



# Los Alamos Retired and Senior News



## The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: [losalamosseniorcenter.com](http://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
Evacuation	page 2
Meals	page 3
Newsletter Dates	page 6
Phone Us	page 2
Special Programs	page 2,4
Staff Quotes	page 5
Transportation	page 4
Visits	page 2

### Holidays 2020

Labor Day	Sep 7
Indigenous Peoples Day	Oct 12
Veterans Day	Nov 11
Thanksgiving	Nov 26-27
Christmas	Dec 24-25

### LARSO Board Of Directors

At our July Board Meeting, we realized two board members have termed out on length allowed to serve. We thank Ann Shafer and Lewis Muir for their years of service to LARSO and her members. Our board currently consists of six members and plans are to continue to operate until we receive guidance from the state. As our elections are usually done during a congregated lunch, it may take a while to come up with an action plan.



Your current members are Bob Swift, Tom McLaughlin, Shelby Redondo, Dick Foster, Dennis Beery and John Baillie. You are always welcome to go to them with a concern or compliment.



### [Senior Center Services Survey 2020](#)

Please fill out a form. 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.

### Senior Services

We continue to shop, pick up prescriptions, and run errands for members. 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.

**Pre-register for meals.** See the note on page 3 for ways to pre-register for the month.

### 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 Bernadette. 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](mailto: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](mailto:teeniors@gmail.com)



Through rain, sleet, snow or hail, we serve a drive-thru lunch daily 12:00-1:00pm...we might make some other plans for snow though....

**Dan Rand:** Home delivered meals with a smile.



# Let's Eat Lunch

**Drive-thru & Home Delivered Meals** All calls should be directed to: Betty Ehart **662-8920**, White Rock **672-2034**. We offer lunch drive-thru 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. If you can afford to make a donation for lunch, staff would be greatly helped by the purchase of lunch tickets in increments of \$45 (10 meals) or \$90 (20 meals). Purchase can be made by mail, paypal, or given to staff in the drive-thru line. You will never be asked to donate.

You **MUST REGISTER** by 10:00am -- no orders after then for the same day. **See how to pre-register below.** Those wishing to move from drive-thru to Home Delivered Meals should inform staff.

**BESC & WRSC August Meals (\*includes salad)**

- Aug 3 Mon. Barbecue brisket on a bun, three bean salad, potato chips, dessert
- Aug 4 Tue. Lemon pepper cod, tartar sauce, roast potatoes, coleslaw, roll, dessert
- \*Aug 5 Wed. Fettuccini primavera, garlic bread stick, dessert
- Aug 6 Thu. Pork teriyaki, fried rice, eggroll, stir fry vegetables, dessert
- Aug 7 Fri. Turkey, stuffing, cranberry sauce, mashed potatoes, gravy, dessert
- Aug 10 Mon. Tilapia, tartar sauce, wild rice, Brussels sprouts, wheat roll, dessert
- \*Aug 11 Tue. Linguine w/meatballs, garlic bread stick, dessert
- Aug 12 Wed. Grilled pork chop, gravy, rice pilaf, peas & carrots, dessert
- Aug 13 Thu. Green chile chicken enchiladas, Mexican rice, calabacitas, dessert
- Aug 14 Fri. Meatloaf, mashed potatoes, brown gravy, mixed veg, dessert
- \*Aug 17 Mon. Chicken marinara w/egg noodles, wheat roll, dessert
- Aug 18 Tue. Dill swai loin, cucumber dill sauce, potatoes, broccoli salad, dessert
- Aug 19 Wed. Taco salad, pinto beans, Mexican rice, dessert
- Aug 20 Thu. Honey ham, sweet potato, green beans/red peppers, roll, dessert
- \*Aug 21 Fri. Frito pie w/green chile, lettuce/tomato/onion, dessert
- Aug 24 Mon. Grilled chicken breast, black beans, winter blend veg, roll, dessert
- Aug 25 Tue. Salisbury steak, mashed potatoes, mixed vegetables, dessert
- Aug 26 Wed. Pork roast, black eyed peas, tomato chile sauce, cornbread, dessert
- Aug 27 Thu. Beer battered cod, tartar sauce, fries, German coleslaw, dessert
- Aug 28 Fri. Caesar salad w/grilled chicken or beef, breadstick, dessert
- \*Aug 31 Mon. Tater tot casserole, breadstick, dessert

**Register for 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.

**Don't have a paper copy the newsletter?** You can email your meal choices to Elizabeth ([AdminAsst@losalamosseniorcenter.com](mailto:AdminAsst@losalamosseniorcenter.com)). Subject: August Meal Registration. Include location (BESC or WRSC), name, phone number, and the dates you want meals to pick up.

Location: BESC WRSC	<b>Meal Registration for August</b>				
		Mon	Tue	Wed	Thu
		3	4	5	6
Name: _____		10	11	12	13
		17	18	19	20
Phone: _____		24	25	26	27
		31	.	.	.

## 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.

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.

### HELP Driver Program is up and running-



### Got Spare Change?

The senior centers are collecting your spare change to make care packages for our senior friends at Aspen Ridge, the BeeHive and Sombrillo. All donations are accepted via mail with checks made to LARSO. Change canisters are located at both centers on weekdays. We hope to infuse a surge of coins into the economy.

### Missing church?

A donation of communion has arrived at the senior center, blessed by a local Pastor. If you are unable to attend church, call Bernadette for information 662-8920.



Thanks to the YMCA, there will be some new equipment at the White Rock Senior Center.

### Fun for George

Our very own George Best turns 100 years young on August 4. Please join me in thanking George for many years of service to our community. More than 120 birthday cards have been sent to the senior center for him. He'd love to hear from you too!



George Best and Leon Heller

## Quotes from the LARSO Staff

Thru this momentous time in history the human experience has changed the world and thru the world experience, it has changed us. I only wish for the health of my seniors and my health to continue being there for them.

Apart but together, we are still here for you.

~~**Gabe Vigil**

I want to share a few thoughts. I have thought many times about this challenge called COVID. I have learned some things from it. I have learned how important our friends and family are. When I hear "You can't do this or that" I have thought, then what can I do. I have seen people being creative with finding this that they can do. I can call my loved ones, I can write them a letter, I can pray for them. I can put a smile on my front window. I can wave to everyone I see. I actually had time lately to read a book just for fun. I have looked at stories from my ancestors. I have looked at photo albums. We at the Senior center can help you get things. Let us know what you need. Another thought that has helped me most is to remember who is really in charge of this world. Even though it feels like it, we are not alone. He and His Son know us. They know what we are going through. They love us all. We love you too. Let us help you. ~~**Connie Merrill**

All I can say, is look forward to seeing all the seniors coming back, and pray things will get back to some kind of normalcy. Thank you all, for still coming to drive up lunch. ~~**Fred Ortiz**

I don't want to brag or make you jealous but I can still fit into the earrings I wore in High School. ~~**Karen McCool**

"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." (Barack Obama)

"Youth is the gift of nature, but age is a work of art." (Stanislaw Jerzy Lec)

~~**Annie Bard**

I have felt a valuable sense of purpose during this unusual and challenging time. Helping our seniors has been immensely rewarding. Keeping focused on the goal of helping the community keeps us going each day. ~~**Elizabeth Coons**

I cannot explain to you how much I miss each and every one of you. The senior center is just not the senior center without you! Hoping and praying we can gather together one day soon! Much love, stay well! ~~**Lisa Larson**

I am looking forward to seeing and talking to all of you again. Be careful and stay healthy. ~~**Aliki Benjamin**

To the seniors that used to come here for lunch. I miss you all! Stay safe.

~~**Remi Rand**

This had been such an astounding time in our nation's history. If you would have told me that on Pi Day in March, we would have launched a four month long project, I would never have believed it. We miss you and care about you so much. We enjoy feeding and shopping for you, and thank you for our jobs. Personally, I feel like I have been put in the right place at the right time in order to serve during an extraordinary opportunity. ~~**Bernadette**

**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](mailto:director@losalamosseniorcenter.com)

Front Desk 662-8920

Meal Reservation 662-8920

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

**Transportation** 662-8922

[rides@losalamosseniorcenter.com](mailto:rides@losalamosseniorcenter.com)

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

After Hours 412-2200

**Los Alamos Volunteer Assoc (LAVA)**

[lava@losalamosseniorcenter.com](mailto:lava@losalamosseniorcenter.com)

662-8923

**The Day Out** 661-0081

[dayout@losalamosseniorcenter.com](mailto:dayout@losalamosseniorcenter.com)

Hours - 8:00am-4:00pm

**White Rock Senior Center (WR)**

133 Longview Dr, White Rock, NM 87547

[wrsc@losalamosseniorcenter.com](mailto: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](mailto:adminasst@losalamosseniorcenter.com)

News Desk

[news@losalamosseniorcenter.com](mailto:news@losalamosseniorcenter.com)

Items Due - Mon Aug 17

**BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE**