

The Sentinel

November 2024

50 cent suggested donation

From the Manager



The Holiday Season is upon us! We are getting ready to serve our annual Thanksgiving Meal. We hope to serve more meals than we did last year, which was a total of 526 meals that I included our homebound. Come join us & have a delicious meal and help us meet this goal. We will serve our delicious, traditional Thanksgiving Meal on Friday, November 22nd from 11:00 to 1:00p.m. Our Holloman personnel will help serve this special meal as they have in many years past.

****DATES TO REMEMBER****

- ✓ The Senior Center will be closed on **Monday, November 11th** in honor of the Veteran's Day Holiday.
- ✓ We will also be closed on **Thursday, November 28th & Friday, November 29th for the Thanksgiving Holiday.**

We have more staff changes at the senior center, a transfer in positions and a new employee, that I would like to acknowledge.

Brand White was in the kitchen for 18 years, cooking, cleaning, and delivering meals to the La Luz area for many years. She decided it was time for a change. She is now our Home Delivery Meal Coordinator. Brandi says she is looking forward to working in the new field. She is a mother of 3 great kids! She was born and raised in La luz.



CONGRATULATIONS BRANDI ON YOUR PROMOTION!



Louis Chavez is our new Kitchen Assistant. He is 35. He is a passionate individual from Alamogordo, New Mexico, whose love for cooking, fishing, and camping has shaped much of his life. Spending quality time with his grandfather, Gonzalo Torre, has always been a source of joy and inspiration. Louis dedicated a significant portion of his career to the restaurant industry, working at Carino's for 10 years, where he learned his skills and deepened his love for food and hospitality. Whether enjoying the tranquility of the outdoors or crafting meals, Louis values family, tradition, and the simple pleasures of life. He is very thankful to have the opportunity to serve his community.

WELCOME TO THE ALAMO SENIOR CENTER TEAM, LOUIS!

Magdalena

		<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>		<p>1 - Friday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Fruit Cocktail</p>
<p>4 - Monday</p> <p>Country Fried Steak Mashed Potatoes w/ Gravy Buttered Corn WW Roll Diced Pears</p>	<p>5 - Tuesday</p> <p>Stuffed Peppers Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p> 	<p>6 - Wednesday</p> <p>Hamburger Steak Broccoli Potato Wedges WW Roll Peach Yogurt Granola Bar</p>	<p>7 - Thursday</p> <p>Pork Roast Tossed Salad Mashed Potatoes California Vegetables WW Roll Cantaloupe</p>	<p>8 - Friday</p> <p>Chicken Parmesan Spaghetti Noodles Italian Vegetables Garlic Bread Tropical Fruit</p>
<p>11 - Monday</p>  <p>Veterans Day November 11</p>	<p>12 - Tuesday</p> <p>Salisbury Steak Mashed Potatoes Spinach WW Roll Tropical Fruit</p>	<p>13 - Wednesday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Mandarin Oranges</p>	<p>14 - Thursday</p> <p>Green Chile Cheeseburger Lettuce, Tomato, & Onion Baked Beans Tater Tots Pineapple Tidbits</p> 	<p>15 - Friday</p> <p>Chicken Tetrazzini Capri Vegetables Tossed Salad WW Roll Spice Cake</p>
<p>18 - Monday</p> <p>Swiss Steak Potato Wedges Baby Carrots WW Roll Apple Sauce</p>	<p>19 - Tuesday</p> <p>Sour Cream Enchiladas Lettuce & Tomato Pinto Beans Crackers Tapioca Pudding</p>	<p>20 - Wednesday</p> <p>Chicken Strips Mashed Potatoes Green Beans WW Roll Mixed Fruit</p> 	<p>21 - Thursday</p> <p>Beef Steak Ranchero Flour Tortilla Ranch Style Beans Corn & Cilantro Salad Pineapple Tidbits</p>	<p>22 - Friday</p> <p>Thanksgiving Lunch Turkey & Ham Dressing w /Gravy Capri Vegetables WW Roll Cranberry Relish Pumpkin Pie</p>
<p>25 - Monday</p> <p>Beef Tacos Lettuce & Tomato Corn w/ Peppers Pinto Beans Peaches</p> 	<p>26 - Tuesday</p> <p>Beef Fajitas Lettuce & Tomato Spanish Rice Vanilla Pudding</p>	<p>27 - Wednesday</p> <p>Baked Chicken Thighs Au Gratin Potatoes Carrots Biscuit Tropical Fruit</p>	<p>28 - Thursday</p> 	<p>29 - Friday</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!!!

**Advertise
Your
Business
Here**

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



**September 2024
Nutrition Report**

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Number of days served this month: 20
Total number of meals served: 7,030

*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.

	Congregate	HD Meals:
Meals Served:	3,628.00	3,404.00
Donation Average:	\$2.29	\$.75



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



Get more from Medicare without paying more.

Our plans include:

- \$2,000 annual dental allowance*
- No referrals required
- \$0 monthly premium
- \$75-\$205 quarterly OTC drug allowance*

* Amount depending on plan. | ** Other costs may apply.



LEARN MORE ABOUT
MEDICARE ADVANTAGE

Enroll Oct. 15 – Dec. 7 by calling a licensed
sales agent at 575-554-6644



CHRISTUShealthplan.org

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):

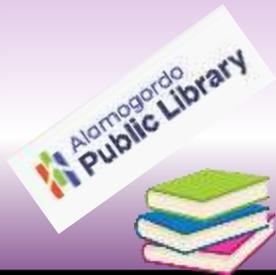
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



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



Care Companion Program is a new way to serve with our Senior Volunteer Programs.



WHAT IT IS

This is a pilot program in which the New Mexico Aging and Long-Term Services Department partners with local Senior Volunteer programs to meet the needs of residents of long-term care facilities.

WHY IT'S NEEDED

Many residents of long-term care facilities do not get visitors often; thus, they can often feel isolated and alone.

WHAT WE DO

Care Companion Volunteers provide regular visits to long term care community residents and develop authentic relationships that support socialization and engagement.

Our goal is to provide support and companionship to those individuals who do not have family or friends who come to see them, giving them someone to connect with, tell their stories to, play games with, or just sit and talk.

WHO BENEFITS

Easing feelings of isolation is essential for the mental and physical well-being of older adults. With kindness and care, these companions provide much-needed social connections, lifting spirits and helping residents feel less alone in their daily lives.

FOR MORE INFORMATION OR TO ENROLL CONTACT:

Rene' Reynolds, Senior Volunteer Programs Specialist

575-439-4150

ireynolds@ci.alamogoro.nm.us

Offices at the North end of the Alamo Senior Center



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!



CENTER CLOSED IN HONOR OF OUR VETERANS

MONDAY NOVEMBER 11TH, 2024



CENTER CLOSED

NOVEMBER THURSDAY 28TH & FRIDAY 29TH

HAPPY THANKSGIVING

Beginning Art Classes
 Nov. 6th through Dec. 18th

Learn the basics of painting with Janet

Students will paint in watercolor, acrylics and pastels. Learn basic composition.

SIGN UP AT FRONT DESK
CLASS ON WEDNESDAYS 9 - 11 AM
CLASS LIMITED TO 10 STUDENTS

[Fitness's Appreciation Dinner](#)

[The Ukulele Group and Line Dancers](#)





Avoid Falls at Home: 5 Easy Ways to Make Your Home Safer

Thousands of older adults fall at home each year due to common household hazards. Make sure your home is safe and help prevent falls by following a few easy tips. And an occupational therapist or physical therapist can conduct a home assessment and make recommendations on ways to help you live safely while doing the things you love to do at home every day.

- 1. Clear the way.** Remove tripping hazards, like throw rugs, cords, or clutter on the floor. Move furniture to create a path for safe movement.
- 2. Light it up.** Replace lightbulbs with bright, non-glare bulbs to help you see around the house.
- 3. Have a seat.** Place a chair in your bedroom so you can sit while getting dressed or putting shoes on.
- 4. Secure some support.** Buy a shower seat, grab bar, and an adjustable-height handheld showerhead to make bathing easier.
- 5. Store for success.** Keep frequently used items between waist and shoulder height, making them easier to access without the need for a stepstool or unsafe reaching.

Take Control of Your Health: 6 Steps to Prevent a Fall

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Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

<p>1</p>  <p>Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	<p>2</p>  <p>Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
<p>3</p>  <p>Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	<p>4</p>  <p>Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
<p>5</p>  <p>Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	<p>6</p>  <p>Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.



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.

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.”

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.



NEW MEXICO
CAREGIVERS
COALITION

CAN I BE PAID TO BE A CAREGIVER TO A FRIEND OR FAMILY MEMBER? PART 1

Due to the direct care workforce crisis, the New Mexico Aging & Long-Term Services Department (ALTSD) has expanded its *New Medicare Caregiver Health Program* to New Mexicans living in all counties except Bernalillo and Dona Ana.

This program is especially designed to help pay for care for those who do not qualify for Medicaid. The *New Medicare Caregiver Health Program* provides financial assistance and training to eligible caregivers assisting friends or family members with activities of daily living due to physical or cognitive limitations. The New Medicare Caregiver Health Program aims to allow older adults to remain in their homes and communities, reduce nursing home placements, and reduce Emergency Room visits.

Eligibility requirements are as follows: Applicant must be age 60+

- Live in New Mexico (and other than Bernalillo or Dona Ana County)
- Have cognitive or physical limitations requiring assistance with two or more activities of daily living such as feeding, dressing, personal hygiene, incontinence, toileting, and/or ambulating (walking)
- Is not already receiving Medicaid Home and Community-Based Services
- Maximum Gross Income Level
 - \$3,387/month for an individual
 - \$6,774/month for a couple
- Resource Level (total for savings plus checking accounts)
 - \$20,322/month for an individual
 - \$40,644/month for a couple
 - First, complete your online application here:

https://url.avanan.click/v2/___https://form.jotform.com/241416836578163___YXAzOmNvYTphOm86NWY2NTdjMDA3OTdhNjA5OWRmMTE0N2JkMzYxNjUyOWI6Njo1MTdjOmQ3ZWZmZ2YxMmZkMjgY2MwZWVjZDdkMTYyMjFmOWMxNjhhNjEwNjVjNTIiYjM2N2Y3ZWUyOWNIMzQ4ZjA3ODk6dDpUOk4 For technical assistance and support, call New Mexico Aging and Long-Term Services Department (ALTSD) at 1-866-654-3219 and select Option #4. Or, you can email NewMexicoCare@altsd.nm.gov.

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 Pat	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 Joyce & Cheryl	Yoga with Judy	Cardio-Chair Bonanza with Cheryl & Joyce	No Floor Stretch and Flow with Sue	Balance Baby Balls & Beans with Cheryl & Joyce
11:00-11:45	Watch for more classes coming in the near future!	The Healing Power of the Ukelele with Gene & Sue		The Healing Power of the Ukelele with Gene & Sue	
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	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		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

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Insurance
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Under the Big Red Roof!*

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Across from the White Sands Mall

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- ◆ Dentures
- ◆ Partial
- ◆ Implants
- ◆ Whitening

MON-THUR
8AM / 4PM



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

INFO

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.

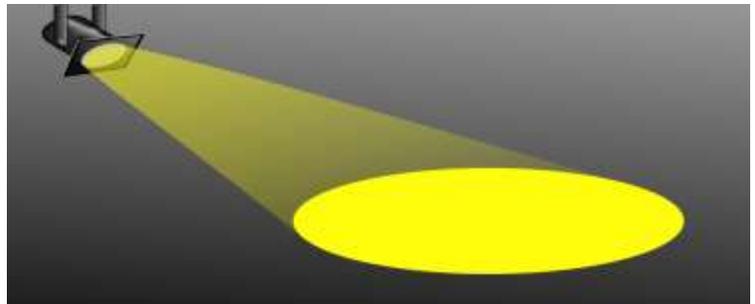
Other Tips for Preventing CO Poisoning:

- 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.

The Alamo Senior Center does have an employee that is a Notary and will be happy to notarize your documents. Her name is Britney Ybarra and she is available by appointment only and can be reached at 575-439-4150 ext: 4552.



SENIOR FITNESS



Renee Stanton

Fitness has the power to uplift moods!

Hi my name is Renee Stanton and I Retired as Imaging Director from Gerald Champion Regional Medical Center And I know the benefits of achieving an “excellent quality of life”. The Fitness classes are exciting, fun, and improve cardiovascular and cognitive performance. Line dancing, Ukulele, and Art classes provide me with a sense of Accomplishment. These are many benefits of being a member of the Alamo Senior Center. COME JOIN US!

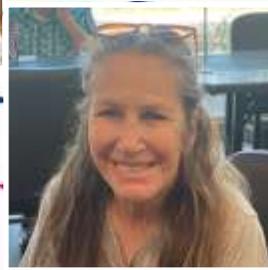




October Birthdays



HAPPY BIRTHDAY



Pictured left to right: Patsy Deines, Irvin Michaud, Maria Armendariz, Dawn Packwood, Michael Smith, Debbie Longacre, and Wes Settle.

Thank you Sky View Dental and ACP Pharmacy for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteer: Tami Curl and Merry Koval



Call, Text, or Message

988

For Mental Wellness

f 988 NM Crisis Support
 @ 988nmcrisissupport
<https://988nm.org/>



For your information the Alamogordo Public Library has several personnel that are certified in notarizing your important papers. Please note the hours and times.

Mon-Tue	10am - 5:30pm
Wed-Thu	10am - 4:30pm
Fri	12pm - 4:30pm
Sat (Only Curbside)	10am - 12pm

Join us in the dining room for our Monthly Birthday Party every 3rd Wednesday of the month at 10:00 AM — 10:30 AM !!!