

The Sentinel

February 2021

50 cent suggested donation

From the Manager

Thank you all for participating with the headcount that was requested by our Aging & Long-Term Services Department (ALTSD) last month. The headcount provided our state-level with a number to gauge the interest of our elderly population in receiving the COVID Vaccine throughout New Mexico. They realize that the count is just a fraction of our elderly population.

As you know, Phase 1b for the COVID Vaccine is underway. According to the Department of Health schedule, this phase is expected to run through Spring. The vaccine is not mandatory. It is by choice. If you decide you want to be vaccinated, it is EXTREMELY important that you register on the NMDOH website at: <https://cvvaccine.nmhealth.org/>. You can also call 1-855-600-3453, select option 0, then select option 4 for tech support or 1-800-432-2080 for The Aging & Disability Resource Center (ADRC) who are also assisting with registration. I cannot emphasize enough that registration is a must. We (the Senior Center) do not have the authority to schedule appointments. The Department of Health will contact everyone in their portal to schedule appointments for the vaccine.

Once vaccinated, we will still need to continue to maintain COVID-safe practices: wear a mask, maintain social distancing, avoid groups, and wash hands often. Unfortunately, vaccinating does not mean that the Senior Center will be opening any time soon.

Our Grab & Go Line hours of operation is from 11:00am to 12:30pm, Monday through Friday, with the exception of holidays. Our meal preparation has not decreased.

Our Programs are membership based therefore registration is required. Staff will call for an over the phone assessment/reassessment that takes very little time at all. Meals on Wheels is also 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. We are at 50% staffing. If you leave your name, phone number and a message, someone will return your call as time allows.

The Center will be closed Monday, February 15th in honor of President's Holiday.

Stay Safe, Stay Healthy & God Bless!!!
Magdalena

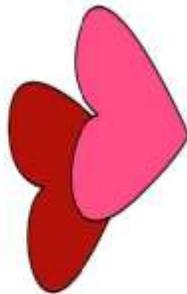
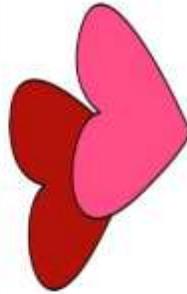
Alamo Senior Center

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>

February 2021

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
Penne Pasta w/ Meatballs Baby Carrots Caesar Salad Whole Wheat Roll Fruit Salad 	Turkey Pot Pie Brussel Sprouts Beets Peaches 	Pot Roast Scalloped Potatoes Broccoli Whole Wheat Roll Cake 	Chicken Fajita Corn Pinto Beans Tapioca Pudding w/ Pineapple 	Cheese Burger Lettuce, Tomato, & Onion French Fries Baked Beans Sherbet 
8 - Monday Baked Pork Chop Baked Yam Mixed Vegetables Whole Wheat Bread Strawberry Pound Cake	9 - Tuesday Beef Lasagna Cauliflower Salad w/ Dressing Garlic Bread Apricots 	10 - Wednesday Pork Asada Pinto Beans Mixed Vegetables Spanish Rice Tortilla Rice Pudding 	11 - Thursday Orange Chicken White Sticky Rice Asian Vegetables Egg Roll Mandarin Oranges	12 - Friday Sloppy Joe Pickle & Onion Slices Tater Tots Green Beans Vanilla Ice Cream 
15 - Monday ASC Closed  	16 - Tuesday Frito Pie Salad w/ Dressing Corn Salsa Jalapeno Cornbread Plums 	17 - Wednesday Tilapia Wild Rice Coleslaw Brussel Sprouts Hush Puppy Mixed Fruit 	18 - Thursday Meatloaf Garlic Mashed Potatoes w/ Gravy California Vegetables Whole Wheat Bread Peach Cobbler	19 - Friday Breakfast for Lunch Scrambled Eggs Sausage Hash Browns & Peppers Hot Cakes Orange 
22 - Monday Steak Ranchero Roasted Potatoes Ranch Style Beans Biscuit Vanilla Pudding w/ Bananas 	23 - Tuesday Country Fried Steak Baked Potato Spinach Whole Wheat Roll Jell-O w/ Peaches 	24 - Wednesday Tater Tot Casserole Cauliflower Peas & Onions Whole Wheat Roll Apple 	25 - Thursday Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Crackers Pears 	26 - Friday Chicken Strips Mashed Potatoes Carrots Broccoli Whole Wheat Bread Chocolate Chip Cookie 
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change 				

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.

Lunch Served from 11:00am--12:30pm

Thank you for supporting the
Alamo Senior Center



*December 2020
Nutrition Report*

Number of days served this month: 22

Total number of meals served: 9,126

	Congregate Meals	Home Delivered Meals
Meals Served:	6,228	2,898
Donation Average:	\$1.76	\$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
617 New York Ave.
Alamogordo, NM 88310

(575) 437-3130

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.



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

Legal Resources
for the
Elderly Program

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

Statewide 1-800-876-6657

-- **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

HAPPY VALENTINE'S DAY

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!



The screenshot shows a webpage with a navigation bar at the top containing links for Government, Doing Business, Services, Community, and I Want To... Below the navigation bar is a breadcrumb trail: Home > Government > Departments > Community Services > Alamo Senior Center > Fitness Resources. The main heading is 'Fitness Resources' with a sub-heading 'Alamo Senior Center Fitness'. Below the heading are three images: a treadmill, a rack of dumbbells, and a person on an exercise bike. A caption below the images reads: '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

The video thumbnail features a play button icon in the center. The text reads 'Upper Body Workout | Alamo Senior Center' at the top, 'Upper Bo Workout with Tracy Duncan' in large bold letters in the middle, and 'Upper Body Workout - Alamo Senior Center' at the bottom. There is a 'Copy link' icon in the top right corner.

The video thumbnail features a play button icon in the center. The text reads 'Tai Chi Warm Up Qi Gong | Alamo Senior Center' at the top, 'Alamo Senior Center' in large bold letters in the middle, and 'Upper Body Workout - Alamo Senior Center' at the bottom. There is a 'Copy link' icon in the top right corner.

<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.*



Margaret Purcell



James (Ken) Wall



Betty Rahn



Gloria Vaughn



Walter Robert



Leonard Harmon

*In Loving
Memory*

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		ghf@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		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

FOR IMMEDIATE RELEASE

Public Information Office
City of Alamogordo
1376 E. 9th Street, Alamogordo, NM 88310
Office: 575-439-4264
Email: coapio@ci.alamogordo.nm.us

**PUBLIC SERVICE ANNOUNCEMENT****CITY OF ALAMOGORDO****City of Alamogordo****AARP Tax Prep at the Civic Center**

Alamogordo, NM Friday, January 22, 2021 The Sgt. Willie Estrada Memorial Civic Center is pleased to have AARP Foundation Tax-Aide back for 2021. Starting on February 10, 2021, taxes will be prepared free of charge to any community member, by appointment only. Appointments can be made by calling 575-415-7601 or 575-439-4159 option 7. Be sure to bring copies of all pertinent financial documents including W-2(s) and 1099(s), photo identification(s), Social Security card(s), last year's tax return, and documentation of the amount(s) received from stimulus payments.

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Contact for this Release

Norm Renfrow
District Representative
AARP Foundation Tax-Aide
575-415-7601

AARP Foundation
TAX-AIDE



January Birthdays

9



Photo taken in 2020

Pictured Front, Left to Right: Joe Roche, Mickey Lopez, Abdoulaye Sarr, Kathleen Keating, & Pappy Bell; Back, Left to Right: Steve Smith, Geneva Wooten, & Barbara Taylor

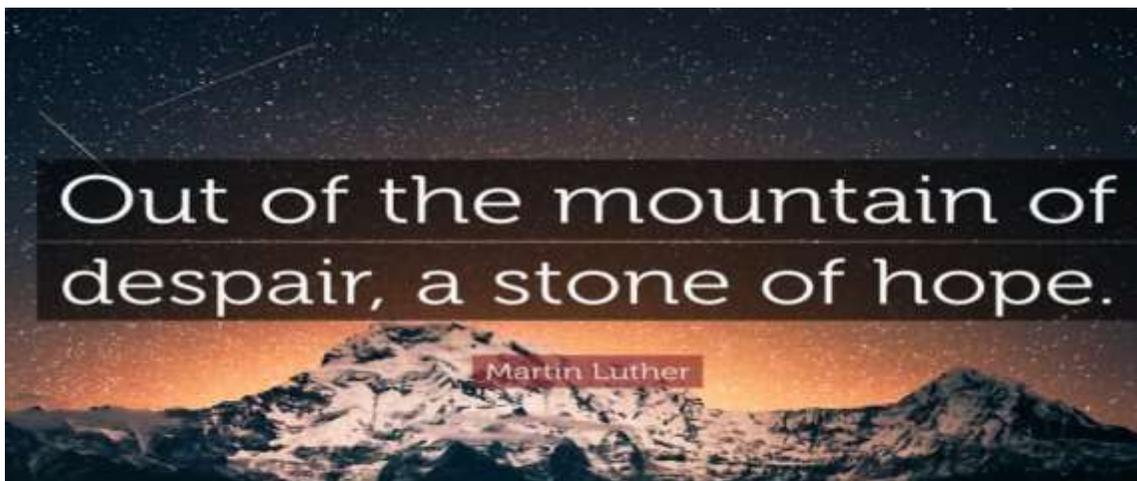
For your February birthday, e-mail your picture in NO LATER THAN February 15, 2021.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Tammy Curl & Alvina Lockear



**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!