

# The Sentinel

February 2024

50 cent suggested donation

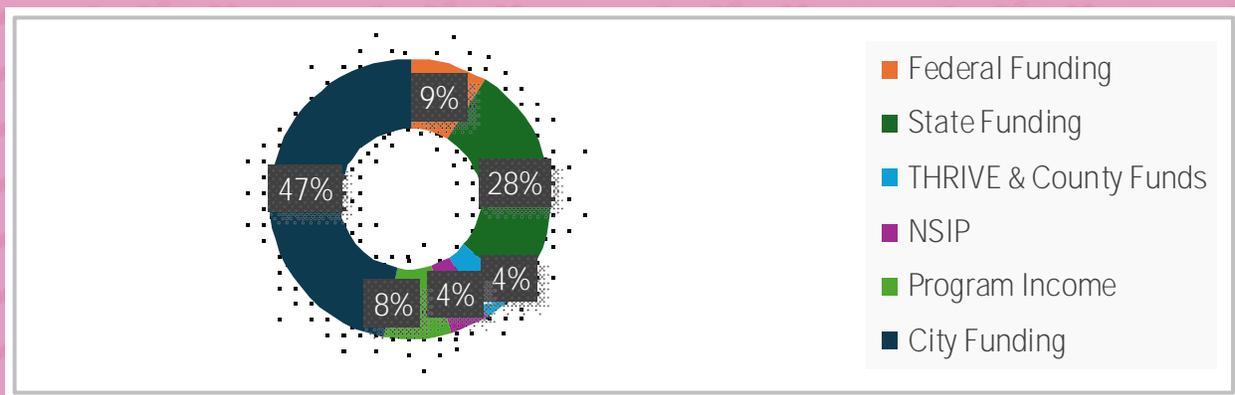
## *From the Manager*

Welcome to the many new members who have joined the Alamo Senior Center! Thanks to continued members who have participated in our program areas throughout the years!

In this article, I will cover the makeup of the Senior Center. The Older American Center, as it was known then, opened its doors in the summer of 1974. To this day, we, the Alamo Senior Center, are recognized as one of the best multipurpose senior centers in the State. We are funded with Federal, State, County, City and THRIVE funding. We have many rules & regulations, policies & procedures that we have to follow due to our funding sources.

Under the Older American's Act, a wide range of social services and programs for older individuals defined as aged 60 years or older are provided. Services provided are for a donation by each of you to support the services you receive. Anyone under 60 must pay the full-service cost and be a member's guest. This full cost of services applies to all staff that are under 60 as well.

A new budget is submitted annually for the services provided and for program areas contracted by Grants: Transportation, Fitness, Congregate & Home-Delivered Meals. Keep in mind that the chart below does not include all of the City's funding portion to keep the Senior Center and Fitness Facility operating.



*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>

February 2024

Monday	Tuesday	Wednesday	1 - Thursday	2 - Friday
				
<b>5 - Monday</b> <b>Chicken Fried Chicken</b> Potato Salad California Blend Vegetables Coleslaw WW Roll Pears	<b>6 - Tuesday</b> <b>Soft Beef Tacos</b> Salsa, Lettuce, & Tomato Pinto Beans Squash w/ Corn Tropical Fruit	<b>7 - Wednesday</b> <b>Beef Steak Ranchero</b> Roasted Cilantro Potatoes Ranch Style Beans Flour Tortilla Peaches	<b>8 - Thursday</b> <b>Orange Chicken</b> Brown Rice Asian Vegetables Vegetable Egg Roll Greek Yogurt Spice Cake	<b>9 - Friday</b> <b>Open Roast Beef Sandwich</b> Mashed Potatoes Green Beans Fruit Cocktail
<b>12 - Monday</b> <b>Spaghetti</b> Tossed Salad w/ Dressing Steamed Broccoli Garlic Bread Applesauce	<b>13 - Tuesday</b> <b>Breakfast for Lunch</b> Scrambled Eggs Sausage Patty Diced Potatoes Biscuit & Gravy Mixed Fruit	<b>14 - Wednesday</b> <b>Tilapia w/ Tarter Sauce</b> Wild Rice Coleslaw Gelatin w/ Banana	<b>15 - Thursday</b> <b>Meat Loaf</b> Garlic Mashed Potatoes w/ Gravy Spinach w/ Mushrooms WW Roll Peach Cobbler	<b>16 - Friday</b> <b>Frito Pie</b> Tossed Salad w/ Dressing Corn Salsa Plums
<b>19 - Monday</b>  <b>Presidents Day</b>	<b>20 - Tuesday</b> <b>Red Beef Enchiladas</b> Spanish Slaw Pinto Beans Apricots	<b>21 - Wednesday</b> <b>Beef Tips</b> Mashed Potatoes Broccoli Sliced Carrots Biscuit Vanilla Pudding	<b>22 - Thursday</b> <b>Spinach Lasagna</b> Italian Vegetables White Beans Garlic Bread Fruit Salad w/ Greek Yogurt	<b>23 - Friday</b> <b>Country Fried Steak</b> Baked Potato Brussel Sprouts WW Roll Berries in Gelatin
<b>26 - Monday</b> <b>Green Chili Chicken Enchiladas</b> Lettuce & Tomato Roasted Beets & Carrots Mandarin Oranges	<b>27 - Tuesday</b> <b>Liver &amp; Onions</b> Mashed Potatoes & Gravy Braised Cabbage Green Peas WW Roll Baked Apple Slices	<b>28 - Wednesday</b> <b>Stuffed Chicken Breast</b> Baked Sweet Potato Capri Mixed Vegetables WW Roll Apricots	<b>29 - Thursday</b> <b>Sloppy Joe</b> Parsley Potatoes Mixed Vegetables Cottage Cheese Pineapple Salad	<b>1% Low Fat Milk Served Daily</b>  <b>Chocolate Milk Served on Fridays</b>  <b>Menu Subject to Change</b>

*\*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!!!**

## 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  
COURSE  
ADDED!

### Date & Time:

Monday, March 11, 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](http://www.aarp.org/driving36)  
Call: 1-888-773-7160

\*Eligibility for a right to make a claim depends on the policy you apply. Consult your agent for details.

## ASC Mission Statement:

*"The Alamo Senior Center's mission is to provide services for persons 60 and over and their spouses regardless of age. The Center is a social environment, which provides support, education, recreation, nutrition, and entertainment for independent elderly persons in Alamogordo and the surrounding area. The Center's goal is to provide an opportunity to maintain a vital role in life for all persons."*

## 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.<sup>4</sup> 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.

## To Prevent CO Poisoning, Remember I CAN B:

- **I**nstall CO alarms near sleeping areas.
- **C**heck heating systems and fuel-burning appliances annually.
- **A**void the use of non-vented combustion appliances.
- **N**ever burn fuels indoors except in devices such as stoves or furnaces that are made for safe use.
- **B**e 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



December 2023  
Nutrition Report

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

**Total number of meals served: 6,844**

	Congregate Meals:	HD Meals:
Meals Served:	3,650	3,194
Donation Average:	\$2.32	\$.91

*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

www.burtbroadcasting.net

## 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](http://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.



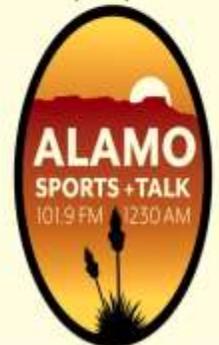
**COYOTE 92.7  
COUNTRY KRSY**

**STEALTH  
CLASSIC ROCK**  
KNMZ 103.7



**EXCITER MEDIA**

COYOTE COUNTRY STEALTH CLASSIC ROCK  
ALAMO SPORTS AND TALK



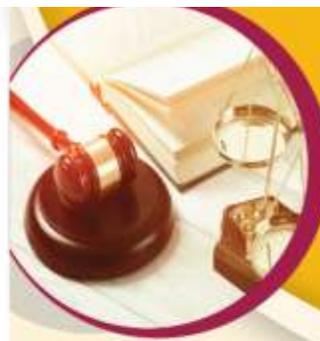
**ALAMO  
SPORTS + TALK**  
101.9 FM 1230 AM

# Tons of GAMES

To Play in our Lobby



PLEASE HELP YOURSELVES  
& MAKE SOME NEW FRIENDS!



## FREE LIVE LEGAL WEBINARS

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

### 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 2024:

- |               |            |           |
|---------------|------------|-----------|
| • January 16  | • March 12 | • May 14  |
| • February 13 | • April 9  | • June 11 |

**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

**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

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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 7

## 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 or April	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	Progressive Weight Training W/Paul Starts Feb 6.	Resistance Strength & Weight Training With Tom	Progressive Weight Training W/Paul Starts Feb 6.	Resistance Strength & Weight With Tom



## Fitness Classroom II

TIME	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	High Energy Aerobics with Tamie	Dynamic Stretch With Sonja	Western Partner Dance with Michael
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

**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 Alhiston, DDS

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

MON-THUR  
8AM / 4PM



(575) 434-3026 610 Cuba Avenue Skyviewdentist.com

# Save the Date

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## Otero County Housing Symposium

GCRMC Conference Center

2669 Scenic Drive, Alamogordo NM

MARCH 21, 2024

10AM - 3PM

*Lunch included. Free event.*

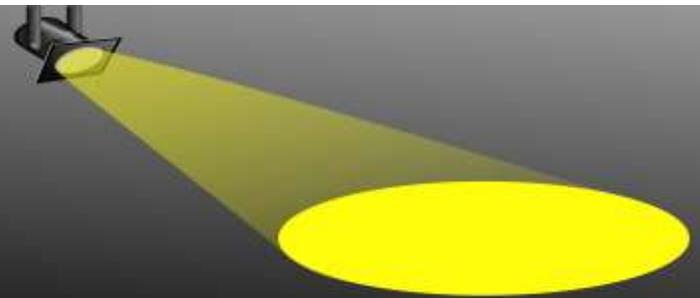
- Housing specialist presenters
- Successful project examples
- Small group discussions
- Virtual join-in option, 10-12



100% Otero hosts a community conversation about housing and homelessness, with statewide experts plus local movers & shakers!

CONTACT: Peg 575 551-1726 or email: [housing@100otero.org](mailto:housing@100otero.org)

# SENIOR FITNESS



My husband and I moved here in 2015. Around that time, my daughter and I, along with a good friend, decided to check out the exercise classes. (Also, it has been as an extended rehab for me). I have been attending classes 3 days a week. I have made many new friends, and I have a great time! I will continue attending. God Willing, if the "Creek Don't Rise" ! Come and join me!



# December Birthdays



Pictured left to right : Rosa Ceballos, Barbara Taylor, and Diana Lara-Monroy.

Thank you *Ruth Wilkes* from the *Down Town Lions Club* for sponsoring our *Monthly Birthday Bash*.

*Happy Birthday to our Fitness volunteers: Michael Knowles, Lee Sheldon, and Kelly Wyatt.*

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!!!**