

The Sentinel

October 2022

50 cent suggested donation

From the Manager



Happy Pumpkin Spice & Everything Nice!

If you have not participated in our congregated dining room setting, you are missing out! I encourage you to give us a try at least once. We have new comfy chairs & we have the best entertainment this side of town!

D.R. Entertainment from 9:00 – 11:00 a.m.

- Monday – Nanette Duquette
- Last Monday/month - Belly Dancers: 10:30 – 11:00 a.m.
- Tuesday - LeNora/Songbirds
- 1st & 3rd Wednesday – Steve Dines (Accordion)
- Thursday – Mrs. Hoosier (Piano)
- Friday – Countryfied

We hosted our 1st Health Fair last month since 2019, (pre-Covid). We had a great turnout of approx. 29 vendors. Some vendors will return to provide one-on-one presentations before our 2023 annual event, so be on the lookout. See below from this year's event.



~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>

October 2022

| | | | | |
|--|--|--|--|---|
| <p>3 - Monday Chili Relleno Pinto Beans Spanish Rice Mixed Fruit</p>  | <p>4 - Tuesday Beef Stroganoff Capri Vegetables WW Roll Plums</p> | <p>5 - Wednesday BBQ Chicken Thighs Potato Salad Chuckwagon Vegetables WW Roll Peach Crisp</p> | <p>6 - Thursday Baked Pork Chop Baked Potato Peas Biscuit Mandarin Oranges</p> | <p>7 - Friday Santa Fe Chicken Cilantro Lime Rice Beet & Onion Salad Peanut Butter Cookie Pineapple Tidbits</p> |
| <p>10 - Monday Chicken Tacos Lettuce & Tomato Corn w/ Peppers Pinto Beans Tropical Fruit</p> | <p>11 - Tuesday Salisbury Steak w/ Gravy Potato Wedges Brussel Sprouts WW Roll Plums</p> | <p>12 - Wednesday Lemon Chicken Carrots Steamed Rice Strawberries & Bananas</p> | <p>13 - Thursday Green Chile Cheese Lasagna Lettuce & Tomato Mixed Vegetables Spice Cake</p>  | <p>14 - Friday Beef Stew Beet & Onion Salad Cornbread Applesauce</p> |
| <p>17 - Monday Beef Tips Mashed Potatoes Asparagus Sliced Carrots Apricots</p>  | <p>18 - Tuesday Dill Baked Fish Corn & Peppers Carrot Slaw Hush Puppy Yogurt Pears</p> | <p>19 - Wednesday Meatloaf Mashed Potatoes w/ Gravy Capri Vegetables WW Roll Apple Cobbler</p> | <p>20 - Thursday Chicken Strips French Fries Green Beans Biscuit Peaches in Cottage Cheese</p> | <p>21 - Friday Beef Fajita Lettuce & Tomato Pinto Beans Vanilla Pudding</p> |
| <p>24 - Monday Baked Chicken Breast Country Blend Vegetables Scalloped Potatoes WW Roll Mandarin Oranges</p> | <p>25 - Tuesday Red Beef Enchiladas Pinto Beans Crackers Apricots</p>  | <p>26 - Wednesday Kraut Dog Potato Wedges Baked Beans Applesauce</p> | <p>27 - Thursday Brisket Tossed Salad Peas & Carrots WW Roll Vanilla Pudding</p>  | <p>28 - Friday Sloppy Joe Green Beans Glazed Baby Carrots Peaches</p> |
| <p>31 - Monday Cheese Burger Lettuce, Tomato, Onion, & Pickle French Fries Cake</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



*August 2022
Nutrition Report*

Number of days served this month: 23

Total number of meals served: 8,478

| | Congregate Meals: | Carry-Out: | HD Meals: |
|-------------------|----------------------|------------|-----------|
| Meals Served: | 2,374 | 2,672 | 3,438 |
| Donation Average: | \$2.03 | \$2.03 | \$0.97 |

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 **10:30 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.

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.

PLEASE HELP US

We are missing flatware and dishes. Please check your tray before you dump it in the trash and please do not take silverware or dishes out of the dining room.



They are very expensive to replace.

Your cooperation is sincerely appreciated!

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!



**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 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



10 Warning Signs of Alzheimer's

Presented by the Alzheimer's Association, NM Chapter

Free & In-Person: Tuesday, Oct. 11th 10am



Location:

Alamogordo Senior Center

2201 Puerto Rico Ave, Alamogordo, NM 88310

Register by email: nmprograms@alz.org
Or call: 1 (800) 272-3900



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!!!

4

Make some great finds today!



Painting Classes

BEGINNING WEDNESDAY
OCTOBER 5TH 9-11 AM

YOU'LL LEARN TO PAINT IN
WATERCOLOR, ACRYLIC AND
PASTELS

FOR 6 WEEKS
LIMITED TO 10 STUDENTS

6

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>

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

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

Legal Resources for the Elderly Program

for Seniors

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



Painter: Elizabeth (Betty) Chene 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

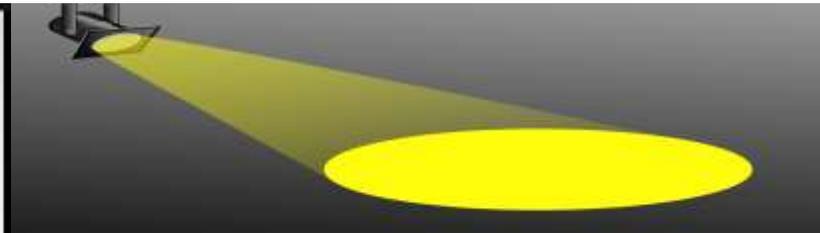
ASC Fitness Center Class Schedule & Procedures

| 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.



CHRISTINE JAGODOWSKI—I was a member of the senior center quite a while ago, but after having back surgery several months ago, I quit coming. I also noticed that my balance was off. I “rejoined” the Senior Center and started attending the Fitness Classes. The first class I started with was “Balance Baby Balls & Beanies” with Tami Curl. A few weeks later, I noticed a decrease in my pain level! Also, I have always enjoyed playing golf and Tami’s class has helped with my eye-hand coordination on my “chip shots & putting. In this class we laugh & play several games after our balance & strength portion of the class is completed. I always leave her class uplifted and ready to “seize the day!” If you are looking to improve your lifestyle, I highly recommend attending any of the classes at the ASC Fitness Center. On top of exercising, you will meet the most wonderful people.

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



Petals of Gratitude offers Free Service to Cancer Patients by providing Crocheted Flowers to thank their Healthcare Team.

Like to help ? Want to know more? Know how to crochet?
This class will teach you how to make a basic crocheted rose for donation to Petals of Gratitude.

Supplies to bring:

100 yards of worsted weight yarn any color the brighter the better !

100 yards of worsted weight yarn color green for sepals, leaf and wrap around the stem.

Crochet hook to fit your yarn. (size H) (5.0mm)

Sewing needle, Scissors

Pattern, balloon holder, wire and tags will be provided.

Join me in the activity room on Monday October 10, 2022 at 10:00 AM

Petalsofgratitude.org

SCAM ALERTS

SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

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

Halloween Word Search

Q M T J V M P L P L S W R Y N Y
S B R L E F W H X B V C L P K W
P H P Q V F T O S H T F X H X H
O B F H D J I J N O T E L E K S
O R Q C A N D Y I F U Q I O O B
K G H O S T S L K J J E N D O S
Y M Z L G J F C P H E K Y J X Y
I T E C O S T U M E S L A H X A
V G A X B K L M U M M Y H A K S
E A A B L Z S T P P I B U L H M
D M W F I T P A R T Y Q G L C U
A E Y Q N U G E S S L H Z O T S
S S B J E C C R F F K X P W I Y
T R I C K U P T J A S L Z E W E
F T Z Q W P X B J Q A B I E U W
M T V C R J K U D T M U S N H O

| | | |
|-----------|----------|----------|
| BOO | CANDY | COSTUMES |
| GAMES | GHOSTS | GOBLIN |
| HALLOWEEN | MASK | MUMMY |
| PARTY | PUMPKINS | SKELETON |
| SPOOKY | TRICK | TREAT |
| WITCH | | |

www.thetypicalmom.com



A very big **THANK YOU** to these volunteers for helping with the Fitness Center Booth at the Senior Center Health Fair on Thursday September 15!

From left to right: **Cheryl, Lydia, Tami, and Tammie.**





One of Alamo senior Center's Pride & Joy

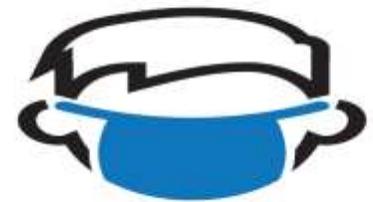
*Come by and see our **Monstera Deliciosa**, also known as **Swiss Cheese Plant**. Zyra has entered it in our Otero County Fair and has won a ribbon each time. It is one of our pride and joy plants here at the Alamo Senior Center, and if you get a chance, come by and see it in person.*

September Birthdays



Pictured: (Top to Bottom) Allen Schwartz, Yolanda Kurth, Susan Kauffman, Anita Raynor, Brad Eitnier & Cleo Torres!!!

Thank you Justine Pettway from Casa Arena Blanca for sponsoring our Birthday party this month!!!



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!!!