

# The Sentinel

March 2024

50 cent suggested donation

## *From the Manager*

The Alamogordo Fire Department installed 340 free smoke detectors in 81 homes on February 10th. The group met at the senior center on a cold, rainy Saturday, but they kept pushing through & got it done! Thank you, AFD, Red Cross & Santa Fe Fire Service Coordinator! The AFD will continue free smoke detector installation. Call Lt. Skaggs @ (575) 635-7589.



If you missed our Valentine's dinner/dance, you missed a great time! We will have more dinner/dance events, so be on the lookout!



Please help me welcome Cary Mraz to the Alamo Senior Center staff team. He is our new kitchen assistant.



I would like to say "Thank You" to the City for hiring me for this position in which I am able to give back. The wife & I have moved from the Florida Keys, trading in the blue oceans for the majestic mountains and looking forward to life in New Mexico and being part of the community.

I see you noticed the new patio furniture in our Light Court area! We hope you enjoy the comfort of sitting outside while remaining inside the facility. Enjoy the camaraderie, read a book, or just relax! Plants are forthcoming!



## *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>Sour Cream Enchiladas</b> Lettuce & Tomato Calabacitas Pinto Beans Spanish Rice Fruit Salad
<b>4 - Monday</b>	<b>5 - Tuesday</b>	<b>6 - Wednesday</b>	<b>7 - Thursday</b>	<b>8 - Friday</b>
<b>Swiss Steak</b> Potato Wedges Peas w/ Onions Biscuit Applesauce 	<b>Baked Lemon Pepper Chicken</b> Country Vegetable Blend Ranch Beans WW Roll Peaches	<b>Pork Butt Roast w/ Gravy</b> Parsley Mashed Potatoes Green Beans WW Roll Cake 	<b>Green Chile Cheese Hamburger</b> Lettuce, Tomato & Onions French Fries Roasted Brussel Sprouts Mixed Fruit	<b>Baked Cod</b> Cole Slaw Wild Rice Cornbread Pears
<b>11 - Monday</b>	<b>12 - Tuesday</b>	<b>13 - Wednesday</b>	<b>14 - Thursday</b>	<b>15 - Friday</b>
<b>Pepper Steak</b> Baked Potato California Vegetables WW Roll Peach Crisp	<b>Chicken Tacos</b> Lettuce & Tomato Spanish Rice Calabacitas Mixed Fruit	<b>Salisbury Steak w/ Gravy</b> Potatoes Au Gratin Beet & Onion Salad WW Roll Plums	<b>Beef Stroganoff</b> Capri Vegetables WW Roll Apricots	<b>Comed Beef</b> Cabbage Glazed Carrots WW Bread Strawberries & Bananas
<b>18 - Monday</b>	<b>19 - Tuesday</b>	<b>20 - Wednesday</b>	<b>21 - Thursday</b>	<b>22 - Friday</b>
<b>Chicken Strips w/ Gravy</b> Mashed Potatoes Carrots Biscuit Fruit Cocktail 	<b>Beef Tips &amp; Noodles</b> Salad w/ Dressing Peas & Carrots Pears Oatmeal Cookie	<b>Green Chile Chicken Enchiladas</b> Lettuce & Tomato Pinto Beans Zucchini w/ Tomatoes Pineapple Tidbits	<b>Sloppy Joe</b> Macaroni Salad Buttered Corn Tropical Fruit	<b>Country Fried Steak</b> Baked Potato w/ Country Gravy Okra WW Roll Peaches in Gelatin
<b>25 - Monday</b>	<b>26 - Tuesday</b>	<b>27 - Wednesday</b>	<b>28 - Thursday</b>	<b>29 - Friday</b>
<b>Hamburger Steak w/ Gravy</b> Mashed Potatoes Peas Biscuit Peaches	<b>Meat Loaf</b> Mashed Potatoes w/ Gravy California Vegetables WW Roll Brownie	<b>Beef Fajitas</b> Lettuce & Tomato Pinto Beans Apricots 	<b>Stuffed Chicken Breast</b> Mashed Potato w/ Gravy Capri Vegetables Peaches	<b>Tamale</b> Pinto Beans w/ Green Chile Spanish Slaw Flour Tortilla Pears 

*\*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!!!**

# OTERO COUNTY VITA

VOLUNTEER INCOME TAX ASSISTANCE

- ✓ VITA Assistance is available to individuals or families earning an annual household income of \$75,000 or less
- ✓ VITA Site opens in Otero County on January 26, 2024 through April 15, 2024
- ✓ Fridays 10:00AM-2:00PM  
Saturdays 10:00AM-2:00PM

Brought to you by:



LOCATION:

LOVE, INC  
1106 OHIO AVE  
ALAMOGORDO

## NON-METRO AREA AGENCY ON AGING (NMAAA)

Our mission is to promote independence, healthy aging practices, and choices that allow older adults to thrive and maintain their independence and dignity.



SCAN ME

## VOLUNTEER DRIVER PROGRAM

Help provide transportation services for non-emergency medical appointments to seniors and adults with disabilities.

Volunteer drivers utilize their own insured vehicles to provide rides for vulnerable populations when there are little-to-no transportation options available. **Become a volunteer now!**

### WE OFFER

- Volunteer times are flexible to meet your schedule
- Optional mileage reimbursement offered at 65 cents per mile
- Optional meal reimbursements for longer rides
- Supplemental volunteer auto insurance coverage



### CONTACT US

seniorhelp@ncnmedd.com

(505) 356-9791

## NON-METRO AREA AGENCY ON AGING (NMAAA)

Nuestra misión es promover la independencia, prácticas de envejecimiento saludables y opciones que permitan a los adultos mayores prosperar y mantener su independencia y dignidad.



SCAN ME

## PROGRAMA DE CONDUCTORES VOLUNTARIOS

Ayuda a proporcionar servicios de transporte para citas médicas que no sean de emergencia a personas mayores y adultos con discapacidades

Los conductores voluntarios utilizan sus propios vehículos y deben contar con seguro de automóvil para brindar transporte a poblaciones vulnerables en áreas donde las opciones de transporte son limitadas. (Considera convertirte en voluntario hoy mismo!)

### OFRECEMOS

- Los horarios de voluntariado son flexibles para adaptarse a tu agenda.
- Se ofrece reembolso opcional de millaje a 65 centavos por milla.
- Reembolso opcional de comidas para viajes más largos.
- Cobertura suplementaria de seguro de automóvil para voluntarios.



### CONTÁCTANOS

Correo electrónico: seniorhelp@ncnmedd.com

(505) 356-9791



## 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 to deliver, which can delay delivery to you. We apologize for any inconvenience.

*Thank You*

## Ruidoso "Lots of Shops" Shopping Field Trip

Lunch & Sight Seeing at the  
Inn of the Mountain Gods!  
Lunch at your own cost



Date: Thursday, March 21, 2024  
Time: 9:00 am to 3:00 pm

Field Trip Cost: \$5  
Please sign up at the front desk, seats are limited!

No Refunds!



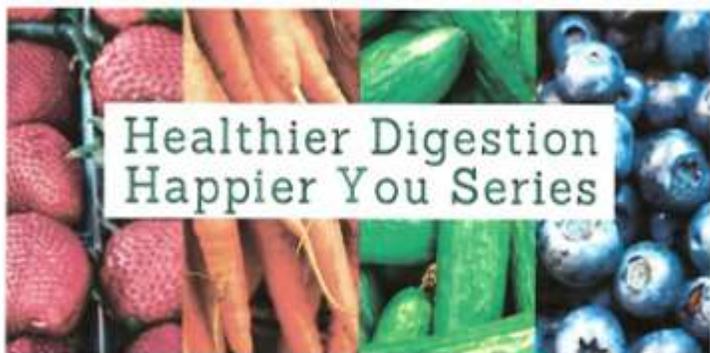
# Big Foot Museum Field Trip

When: Thursday, March 28, 2024  
Time: 9:00 am—4:00 pm (Meet in  
ASC lobby promptly at 9:00 for  
roll call)

Where: Big Foot Museum, Lunch  
(on your own) in Cloudcroft  
Cost: \$5 (includes  
Museum ticket)



Space is limited. Sign up at  
the front desk. No Refunds!



## Healthier Digestion Happier You Series

WITH NUTRITIONIST NIKKI GOLLY



## HEALTHIER DIGESTION, HAPPIER YOU SERIES

Tuesdays from 10 - 11 AM in the classroom here at the Senior Center

Please attend all classes or just those that most interest you

MARCH 19TH: BALANCING BLOOD SUGARS & THE  
COMPOUND EFFECT OF TOXINS

MARCH 26TH: HEALTHY FATS: BRAIN HEALTH,  
MEMORY, & JOINTS

APRIL 2ND: HEALING THE GUT: LOWERING CANCER  
RISK & BOOSTING THE IMMUNE SYSTEM

Space is limited! Sign up and save your free seat by  
adding your name to the clipboard at the  
registration desk or call me at (602) 571-4007

## HEAL Team invites you to walk with us

HEAL = *Healthy Eating  
Active Living*

Walk with HEAL on 3/28 at 8am  
at Washington Park in Alamogordo  
Meet-up at the north-west parking lot, on  
Washington Ave. by the foot-bridge

Thursday March 28 @ 8 am

Walk as short or far as suits your schedule.  
Suggested: wear a hat and bring a water bottle

Note: this path is ADA accessible



Contact information: [maureen.schmittle@doh.nm.gov](mailto:maureen.schmittle@doh.nm.gov)  
Or call Kelly at (575) 437-0231

## 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 5% to 10% discount on your car insurance depends on your state and other factors. See your agent for details.

**“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. 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:

- 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



**January 2024  
Nutrition Report**

6

Number of days served this month: 20  
Total number of meals served: 6,844

	Congregate	HD Meals:
Meals Served:	3,940	3,269
Donation Average:	\$1.93	\$1.06

*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

**Tami Boyd**  
Area Manager

Enhabit Home Health & Hospice

O 575.258.0028  
M 575.500.8215  
F 575.258.2648  
tami.boyd@ehab.com

1096 Mechem Dr  
Suite 302-A  
Ruidoso, NM 88345



**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

**Leading  
the MARKET**  
IN EVERY FORMAT

**94.9 Cool FM**

**Country 105.3**

**94KEY 94.3 FM KVEE**

**NEWS TALK KINN 106.3 FM 1270 AM**

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

7



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

**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**

**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



**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**

## 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 With Paul	Resistance Strength & Weight Training With Tom	Progressive Weight Training With Paul	Resistance Strength & Weight Training With Tom



## Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45	Walk Aerobics with Lee	Chair Exercise With Luis	Walk Aerobics with Lee	Chair Exercise With Luis	Walk Aerobics With Lee
9:00-9:45	Chair Exercise With Luis	Line Dance-Basic 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	High Energy Aerobics with Tamie	Belly Dancing With Claudia/Colette	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 Alhston, DDS

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

MON-THUR  
8AM / 4PM



# Save the Date

## Otero County Housing Symposium

GCRMC Conference Center  
2669 Scenic Drive, Alamogordo NM

MARCH 21, 2024

10AM - 3PM

*Lunch included. Free event.*

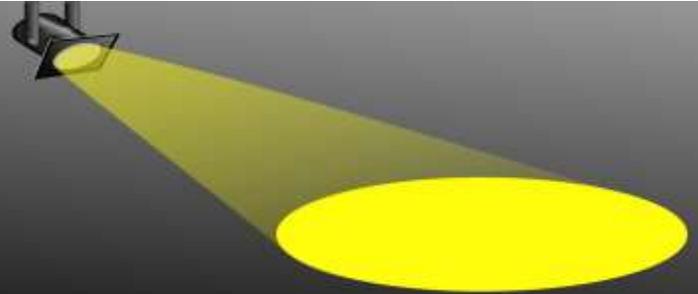
- Housing specialist presenters
- Successful project examples
- Small group discussions
- Virtual join-in option, 10-12



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



### John & Cheryl Olson:

We started attending the Senior Center in Sept of 2018. We joined the Fitness Center to see what it was all about. (My mother ended up joining also!) All the people were friendly and welcoming. I would recommend that everyone get out of the house and come on down. You don't know what you are missing if you haven't been here! With that being said, we hope to see you at the Fitness Center!



# February Birthdays



Pictured left to right : Tami Curl, Faye Gentry, Maxine Carlson, Roque Rosales, Rony Bodnar, and Steve Lenart.

**Thank you Shawna from BeeHive Homes for sponsoring our Monthly Birthday Party.**

**Happy Birthday to our Fitness volunteers: Tami Curl and Alvina Lockyear.**

Call, Text, or Message  
**988**  
For Mental Wellness

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

Department of Human Services  
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 !!!