



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

Veterans Day	Nov 11
Thanksgiving	Nov 26-27
Christmas	Dec 24-25



As we enter November,

I find myself acutely aware of those we've lost in 2020. During All Saints Day (Nov. 1) remember friends or family lost throughout 2020. As many are not in their traditional church settings consider lighting a candle and thinking kind thoughts for those lost or those left behind. The Senior Center has the gift of communion blessed by local Reverend Keith Lewis. Ask a member of the staff if you'd like some.

November unofficially kicks off the holiday seasons of Thanksgiving, Hanukkah, Christmas and Kwanzaa. The Senior Centers will host our annual Festival of Trees event, virtually, throughout the month. Our Facebook pages, web page and on-line events will raise funds to benefit the centers. The first event was held 17 years ago, started by Pauline Powell Schneider and myself. It had only 5 items then. Today it remains an important fundraiser for our organization.

The holidays also mean some semblance of normal for holiday meals. While there certainly won't be so many to choose from, there will be a traditional offering in November and hopefully one in December. It is important that you to get your meal reservation in ahead of time, as we are not sure how many meals we will be able to provide on those special days.

My Heart Goes Home



A true and inspiring life-long biographical love story, set amid the Great Depression and World War II, as told by the protagonists ☺



Nelly Maude Case

Our own Nelly Case has written what may be her last book, called, *My Heart Goes Home*, which is available by "print-on-demand" at www.lulu.com in paperback. The book is largely based on the diaries and correspondence she discovered when she had to clear out the family home in Ohio, in 2018. She wrote it mainly for the sake of younger generations, that never had much time to get to know their ancestors. When she retired here in 2016, "I quickly realized how much interest there still was in the history particularly of WW II, as reflected by the many people who come to visit Los Alamos year after year and the numerous books about the people and developments here.

Union Kudos

The Carpenters Union from LANL sent us 30 hardy lads to spruce up the grounds and give Betty a facelift in October. We are very grateful to Joanna and her friends for one spectacular weekend. The Los Alamos National Laboratory, is also helping us to prepare shelf staples for seniors to have on hand for those unexpected storms.

Drive-thru Meals

Directed all calls to Betty Ehart **662-8920**, White Rock **672-2034**. We offer lunch drive-thru 12:00-1:00pm at both locations. For suggested donations, ask the car hop for the box or request to use your meal ticket. The purchase of lunch tickets in increments of \$45 (10 meals) or \$90 (20 meals) helps, and it can be made by mail, paypal, or given to staff in the drive-thru line. Suggested lunch donation is \$5. At this time we cannot give any change.

You **MUST REGISTER** by 10:00am. No orders after then for the same day. Inform the staff if you wish to move to Home Delivered Meals.

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: November Meal Registration. List location (BESC/WRSC), name, phone, and dates you want meals.

Home Delivered Meals for ALL

As we arrive in winter, the State of New Mexico would prefer that everyone switch to Home Delivered Meals. There is no additional cost or qualification needed to receive this service during the pandemic. Instead of collecting the suggested donation fee (\$5.50) daily, a statement is sent out monthly. This donation is always optional. Paperwork takes us a day or two to complete. If you are interested call 662-8920.

Let's Eat Lunch

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

Be sure to register for the Nov 13 Thanksgiving Lunch by Friday, Nov 6!

BESC & WRSC November Meals

(dessert included with every meal; *includes salad)

- Nov 2 Mon. Beef or bean burrito w/green chile, Mexican rice, calabacitas
- Nov 3 Tue. Catfish, tater tots, tartar sauce, Brussels sprouts
- *Nov 4 Wed. Posole w/red chile, roll
- Nov 5 Thu. BBQ chicken breast, baked beans, green beans, wheat roll
- Nov 6 Fri. Chicken fried steak, mashed potatoes, cream gravy, peas, roll

- *Nov 9 Mon. Lemon pepper cod, hushpuppies, tartar sauce
- *Nov 10 Tue. Chicken fettucini alfredo, roll
- Nov 11 Wed. **CLOSED for Veterans Day**
- Nov 12 Thu. Spaghetti and meatballs, garlic breadstick, Italian vegetables
- Nov 13 Fri. Thanksgiving Lunch **Sign up by Friday Nov 6!** Turkey, stuffing, gravy, mashed potatoes, green bean casserole, cranberry sauce, pumpkin pie w/topping

- Nov 16 Mon. Chicken tenders, mashed potatoes, gravy, broccoli Normandy
- Nov 17 Tue. Tuna steaks, wild rice, apricot salsa, asparagus, roll
- Nov 18 Wed. BBQ brisket on a bun, spinach, carrots
- Nov 19 Thu. Sweet and sour pork, rice, eggroll, stir fry vegetables
- *Nov 20 Fri. Frito pie, green chile, lettuce & tomato

- Nov 23 Mon. Meatloaf, au gratin potatoes, brown gravy, mixed vegetables
- *Nov 24 Tue. Broccoli soup, biscuit
- Nov 25 Wed. Chicken fried chicken, sweet potatoes, gravy, Cali blend vegetables
- Nov 26 Thu. **CLOSED for Thanksgiving Day**
- Nov 27 Fri. **CLOSED for Thanksgiving Holiday**

- Nov 30 Mon. Beer battered cod, fries, tartar sauce, Brussels sprouts w/red peppers

November Meal Registration

	Mon	Tue	Wed	Thu	Fri
	2	3	4	5	6
Location: BESC WRSC	9	10	.	12	13
Name: _____	16	17	18	19	20
Phone: _____	23	24	25	.	.
	30

TRANSPORTATION

Suggested donation \$4.00, \$8.00 round trip in 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.

We cannot transport you to Starbucks, Smith's or the Co-op, since we offer FREE shopping and running of errands. As we approach winter, the safety of staff and members are at the forefront of our minds.

Voting

Our staff is available to take you to the polls to vote, or even to drop off your absentee ballot. Call the Transportation office to get a ride. Temperature checks may be required before transport.

HELP Driving is a retired senior volunteer program that provides transportation to medical appointments outside of Los Alamos County. Schedule a ride with the LAVA/RSVP office (505) 662-8923 or email lava@losalamoseniorcenter.com.

Calling all seniors 90-99

If you will turn 90-99 sometime before December 31, we have special treats for you. Our annual ice cream social won't happen for 2020, but we'll never pass up on a reason to celebrate. Please give us a phone call and tell us you are happy for a doorstep visit. If we don't hear from you, you just might be hearing from us this month.

FREE Flu Shots

The White Rock Senior Center will offer FREE Flu Shots Tue Nov 3, 2:00-4:00pm. Last month we were surprised to find out they would give a shot to anyone of any age. We do ask that you bring your insurance card. If this is a preferred location for you, call and leave a message at 672-2034. We will do a reminder call the day before the event. Please don't skip this important step before winter. It is possible, but not a guarantee, that high dose shots will be available. We will NOT know until they arrive.



BESC hosted a flu shot clinic last month.

Pilates in a Pandemic

Our very own master Pilates Instructor, Mary Lutes, offers you a home version of her pilates class on DVD. It is specifically designed for seniors and offers gentle standing and sitting activities. The DVDs are \$15, which covers the cost of the DVD and provides \$5 for the instructor. You could even have free delivery in White Rock or Los Alamos.

Going Green?

If you prefer the newsletter online or don't need a printed copy any longer, help us save postage. Subscribe to the online version via email and unsubscribe to the mailed newsletter. The newsletter can always be found on our website www.losalamoseniorcenter.com under What's Happening, Newsletter Archive.

Friends of the Senior Center

The FOSC Board of Directors election will be held in December. **Watch for the ballot in the December newsletter.** Each FOSC member may submit one ballot with choices for Board of Directors positions. There is one candidate each for President and Secretary and up to three candidates for Member-at-Large positions. The printed ballot with choices and signature must be postmarked or delivered to the center by December 16. Consider these candidates.

Annette Hiteman – President



Annette moved to Los Alamos in 1989 from George Air Force Base in CA where she was a radar technician on fighter jets. Now she loves to volunteer to include being secretary for FOSC for the last two years and receptionist, money table, information desk, Blood drive, and Festival of Trees helper for the Senior Center.

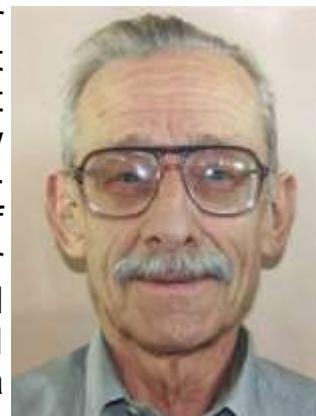
Patricia Rathbone - Secretary



I joined the board as a MAL and quickly found myself serving as Vice-President and President as the people in those positions moved away. My experiences serving the senior centers have been rewarding, but I am now ready to yield the leadership position to a person with more creative ideas and energy. I still have time to volunteer, so I would like to continue to serve as Secretary.

John Stewart - Member-at-Large

I have been treasurer for many years but have passed that post on. I am now running for Member-at-Large. I think of Friends of the Senior Center as a useful organization, and I wish to continue as a member of the board.



Carol Estes - Member-at-Large

Retirement after twenty years at LANL gave me time for volunteering. After relocating to Los Alamos 5 years ago I was introduced to the BESC and last year was encouraged to serve on the Friends of the BESC Board.



That experience revealed the myriad services available to seniors offered by the terrific staff. One way to continue my support is to seek another term as a Member-at-Large on the FOSC Board, and I am pleased to do so.

Sheila Girard - Member-at-Large

Sheila has served as a Member-at-Large since September 2017 and has agreed to continue in that position.

Welcome

New members elected to the LARSO Board of Directors:

Jerry Fleming
Don Gerheart
Kim Thomas

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

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Mail and Email Subscriptions

adminasst@losalamosseniorcenter.com

News Desk

news@losalamosseniorcenter.com

Items Due - Wed Nov 18

BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE