

The Sentinel

JUNE 2024

50 cent suggested donation

From the Manager



Time is flying! We completed our ICIP and Capital Outlay applications, State budgets, The State-required annual Public Hearing, Staff Time Studies, Fire drill, and Annual surveys for each State contracted program area, and prepared for our annual State Audit, which was conducted during the last week in May, just to name a few. We have been busy!!!

Our new bus driver also came on board. Welcome to James O'Dell:

I worked for Porky's Heating & Cooling for 13 years before being hired at the senior center. I am married, and we have nine kids. I am an honest family man who loves animals & camping. I am very excited to work here. Thank you for having me!



I mentioned an article ago or so that our suggested meal donation will increase from \$2.50/meal to \$3.00/meal in July. The suggested donation is highly encouraged and appreciated. Still, I do not want the meal donation increase to deter participation in the meal program for those who truly cannot afford it. The amount you can contribute is always encouraged and appreciated! We will be closed on Friday, June 28th, for the end of the fiscal year. On this day, staff will work on archiving files and deep cleaning our facility. On Thursday, June 27th, we will have an extra meal for everyone participating in our Congregate Meal Program & an extra meal delivered to our homebound participants for Friday, June 28th's closure.

Membership Reminder: All consumers participating in our services must update their membership status annually. Staff will call to set up appointments. Walk-ins are also welcomed!

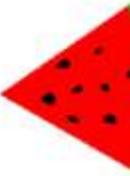
Magdalena

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>

<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>			
<p>3 - Monday</p> <p>Pepper Steak Cooked Chow Mein Noodles Stir Fry Vegetables Mandarin Oranges</p>	 <p>Santa Fe Chicken Cilantro Lime Brown Rice Beets Pineapple Tidbits</p>	<p>5 - Wednesday</p> <p>Red Chile Beef Enchiladas Lettuce & Tomato Zucchini Pinto Beans Spanish Rice Apricots</p>	<p>7 - Friday</p> <p>Swiss Steak w/ Tomato Gravy Potatoes w/ Dill Yellow Squash WW Roll Peaches</p>
<p>10 - Monday</p> <p>Beef Tips Egg Noodles California Blend Vegetables WW Roll Fresh Pear</p>	<p>11 - Tuesday</p> <p>BBQ Baked Chicken Scalloped Potatoes Herbed Green Beans Carrot & Raisin Salad</p>	<p>12 - Wednesday</p> <p>Salisbury Steak w/ Gravy Roasted Brussel Sprouts WW Roll Warm Apple Slices</p> 	<p>14 - Friday</p> <p>Roast Beef w/ Gravy Sweet Potatoe Monte Carlo Vegetables Biscuit Peach Cobbler</p>
<p>17 - Monday</p> <p>Tuna Salad Sandwich WW Bread Broccoli & Cauliflower Garlic Cilantro Roasted Potatoes Plums</p>	<p>18 - Tuesday</p> <p>Chicken Strips w/ Country Gravy Chateau Blend Vegetables WW Roll Unsweetened Applesause</p> 	<p>19 - Wednesday</p> <p>Baked Pork Chop Wild Rice w/ Onions & Mushrooms Vegetable Medley WW Roll Tropical Fruit Salad</p>	<p>21 - Friday</p> <p>Ham & Beans Zucchini Broccoli Spears Cornbread Grapes</p> 
<p>24 - Monday</p> <p>Beef Burgundy Egg Noodles Garden Blend Vegetables Biscuit Mixed Berries Yogurt</p>	<p>25 - Tuesday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Capri Vegetables Fruit Salad</p>	<p>26 - Wednesday</p> <p>Meatloaf Mashed Potatoes California Blend Tossed Salad WW Roll Strawberries & Bananas</p>	<p>28 - Friday</p> <p>End of Fiscal Year Archiving & Deep Cleaning</p> 

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.

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

CENTER CLOSED

FRIDAY, JUNE 28, 2024

ALAMO SENIOR CENTER

2201 Puerto Rico Ave.
Alamogordo, NM 88310
575-439-4150

Sorry for the inconvenience



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



WE NEED YOU

To help us decide where we should go on field trips!
Stop by the front desk to give your suggestions!

Accepting suggestions until June 30!

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.

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!



Date & Time:

Monday, September 9, 2024, 9:30 AM Start Time, 1:30 End Time

Please arrive 20 min early for registration.

Check or Cash (exact cash helpful) 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

*Some limitations may apply. See your policy for details. ©2024 AARP. All rights reserved. AARP and Smart Driver are registered trademarks of AARP. All other trademarks are the property of their respective owners.

Tons of
GAMES
To Play in our Lobby

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

Ruidoso Downs Field Trip

When: Friday, June 7, 2024

Time: 9:00 am—4:00 pm

(Meet in ASC lobby promptly at 9:00 am for roll call)

Where: Ruidoso Downs

Cost: \$5 (Lunch at your own cost)



Space is limited.

Put your name on the list at the

front desk. No Refunds!

Premium Movie Experience!

When: Tuesday, June 18, 2024

Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9am for roll call)

Where: Alamo Draft House in El Paso- Movie with Reclining seats and food and drinks served directly to you at your seat! Movie TBD on what is showing at time.

Cost: \$15 (includes cost of movie ticket, food and drink is separate)

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**



**April 2024
Nutrition Report**

6

Number of days served this month: 22
Total number of meals served: 7,749

	Congregate Meals:	HD Meals:
Meals Served:	4,379	3,289
Donation Average:	\$1.87	\$1.01

*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



Thank you for supporting the Alamo Senior Center



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

- **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

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

COYOTE COUNTRY STEALTH CLASSIC ROCK ALAMO SPORTS AND TALK

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
- 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



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 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	Step & Strength with Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beans With Tami, Cheryl, & Joyce	Yoga With Judy	Cardio-Chair Bonanza With Tami	No Floor Strength With Sue	Balance Baby Balls & Beans With Tami, Cheryl, & Joyce
11:00-11:45	<u>Watch for more classes coming in the near future!</u>				
1:00-1:45	Resistance Strength & Weight Training With Tom	Progressive Weight Training W/Paul	Resistance Strength & Weight Training With Tom	Progressive Weight Training W/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



SKY VIEW DENTAL

We provide exceptional services in a welcoming and comfortable environment.



Dr. Robert Albiston, DDS

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

MON-THUR
8AM / 4PM



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



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 Morehkah at (575) 921-6131

ALL ARE WELCOME TO ATTEND



***FREE* SERIES!**

Create Better Health

- Eat Well and Be Active on a Budget
- Cooking Skills
- Explore Food Health and Safety



OUR NEXT GROUP RUNS: **July 2-Aug. 5**

WE MEET: **Every Tuesday 10am-11am**

JOIN US AT: **Alamogordo Senior Center
2201 Puerto Rico Ave., Alamogordo, NM**

Contact your local ICAN Educator **Christine Martin** at **575.437.0231** or **cjam0709@nmsu.edu** to sign up, or sign up online at redcap.link/snapp

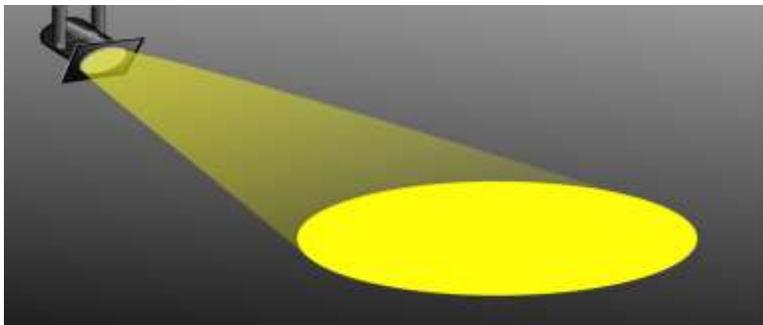


If you are an individual with a disability and need an auxiliary aid or service, call **Christine Martin** at **575.437.0231** or email **cjam0709@nmsu.edu** no later than 7 days before your class.

This work is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This provision is an equal opportunity provider. This work is delivered through New Mexico State University's Cooperative Extension Service and College of Agricultural, Consumer, and Environmental Sciences (ACES). ACES is an engine for economic and community development in New Mexico, improving the lives of New Mexicans through academic, research, and extension programs. USDA and NMSU are equal opportunity employers and educators.

SENIOR FITNESS

Juanita Bridges
I have been attending the Alamo Senior Center and Fitness Center for at least 10 years! It's a wonderful place to socialize, meet new people and make new friends. All the Staff here are very pleasant and polite. I have encouraged other seniors in the area to "JOIN UP" with us.



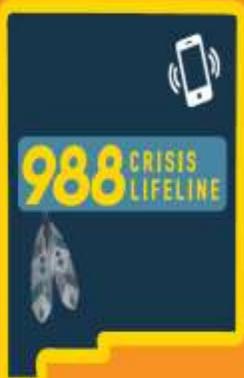
May Birthdays



Pictured left to right: Marguerite Williams and Rita Arrequin.

Thank you to our Gracious Anonymous donor for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteer: Joyce Gobrecht



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 !!!