

The Sentinel

February 2023

50 cent suggested donation



From the Manager

Hello February...

If you missed our New Year's Party, you missed a good time! There were about 100 participants that enjoyed good food & dancing to Selmo! We will repeat the event on Tuesday, February 14th, for Valentine's. Tickets are available at the front desk.



AARP Tax Services will be housed here from February 1st through the 17th due to construction at the Civic Center. Appointments will be taken at (575) 491-9314.

The Senior Center will be closed Monday, February 20th, in observance of the President's Day Holiday.

Our meal program area is down two kitchen staff currently. Actually, we have not been fully staffed in this area for quite some time. Let me tell you why. Our kitchen program is no joke! This is the most intense physical labor program area of our facility. Our kitchen staff & volunteers have to be built tough! When their day begins, they are prepping for our daily meal of approximately 375, & numbers are gradually increasing. At the same time, the kitchen staff is looking towards the next day's meal for prepping. They lift 60 lb. pans daily & continually. They sweep, mop, and clean their workstations and wash dishes & pots/pans for the next day's use. They rotate inventory in our dry storage room, cold refrigerators & freezers. These are just a few daily tasks mentioned. All the while, they are producing a well-balanced, nutritious State-approved meal. When they have time, they prepare soup & salad, which is an extra service & not a requirement by the State. So, when I thank staff & volunteers, I **genuinely** mean it! No matter the challenges in every program area, they keep pulling together!

Magdalena

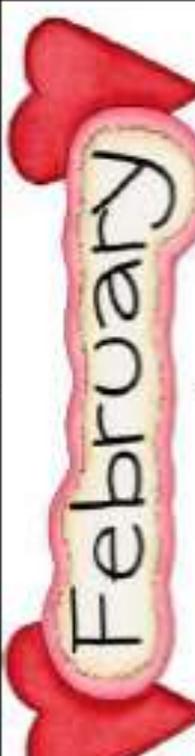
Alamo Senior Center

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>

February

| | 1 - Wednesday | 2 - Thursday | 3 - Friday |
|---|--|--|---|
|  | <p>Stuffed Chicken Baked Sweet Potato Capri Mixed Vegetables WW Roll Pears</p> | <p>Baked Pork Chop Rice Pilaf Mixed Vegetables WW Roll Strawberries on Pound Cake</p>  | <p>Cheeseburger Beets French Fries Baked Beans Watermelon</p> |
| <p>6 - Monday</p> | <p>Chicken Fried Chicken Potato Salad California Blend Vegetables Coleslaw WW Roll Pears</p> | <p>9 - Thursday</p> <p>Orange Chicken Brown Rice Asian Vegetables Egg Roll Greek Yogurt Tapioca Pudding</p> | <p>10 - Friday</p> <p>Open Roast Beef Sandwich WW Bread Mashed Potatoes Green Beans Fruit Cocktail</p> |
| <p>7 - Tuesday</p> <p>Soft Beef Tacos Lettuce, Tomato & Salsa Pinto Beans Squash w/ Corn Tropical Fruit</p> | <p>8 - Wednesday</p> <p>Beef Steak Ranchero Roasted Cilantro Potatoes Ranch Style Beans Tortilla Peaches</p> | <p>16 - Thursday</p> <p>Meat Loaf Garlic Mashed Potatoes w/ Gravy Spinach w/ Mushrooms WW Roll Peach Cobbler</p>  | <p>17 - Friday</p> <p>Frito Pie Tossed Salad w/ Dressing Corn Salsa Plums</p> |
| <p>13 - Monday</p> <p>Spaghetti & Meat Sauce Steamed Broccoli Garlic Bread Tossed Salad Applesauce</p> | <p>15 - Wednesday</p> <p>Tilapia Wild Rice Coleslaw Tatar Sauce Jello w/ Bananas</p>  | <p>23 - Thursday</p> <p>Spinach Lasagna Italian Vegetables White Beans Garlic Bread Fruit Salad w/ Greek Yogurt</p> | <p>24 - Friday</p> <p>Country Fried Steak Baked Potato Brussel Sprouts WW Roll Bernies in Jello</p> |
| <p>14 - Tuesday</p> <p>Breakfast for Lunch Scrambled Eggs Sausage Diced Potatoes Biscuit w/ Gravy Mixed Fruit</p>  | <p>22 - Wednesday</p> <p>Beef Tips Mashed Potatoes Broccoli Sliced Carrots Buttermilk Biscuit Vanilla Pudding</p> | <p>28 - Tuesday</p> <p>Liver & Onions Mashed Potatoes w/ Gravy Cabbage w/ Peas WW Roll Baked Apple Slices</p> | <p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change</p> |
| <p>20 - Monday</p> <p>Happy Presidents Day!</p>  | <p>21 - Tuesday</p> <p>Red Beef Enchiladas Spanish Slaw Pinto Beans Apricots</p> | <p>27 - Monday</p> <p>GC Chicken Enchiladas Lettuce & Tomato Beets & Carrots Mandarin Oranges</p> | <p>28 - Tuesday</p> <p>Liver & Onions Mashed Potatoes w/ Gravy Cabbage w/ Peas WW Roll Baked Apple Slices</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



December 2023
Nutrition Report

Number of days served this month: 21

Total number of meals served: 7,945

| | Congregate Meals: | Carry-Out: | HD Meals: |
|-------------------|-------------------|------------|-----------|
| Meals Served: | 2,226 | 2,487 | 3,232 |
| Donation Average: | \$2.07 | \$2.07 | \$1.06 |

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

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!

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



Porter, Elisabeth (Sitzig), Chama River

Contact us by phone, text, or email.

Let's Thrive!



CONTACT US
Local: (505)395-2668
Toll Free: (866)699-4927
CASE MANAGEMENT
Phone: (505)391-9231
Email: seniorhelp@ncnmedd.com
www.nonmetroaaa.com

The Alamo Senior Center will be closed on February 20, 2023 in observance of the Presidents Day holiday!



*Alamo Senior
Center*

VALENTINE'S

Dance

TUESDAY FEBRUARY 14, 2023

2:00 PM - 5:15 PM

Tickets \$10 Single or \$15 Couple

Music by Selmo! Snacks, Drinks and Dessert
provided!

Tickets available at the front desk! 2201 Puerto Rico Ave.

For more info call:

(575) 439-4150

EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO DEPARTMENT OF HEALTH
HEALTH #ProtectNM #MaskUp

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IMPORTANT INFORMATION

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

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www.burtbroadcasting.net

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 | 8:00 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 | 8:00 AM - 4:00 PM | Lobby |
| Chicken Foot Dominoes | Tues | 1:00 PM - 4:00 PM | Lobby |
| Dominoes | Thurs | 1:00 PM - 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 |
| Music in the Morning | Daily | 9:00 AM - 11:00 AM | Dining Room |
| Needlework (Open Platform) | Mon - Fri | 8:00 AM - 4:00 PM | Activity Room |
| Pool/Billiards | Mon - Fri | 8:00 AM - 4:00 PM | Pool Room |
| Pool Tournament | 2nd Tues of Month | 9:30 AM - Done | Pool Room |
| Quilting Group | Thurs | 8:00 - 11:00 AM | Activity Room |
| Quilting (Open Platform) | Mon - Fri | 8:00 AM - 4:00 PM | Activity Room |
| SVP Advisory Council | 3rd Wed of Month-Quarterly | 1:15 PM - 3:00 PM | Classroom |
| Silversmith | Mon - Fri | 8:00 AM - 4:00 PM | Lapidary Room |
| Spinning & Fiber Class | 3rd Mon of Month | 10:00 AM - 12:00 PM | Activity Room |

12/28/2022

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



ALAMOGORDO
1401 10th St, Ste B
Alamogordo, NM 88310
575.437.HEAR (4327)

RUIDOSO
2825 Sudderth Dr, Ste H
Ruidoso, NM 88345
575.257.0454

SERVICES INCLUDE:

- Hearing Evaluations for all ages
- Tinnitus (ringing in the ear) evaluations
- Balance evaluation
- Custom made hearing protection
- Hearing aids of all manufacturers
- Hearing aid repair
- Cerumen (ear wax) removal

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COME VISIT US!

*WE ARE IN NETWORK WITH ALL INSURANCES
(including Tricare, Medicare and Medicaid)

*WE ARE CONTRACTED WITH THE
VETERANS ADMINISTRATION
(no need to drive to El Paso or Albuquerque
for your VA hearing aid needs)

DR. ALLISON MONEYPENNY, AUD CCC-A
WWW.AHCNM.COM • ALLISON@AHCNM.COM

Weight Training-101 Upper Body

Continuation series

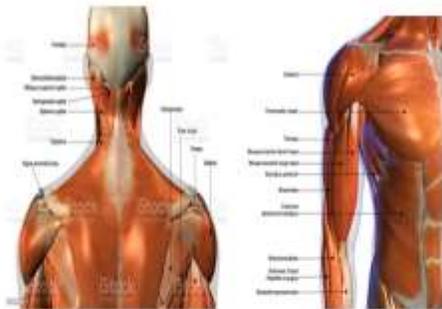
"Upper Body" only.

When: Tuesday February 21, at 8:00am

Where: ASC Fitness Center Room 2

Contact: Tracy Duncan – Fitness coordinator

This course will not run longer than 30-40 minutes.



Contact: Tracy at the ASC FITNESS CENTER: 575-439-4150 X 4274 to register.

This is a lecture presentation, and participation in actual movement is not mandatory.

SAVE YOUR SPACE, SIGN UP TODAY!

Senior Volunteers Needed



55 YEARS OR OLDER



FOSTER GRANDPARENT: Under the supervision of teachers and principals, you will provide service to youth/students in local schools. Some examples include tutoring students in math/reading, reading to a class, helping a kindergartner practice handwriting, or providing emotional support to children.

SENIOR COMPANION: In the home of a frail, disabled, or terminally ill homebound senior citizen, you will provide assistance to help them carry out daily tasks. Some examples include providing socialization to isolated seniors, assisting with chores, providing transportation to appointments, or helping the client with grocery shopping.



AmeriCorps
Seniors

**Interested?
Call Ryan
Sanders, SVP
Specialist at
Alamo Senior
Center
575-439-4150**

**\$3.15/HOUR STIPEND +
MILEAGE & MEAL
REIMBURSEMENTS***



*Must meet low-income criteria in order to receive

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
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.

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

Alamo Senior Center Fitness Activities

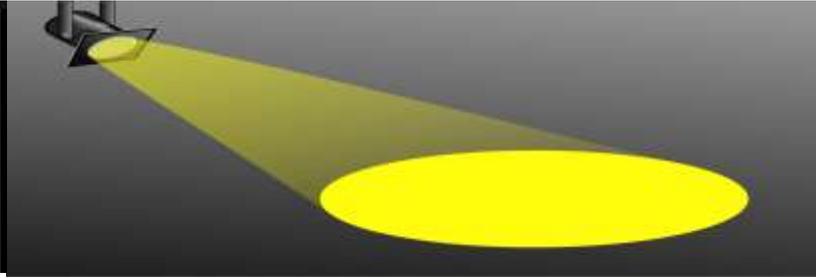
| Event: Exercise Classes | Day | Time | Place |
|--|-------------|---------------------|-----------------|
| Balance & Fall Prevention | Mon/Wed/Fri | 10:00 AM - 10:45 AM | Fitness Room II |
| Balance, Baby Balls & Beans | Mon/Fri | 10:00 AM - 10:45 AM | Fitness Room I |
| Belly Dancing | Tues | 11:00 AM - 11:45 AM | Fitness Room II |
| 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 | 1:00 PM - 3:00 PM | Fitness Room II |
| Line Dance-Advanced | Wed | 1:00 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 1/10/2023

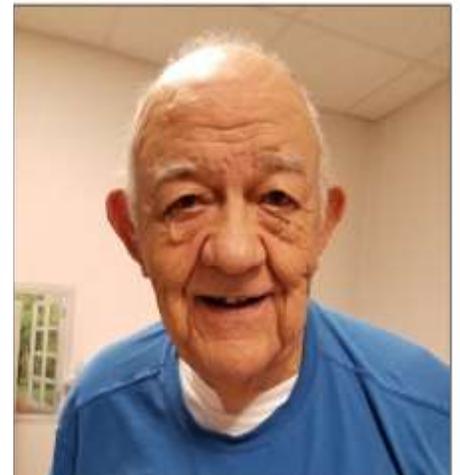
All classes, support groups and activities are instructed by VOLUNTEERS. PLEASE keep this in mind, as things come up, and sometimes our classes are delayed or canceled.

Procedures:

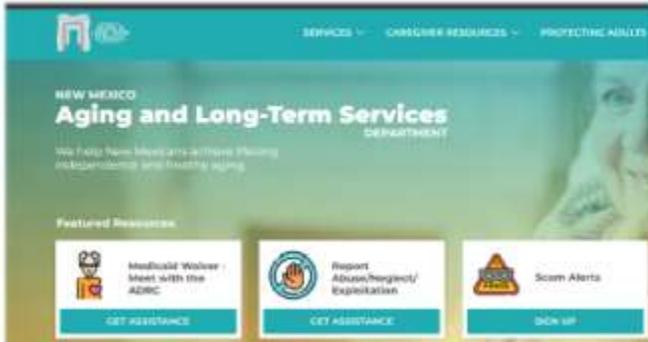
1. Please wipe down and put away your equipment before leaving.
2. After your class, please promptly exit the room so the next class can set up and start on time.
3. Masks are highly recommended but not mandated.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.
5. Closed toed footwear must be worn at all times.



Luis Chavez—I have been attending the Fitness Facility since the beginning of time! I started by doing exercises on my own at the Fitness Center and then a group of people asked me to join them in a class. I decided I would try it. It ended up being the start of something that I was going to do at the Fitness Center. I also knew doing this would help my Golf scores! I started instructing a class to help people on their motor skills. I am constantly reading up on exercises that will help. I am still teaching to this day and continue to provide these exercise techniques to anyone interested. Are you one of those people? Come join my class!



SCAM ALERTS



SIGN UP FOR TEXT AND/OR E-MAIL ALERTS

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

DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Gerald Champion Regional Medical Center
Care. Always. Every. Day.

Tuesdays and Fridays,
starting February 28, 2023
9:30 - 11:30 am
Alamogordo Senior Center

Classes are held twice a week
for 4 weeks for 2 hours each.

FREE program

For more information please call:

**Kelly, 437-0231
Maureen, 437-9340 ext. 5**

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2005, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (90AM1750).

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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

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!

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January Birthdays



Pictured: Geneva Wooten, Rosa Ceballos, and Barbara Taylor

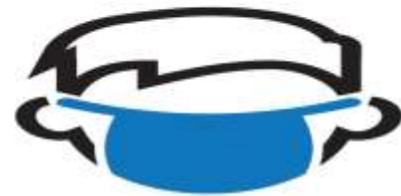
Thank you *Humana* and *Beehive* for sponsoring our Birthday Bash this month!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Michael Knowles and Lee Seldon

Call, Text, or Message
988
For Mental Wellness

988 NM Crisis Support
@988nmcrisissupport
<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!!!