

The Sentinel

January 2024

50 cent suggested donation

From the Manager



Happy New Year! On behalf of the Senior Center Staff, we wish you a warm and joyful new year with peace and prosperity. Cheers to new beginnings!

In 2024, the Senior Center will become a facility for registered consumers only. In other words, everyone visiting the facility must be a member or guest of a member. Keep in mind that age eligibility is 60 to qualify for services to become a member. The membership process will be conducted initially & every year thereafter.

When your membership expires, you will be called or asked by our volunteers to see the front desk staff to update your membership. Please be patient. The process is easy, takes no time at all & membership will be updated for the next 12 months. This process is a State requirement for all consumers participating in our contracted programs.

For 60 and/or over members, there is a suggested donation for all services in each program area.

Congregate (Dine-In) & Home Delivered Meal Program	\$2.50/ <u>meal</u>
Fitness	\$.50/class
Transportation (local services)	\$1.00 one-way
Membership (Initial & Renewal)	\$10.00/year
Newsletter	\$.50/brochure
Various activities	\$.50+/activity

The fee for guests under 60 for the meal program is \$11.65 through June 2024. A fee for guests under 60 for Fitness is \$20.00 per month or \$5.00 per day. Fundraising events are for a fee, regardless of age & are open to the public.

Magdalena

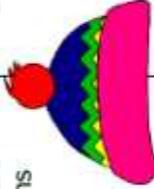
Alamo Senior Center

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>

January 2024

<p>1 - Monday</p> 	<p>2 - Tuesday</p> <p>Hamburger Steak Broccoli Potatoe Wedges WW Roll Peach Yogurt</p> 	<p>3 - Wednesday</p> <p>Baked Pork Chop Baked Potato Peas Biscuit Mandarin Oranges</p>	<p>4 - Thursday</p> <p>Chicken Pot Pie Green Beans & Onions Beets Spiced Peaches</p> 	<p>5 - Friday</p> <p>Salisbury Steak Mashed Potatoes Spinach WW Roll Tropical Fruit</p>
<p>8 - Monday</p> <p>Catfish Nuggets Tartar Sauce Coleslaw Green Beans Cornbread Pineapple Orange Salad</p>	<p>9 - Tuesday</p> <p>Beef Steak Ranchero Ranch Style Beans Flour Tortilla Pears</p> 	<p>10 - Wednesday</p> <p>Sour Cream Enchiladas Spanish Rice Pinto Beans Fruit Cocktail</p>	<p>11 - Thursday</p> <p>Chicken Fajitas Lettuce & Tomato Pinto Beans Pears</p> 	<p>12 - Friday</p> <p>Meat Loaf Mashed Potatoes w/ Gravy California Vegetables WW Roll Brownie</p>
<p>15 - Monday</p>  <p>MARTIN LUTHER KING JR. DAY</p>	<p>16 - Tuesday</p> <p>Sweet-N-Sour Pork Oriental Vegetables White Rice Mandarin Organges</p>	<p>17 - Wednesday</p> <p>Stuffed Bell Peppers Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p>	<p>18 - Thursday</p> <p>Baked Ham Yams Buttered Asparaagus WW Roll Mandarin Oranges</p>	<p>19 - Friday</p> <p>Chicken Cordon Bleu Mashed Potatoes Green Beans Corn Pineapple Cottage Cheese</p>
<p>22 - Monday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Cherry Cobbler</p>	<p>23 - Tuesday</p> <p>Pepper Steak Baked Potato Beets WW Roll Pineapple Tidbits</p>	<p>24 - Wednesday</p> <p>Spinach Lasagna Green Salad w/ Dressing Capri Vegetables Garlic Roll Mandarin Oranges</p>	<p>25 - Thursday</p> <p>Swiss Steak Baked Potato Kidney Bean Salad WW Roll Vanilla Pudding</p> 	<p>26 - Friday</p> <p>Sloppy Joe Macaroni Salad Buttered Corn Tropical Fruit</p>
<p>29 - Monday</p> <p>Beef Tips Mashed Potatoes Broccoli Sliced Carrots Pudding</p> 	<p>30 - Tuesday</p> <p>Pork Stew Lettuce & Tomato Cornbread Apricots</p>	<p>31 - Wednesday</p> <p>Chicken Strips w/ Gravy Mashed Potatoes Green Beans Carrots WW Bread Fruit Salad</p>	<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays <i>Menu Subject to Change</i></p>	

Our monthly menus are verified by a dietitian 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!!!



Join Our Team

AARP Foundation Tax-Aide is looking for compassionate, friendly people to join our team of volunteers for the upcoming tax season.

Tax-Aide is a free program that makes it easier for older taxpayers to file their tax returns. Neighbors like you help prepare tax returns or serve in other ways, like organizing client paperwork, managing computer equipment, acting as interpreters, or making sure everything runs smoothly.

There's a role for everyone.

You can volunteer in person or virtually.

Go to [aarpfoundation.org/taxaidevolunteer](https://www.aarpfoundation.org/taxaidevolunteer)

AARP Foundation
Tax-Aide

What Are the Symptoms of CO Poisoning?

For most people, the first signs of exposure to low concentrations of CO include mild headache and breathlessness upon moderate exercise. Continued or acute exposure can lead to flu-like symptoms including more severe headaches, dizziness, tiredness, nausea, confusion, irritability, and impaired judgment, memory and coordination.⁴ CO is called the "silent killer" because if these early signs are ignored, a person may lose consciousness and be unable to escape the danger.

The AARP Foundation Tax-Aide, the nation's largest free, volunteer run tax preparation, and assistance service, is seeking volunteers to help Otero County taxpayers prepare and file their 2023 federal and state tax returns. Volunteers need not be AARP members to participate.

Tax-Aide volunteers receive free, IRS sponsored training, currently scheduled for Jan 8th, 0:900 AM at the Willie Estrada Civic Center, Alamogordo. After training and certification (8-10 days), tax counselors will be qualified to prepare both federal and state tax returns. Volunteers are reimbursed on a limited basis for qualified commuting expenses.

For more information on the AARP Foundation Tax-Aide team, visit their website at:

<https://www.aarp.org/volunteer/programs/tax-aide/> or call Norm, the AARP Tax-Aide District Coordinator, at 575 495 0304.

To Prevent CO Poisoning, Remember I CAN B:

- Install CO alarms near sleeping areas.
- Check heating systems and fuel-burning appliances annually.
- Avoid the use of non-vented combustion appliances.
- Never burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.
- Be Attentive to possible symptoms of CO poisoning.

Other Tips for Preventing CO Poisoning:

- Keep gas appliances properly adjusted.
- Consider purchasing a vented space heater when replacing a non-vented one.
- Use proper fuel in kerosene space heaters.
- Install and use an exhaust fan vented to the outdoors over gas stoves.
- Open flues when using the fireplace.
- Choose properly-sized wood stoves that are certified to meet EPA emission standards. Ensure wood stove doors fit tightly.
- Have your heating system and chimney inspected and cleaned by a qualified technician annually.

**Advertise
Your
Business
Here**

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



November 2023
Nutrition Report

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Number of days served this month: 22

Total number of meals served: 7,065

	Congregate Meals:	HD Meals:
Meals Served:	3,620	3,019
Donation Average:	\$2.09	\$.99

*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

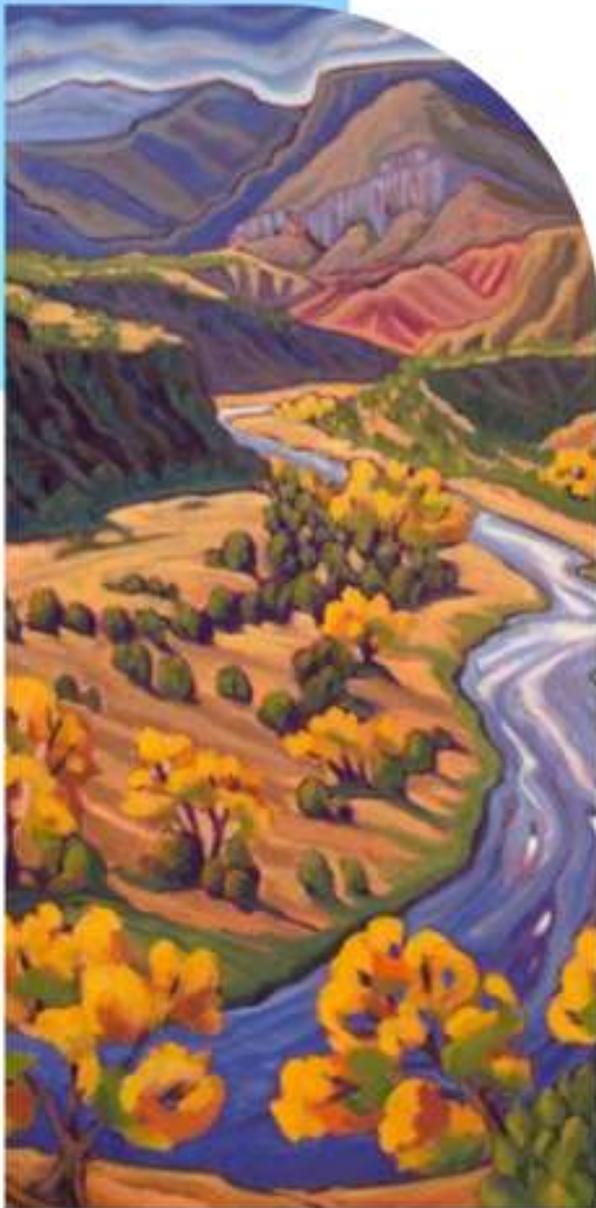
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www.burtbroadcasting.net



Porter, Elisabeth (Betsy). *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

Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:
1-866-563-9294

FREE
Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

*A statewide, free legal helpline for
New Mexico residents 55 and older.*

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**IMPORTANT
INFORMATION**

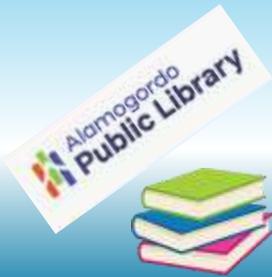
Here are two websites where you can find reliable information about coronavirus.

NM Dept. of Health (NMDOH):

<https://cv.nmhealth.org/>

Center for Disease Control & Prevention (CDC):

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



Hours of Operation:

Monday & Tuesday 10-6

Wed. & Thurs. 10-5

Friday Closed- Curbside
and Phone Reference 10-4

Saturday 11-5

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

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.



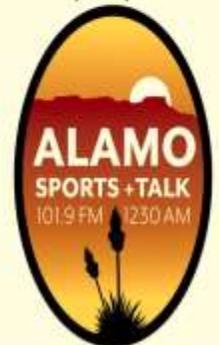
**COYOTE 92.7
COUNTRY KRSY**

**STEALTH
CLASSIC ROCK**
KNMZ 103.7



EXCITER MEDIA

COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK



**ALAMO
SPORTS + TALK**
101.9 FM 1230 AM



PIG BUTCHERING

Helping investors protect their assets

WHAT IS A PIG BUTCHERING SCAM?

Pig Butchering is a term or metaphor that describes a scam perpetrated over a long period of time to steal the victim's money repeatedly via online apps. Also known as "Killing Pig Plate" or "Sha Zhu Pan" this scam started in China around 2019 and victims have lost millions worldwide.

BACKGROUND

This scam was developed by Asian organized crime groups/gangs and initially targeted individuals in China then moved to the United States.

- Scammers are human trafficking victims who are forced to perpetuate this scam for money or other financial opportunities
- Official training with procedure manuals is used to execute scam
- It is one of the leading scams reported to the FBI and is still underreported

THE FLOW

The fraudster and victim ("pig") usually meet online
The scammer works at gaining the trust ("fattening up") the victim

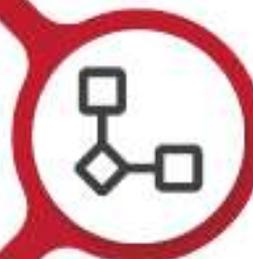
The fraudster directs victim to go to a private messaging service/app and fraudster will assist
The scammer convinces the victim to invest, what to do and where to deposit the money
The victim loses the investment. The money is gone as well as trusted friend ("the slaughter")



THE PROCESS

Starts with the scammer:
Often making contact with the targets over long periods of time and seemingly at random;

Then gaining trust before ultimately manipulating their targets into phony investments and disappearing with the money/funds.



THE INTRODUCTION

The scammer may start off with a wrong number text, email, social media platforms, or dating applications
Take their time to set the "hook" or build the connection

Incorporates a romance scam with a long-term twist or even affinity fraud



THE RELATIONSHIP

Meet online and build the relationship
Relationship grows over time (possibly becoming romantic)

Getting to know financial wants and fears
Introducing you to online investments
Talk of cryptocurrency and making money long-term



OTHER SCAMS INVOLVED

Romance Scam—Developing a romantic relationship

Affinity Fraud—Through a trusted community member(s)

Through an unexpected or random connection with online apps or websites



Tons of GAMES

To Play in our Lobby

PLEASE HELP YOURSELVES
& MAKE SOME NEW FRIENDS!

AARP

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!

NEW
CONTENT
ADDED!

Date & Time:

Monday, January 8, 2024, 9:30 AM Start Time, 1:30 End Time

Please arrive 20 min early for registration.

Check or Cash only PLEASE- cannot accept credit card

Bring water and snack if desired

Location:

Alamo Senior Center
2201 Puerto Rico Ave
Alamogordo, NM

Register:

575-439-4150 or at Alamo Senior Center

CLASSROOM COURSE

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

TO FIND ADDITIONAL COURSES

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

Advanced
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Alamogordo, NM 88310
575.437.HEAR (4327)

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Ruidoso, NM 88345
575.257.0454

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- Tinnitus (ringing in the ear) evaluations
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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

ASC Fitness Center Class Schedule 9

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way	Do it Your Way	Do it Your Way	Do it Your Way	Do it your Way
9:00 – 9:45	Strength Training With Lydia	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	Cardio Strength With Sue Burns	Dynamic Stretch With Sonja	_____
1:00-1:45	Beginner Line Dancing with Michael	_____	Beginner Line Dancing with Michael	_____	_____
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 - 12:00 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
DAV	2nd Tues of Month	2:00 PM - 3:00 PM	Classroom
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
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 - 12:00 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 - 12:00 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

12/20/2023

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Across from the White Sands Mall
575-439-9999



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Dr. Robert Alhiston, DDS

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

MON-THUR
8AM / 4PM



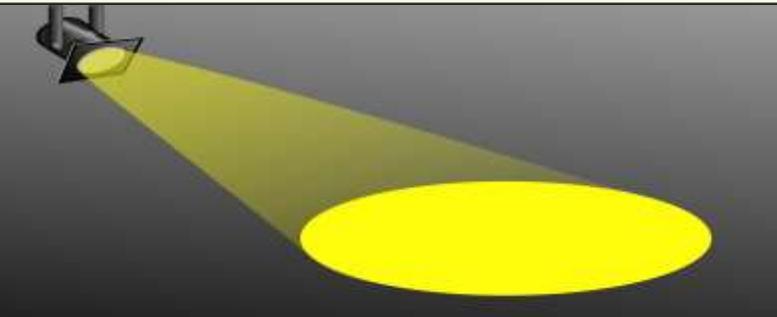
Beehive

H O M E S
of Alamogordo

SENIOR FITNESS

My name is Mary Jo, and I have been attending the Fitness center for many years. I enjoy the classes, the instructors and the lasting friendships I have made here. Like just about anyone my age. I

have had health issues, but since attending classes, my energy and stamina has improved. I certainly want encourage anyone to come by and check out what the Fitness Center has to offer. I dare you!



December Birthdays



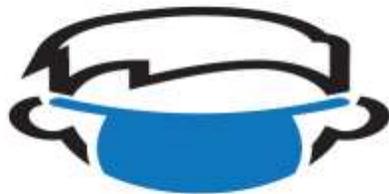
Pictured left to right : Roy Gannaway, Mark Carter, and Jim Moore.

Thank You, Theresa Van Winkle from CAPPED for sponsoring our Birthday Bash.

Call, Text, or Message
988
For Mental Wellness

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

HUMAN SERVICES DEPARTMENT

The graphic features a blue speech bubble containing a white mobile phone icon and the text "988 CRISIS LIFELINE". Below the speech bubble is a stylized illustration of four people in various outfits. The Human Services Department logo is located in the bottom right corner.

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!!!