

The Sentinel

April, 2024

50 cent suggested donation

From the Manager



It is so nice to see so many new faces. Our programs are overflowing & we love it! Our meal program is reaching numbers we have not seen in a while, which is absolutely amazing! We are here to provide services for you to enjoy your Golden Years! We know things will not always be perfect, but we try hard to do our best!

With that said, it has been quite some time since we have had an increase in our meal donation, at least 10 years. So, beginning July 1, the suggested meal donation will increase from \$2.50 to \$3.00.

Donations for each program area play a huge role in our budget. The donations provided for each service area help decrease the supplement we receive from the City. Grants provided to specific program areas are a HUGE help as well! These Grants contribute to the decrease in the City's transfer of funds to the Alamo Senior Center as well.

We could not provide the services we do without the City's supplemental funding to continue the services we provide year after fiscal year. Your donations are a big part of our funding source while giving you the sense of contributing to the services you receive. Something to keep in mind is that we never use the words "free" or "charge" here at the Alamo Senior Center. Every service our consumers 60 years or older receive is provided for a "donation."

Our dances are provided for a charge as these events are open to the public. This income is another funding source included in our revenues to help offset the City's transfer-in.

Can the Alamo Senior Center operate & offer services with the donations & fundraising income alone, you ask? Absolutely not. But, these donations & fundraising events you contribute to prove that you are giving back to the services you receive.

So, THANK YOU!!!

Magdalena

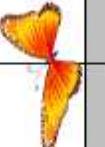
Alamo Senior Center

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>

April 2024

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
Baked Chicken Country Vegetable Blend Ranch Beans WW Roll Peaches	Green Chili Lasagna Lettuce & Tomato Buttered Corn Apricots 	Beef Steak Ranchero Roasted Cilantro Potatoes Spanish Rice Flour Tortilla Pears 	Stuffed Peppers Au Gratin Potatoes Broccoli Biscuit Tropical Fruit	Fish Platter Coleslaw Green Beans Mandarin Oranges
8 - Monday Hawaiian Pork Steamed Rice Oriental Vegetables Mandarrn Oranges	9 - Tuesday Beef Burgundy Egg Noodles Peas & Carrots WW Roll Apple Sauce	10 - Wednesday Chicken Tetrizzini Crackers Green Salad w/ Italian Dressing Fruit Salad	11 - Thursday Red Beef Enchilada Lettuce & Tomato Pinto Beans Spanish Rice Strawberries & Ice Cream	12 - Friday Cheeseburger Lettuce, Tomato, & Onion Potato Salad Baked Beans Peanut Butter Cookie
15 - Monday Hamburger Steak w/ Gravy Sweet Potato Monte Carlo Vegetables Biscuit Peach Cobbler	16 - Tuesday Stuffed Pork Chop Mashed Potatoes Green Beans Chunky Applesauce	17 - Wednesday Spaghetti & Meat Sauce Green Salad Italian Vegetables Garlic Bread Apple Crisp 	18 - Thursday Meatloaf Parsley Mashed Potatoes Brussels Sprouts WW Roll Spice Cake	19 - Friday Chicken Salad Wrap Carrot and Celery Sticks Sun Chips Mixed Fruit
22 - Monday Beef Fajitas Lettuce & Tomato Pinto Beans Apricots 	23 - Tuesday Green Chili Chicken Enchiladas Lettuce & Tomato Pinto Beans Crackers Brownie	24 - Wednesday Pepper Steak Steamed Rice Brussel Sprouts Cornbread Pears	25 - Thursday BBQ Beef Sandwich Macaroni Salad Vegetables Seasoned Green Beans Peanut Butter Cookie	26 - Friday Country Fried Steak Mashed Potatoes w/ Gravy Green Bean Almondine WW Roll Peaches in Cottage Cheese
29 - Monday Beef Stroganoff w/Egg Noodles Capri Vegetables WW Roll BlueBerry Cobbler	30 - Tuesday Beef Ribs Coleslaw Potato Salad Sliced Bread Apricots Applesauce	Wednesday 1% Low Fat Milk Served Daily Chocolate Milk Served on Fridays Menu Subject to Change	Thursday 	Friday

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!!!**

Our monthly menus are verified by a dietitian in order to ensure that nutritional standards are met.

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 most 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



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

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.



CONTACTANOS

Correo electrónico: seniorhelp@ncnmedd.com

(505) 356-9791

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.”



WANT TO LEARN MORE ABOUT ALZHEIMER'S AND DEMENTIA?

Free educational classes are being held the second Tuesday of every month in Alamogordo.

For more information, please contact Chris Morehask at (575) 921-6131

ALL ARE WELCOME TO ATTEND



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.

Did you know that April is National Volunteer Month?

The week of April 21 – 27 is set aside as National Volunteer Week.

This time is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities and be a force that transforms the world.



The **Alamo Senior Center** has the Foster Grandparents and Senior Companion Programs that are wonderful programs in which seniors who are 55 and older can volunteer to serve others in a meaningful way right here in our community.

Foster Grandparents are volunteers who are serving children in area schools, working under the guidance and supervision of the public and private school teachers and principals.

Senior Companion volunteers are people who provide assistance, compassion, support, and friendship to homebound seniors who are frail, disabled, or terminally ill.

There is a modest stipend for those that qualify. Meal and mileage reimbursement, pre-service and monthly ongoing training, and complimentary secondary liability insurance for all volunteers.

If you want more information, just stop by my office at the back of the Alamo Senior Center, call the office at 575-439-4150, or fill out an application on the City of Alamogordo's website under the heading of Alamo Senior Center and then Senior Volunteer Programs.

I look forward to meeting and working with you soon!

Rene' Reynolds

Senior Volunteer Programs Specialist



**Advertise
Your
Business
Here**

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



**February 2024
Nutrition Report**

6

Number of days served this month: 20
Total number of meals served: 7,268

	Congregate Meals:	HD Meals:
Meals Served:	3,941	3,335
Donation Average:	\$2.01	\$.83

*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



Easter Bonnet
Winners:
Cindy: 3rd
Sandy: 2nd
Dolores: 1st



**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!



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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):

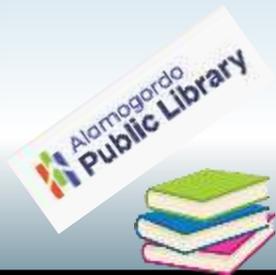
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

FREE Legal Helpline
for Seniors

Statewide 1-800-876-6657

Legal Resources
for the
Elderly Program

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



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

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



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
- February 13
- March 12
- April 9
- May 14
- 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

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

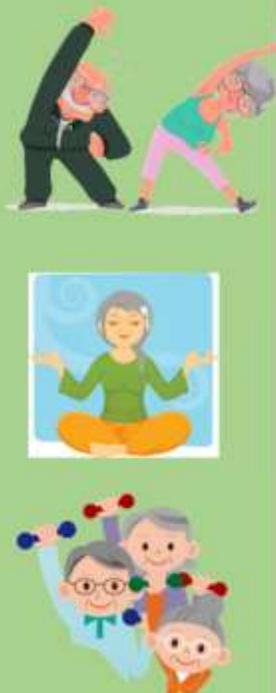
Fitness Classroom I

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

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8AM / 4PM



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



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For more information, please contact Chris Morehkaash at (575) 921-6131

ALL ARE WELCOME TO ATTEND



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 ALERT!

Date & Time:

Monday, May 6, 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

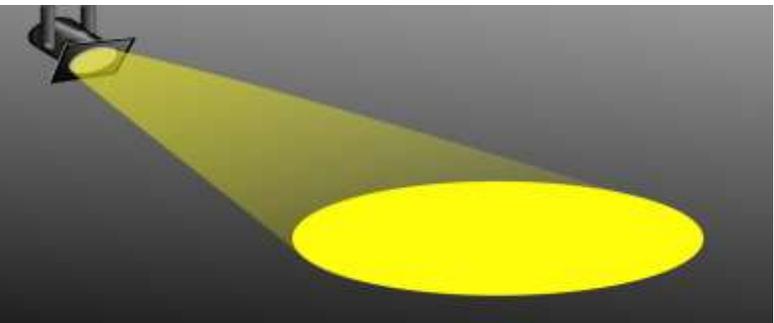
TO FIND ADDITIONAL COURSES

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

SENIOR FITNESS

Cindy Lou Fitzgerald:

My name is Cindy Lou and I moved to Alamogordo in April of 2023. I was out of shape, tired, and lazy to name a few things. I like exercising at the Alamo Fitness Center using the Elliptical Machine. I branched out and started trying some classes. I LOVE IT ALL! The members are friendly, kind, caring, and supportive. It's the best part of my day! I also shoot pool with the gang! IT'S GREAT FUN! Come Join!





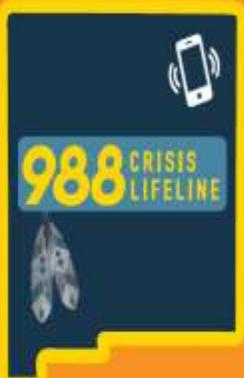
March Birthdays



Bonnie Stage is celebrating 100 years of Wisdom and Love. Pictured left to right : Front Row Gonzalo Torres, Albert Lyles, and Patsy Muller. Back row: Steve and Del Larson

Thank you Community Connections for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteers: Judy Bouma, Sue Burns, and Claudia Powell!



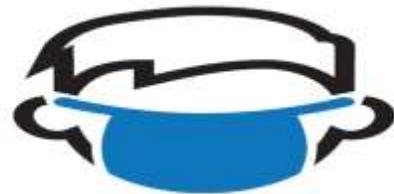
Call, Text, or Message

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 !!!