

The Sentinel

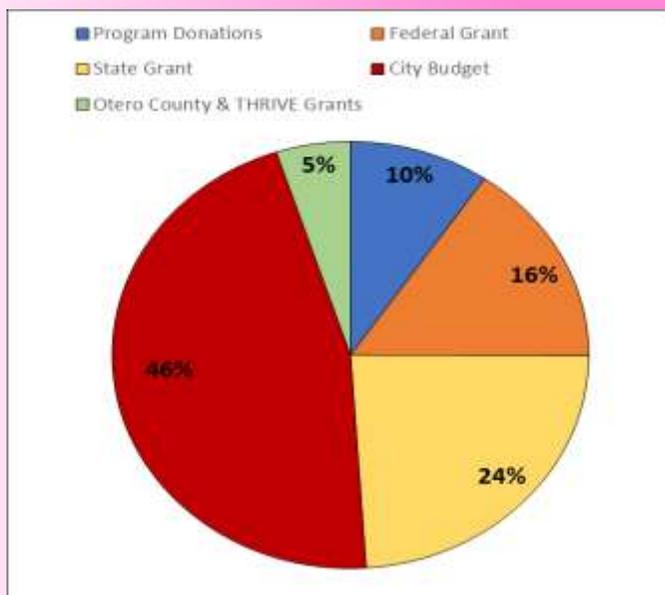
April 2021

50 cent suggested donation

From the Manager

Happy Spring!

Last month Otero County fell under YELLOW restrictions. This was very exciting for many food and drink establishments as they were able to open for dine-in service with certain restrictions. The Alamo Senior Center, though, is very different from our local food establishments. We are guided by the Aging & Long-Term Services Department & the Area Agency on Aging while also receiving guidance by our Governor. The recommendation at this time is to continue services through our Grab & Go Line. Vaccinating is continued priority before reopening consideration. We have provided for approximately 50% more consumers at our Grab & Go Line than when we were open prior to the pandemic. Please do not misunderstand, we are all ready to get back to “normal”, but we appreciate the safety precautions that are being taken before we get to that point. Just know there is light at the end of the tunnel.



I was asked a question recently concerning the \$2.50 meal donation. When I prepare the Center's budget, contributions made by our consumers is one of many contributing factors of the budget. If the donations are not met, programs could be curtailed or may be eliminated. So, donations play a vital role to the budget. Other funding sources that are used to create the budget are State, Federal, City, County, & THRIVE Funds/Grants. Here is a pie chart to provide a visual of the budget.

Reminders for existing and new members, 60 years of age or older:

- Membership-based
- Registration required
 - Over the phone assessment/reassessment
- Grab & Go: 11:00 – 12:30 pm, M-F
- Meals on Wheels – Qualification

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>

April 2021

April 2021		1 - Thursday	2 - Friday
<p>1% Low Fat Milk Served Daily</p> <p>Suggested Donation: \$2.60</p> <p>Menu Subject to Change</p> <p>Lunch Served from 11:00am-12:30pm</p>	<p>6 - Monday</p> <p>Pepper Steak Steamed Rice Brussel Sprouts Cornbread Pears</p> 	<p>1 - Thursday</p> <p>Red Beef Enchiladas Lettuce & Tomato Corn Salsa Pinto Beans Mixed Fruit</p>	<p>2 - Friday</p> <p>Fish Platter Coleslaw Green Beans Rice Pilaf Mandarin Oranges</p> 
<p>6 - Tuesday</p> <p>BBQ Chicken Thigh Country Vegetable Blend Baked Beans Whole Wheat Roll Peaches</p>	<p>7 - Wednesday</p> <p>Ham & Beans Spinach & Mushrooms Biscuit Cake</p> 	<p>8 - Thursday</p> <p>Liver & Onions Mashed Potatoes & Gravy Green Beans Whole Wheat Roll Chunky Applesauce</p>	<p>9 - Friday</p> <p>Chicken Strips Potato Wedges Carrots Whole Wheat Roll Oatmeal Cookie</p> 
<p>12 - Monday</p> <p>Hawaiian Pork Steamed Rice Oriental Vegetables Mandarin Oranges</p> 	<p>14 - Wednesday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Crackers Plums</p> 	<p>16 - Thursday</p> <p>Steak Ranchero Roasted Cilantro Potatoes Pinto Beans Tortilla Pears</p> 	<p>16 - Friday</p> <p>Sloppy Joe Pickles & Onion French Fries Chateau Blend Vegetables Pears Mandarin Oranges</p>
<p>19 - Monday</p> <p>Beef Fajitas Lettuce & Tomatoes Pinto Beans Apricots</p> 	<p>21 - Wednesday</p> <p>Chili Beans w/ Pork Coleslaw Chuckwagon Vegetables Cornbread Tapioca Pudding</p>	<p>22 - Thursday</p> <p>Meatloaf Parsley Potatoes Gravy Brussel Sprouts Whole Wheat Roll Blueberry Cobbler</p> 	<p>23 - Friday</p> <p>Spaghetti & Meatballs Salad w/ Dressing Italian Vegetables Garlic Bread Pineapple Tidbit</p> 
<p>26 - Monday</p> <p>Sour Cream Enchiladas Lettuce & Tomato Corn Salsa Pinto Beans Fruit Cocktail</p> 	<p>28 - Wednesday</p> <p>King Ranch Chicken Breast Roasted Baby Carrots Creamy Cucumber Salad Cornbread Pears</p> 	<p>29 - Thursday</p> <p>Stuffed Pork Chop Roasted Potatoes w/ Onion Green Beans Whole Wheat Roll Chunky Applesauce</p>	<p>30 - Friday</p> <p>Cheeseburger Lettuce, Tomato & Onion Potato Salad Baked Beans Peanut Butter Cookie</p> 

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

EASTER

WORD SEARCH



BUNNY
EGGS
CHICK
JELLYBEAN

BASKET
SPRING
FLOWER
EASTER

GRASS
CANDY
HUNT
DYE

BONNET
SUNDAY
PEEPS
LAMB

About A Mom © www.aboutamom.com



February 2021
Nutrition Report

Number of days served this month: 19

Total number of meals served: 7,885

	Congregate Meals	Home Delivered Meals
Meals Served:	5,365	2,520
Donation Average:	\$1.79	\$0.76

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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Hablo Español



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IMPORTANT INFORMATION

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>

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 anyone! 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.

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

Statewide 1-800-876-6657

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

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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

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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 capacities 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>

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



Angie Orosco



Shirley Melendez



John Lazaro



Jackie Geron



Connie Beasley



Guillermo Gonzales

*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		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. 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



COVID Vaccine Registration Step-by-Step Checklist

Please keep in mind the supply of vaccine is currently extremely limited. The goal is for everyone to be able to easily get a COVID-19 vaccine when sufficient quantities are available. Until that time, the New Mexico Department of Health is rolling the vaccine out in a phased approach. Currently groups 1A and 1B are eligible. That includes people 75 or older and people 16 or older who have high-risk medical conditions. However, everyone who wishes to get a vaccine is encouraged to register now. For updates on COVID visit <https://cv.nmhealth.org/>

To register online:

1. Go to www.vaccinenm.org
2. Click on "I want to create a new profile"
3. Put in basic information (your registration is NOT complete at this point)
4. Check text or email for confirmation code
5. Go to vaccinenm.org, select "I want to access my registration"
6. Use confirmation code and DOB to access your registration
7. Complete registration (personal information, chronic medical conditions, demographic information, employer, and insurance information will all have green check marks)
8. You will get a confirmation when your registration is complete
9. Check text and email regularly for event code

The New Mexico Department of Health will notify a pool of eligible members within your community that vaccine is available with a special event code. This opportunity to schedule an online appointment is offered on a first come, first served basis. If you are not able to schedule an online appointment by selecting a specific location, date, and time, please do not show up at the event. Please, do not worry. This will not be your only opportunity to schedule an appointment. The department will reach out and notify you of additional opportunities in the future. Event codes are linked to a specific registration and can't be shared.

When you receive your event code:

1. Go to vaccinenm.org, select "I want to access my registration"
2. Use confirmation code and DOB to access your registration
3. Select "Make Appointment"
4. Enter event code to schedule appointment
5. On the day of your appointment, go to vaccinenm.org, use your confirmation code to access your registration, and complete the medical questionnaire.

Although the vaccine itself is free, the administration of it is not, so you will be asked if you have Medicaid, Medicare, or other insurance, and to provide your card at your appointment. Regardless of whether or not you have insurance there will be no cost to you for the shot. You will NOT be asked to provide your Medicare number while registering, and there is no charge to register. If you are asked for your Medicare number or told you must pay to be put on a list you may be the target of a scam and should disengage and call the Aging and Disability Resource Center at 1-800-432-2080 to complete your registration.

To register if you don't have a computer or internet access:

1. Call the Aging and Disability Resource Center at 1-800-432-2080
2. You will be asked to provide your name, DOB, address, and information about high risk medical conditions
3. Options counselor will complete your registration on your behalf
4. A representative of DOH will contact you to provide event code and information about how to schedule appointment when vaccine is available in your area
5. You will be provided a medical questionnaire to complete on the day of your appointment

For more information or assistance call the New Mexico Department of Health at 855-600-3453 or the Aging and Disability Resource Center at 800-432-2080.

March Birthdays



Pictured, Left to Right: Mark Goffman, Sheryl Krueger, Dan Hughes, Albert Lyles & June Gibeau. Inset: Hazel Miles, Jackie Carmichael, Del Larson & Martin Henderson

For your April birthday, e-mail your picture NO LATER THAN April 19, 2021.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Pat Garcia & Ilene Smith






February 10-April 15

APPOINTMENTS ONLY

Office hours are scheduled Monday to Friday from 8am-1pm. All customers will need to pick up an AARP intake form at the Sgt. Willie Estrada Civic Center. Appointments can be made in person at that time.



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!