

The Sentinel

May 2021

50 cent suggested donation

From the Manager

Happy Older Americans Month!

With many changes that are taking place, we are working on guidance to re-open in phases. That target date is soon approaching! Although, the Governor's announcement last month referencing "New Mexico approaching victory over the worst of the pandemic" might change everything altogether.

For now, here are continued reminders for our Grab & Go and Home Delivered Meal Services:

- ⇒ Monday through Friday, 11:00am–12:30 pm
- ⇒ All Programs are Membership-based
- ⇒ Registration Required for all programs
- ⇒ Meals on Wheels – Qualification required
- ⇒ Over the phone assessment/reassessment

Grab & Go Etiquette

- ⇒ *Do not block driveways or roadways.*
- ⇒ *Stay in Line.*
- ⇒ *Do not cut in line.*
- ⇒ *Secure pets so that staff can hand you your food without the fear of getting bit.*
- ⇒ *Consumers from neighboring homes walk to pick up meals. If you do not live in the area, please stay in line.*
- ⇒ *Drive with extreme caution to avoid accidents.*
- ⇒ *We have had consumers with car trouble. If you can help, please do so.*

Happy Mother's Day to all our Mommas!

Magdalena

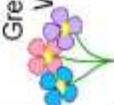
Alamo Senior Center

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>

May 2021

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
Country Fried Steak Baked Potato Gravy Green Beans w/ Onions Whole Wheat Roll Peaches 	Fish Medley Tartar Sauce Wild Rice Coleslaw Cornbread Mandarin Oranges 	Cinco De Mayo Green Chile Chicken Enchiladas Chile Relleno Lettuce & Tomato Corn & Black Bean Fiesta Salad Chips & Salsa Cake 	Creole Pork Chop White Rice Corn & Red Peppers Apricots & Pineapple 	Mother's Day Celebration Chicken Cordon Bleu Glazed Baby Carrots Mashed Potatoes w/ Gravy Whole Wheat Roll Red Velvet Cake
10 - Monday Salisbury Steak w/ Gravy Potato Wedges Carrots & Peas Biscuit Pears 	11 - Tuesday Stuffed Bell Pepper Carrots Au Gratin Potatoes Applesauce 	12 - Wednesday Frito Pie Scalloped Potatoes Buttered Corn Lettuce & Tomato Carrot Raisin Salad 	13 - Thursday Hamburger Steak Grilled Onions w/ Gravy Mashed Potatoes Green Beans Whole Wheat Roll Jell-O w/ Pears 	14 - Friday Chicken Sandwich Lettuce & Tomato Tater Tots Sherbet 
17 - Monday Beef Fajitas Lettuce & Tomato Tortilla Pinto Beans Pears 	18 - Tuesday Chicken Breast Mushroom Gravy Mixed Vegetables Salad w/ Dressing Whole Wheat Roll Apricots 	19 - Wednesday Meatloaf Green Beans Mashed Potatoes & Gravy Whole Wheat Roll Applesauce Cake 	20 - Thursday BBQ Pulled Pork Sandwich Pickles & Onions Pea Salad Potato Salad Pineapple 	21 - Friday Beef Stroganoff Spinach Sliced Carrots Mandarin Oranges 
24 - Monday Oven Baked Chicken Rice Pilaf Broccoli Peanut Butter Cookie 	25 - Tuesday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Crackers Plums 	26 - Wednesday Spaghetti & Meatballs Green Beans Salad w/ Dressing Garlic Bread Peaches & Pears 	27 - Thursday Baked Chicken Thigh Cucumber Salad Mixed Vegetables Whole Wheat Roll Fruit Salad 	28 - Friday Hamburger & Hot Dog Lettuce & Tomato Macaroni Salad Chocolate Ice Cream 
31 - Monday ASC Closed  MEMORIAL DAY				1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-12:30pm</i>

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



March 2021
Nutrition Report

word search puzzle
Mothers Day

A	T	T	Y	J	C	D	C	U	K	A	I	J	
L	O	V	E	C	H	E	R	I	S	H	F	B	S
Y	B	X	Y	G	C	V	T	G	Z	Y	L	S	D
J	T	J	A	Z	E	Y	N	C	F	H	O	U	B
T	R	K	Y	J	E	O	X	R	P	Y	W	N	R
X	H	K	W	U	C	E	T	O	R	K	E	D	E
S	U	O	Q	U	M	G	H	K	E	F	R	A	A
O	X	I	U	O	R	F	M	W	S	J	S	Y	K
D	N	T	H	G	N	M	A	W	E	J	U	U	F
U	E	C	R	R	H	T	Y	I	N	L	M	J	A
K	C	X	A	A	F	T	E	U	T	F	Y	O	S
I	A	U	O	N	T	H	F	A	S	C	W	H	T
S	K	H	A	D	X	M	O	U	C	Z	Y	R	S
S	E	V	X	M	F	B	O	N	L	H	N	D	P
E	H	M	O	A	M	O	M	R	O	T	E	O	S
S	F	Q	V	A	F	C	A	R	I	N	G	R	I
Z	G	F	P	F	O	E	M	W	C	V	Z	S	B

CARING	BREAKFAST	KISSES	SUNDAY
TEACHER	LOVE	CAKE	THOUGHTFUL
PRESENTS	MOM	UNIQUE	MAY
GRANDMA	HOME	CHERISH	FLOWERS



Number of days served this month: 22

Total number of meals served: 8,885

	Congregate Meals	Home Delivered Meals
Meals Served:	6,118	2,767
Donation Average:	\$1.86	\$1.08

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.

Please patronize
our advertisers! Let them know
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of the Alamo Senior Center!

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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

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

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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 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

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>

In Loving Memory



Joseph Telles



Rose Holmes



Mary Campbell



Virginia Chavarris



Carmelita Candaleria



Transito (Shorty) Gonzales



Helen Niles



Ruby Wilson

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

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.

April Birthdays



Photo taken in 2019



Pictured, Left to Right: Don Mendonca, Slim Baxter, Tamela Campbell, Jen Weyandt, & Ilene Smith

For your May birthday, e-mail your picture NO LATER THAN May 14, 2021.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Eunice Trujillo



IT MIGHT BE STORMY NOW
BUT IT CAN'T RAIN FOREVER

**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!