



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.

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Holidays 2020

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

CENSUS

It is imperative that you fill out your 2020 Census. It is not only important financially for the state and our community, but will prevent a worker from coming to your door to request the information. New Mexico is at a 54% response rate and that could be devastating for many services. The timeline has changed. The final date to get information done is September 30.

As we arrive at September, I personally feel there is no plan to open soon. The opening date is driven by the County and the State, and as the cold weather may make things worse, I just don't see it in the near future. Please know that we are here for you and would like to be helpful in many ways.

My deepest gratitude to all who donated spare change and the paper kind for George Best's 100th birthday. Your generosity allowed us to brighten the day of every senior in our assisted living facilities. We provided cards, art, snacks and treats to boost the mood of those that are our friends and neighbors. George loved all of the fuss.

Assessments: It is very important that we get your annual paperwork updated, with a few minutes of time on the phone. We realize it can be a pain, but it helps us to keep the senior center in good standing for funding and our employees employed. We need to update some basic information, even if you don't want the full assessment done. We must have current information on file to provide future services. If you are concerned, you can always call the center to ensure that you are speaking to an employee.

Board of Directors: Last month I mentioned that we have three vacant board positions. This month, we are asking if anyone is interested in a role on the board, please email me. The term is for three years. The board meets once a month via Zoom. We are developing an appropriate strategic plan for a new way to vote in a pandemic. More in the October newsletter.

Director@losalamosseniorcenter.com

Farewell, Annie



Our Annie Bard, after many years of dedication and renovation to the center, has decided to retire. Feel free to send your cards and letters to 1101 Bathtub Row Los Alamos, NM 87544. We'll make sure she feels the love!



Flu Shots

A flu shot clinic is being planned for the community Sat Oct 10, 8:00-11:00am at Sullivan Field Parking Lot. Additional plans are being made with the senior center. Please pay attention to the local media or call the senior center for more information after Labor Day.

Mobile Library

We are working with the library system to deliver and pick up books, for members. If this is something that interests you, call 662-8920 and leave your name, and phone number.

Del Dyche

Del Dyche passed away in Lubbock, Texas. Please feel free to send cards and letters for his family to the center.

“Without his unwavering encouragement, patience and management skills, the WRSC could never have happened, and do not forget his sense of humor. Thanks be to Del Dyche.” ~~Mary Venable



Drive-thru 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. The staff would be 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. The suggested lunch donation is \$5. Please note that at this time we cannot give any change.

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.

Pre-Register for Meals. Look over the menu on page 3. Check the meals you want. Fill in the form below the menu, circling the location and days you want. Clip the form and hand it in on your next curbside pick-up. Keep the page 3 menu posted so you know which days to pick up your curbside order.

No paper copy of the newsletter?

You can email your meal choices to (AdminAsst@losalamosseniorcenter.com).

Subject: September Meal Registration. Include location (BESC or WRSC), name, phone number, and the dates you want meals to pick up.

Home Delivered Meals

Our new menu order form doesn't pertain to Home Delivered Meals. If you have an issue with Home Delivered Meals, please call and talk to Cindy Justice. Home Delivered meals require some type of set schedule. It is imperative that we have an allergy information on file.

Busy, Busy, Busy

If the phones at Betty always seem to be busy, call the White Rock Senior Center if you have a request or need to be added for lunch. Since so many adults and students are working from home, it has become a technology drain on the system.

Let's Eat Lunch

Please read the Drive-thru Meals information on page 2 for instructions on how to use this menu and the coupon below.

BESC & WRSC September Meals

(dessert included with every meal; *includes salad)

- Sep 1 Tue. Egg salad on rye, potato chips, pickle, carrot & celery sticks
- Sep 2 Wed. Green chile chicken enchiladas, pinto beans, posole, let/tom
- Sep 3 Thu. Lemon pepper cod, tartar sauce, roast potato, coleslaw, roll
- Sep 4 Fri. Roast beef, mashed potatoes, brown gravy, peas & carrots
- Sep 7 Mon. **CLOSED FOR LABOR DAY**
- *Sep 8 Tue. Green chile cheese burger, lettuce/tomato/lettuce
- Sep 9 Wed. Chicken fettucine alfredo, Italian blend veg, breadstick
- *Sep 10 Thu. Chili cheese dog w/onions, tater tots
- Sep 11 Fri. Pork chops, gravy, wild rice, peas & carrots
- *Sep 14 Mon. Chicken chile cheese soup, roll
- Sep 15 Tue. Salisbury steak, potatoes, gravy/mushrooms, green beans
- Sep 16 Wed. Fish tail, open fried potatoes, roll, tartar sauce
- Sep 17 Thu. Sausage lasagna, Italian blend vegetables, breadstick
- *Sep 18 Fri. Frito pie
- Sep 21 Mon. Fish taco, chipotle coleslaw, black beans, flour tortilla
- Sep 22 Tue. Meatloaf, scalloped potatoes, gravy, winter blend veggies
- *Sep 23 Wed. Caesar salad, tomato basil soup, crackers
- *Sep 24 Thu. Pork posole, red chile
- Sep 25 Fri. Chicken tenders, mashed potatoes, gravy, mixed veggies
- Sep 28 Mon. Red chile beef enchiladas, pinto beans, calabacitas
- Sep 29 Tue. Pork, black eyed peas, tomato green chile sauce
- Sep 30 Wed. Chicken fried chicken, mashed potatoes, peas & carrots

September Meal Registration		Mon	Tue	Wed	Thu	Fri
			1	2	3	4
Location: BESC WRSC		.	8	9	10	11
Name: _____		14	15	16	17	18
Phone: _____		21	22	23	24	25
		28	29	30	.	.

TRANSPORTATION

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

Please know that we are happy to take you to appointments in the community. We have some guidelines including: you can't be ill (running a fever), you must wear a mask, and we will only transport one member at a time. We also clean the vehicles in between each ride.

I know it is frustrating, but we will not take you to Starbucks, Smith's or the Co-op. Since we offer FREE shopping and running of errands, we will not take you to those locations. We know you like to do your own shopping, but as we approach winter, the safety of staff and members are at the forefront of our minds.

THEATER

**FREE, LIVE Senior Center Theater on Zoom
ALMOST TREASON** by Robert F. Benjamin is a fanciful tale about the historic 1777 printing of the Declaration of Independence and early advocacy for Women's Suffrage, inspired by the heroism of Mary Goddard, an unsung Foremother of the American Revolution. This whimsical comedy is a Celebration of the 100th Anniversary of Women's Suffrage.

Live performances on Zoom Webinar will be Wed Sep 9, 7:00pm and Sun Sep 13, 2:00pm. The play runs 15 minutes, followed by a 20-minute talkback. To obtain the Zoom-link, email Director@losalamosseniorcenter.com. The senior center will provide the email address for your invitation to attend the celebration.

VOTE 2020!



Request an election ballot to vote by mail for the election. Our transportation department will take people to vote. Request a ride through our transportation department. 662-8922.

WWII or Suffragette

Do you have stories to share about WW II or the Women's Right to Vote? We'd love to read them and work with the Historical Society on a joint project. Can you mail or email them? It would be great to catalog any photos. Please let us know if you have something to share.

Caregivers Stress-Busting Program

Do you provide care for a loved one with a chronic illness or disorder? If caregivers do not take care of themselves, their own health is in danger. The Stress-Busting Program for Family Caregivers provides education and support for family caregivers of people with chronic illness. The program teaches stress management strategies and ways to cope better with the stresses of being a caregiver. We welcome you to join other family caregivers for a 9-week session that lasts for 90 minutes/week. We have been doing online classes using ZOOM and they have been a huge success. The program is free to family caregivers.

If you are interested in participating, contact Nurses With Heart Home Care at (505)424-9099 or wecare@nurseswithheart.com.

White Rock Steering Committee

We have some important things to discuss with the White Rock Steering Committee. There are funding discussions and formality discussion that need to take place. If you would like to have a voice in the discussion, plan to be available for phone/video conference on September 3 at 9:30am. You can leave a message on the WRSC phone at 672-2034 or email

Director@losalamosseniorcenter.com.

The meeting should last about an hour.

FOSC Election

FOSC is planning for our annual December election. The positions of President, Secretary, and 3 Members-at-Large will be voted on. If you are interested in serving, please contact board president Patricia Rathbone at 505-662-5741 or patricx42@yahoo.com.



Notes from the Staff

I miss you all greatly. I miss taking breaks and talking with everyone.

~~Amy Vigil

Aliki and I miss seeing your smiling happy faces as you come through the line, Stay safe and healthy.

~~Mike Mason

Hello my friends! I miss you all so much. I hope you are all staying safe, healthy and happy. We are so blessed to live in Los Alamos (White Rock) and have such beautiful weather to enjoy the outdoors this summer. I hope you are all continuing to do your exercises for your bodies and keeping sharp with your puzzles. I am looking forward to seeing you soon.

~~Doris Barton

George Best turns 100



Remi Rand made this special birthday cake to celebrate George Best turning 100.

College student Aaron Lauritzen delivers morale boosting bags to the seniors at Sombrillo, part of the celebration for George Best's 100th birthday. Thanks for your spare change.



New Bus

LARSO will be getting a new bus from Aging and Long Term Services and the County of Los Alamos. A few final touches need to be added.



White Rock Celebrates 25

Ken Hendricks of Home Instead and Dale Lipp of Ambercare played live music for the White Rock Senior Center's 25th birthday.



Allen Mendendorp brought his old car, which was a small nod to our annual car show.

Morale Bags for Seniors



Morale-boosting bags delivered to our seniors at the BeeHive in White Rock.

Becky and Janet from White Rock decorated over 100 of these beautiful rocks to give out in our mood-boosting bags.



Your old pal Magie wants you to remember to Stay Home, Stay Safe, Stay Balanced.



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 - Fri Sep 19

BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE