

# The Sentinel

May 2022

50 cent suggested donation

*From the Manager  
Magdalena*

Happy May & Older American's Month. Thank you to our many volunteers who continue to assist our Senior Center: Our Vigorous Fitness Team Leaders; Thrifty Thrift Store Volunteers; Fabulous Nutrition Volunteers; Industrious Kitchen Volunteers, Faithful Meals on Wheels Drivers; Exceptional Musicians, and Fancy Sewing Group & Quilters. You are all an Extraordinary Volunteer Team that make our dream work! In appreciation to all volunteers and consumers, staff will host a table with goodies one day each week during the month of May. So be on the lookout!

Staff have been busy printing Membership ID Cards for our **meal program** that include a barcode for scanning. Please ask the volunteers at the meal sign-in desk for your card. If they do not have your card, please see staff at the front desk. Membership I.D. Cards will be scanned when you pick up your meal, whether you are dining in or carrying out.

Beginning in May, all Carry-out consumers will sign in at the main entrance at 11:30 a.m. You will then go through the serving line for your meal & exit through the dining room. You will be given a number card that will indicate the number of meals you are picking up. The number card will be given to the volunteer or staff on the serving line to be used the next day.

**One meal per consumer is available daily. You may pick up a meal for a friend, neighbor, spouse, etc. as long as you have their information... DOB, last 4 digits of SS #, and a good working phone number.**

*Easter Activities: Egg Coloring, Easter Egg Hunt & Bonnet Contest*



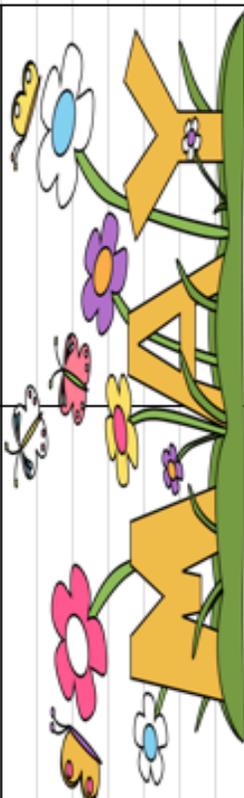
## Alamo Senior Center

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>

A	B	C	D	E
<b>May 2022</b>				
<b>2 - Monday</b>	<b>3 - Tuesday</b>	<b>4 - Wednesday</b>	<b>5 - Thursday</b>	<b>6 - Friday</b>
Country Fried Steak w/ Gravy Mashed Potatoes Green Beans w/ Onions WW Roll Peaches	Frito Pie Corn w/ Red Peppers Lettuce & Tomato Carrot Raisin Salad 	Salisbury Steak w/ Gravy Potato Wedges Peas & Onions WW Roll Pears	Green Chile Chicken Enchiladas & Chile Relleno Spanish Rice Lettuce & Tomato Churro	Brisket Glazed Baby Carrots Scalloped Potatoes WW Roll Cake
<b>9 - Monday</b>	<b>10 - Tuesday</b>	<b>11 - Wednesday</b>	<b>12 - Thursday</b>	<b>13 - Friday</b>
Beef Tips Scalloped Potatoes Roasted Brussels Sprouts Biscuit Peaches	Stuffed Beef Bell Peppers Au Gratin Potatoes Mixed Vegetables Applesauce 	Chicken Breast W/ Mushroom Gravy Rice Pilaf Broccoli & Cauliflower Salad w/ Dressing Apricots	Hamburger Steak Mashed Potatoes Green Beans WW Roll Pears in Jello	BBQ Pulled Pork Sandwich Pickles & Onion Baked Beans Potato Salad Pineapple Tidbits
<b>16 - Monday</b>	<b>17 - Tuesday</b>	<b>18 - Wednesday</b>	<b>19 - Thursday</b>	<b>20 - Friday</b>
Beef Fajitas Tortilla Lettuce & Tomato Pinto Beans Pears in Cottage Cheese	Creole Pork Chop Wild Rice Squash Peaches 	Meatloaf w/ Gravy Mashed Potatoes Capri Vegetables WW Roll Applesauce Cake	BBQ Baked Chicken Thigh Corn on the Cob Ranch Style Beans Biscuit Fruit Cocktail	Beef Stroganoff w/ Noodles Spinach Garlic Bread Apricots
<b>23 - Monday</b>	<b>24 - Tuesday</b>	<b>25 - Wednesday</b>	<b>26 - Thursday</b>	<b>27 - Friday</b>
Baked Tilapia Coleslaw Broccoli 1 Hush Puppy Mandarin Oranges	Red Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Crackers Plums	Pepper Steak White Rice Mixed Vegetables WW Bread Apple Sauce Peanut Butter Cookie	Stuffed Pork Chop w/ Gravy Baked Sweet Potato Cauliflower WW Roll Tropical Fruit	Hamburger & Hog Dog Lettuce & Tomato Macaroni Salad w/Veggies Cake 
<b>30 - Monday</b>	<b>31 - Tuesday</b>	<b>1% Low Fat Milk Served Daily</b> <b>Chocolate Milk Served on Fridays</b> <b>Suggested Donation: \$2.50</b> <b>Menu Subject to Change</b>		
 <b>THANK YOU!</b>	Spaghetti & Meatballs Buttered Corn Salad w/ Dressing Garlic Bread Diced Peaches/Pears	<i>*Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.*</i>		
<b>Congregate Lunch 11 am-12:30 pm</b>				
<b>Grab and Go Lunch Served 11:30 am - 12:30 pm</b>				



**Advertise  
Your  
Business  
Here**

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



*March 2022  
Nutrition Report*

**Number of days served this month: 23**

**Total number of meals served: 7,563**

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	1,864	2,600	3,099
Donation Average:	\$2.19	\$2.19	\$1.09

## 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](http://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](mailto:Sophia.Leckie@MolinaHealthcare.com)



Hablo Español

### Volunteer Needed:

Share your Talent with our Fitness Center. We are looking for someone to teach new fitness classes. Please call Tracy at 575-



### 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



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!

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>

**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**

### 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



**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

# 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](mailto:seniorhelp@ncnmedd.com)

[www.nonmetroaaa.com](http://www.nonmetroaaa.com)

# ASC Fitness Center Class

## Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After completing your class, please wipe down the equipment you used and promptly exit the room so the next class can set up and start on time.
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	—————	—————



## Care Van<sup>®</sup> Event

Blue Cross and Blue Shield of New Mexico (BCBSNM) and Alamo Senior Center invite you to a no-cost health event featuring blood pressure, glucose and cholesterol screenings.

BCBSNM's Care Van and Southern New Mexico Diabetes Outreach (SNMDO) are offering blood pressure, glucose and cholesterol screenings administered by SNMDO.

**DATE: WEDNESDAY, MAY 11**  
**WHEN: 10 A.M. - 1 P.M.**  
**WHERE: ALAMO SENIOR CENTER**  
**2201 PUERTO RICO AVE.**  
**ALAMOGORDO, NM 88310**



For more information or to check the calendar and request a Care Van for an event or project, please contact the Care Van coordinator at 505-816-4105 or [Thomas\\_Butler@bcbsnm.com](mailto:Thomas_Butler@bcbsnm.com).

# April Birthdays



Pictured Left to Right: Ilene Smith & Cynthia Stevenson

Thank you Molina Healthcare Medicare for sponsoring our birthday

**Wishing our volunteer Fitness Instructors a very Happy Birthday!**

*Tamie Davis, Pat Garcia, & Ilene Smith*



Masks are not required, however they are **strongly encouraged** while inside.

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](mailto:gguerrero@ci.alamogordo.nm.us)