

# The Sentinel

September 2020

50 cent suggested donation

## *From the Manager*

This month is “Farewell” to our Kitchen Administrator, Rosanne Garcia. She is retiring from the Senior Center for the second time. Rosanne began her career with the Senior Center back in 1992. We were located on 10<sup>th</sup> Street on the backside of City Hall, for those of you that might remember. The area is now the parking lot to Lowe’s Grocery store. Anyhow, Rosanne worked 21 years overseeing the kitchen, preparing many meals, overseeing our “Great Enchilada” dinner fundraisers, to being housed at the Civic Center for a year while our Senior Center, that we are in now, was built. **Three years ago, Rosanne found out that her “old” position was vacant and decided to give it another go around.** Those 3 years came and went like the blink of an eye. Most recently, we all had to adjust to a new way of serving due to the pandemic. **Rosanne was adamant that the meals would remain the same... a hot, nutritious, well-balanced meal that you are used to.** She and her staff would not have it any other way. This, in-itself, speaks volumes about Rosanne and how much her job and all of you mean to her. **It has been a great experience working with her! “Farewell” to my co-worker, to my dear friend...Vaya con Dios!**

**If you have not visited the Senior Center’s webpage, you are missing out on some very great exercising opportunities.** Our very own Fitness Team Leaders and staff have recorded exercise videos by our Marketing Department. Please visit the following link for your enjoyment <https://ci.alamogordo.nm.us/646/Fitness-Resources>

Our State level have also uploaded videos on their website. There is a weekly Social Hour that includes amazing stories and information to share. They also have their Create & Connect Campaign which is a program aimed to engage with seniors across the state. Follow the tabs as you visit the following links [www.nmaging.state.nm.us](http://www.nmaging.state.nm.us) or <https://www.facebook.com/NewMexicoAging/>

**REMINDER: The Senior Center will be “closed” on Monday, September 7<sup>th</sup>** in observance of Labor Day!

*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>

## September 2020

| September 2020   |  | 3 - Thursday   | 4 - Friday  |
|--|--|--|---|
| <b>1 - Tuesday</b><br><b>Hamburger Mac</b><br>Green Beans<br>Corn<br>Apricots<br>Peanut Butter Cookie<br>               | <b>2 - Wednesday</b><br><b>Pork Ribs</b><br>Broccoli<br>Carrot Raisin Salad<br>Whole Wheat Bread w/ Margarine<br>Applesauce Cake   | <b>3 - Thursday</b><br><b>Baked Chicken</b><br>Green Beans<br>Scalloped Potatoes<br>Carrot Raisin Salad<br>Whole Wheat Bread w/ Margarine<br>Jell-O w/ Pineapple                     | <b>4 - Friday</b><br><b>Sour Cream Enchiladas</b><br>Lettuce & Tomato<br>Spanish Rice<br>Pinto Beans<br>Oatmeal Cookie<br>Fruit Cocktail<br> |
| <b>7 - Monday</b><br><b>ASC Closed</b><br>  | <b>8 - Tuesday</b><br><b>Baked Cod</b><br>Coleslaw<br>Green Beans<br>Cornbread w/ Margarine<br>Pineapple Upside Down Cake<br>Tarter Sauce  | <b>10 - Thursday</b><br><b>Lasagna</b><br>Spinach<br>Salad w/ Dressing<br>Garlic Bread<br>Pears<br> | <b>11 - Friday</b><br><b>Kraut Dog</b><br>California Vegetables<br>Baked Potato Wedges<br>Tropical Fruit<br>                                  |
| <b>14 - Monday</b><br><b>Spaghetti w/ Meat Sauce</b><br>Broccoli & Cauliflower w/ Cheese<br>Garlic Bread<br>Peaches<br> | <b>16 - Wednesday</b><br><b>Green Chile Cheeseburger</b><br>Lettuce, Tomato, & Onion<br>Pork & Beans<br>Tropical Fruit<br> | <b>17 - Thursday</b><br><b>Roast Beef</b><br>Baked Potato w/ Gravy<br>California Vegetables<br>Whole Wheat Bread w/ Margarine<br>Cherry Cobbler                                      | <b>18 - Friday</b><br><b>Baked Chicken</b><br>Rice w/ Peas<br>Carrot Raisin Salad<br>Biscuit w/ Margarine<br>Mandarin Oranges   |
| <b>21 - Monday</b><br><b>Green Chile Beef Enchiladas</b><br>Lettuce & Tomato<br>Pinto Beans<br>Spanish Rice<br>Strawberries  | <b>23 - Wednesday</b><br><b>Chicken and Rice</b><br>Broccoli<br>Peas & Carrots<br>Whole Wheat Bread w/ Margarine<br>Oatmeal Cookie   | <b>24 - Thursday</b><br><b>Pork Roast</b><br>Baked Potato w/ Gravy<br>Asparagus<br>Whole Wheat Bread w/ Margarine<br>Applesauce  | <b>25 - Friday</b><br><b>Chile Relleno</b><br>Salad w/ Dressing<br>Pinto Beans<br>Crackers<br>Fruit Cup<br>                                 |
| <b>28 - Monday</b><br><b>Roasted Turkey</b><br>Mashed Potatoes w/ Gravy<br>Mixed Vegetables<br>Whole Wheat Bread w/ Margarine<br>Strawberries<br>Vanilla Wafers  | <b>30 - Wednesday</b><br><b>Baked Chicken</b><br>Wild Rice<br>Carrots<br>Green Beans<br>Whole Wheat Bread w/ Margarine<br>Plums  |    |   |

\*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



# JULY

June 2020  
Nutrition Report

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

**Total number of meals served: 8,926**

|                          | Congregate Meals | Home Delivered Meals |
|--------------------------|------------------|----------------------|
| <b>Meals Served:</b>     | <b>5,772</b>     | <b>3,154</b>         |
| <b>Donation Average:</b> | <b>\$1.78</b>    | <b>\$0.84</b>        |

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

## 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)

### 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.

### Low Income Funding Available for ESTABLISHED ASC Members

The Alamo Senior Center received an incredible donation from one of our consumers. The senior specifically requested we allow the funds to be utilized by seniors who are in desperate need of assistance. This funding can be used to pay a utility bill, buy groceries, personal hygiene products, pay for prescriptions, etc. To qualify for this funding, an application will need to be completed and turned in. After the application is submitted, the Supervisors and Manager will then review the application to see if you qualify. The application process is not complicated, and the funding will be issued on a first come first-served basis. For more information stop by the Front Desk, or contact the Alamo Senior Center at (575) 439-4150.

*Applications are available at the ASC  
Front Desk.*



# Attention!

## IMPORTANT INFORMATION!

The Alamo Senior Center was informed that a report was made about a woman that is going around town door-to-door stating she can provide services to senior citizens. She is offering to come into their homes and help organize any of their personal papers/documents. We at the Alamo Senior Center do not provide any of these Services nor does the City of Alamogordo. Please be wary of people coming to your door. This is not allowed in the city, and be cautious about providing any of your personal information to any one! If you feel in any way this may be a scam, please be sure to report it to our local Police Department at: (575) 439-4300.



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**

Otero county food resources update JULY 2020

| MEALS | Entity and location  | Day / time of service provision   | Type of service  | Contact information  | Notes  |
|-------|--|---|--|--|--|
|       | Our Savior Lutheran Church, 1212 Washington Ave Alamogordo                 | Wednesday 5-6pm   | Free meal pick-up curbside                                 | 575-495-8343   |  |
|       | St. John's Church, 1114 Indiana Alamogordo                                 | Tuesday and Thursday 5-6pm  | Free meal pick-up curbside                                 | 575-430-0473   | meal pick-up in alley behind church. If driving, enter from 12th St. |
|       | Grace United Methodist 1206 Greenwood Alamogordo                           | Saturday 11am - 1pm   | Free meal pick-up curbside                                 | 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 - Thursday pick up at multiple schools through July 30, 11:30 - 1pm    | Schools - free meal pick-up site for APS students/families | <a href="http://www.alamogordochschools.org/">www.alamogordochschools.org/</a>                       |  |
|       | 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; Friday is Grab & Go only suggested donation      |
|       | 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 children under 18     | 575-585-8811   |  |
|       | 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                        | 2nd & 4th Tuesdays, 10am July 14 & 28   | Roadrunner Food Pantry                                     | 575-434-9460   |  |
|       | Grace United Methodist 1206 Greenwood Alamogordo                           | Thursdays 9 - 11am  | Food pantry  | 575-437-7640   |  |
|       | Worship Center, 801 E. 10th Street, Alamogordo                             | NO July distribution. next: August 6th. Get timeslot at 9am                   | Roadrunner Mobile Food Pantry                              | 575-437-8922   |  |
|       | Immaculate Conception Church 7th & Delaware, Alamogordo                    | 2nd & 4th Thursdays noon - 3pm  | Food pantry  | 575-437-3291   |  |
|       | 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   |  |
|       | Christ Community Church - Roadrunner Food Bank gap distribution Alamogordo | Friday July 24th, starting approximately 8am                                  | Roadrunner gap distribution                                | 575-437-4241   | NEW LOCATION!  |
|       | Aggie Cupboard, 2235 N. Scenic Drive, Alamogordo                           | Last consecutive Tues & Wed/ month July 28 & 29. 4-6pm.                       | Food pantry  | <a href="mailto:ahill@nmsu.edu">ahill@nmsu.edu</a>   | with NMSU ID only  |
|       | Cloudcroft Senior Center, 212 Glorieta Ave Cloudcroft                      | 4th Wed/ month 12:30 - 2:30pm   | Roadrunner Mobile Food Pantry                              | 575-682-3022   |  |
|       | Tularosa Methodist Church, 107 Granada Tularosa                            | every Tuesday (except 1st Tuesday/month) 10-noon                              | Roadrunner Mobile Food Pantry                              | 575-585-2314   |  |
|       | Tularosa Community Church, 101 Central, Tularosa                           | Wednesdays 10am - noon  | Food pantry  | 575-921-7572   |  |
|       | Timberon Community Connection, 170 Chaucer Dr Timberon, NM 888350          | Every Friday 4:30-5:30pm except the 3rd Friday                                | Food pantry  | 575-987-2713<br><a href="http://timberoncommunityconnection.org">timberoncommunityconnection.org</a> |  |
|       | Timberon Community Connection, Timberon Lodge                              | 3rd Friday at noon  | Roadrunner Mobile Food Pantry                              | same contacts as above   |  |
|       | Mayhill Food Bank  | 4th Wednesday from 2:00pm - 4:00pm.   | Roadrunner Mobile Food Pantry                              | 575-687-3219 email:<br><a href="mailto:nsc.food.bank@gmail.com">nsc.food.bank@gmail.com</a>          |  |
|       | Mescalero Tribal Office 101 Central, Mescalero                             | 1st Thursday/month 12:20pm-2:30pm   | Roadrunner Mobile Food Pantry                              | 575-937-8006   | call to confirm  |
|       | St. Thomas More Catholic Church 568 E Lisa Dr Chaparral, NM 88808          | 2nd Friday/ month noon.   | Roadrunner Mobile Food Pantry                              | 575-523-5542   | call to confirm  |



## You can help fund senior services in New Mexico!

Senior services expenditures and other federally-funded programs are directly affected by the population of a state!!!  
**EVERY SENIOR MUST BE COUNTED!!**

### Census data is confidential

- Your personal information is protected by law, and is never released to any other local, state, or federal agency (Title 13 of the U.S. Code). Your individual census responses will not affect your tax status or insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

### Census data affects your community

- Census data determines federal funding to Medicare, Medicaid, and many other federally-funded programs which greatly assist families.
- The data collected by the U.S. Census will determine your political representation for the next 10-years...at the local, state, and federal levels.

### Responding to the Census is easy

- You can respond to the U.S. Census online, over the phone, or wait for the paperwork to be mailed to you.

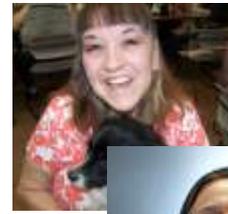
*For more information: [www.icountnm.gov](http://www.icountnm.gov)*

*cooperation with the  
 New Mexico*

*Aging and Long-Term Services Department*

**Make sure you fill out the census form!**

# 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

For your September birthday e-mail your picture in NO LATER THAN, September 18, 2020.

E-Mail photo to: [jalirez@ci.alamogordo.nm.us](mailto:jalirez@ci.alamogordo.nm.us)



Starting with the October issue of *The Sentinel* we would like to give our members the opportunity to send in a photo of themselves to be acknowledged on their Birthday month. For our older members we have a photo on file, however for our new members we would love for you to send in a photo so we can publish it in our newsletter. Please make sure to send the photos no later than the deadline date set for that month (listed above). We look forward to seeing new faces as well as familiar ones!

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

