

The Sentinel

October 2020

50 cent suggested donation

From the Manager

Happy Fall Y'all!

As you already know, we will not be opening the Senior Center this year and especially so with flu season right around the corner. We miss having you all here, but this is the new normal for now.

We bade farewell to Rosanne Garcia last month after 24+ years as our Kitchen Administrator. The position has posted, and I am hoping we will have someone on board soon. In the meantime, the additional workload has been filtered out to other staff.

We are serving over 400 meals per day and over 2,000 meals per week. We have run out of the main entree a few times since March. But, we have frozen meals that we can provide when this happens. The frozen meals are meals from our menu that were served as the main entry on another day. So, if we run out of the daily meal, we do have a back-up plan so that you still have a meal for the day. Please bear with us. Some days are more popular than others and the kitchen staff are doing their best with the forecasting.

I would like to thank all of you for supporting the Alamo Senior Center by coming through for lunch at our Grab & Go Line. **The Grab & Go meal is a "membership"** driven benefit for members of the Senior Center. As a new member approaches our Grab & Go line, we will need some basic information and a meal will be provided. Staff will call either that afternoon or the following day to conduct our State required assessment. Your name will be added to our regular list of consumers and a reassessment will be conducted every year thereafter. Returning members will be reassessed as their membership expires which is normally annually. You may call us at (575) 439-4150 for any questions. Please leave a message if we do not answer immediately. We will return your call ASAP. We are running in different directions from the time we get here until the time we leave. Please be patient with us, we will return your call.

Stay Safe, Stay Healthy & God Bless!!!

Magdalena

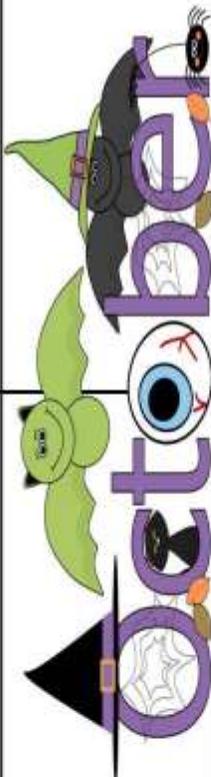
Alamo Senior Center

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>

October 2020

<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.60</p> <p>Menu Subject to Change</p> <p><i>Lunch Served from 11:00am-1:00pm</i></p>	 <p>6 - Tuesday</p> <p>Tuna Noodle Casserole Salad w/ Dressing Whole Wheat Bread w/ Margarine Peaches  Mandarin Oranges </p>	<p>7 - Wednesday</p> <p>Vegetarian Lasagna Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler</p>	<p>1 - Thursday</p> <p>Meat Loaf Au Gratin Potatoes Beets Mixed Vegetables Biscuit w/ Margarine Cantaloupe</p>	<p>2 - Friday</p> <p>Pork Chop Mashed Potato w/ Gravy Peas Biscuit w/ Margarine Cherry Cobbler </p>
<p>5 - Monday</p> <p>Baked Chicken Carrots & Peppers Wild Rice Biscuit w/ Margarine Mandarin Oranges</p>	<p>6 - Tuesday</p> <p>Tuna Noodle Casserole Salad w/ Dressing Whole Wheat Bread w/ Margarine Peaches  Mandarin Oranges </p>	<p>7 - Wednesday</p> <p>Vegetarian Lasagna Salad w/ Dressing Mixed Vegetables French Bread w/ Margarine Plum Cobbler</p>	<p>8 - Thursday</p> <p>Beef Stew Cucumber & Onion Salad Cornbread Strawberry Shortcake </p>	<p>9 - Friday</p> <p>Beef Fajita Pinto Beans Oatmeal Cookie Peaches </p>
<p>12 - Monday</p> <p>Beef Tips & Noodles Salad w/ Dressing Peas & Carrots Oatmeal Cookie Pears </p>	<p>13 - Tuesday</p> <p>Taco Soup Salad w/ Dressing Tortilla Salsa Jell-O w/ Apricots </p>	<p>14 - Wednesday</p> <p>Baked Chicken Tomatoes Broccoli w/ Cheese Whole Wheat Bread w/ Margarine Strawberries & Bananas </p>	<p>15 - Thursday</p> <p>Country Fried Steak Mashed Potatoes Spinach Whole Wheat Bread w/ Margarine Chocolate Cookie Tangerine </p>	<p>16 - Friday</p> <p>Pork Roast Salad w/ Dressing Peas & Carrots Whole Wheat Bread w/ Margarine Lemon Pudding Mandarin Oranges</p>
<p>19 - Monday</p> <p>Salisbury Steak Red Peppers & Onions Tortilla Pumpkin Bread </p>	<p>20 - Tuesday</p> <p>Roast Beef Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Bread w/ Margarine Applesauce Cake Pears & Mandarin Oranges</p>	<p>21 - Wednesday</p> <p>Oven Fried Chicken Sweet Potato Green Beans Whole Wheat Bread w/ Margarine Peach Crisp Apple</p>	<p>22 - Thursday</p> <p>Green Chile Cheeseburger Lettuce, Tomato, & Onion Carrots & Peppers Butter Beans Chocolate Pudding</p>	<p>23 - Friday</p> <p>Dill Baked Fish Corn & Peppers Bread Stick w/ Margarine Yogurt Pears </p>
<p>26 - Monday</p> <p>Green Chile Beef Enchiladas Jalapeno, Onion, & Tomato Salsa Pinto Beans Pineapple </p>	<p>27 - Tuesday</p> <p>BBQ Chicken Baked Beans Potato Salad Biscuit w/ Margarine Melon Mix w/ Grapes</p>	<p>28 - Wednesday</p> <p>Green Chile Lasagna Lettuce & Tomato Fiesta Corn Oatmeal Cookie Fruit Cocktail </p>	<p>29 - Thursday</p> <p>Chicken Tenders Honey Mustard Gravy Broccoli & Carrots Whole Wheat Bread w/ Margarine Pears Oatmeal Cookie</p>	<p>30 - Friday</p> <p>Road Kill (Hot Beef Sandwich) Sour Mashed Potatoes w/ Gravy Rotten Roots (Carrots&Peppers) Crusty Bread Wormy Pears </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



*August 2020
Nutrition Report*

Number of days served this month: 21

Total number of meals served: 8,651

	Congregate Meals	Home Delivered Meals
Meals Served:	5,553	3,098
Donation Average:	\$1.76	\$0.76

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our advertisers!
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you appreciate their support
of the Alamo Senior Center!**

Climate Heating & Air Conditioning, Inc.



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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.*

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Rosanne

For twenty four years you have kept seniors healthy

With nutritious meals, all well prepared

Provided for all, whether dirt poor or wealthy

An atmosphere with friends and the great meals we shared

Your visits to our tables for our comments and bad jokes

No one was a stranger whether first or old timer

We are proud to know you, we Rosanne folks.

Stop in and visit. When this is over, we'll save a chair.

Warren Johnson



Craft Fair at Amber Skies on Saturday, October 24th from 9:00am-1:00pm. All handmade items. No food. \$15.00 per table rental. Contact June Gilbeau at (575) 921-7187 for more information.



Remember ,flu shots are available at our local pharmacies. Check with your pharmacy for more details.

Thank You So Much

There are not enough words to express my gratitude for what all seniors and staff did in showing appreciation for my work at the senior center. My last week was truly amazing. Monday began with my appreciation for volunteers. We could not do our jobs as well, if not for the amazing volunteers that give their time and energy in helping where help is needed. Wednesday was a very special day for me because I got to see senior face's I hadn't seen for six months. The drive by and honk was so fun, your smiles, gifts, and kind words I will never forget. Friday, oh my goodness, the privilege I have had working with the great staff of the senior center is truly amazing. ASC is in good hands for sure. Couldn't ask for a better group to party with, good food, lots of laughs, and reminiscing of the past was so fun. Thank you staff for all your kindness, your sweet words, gifts, and pictures in my forever album I will cherish. Thank you for all you do for our seniors. Friday, I also did an exit interview with the City of Alamogordo. My time had come to an end but not until they gave me the nicest framed thank you for my 23 years of service to the City of Alamogordo, all years worked at the Alamo Senior Center. Thanks to everyone. It was my honor to provide what services I could do for all of you. Don't give up on me I will come back and I look forward to spending time with you. A few last words, please be patient, we will have our senior center back. Patience because it won't be until it happens. Be Safe and Stay Well! I love you all.

Thanks again.

Rosanne Garcia.

Otero County Meals Resource Guide			Updated Sept 2020	
MEALS Entity & Location	Date & Time Provided	Type of Service	Contact Information	Notes
Our Savior Lutheran Church, 1212 Washington, Alamogordo	Wednesdays 5-6pm	Free Meal Pick Up - Curbside	575-495-8343	
St. John's Church, 1114 Indiana, Alamogordo	Tue & Thur - 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 11-1pm	Free Meal Pick Up - Curbside	575-437-7640	
Alamogordo Sr Center, 201 Puerto Rico, Alamogordo	Mon-Fri 11-1pm	For Seniors: Meal pick-up at site & meal delivery	575-439-4150	Must be registered. Suggested donation.
Alamogordo Public Schools	Mon, Tue, Thur - 10:30-12:30 & by bus for enrolled students	Schools - Meal pick-up at site for Enrolled Students	575-812-6085	facebook.com/APS-Student-Nutrition-100543538448005
Cloudcroft Sr. Center, 212 Glorieta Ave, Cloudcroft	Mon-Fri 11:30 - 12:15pm	For Seniors: Meal pick-up at site and meal delivery	575-682-3022	Must be registered: Friday is grab & go only; suggested donation
Tularosa Sr. Center, 35 Radio Rd, Tularosa	Mon-Fri 11:30-12:30pm	For Seniors: Meal pick-up at site & meal delivery	575-582-4532	Must be registered: suggested donation
Tularosa Municipal Schools, 504 1st St. Tularosa	9am - Noon Pick up Bus Deliveries - see website for times	Enrolled students only	575-585-8811	Bus delivery in Tularosa and Mescalero
Cloudcroft Municipal School, 10 Swallow Pl, Cloudcroft	Tue - Fri/11:45-1pm Pick Up at Cloudcroft HS	Enrolled students only	575-601-4416	Bus delivery to Timberon, Mayhill & Weed - Tues Afternoon
Love INC, 2826 Indian Wells, Alamogordo	Mon-Thur by appt only	Food Pantry		5750-439-5683
Salvation Army, 1900 1st St, Alamogordo	Mon-Thur 9:30-11:30 & 2-4pm	Food Pantry		575-443-0845
Our Lady of the Light Church, 4 La Luz Rd., La Luz	Ev. Tue 10-2pm except 1st Tue/mo.	Roadrunner Food Pantry		575-434-9640
Grace United Methodist, 1206 Greenwood, Alamogordo	Thursdays - 9-11am	Food Pantry		575-437-7640
Worship Center, 801 E. 10th St, Alamogordo	1st Thursday/mo. - Get time slot at 9am	Roadrunner Mobile Food Pantry		575-437-8922
Immaculate Conception, 7th & Delaware, Alamogordo	2nd & 4th Thurs. Noon - 3pm	Food Pantry		575-437-3291
Our Savior Lutheran, 1212 Washington Ave., Alamogordo	2nd Fri/mo. Get time slot at 8am.	Roadrunner Mobile Food Pantry		575-495-8343
Christ Community Church - 2960 N. Scenic, Alamogordo	Fridays - starting aprox 8am	Roadrunner Mobile Food Pantry		575-437-4141
Aggie Cupboard, 2235 N. Scenic Dr. Alamogordo	Last consecutive Tue & Wed/month 4-6pm	Food Pantry w/NMSU ID Only		ghills@nmsu.edu
Cloudcroft Sr. Center, 212 Glorieta Ave, Cloudcroft	4th Wed/mo. 12:30-2:30pm	Roadrunner Mobile Food Pantry		575-682-3022
Tularosa Methodist Church, 107 Granado, Tularosa	Ev. Tue 10-Noon except 1st Tue/month	Roadrunner Mobile Food Pantry		575-585-2314
Tularosa Community Church, 101 Central, Tularosa	Wed - 10-12N	Food Pantry		575-921-7572
Timberon Community Connection, 170 Chaucer Dr, Timberon	Ev. Friday 4:30-5:30pm except 3rd Friday	timberoncommunityconnection.org		575-987-2713
Timberon Community Connection, Timberon Lodge	3rd Friday @ Noon	Roadrunner Mobile Food Pantry		575-987-2713
Mayhill Food Bank	4th Wed/mo. 2-4pm	Roadrunner Mobile Food Pantry		575-687-3219 Call to confirm 575-937-8006
Mescalero Tribal Office, 101 Central, Mescalero	1st Thursday/Mo 12:20-2:30p	Roadrunner Mobile Food Pantry		Call to confirm
St. Thomas Moore Catholic Church, 568 Lisa Dr. Chaparral	2nd Fri/month/Noon	Roadrunner Mobile Food Pantry		575-523-5542

*Those we love don't go away.
They walk beside us everyday
Unseen, unheard, but always near,
Still loved, missed, and very dear.*



Mary Lou Armijo



Verna Bassett



Sandra Aeschbach



Christine Fernandez



Robert Schumerth

*In Loving
Memory*

HONORING THOSE WE'VE LOST ALONG THE WAY SINCE OUR CLOSURE

Janice Jeter	Harold Stephens	Raymond Austin
Wanda Boles	Jiggs Gorn	Susan Dolce
Frances Chestnut	Virginia Hernandez	Robert Garwood
Glenna Eldrige	Barbara Nichols	Robert Huber
Lonnie Jarrett	Ausborn Hiles	Gladys Mattison
Lazaro Dreama	Joyce Austin	Aurelia McKinley
Rogelio Ochoa	Rose Black	Arthur Macias
Alfred Robinson	Charles Furr	Gordon McFee
Bessie Sanchez	Frank Smith	Lorene Cook
Zachary James	Lugarda Deck	Alfred Garcia
Dorothy Martell	Barbara Kidwell	Richard Kondo
Mary Moore	John Martinez	Don Omey
Robert Reiersen	John Clute	Raymond Romero
Patricia Rivera	Maxine McKenzie	Donna Sorenson- Eastman
Jerrie Stevens	Jimmy Stanfill	Rodger Woodie
Joleen Austin	John Avila	Zachary James
Connie Beasley	Bill Brooks	
Kenneth Bloss	Joseph Felton	
Jack Brock	Lonnie Nowell	
Wesley Chappell	James Cummings	
Roberta Cunningham	Dolores Esquero	
Edwin Frantz	Ronald Johnson	
Francis Frazier	Patricia Rivera	
Francis Geary	Barbara Branum	
Satie Hamberg	Oscar Marquardt	
Robert Cady	Ronald Wells	
Manuela Serna	Roy Holmes	
Susan Wallis	Dona Van Middlesworth	

Unfortunately pictures are not available for those listed on this page

If you would like to make a donation to the ASC Fitness Center please mail it in to: 2201 Puerto Rico Avenue. We greatly appreciate it!

New Workouts Available!



The Alamo Senior Center is now working on uploading more fitness videos for everyone to enjoy with the goal of bringing more donations to their Fitness Center.

Spread the word and break a sweat!



Government Doing Business Services Community I Want To...

Home > Government > Departments > Community Services > Alamo Senior Center > Fitness Resources

Internet Resources for Seniors

Volunteers Needed

ANRP Foundation Free Tax Aide

Fitness Resources

Fitness Resources

Alamo Senior Center

Fitness

The Alamo Senior Center offers numerous activities and classes for our seniors. Our goal is to provide activities at many levels that allow our seniors with different capabilities to stay active no matter their ability.

Thank you for visiting our Fitness page!

Below you will find fitness videos that were filmed at the Alamo Senior Center with our instructors/volunteers. Click on each individual video to get started, have fun and Stay Active! If you would like to make a donation to support the center's fitness programs, you can mail a check to:

Alamo Senior Center

Physical Address

2201 Puerto Rico Avenue
Alamogordo, NM 88310

**Please consult your physician before you begin any fitness routine*

Upper Body Workout | Alamo Senior Center

Copy link

Upper Body Workout

with Tracy Duncan

Upper Body Workout - Alamo Senior Center

Tai Chi Warm Up Qi Gong | Alamo Senior Center

Alamo Senior Center

Copy link

<http://ci.alamogordo.nm.us/646/Fitness-Resources>

OTERO COUNTY COUNTS!



United States
Census
2020
2020census.gov

Response Rate Challenge!

ENTER TODAY!!!

This is your opportunity to win a visa gift card valued from \$50 to \$500 just for being an Otero County Resident!



The Response Rate Challenge issued by the Otero County & Alamogordo Complete Count Committee was set forth to help encourage citizens to respond to the 2020 Census. Ensuring that we have an accurate count for the County & Cities is vital to the funds that our communities will receive over the next **10 Years**. Census numbers impact our schools, public safety, health care, economic development and much more. You can learn more, and respond to the 2020 Census today at www.2020census.gov or call 1-844-330-2020.

How do I enter?

You can enter the Response Rate Challenge by completing the entry form & mailing it to (or dropping it off at) the Otero County Office Building, 1101 New York Ave. Alamogordo, NM 88310. You can also enter online at <http://tiny.cc/otero census>. The more citizens that complete the census, the more opportunities entrants will have to win one of the numerous prizes because our response rate will increase, so tell your friends, family and neighbors to complete their census TODAY! The census is incredibly important for our community. For *each* New Mexican **NOT Counted** our community losses approximately **\$3,745 per year for the next 10 years!** RESPOND TODAY!

Census 2020 Response Rate Challenge Entry Form

Full Name: _____ Email: _____

Address: _____

City: _____ State: **NM** Zip: _____ Phone: _____

(If different from Home Address)

Mailing Address: _____

City: _____

State: _____ Zip: _____

Have you Completed your 2020 Census:

Yes No

(Census Completion is not a requirement for this challenge, but will help each Census Tract reach their goals so that multiple drawings are possible.)

Return Entry to: Otero County Office Building,
1101 New York Ave. Alamogordo, NM 88310

Learn more at <http://tiny.cc/otero census>

September Birthdays



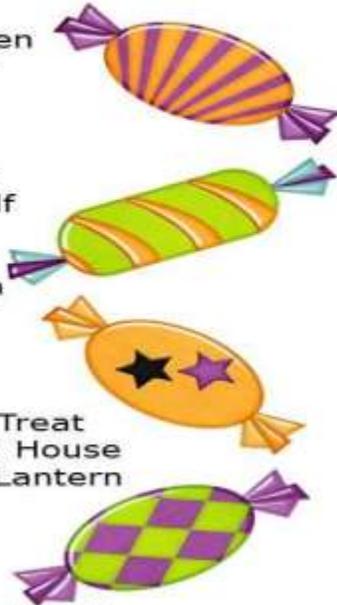
Pictured, Left to Right: Leo Cuevas, Susan Kauffman, Art Jimenez, & Allen Schwartz. Inset: Elise Haley

For your October birthday e-mail your picture in NO LATER THAN, October 16, 2020.

E-Mail photo to: jalirez@ci.alamogordo.nm.us

HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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

Chicken Scratch NY



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!