

The Sentinel

September 2024

50 cent suggested donation

From the Manager

I would like to acknowledge two great ladies who are moving on to the next chapter of their journey. Zyra Serna – employee of 26 years has decided to retire! Helene Thompson – member for 32 years is moving to Arkansas with her son and family. Best wishes, ladies! We will miss you both!



“I am Zyra & I have had the pleasure of working at the Alamo Senior Center since 1998. I initially started as a dishwasher in the kitchen. I gradually expanded my responsibilities to assist the Cooks and eventually taking on the La Luz homebound delivery route. My goal was always to work in the Home Delivered Meal Program. I was grateful when I was able to secure the Home Delivery Services Coordinator position. I have been working in this position for many years now. As I announce my retirement

from the senior center, I want to express my heartfelt gratitude to all the seniors I have had the privilege of serving, and to the incredible volunteers who have dedicated their time to support the senior center. I would also like to extend my gratitude to the entire staff for their support throughout the years. September 19, 2024, will be my last day at the Alamo Senior Center. I bid farewell to each and every one of you. I will **ALWAYS CHERISH** the memories we have created together. Take care, everyone & I hope to see you around Alamogordo in the future! Sincerely, Zyra U. Serna”

Zyra, you will be dearly missed! You are one of the hardest workers I know! We are losing a gem!



Helene joined the senior center in 1992 when we were located on 10th Street. She & spouse, Herbert Thompson, lived in Illinois, where he pastored for a 500-member congregation. From Illinois, they moved to Arizona, to Chicago & then to New Mexico. They flew into Albuquerque and started driving south. When Herbert stopped sneezing (allergies), they ended up in Alamogordo & decided to call it home. She became Herbert’s caregiver for 20 years. When he passed, she attended the senior center more frequently, helped wrap silverware, served/picked up trays &

other volunteer duties. Helene said the senior center kept her “alive” when she lost Herbert. Keeping busy helped her through grieving. She said she never met an enemy. When she was able, she enjoyed walking to the senior center until she no longer could. Transportation Services became regular transport to/from the Center & for other miscellaneous transportation services. She helped teach crocheting with Barbara Taylor. She met Elaine VanTassel at Walmart & made **MANY** friends throughout the years! Helene said she would miss & be lost without everyone! We are going to miss you too! Her last **FAVORITE** meal with us -**Spaghetti!** Happy trails, my friend!

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>

September 2024

<p>2 - Monday</p> 	<p>3 - Tuesday</p> <p>Baked Tilapia Coleslaw Green Beans Combread Orange Gelatin Salad</p> 	<p>4 - Wednesday</p> <p>Lasagna Salad w/ Dressing Mixed Vegetables WW Roll Spiced Pears</p>	<p>5 - Thursday</p> <p>Beef Steak Ranchero Roasted Zucchini Ranch Style Beans Mandarin Oranges</p> 	<p>6 - Friday</p> <p>Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail</p>	
<p>9 - Monday</p> <p>Diced Chicken Mashed Potatoes w/ Gravy Broccoli w/ Cheese WW Roll Peaches</p>	<p>10 - Tuesday</p> <p>Beef Tips Egg Noodles w/ Gravy California Blend WW Bread Pineapple</p>	<p>11 - Wednesday</p> <p>Pork Stir Fry Stir Fry Vegetables Brown Rice WW Roll Mandarin Oranges</p> 	<p>12 - Thursday</p> <p>Stuffed Pork Chop w/ Gravy Roasted Potatoes Broccoli WW Roll Pears</p>	<p>13 - Friday</p> <p>Orange Chicken Wild Rice Stir Fry Vegetables Apricots</p>	
<p>16 - Monday</p> <p>Chicken Fajita Lettuce & Tomato Chuckwagon Vegetables Spanish Rice Peaches</p> 	<p>17 - Tuesday</p> <p>Country Fried Steak Mashed Potatoes w/ Gravy Winter Blend Vegetables WW Bread Apple Crisp</p>	<p>18 - Wednesday</p> <p>Stuffed Peppers Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p>	<p>19 - Thursday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet</p> 	<p>20 - Friday</p> <p>Beef Burgundy Egg Noodles Tossed Salad w/ Italian Dressing Roasted Brussel Sprouts WW Roll Applesauce</p>	
<p>23 - Monday</p> <p>Green Chili Chicken Enchiladas Lettuce & Tomato Pinto Beans Vegetable Medley Spanish Rice Peach Cobbler</p>	<p>24 - Tuesday</p> <p>Swiss Steak w/ Tomato Gravy Dice Potatoes Tossed Salad WW Bread Cantaloupe</p>	<p>25 - Wednesday</p> <p>Soft Beef Tacos Lettuce & Tomato Calabacitas Roasted Cauliflower Tropical Fruit Salad</p> 	<p>26 - Thursday</p> <p>Meatloaf Mashed Potatoes Mediterranean Blend WW Roll Mandarin Oranges & Strawberries</p>	<p>27 - Friday</p> <p>Green Chili Cheese Burger Lettuce, Tomato, & Onion Pork & Beans Chocolate Chip Cookie</p>	
<p>30 - Monday</p> <p>Pepper Steak Herb Roasted Potatoes Brussel Sprouts WW Bread Pineapple Tidbits</p>	 <p>SEPTEMBER</p>				<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>

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!



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 Morehaskash at (575) 921-6131

ALL ARE WELCOME TO ATTEND



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.”

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.



New Mexico State Bar Foundation Legal Services Programs

Include:

Legal Resources for the Elderly Program
Modest Means Helpline
Consumer Debt/ Bankruptcy Workshop
Divorce Options Workshop



Legal Resources for the Elderly Program (LREP):

A statewide civil legal helpline for New Mexico residents aged 55 and older. LREP provides legal advice in both English and Spanish.

505-797-6005

Modest Means Helpline (MMH):

A civil legal telephone helpline and pro bono referral service for New Mexico residents of modest means. MMH provides legal advice in both English and Spanish.

505-797-6013



Consumer Debt/Bankruptcy Workshop:

A monthly free presentation about repossessions, foreclosures, collection issues, bankruptcy and more. The virtual workshops occur on the fourth Wednesday of each month. To register, call **505-797-6094**



Divorce Options Workshop:

A monthly free presentation about different ways to get divorced. The virtual workshops occur on the first Wednesday of each month. To register, call **505-797-6022**



**Advertise
Your
Business
Here**

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



**July 2024
Nutrition Report**

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Number of days served this month: 22
Total number of meals served: 7,631

*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

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:

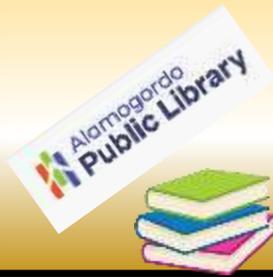
Monday & Tuesday 10-6

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.

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 registration rules at www.aarp.org/driving36. 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

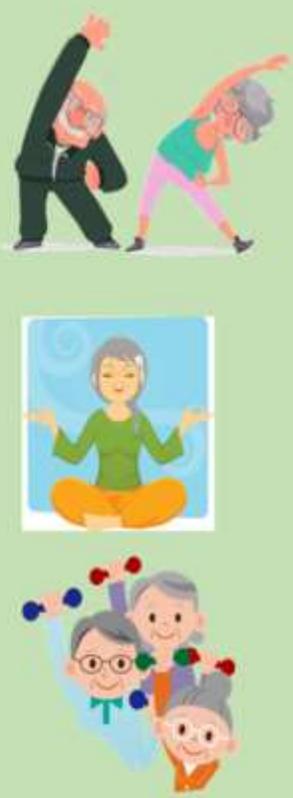
Fitness Classroom I

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



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



 **MEDICAL CENTER**

NAME _____ AGE _____
 ADDRESS _____ DATE _____

**R Alamo Senior Center
 Health Fair 2024**

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



**Over 30 Vendors
 Free Admission
 Open to the Public**

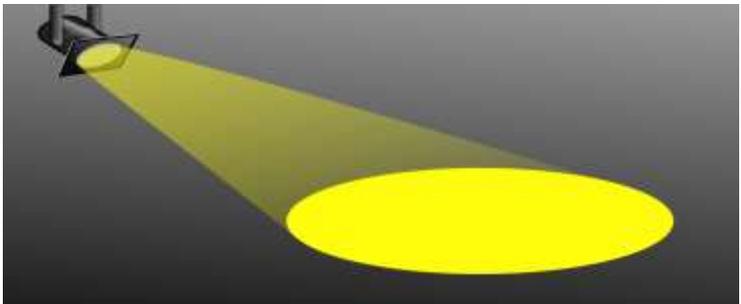
Health & Community Information

LABEL SIGNATURE _____
 REFILL 0 1 2 3 4

Mark Your Calendar!



**SENIOR
 FITNESS**



Ramon & Rita Arreguin

Hi! We are the Arreguin’s, Rita & Ramon and we joined the ASC-Fitness Center in 2023. We joined because of Jim Tyrrell who has been helping us in the gym ever since. (He is a gym rat!) Rita now attends classes and Ramon is doing well in his weights. We have met so many nice people here. I want to Thank Tracy (Fitness Coordinator) for all the help and support she gives us. Come join us!





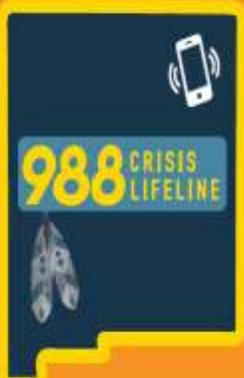
August Birthdays



Pictured left to right: Mac McDonald, Steven Rowe, LouAnn Foster, and Robert Silva

Thank you Alamo Senior Center for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteers: LouAnn Foster, Tom Shipman, and Cheryl Weckel

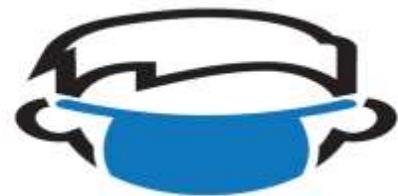


Call, Text, or Message

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 !!!