

The Sentinel

November 2020

50 cent suggested donation

From the Manager

Happy Thanksgiving!

The month of November will be a shorter working month. We have three holidays where the Senior Center will be closed: Veterans Day, Thanksgiving & the day after Thanksgiving. Meals will not be available on these three days.

Veterans Day falls on Wednesday, November 11th this year. Thank you to all our Veterans for your service and to those who are currently serving! We appreciate you!

Our Thanksgiving Holiday is on Thursday, November 26th & we are also closed the following day, Friday, November 27th. May you all have a bountiful Thanksgiving!

Our Traditional Thanksgiving Meal will be served on Friday, November 20th, from 11:00 – 1:00. This will be our first experience serving this delicious meal through our Grab & Go Line. This meal has always been popular when we were open, so we are hoping and expecting a big crowd this year. The format will stay the same with some minor changes. Staff will set up near our mailbox to collect donations, names, etc. Another group of staff will hand out meals at our regular post. **Please use the farthest south area as the “Exit” instead of turning around toward on-coming traffic.** Remember not to block the Meals on Wheels entrance on Puerto Rico. Hope to see you all here!

Below is a map for guidance on the 20th.



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>

November 2020					
2 - Monday Ham & Beans Beets Cornbread Chocolate Chip Cookie Mandarin Oranges	3 - Tuesday Stuffed Pork Chop Sweet Potato Peas Biscuit Spiced Apples	4 - Wednesday Beef Stew Coleslaw Biscuit Pears 	5 - Thursday Chicken Cacciatore Chicken w/ Peppers, Carrots, & Noodles Brussel Sprouts Garlic Bread Peaches 	6 - Friday Hamburger Mac Green Beans Corn Mandarin Oranges 	
9 - Monday Stuffed Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread Applesauce Cake 	10 - Tuesday Tamale Lettuce & Tomato Pinto Beans Tortilla Pears & Cottage Cheese	11 - Wednesday ASC Closed 	12 - Thursday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream 	13 - Friday BBQ Beef Sandwich Coleslaw Potato Salad California Vegetables Fruit Cocktail	
16 - Monday Chicken Parmesan Spaghetti Noodles Italian Vegetables Tropical Fruit 	17 - Tuesday Beef Stroganoff Mixed Vegetables Chocolate Pudding Mandarin Oranges 	18 - Wednesday Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Salsa Crackers Tapioca Pudding	19 - Thursday Sweet & Sour Pork Garlic Bread Carrots Pears Peanut Butter Cookie 	20 - Friday Thanksgiving Luncheon Turkey w/ Dressing Sweet Potatoes Scandinavian Vegetables Cranberry Relish Whole Wheat Bread Pumpkin Pie w/ Topping	
23 - Monday Salisbury Steak Roasted Potatoes Spinach Whole Wheat Bread Tropical Fruit	24 - Tuesday Liver & Onions Mashed Potatoes & Gravy Green Beans Sliced Cucumbers Roll Peaches 	25 - Wednesday Spaghetti & Meatballs Salad w/ Dressing Italian Vegetables Whole Wheat Bread Plums 	26 - Thursday ASC Closed 	27 - Friday ASC Closed 	
30 - Monday Chile Relleno Salad w/ Dressing Crackers Pineapple 	Give Thanks! 			1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <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.

Thank you for supporting the Alamo Senior Center



September 2020
Nutrition Report

Number of days served this month: 21

Total number of meals served: 8,896

	Congregate Meals	Home Delivered Meals
Meals Served:	5,757	3,139
Donation Average:	\$1.74	\$0.91

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

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.

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

Living Will and Testament

When making out your Final Will and Testament

PLEASE

remember to include your Alamo Senior Center.

We appreciate any and all contributions no matter how big or small.

As a member of our Center,

you know that your monetary gift will be

put to good use. Your contribution will allow for many seniors to enjoy our Center as much as you have.

If you have any questions, please call Magdalena at

(575) 439-4150.



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

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>

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

877-908-3360

FREE
Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

*A statewide, free legal helpline for
New Mexico residents 55 and older.*



-- **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

Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:

866-563-9294

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
Mescalero Tribal Office, 101 Central, Mescalero	1st Thursday/Mo 12:20-2:30p	Roadrunner Mobile Food Pantry		575-937-8006 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.*



Willie (Bill) Brooks



John Avila



Joseph Felton



James Cummings



Delores Esquero



Ronald Johnson



Inez Benitez

*In Loving
Memory*

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!



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*

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

Save money and get the best coverage! It's worth taking time to compare.



OCT 15
-DEC 7

MEDICARE OPEN ENROLLMENT

A LOCAL New Mexico SHIP COUNSELOR CAN:



- ✓ Help you compare your current Medicare health or drug plan with other Medicare plan choices.



- ✓ Help you evaluate your options, and if needed, assist you with enrolling in a new plan.



- ✓ You have until December 7 to make a final decision. Beware of high-pressure sales tactics. For trusted, unbiased Medicare information and assistance, call the ADRC at 1-800-432-2080.



We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

¡Ahorre dinero y reciba la mejor cobertura de Medicare! Vale la pena comparar las diferentes opciones este otoño.



15 OCT
-7 DEC

INSCRIPCIÓN ABIERTA DE MEDICARE

NUESTRAS CONSEJERAS LOCALES DEL SHIP DE NUEVO MÉXICO PUEDEN:



- ✓ Ayudarle a comparar su cobertura de salud médica de Medicare o su cobertura de medicamentos con otras opciones y planes de Medicare disponibles en su localidad.



- ✓ Ayudarle a evaluar sus opciones y a inscribirse en un plan nuevo si usted lo pide. Usted tiene hasta el 7 de diciembre para tomar una decisión. Tenga cuidado con las tácticas agresivas de los vendedores de seguros.



- ✓ Para recibir ayuda e información objetiva y confiable sobre Medicare de nuestras consejeras del SHIP de Nuevo México, llame al ADRC al 1-800-432-2080.



Hemos encontrado soluciones seguras, creativas y a distancia para continuar brindando servicios durante la pandemia COVID-19.

October Birthdays 9



Photo taken in 2019



Pictured, Left to Right: Les Clark, Irvin Michaud, Helene Thompson, & Sheryl Kelly. Inset: Sharon Carle & Lucille Shimp & Esther Ottenbreit.

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

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Luis Chavez, Margaret Ramey, & Sonja Thompson



The Alamo Senior Center sends our love and gratitude to one of our late consumers who passed and listed us as their beneficiary to their Estate Sale.

Their kind contribution was greatly appreciated!



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!