

The Sentinel

February 2025

50 cent suggested donation

From the Manager



Happy February! We're already down one month in 2025... whew! Time waits for no one, so remember to live, love, laugh, and enjoy!

We have seen many changes this past year and said goodbye to many friends. Many have passed, moved on to live closer to loved ones, or retired. We have shared some great memories to cherish!

We have also seen new faces, including staff. Our kitchen and Home Delivery Meal staff are one to six months new, aside from their supervisors. They are all learning quickly in their new positions and doing a great job!

Remember to update your membership for Meals, Transportation & Fitness. See the front desk staff if you are unsure when you are due. Staff are making monthly phone calls to regular members for renewals. Our nutrition desk volunteers have also been directed to send you back to the front desk if you are out of date. Staff cannot add your unit of service (UOS) to the State's program if you are not up to date. We are required to count every member's daily service participation for programs contracted with the State and Federal Government. This membership process keeps us in compliance so we can continue to receive grant funding.

Age eligibility must be met to receive services, which is 60. Services are then available for our members to enjoy. More criteria must be met to receive our Home Delivered Meal Program services, which can be discussed with staff one-on-one.

We will celebrate our Valentine's dinner and dance with Bo Rivers on Thursday, February 13th. The event will be from 2:00 to 5:00, and the meal will be served from 2:00 to 3:00 p.m. Tickets are \$10.00 and can be purchased at our front desk or on the day of the event. We will also have an auction of donated items in the main foyer with a volunteer auctioneer. Come out & bid on some of these goodies!

Thank you, staff, for always pulling together despite the challenges. I appreciate every one of you! Thank you to our volunteers who keep things running in every area of our facility!

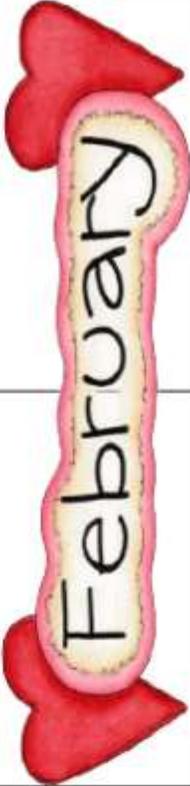
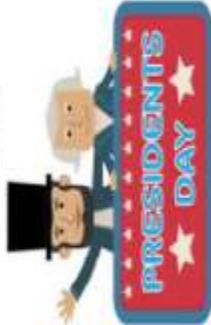
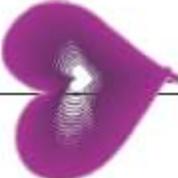
Magdalena

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>

<p>1% Low Fat Milk Served Daily</p> <p>Chocolate Milk Served on Fridays</p> <p>Menu Subject to Change</p>			
<p>3 - Monday</p> <p>Soft Beef Tacos Lettuce, Tomato, & Salsa Pinto Beans Squash w/ Corn Tropical Fruit</p>	<p>4 - Tuesday</p> <p>Stuffed Chicken Breast Baked Sweet Potato Capri Mixed Vegetables WW Roll Apricots</p>	<p>5 - Wednesday</p> <p>Green Chile Cheeseburger Lettuce, Tomato, & Onion French Fries Roasted Tomatoes Watermelon</p>	<p>6 - Thursday</p> <p>Chicken Fried Chicken Mashed Potatoes California Blend Vegetables WW Roll Pears</p>
<p>10 - Monday</p> <p>Orange Chicken Brown Rice Asian Vegetables Vegetable Egg Roll Greek Yogurt Mandarin Oranges</p>	<p>11 - Tuesday</p> <p>Open Roast Beef Sandwich Mashed Potatoes Green Beans Fruit Cocktail</p> 	<p>12 - Wednesday</p> <p>Chicken Alfredo Capri Vegetables Bread Stick Lettuce & Tomato Fruit Salad</p>	<p>13 - Thursday</p> <p>Scrambled Eggs Sausage Patty Diced Potatoes Biscuit w/ Country Gravy Mixed Fruit</p> 
<p>17 - Monday</p> 	<p>18 - Tuesday</p> <p>Spaghetti & Meat Sauce Tossed Salad w/ Dressing Steamed Broccoli Garlic Bread Applesauce</p>	<p>19 - Wednesday</p> <p>Beef Brisket Potato Salad Coleslaw Chuckwagon Corn Tropical Fruit</p> 	<p>20 - Thursday</p> <p>Red Beef Enchiladas Spanish Slaw Pinto Beans Apricots</p>
<p>24 - Monday</p> <p>Green Chile Lasagna Italian Vegetables Garlic Bread Fruit Salad Greek Yogurt</p>	<p>25 - Tuesday</p> <p>Country Fried Steak Baked Potato Brussel Sprouts WW Roll Berries in Gelatin</p> 	<p>26 - Wednesday</p> <p>Frito Pie Tossed Salad w/ Dressing Corn Salsa Cake</p>	<p>27 - Thursday</p> <p>Green Chile Chicken Enchiladas Lettuce & Tomato Roasted Beets & Carrots Mandarin Oranges</p>
<p>28 - Friday</p> <p>Beef Steak Ranchero Roasted Cilantro Potatoes Ranch Style Beans Flour Tortilla Peaches</p>	<p>14 - Friday</p> <p>Meat Loaf Garlic Mashed Potatoes w/ Gravy Spinach & Mushrooms WW Roll Peach Cobbler</p>	<p>21 - Friday</p> <p>Beef Tips Mashed Potatoes Broccoli Sliced Carrots Buttermilk Biscuit Vanilla Pudding</p>	<p>28 - Friday</p> <p>Sloppy Joe Parsley Potatoes Mixed Vegetables Pickle & Onion slices Cottage Cheese Pineapple Salad</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!!!

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Advertising funds directly support senior activities.

**Give us a call at
(575) 439-4150**



**December 2024
Nutrition Report**

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Number of days served this month: 21
Total number of meals served: 7,605

	Congregate	HD Meals:
Meals Served:	4,145	3,464
Donation Average:	\$2.29	\$.92

*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*.

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*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.



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- \$75-\$205 quarterly OTC drug allowance*

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



LEARN MORE ABOUT
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sales agent at 575-554-6644

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10

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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>

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:

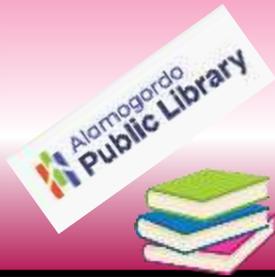
Monday & Tuesday 10-6

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 2025:

- January 14
- February 11
- March 11
- April 8
- May 13
- June 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

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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.”

SVP NEWS !!!



Do you take care of or watch out for someone in your life? A spouse? A dear friend? A neighbor? Or someone you know who also comes to the Senior Center too? Do you visit someone in the nursing home?

That is exactly what a volunteer with the Senior Companion Program and Care Companion Program does. So, why not earn a little extra money doing what you are already doing?



What if you could get paid for doing just that?



Those volunteers who qualify earn \$4.00 an hour stipend, mileage and meal reimbursements. This is not a wage so it will not interfere with any Social Security, Medicare, Medicaid or other benefits. Stipends are non-taxable and non-reportable. It is a small amount to help

We are an active, fun loving, laughter filled group of people who enjoy giving back to our community in a meaningful way. We always welcome new people to our group.



Why not give it a try? If you are not sure you want to just jump into the deep end but want to check it out. You are most welcome to attend one of our training sessions to see if it is for you. We meet from 9 to 12 on the last Friday of each month in the Activity Room.

Come talk to me, Rene' Reynolds in the SVP offices at the end of the North Hallway of the Alamo Senior Center. My door is always open. If you prefer, you can call my office 575-439-4150 or email me at 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 & Flow W/ Sue	Fitness Ball & Stretch W/ Pat	Do It Your Way!	Tai Chi Qi-Gon W/ John Starts February 14 th , 2025
9:00 – 9:45	Strength Training W/ Pat	Low Impact Aerobics W/ Pat	Strength Training W/ Lydia	Step & Strength W/ Pat	Strength Training W/ Lydia
10:00-10:45	Balance Baby Balls & Beanies W/ Cheryl & Joyce	Yoga With Judy	Cardio-Chair Bonanza W/ Cheryl & Joyce	No Floor Stretch & Flow W/ Sue	Balance Baby Balls & Beanies W/ Cheryl & Joyce
11:00 -11:45	Watch for more classes coming in the near future!	The Healing Power Of The Ukelele W/ Gwen & Sue (You must bring your own Ukelele)		The Healing Power Of The Ukelele W/ Gwen & Sue (You must bring your own Ukelele)	
1:00-1:45	Resistance Strength & Weight Training W/ Tom		Resistance Strength & Weight Training W/ Tom		Resistance Strength & Weight W/Tom

Fitness Classroom II



Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-8:45	Walk Aerobics W/ Lee		Walk Aerobics W/ Lee	Power Pump! W/ Tracy Starts February 6, 2025	Walk Aerobics W/ Lee
9:00-9:45	Chair Exercise W/ Luis	Line Dance Basic W/ Ilene	Chair Exercise W/ Luis	Basic Line Dance W/ Ilene	Chair Exercise W/ Luis
10:00-10:45	Balance with Motion W/ Billie	Tai Chi W/ Billie	Balance with Motion W/ Billie	Tai Chi W/ Billie	Balance Motion W/ Billie
11:00-11:45	High Energy Aerobics W/ Tamie	Belly Dancing W/ Claudia & Colette	High Energy Aerobics W/ Tamie	Gentle Stretch W/ Sonja	Western Partner Dance W/ Michael
1:00-1:45	Beginner Line Dancing W/ Michael		Beginner Line Dancing W/Michael		
2:00-3:45	Learning to Line Dance Improvers/Intermediate & Advanced Levels W/ Michael		Learning to Line Dance Improvers/Intermediate & Advanced levels W/ 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

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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.

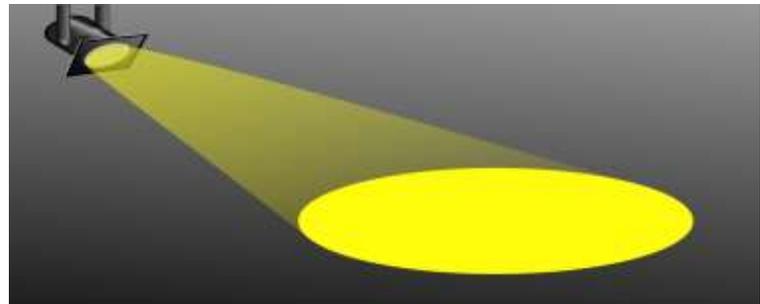
Other Tips for Preventing CO Poisoning:

- 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



Barney Rojo

I started attending the Alamo Senior Center around 2021 (when COVID hit). I was getting meals at the “grab & go”. I then found out about the fitness center and began attending. The facility is very welcoming to the seniors and my work out is a maintenance for my health, due to an accident I had in 1994. I lost 57 pounds since attending. I contribute this to my commitment to my workouts! I am so much healthier now! Come and join me here at the Alamo Senior Fitness Center.



January Birthdays



Pictured left to right: Barbara Taylor, Rosa Ceballos, Gary Eastman, Diana Lara-Money, and Johnnie Mae Fish .

Thank you Ruth Wilkins (Lions Club) 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 !!!**