



Los Alamos Retired and Senior News



The Newsletter of the Los Alamos Retired and Senior Organization

Bernadette Lauritzen, Executive Director

Web Site: losalamosseniorcenter.com

Vaccine information is constantly changing, sometimes daily. If the senior centers are used as vaccine hubs for the COVID-19 immunization, you **MUST** be registered with the Department of Health.

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Holidays 2021

Presidents' Day	Feb 15
Memorial Day	May 31
Independence Day	Jul 5
Labor Day	Sep 6
Indigenous Peoples	Oct 11
Veterans Day	Nov 11
Thanksgiving	Nov 25-26
Christmas	Dec 24-25

Vaccine

The vaccine process has been difficult, and we are trying to stay up to date with information. You must be registered with the Department of Health, no matter who gives you the shot, before you can get an appointment. We hope to vaccinate additional age groups after the 75 and older category. See more details on page 2.

Compliments and Complaints

I welcome both complaints and compliments, but when you do it anonymously, it doesn't allow us to address the issue with you. Again, I ask that you not contact staff members on their personal time. One member was rather angry that she didn't get a quick enough response, although the request was not urgent. We are constantly busy, so please leave a message. This is a very simple, but necessary, request so we may respond to all our many members' calls. Recognize our main number, (505) 662-8920, as the caller id from the senior center. Please answer the call, and add this number to your contacts or phone book on your phone.

Warm Line

We have had some angry phone calls lately. If you need to talk, the New Mexico Warm Line is available from 3:30pm-11:30pm, by calling (855) 466-7100. They have a trained support team available.

COVID-19 Vaccination

The senior centers were alerted that they will be a distribution hub for the COVID vaccine January 30 and 31. The Aging & Long-Term Services Department has determined that ALL APPOINTMENTS, will be assigned through Department of Health Registration site at www.vaccinenm.org or by calling [\(855\) 600-3453](tel:8556003453).

DOH registration and appointment is required. NO appointments will be made through Betty Ehart Senior Center or White Rock Senior Center. If you know seniors that do not receive email or any type of news source, please ask them to consider registering as a member with the senior center, so we may notify them when we have information.

Please don't let anyone dissuade you from receiving the vaccine, unless it is your health care provider. By the time we receive it, millions of vaccines will have been given to people. We understand that unless you have SEVERE allergies it should not be a problem for recipients. One way of knowing if you have a severe allergy is if you carry an epi/epinephrine pen. This is medication in a needle that would allow you to survive a life-threatening allergy episode.



Drive-thru Meals

Direct all calls to Betty Ehart [662-8920](tel:6628920), White Rock [672-2034](tel:6722034). 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: February Meal Registration. List location (BESC or WRSC), name, phone, and dates you want meals.

Home Delivered Meals for ALL

The State of New Mexico welcomes seniors that prefer not to venture out to switch to home delivery as the pandemic continues. There is no additional cost or qualification needed to receive this service during the pandemic. Instead of collecting the suggested daily donation (\$5.50), 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 page 2 information on how to use this menu and the coupon below.

**On cold or snowy days, please consider coming closer to 12pm than to 1pm.
If you cannot pick up a registered lunch, please call your senior center
as soon as possible to cancel.**

BESC & WRSC February Meals

(Dessert included with every meal; *includes salad)

- Feb 1 Mon. Grilled pork chop, mashed potatoes, broccoli Normandy, wheat roll
- Feb 2 Tue. Tilapia, oven roasted potatoes, green beans, roll
- *Feb 3 Wed. Chicken chili cheese soup, biscuit, cherry crisp
- Feb 4 Thu. Fettuccini chicken alfredo, garlic bread, Italian blend vegetables
- *Feb 5 Fri. Frito pie, green chile, pinto beans, lettuce, tomato

- Feb 8 Mon. Lemon pepper cod, black beans, broccoli salad
- Feb 9 Tue. Green chile chicken enchiladas, Mexican rice, calabacitas
- Feb 10 Wed. Sweet & sour pork over rice, pork eggroll, oriental vegetable
- *Feb 11 Thu. Split pea & ham soup, biscuit, chocolate chip cookie
- Feb 12 Fri. Salisbury steak, scalloped potatoes, green beans, wheat roll

- Feb 15 Mon. **CLOSED for Presidents' Day**
- Feb 16 Tue. Grilled chicken breast, wild rice, Brussels sprouts
- Feb 17 Wed. Green chile cheeseburger, let/tomato/pickle, potato chips, coleslaw
- Feb 18 Thu. Glazed ham, mashed sweet potatoes, peas & carrots, roll
- Feb 19 Fri. Chicken fried steak, mashed potatoes, pepper gravy, carrots

- *Feb 22 Mon. Beef & barley soup, breadstick, crackers, mixed fruit
- Feb 23 Tue. Beef burrito, red chile, pinto beans, salsa corn
- Feb 24 Wed. Fish tacos w/chipotle coleslaw, Mexican rice, tortilla
- *Feb 25 Thu. Green chile pork stew, biscuit, Danish pastry
- Feb 26 Fri. Chicken cordon bleu, rice pilaf, five way mixed vegetables

February Meal Registration		Mon	Tue	We	Thu	Fri
		1	2	3	4	5
Location:	BESC WRSC	8	9	10	11	12
Name:	_____	.	16	17	18	19
Phone:	_____	22	23	24	25	26

TRANSPORTATION

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

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 clean the vehicles in between each ride.

Driver Safety Online

Refresh your driving skills in the new year and take 25% off the Smart Driver course! While AARP Smart Driver in-person classes are still months away, you can refresh your safe driving skills online. The self-paced class teaches you skills and strategies you can use on the road every day. Check out the website for more information. Use promo code REFRESH at

<https://campaigns.aarp.org/smartdriver-online/>

Zoom Travel

Travel to Thailand with the Coopers

Feb 15, 4:30pm. Martin and Beverly Cooper traveled to Thailand on a mixed cultural-wildlife photo safari. They visited Bangkok, the southern national parks, and the Chiang Mai area. They captured a variety of pictures including people going about their lives, historical sites, and wildlife. To join us, email for a Zoom link:

Director@losalamosseniorcenter.com.



Famous reclining Buddha in a Bangkok temple.

THANK YOU

Our thanks to Enterprise Bank and Trust, for the White Rock holiday luncheon. It was postponed after a closure to ensure Chef Mason was able to assist with the fun.



Pop Tabs

Do you know those little tabs on top of sodas? The senior centers are helping local students collect aluminum can tabs. They can be placed in ziplock bags and left in our donation bins at either center. We have young people collecting them for Ronald McDonald House. The kids, David, Sarah, Emily and grandmother Linda, were also recognized by Champions of Youth Ambitions for their gift of crafts for seniors throughout the pandemic. Butterflies, book marks and joke cards, brightened the day of many seniors.



Thank You



A Girl Scout Elf was seen dropping off treats for seniors, at the Betty Ehart Center. We thank Julia and her fellow Scouts of Troop 10605. Thank you ladies for your service to your community.



White Rock Baptist Church donated fun supplies to add to our Morale Boosting Bags for seniors. Thanks Be To God for your Kindness!

Loree Lynch

dressed for the fun at the White Rock Senior Center.



TAXES

AARP Foundation Tax-Aide intends to offer free income tax preparation services in Los Alamos this year. Due to COVID the Senior Center is not now available, so we are looking at alternative sites. We hope to have a location and schedule soon.

Our new procedure means taxpayers will need to make two visits to our site. The taxpayers will complete the interview and intake forms at the first visit, after which we will scan IDs and all tax forms. We will also schedule the second visit at that time.

At the second visit, we will review the return and provide a printed copy. Currently, we are expecting the taxpayers will remain in their cars during these visits.

The scope of returns we are able to complete may be reduced. For example, we might limit brokerage statements. New this year, taxpayers can deduct up to \$300 in charitable cash contributions even if they take the standard deduction.

We will use an online scheduling system for the first visit this year. To make an appointment for the first visit:

Go to: [AARP.org/taxaide](https://www.aarp.org/taxaide)
 Select: Find a Location Near You
 Enter Zip Code: 87544
 Select: BETTY EHART SENIOR CENTER
 Select: Make an appointment

If you need help making an appointment or have questions, call (505) 393-5422 and leave a message or email 500299029@aarpfoundation.org. Please do not call the senior center.

Hands-on Fun

Those that might be interested in doing ceramics with a local teacher (on your own at home) can call 662-8920 and leave your name and number. We're looking at a simple one-time event in February for \$10. After trying, those interested in more will have information for projects that would include tools and pieces (a package), that might range from \$30-\$40. More information can be sent when we see if we have interest. The photo is just a sample of what could be done as a project.



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.

Remi Has Retired



Remi has retired... well, from one job anyway. We still get to see her beautiful face at Smith's, but she will no longer be part of our working family at LARSO. We will miss her kindness and baking abilities, and we wish her well.

Don Gerhart



Don was recognized for more than 30 years of music in our community and the state. He was recognized by Jan Macdonald who had won last year with Sarah Kelly.

LAVA/RSVP News

February, the month of love. The love of hope, the love of volunteering, the love of waking up to a new day. Here at the LAVA office, we love finding new opportunities of service within the community. Whether you are waiting for your regular station to resume or looking to explore something new, here are some stations to consider:

Attention good listeners and problem solvers! **Self Help** is an organization that provides a variety of resources for community members. This station is seeking additional volunteers for **client intake and referral**: connecting people requesting assistance with resources. Training is provided (how to communicate, resource availability, maintaining privacy; etc.) and you can do this all from the comfort of your own home, including the training. Basic computer skills (email) are needed, as well as access to a phone. It is requested that you commit to a few very flexible hours a week, as the training of each volunteer takes time away from their small staff. If you are interested in learning more or helping out, contact **Maura Taylor at (505) 662-4666**.

Attention travelers and good neighbors! The lack of travel have you lusting after a new adventure? HELP Rides might be what you need to scratch that itch...

HELP Rides is a service provided through the LAVA Office that assists in transportation to medical appointments outside of Los Alamos and White Rock

(Off The Hill, as I'm learning, is the phrase). As more medical appointments become available, we need additional drivers who are comfortable taking clients to and from these appointments, which are predominantly in Santa Fe and Albuquerque. This service relies on volunteers to drive using their personal vehicles. Currently, we are able to do a mileage reimbursement for our drivers. We can also provide PPE (mask, gloves, and hand sanitizer) if needed. We do require that drivers and clients follow safety protocols and should not be transported if one or the other feels sick. We have had no issues with this service to date. Contact us at the LAVA office, (505) 662-8923, for more information or to have your questions addressed.

We will continue to look for service opportunities and post them here in the newsletter. If an organization you volunteer for could use some extra help, please reach out.

Thank you to everyone for submitting your volunteer hours. We will take whatever hours you have and record them accordingly.

All the best,
Abbey and Binh

FOSC News

The Friends of the Senior Center election slate was approved. Welcome to new President Annette Hiteman, new Secretary Patricia Rathbone, and returning Members-at-Large John Stewart, Sheila Girard, and Carol Estes.

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 - Thu Feb 18

BOTH CENTERS ARE CLOSED TO THE PUBLIC UNTIL FURTHER NOTICE