



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

Directory	page 6
Meals	page 2-3
Newsletter Dates	page 6
Phone Us	page 2
Special Birthday	page 2
Special Programs	page 2,4
Theater	page 4
Transportation	page 4
Volunteer	page 5
Welcome Back!	page 2

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 to the end of May. It would be wrong for us to list activities that we believe we would ultimately have to cancel. We will have limited transportation services.

May Message from Our Director

Hello Friends,

My staff and I hold you in our thoughts and prayers and hope you are doing well. We are working hard to serve your needs each day. We remain closed, and it is just my thought that we will be closed, at least through the end of May.

I'd like to remind you that we are more than happy to shop for groceries or pick up prescriptions. It is no inconvenience to us, as we need to demonstrate our value to the state, to ensure our funding. Please don't hesitate to call 662-8920 and place an order. That number will service both facilities.

We'll be making phone calls in the next few weeks to check on folks. If you are concerned about someone, please let us know. It has also never been easier to join the senior center. A few questions by phone and we can help in many ways. Remember to give old friends a call, just to say hello. You may just brighten someone's day.

Many thanks to those donating to our Senior Service fund, through pay pal and the mail. It allows us to shop for members that are on a limited income. We were able to pay for a few prescriptions for a few members that were doing without.

We need to hear from you if you DON'T utilize a computer. We'd like to make sure you get current information, sometime in the middle of the month. PLEASE remember to do your Census by phone or on-line. It will reduce the need for someone to come to your door.

Phone: 1-844-330-2020 or www.census.gov.

Be Well - **Bernadette**

Patience is a Virtue

Please be patient with staff and delivery of services. Things are changing, sometimes on a daily basis.

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.



Lisa is Back

Lisa and family are back from spring break, followed by a mandatory 2 week quarantine. She is elated to be back, but misses seeing all of her seniors. In the meantime, she hopes to see you in the White Rock Senior Center drive-thru.



Birthday Girl Marjorie

Our beautiful Marjorie turned 100 on April 27. A parade past her house marked the occasion.

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. The Bunny by Claire Swinhoe, the Black Block by Marian Kirchner and the Duo from Theresa Threadgill.



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.



Hope

Our genuine hope is to be somewhat back to normal in June for a birthday celebration of the Betty Ehart Senior Center. The event would be slated for the afternoon of Friday, June 12. Our guidance on gatherings will drive the re-opening, including the possibility of smaller numbers during lunch, perhaps in shifts. Initial opening rules may include considerations of masks, not hugging or shaking hands, or a restriction on the number allowed in each building. Please be patient as we learn.

Prepare to Care Part Two

Canceled until further notice. For more information call 505-310-9752 or e-mail:

director.memorycarealliance@gmail.com

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.

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 May Meals (*includes salad)

May 1 Fri. Chicken cordon bleu, rice pilaf, peas and carrots, roll, dessert
 May 4 Mon. Chicken salad w/crackers, potato salad, broccoli salad, dessert
 May 5 Tue. Meatloaf, mashed potatoes, brown gravy, Brussel sprouts, wheat roll, dessert
 May 6 Wed. Glazed ham, sweet mashed potatoes, Brussels sprouts, roll, dessert
 *May 7 Thu. Tuna steaks, mango salsa, wild rice, winter vegetables, wheat roll, dessert
 May 8 Fri. Chicken fried steak, mashed potatoes, California blend vegetables, gravy, dessert
 *May 11 Mon. BBQ pork chops, baked beans, broccoli, roll, dessert
 May 12 Tue. Egg salad on whole wheat bread, carrot raisin salad, potato chips, dessert
 *May 13 Wed. Cod tail w/dill, fried potatoes, broccoli salad, tartar sauce, dessert
 May 14 Thu. Beef tips over pasta, wheat roll, pasta salad, dessert
 May 15 Fri. Salisbury steak, au gratin potatoes, mushroom sauce, vegetables, dessert
 *May 18 Mon. Green chile chicken enchiladas, refried beans, salsa corn, dessert
 May 19 Tue. Tater tot casserole, roll, broccoli Normandy blend, dessert
 May 20 Wed. Tilapia, roasted potatoes, tartar sauce, green beans, dessert
 May 21 Thu. Sweet & sour pork, rice, stir fry vegetables, egg roll, dessert
 *May 22 Fri. Frito pie w/red or green chile, pinto beans, lettuce, tomato, cheese & onions, dessert
 May 25 Mon. **Closed for Memorial Day**
 May 26 Tue. Chicken fried chicken, mashed potatoes, country gravy, green beans, dessert
 *May 27 Wed. Soft taco, refried beans, lettuce, tomato, onion, dessert
 *May 28 Thu. Tuna salad on rye, potato salad, dessert
 May 29 Fri. Eggplant & spinach lasagna, Italian vegetables, breadstick, dessert

WRSC May Meals (*includes salad)

May 1 Fri. Sweet & sour pork, rice, stir fried vegetables, eggroll, dessert
 May 4 Mon. Grilled chicken breast, rice pilaf, California blend vegetables, wheat roll, dessert
 May 5 Tue. Meatloaf, mashed potatoes, brown gravy, green beans, dessert
 May 6 Wed. Dill cod, roast potatoes, tartar sauce, coleslaw, dessert
 May 7 Thu. Maple glazed ham steaks, sweet mashed potatoes, Brussels sprouts, roll, dessert
 *May 8 Fri. Pizza pepperoni, green chile, Italian sausage, dessert
 *May 11 Mon. Pork posole, flour tortilla, dessert
 *May 12 Tue. Spaghetti w/marinara sauce, sausage or vegetarian, breadstick, dessert
 *May 13 Wed. Caesar salad w/grilled chicken, beef or vegetarian, dessert
 *May 14 Thu. Frito pie w/red or green chile, pinto beans, lettuce, tomato, cheese & onions, dessert
 May 15 Fri. Fish & chips, tartar sauce, peas & carrots, roll, dessert
 May 18 Mon. Chicken fried chicken, scalloped potatoes, green beans, country gravy, dessert
 May 19 Tue. BBQ pork chops, baked beans, broccoli salad, dessert
 May 20 Wed. Beef stew, biscuit, three bean salad, dessert
 May 21 Thu. Green chile cheeseburger, potato chips, carrot & celery, dessert
 May 22 Fri. Tilapia, Spanish rice, tartar sauce, Brussels sprouts, dessert
 May 25 Mon. **Closed for Memorial Day**
 May 26 Tue. Green chile chicken enchiladas, pinto beans, salsa corn, dessert
 May 27 Wed. Pork teriyaki, rice, stir fry vegetables, eggroll, dessert
 May 28 Thu. Chicken fried steak, fried potatoes, pepper gravy, peas & carrots, dessert
 May 29 Fri. Catfish, hush-puppies, coleslaw, German style, tartar sauce, dessert

Special Programs

TRIPS

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.

No Dinner Out or Trips scheduled for May.

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.

COVID-19 Testing

Mondays & Wednesdays by appointment

The Public Health Office in Los Alamos has begun offering the COVID-19 test Mondays 10:00am-12:00pm and Wednesdays 9:00-11:00am. Residents who want to be tested must call the office at **662-4038** to make an appointment. No walk ins will be accepted. There is no cost for the test. The office is located at 1183 Diamond Drive Suite D, across from Los Alamos High School.

Toenail Clipping

LARSO has arranged an opportunity for toenail clipping to be done in your home. Adam Cornejo, a Doctor of Podiatric Medical Services, has agreed to come up from Albuquerque. We will have dates scheduled for White Rock (May 4) and Los Alamos (tbd). The cost is \$45 and reservations must be made by calling **662-8920**.



To utilize other services, you may call him directly (505) 596-1852.
www.thetoedoc.com

Theater-upon re-opening

Coming soon: Robert Benjamin's HUNKER DOWN, a heartwarming comedy of senior characters clumsily grappling for friendship as they emerge from quarantine.

Staying Active While Staying Home

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

LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director lava@losalamosseniorcenter.com



Important HELP Driver information

For Volunteers:

This wonderful community has answered a call to assist with the HELP Driving program during the time of COVID-19. I asked for volunteers under age 60 with no other risk factors to volunteer in the place of our regular RSVP volunteers so that these senior volunteers could stay safe at home. I have vetted a pool of applicants and they will take over until the time when it becomes safe to use our RSVP volunteers again. RSVP HELP Drivers will still be able to log in to Ride Scheduler, but for now we hope that you will allow this new pool of volunteers to do the driving. Many were willing to continue to serve through the pandemic and I thank them for their commitment to the program and I look forward to the time when we might enjoy our volunteer activities together again.

For Riders:

The NMDOH has asked providers to reschedule, postpone or cancel appointments and procedures which safely could wait 3 months. That has largely been reflected in the HELP Driving ride requests, however, we understand that many rides such as dialysis cannot safely be rescheduled. If you have an essential medical appointment off the hill, please feel free to call the volunteer office to arrange a ride. If you develop a cough or fever, cancel your ride. Ride in the back seat and wear a face covering around your nose and mouth. A driver always has the right to decline transporting you if you appear too unwell to travel or you are coughing. For more questions about the HELP Driving program, please call the volunteer office at **662-8923**.

Volunteer opportunities in the time of COVID-19

There may be opportunities to use RSVP volunteers to assist with contact tracing via telephone. The Corporation for National and Community Service (CNCS) is looking into how you, our valuable RSVP volunteers, could be mobilized to assist with this essential work.

What is contact tracing?

Volunteers working on contact tracing would be able to volunteer from home using their telephone to do the investigative work that prevents single cases of infection from turning into outbreaks in a community. Once an individual is diagnosed, contact tracing helps public health officials know who else might need to be tested by determining who has been in contact with the infected individual. Contact tracing best practices are mindful of privacy and widely accepted as an essential piece of managing the pandemic and making it possible to safely return to many activities which remain indefinitely suspended now.

What happens next?

CNCS will let RSVP volunteers like ours here in Los Alamos know how to get up and running if we are able to use you, our excellent volunteers, in this invaluable effort. For now, I ask that you wait for further information from the volunteer office.

A message to all volunteers

Until the time when it is possible for us to return to serving at our various stations and the senior centers reopen, I would like to extend my heartfelt thanks to all those senior volunteers who are making sacrifices to maintain social distancing. I am thinking of you and have enjoyed speaking to many of you by phone. Some of you have found beautiful ways to serve at home by making masks or donating needed goods. Many of you are working on projects around your home and yard and keeping active in creative ways. You are calling your family and friends and staying connected. You have good days and also hard days when it seems like you'll never find your new groove and that's normal too. I hope you will be patient with yourselves and others as we move through this strange time. Your wisdom and perspective are as valuable now as ever. I am grateful to know you. I can't wait until we can be together again. In the meantime, thanks for staying safe.

Love, **Sarah and Binh**

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

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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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BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE