

The Sentinel

May

50 cent suggested donation



From the Manager

Our State Level directed all Providers (Senior Centers) in N.M. to end Carryout services last month. We are all working towards rebuilding our Congregate (Dine-in) Program & making it even better. We continue to increase services in this area & seeing growth is our goal!

Lunch is served Monday through Friday from 11:00 to 12:30 p.m. Music & entertainment are provided each morning from 9:00 to 11:00 a.m. by our amazing entertainers. Coffee & tea are provided at our drink station to enjoy as you socialize with fellow consumers while listening to great music!

If you are not in the dining room by 11:00 a.m., the following schedule is followed for the meal program:

- 11:00 – 11:15 – Special Services Served. Those that use canes/walkers & have difficulty walking to the serving line to pick up meal trays & return to the table.
- 11:15 – 11:30 - Tables are called for those that can get meal trays from the serving line & return to the table.
- 11:30 – 12:30 – Serving Line is open for ALL to enter.

All consumers must be assessed/reassessed to receive services contracted by the State... Congregate (Dine-In) & Home Delivered Meals, Transportation & Fitness. Staff will call to set up appointments to prepare State required paperwork at the Senior Center with a staff member. Home Delivered Service State-required paperwork is prepared by our Meals on Wheels staff in your home.

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>

May

1 - Monday Frito Pie Lettuce & Tomato Capri Vegetables Carrot & Raisin Salad Diced Mango	2 - Tuesday Lasagna Tossed Salad w/ Dressing Italian Vegetables Garlic Bread Pears Peanut Butter Cookie	3 - Wednesday Salisbury Steak w/ Gravy Herb Roasted Potatoes Mushrooms and Spinach WW Roll Grapes	4 - Thursday Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Hush Puppy White Cake	5 - Friday Smothered Beef Burrito Spanish Rice Pinto Beans Churro
8 - Monday Beef Tips Tossed Salad w/ Dressing Potatoes Roasted Brussels Sprouts Buttermilk Biscuit Peaches	9 - Tuesday Stuffed Bell Peppers Tossed Salad w/ Dressing Roasted Tomatoes Cucumber Salad Sliced Apples	10 - Wednesday Chicken Breast w/ Gravy Brown Rice Broccoli & Cauliflower Apricots in Sugar Free Gelatin	11 - Thursday Hamburger Steak w/ Gravy Mashed Potatoes Green Beans WW Roll Raw Pear	12 - Friday Braised Brisket Glazed Baby Carrots Scalloped Potatoes WW Roll Yellow Cake
15 - Monday Beef Fajitas Lettuce & Tomato Pinto Beans Spanish Slaw Fruit Cocktail w/ Cottage Cheese	16 - Tuesday BBQ Baked Drumsticks Corn on the Cob Three Bean Salad Broccoli Salad Biscuit Watermelon	17 - Wednesday Meatloaf Mashed Potatoes California Blend Vegetables Tossed Salad w/ Dressing WW Roll Strawberries	18 - Thursday Chicken Tacos Spanish Rice Zucchini w/ Tomatoes Tropical Fruit Salad	19 - Friday Sloppy Joe Baked French Fries Baby Carrots & Celery Sticks Pasta Salad Mandarin Oranges
22 - Monday Chicken Strips w/ Gravy Spring Vegetable Blend Oven Roasted Potatoes Cornbread Spiced Peaches	23 - Tuesday Red Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Calabacitas Plums	24 - Wednesday Pepper Steak Brown Rice Stir Fry Vegetables Sliced Bread Pineapple Chunks	25 - Thursday Stuffed Pork Chop w/ Gravy Baked Sweet Potato Roasted Cauliflower WW Roll Spiced Apples	26 - Friday Hamburger & Hot Dog Macaroni Salad Coleslaw Watermelon
29 - Monday 	30 - Tuesday Chile Relleno Green Salad w/ Dressing Pinto Beans Crackers Mixed Fruit	31 - Wednesday Chicken Tetrazzini Green Beans w/ Tomatoes Crackers Green Salad w/ Dressing Fruit Salad		1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change

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



March 2023
Nutrition Report

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Number of days served this month: 23

Total number of meals served: 9,555

	Congregate Meals:	Carry-Out:	HD Meals:
Meals Served:	2,957	2,950	3,648
Donation Average:	\$2.02	\$2.02	\$.86

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

Serenitea®



"You are as welcome as the flowers in May."

- Charles Macklin

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!

Beginning Painting Class

WEDNESDAYS 9-11
MAY 3, THRU JUNE 28, 2023
YOU'LL LEARN TO PAINT WITH
WATERCOLOR, ACRYLIC
& PASTEL

See you there!



MANAGING MONEY

Tuesday, May 9 at 10:00am

Alamogordo Senior Center

2201 Puerto Rico Ave.
Alamogordo, NM 88310

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

To REGISTER

Please email: nmprograms@alz.org or call: 1-575-647-3868.

 **ALZHEIMER'S
ASSOCIATION**
New Mexico Chapter

CHESS FOR SENIORS



FREE Weekly Chess Classes Online!

Taught By

National Master Jason Lu

Expert Albert Yao

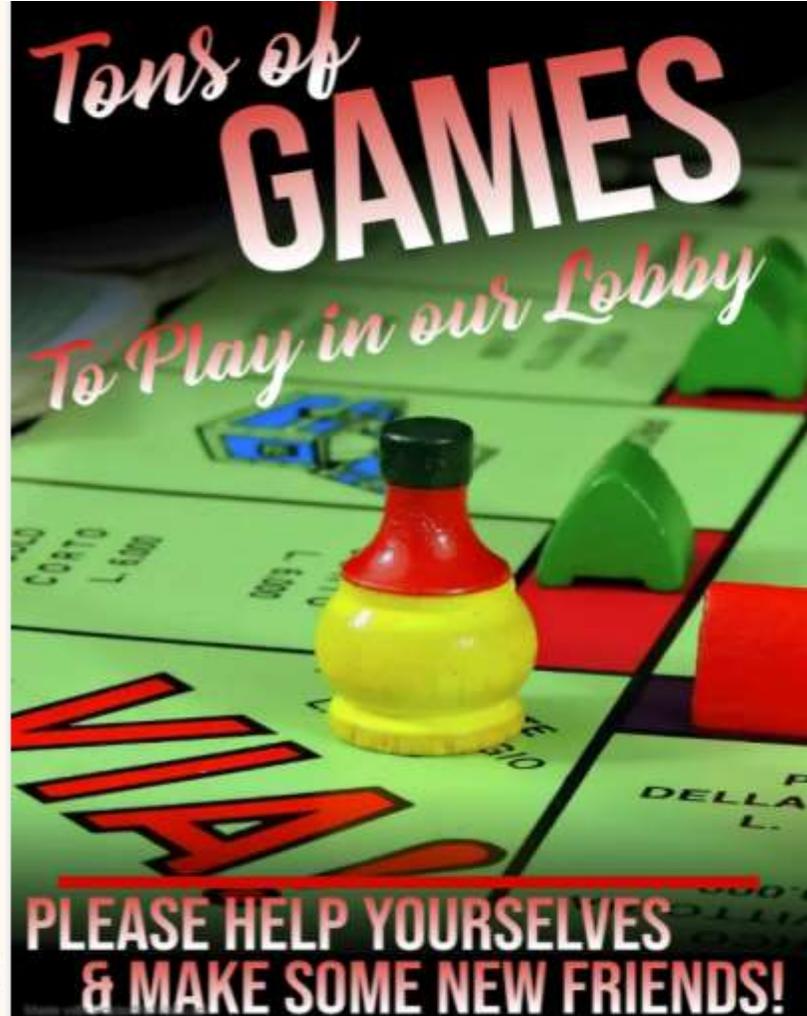
Expert Alex Hu

**CLASSES
START
SOON!!**



Visit chessforseniors.org for more information!

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
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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.



AmeriCorps Seniors



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

\$4/HOUR STIPEND + MILEAGE & MEAL REIMBURSEMENTS*

*Must meet low-income criteria in order to receive



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

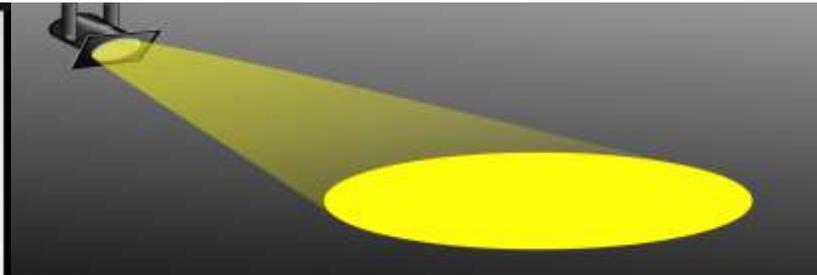
Alamo Senior Center Fitness Activities

Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & 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.



My name is Harry James MacNeill and I'm 74 years old. I was born in Alamogordo, married here and have 2 sons. I came to the Alamo Senior Center just to check out the Fitness Center because I have previously had 2 knee surgeries and upper back surgery and thought maybe I could get some help in the Fitness Facility. I started working out in the equipment area and then broadened my work-out by attending some of the classes offered. At that time, I was using a cane. Everyone encouraged me to, "do what you can" and "take it slow". After two months I was using the cane less and less, and now, I don't use it at ALL!! I enjoy doing my exercise routine and I thank everyone at the Fitness Center for helping me along my journey.

(Just an added note: the Food service does an excellent job with the meals too!)



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 try them. And in those people, they can make all the difference in the world—allowing people to reengage with

“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

JOIN US FOR
**ASC'S CELEBRATION OF
 OLDER AMERICAN'S MONTH**
UPCOMING EVENTS:

- FRIDAY MAY 5: CHIPS & SALSA
 FRIDAY MAY 12: CARNATIONS FOR
 MOTHERS (THANK YOU ALAMOGORDO
 FLOWER COMPANY FOR THE DONATION!)
 FRIDAY MAY 19: MAY FLOWERS DANCE
 FRIDAY MAY 26: COOKIE DECORATING

**OLDER
 AMERICANS
 MONTH**



Alamo Senior Center Presents:



MAY FLOWERS DANCE

Tickets: \$10 Each

*Friday, May 19, 2023
 From 2:00PM - 7:00PM*

Music by Selmo!

Snacks, Drinks & Dessert will be provided
 Tickets Available at the Front Desk
 2201 Puerto Rico Ave.
 For More Info Call: (575) 439-4150

April Birthdays



Pictured: Tamela Campbell, Slim Baxter, Ilene Smith, Vincent McDonald, and Margit Roach.

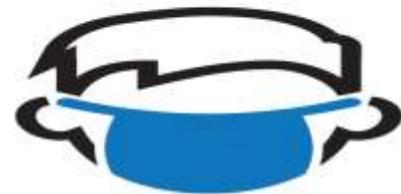
Thank you Kathy and Ruth Wilkens from Alamogordo Downtown Lions Club for sponsoring our Birthday Bash this

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Pat Garcia, April Rhodes, Ilene Smith, and Teresa Black-Gaukler

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!!!