

The Sentinel

December 2022

50 cent suggested donation



Magdalena Morales
Senior Center Manager



Britney Ybarra
Admin. Assistant



Ryan Sanders
SVP Specialist



John Ely
Finance Coordinator



Eddie Perez
Home Services Supervisor



Zyra Serna
Nutrition Coordinator



Teri Eldridge
MOW's Aide



Violet Norman
Kitchen Administrator



Minnie Mendez
Kitchen Assistant



Brandi White
Kitchen Aide



Jeremy Smith
Kitchen Custodian



Antonio Onate
Kitchen Aid



Brittany Clark
Senior Services Supervisor



Gloria Guerrero
I&R Coordinator



Lydia Tyrrell
Receptionist



Jamie White
Maintenance



Tracy Duncan
Fitness Coordinator



Martin Henderson
Bus Driver



Kimberly Sheley
Bus Driver



*From all of us at the Alamo Senior Center to all of you,
HAPPY HOLIDAYS!!!*

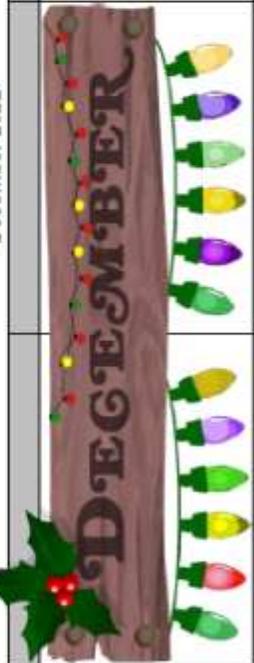
Alamo Senior Center

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>

December 2022

<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays</p> <p>Suggested Donation: \$2.50</p> <p>Menu Subject to Change</p>		<p>1 - Thursday Meatloaf Mashed Potatoes Green Beans w/ Almonds WW Roll Strawberries Tapioca Pudding</p> 	<p>2 - Friday Beef Stroganoff Spinach Sliced Carrots Mandarin Oranges Vanilla Greek Yogurt</p>	
<p>5 - Monday Beef & Bean Chili Chuckwagon Corn Combread Fruit Salad</p> 	<p>6 - Tuesday Hamburger Mac Green Beans Corn Peanut Butter Cookie</p>	<p>7 - Wednesday Baked Cod Coleslaw Green Beans Combread Peaches in Yogurt</p> 	<p>8 - Thursday Stuffed Chicken Breast Baked Sweet Potato Capri Mixed Vegetables WW Roll Cake w/ Strawberries</p>	<p>9 - Friday Beef Burgundy Egg Noodles Peas & Carrots WW Roll Spiced Apples</p>
<p>12 - Monday Baked Chicken Breast Roasted Potatoes Mixed Vegetables WW Roll Peaches</p>	<p>13 - Tuesday Country Fried Steak Mashed Potatoes Buttered Corn WW Roll Apricots</p>	<p>14 - Wednesday Red Beef Enchiladas Lettuce & Tomato Spanish Rice Crackers Mandarin Oranges</p>	<p>15 - Thursday Cheeseburger Lettuce, Tomato & Onion French Fries Carrots & Peppers Chocolate Pudding</p> 	<p>16 - Friday Prime Rib w/ Au Jus Mashed Potatoes & Gravy Fancy Mix Vegetables WW Roll Pecan Pie</p>
<p>19 - Monday Chicken Strips Mashed Potatoes Mixed Vegetables Biscuit Fruit Cocktail</p>	<p>20 - Tuesday Green Chile Pork Stew Mexi Corn Salad Corn Bread Warm Cinnamon Apples</p> 	<p>21 - Wednesday Soft Beef Tacos Lettuce, Tomatoes & Salsa Pinto Beans Squash w/ Corn Tropical Fruit</p>	<p>22 - Thursday Green Chili Lasagna Green Salad w/ Dressing Mixed Vegetables Garlic Roll Mandarin Oranges</p>	<p>23 - Friday Pepper Steak Herb-Roasted Potatoes w/ Gravy Brussel Sprouts Sliced Bread Applesauce</p>
<p>26 - Monday</p> 	<p>27 - Tuesday Spaghetti & Meat Sauce Steamed Broccoli Garlic Bread Applesauce Cake</p>	<p>28 - Wednesday Beef Fajitas Lettuce & Tomatoes Pinto Beans Pears</p>	<p>29 - Thursday Green Chile Chicken Enchiladas Spanish Rice Pinto Beans Mandarin Oranges</p>	<p>30 - Friday Swiss Steak Potato Wedges Roasted Brussel Sprouts WW Roll Pineapple Bits</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



*October 2022
Nutrition Report*

Number of days served this month: 21

Total number of meals served: 7,913

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,227	2,416	3,278
Donation Average:	\$1.98	\$1.98	\$.83

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.

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

*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.

The Alamo Senior Center will be closed on

December 26, 2022 and January 2, 2023 in observance of the Christmas & New Year Holiday!



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!

4

Thank you for supporting the Alamo Senior Center



Here are two websites where you 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!

**Holiday
Craft Fair**

DECEMBER 7, 2022
9am - 1pm

Alamo Senior Center
2201 Puerto Rico Ave Alamogordo, NM 88310

Arts, Crafts,
Jewelry & Much
More!

PHONE: (575) 439-4150

Alamo Senior Center's

ANNUAL CHRISTMAS RAFFLE!

**\$5 per
Ticket!**

Drawing to be held: 12/23/22 at Noon
Tickets may be purchased at Alamo Senior Center
2201 Puerto Rico Ave., Alamogordo



1st Prize:
86" x 72"
Handmade Quilt



Grand Prize:
Lightly used
Kenmore
Washer/Dryer



2nd Prize:
Genuine Turquoise
Necklace

Need not be present to win.

For more information, please call: 575-439-4150

*All proceeds go to senior programs



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

Made with PosterMyWall.com

Walk with Ease | Arthritis Foundation

Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."
— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is a exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Classes are one-hour each.

Walk with Ease Program

Thursdays, Nov 3 - Dec 15, 2022
10:00am-11:00am

Location/Cost: Via Zoom Meeting. Free!!

Leaders: Kelly Knight, kelknight@nmsu.edu
Maureen Schmittle, maureen.schmittle@state.nm.us

Space is limited, sign up today!
call 575-437-0231 or kelknight@nmsu.edu

AARP Foundation TAX-AIDE

Free tax assistance for those who need it most



AARP Foundation Tax-Aide is looking for volunteers to help in our free tax assistance program primarily for taxpayers over 50 and with low to moderate income. If you enjoy preparing your own taxes or want to learn to help others with their taxes, we will provide free training and support for you. We are also recruiting volunteers to set appointments, aid taxpayers in gathering their documents, speak a second language, or assist with tax site technology. Your skills and time can make a difference to others, and you have what it takes to help your neighbors get the tax credits and benefits they deserve.

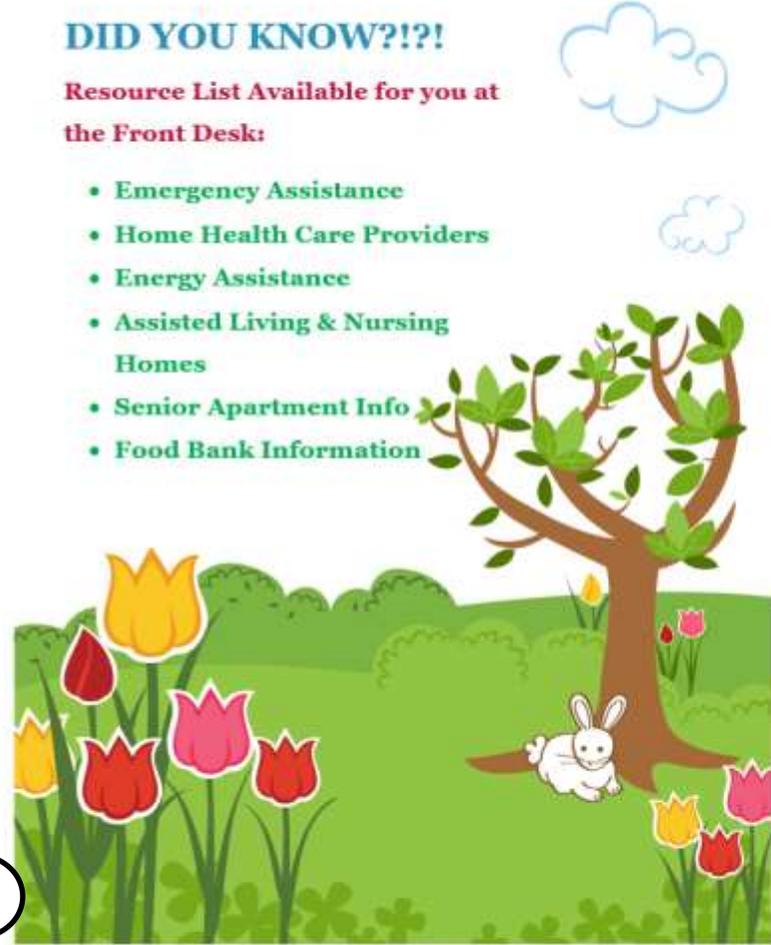
Register to become a Tax-Aide volunteer at aarpfoundation.org/taxaide, or call 1-888-227-7669 for assistance in registering. We will contact you by phone once you have submitted your application.

If you want to learn more about the volunteer opportunities for AARP Foundation Tax-Aide and the tax training available in the Alamogordo area, please call Norm Renfrow at 575-491-9314 for additional information. Thank you for your interest.

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



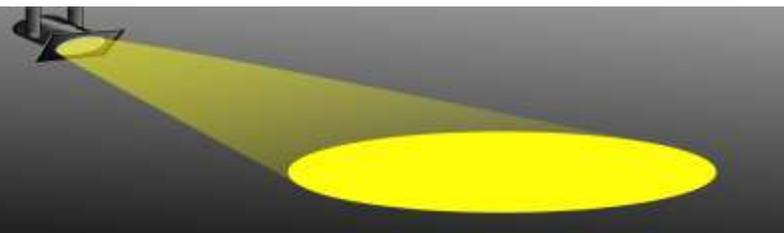
ASC Fitness Center Class Schedule & Procedures

Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beans	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	3rd Tues of Each Month	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 10/3/2022

Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After your class, please 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.



Tami Curl—I have been coming to the Senior Center/Fitness center for quite a number of years. I started as a volunteer with the RSVP program, before I was eligible to be a member of the center since I was not “old enough.”

Once I was eligible, I “hopped on the bandwagon” and signed up immediately so I could attend the classes offered at the Fitness Center. I have never stopped coming since. The difference is, I am now one of the many instructors we have at the Fitness Center.

I have a few disabilities, but they do not hinder me from working out. I have enjoyed helping others that have ailments, and I love helping and encouraging them to continue attending classes. I have watched the growth and healing of many individuals. That’s what keeps me going. I am truly a “Blessed” Person! (An error was made last month omitting Joyce Gobrecht’s name)



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.

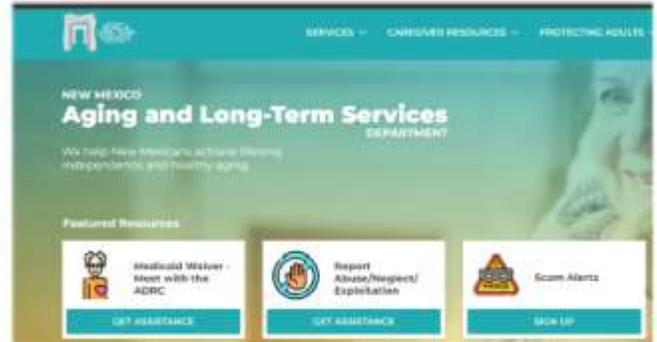
Do you have questions about SNAP and how to apply?

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

(844) 684-6268



SCAM ALERTS



SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

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

Chronic Disease Self-Management Education Programs

Learn new skills to help you feel better



The Chronic Disease Self-Management Education Program (CDSMEP) is a group of **FREE** programs for adults, including those with disabilities and who are living with one or more chronic health conditions that require daily self-management. Conditions may include arthritis, chronic pain, asthma, cancer, HIV, diabetes, high blood pressure or heart disease. All programs are available in English and Spanish.

WHAT ARE THE PROGRAMS?

5 Free Programs



1 Chronic Disease Self-Management Program (CDSMP) for adults who have one or more chronic health conditions



2 Diabetes Self-Management Program (DSMP) for adults who have Type 2 diabetes



3 Cancer: Thriving and Surviving Program (CTSP) for adults who have cancer or are in remission



4 Chronic Pain Self-Management Program (CPSMP) for adults who are managing chronic pain



5 Positive Self-Management Program (PSMP) for HIV for adults who are managing HIV

WHAT ARE THE PROGRAMS LIKE?

Workshops are hands-on and focus on skill-building and support to help you increase your confidence in your ability to manage your health. They are held virtually or in a non-clinical community setting (e.g., church, hospital, senior center, etc.)

2 trainers (including a peer with a similar chronic condition) **2 1/2** hours **6** once a week for **6** weeks

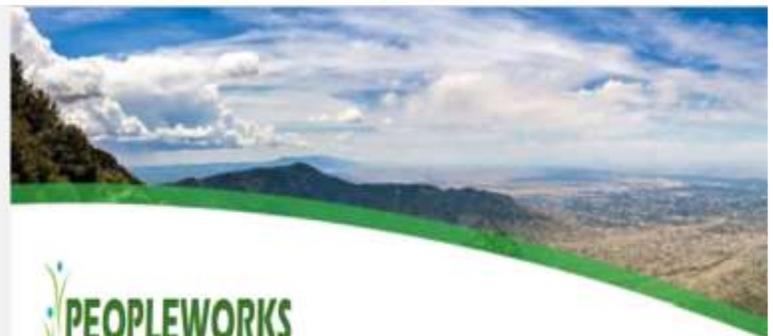
5+ Learning Topics

1. Creating action plans
 2. Eating healthier and managing weight
 3. Reading nutrition labels
 4. Communicating effectively with family and medical providers
 5. Managing pain and fatigue
- And many more!



Get started by calling the Wellness Referral Center at **(505) 445-5332** or by emailing info@wellnessreferralcenter.com.

8



COUNSELING

ONLINE GROUPS/CLASSES

PROBLEM GAMBLING

CAREGIVER SUPPORT

Are you feeling down, stressed out, anxious?

Are you finding yourself using alcohol, drugs, gambling more and more?

Are you having problems in your relationships?

Are you facing losses or grief?

GET CONNECTED TODAY!

1005 21st St SE, Ste. B

Rio Rancho, NM 87124

Phone: 505-990-4186

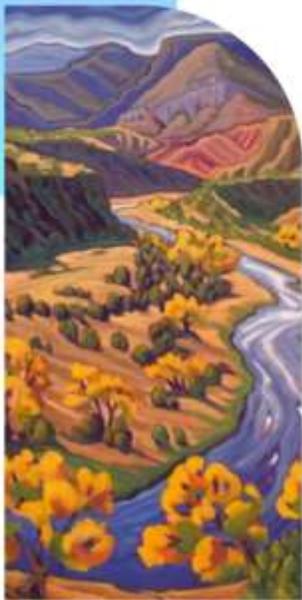
Fax: 505-962-0247

Email: peopleworksnm@gmail.com

Web: <http://peopleworksnm.org>

PEOPLEWORKS is here to help! Our therapists have many years of experience, some even 30+ years. Our satisfaction surveys consistently rate our services with 96-99% of responses in good or very good categories. Privacy and confidentiality are of utmost importance, and we value ethical, practical, culturally sensitive services. We look to meet

COMING TO RUIDOSO AND RURAL SOUTHEAST NEW MEXICO.



Painter: Elisabeth (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

www.nonmetroaaa.com

Effective Communication Strategies

Presented by the Alzheimer's Association, NM Chapter

Free & In-Person: Tuesday, Dec. 13th 10am



Location:

Alamogordo Senior Center

2201 Puerto Rico Ave, Alamogordo, NM 88310

Register by email: nmprograms@alz.org

Or call: 1 (800) 272-3900



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

Program Note

All afternoon activities are **CANCELLED** on December 15th as well as **ALL** activities on

December 16th for our Christmas luncheon.

- Our Fitness Center will be open for business as usual.

November Birthdays



Pictured: David Swafford, Dale Stanley, Hal Raines, Gloria Chestnut, and Patricia Duran.

Thank you Linda Bentley from GCRMC Rehabilitation Center for sponsoring our Birthday Bash this month!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Luis Chavez, Margaret Ramey, Collette Shelley, & Sonja Thompson



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!!!