



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: losalamosseniorcenter.com

The Mission of the Los Alamos Retired and Senior Organization (LARSO) is to provide service, fellowship, instruction and advocacy for retirees and senior citizens. The senior activity sites are places where seniors will learn, share meals, socialize, have fun and support each other as they interact with a respectful and service oriented staff.

What's Inside

Day Out	page 2
Details	page 9
Donate	page 5,9
Directory	page 10
Farewell	page 2
LAVA/RSVP	page 6,7
Lunches	page 2-3
Newsletter Dates	page 10
Special Programs	page 4,5
Visitors	page 5,8
Volunteer	page 6,7
Welcome	page 2
White Rock	page 8

Holidays 2020

Memorial Day	May 25
Independence Day	Jul 3
Labor Day	Sep 7
Indigenous Peoples Day	Oct 12
Veterans Day	Nov 11
Thanksgiving	Nov 26-27
Christmas	Dec 24-25

Senior Center Closures

The senior centers were closed by the County early on Sunday, March 15. We will very likely be closed all of April. It would be wrong for us to list activities that we believe we would ultimately have to cancel. We will have limited transportation.

Service with a Smile

On Pi Day, the “Doctors,” of faith, hope and love, Oppenheimer Love, Hope Feynman and Faith Riddle-Graves, served lunch at the drive thru, at the Betty Ehart Senior Center. As the state has closed congregate meal programs across the state, programs have been encouraged to offer a drive thru service to members. The plan is to eventually transition those that are interested to receive the Home delivered or Meals on Wheels option. “That will take some time, said Executive Director Bernadette Lauritzen. We are taking things slowly, so we keep people employed, but don’t overwhelm the infrastructure we currently have in place.”



Bernadette Lauritzen, Amy Vigil, Elizabeth Coons

Social Distancing?

Remember that social distancing is a physical request, not an emotional one.

- * Pick up the phone, call a friend near or far away.
 - * Try to learn how to text or use something like Facetime.
 - * Take a few minutes to send a card or letter. What I wouldn’t give to have a note from a grandparent written in their hand.
- I’d also like to know if you would be interested in a regular chat from other members? If so, call or email me and tell me who you are and how to reach you.

Bernadette Lauritzen (505)662-8920

Director@losalamosseniorcenter.com

Day Out

Spanish language lesson with Gaby! We have added a Spanish class every Tuesday morning. We are really enjoying learning simple everyday phrases! Programs will resume when BESC reopens.



Farewell Laurie

With a heavy heart I am announcing my resignation with LARSO. I will no longer be the Director of the Day Out here at the Senior Center. I have accepted a full time position with LANL as a Respiratory Tech. I am hoping to still be coming in and enjoying lunch with you all at least once a week. My start date is Monday April 6. I am eternally grateful to LARSO for providing me the opportunity to work with you. I will miss the everyday interaction with you all. I do not as yet know who will be taking my place but please welcome them as I know you will. Gaby will be taking over the seated Tai Chi classes. The days will change to Monday and Thursday. Thank you! **Laurie Hochhalter**

Lunches at BE and WR

The state has required that we not hold congregate meals, or meals where we gather in large numbers. We are offering lunch in a drive thru style format. It will run 12:00-1:00pm at both locations. If you wish to make the suggested donation, ask the car hop for the box or request to use your meal ticket. Meal tickets may be purchased in the line.

You still **MUST REGISTER** by 10:00am and we will **NOT** take orders after then for the same day. Eventually our goal will be to transfer those interested to Home Delivered Meals instead of the drive-thru. Any support of our meal program is helpful to keep staff employed. Donations are never necessary, just a suggestion, for those 60+. For reservations call 662-8920 (BE) or 672-2034 (WR). Please cancel your reservations if you are unable to come.

For information on **home delivered meals** in Los Alamos or White Rock, call Cindy at 662-7957. To cancel a meal for the Home Delivered Meal for a single day, call Mike at 672-9544 (White Rock residents) or Fred at 662-8924 (Los Alamos residents).

Emergency Preparedness, Welcome Beverly

One of the drawbacks of having no gatherings is not being able to welcome the Emergency Manager, Beverly Simpson, to our facilities. While our goal was to look ahead to fire season and what we need to be prepared, she has graciously offered to answer any questions from members. I will turn that back around into one of our regular updates. If we don't have an email address for you, get it to us. Her background is astounding, and she has up to the minute information in the palm of her hand. This week, we will be sending preparedness packets to our Home Delivered Meal members. Questions can be left on the phone at 662-8920 or emailed to Director@losalamosSeniorcenter.com.

Prevent falls and stay safe at home!

- Tidy your space
- Improve your lighting
- Keep moving and stretching



Bingo

If you are using this time to organize your home, please consider setting aside items which might make fun BINGO prizes. The volunteer office will be happy to collect them in the future.





Let's Eat Lunch



Drive-Thru lunch served weekdays 12:00am-1:00pm at BE and WR. Call 662-8920 (BE) or 672-2034 (WR) before 10:00am for reservations. These meals will be served with **RESERVATIONS ONLY** and are subject to change. Those wishing to move from Drive-Thru to Home Delivered Meals, should let staff know, as they can gradually process that change. Your use of these programs keeps our people on the payroll and a donation is never required.

BESC April Meals

Apr 1 Wed. Baked ham, sweet mashed potatoes, peas, corn bread, dessert
 Apr 2 Thu. Chicken fried chicken, pepper gravy, wheat roll, cauliflower, dessert
 Apr 3 Fri. Beer battered fish, tartar sauce, fried potatoes, winter blend vegetables, dessert
 Apr 6 Mon. Sausage lasagna, breadstick, dessert
 Apr 7 Tue. Catfish, French fries, tartar sauce, mixed vegetables, dessert
 Apr 8 Wed. Soft beef taco, refried beans, Mexican rice, lettuce & tomato, salsa, dessert
 Apr 9 Thu. Soup of the day, crackers, dessert
 Apr 10 Fri. Frito pie, red chile, onion, dessert
 Apr 13 Mon. Chef salad, breadstick, dessert
 Apr 14 Tue. Tilapia, fried potatoes, carrots, wheat roll, dessert
 Apr 15 Wed. Chicken & dumplings, dessert
 Apr 16 Thu. Barbecue brisket on bun, potato chips, coleslaw, dessert
 Apr 17 Fri. Open face turkey sandwich, stuffing, cranberry, dessert
 Apr 20 Mon. Sweet & sour pork, egg roll, stir fry vegetables, dessert
 Apr 21 Tue. Broccoli cheese soup, crackers, dessert
 Apr 22 Wed. Tamales, red chile, pinto beans, Spanish rice, cheese, dessert
 Apr 23 Thu. Chicken fried chicken, gravy, mashed potatoes, peas & carrots, wheat roll, dessert
 Apr 24 Fri. Lemon pepper cod, tartar sauce, rice pilaf, green beans, roll, dessert
 Apr 27 Mon. Barbecue bonanza, baked beans, biscuit, dessert
 Apr 28 Tue. Egg salad on rye, pasta salad, potato chips, pickle, dessert
 Apr 29 Wed. Soup of the day, biscuit, dessert
 Apr 30 Thu. Pancakes, sausage, bacon, mixed fruit, biscuit, dessert

WRSC April Meals

Apr 1 Wed. Grilled chicken breast, rice pilaf, peas and carrots, roll, dessert
 Apr 2 Thu. Sweet & sour pork, rice, eggroll, stir fry vegetables, dessert
 Apr 3 Fri. Grilled salmon, cilantro black beans, orange marmalade, asparagus, dessert
 Apr 6 Mon. Green chile chicken enchiladas, pinto beans, calabacitas, dessert
 Apr 7 Tue. Ham, turkey, swiss on rye, potato salad, carrot raisin salad, dessert
 Apr 8 Wed. Beer battered cod, tater tots, tartar sauce, broccoli salad, dessert
 Apr 9 Thu. Hot dogs on bun, baked beans, dessert
 Apr 10 Fri. Salisbury steak, mashed potatoes, brown gravy, green beans, dessert
 Apr 13 Mon. Baked ham, sweet mashed potatoes, Brussels sprouts, roll, dessert
 Apr 14 Tue. Spaghetti & meatballs, marinara sauce, breadstick, Italian vegetables, dessert
 Apr 15 Wed. Barbecue chicken, fried rice, peas, biscuit, dessert
 Apr 16 Thu. Roast beef, brown gravy, scalloped potatoes, winter blend vegetables, dessert
 Apr 17 Fri. Catfish, sweet potato French fries, German coleslaw, tartar sauce, dessert
 Apr 20 Mon. Roast beef au jus sandwich, roast potatoes, dessert
 Apr 21 Tue. Stuffed cabbage casserole, wheat roll, dessert
 Apr 22 Wed. Caesar salad w/chicken or beef, breadstick, dessert
 Apr 23 Thu. BBQ Pork Chops, Rice Pilaf, 5 Way Mixed Vegetables, Roll, Chocolate Cake
 Apr 24 Fri. Chicken fried steak, au gratin potatoes, mixed vegetables, country gravy, dessert
 Apr 27 Mon. Chicken tenders, fries, German coleslaw, gravy or barbecue sauce, dessert
 Apr 28 Tue. Lemon pepper fish, wild rice, winter blend vegetables, tartar sauce, dessert
 Apr 29 Wed. Egg salad on rye, potato chips, coleslaw, pickle, dessert
 Apr 30 Thu. Frito pie, red or green chile, pinto beans, lettuce, tomato, onion, dessert

Special Programs

TRIPS

**Suggested donation \$4.00 - \$8.00 round trip
Cash or check payable to LARSO. For res-
ervations, please call Karen at 662-8922**

**We are only providing rides to
medical appointments at this time.**

No Dinner Out or Trips scheduled for April.



At this moment let's take time to reflect on what's important in our lives. Our family, health, safety. Let's all take care of each other and we will get through this together. In the future I have fun trips planned. I look forward to seeing you all again under better circumstances.

Karen McCool

HELP Driving update:

HELP Driving is still available to help you get to medical appointments off the hill, however we have a smaller group of drivers. We need your help to keep running.

- Do not request a ride for any appointment which could safely be rescheduled for a later date.
- Do not use HELP Driving when you are sick, particularly with a fever.
- Have a backup plan in case we cannot find a driver for you.
- Do not ask for any special accommodations such as additional stops, extra passengers.
- Be willing to wear any protective equipment your driver requests.
- Be patient! We are all in this together, doing our best.



Questions? Call Sarah 662-8923.

AARP Foundation Tax-Aide Sites Service Suspended Until Further Notice

As coronavirus (COVID-19) developments change hour by hour, AARP Foundation is doing its part to flatten the curve of transmission. A top priority for us is ensuring we are protecting those most at risk, including our volunteers and taxpayers. Therefore, we are suspending AARP Foundation Tax-Aide service until further notice.

We will continue to assess whether we can open again in some or all sites for the remainder of the tax season and if the tax season is extended.

Announcement from the Library

Mesa Public and the White Rock Branch Library will be closed to the public through April 5. For updated announcements and press releases from the County check:

<https://bit.ly/2TUDImB>

Library staff are available Mon-Fri 8:00am-5:00pm by phone at 662-8250 or by email at libweb@lacnm.us to help with library card issues, information requests as well as assistance with our many downloadable services.

During this closure we ask that you not return library items. Please keep all items at home. Due dates have been automatically extended to April 13.

Any holds you have already placed will remain in the system and will not expire.

New holds may not be placed but you can use My Lists at losalamoslibrary.org to keep track of everything you'd like to check out when we reopen.

Thank you for your understanding and cooperation. We look forward to seeing you soon.

Memory Care Alliance Program

Sessions canceled until further notice.

Prepare to Care Part Two

Canceled until further notice.

The second part of Prepare to Care will address the day-to-day challenges of caring for a loved-one with Alzheimer's or any other dementia-related illness. Presented by David Davis, Executive Director of the Memory Care Alliance.

Class size is limited. For more information or to reserve a seat call 505-310-9752 or e-mail:

director.memorycarealliance@gmail.com.

Special Programs

Donations

If people ask how they can help, donation boxes are available at the both locations. You can donate easy-to-prepare meals, cereals, canned goods, pastas, etc. We welcome the donation of small bags of dog or cat food.

Those wishing to make financial donations can do it through our Pay Pal site on our web page, or mail them to 1101 Bathtub Row. Please make checks out to LARSO with Serving Seniors, in the memo line.

Gift cards to Smith's, the Co-op or Pet Pangea can be used as we begin a home delivery program for our members. They can be mailed or dropped off during business hours (LA) 8:00am-4:30pm, BE and 9:30am-4:00pm, WR. A staff member will greet you at the door, but our buildings are closed temporarily. After the critical period has passed, any remaining donations will be used to support our low-income seniors.



Senior Services

We will attempt to offer pick ups for groceries and prescriptions. We ask that you have cash or a check on hand when we deliver. Any checks MUST be made to LARSO, according to our rules. You can call and leave a message at 662-8920 and we will plan our work schedule as we are able to make a run. You should contemplate what you need, and what is an acceptable substitution.

We will be utilizing staff in all volunteer positions, so they may continue to receive a paycheck. While I understand that our volunteers love to help, there may be some that not only need the paycheck, but must work to retain their benefits. It is also right for us to have the safety of our seniors at the forefront of everything we do each day.

PLEASE NEVER GIVE MONEY TO SOMEONE YOU DON'T KNOW OR ALLOW THEM INTO YOUR HOME.

Reassurance Calls

If you would like a daily call from the senior center to check on you, call Bernadette at 662-8920 or email:

Director@losalamoseniorcenter.com.

Transportation

We are only providing rides to medical appointments at this time.

Shopping and Prescriptions

If you are a member, our staff is willing to shop for you or pick up prescriptions for you. Call 662-8920 for BE or WR.

Membership

Tell your friends! It has never been easier to join. Call us at 662-8920 if you are 60 years old or older. To start, just answer a few questions to begin your FREE membership. A staff member will follow up with some additional questions, but a membership will be in place if life changes and you need our help.

Thank you for your patience and understanding. I work with some pretty GREAT people! **Bernadette**

Quality Control



Jax Chandler does quality control during snack time for staff at the Betty Ehart Senior Center. His therapy services rejuvenated staff during stressful times.

Puzzle for Sombrillo

A brand new puzzle, sealed in plastic was recently donated to Sombrillo nursing home as they are in lockdown. We have several members that are staying there.



Volunteering in the time of COVID-19

As a volunteer, you may have questions and concerns with regard to your volunteer job. Some may wonder, "Is it safe for me to go to my volunteer job?" Others may be thinking, "How can I help *more* during this time?" It is hard to keep up with all the latest news and recommendations, but here are some things to consider regardless of where you volunteer:

1. Do I have any symptoms, such as fever that should preclude me from volunteering? If so, stay home. If you are not sure what the policy is for other symptoms, call ahead and find out rather than just showing up.
2. Have I been traveling or had contact with someone who tested positive for COVID-19? You should also stay home and call your doctors office.
3. Am I at higher than average risk for having a poor outcome if I contract COVID-19? The CDC warns that older adults and people with heart disease, lung disease or diabetes are at a higher risk of getting "very sick" as a result of this virus. If you fall into a high risk category, you should stay home to limit your exposure. Consult with your doctor regarding the best practices for your particular condition.
4. While your station will honor your choice to stay home, they also have the right to restrict your volunteer activities at the station over concerns related to the coronavirus. If you are asked not to come in, please respect that and stay away. When serving, make sure you get the most up to date instructions on how to serve safely and follow them carefully.
5. As needs arise, you may find that a willingness to serve in a specific volunteer position may not translate to working in that volunteer job. Vulnerable clients receiving services in private settings such as their homes, should be able to trust that a volunteer has been background checked and received training and so you may be asked to complete those before serving. The good news is that this can often be done quickly and efficiently now.
6. Alternatives to serving on site may exist. Contact your volunteer station about opportunities to serve remotely. Particularly if you are computer savvy, there may be ways to help from home, but even if you are not there are often creative ways to contribute so don't be afraid to ask.
7. Connect people with resources. As volunteers, you know a lot about the resources that are available to people. Help LARSO and the other organizations you work with get the word about what services are available and what steps can be taken to access them.
8. Ask for help. Sometimes a volunteer needs to be on the receiving end of services. Your best chance at returning to your volunteer job comes when you are safe and well. Call the senior center and ask about services like home delivered meals and other kinds of help you may find yourself needing. Ask your friends, family and neighbors for help. When we lean on each other, we build community.
9. Call the volunteer office with your specific questions and concerns and Sarah and Binh can help. We love you! 662-8923

(LAVA/RSVP continued)

You can serve AND practice social distancing!



Help children and families:

Video chat with your grandchildren and great grandchildren or other young people in your world. Many young people are home from school. Now is a great time to set up a video call with them. Ask them to read a book to you or read to them. Listen to their feelings and experiences. Share yours.

Call and check on other seniors.

As people work hard to follow recommendations to stay home, they may feel increasingly anxious and lonely. When calling, try to find other topics to chat about and be very careful to only share accurate information from vetted sources.



Write a letter to a friend or family member in a nursing home.

Many facilities are closed to visitors now. You can also write to your children and grandchildren. Handwritten notes are treasures, particularly those that contain stories or memories from your life. Include a photo or drawing if you like!

Contact volunteer stations about helping from home.

There may be ways you can use your expertise from home. For example, you can write or edit articles and develop content for webpages or social media. You can help people stay informed and connected. Inform yourself of local resources and share that information with the populations most likely to need it.



Love on animals.

Animals do a great job of helping us feel loved and connected when we might otherwise feel lonely or isolated. If you don't have one, it may be possible to foster an animal through the shelters. Also, you may have a neighbor who would love you to walk his or her dog. Just ask!

White Rock Senior Center 505-672-2034

**The White Rock Senior Center is closed for April
or until further notice.
Check page 2 for meal deliveries.**



The senior centers offer their first drive-thru service after state requirements close large gatherings.

WRSC Visitors



Magi Cope



Morris

Just saying hi,
from people
never leave who
their house.



From Dennis Beery

**If you know someone in need of a sympathy or get well card,
please leave a message at 672-2034.**

Details / Donate

Need Help?



If you are having trouble, these numbers are a safe, free, confidential place to share and get resources:

- New Mexico Crisis and Access Line: **1-855-NM-Crisis (662-7474)** Crisis Line 24 hours a day
- Warm Line: Feeling a little anxious or sad and just need to talk with someone? **1-855-4NM-7100 (466-7100)** 3:30pm-11:30pm
- www.nmcrisisline.com/contact/

Social Distancing?

Remember that social distancing is a physical request, not an emotional one.

- * Pick up the phone, call a friend near or far away.
- * Try to learn how to text or use something like Facetime.
- * Take a few minutes to send a card or letter. What I wouldn't give to have a note from a grandparent written in their hand.

I'd also like to know if you would be interested in a regular chat from other members? If so, call or email me and tell me who you are and how to reach you.

Bernadette Lauritzen (505) 662-8920

Director@losalamosseniorcenter.com



Living Legacy

Our new Living Legacy project allows donations to be driven for long term senior center projects not covered in our annual budgets. Donations of \$2,500 or \$5,000 will have their names added to the plaque located on the top level of the Betty Ehart Senior Center.

Fundraising Update

We continue to strive each month to meet our deliverables for each of the senior center programs. Donations are accepted throughout the year, in any denomination. Due to previous budget cuts, our staff works harder than ever, often without an annual raise. Our Board of Directors works to ensure goals and we hope to offer new fundraising opportunities to address these issues.

LARSO Board of Directors

Robert Swift, President; Tom McLaughlin, Vice President; Shelby Redondo, Secretary; Richard Foster, Treasurer; John Baillie, Dan Judge, Lewis Muir, Ann Shafer, Dennis Beery

Would you like to make a donation to LARSO?

Please cut out and return to: LARSO, 1101 Bathtub Row, Los Alamos, NM 87544

\$25
 \$50
 \$75
 \$100
 Other _____

Donor Name: _____

Thank you for supporting the LARSO programs

Los Alamos Retired and Senior Organization
1101 Bathtub Row
Los Alamos, NM 87544

Non-Profit
US Postage Paid
Permit No. 15
Los Alamos, NM 87544

Address Service Requested

CENTERS ARE CLOSED TO THE PUBLIC UNTIL FUTHER NOTICE

Betty Ehart Senior Center (BE)

1101 Bathtub Row, Los Alamos, NM 87544
Bernadette Lauritzen, Executive Director
director@losalamosseniorcenter.com

Front Desk 662-8920
Meal Reservation 662-8920
Delivered Meal Reservation 662-8924
Hours - Mon-Fri 8:00am-4:30pm

Transportation 662-8922
Hours Mon-Fri 8:00am-4:30pm
After Hours 412-2200

Los Alamos Volunteer Assoc (LAVA)

Sarah Chandler, Director 662-8923
lava@losalamosseniorcenter.com

The Day Out

Laurie Hochhalter, Director 661-0081
dayout@losalamosseniorcenter.com
Hours - 8:00am-4:00pm

White Rock Senior Center (WR)

133 Longview Dr, White Rock, NM 87547
Annie Bard, Coordinator
wpsc@losalamosseniorcenter.com

Phone 672-2034
Meal Reservation 672-2034
Delivered Meal Reservation 672-9544
Hours - M,T,W,F - 9:30am-4:00pm
Thu - 9:30am-10:00pm

Los Alamos Retired & Senior News

Layout Editor - Gale Williams
News desk, Mail and Email subscriptions -
news@losalamosseniorcenter.com
Items Due - Fri Apr 17
Editing - Tue Apr 21
Folding - Tue Apr 28

BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE