

The Sentinel

April 2023

50 cent suggested donation

From the Manager



Hello April...

I want to begin preparing everyone for the inevitable... discontinuation of our Carryout Meal Service Program. This service began in March 2020 at the height of the pandemic for all Providers (Senior Centers) in New Mexico. We fought hard & we continued to provide meals in a way we had never imagined. We stood out in the heat, rain, wind & snow for two years to continue this vital program for our senior community. We began in-person services in March 2022, including Carryout Services, to accommodate those who continued to fear the virus.

We have come a long way! I am so proud of my staff for fighting the good fight! But now is the time to start "unwinding flexibilities." Our State Level is encouraging Providers to discontinue Carryout Services as this was a waiver to continue meals during the pandemic. The virus is not gone, but we have been given the tools to live with it. Vaccines have been developed to fight the virus and keep us safer, and Covid health guidelines were provided.

Beginning July 1, we will no longer offer the Carryout Service. We will continue providing our original State contracted services... Congregate Meals, Home Delivered Meals, Transportation & Fitness.

Those of you who may qualify for the Home Delivered Meal Service Program may call our Meals on Wheels staff. For those not qualifying for our Home Delivered Meal Program, I invite you to participate in our Congregate Meal setting. You will meet a great group of peers to socialize with. We have an awesome group of entertainers every day of the week from 9:00 to 11:00 to enjoy with your cup of coffee! I challenge you to give us a try. You will not be disappointed!

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>

1% Low Fat Milk Served Daily
Chocolate Milk Served on
Fridays
Suggested Donation: \$2.50
Menu Subject to Change



<p>3 - Monday Baked Lemon Pepper Chicken Country Vegetables Ranch Beans WW Roll Peaches</p>	<p>4 - Tuesday Spinach Lasagna Buttered Corn Lettuce & Tomato Apricots</p> 	<p>5 - Wednesday Hamburger Steak w/ Gravy Sweet Potato Monte Carlo Vegetables Biscuit Brownie</p>	<p>6 - Thursday Stuffed Peppers Au Gratin Potatoes Broccoli Biscuit Tropical Fruit</p>	<p>7 - Friday Fish Platter Cod, Catfish Nuggets, & Shrimp Coleslaw Green Beans Mandarin Oranges</p>
<p>10 - Monday Hawaiian Pork Steamed Rice Oriental Vegetables Mandarin Oranges</p>	<p>11 - Tuesday Beef Burgundy Egg Noodles Peas & Carrots WW Roll Spiced Apples</p>	<p>12 - Wednesday King Ranch Chicken Breast Roasted Baby Carrots Cucumber Salad Combread Peaches</p>	<p>13 - Thursday Beef Steak Ranchero Roasted Cilantro Potatoes Spanish Rice Tortilla Pears</p>	<p>14 - Friday Cheeseburger Lettuce, Tomato, & Onion Potato Salad Baked Beans Peanut Butter Cookie</p>
<p>17 - Monday Beef Fajitas Lettuce & Tomatoes Pinto Beans Apricots</p>	<p>18 - Tuesday Stuffed Chicken Breast Mashed Potatoes Green Beans Chunky Applesauce</p> 	<p>19 - Wednesday Sausage Patty Scrambled Eggs Diced Potatoes w/ Peppers and Onions Mandarin Oranges</p>	<p>20 - Thursday Meatloaf Parsley Mashed Potatoes Brussels Sprouts WW Roll Blueberry Cobbler</p>	<p>21 - Friday Chicken Salad Wrap Carrot And Celery Sticks Sun Chips Mixed Fruit</p>
<p>24 - Monday Spaghetti & Meat Sauce Green Salad Italian Vegetables Garlic Bread Pineapple Tidbits</p>	<p>25 - Tuesday Pepper Steak Steamed Rice Brussel Sprouts Combread Pears</p>	<p>26 - Wednesday Green Chili Cheese Enchiladas Lettuce & Tomato Crackers Tropical Fruit</p>	<p>27 - Thursday Country Fried Steak Mashed Potatoes w/ Country Gravy Okra WW Roll Spice Cake</p>	<p>28 - Friday Salisbury Steak Potato Wedges Spinach Biscuit Cottage Cheese w/ Peaches</p>

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 dietician 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



February 2023
Nutrition Report

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Number of days served this month: 19

Total number of meals served: 7,947

	Congregate	Carry-Out:	HD Meals:
Meals Served:	2,446	2,651	2,850
Donation Average:	\$2.11	\$2.11	1.17

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.

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



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!

ASC ANNUAL EASTER ACTIVITIES

Easter Egg Coloring:

Wednesday, April 5, 2023 @ 10AM in
the ASC dining room

Easter Bonnet Contest:

Thursday, April 6, 2023 @ 11AM in
the ASC dining room

Easter Egg Hunt:

Friday, April 7, 2023 @ 10AM (meet in
ASC foyer to begin, bring your own
basket/bag!!!)

***Donations of candy are accepted for the Easter Egg Hunt, and
can be dropped off at the front desk***

\$10 HAIRCUTS DONATIONS



Styles to
Smiles

Mobile Hair Style by *Erica*

**Sign up at the
Registration Desk**

Donation collected to secure [appointment](#)

WEDNESDAYS & THURSDAYS

April 26th &

9:00 - 3:00

April 27th

Classrooms I & II

ALAMOGORDO SENIOR CENTER

ALAMO SENIOR CENTER PRESENTS

April Showers Dance

Friday, April 21st 2 PM-7PM

MUSIC BY SELMO!

LIGHT MEAL, DESSERT & DRINK WILL BE PROVIDED

TICKETS \$10 EACH

TICKETS MAY BE PURCHASED AT THE FRONT DESK

2201 PUERTO RICO AVE.

FOR MORE INFO CALL (575)439-4150

Tons of GAMES

To Play in our Lobby



**PLEASE HELP YOURSELVES
& MAKE SOME NEW FRIENDS!**

EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO
DEPARTMENT OF
HEALTH #ProtectNM #MaskUp

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 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>

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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FREE Legal Helpline

Legal Resources for the Elderly Program

for Seniors

A statewide, free legal helpline for New Mexico residents 55 and older.

Statewide 1-800-876-6657

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

Turning 65 or new to Medicare?

Humana can help you choose a Medicare plan

Find a Humana plan that fits your goals and your life

It's time to choose your 2023 Medicare plan, and Humana and I are here to help you understand your options. A Humana Medicare Advantage plan gives you everything you get with Original Medicare, and may have additional benefits and services that meet your healthcare needs. Humana offers these plans at attractive premiums.



Call a licensed Humana sales agent

DaMarrio Mitchell
575-343-5517 (TTY: 711)
dmitchell56@humana.com

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.



Housing Stability Program

Serving families in Grant, Hidalgo, Luna, Otero, Sierra Counties

Are you or someone you know experiencing housing instability or homelessness?

Community Action Agency of Southern NM can help you manage and sustain affordable housing.

Help is available in person, on the phone, and/or online to find resources, consult with agencies, complete applications, understand documents, and follow-up.

To apply ONLINE go to <https://www.caasnm.org/> click Request Services
 Or CALL CAASN at 575-527-8799 and ask for the Housing Program.

USA Insurance
 Independent Insurance Agents

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

575-439-9999



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.



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

*Must meet low-income criteria in order to receive



AmeriCorps Seniors

Volunteer

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



Sweets N' Treats

Come get your FLX!
Let us be your SWEET dealers!
575-491-3257

SweetsNTreatsAlamo@gmail.com
Check us out on Facebook today!



9 ASC Fitness Center Class Schedule & Procedures

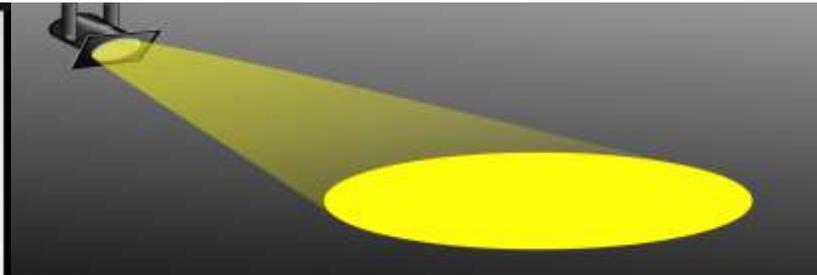
Alamo Senior Center Fitness Activities

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 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.



Pat Garcia

I retired from California in 2015 and relocated to Alamogordo in 2015. The first thing my wife and I did was join the Senior Center. Love the Food! One day I went into the Fitness Center, and someone asked me, "How old are you?" I told him I was 64, and he came back with, "you are not a kid any more, you are "THE KID". I'm a practical jokester, so I knew I was in the right place. I started with Lee's class, "Walk Aerobics" and then started subbing for her when she was out. Everyone was so friendly.

I started participating in almost all classes offered. Recently, Tracy asked if I would be interested in teaching my own class. So now I am the MASTER of the "Low Impact-1 Class" and "Step & Strength." I make sure they sweat good! I really thank God for this center and all the wonderful people we have come to know. There is NO PRESSURE in the fitness Center... Come Join!



The Hidden Risks of Hearing Loss

Hearing loss is frustrating for those who have it and for their loved ones. But recent research from Johns Hopkins reveals that it also is linked with walking problems, falls and even dementia.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert Frank Lin, M.D., Ph.D., and his colleagues found that mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.

The Links Between Hearing and Health

“Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain,” Lin says. “Hearing loss also contributes to social isolation. You may not want to be with people as much, and when you are you may not engage in conversation as much. These factors may contribute to dementia.”

As you walk, your ears pick up subtle cues that help with balance. Hearing loss mutes these important signals, Lin notes. “It also makes your brain work harder just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely.”

Hearing Aid Myths That Hold You Back

Can hearing aids reduce these risks? Lin hopes to find out in a new study, still in the planning stages. “These studies have never been done before,” he notes. “What we do know is that there’s no downside to using hearing aids. They help most people who

“My hearing’s not *that* bad.”

Hearing aid users wait, on average, 10 years before getting help for hearing loss. But during that time, communication with loved ones becomes more difficult, and isolation and health risks increase. “Our findings emphasized just how important it is to be proactive in addressing any hearing declines over time,” says Lin.

Wearing hearing aids means I’m old, and I’m not ready for that.”

It’s normal to feel worried that hearing loss means you’re aging—and to want to hide it. Plenty of people with a hearing impairment sit silently rather than joining in conversations and activities, because they fear that hearing problems will make them seem helpless or less than competent. The truth: Connecting with others can help your brain stay younger and keep you involved with life.

“I don’t like the way hearing aids look.”

Forget the old days of big, whistling earpieces. Today’s hearing aids and cochlear implants are smaller (and less conspicuous) than ever before. Even celebrities (like former president Bill Clinton and football Hall of Famer Mike Singletary) are wearing them proudly.

“I heard that hearing aids are difficult to use.”

There is a breaking-in period as you—and your central auditory system and brain—adjust to life with hearing aids. That’s why most doctors and hearing centers include a trial period, so you can be sure the type you’ve chosen—whether it’s a miniature behind-the-ear model or one that fits into your ear—is right for you.

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss>

If you would benefit from a checkup with a hearing healthcare professional, please contact Advanced Hearing Care at 575-437-4327

SLAM THE SCAM: HOW TO SPOT GOVERNMENT IMPOSTERS

By Rhonda Romero

Social Security Public Affairs Specialist

Do you know how to spot a government imposter scam? Knowing how to identify potential scammers will help safeguard your personal information.

There are common elements to many of these scams. Scammers often exploit fears and threaten you with arrest or legal action. Scammers also pose as Social Security or other government employees and claim there's a problem with your Social Security number (SSN) or your benefits. They may even claim your SSN is linked to a crime.

When you identify a potential scammer:

- Hang up right away or ignore the message.
- Never give personal information or money.
- Report the scam immediately to our Office of the Inspector General at oig.ssa.gov/scam-awareness/report-the-scam.

If you owe money to Social Security, we'll mail you a letter with payment options and appeal rights. We only accept payments electronically through Pay.gov, Online Bill Pay, or physically by check or money order through our offices.

We will never do the following:

- Threaten you with arrest or legal action because you don't agree to pay us money immediately.
- Promise a benefit increase in exchange for money.
- Ask you to send us gift cards, prepaid debit cards, wire transfers, internet currency, cryptocurrency, or cash through the U.S. mail.

Scammers continue to evolve and find new ways to steal your money and personal information.

Please stay vigilant and help raise awareness about Social Security-related scams and other government imposter scams. For more information on scams, please visit www.ssa.gov/scam.

Tell your friends and family about government imposter scams. Let them know they don't have to be embarrassed to report if they shared personal financial information or suffered a financial loss. The important thing is to report the scam right away.

Together, we can "Slam the Scam!"

March Birthdays

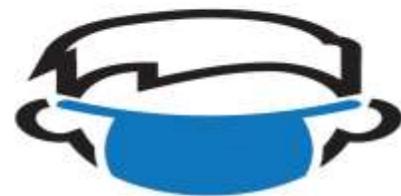


Pictured: Dale Larson, Sandra Jefferson, Martha Shelton, Carl Ives, Albert Lyles, and Patsy Muller.

Thank you JAR Insurance - Jessica Marquez for sponsoring our Birthday Bash this month!!!

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Judy Bouma, Sue Burns, and Claudia Powell



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!!!