

The Alamo Senior Center is a non-profit organization and all drivers, except staff, are volunteers who give generously of their time to serve the homebound senior citizens.

Usually, a volunteer drives once a week on any given day. We offer mileage reimbursement at \$.50 per mile.

If you would like more information, please call the Home Delivered Meal Program Office at (575) 439-4150



HDM Hot Truck

Home Delivered Meal Program Office Staff

Home Services Supervisor

Home Delivery Services Coordinator

Home Delivery Services Aide



City of
ALAMOGORDO

*A
Shining
Light
Of
Otero
County*

THRIVE IN SOUTHERN N.M.



"It brings out the best in all of us."

*Alamo Senior
Center*



City of Alamogordo

*Home Delivered
Meal Program*

2201 Puerto Rico Avenue
Alamogordo, NM 88310

Phone: 575-439-4150

Fax: 575-439-4160

Website:

www.ci.alamogordo.nm.us

ALAMO SENIOR CENTER

Director: Magdalena Morales

HOME DELIVERED MEAL PROGRAM

The Alamo Senior Center kitchen prepares and provides the program a hot nutritious meal to senior citizens that are unable to prepare their own meals and unable to leave their home due to illness. The meal provides 1/3 of the recommended dietary allowances (RDA).

A frozen weekend meal is available for those who qualify.

An analyzed cold breakfast is also available 7 days a week for those who qualify.

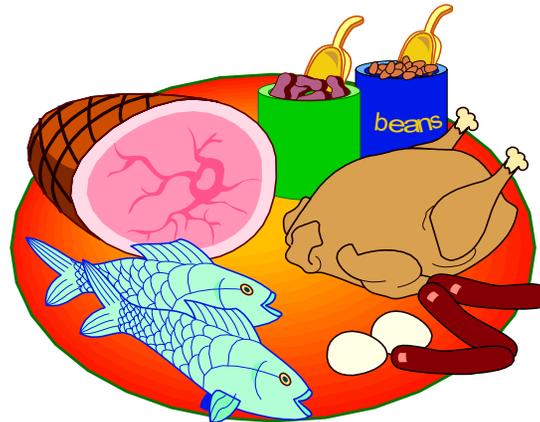
Qualifications

There are certain qualifications the Home Services Supervisor must determine in order for someone to qualify.

For one, you must be a senior of at least 60 years of age or, if less than 60 years, you must be a spouse of a senior.

If you are being released from the hospital, the program is very helpful while you recuperate. Otherwise, we encourage seniors to join us in our dining facility with the congregate meal program.

We also offer transportation service.



The Goal of the Home Delivered Meal Program:

“It is the intent of the program to encourage the utilization of the congregate meal program, if at all possible, to prevent isolation and encourage socialization.

Home delivered meals are to assist in delaying or preventing institutionalization of the frail and elderly.”

Suggested Donation:

**\$3.00 per lunch and
\$1.25 per breakfast.**

There is no charge to participate in the home delivered meal program.

For those participants that are unable to donate the full suggested donation, we encourage them to donate the amount they can afford.



Meal Delivery:

Volunteer & staff drivers deliver anytime between 10:45 am. and 1:00 p.m. Monday through Friday.

* Delivery time varies daily *