

The Sentinel

June 2021

50 cent suggested donation

From the Manager

So much is changing on a weekly basis. Otero County has been under TURQUOISE restrictions since last month. What does this mean for the Senior Center...

This means that the Senior Center will reopen in phases. This month (June) we will open, very limited, ACTIVITIES ONLY. Below is a tentative schedule for activities. We will follow NMDOH “maximum capacity” guidance for each activity area/room. Initially, activities will be based on a first come, first served basis, BUT reservations may be required at a later time. This will be work in progress. So please bear with us!

Listed below are scheduled activities allowed on designated days from 1:00pm to 3:30pm. Maximum capacity, per activity area, 50%.

****Allowing 6’ social distancing****

- | | |
|-------------|--------------|
| ⇒ Monday | Lapidary |
| ⇒ Tuesday | Sewing Group |
| ⇒ Wednesday | Pool Room |
| ⇒ Thursday | Art |
| ⇒ Friday | Bingo |

- ✓ **Everyone must 6’ social distance.**
- ✓ **Everyone will be required to follow the Daily Mandatory Screening & the “Daily COVID-19 Questionnaire” prior to entering.**
- ✓ Face Coverings required for all those who enter, unless exempted by PHO 20210514.
- ✓ Masks are mandatory for unvaccinated individuals.
- ✓ MASKS are required with Face Shields for unvaccinated individuals per City Policy & NMED.

Grab & Go Service will continue from 11:00am–12:30pm, Monday through Friday, at this time.

Congregate Dining will open July 1st. Mandated NMDOH “Maximum Capacity” Guidance will be followed; UNLESS, Governor’s Order allows NM reopening at 100%.

Happy Father’s Day to all Dads!

Magdalena

Fitness Building Hours of Operation

Monday-Thursday.....8:00am-11:30am

Friday.....8:00am-10:30am

Fitness class schedule on Page 6

Maximum Capacity, per room, 50%

****Allowing 6’ social distancing****

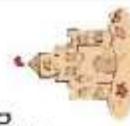
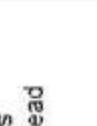
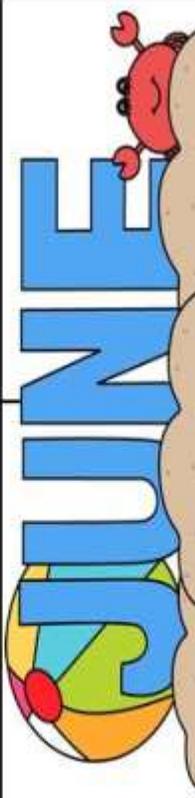
Alamo Senior Center

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>

June 2021

1 - Tuesday		2 - Wednesday		3 - Thursday		4 - Friday	
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-12:30pm</i>	Soft Beef Tacos Lettuce & Tomato Salsa Pinto Beans Squash w/ Corn Tropical Fruit	Baked Cod Tartar Sauce Wild Rice Colelaw Apricots	Beef Tips Noodles Spinach Peas & Carrots Mandarin Oranges	Chicken Strips Mashed Potatoes w/ Gravy Mixed Vegetables Yogurt w/ Peaches			
7 - Monday Beef Steak Ranchero Corn & Cilantro Salad Pinto Beans Tortilla Plums	8 - Tuesday Chicken Pot Pie Cranberry Sauce Brussel Sprouts w/ Bacon Bits Pears	9 - Wednesday Beef Lasagna Mixed Vegetables Green Salad Garlic Bread Peaches	10 - Thursday Santa Fe Chicken Cilantro Lime Rice Beet & Onion Salad Peanut Butter Cookie Pineapple	11 - Friday Sloppy Joe Pickles & Onions Macaroni Salad French Fries Mixed Fruit			
14 - Monday Pepper Steak Steamed Rice Brussel Sprouts Pears	15 - Tuesday Sour Cream Enchiladas Lettuce & Tomato Pinto Beans Crackers Tapioca Pudding	16 - Wednesday BBQ Chicken Breast Potato Salad Cucumber Salad Whole Wheat Roll Pineapple Tidbits	17 - Thursday Creole Pork Chop White Rice Brussel Sprouts Corn Bread Sunshine Salad	18 - Friday Father's Day Celebration Brisket Rosemary Roasted Potatoes Glazed Carrots Whole Wheat Bread Cake			
21 - Monday Spaghetti & Meatballs Garden Salad w/ Dressing Italian Vegetables Garlic Bread Mixed Fruit	22 - Tuesday Country Fried Steak Mashed Potatoes w/ Gravy Squash Whole Wheat Roll Apricots	23 - Wednesday Baked Panko Breaded Pork Chop Gravy Scalloped Potatoes Brussel Sprouts Baked Apple Slices	24 - Thursday Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Crackers Vanilla Ice Cream	25 - Friday Cheeseburger Lettuce, Tomato, & Onion Baked Beans Tater Tots Applesauce			
28 - Monday Swiss Steak Tomato Gravy Scalloped Potatoes Buttered Corn Whole Wheat Roll Pears	29 - Tuesday BBQ Baked Chicken Thigh Macaroni Salad Colelaw Biscuit Chocolate Pudding	30 - Wednesday Meatloaf Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Roll Tropical Fruit					

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

Please patronize our advertisers! Let them know you appreciate their support of the Alamo Senior Center!



*April 2021
Nutrition Report*

Number of days served this month: 22

Total number of meals served: 8,792

	Congregate Meals	Home Delivered Meals
Meals Served:	5,962	2,830
Donation Average:	\$1.74	\$0.77

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.

Want more benefits from your Medicare plan? Lean on Molina.

Call Sophia Leckie,
Medicare Trusted Advisor

(575) 339-5935, TTY: 711
Sophia.Leckie@MolinaHealthcare.com



Hablo Español



*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.





Zyra Serna is retiring after 23 years of service with the Senior Center. She started out in the **kitchen as our kitchen custodian, drove the MOW's La Luz Route and finally worked her way** to her current position of Nutrition Coordinator. Zyra is one of the hardest workers ever and **very dependable! She drove around the City delivering Meals on Wheels like nobody's business!** She was on a mission to deliver meals to our homebound participants. Making sure **everyone received their meal in a timely manner, delivering to 30 consumers on a daily basis...** WHEW! Her shoes are going to be hard to fill. Zyra took extreme care of the Meals on Wheels hot truck she drove to deliver meals. Our City Fleet Department even complimented how well she took care of the vehicle. Zyra, you will be missed!!!



Hi Everyone,

I want to thank all the volunteers and seniors for such wonderful memories. I will miss all the good times we had together. I enjoyed working with all of you during my time at the Senior Center. I made some good friends along the way.

Maggie, I want to thank you for everything. Thank you for all your support and for teaching me what I learned. Thank you for being a good boss and for hiring our new good boss, Eddie. A big thank you to all the employees at the Senior Center. It has been nice working with each and every one of you. Teri, we have worked together for many years and it has been great!

I have new adventures to do and see now. I will be going back and forth from Alamogordo, NM to Las Vegas, NV but I will keep in touch. I wish everyone the best! Stay safe and be well!

Always,

Zyra U. Serna --- P.S. I will miss you MOW's hot truck!

Thank you for supporting the Alamo Senior Center



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>

VACCINATION SITES

Albertsons :

Moderna, Monday-Thursday every week

Walgreens:

Moderna, (575)434-4116

Wal-Mart:

Moderna , daily (575)434-5345

PMS:

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

GCRMC:

Pfizer, Thursdays & Fridays from 8am-4:30pm

Otero Public Health:

Pfizer, Thursdays & Fridays

Ben Archer:

For patients, call for scheduling

To register online go to: <https://vaccinenm.org/>
or call Aging & Disability Resource Center at :
1-800-432-2080

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

⑥ ASC Fitness Center Temporary Class Schedule & Procedures

Procedures:

1. **Before class, all participants will be “tested” (temperature & a few questions)**
2. All classes (no exceptions) are 30 minutes. Please wipe down your equipment before leaving.
3. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
4. Masks are to be worn at all times, even if you are wearing a shield. Unless exempted by PHO 20210514
5. **Social Distancing of 6’ is still mandatory.**

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:30am	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do It your Way With Chuck Brooks	Do It your Way With Chuck Brooks
9:00am–9:30am	Weight Training With Lydia	Low Impact Aerobics With Tamie	Weight Training With Lydia	Step With Tamie	Weight Training With Lydia
10:00am–10:30am	Balance Baby Balls & W/ Tami & Cheryl	No Floor Yoga With Margaret	————	No Floor Yoga With Margaret	Balance Baby Balls & W/ Tami & Cheryl
11:00am–11:30am	————	————	————	————	No Classes at this time Slot

Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:30am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	————	Walk Aerobics With Lee
9:00am–9:30am	Chair Exercise With Luis	————	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:30am	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry
11:00am–11:30am	Cardio/Weights With Sue Burns	Belly Dancing With Alvina	Cardio/Weights With Sue Burns	Line Dancing With Norma	No Classes at this time Slot

In Loving Memory

Abraham Marquez



Keith Pomrenke

John Sage

J.B. Blaylock



Jack Weaver

Geraldine Rottman

*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



To the best Volunteers in the World:

It is with unspeakable sadness that I am writing this letter to you. Some of you have already heard that the federal agency that funds our Retired Senior Volunteer Program (RSVP) has chosen not to fund the grant that supports our RSVP program. We did manage to get a six month extension, which will support the program through September of this year, but not beyond. With the loss of the federal sanction, the State of New Mexico is also required to discontinue their funding. Without these funds, the City is unable to support our program, and RSVP will cease to exist beginning in October. This change will not affect the Foster Grandparents (FGP) or the Senior Companion (SCP) programs – which will continue to function normally.

Unfortunately, this has meant some changes in staffing for the programs. As the end of the grant means the end of my position with the City, I have accepted a position with another agency, and my last day with the senior volunteer programs will be Friday, June 4th. Karen Groves, our current SCP/FGP Coordinator, has chosen to retire effective July 1st, and Neil will be stepping in to assist with her programs.

Please know that even though RSVP is ending, your worksites still need you in order to continue their important operations. It is imperative that you continue to volunteer for your worksite – their missions continue even though RSVP will not be here to support them. Please continue to turn in your timesheets and mileage reimbursement requests to the RSVP office for the next few months – we will be accepting them through October 5th.

I cannot tell you how much I have loved working with all of you. Watching everything you give to our community – your time, your knowledge, your dedication to the agencies you choose to support – it truly is a wonderful thing. I will miss all of you and the RSVP program so very much!

Yours in service,

Julie Baker, SVP Administrator

City of Alamogordo



May Birthdays



Photo taken in 2019



Pictured, Left to Right: Robert Fair, Gisela Motley, & Lucy Pianka

For your June birthday, e-mail your picture NO LATER THAN June 16, 2021.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!



Lydia Hall & Norma Pearce



**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!