

# The Sentinel

November 2023

50 cent suggested donation

## *From the Manager*

For November, I would like to feature our kitchen staff. Violet Norman - Kitchen Administrator; Cheyenne Quappe - Kitchen Administrator Assistant; Minnie Istee-Mendez - Cook; Brandi White - Kitchen Aide; Mario Torres - Kitchen Aide/Custodian; Tony Onate - Kitchen Aide.



Some kitchen staff come in as early as 6:30 a.m. to begin the day's meal. Our meals are State-approved by the Area Agency on Aging Nutritionist, meeting the 1/3 RDA (Recommended Dietary Allowances). Our Congregate Meal Program continues to increase, proving that the word is getting out about our delicious meals!

Kitchen staff are also working on meals that require preparation days in advance, so they are constantly multitasking. They stay extremely busy with all that entails working in our kitchen with ordering, cleaning, sweeping/mopping, dishwashing, and inventory tasks, to name a few.

### **\*\* MEMBERSHIP RENEWAL \*\***

Thank you all for continuing to work with the staff for membership renewal. This is a State requirement for all consumers that participate in our programs. Senior Centers throughout the State are required to update consumer membership annually. This is the process for keeping track of Units of Services in every program area to request reimbursement of State Funds. If your membership has expired, you will be called or asked to see front desk staff to update. Please be patient. The process is easy, takes no time, and will update you for the next 12 months.

*~Magdalena~*

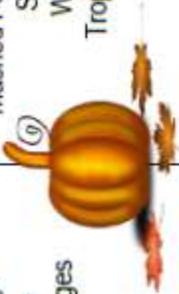
Alamo Senior Center

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>

# November

<p><b>6 - Monday</b> Country Fried Steak Mashed Potatoes w/ Gravy Buttered Corn WW Roll Diced Pears</p>	<p><b>7 - Tuesday</b> Stuffed Peppers Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p>	<p><b>11 - Wednesday</b> Steak Ranchero Ranch Style Beans Corn &amp; Cilantro Salad Pineapple Tidbits</p>	<p><b>8 - Wednesday</b> Hamburger Steak Broccoli Potato Wedges WW Roll Yogurt Granola Bar</p>	<p><b>2 - Thursday</b> Chicken Parmesan Spaghetti Noodles Italian Vegetables Garlic Bread Tropical Fruit</p>	<p><b>9 - Thursday</b> Pork Roast Tossed Salad Mashed Potatoes California Vegetables WW Roll Cantaloupe</p>	<p><b>3 - Friday</b> Cheeseburger Baked Beans Tater Tots Pineapple Tidbits</p>
<p><b>13 - Monday</b> Green Chili Chicken Enchiladas Spanish Rice Pinto Beans Mandarin Oranges</p>	<p><b>14 - Tuesday</b> Salisbury Steak Mashed Potatoes w/ Gravy Spinach WW Roll Tropical Fruit</p> 	<p><b>15 - Wednesday</b> BBQ Chicken Breast Coleslaw California Vegetables Biscuit Peaches Crisp</p>	<p><b>16 - Thursday</b> Cheeseburger Baked Beans Tater Tots Pineapple Tidbits</p>	<p><b>17 - Friday</b> Turkey &amp; Ham Mashed Potatoes w/Gravy Scandinavian Vegetables Cranberry Relish WW Roll Pumpkin Pie 11:00 a.m.-1:00 p.m. \$3.00 Donation</p>	 <p><b>Veterans DAY</b></p>	<p><b>24 - Friday</b> CENTER CLOSED</p>
<p><b>20 - Monday</b> Swiss Steak Potato Wedges Baby Carrots WW Roll Apple Sauce</p>	<p><b>21 - Tuesday</b> Sour Cream Chicken Enchiladas Pinto Beans Crackers Tapioca Pudding</p>	<p><b>22 - Wednesday</b> Chicken Strips Mashed Potatoes Green Beans WW Roll Mixed Fruit</p>	<p><b>23 - Thursday</b> CENTER CLOSED</p> 	<p><b>29 - Wednesday</b> Beef Tacos Corn w/ Peppers Pinto Beans Peaches</p>	<p><b>30 - Thursday</b> Chicken Tetrazzini Capri Vegetables Tossed Salad WW Roll Spice Cake</p>	<p><b>1% Low Fat Milk Served Daily</b>  <b>Chocolate Milk Served on Fridays</b>  <b>Menu Subject to Change</b></p>

\*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!!!**

# Holiday Craft Fair

**VENDORS NEEDED!!!**

**Booth Rental Only \$15**

December 6 9am - 1pm Reserve Now!

**Alamo Senior Center**  
2201 Puerto Rico Ave Alamogordo, NM 88310

**(575) 439-4150**

Sign Up at the Front Desk!



# Holiday Craft Fair

**DECEMBER 6, 2023**  
9am - 1pm

**Alamo Senior Center**  
2201 Puerto Rico Ave Alamogordo, NM 88310

Arts, Crafts,  
Jewelry & Much  
More!



PHONE: (575) 439-4150



Painter: Elizabeth (Betty) Ostrom Rose

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.nometroaaa.com](http://www.nometroaaa.com)

## JAM SESSION

Alamo Senior Center  
*"Bring your instrument  
and join the fun"*

Second Monday, 2:00 pm  
Senior Center Classroom

**November 13, 2:00 pm**



Hill Kemp, 5-string banjo and guitar

318-315-1534

**Advertise  
Your  
Business  
Here**

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



September 2023  
Nutrition Report

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

**Total number of meals served: 6,426**

	Congregate	HD Meals:
Meals Served:	3,360	3,075
Donation Average:	\$1.94	\$1.16

## Living Will and Testament

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.

### 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.



## **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)



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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):

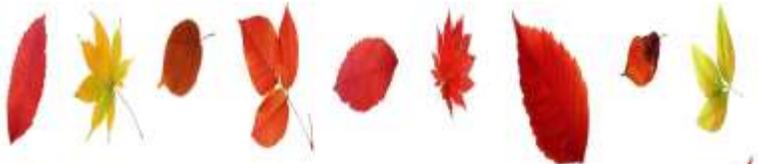
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

**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



The Senior Center's official website is located here:

**ci.alamogordo.nm.us**

Select Community & you will find several Community

Services Divisions including the Alamo Senior Center

All other websites are not supported by the City of Alamogordo.

-- **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**

**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



# Tons of GAMES

To Play in our Lobby




**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

## Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way	No Floor Stretch and Flow with Sue	Cardio Strength With Sue (Starts Sept 6 <sup>th</sup> )	Do it Your Way	Do it your Way
9:00 – 9:45	Strength Training With Pat	Low Impact Aerobics With Pat	Strength Training With Lydia	Step & Strength with Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies With Tami & Cheryl	Yoga With Judy	Cardio-Chair Bonanza With Tami	No Floor Strength With Sue	Balance Baby Balls & Beanies With Tami & Cheryl
1:00-1:45	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom	_____	Resistance Strength & Weight Training With Tom



## Fitness Classroom II

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45	Walk Aerobics with Lee	_____	Walk Aerobics with Lee	_____	Do It Your Way With Lee
9:00-9:45	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis	Line Dance With Ilene & Lou Ann	Chair Exercise With Luis
10:00-10:45	Balance & Fall Prevention With Billie	Tai Chi With Billie	Balance & fall Prevention With Billie	Tai Chi with Billie	Balance & Fall Prevention With Billie
11:00-11:45	Low Impact Aerobics-2 with Tamie	Belly Dancing With Claudia	Low Impact Aerobics- 2 with Tamie	Dynamic Stretch With Sonja	_____
1:00-1:45	_____	_____	_____	_____	_____
2:00-3:45	Learning to Line Dance with Michael	_____	Line Dance-Advanced with Michael	_____	_____



# 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!

**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**



## SKY VIEW DENTAL

We provide exceptional services in a welcoming and comfortable environment.



Dr. Robert Albiston, DDS

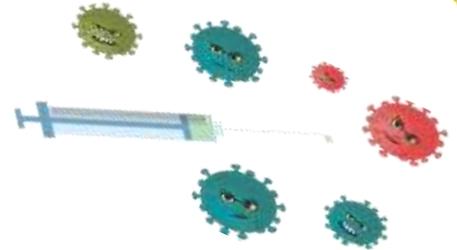
- ◆ Bridges and crowns
- ◆ Dentures
- ◆ Partial
- ◆ Implants
- ◆ Whitening

MON-THUR  
8AM / 4PM



# Beehive<sup>®</sup>

H O M E S  
of Alamogordo



**Remember, flu shots are available at our local pharmacies. Check with your doctor and pharmacy for more details.**

# October Birthdays



Pictured left to right : Irvin Michaud, Dawn Packwood, Marie Straub, Maria Armendariz, and Helene Thompson

**Thank You, Pam Gallien from the Gallien Therapy for sponsoring our Birthday Bash.**

*Happy Birthday to our Fitness volunteers::  
Janet Cooper, Merry Koval, and Mickey McBride.*

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!!!