

The Sentinel

October 2021

50 cent suggested donation

From the Manager

Happy Fall Y'all!

There was a misunderstanding last month that the Senior Center was closing. We are still here up & running, ready to serve! Our RSVP program on the other hand did end September 30th. Our FGP/SCP Coordinator sent out notices in September reminding RSVP Volunteers of the programs closure which caused the misinterpretation. Unfortunately, the federal agency chose not to fund RSVP and the state is required to discontinue their funding as well. Without these federal and state funds for RSVP, the City is unable to support the program either. The Foster Grandparent & Senior Companion Programs (FGP/SCP) were not affected, and both programs will continue to function normally.

The updated Public Health Order remains the same and has been extended until October 15th. Masks must be worn, over the nose & mouth, in all indoor public settings except when eating or drinking, regardless of vaccination status. If you need a mask, just ask.

REMINDERS:

The Senior Center is membership-based. A state assessment is required for all members 60 years of age or older. At this time, assessments can be conducted over the phone as opposed to in-person for the following services: Grab & Go, Home Delivered Meals, Fitness & Transportation. Annual membership suggested donation is \$10.00.

We can no longer provide change at our Grab & Go Line per new policy. The options are to either have the exact donation for the day; consider using a meal card for a donation of \$50 for 20 punches that do not expire; or just donate for days ahead that you plan to come through Grab & Go each week. Suggested meal donation is \$2.50.

We can no longer accept cash from our Homebound consumers per new policy. Please consider using a check, money order or credit card.

If you are experiencing Covid Symptoms, please stay home. If you know you have Covid, please do not come through our Grab & Go Line until you are no longer contagious. Your cooperation is greatly appreciated as we all work together to prevent the spread!

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>

October 2021

<p>1 - Friday</p> <p>Sloppy Joe Green Beans Glazed Baby Carrots Tropical Fruit</p> 		<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-12:30pm</i></p>		
<p>8 - Friday</p> <p>Santa Fe Chicken Cilantro Lime Rice Beet & Onion Salad Peanut Butter Cookie Pineapple Tidbits</p>	<p>7 - Thursday</p> <p>Baked Pork Chop Baked Potatoes Peas Biscuit Peaches</p>	<p>6 - Wednesday</p> <p>BBQ Chicken Thighs Potato Salad Chuckwagon Vegetables Whole Wheat Roll Spiced Apples</p>	<p>5 - Tuesday</p> <p>Beef Stroganoff Capri Vegetables Whole Wheat Roll Plums</p> 	<p>4 - Monday</p> <p>Chili Relleno Pinto Beans Spanish Rice Pears</p> 
<p>15 - Friday</p> <p>Beef Stew Beet & Onion Salad Cornbread Applesauce</p> 	<p>14 - Thursday</p> <p>Green Chile Cheese Lasagna Buttered Corn Lettuce & Tomato Spice Cake</p> 	<p>13 - Wednesday</p> <p>Lemon Chicken Mixed Vegetables Steamed Rice Strawberries & Bananas</p> 	<p>12 - Tuesday</p> <p>Salisbury Steak w/ Gravy Potato Wedges Brussell Sprouts Whole Wheat Roll Plums</p>	<p>11 - Monday</p> <p>Chicken Tacos Calabacitas Pinto Beans Lettuce & Tomato Tropical Fruit</p> 
<p>22 - Friday</p> <p>Beef Fajitas w/ Flour Tortilla Lettuce & Tomato Pinto Beans Vanilla Pudding</p> 	<p>21 - Thursday</p> <p>Meatloaf Mashed Potatoes w/ Gravy Capri Vegetables Whole Wheat Roll Blueberry Cobbler</p>	<p>20 - Wednesday</p> <p>Chicken Strips French fries Green Beans Biscuit Peaches in Cottage Cheese</p>	<p>19 - Tuesday</p> <p>Dill Baked Fish Corn & Peppers Carrot Slaw Hush Puppies Tartar Sauce Yogurt Pears</p>	<p>18 - Monday</p> <p>Beef Tips Mashed Potatoes Asparagus Cuts Sliced Carrots Apricots</p>
<p>29 - Friday</p> <p>Ghostly Goulash Baby Carrot Fingers Spider Leg Garlic Bread Blood Red Jell-O</p> 	<p>28 - Thursday</p> <p>Country Fried Steak w/ Gravy Baked Potato Mixed Vegetables Whole Wheat Roll Fruit Cocktail</p>	<p>27 - Wednesday</p> <p>Kraut Dog Corn on the Cob Baked Beans Apple Sauce</p> 	<p>26 - Tuesday</p> <p>Red Beef Enchiladas Spanish Slaw Pinto Beans Crackers Apricots</p> 	<p>25 - Monday</p> <p>Baked Chicken Breast Country Blend Vegetables Scalloped Potatoes Whole Wheat Roll Plums</p>
<p>Grab & Go 11am-12:30pm</p> <p><i>*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.*</i></p>				

**Advertise
Your
Business
Here**

Advertising funds
directly support
senior activities.
Give us a call at
(575) 439-4150



*August 2021
Nutrition Report*

Number of days served this month: 15

Total number of meals served: 6424

	Congregate Meals	Home Delivered Meals
Meals Served:	3,635	2,789
Donation Average:	\$1.72	\$0.83

Climate Heating & Air Conditioning, Inc.



TAMMY L. TONCRAY
617 New York Ave.
Alamogordo, NM 88310

Phone 437-0108
Fax 437-0108
N.M. Lic #3117

www.climateheatingandairconditioning.com

You are Invited to join us for an
informative meeting about 2022
offerings!

Holiday Inn Express Alamogordo
100 Kerry Ave Alamogordo NM 88310
Oct 22, 2021 9AM



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.



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.

Thank you for supporting the
Alamo Senior Center



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



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**

-- **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 Admin-
istration is available to take
your call Monday thru Friday
from 9:00am-4:00pm at:

866-563-9294

In Loving Memory

NO
IMAGE
AVAILABLE

Wesley Erickson



Reba Camp

NO
IMAGE
AVAILABLE

Monika Bednarczyk

NO
IMAGE
AVAILABLE

Rosario M. Cardiel

NO
IMAGE
AVAILABLE

Edna Moreland



Berdenia Shells

NO
IMAGE
AVAILABLE

Raymond Albrough



Dorothy I. Slusher

NO
IMAGE
AVAILABLE

Alice 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 08/26/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	St. John's Church 1114 Indians, Alamogordo	Otero Hunger Coalition (Distributed at Our Savior Lutheran Church) 1212 Washington, Alamogordo	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Grace United Methodist, Shared Table 1206 Greenwood, Alamogordo
Date & Time	Tuesday, 5:00 to 6:00 pm	Wednesday, 4:30 pm -until they run out	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Every Saturday, 11:00 am to 1:00 pm
Type of Service	Free Meal; if driving, enter from 12 street	Free Meal; pick up curbside	APS Student Nutrition	APS Student Nutrition	APS Student Nutrition	Free Meal; pick up curbside
Contact Info	575/430-0473	575/495-8343	575/812-6085	575/812-6085	575/812-6085	575/437-7640
Location	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Tays Center Parking Lot - Aggie's Eat 2235 N. Scenic Drive, Alamogordo
Date & Time	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	3rd Saturday/mo, 11:00 am to 1:00 pm
Type of Service	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Breakfast/Lunch for kids age 1-18 not attending school & remote learning students	Free Meal for community, pick up parking lot
Contact Info	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Facebook: APS Student Nutrition	Sponsored by NMSU-A & Runners Refuge
Location	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	
Date & Time	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	Must register/\$2.50 requested, not required 575/439-4150	
Location	Cloudcroft Senior Center 212 Gioneta, Cloudcroft	Cloudcroft Senior Center 212 Gioneta, Cloudcroft	Cloudcroft Senior Center 212 Gioneta, Cloudcroft	Cloudcroft Senior Center 212 Gioneta, Cloudcroft	Cloudcroft Senior Center 212 Gioneta, Cloudcroft	
Date & Time	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	Must register/\$3.00 requested, not required 575/682-3022	
Location	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	
Date & Time	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	
Type of Service	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	For Seniors; Meal pick up and meal delivery	
Contact Info	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	Must register/\$2.00 requested, not required 575/585-4532	

OTERO COUNTY FOOD PANTRIES - RESOURCE GUIDE

UPDATED 08/26/2021

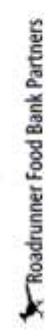
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	Love Inc. Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Our Savior Lutheran 1212 Washington Ave, Alamogordo	Timberon Community Connection 172 Chaucer Dr, Timberon
Date & Time	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	2nd Friday/Mo., starting 9:00 am	Every Saturday, 10:00 - 11:00 am
Contact info	575/439-5683	575/439-5683	575/439-5683	575/439-5683	575/495-8343	575/987-2713
Location	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Christ Community Church 2960 N. Scenic Dr, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo
Date & Time	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	4th Friday/Mo. Starting 8:00 am	(Distributed at Calvary Chapel) 3rd Sat/Mo. 11:00 am to 1:00 pm
Contact info	575/443-0845	575/443-0845	575/443-0845	575/443-0845	575/437-4241	575/495-8343 (Janett Quick)
Location	Our Lady of the Light Church 4 La Luz Rd, La Luz	Our Lady of the Light Church 4 La Luz Rd, La Luz	Cloudcroft Senior Center 212 Glorieta Ave, Cloudcroft	Grace United Methodist 1206 Greenwood Ln, Alamogordo	St. Thomas Moore Catholic Church 568 Lisa, Chaparral	Bethel Baptist "Bags of Hope" 1316 N. Scenic (Parking Lot)
Date & Time	Tuesday, 10:00 am - 2:00 pm except 1st Tue	Tuesday, 10:00 am - 2:00 pm except 1st Tue	4th Wednesday/Mo. 12:30 - 2:30 pm	Thursdays 9:00 - 11:00 am	2nd Friday/Mo. Starting at Noon	9:00 - 11:00 am
Contact info	575/434-9640	575/434-9640	575/682-3022	575/437-7640	575/523-5542	575/491-2900 (Erin)
Location	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Worship Center 801 E. 10th St, Alamogordo		
Date & Time	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	1st Thursday/Mo. Starting at 9:00 am		
Contact info	ghillis@nmsu.edu	ghillis@nmsu.edu	ghillis@nmsu.edu	575/437-8922		
Location	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Community Church 101 Central Ave, Tularosa	Immaculate Conception 7th & Delaware, Alamogordo		
Date & Time	Every Tuesday, 10:00 am - noon except 1st Tuesday	Every Tuesday, 10:00 am - noon except 1st Tuesday	10:00 am - Noon Wednesdays	2nd and 4th Thursday/Mo. Noon to 3:00 pm		
Contact info	575/585-2314	575/585-2314	575/921-7572	575/437-3291		
Location	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Mayhill Community Center 15 Civic Center Dr, Mayhill	Mescalero Tribal Office 101 Central Ave, Mescalero		
Date & Time	1st Tue/Mo. 11:00 am - 1:00 pm	1st Tue/Mo. 11:00 am - 1:00 pm	4th Wed/Mo. 2:00 - 4:00 pm	1st Thursday/Mo. 12:30 - 2:30 pm		
Contact info	575/495-8343 (Janett Quick)	575/495-8343 (Janett Quick)	575/687-3219 - Call to confirm	575/937-8006 - Call to confirm		
Location			Boles Acres Fire Dept 10 Sage Ave, Alamogordo			
Date & Time			4th Wed/Mo. 9:30 am			
Contact info			Rotary of White Sands - 575/551-1726			



Additional Food Assistance Programs
 Supplemental Nutrition Assistance Program (SNAP)
 Human Service Department
<http://www.hsd.state.nm.us>
 200 Juniper Dr, Alamogordo
 575/437-9260

Women, Infants & Children (WIC)
 NM Department of Health
<https://nmhealth.org/about/food/fhb/wic>
 1207 East 8th St, Alamogordo
 575/437-9093

If you are in need of immediate food assistance outside of the normal operating hours of the food pantries listed on this guide, please call Janett Quick with the Otero Hunger Coalition, 575/495-8343



This resource guide is also available on the Otero County CES website at: <https://oteroextension.nmsu.edu/otero-county-food-resour.html>. Any updates to this resource guide will be available at this website.



ASC Fitness Center Temporary Class Schedule & Procedures

Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
3. Masks are to be worn at all times, even if you are wearing a shield.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.

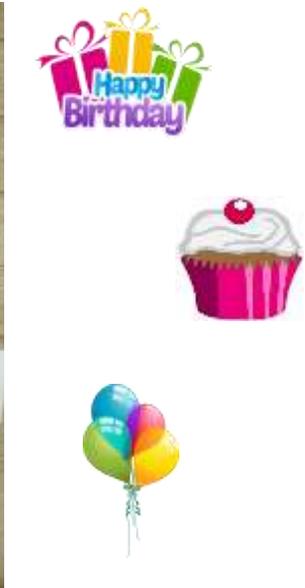
Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	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
9:00 – 9:45	Strength Training With Lydia	Low Impact Aero- bics With Tamie	Strength Training With Lydia	Step With Tamie	Strength Training With Lydia
10:00 – 10:45	Balance Baby Balls & Beanies With Tami & Cheryl	No Floor Yoga With Margaret	Cardio-Chair Bo- nanza With Tami	No Floor Yoga With Margaret	Balance Baby Balls & Beanies With Tami & Cheryl
1:00 – 1:45	Resistance Strength & Weight Training With Tom-On Hold	—	Resistance Strength & Weight Training With Tom-On Hold	—	Resistance Strength & Weight Training With Tom-On Hold

Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:45am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	—	Walk Aerobics With Lee
9:00am–9:45am	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:45am	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–11:45am	Dynamic Stretch with Sonja	Belly Dancing with Alvina	Cardio/Strength With Sue Burns	Stretch & Strength with Kay *Starts Aug. 5th*	No classes scheduled at this time slot.

September Birthdays 9



Pictured, Front, Left to Right: Leo Cuevas, Susan Kauffman, Art Jimenez, & Allen Schwartz
Photos taken in 2019, Pre-Covid

For your October birthday, e-mail your picture NO LATER THAN October 20, 2021.
E-Mail photo to: bclark@ci.alamogordo.nm.us

COMING SOON: WEIGHT TRAINING 101

This is a "hour long" course which will show you HOW to properly use your weights for basic weight training.

When: Tuesday, November 9th

Where: Fitness Room 1

Time: 8:00am – 9:00am

To sign up for this course, please see Tracy, in the Fitness Center Office.

If you have questions, please call me at 575-439-4150 x4274



(Only 22 spaces available)

Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed above.