

The Sentinel

January 2025

50 cent suggested donation

From the Manager



Happy New Year! Wishing you many blessings throughout the new year! Reflect on the past to honor it while resetting for a refreshing new beginning! May you have multitudes of love, laughter, health, and wealth! Remember to be kind to those around you! You may just change the mindset of the battle someone is facing. Cheers to 2025!

Wishing you a HAPPY NEW YEAR with a Happy New Day every day of the year, as you follow your dreams, one day at a time, as the sun rises each day.—Anton K. Kressnig

** DATES TO REMEMBER **

- ✓ The Senior Center will be closed on **Wednesday, January 1st** for the New Year Holiday.
- ✓ We will also be closed on **Monday, January 20th** in honor of Martin Luther King, Jr. Holiday.

Our kitchen area is now fully staffed with our new addition, Diego Garcia.



Hi, my name is Diego Garcia. I am a 2024 Alamogordo High School Graduate, 19 years of age. I am happily married. I was born & raised in the City of Alamogordo. I am the father of a beautiful baby girl! I really enjoy the outdoors and the company of others. I enjoy meeting people and starting new adventures. I come from a Hispanic family with 2 wonderful parents and an older sister. I plan on starting a career with the Army National

Guard. I am really thrilled to be a part of this great journey with the wonderful seniors of Alamogordo and the rest of the Alamo Senior Center family. I will do my best for our seniors! I would like to share a quote to end off. "The most certain way to succeed is always to try just one more time. It always seems impossible until it's done. It does not matter how slowly you go as long as you do not stop. All our dreams can come true if we have the courage to pursue them." Thank you, City of Alamogordo, Alamo Senior Center, for this great opportunity!

WELCOME TO THE ALAMO SENIOR CENTER TEAM, DIEGO!

Magdalena

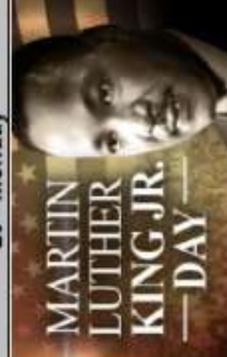
Alamo Senior Center

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>

January 2025

	<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>	<p>1 - Wednesday</p> 	<p>2 - Thursday</p> <p>Chicken Pot Pie Green Beans & Onions Beets Spiced Peaches</p> 	<p>3 - Friday</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Spinach WW Dinner Roll Tropical Fruit</p>
<p>6 - Monday</p> <p>Catfish Nuggets w/ Tarter Sauce Coleslaw Green Beans Combread Pineapple Orange Salad</p>	<p>7 - Tuesday</p> <p>Beef Steak Ranchero Ranch Style Beans Flour Tortilla Pears</p> 	<p>8 - Wednesday</p> <p>Sour Cream Enchiladas Lettuce & Tomato Spanish Rice Pinto Beans Fruit Cocktail</p>	<p>9 - Thursday</p> <p>Chicken Fajitas Lettuce & Tomato Pinto Beans Pears</p>	<p>10 - Friday</p> <p>Meat Loaf Garlic Mashed Potatoes w/ Gravy California Vegetables WW Dinner Roll Brownie</p>
<p>13 - Monday</p> <p>Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Cherry Cobbler</p> 	<p>14 - Tuesday</p> <p>Sweet N Sour Pork Oriental Vegetables White Rice Mandarin Oranges</p>	<p>15 - Wednesday</p> <p>Stuffed Bell Pepper Au Gratin Potatoes Seasoned Green Beans Biscuit Tropical Fruit</p> 	<p>16 - Thursday</p> <p>Baked Ham Yams Buttered Asparagus WW Dinner Roll Mandarin Oranges</p>	<p>17 - Friday</p> <p>Chicken Cordon Bleu Mashed Potatoes Green Beans Corn Pineapple w/ Cottage Cheese</p>
<p>20 - Monday</p> 	<p>21 - Tuesday</p> <p>Pepper Steak Baked Potato Beets WW Dinner Roll Pineapple Tidbits</p>	<p>22 - Wednesday</p> <p>Spinach Lasagna Green Salad w/ Dressing Capri Vegetables WW Garlic Roll Mandarin Oranges</p>	<p>23 - Thursday</p> <p>Swiss Steak Baked Potato Kidney Bean Salad WW Dinner Roll Vanilla Pudding</p> 	<p>24 - Friday</p> <p>Sloppy Joe Macaroni Salad Buttered Corn Tropical Fruit</p>
<p>27 - Monday</p> <p>Beef Tips Mashed Potatoes Broccoli Sliced Carrots Pudding</p>	<p>28 - Tuesday</p> <p>Green Chile Pork Stew Salad w/ Dressing Combread Apricots</p> 	<p>29 - Wednesday</p> <p>Chicken Strips w/ Country Gravy Mashed Potatoes Green Beans Carrots WW Bread Fruit Salad</p>	<p>30 - Thursday</p> <p>Baked Pork Chop Baked Potato Peas Biscuit Mandarin Oranges</p>	<p>31 - Friday</p> <p>Hamburger Steak Broccoli Potato Wedges WW Dinner Roll Peaches in Yogurt</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!!!



Tonglean Loomis winner of the Holiday raffle. She won two gift baskets from Heart of the desert & McGinnis Pistachios Farm.
Congratulations Tonglean!

Winners for the Ugly Sweater Contests were:

Xochitl Chavez 1st Place winner
Dolores Stern 2nd place winner

Pictured here are:

Xochitl Chavez 1st Place

Tobias Chavez

Dolores Stern 2nd Place

Jeanne Eastman

Susan Gremse

Richard Byro

Congratulations to the Winners!



**Advertise
Your
Business
Here**

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



**November 2024
Nutrition Report**

4

Number of days served this month: 18
Total number of meals served: 7,057

	Congregate	HD Meals:
Meals Served:	3,823	3,234
Donation Average:	\$2.33	\$.84

*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 Ziff 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

6



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:

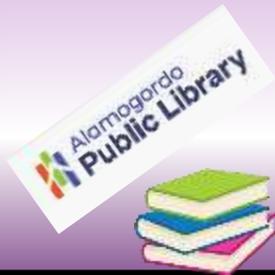
Monday & Tuesday 10-6

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



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!



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

8

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</p> <p>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</p> <p>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</p> <p>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</p> <p>Your eyes and ears are key to keeping you on your feet.</p> 
<p>5</p> <p>Keep your home safe</p> <p>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</p> <p>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.”

Is there a benefit of Volunteering? The answer to that question is YES!

According to the recent "Volunteering and Civic Life in America" research by AmeriCorps for the fiscal year of 2023, there were more than 75.7 million people who volunteered with AmeriCorps. This is 28.3% of Americans. These people served 4.99 billion hours of service which translates to \$167.2 billion in economic value.

In New Mexico 342,000 residents formally volunteered 26,554,968 hours with AmeriCorp programs. This was an economic value of \$727.0 million dollars. These numbers represent 20.3% of the residents in the state of New Mexico.

The Alamo Senior Center's Senior Volunteer Programs had 6 volunteers who served 5,449 hours for that year in the Foster Grandparent and Senior Companion Programs.

Oh, how we have grown since that time!

We currently have 10 Foster Grandparents serving the children in our community in area schools and reading programs. Our Senior Companion program has 8 volunteers who serve many seniors in our community in their homes and in facilities.

Even with this growth in our programs, there continues to be a tremendous need for these services in our community. We rely on referrals and word of mouth for the recruitment of our volunteers and clients.

The greatest gift we can give is the gift of ourselves.

Do you have 5 hours a week to volunteer to help someone who needs a friend or a bit of encouragement or help?

Come talk to me in the SVP office or call 575-439-4150 for more information. We love having new friends join our group!

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!	Tai Chi Qi-Gong with John <small>Starts January 31, 2025</small>
9:00 – 9:45	Strength Training With Pat	Low Impact Aerobics With Pat	Strength Training with Lydia	Step & Strength with Pat	Strength Training with Lydia
10:00-10:45	Balance Baby Balls & Beanies With Cheryl & Joyce	Yoga With Judy	Cardio-Chair Bonanza With Cheryl & Joyce	No Floor Yoga With Sue	Balance Baby Balls & Beanies With Cheryl & Joyce
11:00 – 11:45	Watch for more classes coming soon!	The Healing Power of the Ukelele with Gwen & Sure <small>(you must bring your own Ukelele)</small>		The Healing Power of the Ukelele with Gwen & Sue <small>(you must bring your own Ukelele)</small>	
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		Walk Aerobics with Lee	Power Pump! With Tracy <small>(Starts January 30, 2025)</small>	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	Low Impact 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 Dance 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
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

**All your Insurance Needs
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



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.

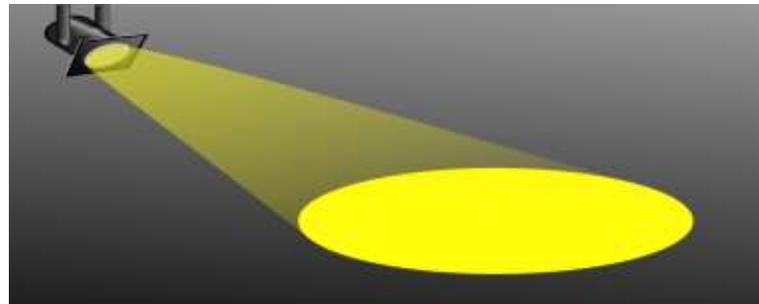
Other Tips for Preventing CO Poisoning:

- 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



David and Colette Shelley

After David retired, we moved to Alamogordo in 2020. We were Happy to find out that we would be 15 miles from “Cloudcroft” where there are numerous hiking trails & greenery. We joined the Senior Center and started using the Fitness Facility in 2020. Then, it closed due to COVID. When it reopened, we started working out again. David, does the Equipment room and Colette teaches Belling Dancing. Colette also participates in “The Healing Power of the Ukelele”. It’s always nice to see Tracy’s smiling face and a well kept center! We’ve been married 52 years and it’s great to have a place full of activities for the senior population!



December Birthdays



Pictured left to right: Roy Gannaway, Mark Carter, Suzanne Morton, Jim Moore, Harold Snyder, Mable Delgado and Mertie County.

Thank you Teresa Van Winkle (CAPPED) For sponsoring our monthly Birthday Party.

Thank you to all of our fitness volunteers!

Call, Text, or Message

988

For Mental Wellness

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

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 !!!