



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.

What's Inside

Directory	page 6
Meals	page 3
Newsletter Dates	page 6
Phone Us	page 2
Special Programs	page 2,4
Theater	page 4
Transportation	page 4
Volunteer	page 5

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

[Senior Center Services Survey 2020](#)

Please fill out a form:

<https://forms.gle/PwLQ2Z3CFzxq3T879>

This survey is required annually to evaluate our senior centers. We are polling our members about our services and ways you think we could improve. [Fill out form](#)

If you need a hard copy of the survey, please let us know as soon as possible.

As We Re-Open, the state has informed us that our drive-through meal service will continue until the end of August. There are many concerns about gathering for meals. That being said, it does NOT dictate when the building will re-open. The County will give us a two-week notice, before an opening would take place. It will be based on working with the Governor's Office, on a date and safest practices.

Pre-register for meals. See the note on page 3 for a way to pre-register for the month.

Changes. Among changes coming to us this month, you will notice we have the same lunch menu for both centers, and will provide one beverage with meals. See page 3 for details. As money tightens across the state, our new fiscal year will find us with many changes, including the availability in the food chain and reducing costs for supplies.

Thank you, Century Bank, for valuing our mood-boosting efforts for community elders. When they saw we were trying to boost spirits for people having a hard time, they donated \$500 to make sure it continues to take place.

Services. We continue to shop, pick up prescriptions, and run errands for members. See details on page 2.

New Rules. When we re-open to the public, we will have new rules that must be agreed to prior to re-entry. Please ponder what the future looks like for us. It will include the constant wearing of a mask. Some people don't like it or believe they have conditions that cause them not to wear one. If you are too frail to wear a mask, you are too frail to be out in public. We MUST consider the safety of all over the comfort of a few. New rules include temperature checks at the door and more. If you have concerns, please share them with me.

Leave a Message

The staff of the senior center requests that you leave a message with information when calling. Times are busy and staff is in short supply. Please don't call multiple times without leaving a message. Calls are replied during weekday hours, but you may leave messages on weekends. Call **662-8920**. If your call goes to voice mail, leave your name, number, and message. We'll get back to you as soon as we can.



Virtual or Old Fashion Visits

To keep in touch, we will host a monthly Zoom meeting for Los Alamos and White Rock members. The sessions will last thirty minutes. It will allow us to keep you updated and provide an opportunity to ask questions. If you are interested, email me. Meetings will be the first Tuesday(BE) and Wednesday(WR) of each month 11:00-11:30am. Leave your name and number and we can chat in person. For a live chat, leave us a message at 662-8920. Tell me your favorite employee and I will try to have them call you personally.

Senior Services

We offer pick up for groceries and prescriptions. We ask that you have cash or a check on hand when we deliver. Checks MUST be made payable to LARSO. 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. Shopping and prescription trips are limited to twice a week. On Fridays this month, we **will** do prescription pick-ups, but **not** groceries.

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@losasamoseniorcenter.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.

Evacuation

The senior center is updating information on members who would need assistance in evacuating in the event of a fire. If you have a question on whether we have your current information, please call us at 662-8920. We are working hand in glove with the Office of Emergency Management, and we want to make sure your needs are met in any major event. Leave us your name and number and request an evacuation update.

Technology Assistance

If you need a technology assist, email or visit the Teeniors.

<https://www.teeniors.com/contact-us.html>

(505) 600-1297

E-mail: teeniors@gmail.com

Tai Chi for FREE

Dr. Lam, who created Tai Chi for Arthritis, has Tai Chi for Arthritis videos on Youtube for older adults to exercise at home. <https://www.youtube.com/watch?v=6nCaiM9yd9w>

BALANCE

We still have, "Stay Safe, Stay Home, Stay Balanced," dvds from our own Loretta Stubbs. The 40-minute workout, if approved by your doctor will help you keep your mobility, top of mind. They are \$15 and includes free delivery to LA or WR.

Scooter for Sale

We would like to help one of our members sell their scooter. It is a Pride Go Go Elite Traveller (Model # SC44E) for \$400. If you have questions call Lena 662-8920.



Let's Eat Lunch

Drive-thru & Home Delivered Meals

All calls to the kitchen through the main numbers: Betty Ehart **662-8920**, White Rock **672-2034**
 We offer lunch drive-thru style through the end of August, 12:00-1:00pm at both locations. 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. 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, you will never be asked to donate.

You still **MUST REGISTER** by 10:00am -- no orders after then for the same day. Please cancel your reservations if you are unable to come. **See how to pre-register for the month below.** Those wishing to move from drive-thru to Home Delivered Meals should let staff know.

BESC & WRSC July Meals (*includes salad)

- *Jul 1 Wed. Chicken barbecue, baked beans, biscuit, dessert
- Jul 2 Thu. Pork chops, gravy, wild rice, peas & carrots, dessert
- Jul 3 Fri. **CLOSED**
- *Jul 6 Mon. Green chile cheese burger, lettuce/tomato/onion/pickles, beans, potato chips, dessert
- Jul 7 Tue. Tilapia, rice pilaf, honey glazed carrots, dessert
- Jul 8 Wed. Sweet & sour pork, rice, stir fry veg, egg roll, dessert
- Jul 9 Thu. Marinated grill chicken breast, mashed potatoes, gravy, mixed veg, dessert
- *Jul 10 Fri. Frito pie w/red chile, dessert
- Jul 13 Mon. Barbecue beef brisket, cauliflower, baked beans, wheat roll, dessert
- Jul 14 Tue. Chicken tenders, French fries, Brussels sprouts, pepper gravy, dessert
- Jul 15 Wed. Cod loin w/dill sauce, herb rice, broccoli & cauliflower, dessert
- *Jul 16 Thu. Chef salad, biscuit, dessert
- Jul 17 Fri. Chicken fried steak, mashed potatoes, gravy, green peas w/red peppers, dessert
- *Jul 20 Mon. Chicken marinara w/pasta, breadstick, dessert
- Jul 21 Tue. Pork loin, gravy, black eyed peas, green beans, biscuit, dessert
- *Jul 22 Wed. Tuna salad w/crackers, potato chips, dessert
- Jul 23 Thu. Green chile chicken enchiladas, beans, posole, dessert
- Jul 24 Fri. Meatloaf, potatoes, gravy, broccoli, cauliflower, roll, dessert
- Jul 27 Mon. Fish & chips, tartar sauce, German coleslaw, dessert
- Jul 28 Tue. Egg salad on rye, celery & carrot sticks, pickle, potato chips, dessert
- *Jul 29 Wed. Sloppy joe on a bun, French fries, dessert
- Jul 30 Thu. Spaghetti & marinara w/sausage or vegetarian, vegetables, dessert
- Jul 31 Fri. Roast beef, gravy, scalloped potatoes, honey glazed carrots, biscuit, dessert

Register for July Meals. Look over the menu above. Check the meals you want. Fill in the form below, circling the location and days you want. Clip the form and hand it in on your next curbside pick-up. Keep the above menu posted so you know which days to pick up your curbside order.

Location: BESC WRSC	Meal Registration for July	Mon Tue Wed Thu Fri
Name: _____		1 2 . 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31
Phone: _____		

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 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.

THEATER

Hunker Down

As part of July 4 festivities, KRSN will re-broadcast the radio-play adaptation of Robert Benjamin's comedy about seniors coping with the COVID Crisis. *HUNKER DOWN* can be heard Sat Jul 4, 12:30pm. This timely, 20-minute, upbeat comedy is performed by Pat Beck and Jim Sicilian. While sheltering in place, a widow of a certain age finds herself going stir-crazy. She grapples for in-person connection with a neighbor. The curmudgeonly recluse declines. But can she convince him otherwise in this upbeat comedy for our times? Comments about the play are welcome at Benjamin4@me.com.

Class of 2020 Graduates

Pictured are graduates, family members of some of our senior center staff: Celeste (Sarah Chandler's daughter), Katie (Susan Laintz's daughter), Deb Worley and daughter Sarah



Free Food Boxes

We have over 400 free food boxes for anyone 60 and older or disabled. (You don't have to be a member) If you'd like to pick one up (they are 40 pounds) a staff member will load it for you. Pick one up or get **free delivery** to LA & WR. We need to get these boxes out of our senior center before we can re-open. Call 662-8920.

AARP Smart Driver Course

All classes are cancelled through the end of 2020. The online course is an alternative, especially for those who need to renew their car insurance discount. The special 25% off discount is extended through the end of the year.

Website: www.aarpdriversafety.org

Promo code 25% discount: DRIVINGSKILLS

Betty's Birthday Benefit

Betty's Birthday benefit raised \$447.51 for our fund adventure.

Our ukulele players: Doris Ford, Kathleen Logan, and Ellie Springfield in White Rock and Patricia Rathbone, Janet Harris, Elise Lee, Greg and Christine Rand in Los Alamos.

Thanks to Jack Ford and Elizabeth Coons for the photographs.



LAVA - Los Alamos Volunteer Association

Sarah Chandler, Director

lava@losalamosseniorcenter.com



I have always felt myself incredibly lucky to work with volunteers. Volunteers are a special kind of people. Their focus is external. "How can I serve? What can I do? How can I help?" They are engaged knitting hats for the homeless at home, helping with lunch at the senior centers and delivering meals to the homebound, running the reception desks, making sandwiches at the blood drives, driving people to medical appointments, and now contact tracing in a pandemic. These and many, many more activities genuinely make a meaningful impact on our world. Who wouldn't want to be associated with these folks every day?

I wish that I could stay right here with you all forever, but as seasons change, so does life and I am moving on to a position with the lab. This is a good choice for my family, but, Oh! How I'll miss you all. Thank you for all you have taught me about service and love and selflessness and kindness. These are lessons I hold in my heart and work to teach my children. The job of the young is to prepare a world that is ready to receive the baton when it comes time for you to pass it. You have built an impressive legacy of service. Even as my time with the volunteer office comes to a close, I will continue to work toward our shared mission of making the world a better place through volunteerism. Be well.

~Sarah

Contact Tracing Update

If you have signed up to help with contact tracing through the New Mexico Medical reserves, you should have received an email inviting you to do the online HIPPA training. Reach out to Heather Black if you have more questions (heather.black@state.nm.us). Please mention that you are a Los Alamos RSVP volunteer.

HOURS! HOURS! HOURS!

What have you been up to? If the answer is, reading and gardening, then that is wonderful! If, however, you have made masks or collected food or any other volunteer pursuit, please send in your hours. As your activities have likely changed, please include a bit about the nature of your work during these unusual times. Have you found a way to volunteer safely? Tell us all about it! Remember to include the period of time you are reporting for as well as the specific activity. If you have not submitted hours this fiscal year, we are able to take any hours you served, but have not reported previously from July 1, 2019 through June 2020. Thanks!
lava@losalamosseniorcenter.com

Calling all volunteers!

Please take a moment to fill out this very brief survey for the LAVA/RSVP Volunteer Office. It will help us know how best to help and support you, our volunteers, as our community begins to reopen. Additionally, we require this information to complete our reporting during this time. If you have any trouble using this form you may call or email the volunteer office for help. We are happy to help. Thank YOU for helping us, by participating in the survey. It makes a big difference. Use this link to begin:
https://docs.google.com/forms/d/e/1FAIpQLScE7nkiOoTsDloZn7RfxY1H8zwwJeBPITQxOvlijEYbexTQ/viewform?usp=pp_url

If we have an email on file for you, we sent you a survey regarding how you feel about returning to volunteer service once that becomes possible. If you have not yet filled out this survey, please do so immediately. Understanding what our volunteers need and want is essential. If we do not have an email on file for you and/or you have not received the survey, please email the office and we can send the survey out to you.

Please do your Census by phone or on line. This will go to help senior centers, hospitals and more.
844-330-2020
www.2020census.gov

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

director@losalamosseniorcenter.com

Front Desk 662-8920

Meal Reservation 662-8920

Hours - Mon-Fri 8:00am-4:30pm

Transportation 662-8922

rides@losalamosseniorcenter.com

Hours Mon-Fri 8:00am-4:30pm

After Hours 412-2200

Los Alamos Volunteer Assoc (LAVA)

lava@losalamosseniorcenter.com

662-8923

The Day Out 661-0081

dayout@losalamosseniorcenter.com

Hours - 8:00am-4:00pm

White Rock Senior Center (WR)

133 Longview Dr, White Rock, NM 87547

wrsc@losalamosseniorcenter.com

Phone 672-2034

Meal Reservation 672-2034

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

Thu - 9:30am-10:00pm

Los Alamos Retired & Senior News

Mail and Email Subscriptions

adminasst@losalamosseniorcenter.com

News Desk

news@losalamosseniorcenter.com

Items Due - Wed Jul 16

Editing - Tue Jul 21

Folding - Tue Jul 28

BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE