

## Interested in Helping?

The Alamo Senior Center is a non-profit organization and all drivers, except staff, are volunteers who give generously of their time to serve the homebound senior citizens.

Usually, a volunteer drives once a week on any given day. We offer mileage reimbursement at \$.50 per mile.

If you would like more information, please call the Meals-on-Wheels Office at 439-4150.



*Meals on Wheels Hot Truck*

### *Meals on Wheels Nutrition Office*

*Home Services Supervisor: Eddie Perez*

*Nutrition Coordinator: Zyra Serna*

*Meals on Wheels Aide: Teri Eldridge*

# *A Shining Light Of Otero County*

UNITED WAY OF OTERO  
COUNTY



*"It brings out the best in all of us."*

## *Alamo Senior Center*



*City of Alamogordo*

## *Meals On Wheels Program*

2201 Puerto Rico Avenue  
Alamogordo, NM 88310

Phone: 575-439-4150

Fax: 575-439-4160

Website:

[www.ci.alamogordo.nm.us](http://www.ci.alamogordo.nm.us)

## ALAMO SENIOR CENTER

*Director: Magdalena Morales*

### MEALS ON WHEELS PROGRAM

The Alamo Senior Center kitchen prepares and provides the program a hot nutritious meal to senior citizens that are unable to prepare their own meals and unable to leave their home due to illness. The meal provides 1/3 of the daily nutrition needed for an adult.

A frozen weekend meal is available for those who qualify.

An analyzed cold breakfast is also available 7 days a week for those who qualify.

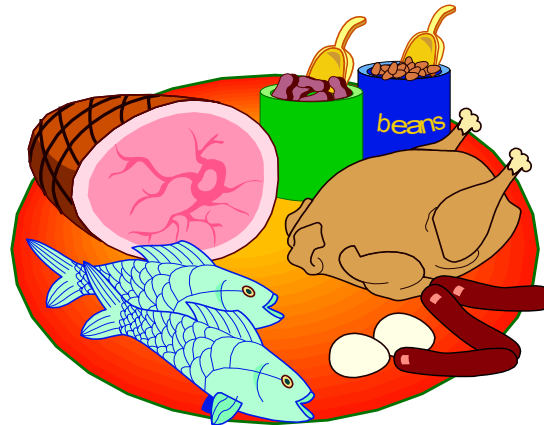
### Qualifications

There are certain qualifications the Home Services Supervisor must determine in order for someone to qualify.

For one, you must be a senior of at least 60 years of age or, if less than 60 years, you must be a spouse of a senior.

If you are being released from the hospital, the program is very helpful while you recuperate. Otherwise, we encourage seniors to join us in our dining facility with the congregate meal program.

We also offer transportation service.



### The Goal of the Home Delivered Meal Program:

“It is the intent of the program to encourage the utilization of the congregate meal program, if at all possible, to prevent isolation and encourage socialization.

**Home delivered meals are to assist in delaying or preventing institutionalization of the frail and elderly.”**

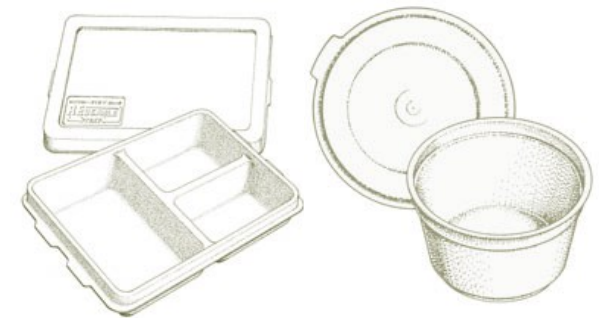
### Suggested Donation:

The Nutrition Advisory Council has set a suggested donation of

**\$2.50 per meal and  
\$1.25 per breakfast.**

There is no charge to participate in the home delivered meal program.

For those participants that are unable to donate the full suggested amount, we encourage them to donate the amount they can afford.



### Meal Delivery:

A volunteer driver delivers between 10:45 am. and 1:00 p.m. Monday through Friday.

There are 10 routes throughout the community and each driver delivers at least 12 meals.