



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: losalamoseniorcenter.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.

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When We Re-Open

Please know that we all miss you very much. We enjoy seeing you in the lunch drive-thru and when we deliver groceries to you. When the center does re-open, wearing a mask, except while eating, will be required for entry into either senior center. Do not push tables together or gather too closely when being in conversation. If rules aren't followed, we may be forced to ask members to leave, or in a worst-case scenario, we may need to close a facility if staff monitoring becomes too labor intensive. The free tables will be removed for the time being.

We have no date to re-open, as the newsletter goes to print. I assure you, we will flood the website, social media and all forms of media, when we get the news.

When the centers re-open, you will notice a lot of changes, until we adjust to this, "new normal." We will not have most of our volunteers in regular places. We ask that you refrain from hugging, shaking hands, and that you make sure to wash your hands after eating and using the restroom. If you touch your mouth or nose, please consider at a minimum using hand sanitizer to keep your friends safe. We have many people with underlying health conditions and while you might not be worried about your own safety, please think of the number of immune-compromised and older seniors here.

Holidays 2020

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



The Senior Center is here for you!

- * Those members 60 and over can have senior center staff shop for you, pick up prescriptions, or run errands. Our goal is to keep you home and safe! There is NO FEE for these services, but it allows us to keep our people employed and for them to maintain their benefits.
- * Please don't rely on strangers to assist where we can help.
- * Please don't ever give someone you don't know money, or let them in your home. You can call us 5 days a week at 662-8920, leave a message and we will return your call. This number serves both the White Rock and Los Alamos communities.

Leave a Message

The staff of the senior center requests that you leave a message when calling with all pertinent information. Times are busy and staff is in short supply. We are happy to assist with needs but multiple hang-ups frustrate everyone. Calls are replied promptly during the week, but you may leave messages on weekends. Call **662-8920**. If your call goes to voice mail, please leave your name, phone number, and a brief message so we can get back to you as soon as we can.



Drive-thru & Home Delivered Meals

Due to an increase in volume, we are asking that all calls to the kitchen come through the main numbers:

Betty Ehart **662-8920**, White Rock **672-2034**

We are offering lunch in a drive-thru style. 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. Please cancel your reservations if you are unable to come.

Quilt Square Donations



Quilt squares are being donated for a senior center project for the Historical Museum's tribute to the anniversary of the Cerro Grande fire. Donations are still needed. Contact the Senior Center (662-8920) for more information. This square made by Lyn Haval.

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@losalamosseniorcenter.com.

Sympathy/Get Well Card

Do you know someone in need of a sympathy or get well card? Please leave a message at 672-2034.

REMINDER

If you are registered on the lunch list for an entire month, you will need to call and set that up again when a new month arrives.

Lunch Meal Tickets

If you can afford to make a donation for lunch, staff would be greatly helped by the purchase of lunch tickets in \$45 or \$90 increments. Purchase can be made by mail, paypal, or passed to staff in the drive-thru line. While monthly statements are sent to some and donations are collected in the drive-thru, staff will never ask you to donate for meals. Our goal is to feed the seniors of New Mexico.

Free Food Boxes

If you would like a free food box, please call us for pick up or delivery. We have about 500 that we need to give to seniors over 60 and the disabled, in the community. **FREE** delivery is available. 662-8920



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.

BESC June Meals (*includes salad)

Jun 1 Mon. Meatloaf, mashed potatoes, brown gravy, peas, roll, dessert
 Jun 2 Tue. Chicken drumstick, au gratin potatoes, broccoli, wheat roll, dessert
 Jun 3 Wed. Tilapia, tartar sauce, rice pilaf, cauliflower, dessert
 Jun 4 Thu. Grilled BBQ pork chops, mashed potatoes, 5 way mixed vegetables, dessert
 *Jun 5 Fri. Frito pie, green chile, tomato/lettuce/cheese, dessert
 *Jun 8 Mon. Chicken salad w/crackers, dessert
 Jun 9 Tue. Beef/bean burrito, red chile, Mexican rice, calabacitas, dessert
 Jun 10 Wed. Sweet & sour pork, rice, pork egg roll, stir fry vegetables, dessert
 Jun 11 Thu. Baked cod w/dill, rice pilaf, broccoli, wheat roll, dessert
 Jun 12 Fri. Cheeseburger, lettuce/tomato/onion, coleslaw, potato chips, dessert
 Jun 15 Mon. Chef salad, biscuit, dessert
 Jun 16 Tue. Salisbury steak, mashed potatoes, gravy, peas & carrots, roll, dessert
 Jun 17 Wed. BBQ brisket, coleslaw, pickle, potato chips, dessert
 Jun 18 Thu. Pork tamale, red chile, cheese, pinto beans, calabacitas, dessert
 Jun 19 Fri. Chicken fried chicken, mashed potatoes, pepper gravy, peas, biscuit, dessert
 *Jun 22 Mon. Spaghetti w/sausage, garlic bread, dessert
 Jun 23 Tue. BBQ bonanza (sausage, chicken & brisket), coleslaw, biscuit, dessert
 Jun 24 Wed. Beer battered cod, tartar sauce, tater tots, broccoli salad, wheat roll, dessert
 Jun 25 Thu. Green chicken enchiladas, Mexican rice, pinto beans, diced tomatoes, dessert
 *Jun 26 Fri. Vegetarian lasagna, garlic bread, dessert
 Jun 29 Mon. Chicken fried steak, mashed potatoes, brown gravy, cauliflower, roll, dessert
 Jun 30 Tue. Grilled chicken on whole wheat bun, French fries, coleslaw, dessert

WRSC June Meals (*includes salad)

Jun 1 Mon. Chicken tenders, honey mustard sauce, French fries, blend vegetables, dessert
 *Jun 2 Tue. Hotdog, relish & onion, potato chips, dessert
 Jun 3 Wed. BBQ pork chops, baked beans, broccoli Normandy, dessert
 Jun 4 Thu. Cod w/cucumber dill sauce, fried potatoes, wheat roll, blend vegetables, dessert
 *Jun 5 Fri. Spaghetti & meatballs, marinara sauce, breadstick, dessert
 Jun 8 Mon. Tilapia, wild rice, Brussel sprouts, tartar sauce, roll, dessert
 Jun 9 Tue. Egg salad on rye, coleslaw, potato salad, dessert
 Jun 10 Wed. Sloppy Joe on bun, tater tots, coleslaw, dessert
 Jun 11 Thu. Pork loin, tomato green chili sauce, black eyed peas, cornbread, dessert
 Jun 12 Fri. Grilled chicken breast, rice pilaf, peas and carrots, dessert
 Jun 15 Mon. Glazed ham, au gratin potatoes, winter vegetables, roll, dessert
 Jun 16 Tue. Chicken cordon bleu, rice pilaf, corn w/roasted red peppers, dessert
 Jun 17 Wed. Fish & chips, tartar sauce, broccoli salad, roll, dessert
 Jun 18 Thu. Salisbury steak, mashed potatoes, brown gravy, green beans, wheat roll, dessert
 Jun 19 Fri. Chef salad, dressing, breadstick, dessert
 Jun 22 Mon. Tuna salad, crackers, celery & carrot sticks, dessert
 Jun 23 Tue. Sausage lasagna, Italian vegetables, breadstick, dessert
 Jun 24 Wed. Green chile chicken enchiladas, pinto beans, salsa corn, dessert
 Jun 25 Thu. Caesar salad, grilled chicken or steak, breadstick, dessert
 Jun 26 Fri. Roast beef, au gratin potatoes, brown gravy, peas & carrots, dessert
 Jun 29 Mon. Red chile beef enchiladas, pinto beans, calabacitas, dessert
 Jun 30 Tue. Salmon w/beurre blanc sauce, wild rice, broccoli Normandy, wheat roll, dessert

Special Programs

TRANSPORTATION

Suggested donation \$4.00 - \$8.00 round trip Cash or check payable to LARSO. For reservations, please call Karen at 662-8922
We are only providing rides to medical appointments at this time.

Our Transportation Department is open for rides to medical appointments. You are welcome to call us to set a ride up Monday through Friday. Please be aware that masks are required for any trip. You are welcome to discuss this with our staff.

Free Masks

You can acquire a free mask on-line from the Department of Health at cv.nmhealth.org. Click the "Request a Mask" tab, then answer a few simple questions and it will be mailed to you. We have seamstresses making cloth masks. Let us know and we can get you connected to purchase one.



Theater

In celebration of Betty's birthday on June 12, KRSN will air (on AM radio and streaming) the radio-play version of Benjamin's *HUNKER DOWN*, which will be performed live when the Senior Centers reopen.

Overwhelmed by "cabin fever" during the COVID shutdown, Bari (age 70) tries to visit reclusive neighbor, Kevin, in person, but he will only video-call. Can she convince him it's safe for two quarantined, single seniors to have a meal together? Check www.KRSNam1490.com for time.

Senior Services

We will offer pick up 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. Call and leave a message at **662-8920** and we will schedule as we are able to make a run. Contemplate what you need, and what is an acceptable substitution. We will utilize staff in all volunteer positions so they may continue to receive a paycheck. The safety of our seniors is at the forefront of everything we do.

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

Betty's Birthday Benefit

We are asking for small birthday donations, but not just to benefit the senior centers, but many small businesses in town. The amount is not important. Even a dollar will do great things. Here's some plans for funds raised:

- Stain the Day Out gazebo and planters.
- Buy new seeds and compost for Mike's flower beds in White Rock.
- New bulletin boards for the senior centers, especially to honor the people we have lost throughout our closure.
- Do something nice for staff members who have gone above and beyond the call of duty during this crazy time.

Our vow is to spend every penny raised for this project in our own community (Los Alamos and White Rock). Drop a dollar in an envelope (add your name) for one lucky winner to receive a prize, then place it in the mail, in our donation boxes, or pass it to us during our drive-thru lunch. We will collect from now until June 12.

Jun 12 10:00-11:00am

Drive past the front doors of either center for a birthday cupcake and maybe a party treat. Have lunch at either center and dessert that day will be...you guessed it cupcakes!



Special Programs

Staying Active While Staying Home

Cardio Plus

Our Cardio Plus guru, Loretta Stubbs has worked with us to put a workout on DVD. The workout called, Stay Safe, Stay Home, Stay Balanced, is an effort to get us back into the groove and back on track with exercise. The CD will be available for \$15 and can be ordered by contacting the senior center at 662-8920. You can even request pick up or delivery. If the first print goes well, we can order more. Check with your doctor before starting any new program. If funding is a concern, please contact Bernadette.

National Council on Aging Blog has GREAT information including infographics and videos to support safe and effective activity at home.

https://www.ncoa.org/blog/encouraging-older-adults-to-stay-active-and-safe-during-the-coronavirus-pandemic/?utm_source=newsletter&utm_medium=email&utm_campaign=03242020_NCOAWeek

Better Bones and Balance website has exercise tutorials and a free streaming 50-minute full BBB workout that is accessible to anyone with sufficient bandwidth.

<https://extension.oregonstate.edu/bbb>
<https://vimeo.com/241679313/25ad683878>

Strong Women streaming video from University of Wisconsin Extension. Participate from home

<https://www.youtube.com/watch?v=JbQZSGUmmjU>

Paper Plate Tabata from 2018 Western District Middle School PE teacher of the year, Kate Cox. Feel the burn!

<https://www.wevideo.com/view/1614233931>

There are many other free resources available, including Leslie Sansone's Walk At Home Youtube channel. Her videos are great for exercising indoors, with limited space and equipment.

<https://www.youtube.com/channel/UCVI6ZdsIZz2Zj-34bMJFPbg>

Los Alamos Cooperative Extension Service
 1251 Bathtub Row
 Los Alamos, NM 87544
 505-662-2656

Volunteer

The volunteer office has received approval to assign RSVP volunteers to assist with contact tracing. Volunteers will receive training and work with the New Mexico State Medical Reserves. Contact tracing is key in the fight against COVID-19. 150-plus volunteers are needed for Contact Tracing, statewide, to help support the 126 DOH employees currently performing tracing. You can be engaged for however many hours you have available per week, for as long a duration that you can serve; the need is that great. Volunteers should possess:

- Good communication skills;
- Basic computer skills;
- Time management skills.

Volunteers will need reliable internet connectivity. They will be asked to use their own phones and computers; DOH is not able to reimburse for minutes/internet usage.

Training consists of a 1-hour webinar; HIPA and DOH Code of Conduct trainings are also required.

Contact information for the first group of volunteers has been sent to the Department of Health however they have been a bit delayed and have not yet contacted that group as they have been preparing a new program to onboard you.

RSVP volunteers interested in helping with the program may call or email the volunteer office.



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

Non-Profit
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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

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

Director 661-0081
dayout@losalamosseniorcenter.com

Hours - 8:00am-4:00pm

White Rock Senior Center (WR)

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

Phone 672-2034
Meal Reservation 672-2034

Hours - M,T,W,F - 9:30am-4:00pm
Thu - 9:30am-10:00pm

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