

# The Sentinel

September 2022

50 cent suggested donation

## *From the Manager*

Happy Fall Y'all!



The New Mexico Aging & Long-Term Services Department is hosting its 44<sup>th</sup> Annual Conference on Aging! The event will be held September 7 & 8, 2022. This HYBRID event is free to all New Mexico Residents by registering on-line at:

<https://coa.altsd.state.nm.us/node/1422745>

The High Rolls Senior Center is hosting a Watch Party for the event. Speakers include – Governor, Lt. Governor, Cabinet Secretary on Aging. The High Rolls Senior Center will also provide breakfast, lunch, snacks, entertainment, gift bags, door prizes, information & breakout sessions. The Alamo Senior Center will provide transportation to those interested in attending on Thursday, September 8<sup>th</sup>. Please sign up at our registration desk. Space is limited with priority given to Transportation Riders.

Our Annual Health Fair will be held on Thursday, September 15<sup>th</sup> from 9:00 – 12:00 p.m. Health services will include vaccine clinics of flu shots, pneumonia, tetanus, whooping cough, hepatitis A&B, shingle shots, skin cancer screening, fall risk assessment, pre-diabetes assessments and blood pressure checks, just to name a few.

**She comes to us with lots of experience. Please join me & welcome Kimberly Sheley...**



I have 6 children and 11 grandchildren, and we are all very close to one another. I love living in Alamogordo and the people that live here. I love my new job and look forward to being here for many years to come. I worked with the Aristocrat for 12 years as the head med. Tech. & transporter. I transported residents on the bus to various places in the community. I feel I communicate well with seniors & knew I wanted to work with seniors since I was 10 years old.

### 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>

September 2022



5 - Monday



**Beef Tips w/ Noodles**  
Mixed Vegetables  
WW Bread  
Pineapple in Cottage Cheese

12 - Monday

**Chicken Fajita**  
Pinto Beans  
Lettuce & Tomato  
Peaches

13 - Tuesday

**Country Fried Steak**  
Mashed Potatoes  
Chuck Wagon Vegetables  
WW Bread  
Pears



14 - Wednesday

**Pork Stir Fry**  
w/ Rice and Vegetables  
WW Roll  
Mandarin Oranges

15 - Thursday

**Green Chile Cheeseburger**  
Lettuce, Tomato & Onion  
Pork & Beans  
Chocolate Chip Cookie

16 - Friday

**Beef Burgundy**  
Egg Noodles  
Peas & Carrots  
WW Roll  
Plums

19 - Monday

**Green Chile Chicken Enchiladas**  
Lettuce & Tomatoes  
Pinto Beans  
Spanish Rice  
Mixed Fruit

20 - Tuesday

**Swiss Steak w/ Tomato Gravy**  
Mashed Potatoes  
Mixed Vegetables  
WW Bread  
Pineapple Tidbits

21 - Wednesday

**Soft Beef Tacos**  
Cheese, Lettuce & Tomato  
Pinto Beans  
Calabacitas  
Plums

22 - Thursday

**Meatloaf w/ Gravy**  
Mashed Potatoes  
Mixed Vegetables  
WW Roll  
Spiced Apples



23 - Friday

**Lasagna**  
Corn  
Salad w/ Dressing  
Garlic Toast  
Apricots

26 - Monday

**Pepper Steak w/ Gravy**  
Herb Roasted Potatoes  
Brussel Sprouts  
WW Bread  
Pineapple Tidbits



27 - Tuesday

**Baked tilapia**  
Coleslaw  
Green Beans  
Cornbread  
Pineapple Tidbits

28 - Wednesday

**Stuffed Pork Chop w/ Gravy**  
Roasted Potatoes  
Broccoli  
WW Dinner Roll  
Pears



29 - Thursday

**Spaghetti w/ Meat Sauce**  
Italian Vegetables  
Garlic Bread  
Mixed Fruit

30 - Friday

**Chicken Strips w/ Gravy**  
Potato Wedges  
Carrots  
Peaches

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

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

**Advertise  
Your  
Business  
Here**

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



*July 2022  
Nutrition Report*

**Number of days served this month: 20**

**Total number of meals served: 7,375**

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	1,821	2,407	3,154
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

## 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.

## 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

**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**  
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, Wednesdays Only

#### **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/Billiards	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

8/4/2022

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

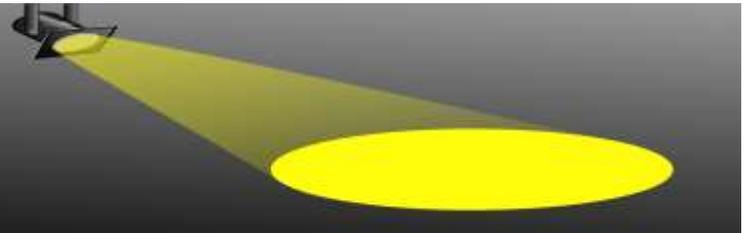
Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beanies	Mon/Fri	10:00 AM - 10:45 AM	Fitness Room I
Belly Dancing	Tues	11:00 AM - 11:45 AM	Fitness Room II
Breathing & Relaxation for Better Health	Tues	1:00 PM - 1:45 PM	Fitness Room II
Cardio Chair Bonanza	Wed	10:00 AM - 10:45 AM	Fitness Room I
Cardio Strength	Wed	11:00 AM - 11:45 AM	Fitness Room II
Chair Exercise	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room II
Do It Your Way	Mon - Fri	8:00 AM - 8:45 AM	Fitness Room I
Equipment Room	Open	Open	Equipment Room
Gentle Stretch	Thurs	11:00 AM - 11:45 AM	Fitness Room II
Learning to Line Dance	Mon	2:00 PM - 3:00 PM	Fitness Room II
Line Dance-Advanced	Wed	2:00 PM - 3:45 PM	Fitness Room II
Line Dancing-Basic	Tues/Thurs	9:00 AM - 9:45 AM	Fitness Room II
Low Impact Aerobics-1	Tues	9:00 AM - 9:45 AM	Fitness Room I
Low Impact Aerobics-2	Mon	11:00 AM - 11:45 AM	Fitness Room II
No Floor Yoga	Thurs	10:00 AM - 10:45 AM	Fitness Room I
Resistance, Strength & Weight Training	Mon/Wed/Fri	1:00 PM - 1:45 PM	Fitness Room I
Step & Strength	Thurs	9:00 AM - 9:45 AM	Fitness Room I
Strength Training	Mon/Wed/Fri	9:00 AM - 9:45 AM	Fitness Room I
Tai Chi	Tues/Thurs	10:00 AM - 10:45 AM	Fitness Room II
Walk Aerobics	Mon/Wed/Fri	8:00 AM - 8:45 AM	Fitness Room II
Yoga	Tues	10:00 AM - 10:45 AM	Fitness Room I

Updated 8/16/2022

## 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.

# SENIOR FITNESS



Rosa Ceballos—I started attending the Fitness Center in 2021, after the Senior Center Facility reopened (from the COVID-19 outbreak). Wow, I didn't realize what I was missing by not coming in the past! I attend at least 2 classes a day, every week, with the exception of Wednesday, when I help volunteer on the Senior Center Lunch Line. I have met so many wonderful people and I can actually say, "I love this place!" I enjoy the motivation and laughter of everyone attending classes. I highly recommend trying it out. There are classes for everyone or even the Weight & Cardio room. In between my classes, I use the "elliptical" machine for extra cardio workout. I am amazed at how much more stamina I have, since I started working out at the Fitness Center. It is now a daily "must" for me, and I can't imagine not attending. It has been a lifestyle change for the better.

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**



MEDICAL CENTER

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

**Rx Alamo Senior Center Health Fair 2022**

**September 15, 2022  
9:00 am - 12:00 pm**



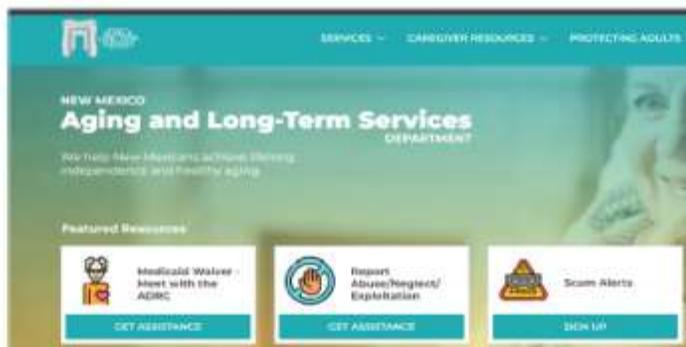
*Over 30 Vendors  
Free Admission  
Open to the Public*

*Health & Community Information*

**Mark Your Calendar!**

2201 Puerto Rico Ave. Alamogordo, NM 88310

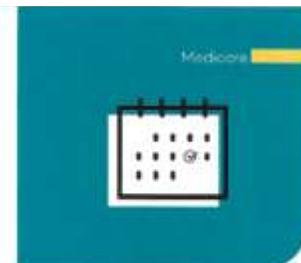
**SCAM ALERTS**



**SIGN UP FOR TEXT AND/OR E-MAIL ALERTS**

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

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



**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**

# August Birthdays



Pictured: **Adelina Ayers**

Thank you Denise Race from Gerald Champion Regional Medical Center for sponsoring our Birthday party this month!!!

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

*Lou Ann Foster, Tom Shipman, and Cheryl Weckel!*



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!!!