

# The Sentinel

July 2022

50 cent suggested donation



## From the Manager

We will celebrate Independence Day with what we call a BBQ Bonanza on Friday, July 1<sup>st</sup>. Come out & enjoy a chicken thigh, pork sausage, brisket, ranch style beans, corn on the cob, biscuit & cake!

Can you believe that half of 2022 is already over? Time flies when you're having fun! July also marks the beginning of our new fiscal year. Old accounts & budgets are closed while new accounts & budgets are created all at the same time.

We have carefully reopened all services as of March. We have been very successful continuing our operations without interruption. As you know, COVID cases are on the rise. With that said, I ask each of you to do your part & help keep us all safe so we can continue to enjoy our indoor meal service program.

If you have COVID, please **DO NOT** participate in any of our service programs. Not even our carry out service. I know it seems simple enough to just carry out a meal & no harm done. But, the reality is, COVID can spread very easily in the amount of time it takes to pick up a carry out meal while also taking into account the people you have to interact with. This could cost the entire program to shut down as opposed to a missed meal or two. So, please take into consideration what this could do to our Center. Please wait until you are cleared by your doctor before you return.

Did you get a chance to enjoy our Fitness Belly Dancers perform? They will be back the last Monday of every month in our dining room at 10:30 a.m. They were amazing!

We are closed  
Monday, July 4<sup>th</sup>!

~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>

July 2022

		<p><b>1 - Friday</b>  <b>BBQ Bonanza</b>                  BBQ Chicken &amp; Pork                  Ranch Style Beans                  Corn on the Cob                  Biscuit                  Cake</p>
		<p><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></p>
<p><b>4 - Monday</b>  <b>HAPPY 4th of July</b>                  Baked Pork Chop                  Baked Potato                  Grilled Zucchini                  Biscuit                  Applesauce</p>	<p><b>5 - Tuesday</b>  <b>Salisbury Steak</b>                  Mashed Potatoes                  Mixed Vegetables                  WW Roll                  Apricots</p>	<p><b>6 - Wednesday</b>  <b>BBQ Drumsticks</b>                  Macaroni Salad                  Baked Beans                  WW Roll                  Peaches</p>
<p><b>11 - Monday</b>  <b>Baked Pork Chop</b>                  Baked Potato                  Grilled Zucchini                  Biscuit                  Applesauce</p>	<p><b>12 - Tuesday</b>  <b>Country Fried Steak</b>                  Mashed Potatoes w/ Gravy                  Chuck Wagon Vegetables                  WW Roll                  Fruit Cocktail</p>	<p><b>13 - Wednesday</b>  <b>Chicken Parmesan w/ Spaghetti</b>                  Mixed Vegetables                  Garlic Bread                  Pears</p>
<p><b>18 - Monday</b>  <b>Steak Ranchero</b>                  Ranch Style Beans                  Corn &amp; Cilantro Salad                  Flour Tortilla                  Pears</p>	<p><b>19 - Tuesday</b>  <b>Green Chile Chicken Enchiladas</b>                  Lettuce &amp; Tomato                  Pinto Beans                  Spanish Rice                  Apricots</p>	<p><b>20 - Wednesday</b>  <b>Baked Fish</b>                  Rice Pilaf                  Coleslaw                  Mixed Vegetables                  Hush Puppy                  Spice Cake</p>
<p><b>25 - Monday</b>  <b>Swiss Steak</b>                  Potato Wedges                  Roasted Brussel Sprouts                  WW Roll                  Pineapple Bits</p>	<p><b>26 - Tuesday</b>  <b>Red Chile Beef Enchiladas</b>                  Lettuce &amp; Tomato                  Pinto Beans                  Crackers                  Plums</p>	<p><b>27 - Wednesday</b>  <b>Hawaiian Pork</b>                  Steamed Rice                  Oriental Vegetables                  Mandarin Oranges</p>
<p><b>8 - Friday</b>  <b>Sloppy Joe</b>                  Diced Onion &amp; Pickles                  Island Mixed Vegetables                  French Fries                  Mixed Fruit</p>	<p><b>7 - Thursday</b>  <b>Pepper Steak</b>                  Steamed Rice                  Broccoli                  Mandarin Oranges</p>	<p><b>14 - Thursday</b>  <b>Meatloaf w/ Gravy</b>                  Carrot Raisin Salad                  Mashed Potatoes                  Capri Mixed Vegetables                  WW Roll                  Peach Cobbler</p>
<p><b>15 - Friday</b>  <b>Beef Stroganoff</b>                  Egg Noodles                  Peas                  Mandarin Oranges</p>	<p><b>21 - Thursday</b>  <b>Stuffed Chicken Breast</b>                  Baked Sweet Potato                  Capri Mixed Vegetables                  WW Roll                  Plums</p>	<p><b>22 - Friday</b>  <b>Soft Beef Tacos</b>                  Lettuce, Tomato &amp; Salsa                  Pinto Beans                  Spanish Rice                  Mixed Fruit</p>
<p><b>29 - Friday</b>  <b>Green Chile Cheeseburger</b>                  Baked Beans                  Pasta Salad                  Peaches</p>	<p><b>28 - Thursday</b>  <b>Spaghetti w/ Meat Sauce</b>                  Capri Vegetables                  Garlic Bread                  Strawberries &amp; Vanilla Wafers</p>	

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

**Congregate Lunch 11 am-12:30 pm**  
**Grab and Go Lunch Served 11:30 am - 12:30 pm**

**Advertise  
Your  
Business  
Here**

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



*May 2022  
Nutrition Report*

**Number of days served this month: 21**

**Total number of meals served: 7,576**

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,063	2,481	3,032
Donation Average:	\$2.10	\$2.10	\$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](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

## Affordable Connectivity Program Benefits



Up to \$30/month towards broadband service from participating providers



Up to \$75/month towards broadband service for households on tribal lands, including Hawaiian Home Lands



A one-time discount of up to \$100 to purchase a laptop, desktop, computer, or tablet

## 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 **10:30 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.

If you have any questions, please call Magdalena at (575) 439-4150.

**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

**ARKHII**  
ACTIVE RADIO  
89.9 FM & 100.5 FM

**RUIDOSO**  
**102.3 FM**

**ROCK 97.9**  
All Day's 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
Birthday Party	3rd Wed of Month	10:00 AM - 10:30 AM	Dining Room
Bridge	Thurs	11:00 AM - 3:45 PM	Activity Room
Card Games, Board Games Etc	Mon - Fri	9:00 AM - 4:00 PM	Lobby
Jewelry/Silversmithing	Tues & Thurs	9:30 AM - Done	Lapidary Room
Lapidary	Mon & Wed	10:00 AM - 12:00 PM	Lapidary Room
Marine Corps League	2nd Saturday of Month	11:00 AM - 1:00 PM	Classroom
Mayor's Committee on Aging	3rd Thurs	1:15 PM - 3:00 PM	Classroom
Mexican Train Dominoes	Wed	2:00 PM - 4:00 PM	Lobby
Music in the Morning	Daily	9:00 AM - 11:00 AM	Dining Room
Needlework (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Pool (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Pool Room
Pool Tournament	2nd Tues of Month	9:30 AM - Done	Pool Room
Quilting Group	Thurs	9:00 - 11:30 AM	Activity Room
Quilting (Open Platform)	Mon - Fri	9:00 AM - 4:00 PM	Activity Room
Senior Advisory Council	3rd Wed of Month	1:15 PM - 3:00 PM	Classroom
Silversmith	Mon - Fri	9:00 AM - 4:00 PM	Lapidary Room
Spinning & Fiber Class	3rd Mon of Month	10:00 AM - 12:00 PM	Activity Room

6/20/2022

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



Photo: Elizabeth (Betty) Chomo 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

## Schedule & Procedures

### 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.

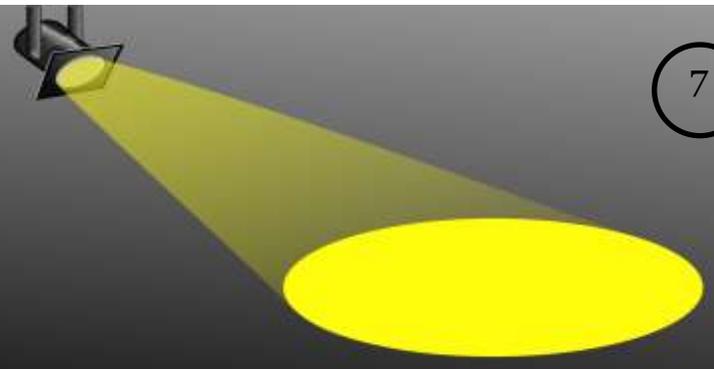
## Fitness Classroom I

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 Pat	Strength Training With Lydia	Step and Strength With Pat	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	_____	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom

## 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— Basic With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance—Basic With Ilene & Lou Ann	Chair Exercise With Luis
10:00 – 10:45	Balance & Fall Pre- vention With Billie	Tai Chi With Billie	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance & Fall Preven- tion With Billie
11:00 – 11:45	Dynamic No Floor Stretch With Sonja	Belly Dancing With Colette	Cardio Strength With Sue	Dynamic Stretch With Sonja	Low Impact Aerobics With Tamie
2:00 – 3:45	_____	_____	Line Dance— Advanced With La Nora	_____	_____

# SENIOR FITNESS



## Faye Gentry



Several years ago, my husband and I attended exercise classes at the Fitness Center. We also danced some evenings with "Selmo". *Those were the days my friend, we thought they'd never end*, but in 2015, my husband had a severe stroke, and passed away a few years later. Since then, I've had 2 bunion surgeries which took a long time to heal. I started walking, sometimes with my daughter, sometimes alone, when one day, I tripped on an imperfection in the street, and I went down hard. Unfortunately, I became a couch potato, afraid of doing anything or venturing out by myself. After some time, my son started to encourage me to attend the Senior Center. So, now, you can catch me at the Fitness Center doing the Chair Exercise Class with Luis, or The Balance, Baby Balls and Beanie class, or anything else I may choose. The members at the Fitness center were/are so helpful and kind. I have now gotten back into a routine, and even have lunch with some of the members here. It's wonderful to be back.

## Volunteer Needed:

**Share your Talent with our Fitness Center. We are looking for someone to teach new fitness classes. Please call Tracy at 575-439-4150 for more information.**

New Class Alert!!!

ASC Fitness Center

Need Stress Relief?

Coming Soon!!!

Need More Calming?

Fitness Room II

Breathing and Relaxation for Better Health

WITH ALICE CUEVAS

July 19th 1:00 PM to 1:45 PM

FOR MORE INFO CALL TRACY (575) 439-4150

We are looking for a

**Ballroom Dance Teacher**

If you are interested in teaching, please see Brittany Clark or Magdalena Morales in the front offices or call (575) 439-4150

# Weight Training 101 - Lower Body

In keeping up with the “**Weight Training 101 Classes**”, the next presentation will be on the Lower Body.

**When:** Thursday, September 22<sup>nd</sup> 2022 at 8:00am

**Where:** ASC Fitness Center Room 2

**Contact:** Tracy Duncan – Fitness coordinator

**(This course will not run longer than 30 minutes.)**



Contact: ASC FITNESS CENTER: 575-439-4150 X 4274 to register. Limited to 20

ALAMO SENIOR CENTER

# WE NEED YOUR HELP

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH PACKING SIDE ITEMS, ROLLING SILVERWARE AND HELP ON THE SERVING LINE FROM 9:00 A.M. TO 12:30 P.M. MONDAY THROUGH FRIDAY. YOU DECIDE WHICH DAY OF THE WEEK WORKS BEST FOR YOU. WE ARE FLEXIBLE! DUTIES INCLUDE: PACKING SIDE ITEMS, ROLLING SILVERWARE OR SERVING THE DAYS MEAL ONTO TRAYS.

FOR MORE INFORMATION PLEASE CONTACT VIOLET NORMAN AT (575) 439-4153

Made with PosterMyWall.com

# ASC Thrift Shop

LOCATED:  
NORTH LOBBY AREA

OPEN DAILY  
9 a.m. to 12:30 p.m.  
(Permitting Volunteers)

We sell  
**GENTLY USED HOUSEHOLD  
ITEMS & JEWELRY ETC.**  
in excellent condition

\*\*\*Currently Accepting Donations!!!\*\*\*

*Make some great finds today!*

Are you a senior who needs help with groceries?



### What is SNAP?

SNAP (formerly known as Food Stamps) is a federally-funded food assistance program that provides monthly benefits that can be used to purchase groceries. Seniors may be eligible for SNAP benefits if their household income below certain standards.

### Things you need to know

- You can receive Social Security, SSDI, or SSI, and still be eligible for SNAP.
- If you do not have reliable access to transportation, your certification interview can be done by phone.
- If you have trouble getting to the grocery store, a family member or friend can act as your authorized representative and use your EBT card to go shopping for you.
- You may still be eligible for SNAP benefits even if you are a resident of federally subsidized housing for the elderly and receive meals at the facility.

### Do you have questions about SNAP and how to apply?

Roadrunner Food Bank can help you apply for SNAP.  
Our assistance line is free and open to the public.

**(844) 684-6268**

# Do you speak Spanish?

**¡HOLA!**

¿Te gustaria dar clases de espanol?



**WE ARE  
LOOKING  
FOR  
SOMEONE  
TO PROVIDE  
SPANISH  
LESSONS  
HERE AT  
THE  
CENTER!!!**

For more information, please contact Brittany Clark or Magdalena Morales in the front offices or call (575) 439-4150



# June Birthdays

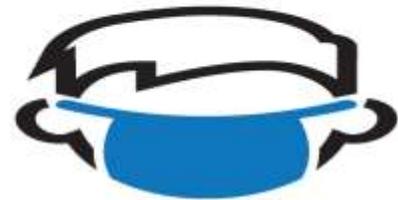


Pictured: Elaine Van Tassel who turned 93 this year!!!

**Thank you Pam Rodgers from Beehive Assisted Living for sponsoring our birthday party this month!!!**

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

*Lydia Hall*



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

Join us in the dining room for our Monthly Birthday Party every 3rd Wednesday of the month at 10:00 AM — 10:30 AM!!!