

# The Sentinel

September 2023

50 cent suggested donation

## *From the Manager*

For the month of September, our featured program is our Transportation Program. Our main staff drivers are Martin & Kimberly, with Jalan, Jamie & Brittany as backup. Consumers that actively participate in our Transportation Program to the Center for meals, activities & socialization receive added benefits such as scheduled grocery shopping twice a week, doctor appointments upon availability, to the bank, physical therapy appointments, post office, blood work & tests at the hospital. Again, these added benefits are for consumers that attend the Senior Center regularly using our Transportation services. Transportation is one of our four State Contracted Services requiring an annual assessment & reassessment which is also part of our membership documentation. Field trips outside the City are also provided to our consumers. We have visited Ruidoso, Cloudcroft, Las Cruces & even El Paso. These special field trips are variable at a \$5.00 fee or above with out-of-pocket expenses for meals/shopping.

All services are donation-based except for our fundraising events & fields trips. Suggested program donations are as follows:

### Meals:

- Congregate & Home Delivered - \$2.50/meal
- Fitness - \$.50/class
- Transportation (local services) - \$1.00 one-way
- Membership - \$10.00/annually
- Newsletter - \$.50/brochure
- Billiard room, lapidary, computer area, arts & crafts & open platforms  
- \$.50 donation and above dependent on activity

All program donations & special event fees go back into the Senior Center's incoming revenue budget to offset the City's transfer-in. These donations are not for the purpose of purchasing supplies, equipment, etc. We have a separate expense budget for annual supplies. Kitchen & Fitness Equipment & vehicles are purchased through State Capital Outlay funding requests.

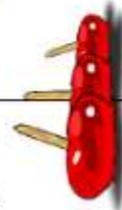
*Magdalena*

### 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>

Monday	Tuesday	Wednesday	Thursday	1 - Friday
				
<b>4 - Monday</b>  <b>LABOR DAY</b> Chicken Fajitas Chuckwagon Vegetables Spanish Rice Flour Tortilla Peaches	<b>5 - Tuesday</b> <b>Beef Tips</b> California Blend Vegetables WW Bread Pineapple 	<b>6 - Wednesday</b> <b>Sour Cream Enchiladas</b> Spinach Spanish Rice Pinto Beans Fruit Cocktail	<b>7 - Thursday</b> <b>Beef Steak Ranchero</b> Roasted Zucchini Ranch Style Beans Flour Tortilla Pears 	<b>8 - Friday</b> <b>Orange Chicken</b> Wild Rice Stir Fry Vegetables Apricots Strawberries & Poundcake
<b>11 - Monday</b> Chicken Fajitas Chuckwagon Vegetables Spanish Rice Flour Tortilla Peaches	<b>12 - Tuesday</b> <b>Country Fried Steak</b> Mashed Potatoes Winter Blend Vegetables WW Bread Pears	<b>13 - Wednesday</b> <b>Pork Stir Fry</b> Vegetables Brown Rice WW Roll Mandarin Oranges	<b>14 - Thursday</b> <b>Green Chili Cheese Burger</b> Tomato and Cucumber Salad Herb Roasted Potatoes Watermelon Oatmeal Cookie 	<b>15 - Friday</b> <b>Beef Burgundy/ Mushrooms</b> Tossed Salad Roasted Brussel Sprouts WW Roll Applesauce
<b>18 - Monday</b> <b>Green Chili Chicken Enchiladas</b> Pinto Beans Vegetable Medley Spanish Rice Peach Cobbler	<b>19 - Tuesday</b> <b>Swiss Steak</b> Diced Potatoes WW Bread Cantaloupe 	<b>20 - Wednesday</b> <b>Soft Beef Tacos</b> Calabacitas Roasted Cauliflower Tropical Fruit Salad	<b>21 - Thursday</b> <b>Meatloaf</b> Mashed Potatoes Mediterranean Blend Vegetables WW Roll Mandarin Oranges & Strawberries	<b>22 - Friday</b> <b>Lasagna</b> Salad Asparagus WW Roll Spiced Pears
<b>25 - Monday</b> <b>Pepper Steak</b> Herb-Roasted Potatoes Brussel Sprouts WW Roll Pineapple Tidbits 	<b>26 - Tuesday</b> <b>Baked Tilapia</b> Coleslaw Green Beans Combread Orange Gelatin Salad	<b>27 - Wednesday</b> <b>Chicken Strips</b> Three Bean Salad Potato Wedges Carrots WW Bread Fruit Salad	<b>28 - Thursday</b> <b>Wheat Spaghetti</b> Garden Salad Italian Vegetables Garlic Bread Mixed Fruit 	<b>29 - Friday</b> <b>BBQ Boneless Ribs</b> Mashed Potatoes Mixed Vegetables WW Roll Cake

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

**Congregate Lunch is Served from 11:00 am - 12:30 pm**  
**Only whole fruit, rolls, or cookies can be taken out.**  
**NO MILK IS TO BE TAKEN OUT OF THE DINING ROOM!!!**

# SEPTEMBER HAPPENINGS

*Monday 4<sup>th</sup> - Center Closed  
In honor of Labor Day*

*Tuesday 12<sup>th</sup> - "Billiards"  
Pool Tournament*

*Thursday 14<sup>th</sup> - Alamo Senior Center  
Health Fair (Free Admission)  
9:00 am - 1:00 pm*

*Wednesday 20<sup>th</sup> - Birthday Bash in the  
Dining Room 10:00 am-10:30 am*

*Tuesday 21<sup>st</sup> - Mayor's Community of  
Aging  
In the classroom 1:15 pm*



## Newsletter:

### Ask Stan Medicare Questions

Volume 3, Issue 7 August 2023



Dear Stan

I recently signed up for Medicare Parts A and B. A friend said I should also consider purchasing a Medigap policy. What is a Medigap policy and why should I consider one?

Samantha  
Sunland Park

Report Medicare Related Fraud by calling the  
New Mexico Senior Medicare Patrol (SMP) at

**1-800-432-2080**

The SMP will provide you with the information you need to PREVENT, DETECT and REPORT Medicare fraud, errors, and abuse.

Dear Samantha,

Congratulations on signing up for Medicare. Medicare pays on average about 80% of a beneficiary's medical costs. In addition to Medicare Parts A and B, seniors have the opportunity to buy a gap policy (Medicare Supplemental Insurance or Medigap) to cover the 20% difference in costs not paid by Original Medicare. It is important to note that Medigap policies do not offer additional benefits, they only pay the remaining 20% of costs. If Medicare pays, so does your Medigap, if Medicare denies a claim, your Medigap will not pay either. Also - you cannot buy a Medigap policy if you have Medicare Advantage.

Medigap plans are sold by private insurance companies, and they can only sell you a "standardized" Medigap policy. There are 12 different policy types to

choose from. Each policy has a different set of standardized benefits covering Part A and B deductibles, coinsurances, copayments and in some cases foreign travel. To find out about the different Medigap types go to [www.Medicare.gov](http://www.Medicare.gov):

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Do not enter your Zip Code
- To the right of 'Step 1' click on 'See benefits of each plan'

It's important to compare Medigap policies at different insurance companies because monthly premiums will vary. Generally, the only difference between Medigap policies sold by different insurance companies is the cost. The

(Continued on page 2)

premiums are based on either an 'attained age rating' or an 'issue age rating'. Attained age rating means premiums will be lower when you are younger but can go up as you get older. Issue age rating means premiums are lower for younger buyers and will not go up as you get older.

To search for Medigap Plans and premiums go to [www.Medicare.gov](http://www.Medicare.gov):

- At the top of the page click on 'Health & Drug Plans'
- Under 'Find & Compare' click on 'Find a Medicare Supplement Insurance (Medigap) policy'
- Enter your Zip Code and click 'Start'
- Put in your age, sex and whether you smoke or not
- Select 'Update Prices'
- Sort through the alphabetical listings, select one of the standardized policy types to review
- Click on 'View Policies' and you will see the different insurance carriers and estimated monthly costs
- Contact the insurance carrier to get an official quote.

People who are just starting with Medicare have a Right of Guaranteed Issue period during which companies are not allowed to require a health screening or deny a beneficiary based on pre-existing conditions. If you initially opt for a Medicare Advantage plan and later decide Original Medicare with a Medigap would better suit your needs, you will have a Right of Guaranteed Issue only if you are in the first year of Medicare. However, if you try to enroll in a Medigap policy when you do not have a Right of Guaranteed Issue you may have trouble finding a plan that will accept you.

If you want to talk to someone in person, please call the New Mexico **Aging and Disability Resource Center** at **1-800-432-2080**. Ask to speak with either an options counselor or a **NM State Health Insurance Program (SHIP)** volunteer. They can help you sort out Medigap policies.

Stan  
Volunteer Counselor, SHIP and SMP

**SHIP & SMP Program Volunteering:** Learn more about Medicare and ways to better serve the public by contacting us about available SHIP SMP volunteer opportunities at **1-800-432-2080**.

We provide training on Medicare content, and can work with your schedule. We can serve more people together!



**SHIP**  
State Health Insurance  
Assistance Program

NEW MEXICO  
**ADRC**  
AGING & DISABILITY  
RESOURCE CENTER

New Mexico  
**SMP**  
Empowering Seniors To  
Prevent Healthcare Fraud  
Senior Medicare Patrol

**Advertise  
Your  
Business  
Here**

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



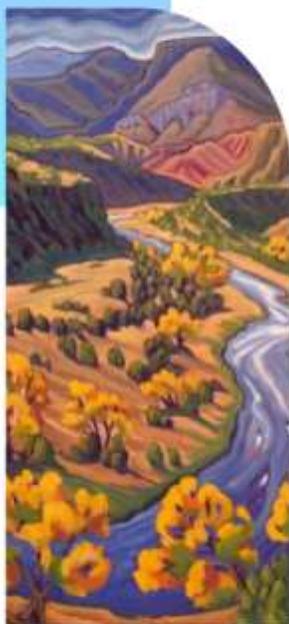
July 2023  
Nutrition Report

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**Number of days served this month: 20**

**Total number of meals served: 6,201**

	Congregate Meals:	HD Meals:	
Meals Served:	\$6,476.93	\$3,353.50	
Donation Average:	\$2.05	\$1.10	



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](http://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) 439-4150.

**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

( Sweet Food Trailer)

575-491-3257 OR FIND US ON FACEBOOK!

DO YOU HAVE A SWEET TOOTH THAT NEEDS TO BE FIXED??

WE HAVE YOU COVERED FROM SNOWCONES, SWEETS AND CUSTOM CAKES MADE TO ORDER!! CONTACT US FOR YOUR SWEET FIX!

**EVERY PERSON AND EVERY MASK MAKE A DIFFERENCE**



NEW MEXICO DEPARTMENT OF HEALTH  
**HEALTH** #ProtectNM #MaskUp

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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**

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**Country 105.3 FM**

**94KEY 94.3 FM**

**NEWS TALK KINN 106.3 FM 1270 AM**

**Burt Broadcasting**

[www.burtbroadcasting.net](http://www.burtbroadcasting.net)

**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



# Boletín informativo

## Stan contesta sus preguntas de Medicare



Volumen 3, Número 7 agosto de 2023

*Estimado Stan,*  
 Recientemente me inscribí en las Partes A y B de Medicare. Un amigo me dijo que también debería considerar comprar una póliza Medigap. ¿Qué es una póliza Medigap y por qué debo considerar una?  
 Samantha  
 Sunland Park

**Reporte fraude relacionado a Medicare con la Patrulla de Medicare para las Personas Mayores (SMP, por sus siglas en inglés) de Nuevo México al: 1-800-432-2080**  
 El SMP está disponible para proveerle la información para ayudarlo a PROTEGERSE, DETECTAR, y REPORTAR fraude, errores, y abusos contra Medicare.

Estimada Samantha,  
 Felicidades por inscribirse en Medicare. Medicare paga en promedio alrededor del 80% de los costos médicos de un beneficiario. Además de las Partes A y B de Medicare, las personas mayores tienen la oportunidad de comprar una póliza de brecha (Seguro Suplementario de Medicare o Medigap) para cubrir la diferencia del 20% en los costos que no paga Medicare Original. Es importante señalar que las pólizas Medigap no ofrecen beneficios adicionales, solo pagan el 20% restante de los costos. Si Medicare paga, también lo hace su Medigap, si Medicare niega un reclamo, su Medigap tampoco pagará. Además, no puede comprar una póliza Medigap si tiene Medicare Advantage.  
 Los planes Medigap son vendidos por compañías de seguros privadas, y solo pueden venderle una póliza Medigap

"estandarizada". Hay 12 tipos de pólizas diferentes para elegir. Cada póliza tiene un conjunto diferente de beneficios estandarizados que cubren los deducibles, coseguros, copagos y, en algunos casos, viajes al extranjero de las Partes A y B. Para obtener información sobre los diferentes tipos de Medigap, visite [www.Medicare.gov](http://www.Medicare.gov):

- En la parte superior de la página, haga clic en "Planes de salud y medicamentos"
- En "Buscar y comparar", haga clic en "Buscar una póliza de seguro suplementario de Medicare (Medigap)"
- No ingrese su código postal
- A la derecha del "Paso 1" haga clic en "Ver beneficios de cada plan"

Es importante comparar las pólizas Medigap de diferentes compañías de seguros porque las primas mensuales varían. Generalmente, la única diferencia entre las pólizas Medigap

(Continuación en la página # 2)

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vendidas por diferentes compañías de seguros es el costo. Las primas se basan en una "calificación de edad alcanzada" o una "calificación de edad de emisión". La calificación de edad alcanzada significa que las primas serán más bajas cuando sea más joven, pero pueden aumentar a medida que envejece. La clasificación por edad de emisión significa que las primas son más bajas para los compradores más jóvenes y no aumentarán a medida que envejezca.  
 Para buscar planes y primas de Medigap, vaya a [www.Medicare.gov](http://www.Medicare.gov):

- En la parte superior de la página, haga clic en "Planes de salud y medicamentos"
- En "Buscar y comparar", haga clic en "Buscar una póliza de seguro complementario de Medicare (Medigap)"
- Ingrese su código postal y haga clic en "Iniciar"
- Pon tu edad, sexo y si fumas o no
- Seleccione "Actualizar precios"
- Ordene las listas alfabéticas, seleccione uno de los tipos de póliza estandarizados para revisar
- Haga clic en "Ver políticas" y verá las diferentes compañías de seguros y los costos mensuales estimados

- Comuníquese con la compañía de seguros para obtener una cotización oficial

Las personas que recién comienzan con Medicare tienen un período de derecho de emisión garantizada durante el cual las empresas no pueden exigir un examen de salud o negar a un beneficiario en función de condiciones preexistentes. Si inicialmente opta por un plan Medicare Advantage y luego decide que Medicare Original con Medigap se adapta mejor a sus necesidades, tendrá un derecho de emisión garantizada solo si está en el primer año de Medicare. Sin embargo, si intenta inscribirse en una póliza Medigap cuando no tiene un derecho de emisión garantizada, es posible que tenga problemas para encontrar un plan que lo acepte.  
 Si desea hablar con alguien en persona, llame al Centro De Recursos Para Personas Mayores y Discapacitadas de Nuevo México al 1-800-432-2080. Pida hablar con un asesor de opciones o con un voluntario del Programa Estatal de Seguro Médico (SHIP). Ellos pueden ayudarlo a resolver las pólizas de Medigap.  
 Stan, Voluntario SHIP y SMP

El programa de voluntarios de SHIP y SMP: Si le interesa aprender más sobre el programa de Medicare y quiere descubrir otras maneras de ayudar al público, llámenos y pregunte sobre las oportunidades para ser voluntario en los programas de SHIP y SMP al 1-800-432-2080. Nosotros proveemos entrenamiento, y nos acomodamos a su horario. ¡Juntos podemos ayudar a más personas!



This project was supported, in part by grant number 90MPPG0045-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20202.



## 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, October 9, 9:30 AM Start Time

Please arrive 20 min early for registration.  
 Check or Cash only PLEASE- cannot accept credit card  
 Bring water and snack if desired

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

**Register:**  
 575-439-4150 or at Alamogordo Senior Center

<b>CLASSROOM COURSE</b>	<b>TO FIND ADDITIONAL COURSES</b>
\$20 for AARP members \$25 for non-members	Visit: <a href="http://www.aarp.org/driving36">www.aarp.org/driving36</a> Call: 1-888-773-7160



NAME \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

## R 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



## FREE LIVE LEGAL WEBINARS

The Legal Resources for the Elderly Program (LREP) will be presenting monthly free Legal Webinars available to the general public.

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### Topics covered:

- Power of Attorney
- Advance Health Care Directive
- Probate
- Non-Probate Transfers (including Transfer on Death Deeds)
- Institutional Medicaid

### Each workshop includes:

- A presentation by an LREP Staff Attorney
- An open question and answer period

### Upcoming Dates in 2023:

- July 18
- August 15
- September 5
- October 10
- November 14
- December 12

**Time:** 11 a.m. **Location:** Virtual

**To Register: Call LREP at 505-797-6005 or 1-800-876-6657**

LREP is a joint project of the New Mexico Aging and Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation  
Legal Resources for the  
Elderly Program

## 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](http://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.



## 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 CAASNM at 575-527-8799 and ask for the Housing Program.

## POOL NEWS



THE POOL TOURNAMENT FOR ALAMOGORDO IS ON THE SECOND TUESDAY OF THE MONTH AT THE ALAMO SENIOR CENTER AT 9:30 A.M. THE CONTACT PERSON IS DAVID HANSEN.

Ruidoso Downs: 6-30-2023 (11 players)  
1<sup>st</sup> place - Gilbert Munoz - Alamogordo  
2<sup>nd</sup> place - Lazaretto (JR) Guevara - Capitán  
3<sup>rd</sup> place - Dave Hansen - Alamogordo  
4<sup>th</sup> place - Randy Jackson - Alamogordo

Capitan: 7-7-2023 (11 players)  
1<sup>st</sup> place: Jaime Charranco - Ruidoso  
2<sup>nd</sup> place - Dave Hansen - Alamogordo  
3<sup>rd</sup> place - Ron Foster  
4<sup>th</sup> place - Gilbert Munoz - Alamogordo

Alamogordo: 7-11-2023 (22 players)  
1<sup>st</sup> place - Steve Gonzalez - Tularosa  
2<sup>nd</sup> place - Ron Sain - Alto  
3<sup>rd</sup> place - Orlando Sineson - Alamogordo  
4<sup>th</sup> place - Jim Wagner - La Luz

Hondo Valley: 7-14-2023 (10 players)  
1<sup>st</sup> place - Lazaretto (JR) Guevara - Capitán  
2<sup>nd</sup> place - Dave Hansen - Alamogordo  
3<sup>rd</sup> place - Orlando Sineson - Alamogordo  
4<sup>th</sup> place - Ron Foster

Tularosa: 7-18-2023 (15 players)  
1<sup>st</sup> place - Ron Foster  
2<sup>nd</sup> place - Henry Goodman - Tularosa  
3<sup>rd</sup> place - Orlando Sineson - Alamogordo  
4<sup>th</sup> place - Joe Small - Alamogordo

Everyone is welcome if you are 60 or older. The Alamo Senior Center is a great place to have a good time and where great friendships are developed.

Membership is Required

Doors open at 8:00 a.m.-4:00 p.m.

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.



## **FREE FUNERAL PLANNING GUIDE!**

Did you know that today's average funeral costs about \$10,000?

What's even worse is people normally don't share information on "what happens when" with their loved ones, often leaving their family with a lot of unanswered questions.

Call or email us today, we'll be happy to provide you with a **free funeral planning guide** along with a **free policy review** to give you peace of mind on your coverage. Don't have your final expenses covered? We have access to multiple state-regulated affordable policies!



**575-322-8112**

[www.vipinsuranceadvocates.com](http://www.vipinsuranceadvocates.com)

# 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**



# Alamo Senior Center Activities

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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](http://chessforseniors.org) for more information!

# Beehive<sup>®</sup>

H O M E S

of Alamogordo

 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

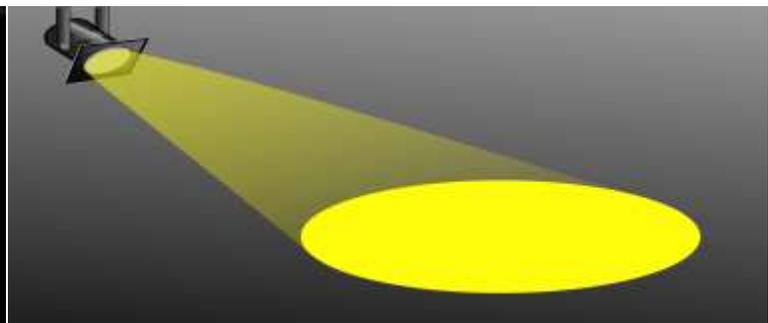
# ASC Fitness Center Class Schedule & Procedures

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	8:00 AM - 8:45 AM	Fitness Room I
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	Tues	8:00 AM - 8:45 AM	Fitness Room I
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 8/7/2023

## Procedures:

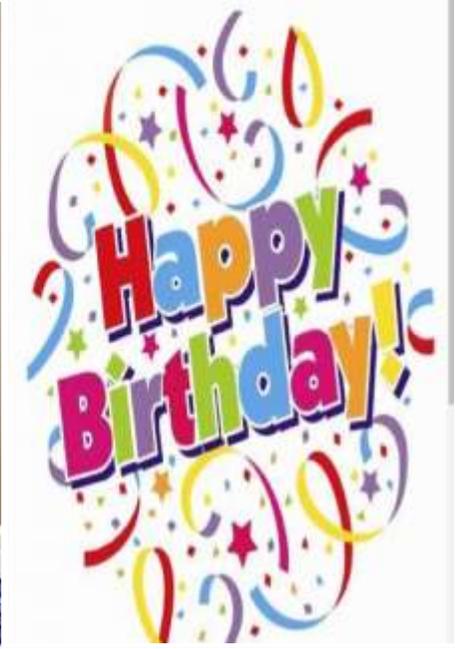
1. Please wipe down and put away your equipment before leaving.
2. After your class, please promptly exit the room so the next class can set up and start on time.
3. Masks are highly recommended but not mandated.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness program.



My name is Margaret (Peggy) Mitchell and I moved to Alamogordo from Ohio 50 years ago with my family. I completed a Nursing Career with 22 or those years with Public Health, Otero County and retired in 1999. I joined the Senior center/Fitness Center at age 71, and I am proud to say, I am still a thriving member taking various classes at the Fitness Center such as YOGA, Strength & Balance classes. My fellow members are just like family to me, as we support one another all the time. Alamogordo is blessed to have a very special Fitness Center, with super “dedicated and talented” instructors.



# August Birthdays



Pictured left to right : Mac McDonald, Valerie La Rue, Miriam Tucker, Gwendolyn Briseno, Steven Rowe, and Lou Ann Foster.

**Thank You, Janis Thomas and Becky Silva from Community Connections for sponsoring our Birthday Bash.**

**Wishing our volunteer Fitness Instructors a very Happy Birthday!**  
*Tom Shipman and Barbara Reah*

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!!!