

The Sentinel

August 2024

50 cent suggested donation

From the Manager



We, here at the Alamo Senior Center are here to assist you. Customer Service is our #1 Priority! If we can't assist you here, we will work on finding services for you, our Seniors!

- Our Senior Services program is overseen by Brittany Tave, who can help you with your transportation, fitness center, letter writing, events at the Center, and various other needs.
- Our Home Delivered Meal program is overseen by Eddie Perez. He can assist you with our home-delivered meal service and volunteer for the home-delivered meal service.
- Our Congregate & Home Delivered Meals are overseen by Violet Norman. If you have any questions about our monthly menus, please feel free to reach out to Violet.
- Our Foster Grandparent Program & Senior Companion Program is overseen by Rene Reynolds. She can assist you with becoming an FGP/SCP volunteer & accessing services.
- If they can't assist you, please visit with me, Magdalena Morales, Manager of the Alamo Senior Center.

Have you noticed the differences in services at senior centers while traveling across the State? Not all senior centers fall under the Area Agency on Aging umbrella. So, they do not receive grant funding with requirements to follow. Some senior centers across the State have local funds to provide additional services and lower age eligibility for certain programs.

We, here at the Alamo Senior Center, fall under the Area Agency on Aging umbrella that follows the Older Americans Act, with an age eligibility of 60. Local funding is provided to expand the services contracted through the Area Agency on Aging, which include Transportation, Fitness, Congregate, and Home-Delivered Programs. Our FGP/SCP program is funded directly by the Aging & Long-Term Services Department, complying with AmeriCorps.

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>

Bugfest

1 - Thursday		2 - Friday	
1% Low Fat Milk Served Daily	Lean Baked Pork Chop w/ Mushroom Gravy Green Beans Corn WW Roll Mixed Fruit	Bratwurst Dog w/ Sauerkraut & Onions Black-Eyed-Peas Broccoli Salad Applesauce	
Chocolate Milk Served on Fridays			
Menu Subject to Change			
5 - Monday		9 - Friday	
Beef Tips Roasted Cauliflower Sliced Carrots Peas & Onions Pears	Salisbury Steak Potatoes Au Gratin Bean Salad WW Roll Spiced Peaches	Swiss Steak Mashed Potatoes Tossed Salad w/ Italian Dressing WW Roll Gelatin w/ Mandarin Oranges	
6 - Tuesday		13 - Tuesday	
Chicken Parmesan Spaghetti Noodles Italian Vegetables Tossed Salad w/ Light Dressing Fruit Salad	Country Fried Steak Mashed Potatoes w/ Gravy Italian Beans WW Roll Watermelon	Country Fried Steak Mashed Potatoes w/ Gravy Italian Beans WW Roll Watermelon	
7 - Wednesday		14 - Wednesday	
Beef Fajitas Lettuce & Tomatoes Spanish Rice California Blend Vegetables Chocolate Pudding	Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit	Stuffed Peppers Black Beans Broccoli Spears WW Roll Tropical Fruit	
8 - Thursday		15 - Thursday	
Beef Burgundy Scalloped Potatoes Roasted Brussel Sprouts Cornbread Apple Slices	Chicken Strips Herb Roasted Potatoes Spinach WW Roll Berries w/ Whipped Topping	Chicken Strips Herb Roasted Potatoes Spinach WW Roll Berries w/ Whipped Topping	
9 - Friday		16 - Friday	
Soft Beef Tacos Pinto Beans Spinach Spanish Rice Grapes	Meatloaf Mashed Potatoes Mixed Vegetables WW Roll Spiced Apples	Meatloaf Mashed Potatoes Mixed Vegetables WW Roll Spiced Apples	
10 - Saturday		23 - Friday	
Stuffed Chicken Breast Cornbread Dressing Parsley Potatoes Vegetable Medley WW Roll Strawberries	Baked Lemon Pepper Chicken Rice Pilaf Asparagus Tossed Salad w/ Italian Dressing WW Roll Honeydew	Baked Lemon Pepper Chicken Rice Pilaf Asparagus Tossed Salad w/ Italian Dressing WW Roll Honeydew	
11 - Sunday		30 - Friday	
Cheeseburger Lettuce, Tomato, & Onion Capri Vegetables French Fries Applesauce	Red Beef Enchiladas Lettuce & Tomato Zucchini w/ Diced Tomatoes Spanish Rice Fruit Salad	Red Beef Enchiladas Lettuce & Tomato Zucchini w/ Diced Tomatoes Spanish Rice Fruit Salad	

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 65 cents per mile
- Optional meal reimbursements for longer rides
- Supplemental volunteer auto insurance coverage



CONTACT US

seniorhelp@ncnmedd.com

(505) 356-9791

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:

- July 16
- August 13
- September 10
- October 8
- November 12
- December 10

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



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

Tons of
GAMES
To Play in our Lobby

PLEASE HELP YOURSELVES & MAKE SOME NEW FRIENDS!

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 Morehkas 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.

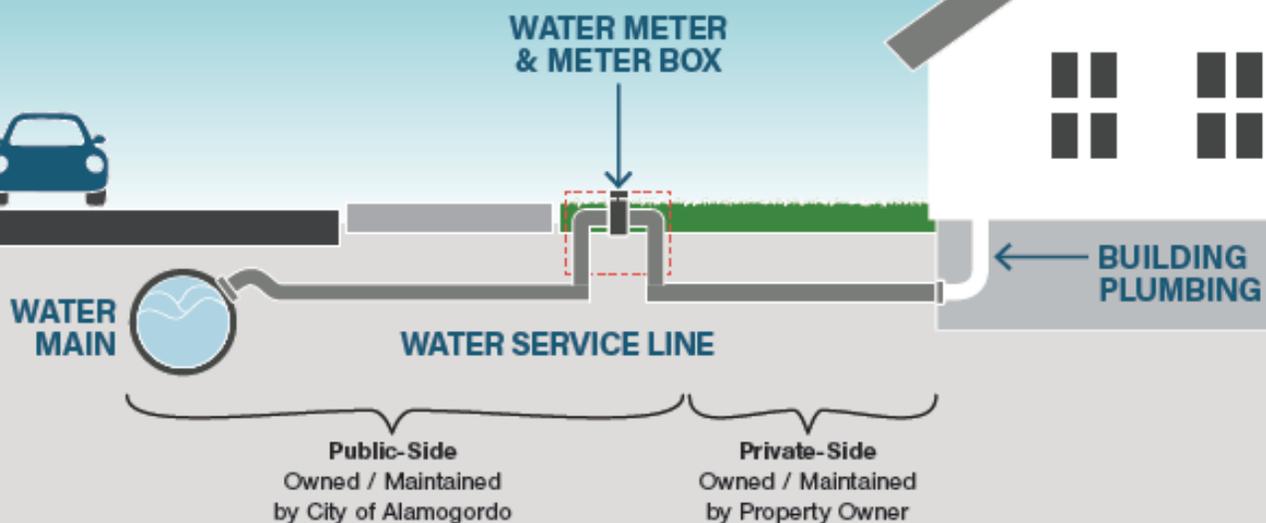
Other Tips for Preventing CO Poisoning:

- 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.

HELP US HELP YOU

KEEP YOUR DRINKING WATER SAFE

The City of Alamogordo is committed to protecting public health by providing healthy, safe, and clean reliable water to its water community. Knowing the materials of your water service line helps us do that!



What is a water service line?

Water service lines are small pipes that carry water from water mains - large pipes located in the streets - into homes and other buildings. The City of Alamogordo owns part of the service line (public-side), and our homeowners own the other part (private-side). The water traveling through the mains does not contain lead. **However, some service line materials, like lead, may leach into your water over time, decreasing its quality and posing a health risk.**

Why is lead a health risk?

Lead builds up in the body over years and can damage the brain, red blood cells, and kidneys. **The greatest risk is to young children, pregnant women, and unborn babies.**

What is the City of Alamogordo doing about it?

The 2021 U.S. Environmental Protection Agency Lead and Copper Rule Revisions require all water systems, including the City of Alamogordo, to prepare a service line inventory of both utility- and private-side materials. The City is proactively creating our service line inventory, which will be posted to our website by mid-2024. At that time, you will be able to look up your service line material.

The U.S. Environmental Protection Agency banned lead in plumbing and public water systems in 1986. **The City of Alamogordo does not expect to find many lead or galvanized steel (which can contain lead) service lines.**

LEARN MORE



www.ci.alamogordo.nm.us/833/Water-Service-Line-Survey



575.437.5991

**Advertise
Your
Business
Here**

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



**June 2024
Nutrition Report**

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Number of days served this month: 20
Total number of meals served: 6,661

	Congregate	HD Meals:
Meals Served:	3,632	3,029
Donation Average:	\$2.04	\$.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 our Center as much as you have.



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

www.burtbroadcasting.net

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

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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

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

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.

AARP

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
CLASSROOM COURSE

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

Registers:

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

*Offer available per participant's credit or auto insurance discount. Offer restrictions may apply. Consult your agent for details.

SVP NEWS !!!

Have you ever wondered what is happening with kids these days? Why are they so different from when we, or even our children were their age? And why isn't someone doing something about it?



It seems like our kids are falling through the cracks for a variety of reasons. Both parents work. Single parent households. Effects of separation and divorce. Extended family living far away. Stress within the home. Overcrowded classrooms. And so many other situations.

This is why the Foster Grandparent Volunteer Program was created over 35 years ago. Our volunteers are placed in public and private school settings. They work closely with the principals and teachers to help with extra help and attention needed by students who are struggling.

We have a huge need for more volunteers for this underserved population. Do you have 5 hours a week to spare to help today's kiddos become the best versions of themselves? Come talk to me, Rene' Reynolds, the Senior Volunteer Programs Specialist in the back offices of the Senior Center.

My door is always open. You can also call me 575-439-4150 or email jreynolds@ci.alamogordo.nm.us



ASC Fitness Center Class Schedule

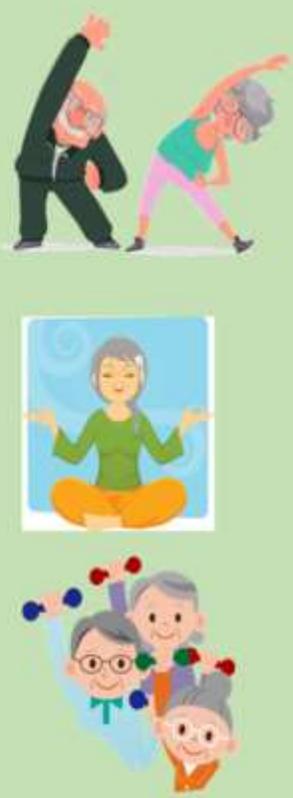
Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way!	No Floor Stretch and Flow With Sue	Fitness Ball Stretch With Pat	Do it Your Way!	Do it your Way!
9:00 – 9:45	Strength Training With Lydia	Low Impact Aerobics With Pat	Strength Training With Lydia	Step & More With Pat	Strength Training With Lydia
10:00-10:45	Balance Baby Balls & Beans With Cheryl, Joyce & Tami	Yoga With Judy	Cardio-Chair Bonanza With Joyce & Tami	No Floor Stretch and Flow With Sue	Balance Baby Balls & Beans With Cheryl, Joyce & Tami
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		Resistance Strength & Weight Training With Tom		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	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	High Energy Aerobics 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 and Advanced Levels With Michael		Learning to Line Dance Improvers/Intermediate and Advanced Levels 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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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

Selmo Dance!

FRI., AUGUST 23RD
2-5 P.M.

REFRESHMENTS
\$5.00 ENTRY

Call 575-439-4150 for more information.

2201 Puerto Rico Ave.,
Alamogordo, NM 88310



MEDICAL CENTER

NAME _____ AGE _____
ADDRESS _____ DATE _____

Rx Alamo Senior Center Health Fair 2024

September 12, 2024
9:00 am - 1:00 pm



Over 30 Vendors
Free Admission
Open to the Public

Health & Community Information

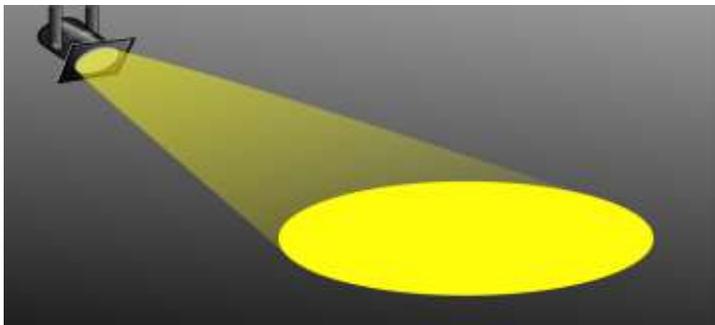
LABEL SIGNATURE
REFILL 0 1 2 3 4

Mark Your Calendar!

SENIOR FITNESS

Ruth Anne Stewart

Hello! My name is Ruth Anne Stewart. My husband and I moved here from Grand Junction, Colorado in December of 2023. We are NEWBIES! I can't say enough about ASC and the Fitness Center. It's awesome here and we were So WELCOMED by everyone. The Programs that are available are A 1 and the exercise classes keep me moving! COME JOIN US, You'll be glad you did!





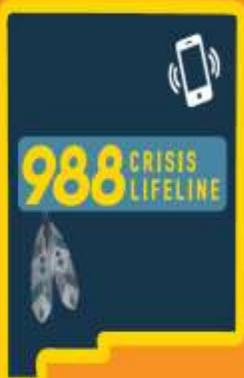
July Birthdays



Pictured left to right: Helen Kester, Priscilla Riley, Randall Cain, and Nannette Duquette.

Thank you Sue Danekas from Casa Y Tierra for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteer: *Billie Velasco*

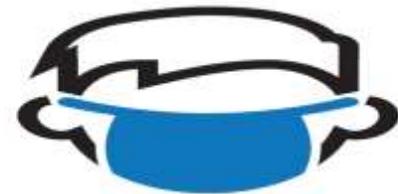


Call, Text, or Message

988

For Mental Wellness

f 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 !!!