

The Sentinel

September 2021

50 cent suggested donation

From the Manager

Temperatures are slowly dropping as we are nearing the end of Summer and welcoming Fall this month. The cooler weather will be a nice change of pace. I know our Grab & Go staff will appreciate it!

As a reminder, the most recent PHO 081721 requires all individuals to wear a face covering in all indoor public settings, regardless of vaccination status. If you need a mask when entering our main building or fitness facility, please do not hesitate to ask for one.

I would like to ask those of you visiting the Center to use the side entrances while we are providing Grab & Go meals. We serve Grab & Go meals between the hours of 11:00 to 12:30 p.m. Staff are busy packing meals in the middle of our main entrance while other staff are hauling the big, heavy food warmers through the hallways and in/out of our main doorways. This will avoid any foreseeable accidents. Your cooperation is greatly appreciated!

I want to thank all of you for being patient with us last month during our Grab & Go closure. We had some menu changes during this time in order to utilize the food items that were prepped days ahead to avoid spoilage and waste. We may have some very minor changes of side items on a regular basis but hardly ever any changes to the main entrée. Thank you for being so understanding!

We have a new cook on board. I would like to introduce Minnie Mendez. She is learning how we operate around here so her transition for finding her footing is expected. A new job is always challenging, but she has great staff working by her side to help her succeed. Please join me with a nice, warm welcome!

~Magdalena~

Hi!

I'm Minnie Mendez. I'm the new Cook for the Alamo Senior Center. I was a cook for 3 years at the Tularosa Senior Center. **I'm married to Cruz M. Mendez.** We have lived in Tularosa for the last 21 years. We have 1 son, Anthony J. Mendez (AJ). I would be glad to introduce myself in person.

Minnie Mendez










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 2021

		1 - Wednesday Hamburger Steak Broccoli Mashed Potatoes Whole Wheat Bread Applesauce	2 - Thursday Creole Pork Chop Brown Rice Mixed Vegetables Pineapple 	3 - Friday Brisket Capri Vegetables Waldorf Salad Whole Wheat Roll Pecan Pie
6 - Monday 	7 - Tuesday Diced Chicken w/ Mushroom Gravy Mashed Potatoes Broccoli w/ Cheese Whole Wheat Roll Peaches & Strawberries	8 - Wednesday Baked Cod w/ Tartar Sauce Coleslaw Green Beans Cornbread Pineapple	9 - Thursday Lasagna Spinach Salad w/ Dressing Garlic Bread Pears	10 - Friday Philly Steak Sandwich Macaroni Salad Lays Potato Chips Butter Pecan Ice Cream 
13 - Monday Spaghetti w/ Meat Sauce Broccoli and Cauliflower w/ Cheese Sauce Garlic Bread Peaches	14 - Tuesday Pork Stir Fry Stir Fry Vegetables Rice Whole Wheat Roll Mandarin Oranges	15 - Wednesday Green Chile Cheeseburger Lettuce, Tomato, Onion Pork & Beans Tropical Fruit 	16 - Thursday Roast Beef Baked Potato California Vegetables Whole Wheat Roll Cherry Cobbler	17 - Friday Chicken Strips w/ Gravy Mashed Potatoes Carrots Peaches 
20 - Monday Green Chile Beef Enchilada Lettuce & Tomato Pinto Beans Spanish Rice Sherbert	21 - Tuesday BBQ Brisket Bun Coleslaw Baked Beans Watermelon	22 - Wednesday Pepper Steak Roasted Potatoes w/ Gravy Brussel Sprouts Whole Wheat Bread Applesauce	23 - Thursday Tamale Green Salad w/ Dressing Pinto Beans Crackers Fruit Cup	24 - Friday Soft Beef Tacos Pinto Beans Spanish Rice Plums 
27 - Monday Country Fried Steak Mashed Potatoes & Gravy Mixed Vegetables Whole Wheat Bread Strawberries & Vanilla Wafers	28 - Tuesday Chicken Fajita Tortilla Pinto Beans Oatmeal Cookie Peaches	29 - Wednesday Beef Burgundy Egg Noodles Peas & Carrots Whole Wheat Roll Spiced Apples	30 - Thursday Orange Chicken Wild Rice Green Beans Whole Wheat Bread Apricots	1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-12:30pm</i>

Grab & Go 11am-12:30pm
Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.

Please patronize
our advertisers! Let them know
you appreciate their support
of the Alamo Senior Center!

Climate Heating & Air Conditioning, Inc.



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617 New York Ave.
Alamogordo, NM 88310 N.M. Lic #3117

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(575) 339-5935, TTY: 711
Sophia.Leckie@MolinaHealthcare.com



Hablo Español



July 2021
Nutrition Report

Number of days served this month: 21

Total number of meals served: 7,649

	Congregate Meals	Home Delivered Meals
Meals Served:	4,979	2,670
Donation Average:	\$2.00	\$0.90

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 **10:45 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.



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 sen-
iors to enjoy our Center as much as you have.

If you have any questions, please call Magdalena at

(575) 439-4150.



**WE WILL BE
CLOSED
LABOR DAY**

Thank you for supporting the
Alamo Senior Center

ARKHII
ACTIVE RADIO
89.9 FM & 100.5 FM

RUIDOSO
102.3 FM

ROCK 97.9
Old Rock Radio For Southern New Mexico

VACCINATION SITES

Albertsons :

Moderna, Monday-Thursday every week

Walgreens:

Moderna, (575)434-4116

Wal-Mart:

Moderna , daily (575)434-5345

PMS:

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

GCRMC:

Pfizer, Thursdays & Fridays from 8am-4:30pm

Otero Public Health:

Pfizer, Thursdays & Fridays

Ben Archer:

For patients, call for scheduling.

To register online go to: <https://vaccinenm.org/>
or call Aging & Disability Resource Center at :
1-800-432-2080

**IMPORTANT
INFORMATION**

Here are 2 websites where our Seniors
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>

Do you think you have been targeted or have fallen
victim to a scam? Call AARP Fraud Watch Network
Helpline at:

877-908-3360

-- **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



Did You Know?

The Social Security Admin-
istration is available to take
your call Monday thru Friday
from 9:00am-4:00pm at:

866-563-9294

In Loving Memory



Barbara L. Wood



Richard L. Bedwell



Clair Silva



Charles N. Ford



James E. Jones



Clifton McDonald



Woodrow Fountain



Margo Ortega

*Those we love don't go away.
They walk beside us everyday
Unseen, unheard, but always near,
Still loved, missed, and very dear.*

OTERO COUNTY MEALS - RESOURCE GUIDE UPDATED 08/26/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	St. John's Church 1114 Indians, Alamogordo	Otero Hunger Coalition (Distributed at Our Savior Lutheran Church) 1212 Washington, Alamogordo	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Alamogordo Public Schools Curbside Pick Up at Sierra Elementary	Grace United Methodist, Shared Table 1206 Greenwood, Alamogordo
Date & Time	Tuesday, 5:00 to 6:00 pm	Wednesday, 4:30 pm -until they run out	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Mon - Fri, 11:00 am - 1:00 pm	Every Saturday, 11:00 am to 1:00 pm
Type of Service	Free Meal; if driving, enter from 12 street	Free Meal; pick up curbside	APS Student Nutrition	APS Student Nutrition	APS Student Nutrition	Free Meal; pick up curbside
Contact Info	575/430-0473	575/495-8343	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/812-6085 Facebook: APS Student Nutrition	575/437-7640
Location	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Alamogordo Senior Center 201 Puerto Rico, Alamogordo	Tays Center Parking Lot - Aggie's Eat 2235 N. Scenic Drive, Alamogordo
Date & Time	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm	3rd Saturday/mo, 11:00 am to 1:00 pm
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.50 requested, not required	Free Meal for community, pick up parking lot
Contact Info	575/439-4150	575/439-4150	575/439-4150	575/439-4150	575/439-4150	Sponsored by NMSU-A & Runners Refuge
Location	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	Cloudcroft Senior Center 212 Glorieta, Cloudcroft	
Date & Time	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$3.00 requested, not required	
Contact Info	575/682-3022	575/682-3022	575/682-3022	575/682-3022	575/682-3022	
Location	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	Tularosa Senior Center 35 Radio Road, Tularosa	
Date & Time	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	
Type of Service	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors; Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/585-4532	575/585-4532	575/585-4532	575/585-4532	575/585-4532	

OTERO COUNTY FOOD PANTRIES - RESOURCE GUIDE

UPDATED 08/26/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	Love Inc. Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Our Savior Lutheran 1212 Washington Ave, Alamogordo	Timberon Community Connection 172 Chaucer Dr, Timberon
Date & Time	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	2nd Friday/Mo., starting 9:00 am	Every Saturday, 10:00 - 11:00 am
Contact info	575/439-5683	575/439-5683	575/439-5683	575/439-5683	575/495-8343	575/987-2713
Location	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Christ Community Church 2960 N. Scenic Dr, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo
Date & Time	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	4th Friday/Mo. Starting 8:00 am	(Distributed at Calvary Chapel) 3rd Sat/Mo. 11:00 am to 1:00 pm
Contact info	575/443-0845	575/443-0845	575/443-0845	575/443-0845	575/437-4241	575/495-8343 (Janett Quick)
Location	Our Lady of the Light Church 4 La Luz Rd, La Luz	Our Lady of the Light Church 4 La Luz Rd, La Luz	Cloudcroft Senior Center 212 Glorieta Ave, Cloudcroft	Grace United Methodist 1206 Greenwood Ln, Alamogordo	St. Thomas Moore Catholic Church 568 Lisa, Chaparral	Bethel Baptist "Bags of Hope" 1316 N. Scenic (Parking Lot)
Date & Time	Tuesday, 10:00 am - 2:00 pm except 1st Tue	Tuesday, 10:00 am - 2:00 pm except 1st Tue	4th Wednesday/Mo. 12:30 - 2:30 pm	Thursdays 9:00 - 11:00 am	2nd Friday/Mo. Starting at Noon	1316 N. Scenic (Parking Lot) 2nd Saturday/Mo. 9:00 - 11:00 am
Contact info	575/434-9640	575/434-9640	575/682-3022	575/437-7640	575/523-5542	575/491-2900 (Erin)
Location	Aggie Cupboard 2235 N. Scenic Dr., Alamogordo	Aggie Cupboard 2235 N. Scenic Dr., Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Worship Center 801 E. 10th St, Alamogordo		
Date & Time	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	1st Thursday/Mo. Starting at 9:00 am		
Contact info	ghillis@nmsu.edu	ghillis@nmsu.edu	ghillis@nmsu.edu	575/437-8922		
Location	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Community Church 101 Central Ave, Tularosa	Immaculate Conception 7th & Delaware, Alamogordo		
Date & Time	Every Tuesday, 10:00 am - noon except 1st Tuesday	Every Tuesday, 10:00 am - noon except 1st Tuesday	10:00 am - Noon Wednesdays	2nd and 4th Thursday/Mo. Noon to 3:00 pm		
Contact info	575/585-2314	575/585-2314	575/921-7572	575/437-3291		
Location	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Mayhill Community Center 15 Civic Center Dr, Mayhill	Mescalero Tribal Office 101 Central Ave, Mescalero		
Date & Time	1st Tue/Mo. 11:00 am - 1:00 pm	1st Tue/Mo. 11:00 am - 1:00 pm	4th Wed/Mo. 2:00 - 4:00 pm	1st Thursday/Mo. 12:30 - 2:30 pm		
Contact info	575/495-8343 (Janett Quick)	575/495-8343 (Janett Quick)	575/687-3219 - Call to confirm	575/937-8006 - Call to confirm		
Location			Boles Acres Fire Dept 10 Sage Ave, Alamogordo			
Date & Time			4th Wed/Mo. 9:30 am			
Contact info			Rotary of White Sands - 575/551-1726			



Additional Food Assistance Programs
 Supplemental Nutrition Assistance Program (SNAP)
 Human Service Department
<http://www.hsd.state.nm.us>
 200 Juniper Dr, Alamogordo
 575/437-9260

Women, Infants & Children (WIC)
 NM Department of Health
<https://nmhealth.org/about/ghnd/fhh/wic>
 1207 East 8th St, Alamogordo
 575/437-9093

If you are in need of immediate food assistance outside of the normal operating hours of the food pantries listed on this guide, please call Janett Quick with the Otero Hunger Coalition, 575/495-8343



This resource guide is also available on the Otero County CES website at: <https://oteroextension.nmsu.edu/otero-county-food-resour.html>. Any updates to this resource guide will be available at this website.



ASC Fitness Center Temporary Class Schedule & Procedures

Procedures:

1. Please wipe down and put away your equipment before leaving.
2. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
3. Masks are to be worn at all times, even if you are wearing a shield.
4. All participants must be current in their Alamo Senior Center registration to participate in the fitness center.

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do It your Way With Chuck Brooks	Do It your Way With Chuck Brooks
9:00 – 9:45	Strength Training With Lydia	Low Impact Aero- bics With Tamie	Strength Training With Lydia	Step With Tamie	Strength Training With Lydia
10:00 – 10:45	Balance Baby Balls & Beanies With Tami & Cheryl	No Floor Yoga With Margaret	Cardio-Chair Bo- nanza With Tami	No Floor Yoga With Margaret	Balance Baby Balls & Beanies With Tami & Cheryl
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
8:00am–8:45am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	—	Walk Aerobics With Lee
9:00am–9:45am	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:45am	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry
11:00am–11:45am	Dynamic Stretch with Sonja	Belly Dancing with Alvina	Cardio/Strength With Sue Burns	Stretch & Strength with Kay *Starts Aug. 5th*	No classes scheduled at this time slot.

August Birthdays



Pictured, Front, Left to Right: Thirza Fair, Adrian McWilliams, and Doug Rice. Inset, Top to Bottom: Maria Mireles, Cheryl Olson, and Connie Coyazo

For your September birthday, e-mail your picture NO LATER THAN September 15, 2021.

E-Mail photo to: bclark@ci.alamogordo.nm.us

Wishing our volunteer Fitness Instructors a very Happy Birthday!

LouAnn Foster, Tom Shipman & Cheryl Weckel

Mr. Cecil Smith celebrated his 100th birthday on Thursday, August 5, 2021.



Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed above.