

The SJOA Times

Sierra Joint Office on Aging



June 2025

360 W 4th Street

Truth or Consequences, NM 87901

575-894-6641

Board of Directors:

Kristie Wilson
Juliet Sullivan
Skylar Arnold
Kell Took

Marsha Plitteris
Paul Johnson
Cathy Luenenborg

AGENCY	PHONE NUMBER	
Adult Protective Services	1-866-654-3219	
Aging & Long-Term Services Resource Center	1-800-432-2080	
ALTS-Loren Hinman-Investigative Caseworker Supervisor	575-635-1683	APS Divison
Alzheimer's Association Help Line	1-800-272-3900	
Ben Archer Health Clinic & VA Clinic	575-894-7662	
Blue Raven Transport (Non-Emergency)/Socorro	575-835-8926/575-418-3768	
Cancer Society	575-740-3971	
Catholic Church/Every 3 months (Morn. Distrib.)	575-894-7804	515 N Date St
Church at the Butte	575-744-4487	408 Hwy 195, EB.
City of Elephant Butte	575-744-4892	
City of Truth or Consequences	575-894-6673	
Commission for the Blind	1-888-513-7968	
Commission for the Deaf & Hard of Hearing	1-800-489-8536	
Davis Fleck Drugstore	575-894-3055	
Department of Veterans Affairs	1-800-827-1000	
Dpt of Vet. Affairs-Mercedes Tucker-Nurse Case Mgr.	915-487-4969	
Diabetic Hotline	1-866-224-8892	
Dispatch-Emergency	911	
Dispatch-Non Emergency	575-894-7111	
Episcopal Church/Community Meal	Last Sat/407 Cedar St @10:00 am	
Housing Authority	575-894-2244	
Income Support (Welfare Office)	575-894-3011	
Legal Aid for the Elderly	1-800-876-6657	
Library (TorC)	575-894-3027	
Lincare, Inc.	575-894-2789	
Matthew 25 Food Pantry	575-894-3292	
Meals on Wheels/Senior Center	575-894-6641	360 W 4th St
Med Trans	575-523-2244	
Memorial Medical Center (Las Cruces Hospital)	575-522-8641	
Mountain View Hospital (Las Cruces)	575-556-7600	
NCNMEDD-Mia Garcia-Case Manager PSA IV	505-819-1630	
NCNMEDD-Marcia Medina-Community Services Dir.	866-699-4927/505-395-2668	
New Hope Revival Church	2nd Fri/800 E 3rd @ 12:30 pm	
Public Health Office	575-894-2716	
Respiratory Services	575-894-6640	
Ruidoso Shuttle/New Mexico wide out of Roswell	877-903-7483	
Safe Ride	855-955-7433/866-244-3123	
Shuttle Ruidoso/Non-Emergency Medical Transport	575-257-1815	
Sierra County Cancer Assistance (SCCA)	575-740-3971	
Sierra Health Care Center (Nursing Home)	575-894-7855	
Sierra Hills Assisted Living	575-743-1100	
Sierra Vista Hospital	575-894-2111	
Sierra Vista Physicians Clinic	575-894-7814	
Social Security	1-800-772-1213	
Village of Williamsburg	575-894-1701	
Walmart Pharmacy	575-894-0645	
We Care Agency	575-523-9393	
* www.benefitscheckup.com/campaign is a great place to find information on benefit programs for people with Medicare, limited income and resources		



Dates to Remember

June 11th - Nutritional Training w/Jeni @ 11:00-12:00 (Arrey site)

June 12th – Anthony Cordova w/United Health 11:30 -1:00 outside weather permitting

June 12th – Nutritional Training w/Jeni @ 11:00-1:00 (T or C site)

June 18th- Birthday Cake in the Dining Room @ 12:30

June 19th- Juneteenth (**SJOA Closed**)

Paloma Spring every other Tuesday Blood Pressure and glucose check

Every Tuesday and Thursday Crafting Class in the wood Room 1:30 pm - 3:30 pm (NO CLASSES THE MONTH OF JUNE)

Dance Every Saturday @ Fiddlers Play House 7:00pm-9:00pm (710 Elm)

Bingo Every Tuesday Night at 5:30 Pm!!!

MUSIC Every Tuesday 11-12 in the Dining Room

Geronimo springs wood Carvers Monday 8:00 -10:30

Everyone is welcome!!!!



We are taking applications for new volunteers!

Foster Grandparent Program (FGP)

Seniors serve in our local schools, providing one-on-one assistance to students.

Care Companion Program (CCP)

Volunteers visit folks at the Veterans' Home and Paloma Springs Healthcare. Must be 18+ to serve. There are no income limit qualifications.

Senior Companion Program (SCP)

Seniors provide friendship to isolated seniors.

To be a Companion, call Mike at 575-297-4082
To be a Grandparent, call Alison at 575-297-4120

Applications are at the Senior Joint Office on Aging (SJOA)

360 W. 4th St., T or C, NM

Volunteers receive hourly stipends and mileage compensation. Stipends are not 'income' and will not affect benefits.



Make Your Bathroom Safer

Small upgrades that will keep you from slipping and make you more comfortable, too

YOUR BATHROOM IS one of the most important—and frequently used—rooms in your home. But due to its hard and often wet surfaces, it's also one of the places where you're most likely to be injured, notably in a fall. Here are some

simple tweaks that can make a big, positive difference—from a CR expert and Allysin E. Bridges-German, OTD, a clinical assistant professor of occupational therapy and occupational science at Towson University in Maryland.

1 GET A HANDLE ON GRAB BARS

Sturdy, nonslip grab bars are one of the best ways to help prevent bathroom falls. For maximum security, they should be affixed to walls using screws, not attached with suction cups. You may want to hire a handy person to add them in key places: inside your bath or shower area (for support when entering and exiting the bath and while you're bathing) and by the toilet. Towel bars, which aren't designed to hold a lot of weight, aren't a safe alternative.

2 USE NONSKID MATS OR TREADS

A bath mat that absorbs water can help keep the floor dry—so you don't slip when it's wet—but may pose its own tripping or slipping hazards. Make sure any mat you use has a nonskid bottom. In the shower or tub, a nonslip mat or adhesive tread strips can increase safety, too.

3 CONSIDER A SHOWER SEAT

Bathing can be challenging if you're unsteady on your feet or find it hard to stand for long. For

this reason, a shower chair or bench can be a useful addition to your bathroom. And if stepping over the rim of your tub is difficult, you might look into a

tub transfer bench. This device is placed over the tub's edge and allows you to sit down, then swing your legs into the tub from a seated position.

4 MAKE THE TOILET EASIER TO USE

Older toilets sometimes have seats that are 14 to 15 inches high, which can be tricky to sit down on and rise from. If a new toilet is in the cards, be aware that most options today are 17 to 19 inches high ("comfort height"). They can make sitting and standing easier. If replacing the toilet isn't an option, a 3-in-1 commode that's placed over it is sturdier than a stand-alone riser that rests on the bowl.

5 OPT FOR A SHOWER CURTAIN

If you have a glass door enclosing your shower space or bathtub, consider having it replaced with a rod and shower curtain. Glass is hazardous if you fall and trip, and a shower curtain gives you more flexibility in using safety accessories such as a tub transfer bench.

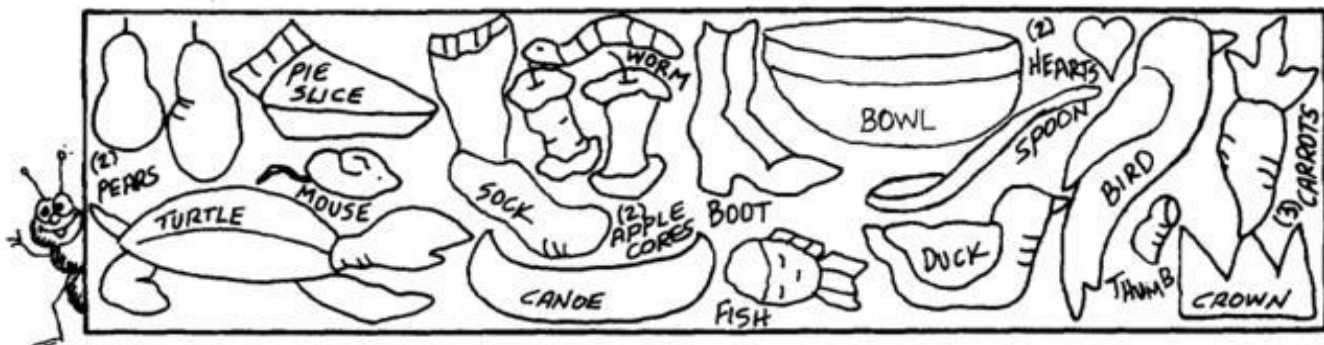
6 HAVE THE RIGHT LIGHTING

No lighting in your bath or shower stall? Add some, pronto. That's because your shower curtain can block needed light while you're bathing. For nighttime bathroom trips, add night lights by the toilet and sink. In hallways, choose those that are continuously on when it's dark (rather than night lights that are motion-activated) so that you can see where you're going before you enter the bathroom.



CR'S EXPERT

John Banta
leads CR's
testing of toilets





SIZZLING SUMMER

WORD SEARCH PUZZLE

ARID
AUGUST
BEACH
BURNS
DAMP
DROUGHT
HEAT
HOT
HUMID
JULY
JUNE
PARCHED
PICNIC
RECORD
SCORCHER
SMOG
STEAM
STICKY
STUFFY
SUN
SWELTERING
THUNDER
VACATION
WAVE

A	R	V	A	C	A	T	I	O	N	V	T	E	K
D	O	V	G	O	M	S	H	X	D	A	M	P	D
E	M	D	T	N	T	S	U	G	U	A	A	Y	P
O	E	A	I	I	I	H	T	Q	U	R	H	G	I
R	E	M	Y	R	O	R	E	E	C	O	S	G	C
H	E	D	R	T	A	Y	E	H	A	C	R	F	N
F	I	D	I	K	K	V	E	T	O	M	M	D	I
S	R	F	N	C	D	D	S	R	L	E	T	V	C
T	D	S	I	U	H	R	C	N	H	E	P	F	Y
U	J	T	E	U	H	H	O	C	R	N	W	L	O
F	S	U	M	V	E	T	A	C	U	U	U	S	Q
F	I	I	N	R	A	E	I	S	E	J	B	E	K
Y	D	V	V	E	B	W	S	Z	U	R	W	M	D

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





S.J.O.A. June 2025

Monday 2, 2025 Hamburger lettuce, tomato, onion French Fries Broccoli Salad Mixed Fruit	Tuesday 3, 2025 Beef Stew Red Steamed Cabbage w/ Apples Tossed Salad w/Dressing Wheat Roll Fruit Compote	Wednesday 4, 2025 Pepperoni & GC Pizza Garden Salad w/Dressing Garbanzo Beans HB Egg Strawberries	Thursday 5, 2025 BBQ Pulled Pork on a Bun Chateau Blend Vegetables Grapes Vanilla Yogurt	Friday 6, 2025 Chicken Tenders Country Gravy Red Roasted Potatoes Carrots Cornbread w/Honey Fruit Salad
Monday 9, 2025 Pork Chop Rice Pilaf Glazed Carrots Collard Greens Roll w/ Margarine Orange	Tuesday 10, 2025 Meatball Sandwich Italian Blend Vegetables Mixed Fruit Banana Cupcake (no frosting)	Wednesday 11, 2025 Pepper Steak Stir Fry Vegetables Brown Rice Tropical Fruit Salad	Thursday 12, 2025 Baked Ham Scalloped Potatoes Spinach w/ White Beans Roll w/Butter Peaches Cobbler	Friday 13, 2025 Baked Cod w/ Beets Coleslaw w/ Dressing Baked French Fries Fruit Salad
Monday 16, 2025 Baked Chicken Thighs Sweet Potato Roasted Cauliflower Roll w/Margarine Tropical Fruit Salad	Tuesday 17, 2025 Grilled Cheese Sandwich Vegetable Soup Spinach Salad Raspberry Dressing Strawberries w/ Whipped Topping	Wednesday 18, 2025 Chicken Tetrzzini 3 Bean Salad Tossed Salad w/ Ranch Dressing Roll Pear	Thursday 19, 2025 <div style="text-align: center; color: red; font-weight: bold;">CLOSED</div>	Friday 20, 2025 Beef Tacos lettuce & tomato Corn w/Peppers Roasted Carrots Peaches
Monday 23, 2025 Green Chili Pork Stew Squash Tossed Salad w/ Dressing Flour Tortilla Strawberries & Bananas	Tuesday 24, 2025 Chicken Fajita Stuffed Baked Potato Tossed Salad w/Dressing Wheat Roll Apricots	Wednesday 25, 2025 Meatloaf Mashed Potatoes w/Gravy Carrots Tossed Salad w/Dressing Wheat Roll Mixed Fruit	Thursday 26, 2025 Chicken Alfredo Garlic Knot Italian Blend Vegetables Caesar Salad Peaches Gelatin	Friday 27, 2025 Loaded Nachos guacamole, sour cream Zucchini w/Diced Tomatoes Gelatin Orange
Monday 30, 2025 Chile Beans Roasted Zucchini Yellow Squash Cornbread w/ Margarine Dried Apple Crisps				