

The Sentinel

May, 2024

50 cent suggested donation

From the Manager



Happy May!

I want to thank State Secretary Jen Paul Schroer for taking time out of her EXTREMELY busy schedule to visit the Alamo Senior Center in April! She participated in some exercise classes & met with our consumers in the dining room. She & her staff were highly impressed with our facility! They were amazed at the interaction from all of you, the many volunteers that help with our services & of course, the staff! Thank you, everyone, for the warm welcome!



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>

	1 - Wednesday	2 - Thursday	3 - Friday
1% Low Fat Milk Served Daily			
Chocolate Milk Served on Fridays			
Menu Subject to Change			
6 - Monday	7 - Tuesday	8 - Wednesday	9 - Thursday
Beef Tips Potatoes w/ Parsley Tossed Salad w/ Dressing Brussel Sprouts Buttermilk Biscuit Peaches	Ham w/ Northern Beans Capri Vegetables WW Roll Tropical Fruit	Chicken Breast w/ Mushroom Gravy Brown Rice Broccoli & Cauliflower Apricots	Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Broccoli Pinto Beans Fruit Cocktail
10 - Friday	11 - Saturday	12 - Sunday	13 - Monday
Roast Beef Glazed Baby Carrots Scalloped Potatoes WW Roll Cake			Chicken Pot Pie Tossed Salad w/ Ranch Dressing Peaches
14 - Tuesday	15 - Wednesday	16 - Thursday	17 - Friday
Meatloaf Mashed Potatoes California Blend Vegetables Tossed Salad w/ Italian Dressing WW Roll Spiced Apples	Sloppy Joe French Fries Baby Carrots & Celery Sticks Pasta Salad Mandarin Oranges	Chicken Tacos Lettuce & Tomato Spanish Rice Zucchini w/Tomatoes Tropical Fruit Salad	Country Fried Steak Baked Potato Spinach WW Roll Pineapple Gelatin
18 - Saturday	19 - Sunday	20 - Monday	21 - Tuesday
		Chicken Strips Spring Vegetable Blend Oven Roasted Potatoes Cornbread Peaches	Beef Tacos Lettuce & Tomato Pinto Beans Succotash Spanish Rice Apple Sauce
22 - Tuesday	23 - Wednesday	24 - Thursday	25 - Friday
Shepherd's Pie Tossed Salad w/ Italian Dressing WW Roll Peaches	Spaghetti w/ Meat Sauce Garden Salad Italian Vegetables Garlic Bread Mixed Fruit	Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail	Chili Dog Macaroni Salad Potato Salad Cake
26 - Saturday	27 - Sunday	28 - Monday	29 - Tuesday
			Beef and Bean Burrito Spanish Rice Green Salad w/ Italian Dressing Apricots
30 - Wednesday	31 - Thursday	1 - Friday	2 - Saturday
Orange Chicken Brown Rice Vegetable Egg Roll Asian Vegetables Mandarin Oranges	Orange Chicken Brown Rice Vegetable Egg Roll Asian Vegetables Mandarin Oranges	Cheesburger Lettuce, Tomato, & Onion French Fries Baked Beans Sherbet	

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!!!

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 05 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

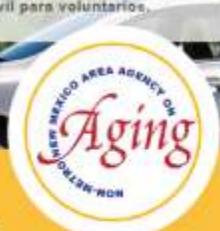
PROGRAMA DE CONDUCTORES VOLUNTARIOS

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 05 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

Can my estate avoid probate?

Who will pay for my nursing home care?

What are Powers of Attorney and Advanced Health Care Directives?

Answer these questions and more at:

LEGAL RESOURCES FOR THE ELDERLY PROGRAM (LREP)

LEGAL WORKSHOP

Alamo Senior Center

2201 Puerto Rico Ave.

Alamogordo, NM 88310

May 9, 2024

Legal Workshop (Presentation by an LREP attorney)

10:00am – 11:30am

Power of Attorney Clinic (Preparation of Powers of Attorney &

Advance Health Care Directives)

11:30 am – 12:30pm

Advanced registration required for Power of Attorney Clinic.

Call 1-800-876-6657 or (505) 797-6005

Can't make it to the center that day? Have your questions answered by an attorney by calling the LREP Helpline, 1-800-876-6657 or (505) 797-6005

A joint project of the New Mexico Aging & Long Term Services Department and the State Bar of New Mexico



New Mexico State Bar Foundation
Legal Resources for the Elderly Program

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 Morehkash 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:

- **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.

Alamo Senior Center Presents:

Let's Par-Tea!!! Mother's Day Tea & Dance

May
Friday 10 2:00 PM - 5:00 PM

2024

Music By LeNore!

Tea, Sandwiches, and other Light Refreshments and Desserts will be served.

Tickets \$10 Each • Tickets Available at the Front Desk or at the Door • 2201 Pecos Rico Ave • For More Information Call (575) 439-4150 •



Roswell Art Museum & Planetarium

When: Thursday, May 16, 2024
Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

Where: Roswell Art Museum & Planetarium (Ticket included in field trip cost) and lunch at Golden Corral (at your own cost)

Cost: \$20



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



Tons of GAMES To Play in our Lobby



**PLEASE HELP YOURSELVES
& MAKE SOME NEW FRIENDS!**

El Paso Cielo Vista Mall Field Trip

When: Tuesday, May 21, 2024
Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)

Where: Shopping & Lunch in the El Paso Cielo Vista Mall

Cost: \$5



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



**Advertise
Your
Business
Here**

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



**March 2024
Nutrition Report**

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Number of days served this month: 21
Total number of meals served: 7,460

	Congregate Meals:	HD Meals:
Meals Served:	4,179	3,285
Donation Average:	\$1.99	\$.86

*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



FREE FINAL WILL & TESTAMENT!

Secure Your Legacy with a FREE Simple Will and Testament from VIP Insurance Advocates LLC!

Are you prepared for the future? VIP Insurance Advocates LLC is pleased to offer you an invaluable opportunity to safeguard your legacy with a FREE simple Will and Testament.

This essential document ensures that your wishes are legally documented and your loved ones are protected.

*Offer valid for a limited time. Terms and conditions apply. Consultation required. VIP Insurance Advocates LLC is not a law firm and does not provide legal advice.



575-322-8112

www.vipinsuranceadvocates.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

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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):

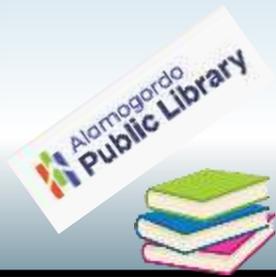
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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



Caution

Taxation and Revenue urges taxpayer caution

Fraudulent letters threaten seizure of properties with tax debt

SANTA FE — The New Mexico Taxation and Revenue Department is warning taxpayers about fraudulent demand letters going out to property owners who are delinquent on their taxes.

The letters tell the owners to call a 1-800 number by a certain date or the state will seize their property. Letters have been sent to property owners in Valencia County and possibly elsewhere.

The letters are not from the state Taxation and Revenue Department.

Anyone with an outstanding property tax debt should work directly with the treasurer's office in the county where their property is located or with Taxation and Revenue at 505-827-0883 if the debt is three or more years past due and has been turned over to the state for collection.

The Taxation and Revenue Department does auction properties for delinquent taxes when it has been unable to collect debts owed on those properties. The department schedules at least one auction in each county annually.

Anyone who suspects they have encountered fraudulent activity can contact the Department through the Fraud Hotline at 1-866-457-6789 or by email at Tax.Fraud@tax.nm.gov.



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 & Stretch With Pat	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	Strength With with Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies With Tami & Cheryl/Joyce	Yoga With Judy	Cardio-Chair Bonanza With Tami	No Floor Strength With Sue	Balance Baby Balls & Beanies With Tami & Cheryl/Joyce
11:00-11:45	Watch for more classes coming in the near future!				
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 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 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-2 with Tamie	Belly Dancing With Claudia/Colette	High Energy Aerobics With Tamie	Gentle 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 Improvers/Intermediate level 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



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Dr. Robert Albiston, DDS

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

MON-THUR
8AM / 4PM



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

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, 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



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 Morehkaash at
(575) 921-6131

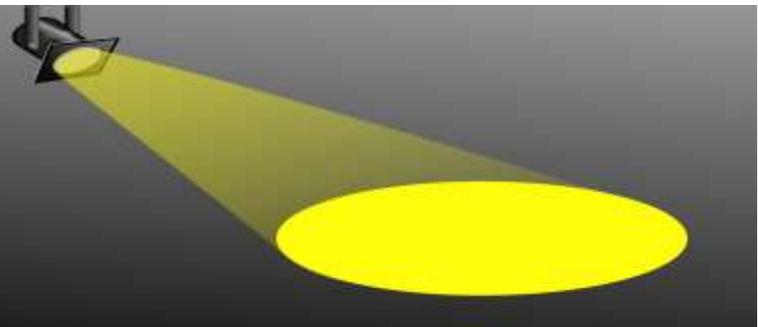
ALL ARE WELCOME TO ATTEND



SENIOR FITNESS

Jean Wallin

I joined ASC less than a year ago and many changes have occurred since then. I have had 2 hip and 2 knee replacements. (Hip replacements before joining) I have been attending the Fitness Center and I feel stronger now, more than ever! I attend classes, and I can even walk now WITHOUT a cane! This could never have been possible without the support and help of all my new friends at the Fitness Center, who are always willing to help. I also use the Elliptical machines in the Equipment room. What a difference my life is now. Thanks to ASC & Fitness Center.



April Birthdays



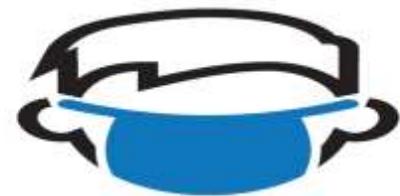
Pictured left to right: Vincent McDonald, Ilene Smith, and Tamela Campbell. Also, pictured is Victor Martinez from Alpha H.O.M.E. LLC.

Thank you Victor Martinez from H.O.M.E., LLC for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteers: Teresa Black-Gaukler, Pat Garcia, April Rhodes, Ilene Smith, and Paul Murphy.

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 !!!