

The Sentinel

June

50 cent suggested donation



From the Manager

Our State required survey was recently provided for input. Thank you to those that took the time to fill one out. I will address some of the suggested items at this time.

We provided sundaes in May & I plan to provide an "ice cream event" for the next four months. A Chocolate Shake event is a great idea! We used to have a snack bar at a charge. I will look into it again.

We have provided four field trips for shopping & sightseeing since February. Flyers are posted & sign-ups are at the front desk. We have visited Las Cruces & Ruidoso a couple of times each.

The carryout meal service will no longer be provided. This was a State approved service during the peak of the pandemic. I invite you to attend our Congregate Meal Program. Our Congregate Meal Program is growing! We have an extension to seat 30 more people if we need more room. We serve from 11:00 – 12:30 p.m. giving everyone ample time to eat.

Our State Nutritionist approves the meals we serve. Meals are not strictly for diabetics, but they are diabetic-friendly.

Our Fitness staff is part-time. Her day ends at 12:30 p.m., making it impossible to be available in the afternoons. But find a buddy and you can enjoy the fitness center, this is the only alternative.

Our monthly birthday party is on the calendar on the last page of our newsletter! Remember that it is always scheduled on the 3rd Wednesday of each month at 10:00 a.m. in our dining room.

We have had dances for the past five months. They were well attended & enjoyed by all. Please see me if you have suggestions for other "bands" for entertainment. I am open to suggestions!

We appreciate our weekly musicians for entertaining! All of our meals are a suggested donation of \$2.50, which is at the discretion of each individual.

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>

June

June		1 - Thursday	2 - Friday
	1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change	Santa Fe Chicken Cilantro Lime Brown Rice Chuckwagon Vegetables WW Roll Beets Pineapple Tidbits	Mrs Dash Baked Cod Broccoli & Red Bell Pepper Strips Coleslaw WW Roll Peaches
	5 - Monday Beef Tips Egg Noodles Peas & Carrots Biscuit Mandarin Oranges	6 - Tuesday Chicken Tacos Spanish Rice Calabacitas Fruit Cocktail Gelatin	8 - Thursday Sour Cream Enchiladas Pinto Beans Spinach w/ Onions Stewed Tomatoes Vanilla Pudding 
12 - Monday Beef Steak Ranchero Broccoli/Califlower Cilantro Roasted Potatoes Flour Tortilla Plums	13 - Tuesday Chicken Strip w/ Country Gravy Mashed Potatoes Chateau Blend Vegetables Spiced Apples 	15 - Thursday Sweet N Sour Pork Emperor Vegetables Brown Rice Mandarin Oranges & Pineapple 	16 - Friday Ham Baked Potato Capri Vegetables WW Roll Chocolate Brownie
19 - Monday Beef Burgundy Egg Noodles Vegetables Medley Biscuit Yogurt Parfait Banana	20 - Tuesday Country Fried Steak Mashed Potatoes w/ Gravy French Gut Green Beans WW Bread Apricots	22 - Thursday Spaghetti Meat Sauce Italian Blend Vegetables WW Roll Diced Peaches/Pears 	23 - Friday Baked Pork Chop Roasted Potatoes w/ Onions Bean Salad WW Roll Orange
26 - Monday Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit 	28 - Wednesday Open Faced Turkey Sandwich WW Bread Parsley Potatoes Beets Strawberries	29 - Thursday BBQ Pulled Pork Sandwich Okra w/ Tomatoes and Onions Carrot And Raisin Salad Watermelon 	30 - Friday Center Closed for End of Fiscal Year and Deep Cleaning

Congregate Lunch 11 am-12:30 pm

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.

May Flowers Dance

What a great day for dancing, eating, and sharing stories at the Alamo Senior Center.



"Through the Years" Presentation

Do you remember the 1930's?



The 1940's - Train (no picture)



How about the 1950's?



Awww, the 1960's...



And who could forget the 1970's?



We can't forget our line
dancers!

**Advertise
Your
Business
Here**

Advertising funds directly support senior activities. Give us a call at (575) 439-4150



April 2023
Nutrition Report

5

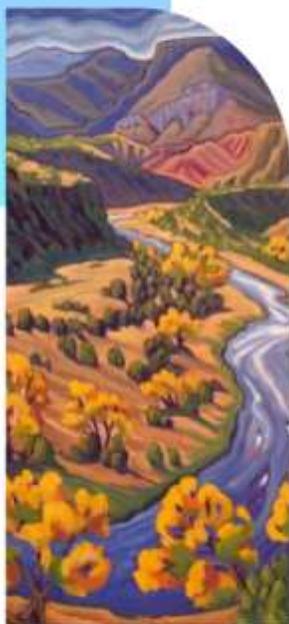
Number of days served this month: 20

Total number of meals served: 7,085

	Congregate Meals:	Carry-Out	HD Meals:
Meals Served:	7,320.91	1,134.00	3,102
Donation Average:	\$1.84	\$1.07	\$1.07

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.



Porter, Elisabeth (etsy), 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



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)

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!



Sweets N' Treats

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Let us be your SWEET dealers!
575-491-3257

SweetsNTreatsAlamo@gmail.com

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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.

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of Alamogordo

Serenitea⁴

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

- Charles Macklin

Advanced
HEARING CARE

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

EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO DEPARTMENT OF HEALTH
HEALTH #ProtectNM #MaskUp

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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FREE Legal Helpline
for Seniors

Legal Resources for the Elderly Program

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	1:00 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 Tues of Month	10:00 AM - 12:00 PM	Activity Room

5/8/2023

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

Tons of
GAMES
To Play in our Lobby

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

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!

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.



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

*Must meet low-income criteria in order to receive



AmeriCorps Seniors



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

Ruidoso "Lots of Shops" Shopping Field Trip

Lunch & Sight Seeing at the Inn of the Mountain Gods!

Lunch at your own cost



**Date: Wednesday, June 21, 2023
Time: 9:00 am to 3:00 pm**

**Field Trip Cost: \$5
Please sign up at the front desk, seats are limited!**

No Refunds



**PHOTOGRAPHY CLASS
TAUGHT BY CHERYL**

At the Senior Center

Tuesdays, 10 a.m. to 11 a.m.

June 6, 13, 20, and 27, 2023

Learn how to take the best photos.



ASC Fitness Center Class Schedule & Procedures

Alamo Senior Center Fitness Activities

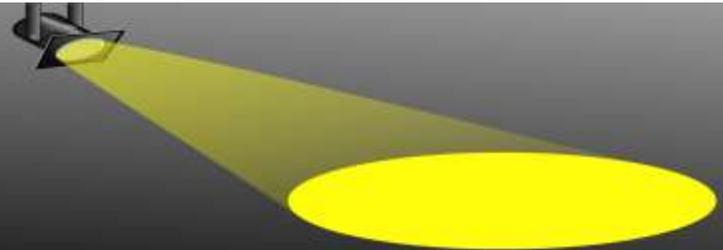
Event: Exercise Classes	Day	Time	Place
Balance & Fall Prevention	Mon/Wed/Fri	10:00 AM - 10:45 AM	Fitness Room II
Balance, Baby Balls & Beanies	Mon/Fri	10:00 AM - 10:45 AM	Fitness Room I
Belly Dancing	Tues	11:00 AM - 11:45 AM	Fitness Room II
Cardio Chair Bonanza	Wed	10:00 AM - 10:45 AM	Fitness Room I
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.

SENIOR FITNESS



My name is Terry Kondo and I'm originally from Hawaii. I've been involved in the Senior Center Activities, (mainly the exercise classes) for several years. I enjoy the exercises which are in the "Balance & Fall Prevention Class" that I take every week, as well as the friendships made over the years. It's a wonderful facility, and I highly recommend the Fitness center to everyone.



May Birthdays



Pictured: Walt Packwood and Gisela Motley

Thank you Michael Varela from-Walgreens for sponsoring our Birthday Bash this month!!!

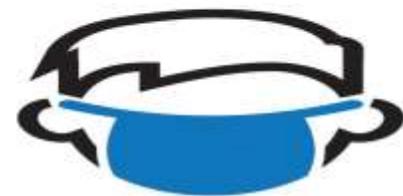
Wishing our volunteer Fitness Instructors a very Happy Birthday!

Joyce Gobrecht

Call, Text, or Message
988
For Mental Wellness

988 NM Crisis Support
@988nmcrisissupport
<https://988nm.org/>

HUMAN SERVICES DEPARTMENT



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!!!