

The Sentinel

July

50 cent suggested donation

From the Manager

Happy July! Many will be grilling, attending parades, and watching a fireworks display for the 4th of July. Temperatures are rising, so keep hydrated and limit outdoor exposure. July is the beginning of another fiscal year. It marks the beginning of new budgets and new to-do lists. It's the halfway mark of the year...unbelievable! We will continue with events over these next six months...field trips, ice cream events, dances, haircuts, an annual health fair, a fitness recognition event, a craft fair, and Thanksgiving and Christmas meals, just to name a few. We have our new receptionist on board. Please help me welcome Jalan-Hope Massey!

Magdalena



Hi there, everyone! I wanted to share a little about myself since I have just started here at the Senior Center as the new receptionist. My name is Jalan-Hope Massey, I'm 19 years old, and I've grown up here in Alamogordo, New Mexico. A little backstory on myself; I'm the youngest of 7 children, I just graduated from Alamogordo High School last spring, and I've always grown up around the Nursing Home Facilities. My mom is a Registered Nurse, my dad is a Speech Language Pathologist. From birth on up, I would go with my dad to visit my mom while she was also working. While being very young, you can imagine how boring work can be, so I did what any other child would have done. I played bingo with my fellow residents! I always had the best time talking with everyone and hearing their stories! I started playing violin at age 4, so naturally, my parents loved for me to go and play for all the residents. Performing was effortless as I was young and didn't think much of anything. As I grew older, I got very good but also lost some of my confidence and became very shy with my playing. I only played in the orchestra at school and in my recitals. I still have my violins, and love them dearly, but I don't play them as much. Being around people, having conversations, and getting to know stories about their lives and experiences is a great love of mine. One last fact about me is that I absolutely love the 80s! Anything 80s, I'm all for it. The movies, the music, and my all-time favorite artist Michael Jackson. Well, that's a little bit about me! I am so very excited to start this new experience with everyone!

Al amo 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>

July

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
Green Chile Cheeseburger Peas & Carrots Cucumbers w/ Dill Watermelon	 HAPPY 4th of July	Sour Cream Chicken Enchiladas Spanish Rice Pinto Beans Oatmeal Cookie Fruit Cocktail	Sloppy Joe Baked French Fries Roasted Cauliflower Mandarin Oranges	Sausage Patty Scrambled Eggs Diced Potatoes Wheat Bread Applesauce
10 - Monday Hamburger Mac Green Beans Corn Apricots	11 - Tuesday Green Chile Lasagna Tossed Salad Italian Vegetables Crackers Pears Greek Vanilla Yogurt	12 - Wednesday Swiss Steak Baked Potato Steamed Cabbage WW Roll Mixed Fruit	13 - Thursday Spaghetti & Meatballs Green Salad Italian Mixed Vegetables Garlic Bread Pineapple Tidbits	14 - Friday Salisbury Steak Parsley Potatoes Spinach WW Dinner Roll Fruit Salad
17 - Monday Beef Tips Tossed Salad Herbed Roasted Potatoes Roasted Brussels Sprouts Biscuit Peaches	18 - Tuesday Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit	19 - Wednesday Chicken Tetrazzini Capri Vegetables Crackers Green Salad Cinnamon Apples	20 - Thursday Country Fried Steak Mashed Potatoes Glazed Carrots Fruit Cocktail	21 - Friday Green Chile Chicken Enchiladas Pinto Beans Spanish Rice Strawberries
24 - Monday Chicken Pot Pie Tossed Salad WW Roll Plums	25 - Tuesday Red Beef Enchiladas Vegetable Medley Pinto Beans Spanish Rice Grapes	26 - Wednesday Soft Beef Tacos Chuckwagon Vegetables Cilantro-lime Brown Rice Diced Mango	27 - Thursday Meatloaf Mashed Potatoes Beet and Onion Salad WW Roll Spiced Pears	28 - Friday Stuffed Spinach Chicken Breast Baked Potato French Style Green Beans WW Roll Pineapple
31 - Monday Barbecue Ribs Mashed Potatoes Chateau Blend Vegetables WW Roll Mandarin Oranges & Bananas			1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays	Menu Subject to Change

Congregate Lunch 11 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



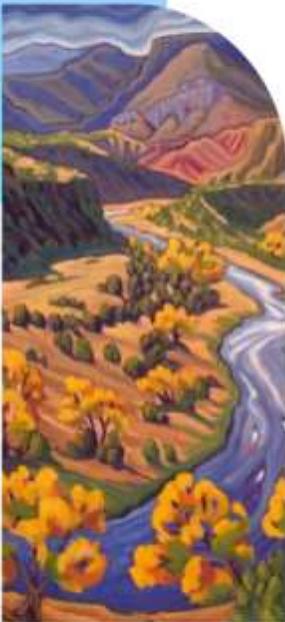
May 2023
Nutrition Report

3

Number of days served this month: 20

Total number of meals served: 7,085

	Congregate	HD Meals:	
Meals Served:	\$9,621.33	7,005	
Donation Average:	\$1.92	\$.79	



Porter, Elisabeth (etsy), Chama River

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 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

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)

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!



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SweetsNTreatsAlamo@gmail.com

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EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE



NEW MEXICO DEPARTMENT OF HEALTH
HEALTH #ProtectNM #MaskUp

4



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

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

July Happenings

4th -Fourth of July-Closed

6th-Rich Guidry Music-11:00-12:30

10th-Molina Insurance 8:00-12:00

11th-Pool Tournament 9:00-12:00

19th-Humana Insurance 10:00-1:00

21st-Birthday Bash in the Dining Room
10:00-10:30

21st-Kite Decorating in the Dining Room
10:00-10:30

24th-AARP Driver Safety Course 9:30-2:00

28th-Dance to LeNore 2:00-5:00
28th-Silent Auction 8:00-4:00

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



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!

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National Master Jason Lu

Expert Albert Yao

Expert Alex Hu

**CLASSES
START
SOON!!**



Visit chessforseniors.org for more information!

Dog Days of Summer

TICKETS - \$10 EACH

OPEN TO THE PUBLIC!!!

FRIDAY, JULY 28, 2023
2PM - 5PM

DANCE & SILENT AUCTION

MUSIC BY LENORE

HOT DOG, CHIPS, BAKED BEANS, MACARONI SALAD & WATERMELON WILL BE SERVED

TICKETS AVAILABLE AT THE FRONT DESK
2201 PUERTO RICO AVE
FOR MORE INFO CALL (575) 439-4150

Made with PosterMyWall.com

Open to the Public!!!

Join us for Alamo Senior Center's

SILENT AUCTION

FRIDAY, JULY 28, 2023 2PM-5PM

Alamo Senior Center Lobby
2201 Puerto Rico Ave.

Items up for Auction Include:
Gift baskets, gift cards, walkers, ..
scooters, massage certificates, knives,
purses, art work, microwave oven and
so much more!!!

For more info call (575) 439-4150



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!



Date & Time:
Monday, July 24, 9:30 AM Start Time

Please arrive 20 min early for registration.
Check or Cash only

Location:
Alamogordo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Register:
575-439-4150

CLASSROOM COURSE

\$20 for AARP members
\$25 for non-members

TO FIND ADDITIONAL COURSES

Visit: www.aarp.org/driving36
Call: 1-888-773-7160

Alamo Senior Center

Kite Decorating

LET'S COLOR THE SKY

Friday,
July 21
10:00AM -
11:00AM

In the
Dining
Room

ACTIVITY INCLUDES:

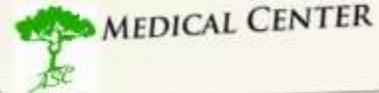
We will provide a small plastic kite, or bring a
homemade one from home. Come decorate your kite
and let's see everyone's creativity!!!

Social Security Administration Expands Outreach and Access for Supplemental Security Inc.

SSI provides monthly payments to adults aged 65 and older or other adults and children with a disability or blindness who have limited income and financial resources.

Please get in touch with SSI online at www.ssa.gov/ssi, or by phone at 1-800-772-1213 for more information or an appointment to apply.

Please see Gloria Guerrero at the front office if you have any questions.



NAME _____ AGE _____
ADDRESS _____ DATE _____

Rx Alamo Senior Center Health Fair 2023

September 14, 2023
9:00 am - 1:00 pm



Over 30 Vendors
Free Admission
Open to the Public

Health & Community Information

Mark Your Calendar!

2201 Puerto Rico Ave. Alamogordo, NM 88310

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

Volunteer

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

July 2023

ASC Entertainment Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 AM -11:00 AM Nannette Duquette	4 Independence Day	5 9:00 AM -11:00 AM Steve Deines	6 9:00AM -11:00 AM A Piano Named Sue	7 9:00AM -11:00 AM Countryfied
10 9:00 AM -11:00 AM Nannette Duquette	11 9:30 AM -12:00 PM Music by LeNore	12 9:00 AM -11:00 AM High Mesa Band	13 9:00AM -11:00 AM A Piano Named Sue	14 9:00AM -11:00 AM Countryfied
17 9:00 AM -11:00 AM Nannette Duquette	18 9:30 AM -12:00 PM Music by LeNore	19 9:00 AM -11:00 AM Steve Deines	20 9:00AM -11:00 AM A Piano Named Sue	21 9:00AM -11:00 AM Countryfied
24 9:00 AM -11:00 AM Nannette Duquette	25 9:30 AM -12:00 PM Music by LeNore	26 9:00 AM -11:00 AM High Mesa Band	27 9:00AM -11:00 AM A Piano Named Sue	28 9:00AM -11:00 AM Countryfied

31
 10:30 AM -11:30 AM
 Belly Dancers

Jun 2023

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Aug 2023

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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H O M E S
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
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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

ASC Fitness Center Class Schedule & Procedures

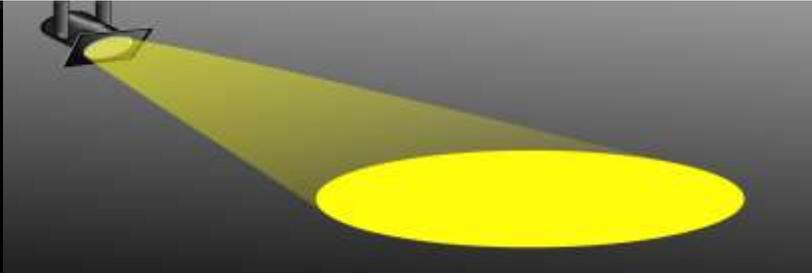
Alamo Senior Center Fitness Activities

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.



Sharon Hertzner

I first came to the Senior Center Fitness Center in 2018. Cheryl, Tami & Tracy (in the exercise area) were very helpful in getting me started on my fitness journey. Being active and having a friendly place to go is so much better than sitting home and doing nothing! Since I have been exercising, I have more energy and I sleep better at night also. I also enjoy the lunches and doing the puzzles that are in the Senior Center. If you're not attending, you don't know what you're missing!!!



June Birthdays



Pictured: Claira Dezellem, Marilyn Hughes, Robert Hughes, Milt Chestnut, Karen Maughan, David Carter, Elaine Van Tassel, Joe Green.

Thank You, Shonna Lawson from Bee Hive for sponsoring our Birthday Bash.

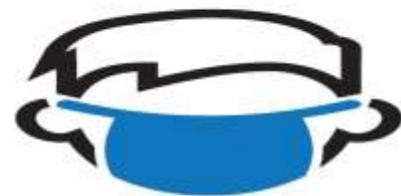
Wishing our volunteer Fitness Instructors a very Happy Birthday!

Lydia Hall

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!!!