd in observance of Independence Day!

HAPPY 4TH OF JULY!

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>

July 2020

1 - Wednesday		2 - Thursday		3 - Friday	
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-1:00pm</i>		BBQ Bonanza Potato Salad Baked Beans Corn on the Cob Biscuit w/ Margarine Watermelon	Roast Beef w/ Au Jus Salad w/ Dressing Baked Potato Green Beans Whole Wheat Bread w/ Margarine Cherry Chocolate Cake	ASC Closed 	
6 - Monday Spaghetti & Meat Sauce Salad w/ Dressing Italian Mixed Vegetables Garlic Bread Jell-O w/ Pineapple 	7 - Tuesday BBQ Chicken Coleslaw Green Beans Whole Wheat Bread w/ Margarine Chocolate Pudding	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 Applesauce 	10 - Friday Salisbury Steak Parsley Potatoes Spinach Whole Wheat Bread w/ Margarine Pumpkin Spice Cookie 	
13 - Monday Baked Ham Yams Asparagus Whole Wheat Bread w/ Margarine Pineapple Upside Down Cake	14 - Tuesday Stuffed Chicken Breast Capri Mixed Vegetables Whole Wheat Bread w/ Margarine Cranberry Relish 	15 - Wednesday BBQ Beef Sandwich Macaroni Salad Green Beans Whole Wheat Bread w/ Margarine Peanut Butter Cookie	16 - Thursday Spinach Lasagna Salad w/ Dressing Scandinavian Vegetables Whole Wheat Bread w/ Margarine Apricots 	17 - Friday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Jell-O w/ Mixed Fruit	
20 - Monday Pork Chop Sweet Potato Cabbage Cornbread w/ Margarine Applesauce	21 - Tuesday King Ranch Chicken Lettuce, Tomato, & Peppers Salsa Corn Spanish Rice Cottage Cheese w/ Pears	22 - Wednesday Swiss Steak Baked Potato Cabbage Whole Wheat Bread w/ Margarine Pineapple 	23 - Thursday Hot Beef Sandwich Pickled Beets Mashed Potatoes w/ Gravy Green Beans Chocolate Cake	24 - Friday Fish Platter Coleslaw Rice Pilaf Green Beans Cornbread w/ Margarine Jell-O w/ Margarine Oranges 	
27 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet 	28 - Tuesday Oven Baked Chicken Rice Pilaf Broccoli & Cauliflower Whole Wheat Bread w/ Margarine Cherry Cobbler	29 - Wednesday Hamburger Steak Gravy Roasted Vegetables Coleslaw Whole Wheat Bread w/ Margarine Peaches	30 - Thursday Ham & Beans Beets Cornbread Pumpkin Spice Cookie Mandarin Oranges	31 - Friday Green Chile Cheeseburger Lettuce, Tomato, & Onion Peas & Carrots Applesauce Peanut Butter Cookie 	

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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Alamogordo Chiropractic

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

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www.climateheatingandairconditioning.com



*May 2020
Nutrition Report*

Number of days served this month: 20
Total number of meals served: 8,310

	Congregate Meals	Home Delivered Meals
Meals Served:	5,355	2,955
Donation Average:	\$1.98	\$0.86

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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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

-- **Crisis Line** -- Call 24 hours a day, 7 days a week, 365 days a year

1-855-NMCRISIS (1-855-662-7474)

-- **Peer to Peer Warmline** -- Call from 3:30p - 11:30p MT every day

1-855-4NM-7100 (1-855-466-7100)

-- **Peer to Peer Warmline** -- Text from 6:00p - 11:00p MT every day

1-855-4NM-7100 (1-855-466-7100)

-- **Healthcare Worker and First Responder Support Line** -- Call 24/7/365

1-855-507-5509

4TH OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

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**HOMIE
OF ★ THE
FREE
BECAUSE
OF ★ THE
BRAVE**



FOR IMMEDIATE RELEASE

Press Release: Otero County 2020 Census Response Rate Challenge

Otero County, NM June 9, 2020 The County of Otero and City of Alamogordo are proud to announce a unique opportunity for all of our county residents!

Starting June 9, 2020, the Otero County Complete Count Committee is challenging YOU to get Otero County counted! Help increase Otero County’s total Census response rate by getting your friends and neighbors to respond to the 2020 Census. The more households that respond to the Census, the more opportunities you and your Census tract (designated area) have to win big!

For each self-response rate threshold a Census tract meets, we will release gift cards ranging from \$50 to \$500, and for each tract that has already met its thresholds, winners will be drawn July 1, 2020! Do not miss out on your chance to win one of the numerous gift cards being given away, enter the Response Rate Challenge TODAY through the County of Otero website at <http://tiny.cc/otero2020>. Only Otero County residents qualify to win, proof of Census completion is NOT required to claim your prize, AND individuals are allowed to win more than once!

In addition, if Otero County reaches or exceeds the 75% self-response rate overall, all residents that have entered the Response Rate Challenge will be entered to win a grand prize! Find out what it is when Otero County’s self-response rate is at 60%. Hint: It is more than \$500!

Go to <http://tiny.cc/otero2020> to find out more about the Otero County Census Response Rate Challenge, to find out what tract you live in, and to Enter Today! #OteroCountyCounts!



May Birthdays



Happy Birthday to you!



Pictured, Front, Left to Right: Dolores Shields, Daryl Gilmore, Elaine Van Tassel, Marilyn Hughes, and Ann McDonald; Back, Left to Right: Karen Lerner, Dave Carter and Robert Dunlap. Inset: Lois Powell

FOR IMMEDIATE RELEASE

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City of Alamogordo
1376 E. 9th Street, Alamogordo, NM 88310
Office: 575-439-4264
Email: coapio@ci.alamogordo.nm.us



PUBLIC SERVICE ANNOUNCEMENT

CITY OF ALAMOGORDO

City of Alamogordo AARP Tax Preparation by Appointment

Alamogordo, NM **Wednesday, June 3, 2020** Please be aware that beginning on June 10th, 2020, the AARP Tax Aide Foundation will be back at the Sgt. Willie Estrada Memorial Civic Center Civic Center conducting free tax preparations for all members of the community. The service will be provided by appointment only. To set up an appointment please call AARP at [575-415-7601](tel:575-415-7601).

"AARP Foundation Tax-Aide offers free tax preparation help to anyone and if you're 50 and older, and can't afford a tax preparation service, we were made especially for you. We understand that retirement or other life changes may mean your taxes are a little more complicated now. With the help of our team of IRS-certified volunteers we make it easy for you." - AARP Foundation

Please make sure you call to make an appointment, walk-ins will not be available at this time.

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Contact for this Release

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Learn more about the City of Alamogordo, services, happenings and other information at <http://ci.alamogordo.nm.us>, www.alamogordonnm.gov or @CityOfAlamogordo on Facebook 

