

The Sentinel

December 2024

50 cent suggested donation



Magdalena Morales
Senior Center Manager



Britney Ybarra
Admin. Assistant



Rene Reynolds
SVP Specialist



Brittany Tave
Senior Services Supervisor



Eddie Perez
Home Services Supervisor



Violet Norman
Kitchen Administrator



Gloria Guerrero
I & R Coordinator



Kimberly Sheley
Bus Driver



James O'Dell
Bus Driver



Jamie White
Custodian



Nita O'Dell
Home Delivery Service Aide



Louis Chavez
Kitchen Assistant



Gordon Kemp
Kitchen Cook



Brandi White
Home Delivery Services
Coordinator



Tracy Duncan
Fitness Coordinator



Mario Torres
Kitchen Aide



Tony Onate
Kitchen Aide



John Ely
Finance Coordinator

From all of us at the Alamo Senior Center to all of you.

HAPPY HOLIDAYS!!!

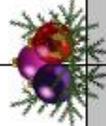
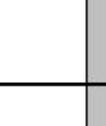
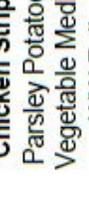
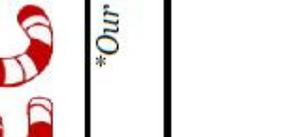
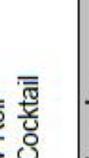
Alamo Senior Center

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>

December 2024

<p>2 - Monday Beef & Bean Chili Tossed Salad w/ Dressing Cornbread Fruit Salad</p> 	<p>3 - Tuesday Stuffed Chicken Breast Baked Sweet Potato Capri Mixed Vegetables WW Roll Fruit Cocktail</p> 	<p>4 - Wednesday Baked Cod Coleslaw Green Beans Cornbread Peaches in Yogurt</p> 	<p>5 - Thursday BBQ Baked Drumsticks Three Bean Salad Broccoli Salad WW Roll Mixed Fruit</p> 	<p>6 - Friday Meatloaf Mashed Potatoes w/ Gravy Brussel Sprouts WW Roll Banana</p>
<p>9 - Monday Red Beef Enchiladas Lettuce & Tomato Chateau Blend Vegetables Mandarin Oranges</p>	<p>10 - Tuesday Pork with Red Chile Flour Tortilla Island Blend Vegetables Pinto Beans Warm Sliced Apples</p> 	<p>11 - Wednesday Country Fried Steak w/ Gravy Mashed Potatoes Asparagus WW Roll Apricots</p>	<p>12 - Thursday Chicken & Mushrooms Brown Rice Pilaf California Blend Vegetables WW Roll Pears</p>	<p>13 - Friday Pepper Steak Herb-Roasted Potatoes Tossed Salad w/ Dressing WW Roll Applesauce</p>
<p>16 - Monday Beef Stroganoff Spinach Sliced Carrots Tropical Fruit Salad</p> 	<p>17 - Tuesday Chicken Teriyaki Stir Fry Vegetables Brown Rice Pineapple Chunks</p> 	<p>18 - Wednesday Soft Beef Tacos Lettuce & Tomato Spanish Rice Pinto Beans Calabacitas Fruit Salad</p>	<p>19 - Thursday Baked Pork Chop Scalloped Potatoes Broccoli WW Roll Spiced Peaches</p> 	<p>20 - Friday Christmas Lunch Turkey & Ham Cornbread Dressing Mashed Potatoes w/ Gravy Scandinavian Vegetables Cranberry Relish WW Roll Pecan Pie</p>
<p>23 - Monday Swiss Steak Potato Wedges Roasted Brussel Sprouts WW Roll Banana SF Gelatin</p>	<p>24 - Tuesday Pork Posole Flour Tortilla Zucchini & Tomatoes Orange</p> 	<p>25 - Wednesday Merry Christmas </p>	<p>26 - Thursday Chicken Strips Parsley Potatoes Vegetable Medley WW Roll Tossed Salad w/ Dressing Fruit Cocktail</p>	<p>27 - Friday Beef Fajitas Flour Tortilla Pinto Beans Capri Vegetables Pear</p> 
<p>30 - Monday Green Chile Chicken Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Winter Blend Vegetables Mandarin Oranges</p> 	<p>31 - Tuesday Spaghetti w/Meat Sauce Italian Blend Vegetables Tossed Salad w/ Dressing WW Roll Applesauce</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!!!**

**Advertise
Your
Business
Here**

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



**October 2024
Nutrition Report**

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Number of days served this month: 23
Total number of meals served: 8,195

	Congregate	HD Meals:
Meals Served:	4,305	3,893
Donation Average:	\$2.20	\$1.06

*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

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

CHRISTUS
Health Plan

TOP
10

Small MA
Health Plans
by Deloitte Research

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:

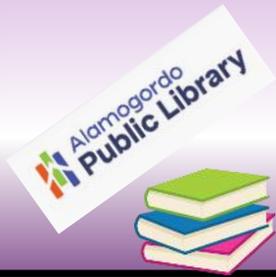
Monday & Tuesday 10-6

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

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



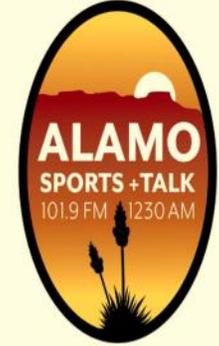
**COYOTE 92.7
COUNTRY KRSY**

**STEALTH
CLASSIC ROCK**
KNMZ 103.7



EXCITER MEDIA

COYOTE COUNTRY STEALTH CLASSIC ROCK
ALAMO SPORTS AND TALK



**ALAMO
SPORTS + TALK**
101.9 FM / 1230 AM

NEW YEAR'S DINNER & DANCE TO SELMO

Friday, December 27th

Prime Rib

Dinner 2:00-3:00

Dance 3:00-5:00

\$15.00 Per Person

Open to the Public

Alamo Senior Center
2201 Puerto Rico Avenue.
575-439-4150



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 Homebound



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!

Holiday Craft Fair
DECEMBER 12, 2024
 9am - 1pm

Alamo Senior Center
 2201 Puerto Rico Ave Alamogordo, NM 88310

Arts, Crafts,
 Jewelry & Much
 More!

PHONE: (575) 439-4150

Christmas Light Tour

Date: December 23, 2024
Time: 4:00pm-8:00pm
 Sign up at the front desk
 Dinner *(at your own cost)* at
McDonalds
 Tour around Alamogordo to look at
 Christmas Lights
Field Trip Cost:
\$5.00
Space is Limited!
 Transportation will be provided

JOIN US

Santa Bingo

December 4
 1:30 p.m. - 3:30 p.m.

Alamo Senior Center - Dining Room
 2201 Puerto Rico Ave.
 Alamogordo, NM 88310

Enjoy fun, holiday activities and explore **CHRISTUS Health Medicare Advantage** plans.

- Play bingo and take photos with Santa
- Enjoy light refreshments, cookies and a holiday cakewalk
- Enroll in a CHRISTUS Health Medicare Advantage plan by December 7

To RSVP:
 Scan QR code
 Call 866-991-4446
 Email CHPmarketing@christushealth.org

CHRISTUS Health Plan

CHRISTUShealthplan.org

CHRISTUS Health Advantage is an HMO plan with a Medicare contract. Enrollment in CHRISTUS Health Advantage depends on contract renewal. This information is not a complete description of benefits. Other providers are also available in our network.

El Paso Outlet Mall Field Trip

When: Tuesday, December 10, 2024
Time: 9:00 am—4:00 pm (Meet in ASC lobby promptly at 9:00 for roll call)
Where: Shopping & Lunch in the El Paso Outlet Mall
Cost: \$5

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

The Outlet Shoppes at El Paso



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.”

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	Basic Step & More Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies with Joyce & Cheryl	Yoga with Judy	Cardio-Chair Bonanza with Cheryl & Joyce	No Floor Stretch and Flow with Sue	Balance Baby Balls & Beanies with Cheryl & Joyce
11:00-11:45	<u>Watch for more classes coming in the near future!</u>	The Healing Power of the Ukulele with Gwen & Sue		The Healing Power of the Ukulele with Gwen & 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
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

Updated: 11/13/2024

USA 
Insurance 
Independent Insurance Agents

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Under the Big Red Roof!*

3310 N White Sands Blvd, Alamogordo
Across from the White Sands Mall
575-439-9999








Senior Dental Care

- Implants
- Dentures
- Whitening

At Sky View Dental, we care about your smile.

575.434.3026

610 Cuba Avenue, Alamogordo, NM 88310

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.

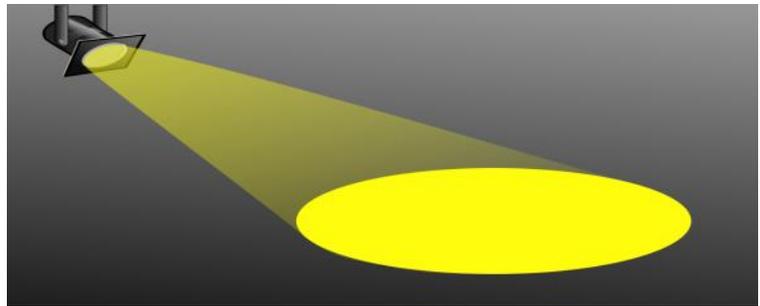
Other Tips for Preventing CO Poisoning:

- 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



Jim & Mildred (Millie) Moore

We have lived in Alamogordo for over 3 years and during that time we have become members of the Alamo Senior Center. We specifically use the "Fitness Center". The Fitness Center has a number of cardio machines as well as fitness classes available. There is always something going on at Alamo Senior Center and fitness center every week, and we "seniors" are blessed to have such a nice facility!



November Birthdays

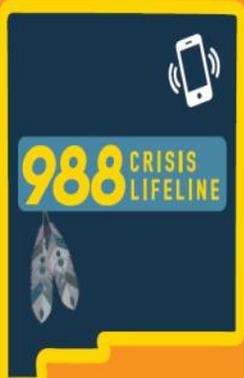


Pictured left to right: Patrocinao, Harold, David, Jeanne, Dori, Rhonda, Chris, Dale, Bob, and Pat.

Thank you Infinite co Legacy (DaMarrio Mitchell) for sponsoring our Monthly Birthday Party.

Happy Birthday to our Fitness volunteer: Sonja Thompson, Wendel Lang, and Luis Chavez

Call, Text, or Message



988

For Mental Wellness

Alamogordo Public Library Notary Hours:

Mon-Tue	10:00am - 6:00pm
Wed-Thu	10:00am - 5:00pm
Fri	12:00pm - 5:00pm
Sat	12:00pm - 5:00m

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

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

