

The Sentinel

August 2022

50 cent suggested donation

From the Manager

Happy August...

We have started serving soup & salad again recently. The soup & salad is an extra service that we are able to provide but we are not contracted to serve by our State, Federal or Local level. The kitchen staff are able to prepare a limited choice of soup & salad with our leftover food items & when staffing allows. Those that dine-in have the option of selecting soup & salad in place of the main course. **Keep in mind that the soup & salad option is available to dine-in consumers only.** We only prepare 17 to 20 salads, so once these food items are gone, the main meal is still available.

Carry-out meals are pre-plated & stored in warmers just before we open the serving line for this service. This allows kitchen staff & volunteers to expedite the service as quickly as possible. **If you are particular about a certain item on your tray, you can request that change with dine-in service only.** Again, we are unable to accommodate food item changes for those that come through for carry-out meals. What you see on the menu is what will be served on the pre-plated carry-out trays.

Due to rising COVID cases, please **DO NOT** participate in any of our service programs if you are experiencing any symptoms, not even our carry-out service. This could cost the entire program to shut down as opposed to a missed meal or two. Please wait until you are cleared by your doctor & are symptom free before returning to the Center.

School begins this month. Please be **extra cautious** around school zones. Be mindful of kids and pedestrians on crosswalks. Let's keep our kids safe!

**SAVE
THE
DATE**

Our Annual Health Fair is scheduled for Thursday, September 15th from 9:00 – 12:00 p.m.. This will be our first Health Fair post-COVID. Keep in mind that we host various health events during the month in our main foyer/lobby.

~Magdalena

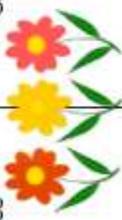
Alamo Senior Center

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>

August 2022

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
Hamburger Steak w/ Grilled Onions Mashed Potatoes & Gravy Peas Biscuit Peaches	Chicken w/ Gravy Steamed Rice Green Beans Plums	Sour Cream Enchiladas Lettuce & Tomato Corn Salsa Pinto Beans Fruit Cocktail	Baked Pork Chop w/ Gravy Black Eyed Peas Green Beans WW Roll Mixed Fruit	Bratwurst - Sauerkraut Dog Buttered Corn Baked Beans Applesauce
8 - Monday Beef Tips & Noodles Sliced Carrots Peas & Onions Peas	9 - Tuesday Salisbury Steak Potatoes Au Gratin Green Beans WW Roll Peaches	10 - Wednesday Beef Fajitas Lettuce & Tomato Spanish Rice Flour Tortilla Vanilla Pudding	11 - Thursday Chili Relleno Cilantro Lime Rice Calabacitas Mandarin Oranges	12 - Friday Sloppy Joe Macaroni Salad Buttered Corn Tropical Fruit
15 - Monday Beef Burgundy Scalloped Potatoes Brussel Sprouts Cornbread Mixed Fruit	16 - Tuesday GC Chicken Enchiladas Lettuce & Tomato Pinto Beans Apricots	17 - Wednesday Chicken Strips Green Beans Potato Wedges Biscuit Apricots	18 - Thursday Country Fried Steak Mashed Potatoes w/ Gravy Mixed Vegetables WW Roll Fruit Cocktail	19 - Friday Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Chocolate Pudding
22 - Monday Soft Chicken Tacos Lettuce & Tomato Pinto Beans Apricots	23 - Tuesday Spaghetti w/ Meat Sauce Capri Vegetables Garlic Bread Plums	24 - Wednesday Green Chili Lasagna Italiana Vegetables Buttered Corn Garlic Bread Diced Peas	25 - Thursday Stuffed Chicken Breast Mashed Potatoes w/ Gravy Capri Vegetables Peaches	26 - Friday Pepper Steak Steamed Rice Capri Vegetables Cornbread Peas
29 - Monday Baked Lemon Pepper Chicken Country Vegetable Blend Ranch Style Beans WW Roll Peaches	30 - Tuesday Cheeseburger Lettuce, Tomato & Onion Peas & Carrots Peanut Butter Cookie Applesauce	31 - Wednesday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet		
29 - Monday Baked Lemon Pepper Chicken Country Vegetable Blend Ranch Style Beans WW Roll Peaches				
30 - Tuesday Cheeseburger Lettuce, Tomato & Onion Peas & Carrots Peanut Butter Cookie Applesauce				
31 - Wednesday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet				
1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Suggested Donation: \$2.50 Menu Subject to Change				

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



*June 2022
Nutrition Report*

Number of days served this month: 21

Total number of meals served: 7,616

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	1,954	2,479	7,616
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

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

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 Star 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

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.**

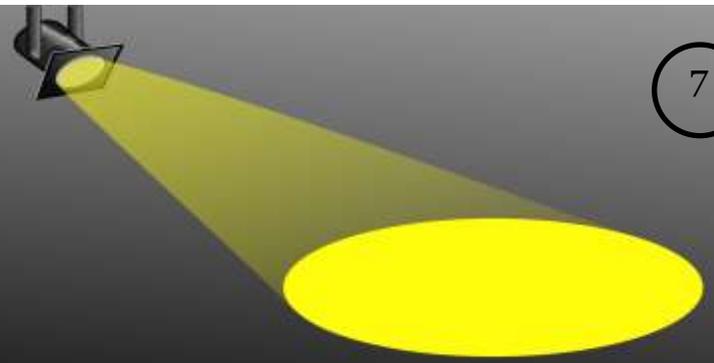
Fitness Classroom I

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 Prevention with Billie	Tai Chi with Billie	Balance & Fall Pre- vention with Billie	Tai Chi with Billie	Balance & Fall Pre- vention with Billie
11:00 – 11:45	Low Impact Aero- bics—2 with Tamie	Belly Dancing with Colette	Cardio Strength with Sue	Dynamic Stretch with Sonja	————
1:00 – 1:45	————	Breathing & Relaxa- tion for better Health With Alice	————	————	————
2:00 – 3:45	Learning to Line Dance with Michael	————	Line Dance - Advanced with La Nora	————	————

SENIOR FITNESS



JANE BLOSS

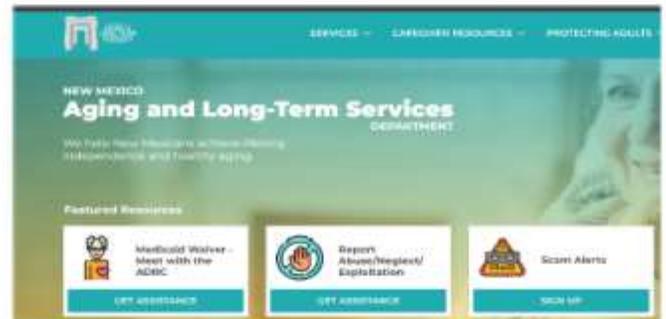


I grew up in Alamogordo and was very active in many City events. My husband and I attended all kinds of Fitness Classes. Three and half years ago my husband, Ken, (the Love of my life) passed away. I was totally devastated. We did everything together. I shut down in many ways. I ceased attending the Senior Center and any Fitness Center classes. The spring of 2022, I decided I needed to get back to living, and meeting people, so I started classes once again at the Fitness Center. I now attend 2 (two) classes 3 (three) times a week. And I have made many friends that have been very supportive. We even get together after classes (at times), and we laugh and share stories, and learn about each other. This has helped me get back to the "Happy Place" I once had. Anyone who has felt this way, or has had a loss, I want to encourage anyone to come to classes at the Fitness Center. You'll have fun, get to know others, and of course, get back into shape. Who can ask for more than that?

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.

SCAM ALERTS



SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

<https://altsd.nm.gov/protecting-adults/avoiding-scams-fraud>

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 22nd 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

NEW CLASS COMING SOON!!!

Name of class: "Learning to Line Dance"

When: Starting Monday August 1, 2022

Time: 2:00pm – 4:00pm

Where: In Fitness Room 2

Instructor: Michael Knowles



COME JOIN THE FUN!



For more information contact Tracy @ 575-439-4150 or tracy@ascfitness.com

Medicare 101: Learn all the basics, fast.

Join us to find the best plan for you, discover extra benefits and savings, and learn about:

- Medicare Parts A, B, C, and D
- 2022 Part B Premiums
- Medicare Part B and Late Enrollment Penalty
- Medicare Coverage Options
- Prescription Drug Coverage
- Low-Income Subsidy

- ▶ Tuesday, 08/30/2022
10:00 a.m.
- ▶ Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310

This is not a sales presentation.

Flora Trujillo
(575) 285-3177, TTY 711

RSVPs are welcome, but not required to attend.

For the healthcare
you need now,
**lean on
Molina.**

Medicare



The time to get more than Original Medicare is now!

Join me at one of these events to learn about the extra benefits and savings our plans can bring you.

📍 Tuesday, July 26, 2022
10:00 a.m.
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310

📍 Tuesday, August 30, 2022
10:00 a.m.
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310

📍 Monday, October 10, 2022
10:00 a.m.
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM 88310



Call me, **Flora Trujillo**, your local Medicare Advisor to RSVP or for more information.
(575) 285-3177, TTY 711

Safer Driving May Save You Money

Take the AARP Smart Driver™ course and you may save money on your car insurance!*

Drive smart. Save smart.

- » Refresh your driving skills and explore the latest traffic laws.
- » Learn research-based driving strategies to help you stay safe behind the wheel.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

CLASSROOM COURSE

\$20 for AARP members | \$25 for non-members

TO FIND ADDITIONAL COURSES IN YOUR AREA:

Call 1-888-773-7160 or visit www.aarp.org/driving36

There's a course near you!

Date:

Monday, August 29, 2022

Location:

Alamo Senior Center
2201 Puerto Rico Avenue
Alamogordo, NM 88310

Classrooms I & II

To Register:

(575) 439-4150 - Reservation

Registration from 9:00 - 9:30 a.m. before course begins.

*Your completion may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

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

ROADRUNNER
FOOD BANK



July 16 to
November 12 2022

A COME-AS-YOU-ARE
SUPPORT GROUP FOR
FAMILY CAREGIVERS OF
ADULT LOVED ONES WITH
ANY KIND OF ILLNESS

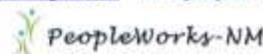
To Attend:

<https://peopleworksnm.org/online-groups-classes/>

(505) 990-4186

1005 21st St., SE Suite B, Rio Rancho, NM 87124

Peopleworksnm@gmail.com - www.peopleworksnm.org



18 SATURDAY
ZOOM
SESSIONS
10:30 AM -
11:30 AM, MST

YOU CAN
PARTICIPATE IN AS
FEW AS ONE AND
AS MANY AS ALL OF
THEM, BUT NEED TO
REGISTER FOR EACH

SHARE HOW YOU
ARE COPING, LEARN
FROM OTHERS, FEEL
LESS ALONE

FREE OF CHARGE
FUNDED BY:
BLUE CROSS AND BLUE
SHIELD OF NEW MEXICO

OFFERED BY:
JANIS MOGLONE

MSW, LCSW

July Birthdays



Pictured: Mary Kauffman, Dennis Kauffman, Randy Cain, Diana Metzger, Hector Dominguez and Helen Kester.

Thank you Sue Kester from Casa Y Tierra Title for sponsoring our Birthday party this month!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!
Randy Anderson and Charles (Chuck) Brooks

EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE

NEW MEXICO DEPARTMENT OF HEALTH #ProtectNM #MaskUp

Call, Text, or Message **988** For Mental Wellness

988 CRISIS LIFELINE

988 NM Crisis Support
988nmcrisisupport
<https://988nm.org/>

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!!!