

Los Alamos Retired and Senior Organization

Hello Friends,

We know a lot has changed in the last week, but here are some updates in the life of the senior centers.

Lunch

The state has required that we not hold congregate meals, or meals where we gather in large numbers. We are offering lunch in a drive thru style format. It will run from 12pm-1pm, at both locations, Betty Ehart Senior Center (BESC) and White Rock Senior Center (WRSC).

You still **MUST** RSVP by 10am and we will **NOT** take orders after 10am for the same day. Eventually, our goal will be to transfer those interested to Home Delivered Meals, instead of the drive thru.

If you feel like making the suggested donation, just ask the car hop for the box or request to use your meal ticket. They can be purchased in the line. Any support of our meal program is helpful to keep staff employed and donations are never necessary, just a suggestion, for those 60+.

Senior Services

Starting Wednesday, we will attempt to offer pick ups for groceries and prescriptions. We ask that you have cash or a check on hand, when we deliver. Any checks **MUST** be made to LARSO, according to our rules. You can call and leave a message at 662-8920 and we will plan our work schedule, as we are able to make a run. You should contemplate what you need, and what is an acceptable substitution.

We will be utilizing staff in all volunteer positions, so they may continue to receive a paycheck. While I understand that our volunteers love to help, there may be some that not only need the paycheck, but must work to retain their benefits. **It is also right for us to have the safety of our seniors at the forefront of everything we do each day.**

PLEASE NEVER GIVE MONEY TO SOMEONE YOU DON'T KNOW OR ALLOW THEM INTO YOUR HOME.

Donations

If people ask how they can help, donation boxes are available at the both locations. You can donate easy to prepare meals, cereals, canned goods, pastas, etc. We welcome the donation of small bags of dog or cat food.

Those wishing to make financial donations can do it through our Pay Pal site on our web page, or mail it to 1101 Bathtub Row. Please make checks out to LARSO with Serving Seniors, in the memo line.

Gift cards to Smith's, the Co-op or Pet Pangea can be used as we begin a home delivery program for our members. They can be mailed or dropped off during business hours (LA) 8am-4:30pm and (WR) 9:30am to 4pm. A staff member will greet you at the door, but our buildings are closed temporarily. After the critical period has passed, any remaining donations will be used to support our low-income seniors.

Reassurance Calls

If you would like a daily call from the senior center to check on you call Bernadette at 662-8920 or email Director@losalamosseniorcenter.com

Transportation

We are only providing rides to urgent medical appointments at this time.

*Thank you for your patience and understanding, I work with some pretty
GREAT people! Bernadette*