

The Sentinel

April 2022

50 cent suggested donation



From the Manager

Our Congregate Meal Program has been off to a GREAT start! It has been so nice to see everyone back in our dining room, enjoying the entertainment & socializing with friends again!

Our Grab & Go/Carryout Program continues! This service is located in our classrooms, for now. Meal service for either dine in or carryout is provided from 11:00 to 12:30 p.m., Monday through Friday, except holidays.

Beginning April 1st, we will implement a new State mandated scanning system. Very similar to our scanning system pre-Covid. Each consumer is tied to a specific barcode that contains DOB & last 4 digits of social security number. **If you have an ID Card, you will need a new barcode label affixed to your "old" card. New cards will be printed for members that do not have a card. New cards will be printed for those with an "old" card at your next reassessment date. See front desk staff for either a new barcode or a new card. Please be patient & understanding if you are asked to return, specifically those that need new cards. Staff will work diligently to complete this task.**

If you are picking up a meal for someone, it is helpful to have their membership card but not necessary. Information required is name, DOB, last 4 digits of Social Security # and phone #.

If you are dining in, unfortunately, you are unable to go through carryout for a second meal or vice versa. *Magdalena*



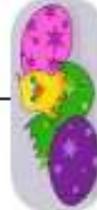
Alamo Senior Center

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 2022

| 1 - Friday | |
|---|---|
| 1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <small>Lunch Served from 11:00am-12:30pm</small> |  |
| 4 - Monday Pepper Steak Steamed Rice Brussel Sprouts Cornbread Pears | 5 - Tuesday Liver & Onions Mashed Potatoes & Gravy Green Beans WW Roll Applesauce  |
| 6 - Wednesday Stuffed Bell Peppers Au Gratin Potatoes Broccoli Biscuit Tropical Fruit | 7 - Thursday Baked Lemon Pepper Chicken Country Vegetable Blend Ranch Beans WW Roll Peaches  |
| 8 - Friday Spaghetti & Meat Sauce Green Salad w/ Dressing Italian Vegetables Garlic Bread Pineapple Tidbits | 1 - Friday Spinach Lasagna Buttered Corn Lettuce & Tomato Apricots  |
| 11 - Monday Hawaiian Pork Steamed Rice Oriental Vegetables Mandarin Oranges | 12 - Tuesday Beef Burgundy Egg Noodles Peas & Carrots WW Roll Spiced Apples |
| 13 - Wednesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Crackers Plums | 14 - Thursday Beef Steak Ranchero Roasted Cilantro Potatoes Spanish Rice Tortilla Pears |
| 15 - Friday Fish Platter Catfish Nuggets, Cod & Shrimp Coleslaw Green Beans Mandarin Oranges | 20 - Wednesday Breakfast for Lunch Sausage Patty Scrambled Eggs Diced Potatoes w/ Peppers & Onions Biscuit Mandarin Oranges |
| 18 - Monday Beef Fajitas Tortilla Lettuce & Tomato Pinto Beans Apricots  | 19 - Tuesday Pork- Chop Suey Steamed Rice Emperors Stir Fry Cantaloupe Yogurt |
| 21 - Thursday Meatloaf Mashed Potatoes w/ Gravy Brussels Sprouts WW Roll Blueberry Cobbler | 22 - Friday Chicken Salad Wrap Carrot and Celery Sticks Sun Chips Watermelon  |
| 25 - Monday Sour Cream Enchiladas Lettuce & Tomato Corn Salsa Pinto Beans Fruit Cocktail | 26 - Tuesday Hamburger Steak w/ Gravy Sweet Potato Monte Carlo Vegetables Biscuit Brownie  |
| 27 - Wednesday King Ranch Chicken Breast Roasted Baby Carrots Cucumber Salad Corn Bread Pears | 28-Thursday Stuffed Pork Chop Roasted Potatoes w/ Onions Green Beans Applesauce  |
| 29 - Friday Cheeseburger Lettuce, Tomato & Onion Potato Salad Baked Beans Peanut Butter Cookie | 29 - Friday Cheeseburger Lettuce, Tomato & Onion Potato Salad Baked Beans Peanut Butter Cookie |

Congregate and To-Go 11am-12:30pm

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

Great News!!! Chocolate milk will be available every Friday beginning April 1!!!

**Advertise
Your
Business
Here**

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



*February 2022
Nutrition Report*

Number of days served this month: 19

Total number of meals served: 6,605

| | Congregate Meals | Home Delivered Meals |
|----------------------|---------------------|-------------------------|
| Meals Served: | 4,047 | 2,558 |
| Donation Average: | \$1.91 | .92 |

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

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

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.

The Senior Center received a significant contribution In Memory of Corrina & Lloyd Stogden. Corrina & Lloyd volunteered at the Senior Center for many years! The Stogden's set aside a fund to contribute to the Senior Center after their passing. Thank you for the contribution & may they both rest in peace!



Important Information:

Thank you Otero County Emergency Services for the abundant donation of Food Service Supplies. There were many disposable trays, hairnets, plastic bags & other kitchen supplies. Much appreciated!



Thank you for supporting the
Alamo Senior Center

ARKHII
ACTIVE RADIO
89.9 FM & 100.5 FM

RUIDOSO
102.3 FM

ROCK 97.9
Old Rock Radio For Southern New Mexico

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

**IMPORTANT
INFORMATION**

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>

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

Legal Resources
for the
Elderly Program

Statewide 1-800-876-6657

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

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!



WANTED: VOLUNTEERS

FOR THE ASC THRIFT SHOP!

WE ARE LOOKING FOR SEVERAL PEOPLE TO VOLUNTEER THEIR TIME IN OUR THRIFT SHOP! HOURS OF THRIFT SHOP OPERATION WOULD BE 9 AM - 12:30 PM MONDAY - FRIDAY!

WE CAN BE FLEXIBLE AND WORK AROUND YOUR SCHEDULE!

DUTIES INCLUDE: CASHIER, PRICING AND PUTTING UP ITEMS FOR SALE.

FOR MORE INFO CONTACT BRITTANY CLARK
+1 (575) 439-4150



Paint: Elizabeth (Betty) Chama River

Contact us by phone,
text, or email.

Let's Thrive!



CASE
MANAGEMENT:
Information &
Referrals

We offer information
& assistance, such as:

- Referrals to community resources and state programs
- Referrals to your local senior center for meals, transportation, and other services
- Helping you set personal goals and build a plan for healthy living
- Following up with wellness calls to support you on your journey

CONTACT US

Local: (505)395-2668

Toll Free: (866)699-4927

CASE MANAGEMENT

Phone: (505)391-9231

Email: seniorhelp@ncnmedd.com

www.nonmetroaaa.com

ASC Fitness Center 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 highly recommended but not mandated.
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 and Strength 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 No Floor- 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 | ————— | ————— |

ASC ANNUAL EASTER ACTIVITIES

Easter Egg Coloring:

Wednesday, April 13, 2022 @ 10AM in the ASC dining room

Easter Bonnet Contest:

Thursday, April 14, 2022 @ 11AM in the ASC dining room

Easter Egg Hunt:

Friday, April 15, 2022 @ 10AM (meet in ASC foyer to begin, bring your own basket/bag!!!)

Donations of candy are accepted for the Easter Egg Hunt, and can be dropped off at the front desk



DID YOU KNOW?!?!

Resource List Available for you at the Front Desk:

- Emergency Assistance
- Home Health Care Providers
- Energy Assistance
- Assisted Living & Nursing Homes
- Senior Apartment Info
- Food Bank Information



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!

March Birthdays



Pictured Left to Right: Mark Goffman & Gonzalo Torres. We would also like to wish a Belated Happy Birthday to Alfonso Benitez who turned 94 in January!

Thank you Lydia Perez, Humana Insurance Representative, for sponsoring our March Birthday Party!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!
Tamie Davis



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 below. For your April birthday, e-mail your picture NO LATER THAN April 15, 2022.
E-Mail photo to: gguerrero@ci.alamogordo.nm.us