

The Sentinel

January 2021

50 cent suggested donation

From the Manager

Happy New Year!

We are all eager to say good-bye to the turmoil that 2020 brought to surface. We have also learned to prepare for the unexpected in every way. May 2021 be filled with love, laughter, good health and prosperity!

As many of you know, our Grab & Go Line hours of operation have changed. Our new time to pick up a meal is 11:00am to 12:30pm. Although our meal pick-up time is decreasing, we are not decreasing our meal count. We expect to continue serving everyone! The change was made due to a thinning line during the last half hour but most importantly due to inclement weather. We are still here to serve you!

Many are excited that the vaccine is or will soon be here. The big question we keep hearing is “When is the Center going to open?” At this time, we will continue serving the meal program as we have. It may take MANY more months before we open our doors. It’s exciting to know that there may be a solution to this virus but everything is still in early stages.

I want to thank my staff for their hard work during this time. It has been quite a journey. We have all stepped in assisting in unfamiliar areas to serve our senior community. On an average, we have served 400 meals a day and 2,000 meals a week. Many staff have worked week after week these past 9.5 months. Our volunteers have also been right by our side. You are all AWESOME and appreciated... more than you’ll ever know!

For those that are 60/+, a well-balanced, nutritious meal is available at our Grab & Go Line from 11:00am–12:30pm, Monday through Friday. Our program is member based. If you are not registered and come through the line we will need some basic information, until staff can call for an over-the-phone State required assessment. Meals on Wheels is available to those 60/+ that qualify for a delivery, which also requires an over-the-phone assessment.

Please be patient if we do not answer the phone. If you leave your name, number and a message, someone will return your call as time allows throughout the day. We are at 50% staffing and the majority of staff are prepping for the daily meal every morning.

The Center will be closed on Monday, January 18th in honor of Martin Luther King, Jr. Holiday.

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>

January 2021

<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p> <p><i>Lunch Served from 11:00am-1:00pm</i></p>				<p>1 - Friday</p> <p>ASC Closed</p> 
<p>4 - Monday</p> <p>Ham & Beans</p> <ul style="list-style-type: none"> Beets Cornbread Sugar Cookie Mandarin Oranges  	<p>5 - Tuesday</p> <p>Chicken Fried Steak</p> <ul style="list-style-type: none"> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Roll Strawberries Vanilla Wafers 	<p>6 - Wednesday</p> <p>Chicken Pot Pie</p> <ul style="list-style-type: none"> Green Beans & Onions Beets Apple Crisp  	<p>7 - Thursday</p> <p>Green Chile Beef Enchiladas</p> <ul style="list-style-type: none"> Lettuce & Tomato Pinto Beans Spanish Rice Ice Cream Strawberries 	<p>8 - Friday</p> <p>Hamburger Mac</p> <ul style="list-style-type: none"> Green Beans Corn Peanut Butter Cookie 
<p>11 - Monday</p> <p>Kraut Dog</p> <ul style="list-style-type: none"> California Vegetables Potato Tots Tropical Fruit  	<p>12 - Tuesday</p> <p>Sour Cream Enchiladas</p> <ul style="list-style-type: none"> Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail 	<p>13 - Wednesday</p> <p>Swiss Steak</p> <ul style="list-style-type: none"> Baked Potato Steamed Cabbage Whole Wheat Roll Pineapple 	<p>14 - Thursday</p> <p>Pork Butt Roast</p> <ul style="list-style-type: none"> Mashed Potatoes w/ Gravy Asparagus Whole Wheat Roll Applesauce 	<p>15 - Friday</p> <p>Catfish Nuggets</p> <ul style="list-style-type: none"> Tartar Sauce Coleslaw Green Beans Cornbread Pineapple Upside-Down Cake
<p>18 - Monday</p> <p>ASC Closed</p> 	<p>19 - Tuesday</p> <p>Stuffed Peppers</p> <ul style="list-style-type: none"> Au Gratin Potatoes Green Beans Biscuit Tropical Fruit  	<p>20 - Wednesday</p> <p>Baked Ham</p> <ul style="list-style-type: none"> Yams Asparagus Whole Wheat Roll Pineapple Upside-Down Cake 	<p>21 - Thursday</p> <p>Chicken Teriyaki</p> <ul style="list-style-type: none"> Cucumber Salad Steamed Rice Oriental Vegetables Whole Wheat Roll Sugar Cookie 	<p>22 - Friday</p> <p>Green Chile Pork Stew</p> <ul style="list-style-type: none"> Salad w/ Dressing Cornbread Peanut Butter Cookie 
<p>25 - Monday</p> <p>Baked Cod</p> <ul style="list-style-type: none"> Rice Pilaf Coleslaw Mixed Vegetables Hush Puppies Chocolate Cake 	<p>26 - Tuesday</p> <p>Chicken Tacos</p> <ul style="list-style-type: none"> Lettuce & Tomato Pinto Beans Rice Pudding   	<p>27 - Wednesday</p> <p>Beef Fajitas</p> <ul style="list-style-type: none"> Tortilla Pinto Beans Oatmeal Cookie Jell-O w/ Apricots 	<p>28 - Thursday</p> <p>Green Chile Chicken Enchiladas</p> <ul style="list-style-type: none"> Lettuce & Tomato Pinto Beans Spanish Rice Peaches  	<p>29 - Friday</p> <p>Pepper Steak</p> <ul style="list-style-type: none"> Baked Potato California Vegetables Whole Wheat Roll Cherry Cobbler 

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



*November 2020
Nutrition Report*

Number of days served this month: 18

Total number of meals served: 7,889

	Congregate Meals	Home Delivered Meals
Meals Served:	5,441	2,448
Donation Average:	\$1.81	\$1.05

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

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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.

*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.

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

IMPORTANT INFORMATION!

We, at the Alamo Senior Center do not provide services into your homes to help organize any of your personal papers/documents, 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

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>

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



Pablo Montoya



Dorothy Smith

*In Loving
Memory*

Opinion: Seniors can stay healthy—or get better—by doing this

Published: Dec. 23, 2020 at 11:01 a.m. ET

By: **Paul Brandus**

What—besides hopefully getting a COVID-19 vaccination—can seniors do to protect their health?

The song says that this is “the most wonderful time of the year.” But for millions of Americans, tens of millions, it is hardly that. Even in good times, the holidays can be terrible for those who are sick, needy or alone.

It has been a particularly difficult year for seniors. Not only have they borne the brunt of the terrible coronavirus, but lockdowns have reinforced the loneliness and disconnect that many older Americans feel. Nearly one-third of Americans over the age of 65 live alone, says the U.S. Census Bureau, and studies show that such isolation is correlated with a variety of health problems—both physical and mental. Zoom is no substitute for hugging a grandchild.

“I’m very concerned about anxiety, depression and stress levels,” says Dr. Uma Naidoo, who teaches at Harvard Medical School, is director of nutritional lifestyle psychiatry at Massachusetts General Hospital and the author of a new book “This Is Your Brain on Food.” She worries the combination of winter and a resurgent pandemic will make things worse.

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So what—besides hopefully getting a COVID-19 vaccination—can seniors do to protect their health?

There are three areas to focus on: Eating well, exercising and staying engaged with others. Incorporating two out of three into your life is good, but to really add luster to your golden years, you’ve got to do them all. Naidoo says we’re not talking big adjustments here, and offers one small example: Try adding some turmeric—with pepper—in your coffee or tea. Just a pinch of pepper will do.

“Turmeric is very good at fighting inflammation,” Naidoo says. “It’s a wonderful antioxidant, and a small amount of pepper boosts its impact even further.” You can also add turmeric and that pinch of pepper to soups and salads.

Eat well

Eating properly can “boost your mood, stave off depression (and) help your cognitive health, Naidoo says. It’s common sense, but bears repeating: Make sure you’re eating fresh fruits and vegetables, along with beans, seeds and healthy fats. Between concerns about social distancing and the onset of winter, it may be harder to go shopping, but Naidoo suggests getting someone to help, or using a delivery service. Frozen foods are fine, too, because in the United States fruits and vegetables are flash frozen, “and unless they have added salt, sugar or syrup, they’re pretty healthy, so this could be a good option,” she says. She’s especially big on wild blueberries and says don’t forget to get your Omega-3s, which are found in salmon—even canned salmon will do—and tuna.

Stay plugged in

Loneliness can speed cognitive decline, says a study by the Rush Institute for Healthy Aging. It said the risk of Alzheimer’s nearly doubled in lonely adults, and mental decline was even faster. Staying engaged with others is a must. I mentioned that Zoom is no substitute for hugging a grandchild, but seeing a bright young face and talking with them is still pretty good. Skype, FaceTime, even the old-fashioned phone. Just hearing someone’s voice can be a wonderful remedy to loneliness and winter blues.

Advertisement

“Interaction can help keep the brain sharp,” Naidoo says.

My 84-year old mom, in her mask, talks each morning on her 40-minute walk with a neighbor. She’s also part of a masked knitting club that makes little hats and blankets for the maternity ward at a nearby hospital. “It feels good to help others,” Mom says.

Lockdowns and winter are certainly good times to read good books, work puzzles, or take an online class. [MoneyPantry.com](#) has collected a list of online providers that offer courses in, well, everything, it seems. Want to study art? Learn a new language? Sit in—for free—on classes from Harvard and Oxford? You can find something here that floats your boat. Keep learning, thinking and expanding your mind.

Keep moving

A year ago, you might have gone to a local YMCA or fitness studio for a workout, but now may be reluctant to be around others. Fortunately, the Y and other groups like Silver Sneakers offer online workouts that you can do in your living room whenever you want. I encourage you to [look at the Silver Sneakers website](#); chances are there’s something for you. And [here’s a typical class](#) from the Y.

The pandemic and Old Man Winter are good reasons to stay indoors. But that doesn’t mean you have to neglect exercise. Even just 15 minutes a day a few days a week can do wonders for both your physical and mental health. Just. Keep.

Moving.

It’s the little things that count. Talking with a friend. Spending a few minutes to prepare a healthy, nutritious meal. Walking, stretching, using your muscles. It’s not only easy to do these things—it’s essential for good health and well-being.

Otero County Meals Resource Guide

Updated November 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		gh15@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. Sat 10-11am	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
Mescalero Tribal Office, 101 Central, Mescalero	1st Thursday/Mo 12:20-2:30p	Roadrunner Mobile Food Pantry		Call to confirm 575-937-8006
St. Thomas Moore Catholic Church, 568 Lisa Dr. Chaparral	2nd Fri/month/Noon	Roadrunner Mobile Food Pantry		575-523-5542

December Birthdays 9



Pictured Front, Left to Right: Matilda Smith & Suzanne Fuller ; Back: Lydia Tyrrell.
Inset: Herlinda Villabisenio & Susan Pearson

For your January birthday, e-mail your picture in NO LATER THAN January 18, 2021.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Sherry McCann & Lee Sel den



**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!