

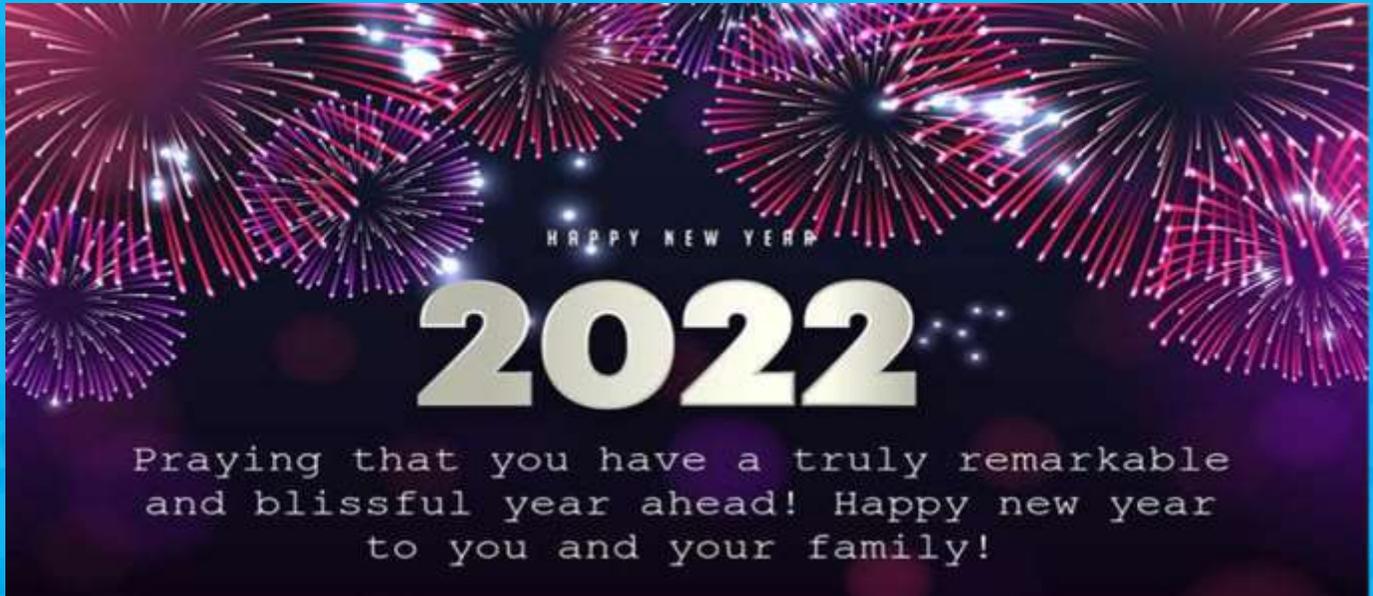
The Sentinel

January 2022

50 cent suggested donation

JANUARY JANUARY JANUARY JANUARY

From the Manager



~ Magdalena ~



Article
provided
by HR

William Colbert worked as a Bus Driver and Aide at the Senior Center. He has been a kind heart and a diligent worker for the Senior Center since August of 2015. When he came to us he was a retired cross country truck driver who was looking for something to do in retirement. He began his journey at the Senior Center and found the work there unexpectedly very rewarding. The rest is, shall we say, history.

It takes a special kind of person to drive a bus for the Senior Center and help with physical needs in getting them on and off the bus, safely to the Center and then safely home; Listen intently to the stories, and just be a company to the lonely. Finding a candidate with a CDL for the bus job is hard enough, but finding someone with a heart as big as his was amazing. He will truly be missed.

We wish you a fantastic retirement!

JANUARY JANUARY JANUARY JANUARY

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>

JANU

ARY

January 2022

3-Monday Ham & Beans Beets Cornbread Sugar Cookie Pineapple	4-Tuesday Country Fried Steak Mashed Potatoes W/ Gravy Mixed Vegetables Dinner Roll Pears	5 - Wednesday Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Mandarin Oranges	6 - Thursday Chicken Pot Pie Green Beans & Onions Beets Spiced Peaches 	7 - Friday Chicken Cordon Bleu Green Beans Corn Pineapple W/ Cottage Cheese 
10 - Monday Catfish Nuggets Tartar Sauce Coleslaw Green Beans Cornbread Pineapple Orange Salad	11 - Tuesday Swiss Steak Baked Potato Kidney Bean Salad Dinner Roll Vanilla Pudding	12 - Wednesday Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail	13 - Thursday Pork Roast Mashed Potatoes W/ Gravy Capri Vegetables Dinner Roll Applesauce	14 - Friday Chicken Strips French Fries Chuckwagon Vegetables Peaches 
17 - Monday 	18 - Tuesday Chicken Teriyaki Cucumber Salad Steamed Rice Oriental Vegetables Dinner Roll Sugar Cookie	19 - Wednesday Stuffed Bell Pepper Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit	20 - Thursday Baked Ham Yams Asparagus Dinner Roll Mandarin Oranges	21 - Friday Green Chile Pork Stew Salad Cornbread Apricots 
24 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Cherry Cobbler	25 - Tuesday Pepper Steak Baked Potato Beets Dinner Roll Pineapple Tidbits	26 - Wednesday Beef Lasagna Green Salad Capri Vegetables Garlic Roll Mandarin Oranges	27 - Thursday Meat Loaf Mashed Potatoes W/ Gravy California Vegetables Dinner Roll Brownie	28 - Friday Sloppy Joe W/ Bun Macaroni Salad Buttered Corn Tropical Fruit 
31 - Monday Beef Tips Mashed Potatoes Broccoli Sliced Carrots Pudding				
Grab & Go 11am-12:30pm 1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-12:30pm</i>				
<i>*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.*</i>				

**Advertise
Your
Business
Here**

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



*November 2021
Nutrition Report*

Number of days served this month: 19

Total number of meals served: 7,564

	Congregate Meals	Home Delivered Meals
Meals Served:	4,753	2,811
Donation Average:	\$1.91	\$0.83

Climate Heating & Air Conditioning, Inc.



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

(575) 437-3130
Fax 437-0108
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.

DID YOU KNOW?!?!? There is a program that will help reimburse residents of New Mexico for funeral costs related to Covid-19. Please visit this site at <https://www.fema.gov/disaster/coronavirus/economic/funeral-assistance/faq> for any help or questions!

The Alamo Senior Center will be closed on January 17, 2022 in observance of Dr. Martin Luther King Jr. Day.



Thank you for supporting the
Alamo Senior Center



Here are two 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



FREE Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

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

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

In Loving Memory



Evelio Castaneda



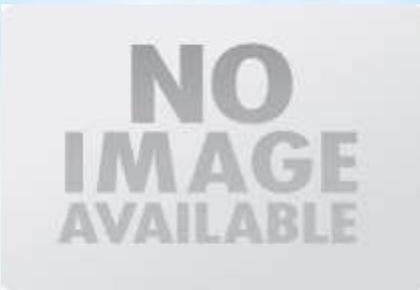
Ernesto R. Hill



Theodore L. Goodman



Irene A. Goodson



Robert Serna



Hellon M. Resendez



James (Jim) Carson

*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 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	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	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 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 Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	
Contact Info	575/439-4150	575/439-4150	575/439-4150	575/439-4150	575/439-4150	
Location	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, 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 Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	
Contact Info	575/682-3022	575/682-3022	575/682-3022	575/682-3022	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 Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/585-4532	575/585-4532	575/585-4532	575/585-4532	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	2nd Saturday/Mo. 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

Roadrunner Food Bank Partners

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.



Alamo Senior Center Activities

ASC Activities	Day	Time	Place
Arts & Crafts (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Bingo	Tues & Fri	1:15 PM - 3:15 PM	Dining Room
Card Games, Dominoes Etc	Mon - Fri	9:00 AM - 4:00 PM	Lobby
Lapidary	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room
Needlework	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Nutrition Council Meeting	2nd Thurs	1:15 PM - 2:15 PM	Classroom
Pool (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Pool Room
Quilting	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Senior Advisory Council	3rd Thurs	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room

EOM = Every Other Month

10/13/2021

Oops! Did we miss something? Please report any omissions or changes to the Front Desk!



Remember, flu shots are available at our local pharmacies. Check with your pharmacy for more details.

9

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.
5. Closed toed footwear must be worn at all times.

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	Yoga with Judy	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
8:00 – 8:45	Walk Aerobics With Lee	—————	Walk Aerobics With Lee	—————	Walk Aerobics With Lee
9:00 – 9:45	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00 – 10:45	Balance & Fall Pre- vention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Preven- tion With Merry
11:00 – 11:45	Dynamic Stretch With Sonja	Belly Dancing With Colette	Cardio Strength With Sue Burns	Dynamic Stretch With Sonja	—————
2:00 – 2:45	—————	—————	Line Dancing With La Nora	—————	—————

December Birthdays 10



Pictured Front, Left to Right: Matilda Smith & Suzanne Fuller; Back: Lydia Tyrrell. Inset: Herlinda Villabiscencio*Photos taken in 2019, Pre-Covid*

For your January birthday, e-mail your picture NO LATER THAN January 14, 2022.

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Sherry McCann and Lee Selden!!!



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.