

The Sentinel

December 2020

50 cent suggested donation

Britney Courtier
Admin. Assistant



Rebecca Tavenier
Assistant Kitchen Admin.



Magdalena Morales
Senior Center Manager



Jessica Alirez
I&R Coordinator

Jamie White
Maintenance



Brittany Clark
Senior Services Supervisor



Martin Henderson
Program Aide/Bus Driver



Lydia Tyrrell
Receptionist



Tracy Duncan
Fitness Coordinator



John Ely
Finance Coordinator



Cruz Rodriguez
Kitchen Aide/Custodian



*From all of us at the Alamo Senior Center to all of you,
HAPPY HOLIDAYS!!!*

Antonio Onate
Kitchen Aide



Neil McFarland
RSVP Volunteer Coord.



Violet Norman
Kitchen Administrator



Eddie Perez
Home Services Supervisor



Teri Eldridge
MOW's Aide



Willie Colbert
Program Aide/Bus Driver



Julie Baker
SVP Administrator



Juan Wallace
Kitchen Cook



Zyra Serna
Nutrition Coordinator



Brandi White
Kitchen Aide



Karen Groves
FGP/SCP Volunteer Coord.



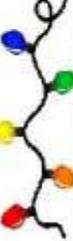
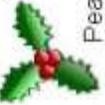
Alamo Senior Center

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>

December 2020

1 - Tuesday	2 - Wednesday	3 - Thursday	4 - Friday
Meatloaf Au Gratin Potatoes Mixed Vegetables Whole Wheat Roll Orange 	Taco Salad Spanish Rice Zucchini Crackers Pears 	Sweet & Sour Pork Bean Salad Oriental Vegetables Whole Wheat Roll Spiced Apples	Green Chile Cheeseburger Lettuce, Tomato, & Onion Ranch Beans Carrots & Peppers Chocolate Pudding
7 - Monday Beef Stew Steamed Rice Beets Biscuit Orange 	9 - Wednesday Beef & Bean Chili Chuck Wagon Corn Cornbread Fruit Salad Happy Holidays!	10 - Thursday Spinach Lasagna Salad w/ Dressing Mixed Vegetables Garlic Bread Mandarin Oranges	11 - Friday Baked Cod Wild Rice Mixed Vegetables Biscuit Yogurt 
15 - Tuesday Green Chile Chicken Enchiladas Salad w/ Dressing Pinto Beans Spanish Rice Ice Cream 	16 - Wednesday Chicken Strips Gravy Potato Wedges Carrots Biscuit Jell-O w/ Fruit Cocktail	17 - Thursday Shepherd's Pie Brussel Sprouts Garlic Bread Mandarin Oranges 	18 - Friday Christmas Luncheon Turkey & Ham Mashed Potatoes & Gravy Cranberry Salad Whole Wheat Roll Pumpkin Pie w/ Topping
21 - Monday Chicken Alfredo Broccoli & Cauliflower Garlic Bread Tropical Fruit Rice Pudding	23 - Wednesday Red Beef Enchiladas Lettuce & Tomato Salsa Spanish Rice Mandarin Oranges	24 - Thursday Spaghetti & Meatballs Green Beans Garlic Bread Applesauce Cake 	25 - Friday ASC Closed 
28 - Monday Hamburger Mac Green Beans Corn Apricots Peanut Butter Cookie 	30 - Wednesday Creamy Chicken & Mushrooms Peas Carrot Raisin Salad Whole Wheat Roll Jell-O w/ Pineapple	31 - Thursday Tamale Salad  Pinto Beans Flour Tortilla Mandarin Oranges	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



*October 2020
Nutrition Report*

Number of days served this month: 22

Total number of meals served: 9,166

	Congregate Meals	Home Delivered Meals
Meals Served:	6,050	3,116
Donation Average:	\$1.68	\$0.92

**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

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.

*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.

www.burtbroadcasting.net



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.

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.*



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

-- **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 Free Meals Resource Guide			Updated Aug 2020	
MEALS Entity & Location	Date & Time Provided	Type of Service	Contact	
			Information	Notes
Our Savior Lutheran Church, 1212 Washington, Alamogordo	Wednes days 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	Must be registered. Suggested donation.
Alamogordo Sr Center, 201 Puerto Rico, Alamogordo	Mon-Fri 11-1pm	For Seniors: Meal pick-up at site & meal delivery	575-439-4150	
Alamogordo Public Schools	Mon-Thur - 11:30-1pm	Schools - Free meal pick-up at site for APS Students/Families	www.alamogordoschools.org	Thursday pick-up at multiple schools
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, & Mescalero Community Ctr.	Mon-Thurs 10:30 - 12:30p	Schools - Free meal pick-up at site for children under 18	575-585-8811	
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 LaLuz Rd., LaLuz	2nd & 4th Tues - 10am	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	Thursdays - 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/month. Get timeslot starting at 8am. Return for pick-up 10:30a	Roadrunner Mobile Food Pantry		575-495-8343
Christ Community Church - Roadrunner Food Bank Gap Distribution, Alamogordo	Fridays - starting aprox 8am	Roadrunner Gap Distribution		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	1st Thurs/mo 12:20-2:30pm	Roadrunner Mobile Food Pantry		575-687-3219
Mescalero Tribe Office, 101 Central, Mescalero	2nd Fri/month/Noon	Roadrunner Mobile Food Pantry		575-937-8006
St. Thomas More Catholic Church, 568 Lisa Dr. Chaparral, NM	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.*



Valerie Smurda



Wade Moore



Donna Columbus



Geraldine Roman



Carla Clark



Charles Dewey



Frances Stirman

*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.

From the Manager

Happy Holidays!

Did someone say December??? Whew! It is so hard to believe how fast these months have flown. We have had to adjust to our new norm since March. It has taken a lot of work, but we have done an outstanding job! Many thanks to City staff that lent a hand during our initial closure. Many thanks to Senior Center Staff and our volunteers! And, of course, YOU, for supporting the meal program. We will continue this format into 2021.

For those of you that are 60/+, you can come through our Grab & Go Line from 11:00–1:00, Monday through Friday for a hot, well-balanced, nutritious meal. If you are not registered, we will need some basic information until staff can call for an over-the-phone required assessment.

Meals on Wheels is also available to those 60/+ that qualify for a delivery. If we do not answer the phone, please leave a voice mail with a good return phone number. Please be patient with us, as we are at 50% staffing. We will return your call. Our phone number is (575)439-4150.

The Center will be closed on Friday, December 25th for our Christmas Holiday.

Our traditional Christmas Meal will be served on Friday, December 18th from 11:00–1:00. We will follow the same format that we did for our Thanksgiving Meal. We served over 600 consumers on this day!

Stay Safe, Stay Healthy & God Bless!!!

Magdalena

Please help me WELCOME Violet Norman as our new Kitchen Administrator!

Hello,

I would like to introduce myself to those of you who do not know me. My name is Violet Norman and I am the new Food Services Administrator. I am so excited to be part of the Alamo Senior Center again. Yes for those of you who do not know me I worked here at the Senior Center as the Senior Services Supervisor for almost five years. I left my position as Senior Services Supervisor to pursue my career as a Director for the Tularosa Senior Center and also to take care of my mom who lived with me in Tularosa. I was the Director at Tularosa Senior Center for three Years. I enjoyed my job at the Tularosa Senior Center but I always felt like a part of me still belonged to the Alamo Senior Center. Working at the Alamo senior center has always brought me love and laughter, and I missed that so much.



I had a few opportunities to come back to the Alamo Senior Center but the timing was never good. So one day I was looking at the City Web site and saw the position for the Food Services Administrator and decided to apply, but once again the timing was wrong. A couple of months passed and I happened to look on the City Web site and saw that the position for the Food Services Administrator was still open so I applied and here I am and I could not be more excited and lucky to have been chosen for this position. Yes I know I have some **big shoes to fill” and I will go full force with all my heart to continue to make the center an Awesome place to have lunch, socialize and just have fun!!! Hopefully real soon!!!**

I bring to you my Supervisory/Management and Kitchen experience with full force. My first day at the Alamo Senior Center was Monday, November 16th and I am so happy I made this move. The staff have welcomed me back so graciously and I really missed the friendships that I had left three years ago!! I am so happy to be back. I cannot wait to hug you all once this pandemic is over.

Your Friend,
Violet Norman

November Birthdays



Pictured, Front, Left to Right: Bob Farmer, Rhonda Shimp, Margaret Travis, Rosanna Heath, and David Swafford; Back, Left to Right: Juanita Bridges & Dale Stanley. Inset: Lydia Scott

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

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Emily Hanson & Karrie Duke



**PLEASE!!
NOTE**

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!