

The Sentinel

March 2023

50 cent suggested donation

From the Manager



Welcome March – “in like a lion, out like a lamb”

Did you know that March is considered one of the happiest months on the calendar? Flowers are budding, days are getting longer even without springing our clocks forward, and it straddles the winter and spring timeline. Who would have guessed March to be one of the happiest months three years ago? We were faced with fear & the unknown then. We now know so much more about the virus & what to do to limit the risk. With that said...

We had a field trip to Ruidoso in January. Be on the lookout for more monthly field trips for your enjoyment! We had a blast at our Valentine’s Dinner & Dance. Entertainment by Selmo was very well attended & enjoyed all. We sold 136 tickets!



I would like to share a tidbit of information about how we advertise & promote the Senior Center. Our Marketing Department controls our webpage. Any information that we want to provide to the community has to go through a particular process. We do not share personal information/opinions about our members, staff, or volunteers. This is due to the privacy policy that we must follow. The Senior Center **does not** have a Facebook page, and our official page about us can be found at ci.alamogordo.nm.us Select **Community** at the top of the page, then select **Alamo Senior Center** in the left column. You will then be routed to the Alamo Senior Center’s official webpage with pertinent information, our monthly newsletter, menu, calendar of events, activities, flyers, hours of operation, contact information, etc. Unfortunately, we cannot control personal accounts that reference the Senior Center or appear to come from the Senior Center.

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>

	<p>1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Fridays Menu Subject to Change</p>	<p>1 - Wednesday Baked Cod w/lemon Pepper Carrot Raisin Salad Baked Potato Green Beans Combread Peaches in Cobbler</p>	<p>2 - Thursday GCC Hamburger French Fries Roasted Brussel Sprouts Mixed Fruit</p> 	<p>3 - Friday Sour Cream Enchiladas Calabacitas Pinto Beans Spanish Rice Fruit Cocktail</p>
<p>6 - Monday SwissSteak w/ Gravy Rice Pilaf Mushrooms Peas w/ onions Stewed tomatoes Baked Apple Slices</p>	<p>7 - Tuesday Braised Boneless Pork Braised Red Cabbage Red Onions Yams WW Roll</p> 	<p>8 - Wednesday Red Chile Tamale Pinto Beans Spanish Slaw Flour Tortilla Pears</p>	<p>9 - Thursday Sippy Joe French Fries Chateau Blend Vegetables Mandarin Oranges</p>	<p>10 - Friday Chicken Tetrizzini Broccoli & Cauliflower Banana WW Roll</p>
<p>13 - Monday Pepper Steak Baked Potato California Vegetables WW Roll Peaches in Crisp</p>	<p>14 - Tuesday Beef Tacos Spanish Rice Pinto Beans Tapioca Pudding</p>	<p>15 - Wednesday Salisbury Steak w/ Gravy Potatoes Au Grain Beet and Onion Salad WW Roll Plums</p>	<p>16 - Thursday Red Beef Enchilada Lettuce & Tomato Pinto Beans Spanish Rice Apricots</p> 	<p>17 - Friday Corned Beef Cabbage w/ White Beans WW Bread Glazed Carrots WW Bread Strawberries & Bananas</p>
<p>20 - Monday Sweet N Sour Pork Oriental Vegetables White Rice Mandarins Oranges</p> 	<p>21 - Tuesday Chicken Strip Mashed Potatoes Creamed Spinach Biscuit Fruit Cocktail</p>	<p>22 - Wednesday Beef Fajitas Peppers and Onions Flour Tortilla Pinto Beans Disced Mango</p>	<p>23 - Thursday BBQ Chicken Thigh Country Vegetable Blend Baked Beans WW Roll Peaches</p>	<p>24 - Friday Beef Tips Egg Noodles Salad Peas Carrots Spiced Pears Oatmeal Cookie</p>
<p>27 - Monday Beef Stroganoff Capri Vegetables WW Roll Berries in Cobbler</p>	<p>28 - Tuesday Stuffed Pork Chop w/ Gravy Parsley Potatoes Green Beans WW Roll Tropical Fruit</p>	<p>29 - Wednesday Chicken Enchilada Pinto Beans Zucchini w/ Diced Tomatoes Fruit Compote</p>	<p>30 - Thursday Spaghetti & Meat Sauce Tossed Salad Brussel Sprouts Garlic Bread Applesauce</p>	<p>31 - Friday Country Fried Steak Baked Potato w/ Country Gravy Okra WW Roll Peaches in Jello</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



January 2023
Nutrition Report

Number of days served this month: 20

Total number of meals served: 8,185

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,500	2,560	3,132
Donation Average:	\$2.09	\$2.09	.98

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!



USA Insurance

Independent Insurance Agents

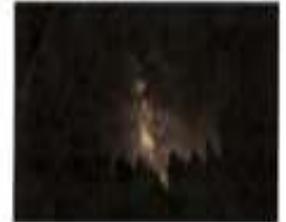
*All your Insurance Needs
Under the Big Red Roof!*

3310 N White Sands Blvd, Alamogordo
Across from the White Sands Mall

575-439-9999



PHOTOGRAPHY CLASS
TAUGHT BY CHERYL
At the Senior Center
Thursdays, 10 a.m. to 11 a.m.
March 2, 9, 23, and 30, 2023
Learn how to take the best photos.



DaMarrio Mitchell
Humana MarketPOINT
Sales Representative

1188 N. Yarbrough Dr.
Ste O
El Paso Tx 79925

C 575 343 5517

O 915 577 4166

Humana

dmitchell56@humana.com

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

Leading the MARKET
IN EVERY FORMAT

Cool 94.5 FM

Country 106.3 FM

94KEY 94.5 FM

NEWS TALK KINN 106.3 FM 1270 AM

BSI

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

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

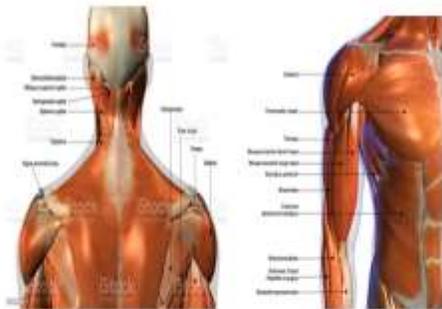
"Upper Body" only.

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

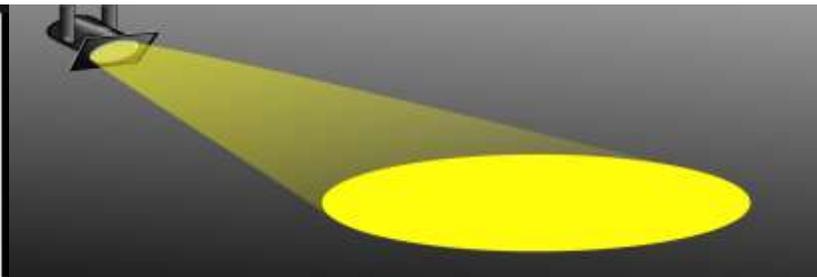
Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beanies	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 Stretch & Flow	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 2/16/2023

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.



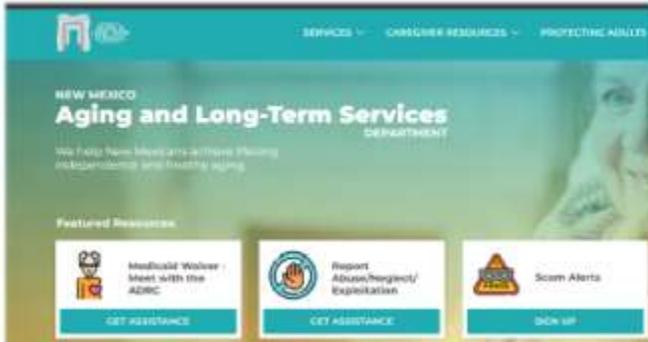
Patsy Duran

I currently live in a facility known as “The BeeHive”, an assisted living facility. I was encouraged to attend to the Fitness Center by my niece, Jennifer Kellogg. I was only going to try it once, but I started coming regularly because of the wonderful people I’ve met. The staff, the volunteers everyone at the Senior Center encourages each other. The classes at the Fitness Center keep me coming back. Since I’ve been attending, I feel I can walk better, and my health is getting better. I find I am not depressed as I once was. I don’t “sit around” anymore, but I am active. I am a very lucky person, for sure! I am a testimony of living a better life through health and fitness.

March testimony



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. Time.

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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February Birthdays

HAPPY BIRTHDAY

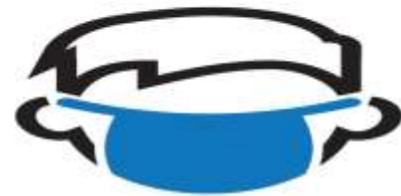


Pictured: Luther Morton, Sharon Row, Joseph Romero, Irma Pacheco, Gloria Guerrero, Roque Rosales, Steve Deines, Pat Forest and Joanna Davis

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

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Alvina Locklear and La Nora Pickel



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!!!