

May 2020

Volume I, Issue 4

Edited by Melanie Keener, Operations Assistant

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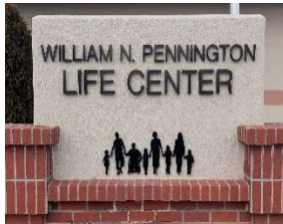
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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Greetings...

Dear Supporters of WNP Life Center,

I can't believe it's already time for our May Newsletter to go out to everyone. The last month has gone incredibly fast. Even though WNP Life Center is currently not open to the public but staff is still working the five days a week, I think we are busier now than when we have a full house. My staff continues to run a "well-oiled machine" on a daily basis producing, packaging and providing approximately 322 lunches out the back door of WNP for MOW and out the front door of WNP for the Congregate program respectfully. The amount of lunches served for our Meals on Wheels program has increased 25% for the month of April. Remember this is during a Covid-19 Pandemic! Needless to say, I am so pleased and proud of my staff for the great job they are performing and for their willingness to put themselves at potential risk to fulfill their job duties.

While we all want to return to our lives prior to Covid-19, or what we all thought was "our normal", we never will. The world has changed, and we will be ever changed too as a result. Stop and think of all the new techniques, new words, lack of product once available, and social isolation in some cases has forced us to speak using our voice on the telephone. Some of the good things that we can celebrate and pat ourselves on the back for spending more with our families, trying new hobbies or just catching up on past projects.


May is Older Americans Month and Mental Health Month. This year, these two awareness campaigns are more significant than ever. Since our Older adults are at the highest risk for COVID-19 and many live alone which leads to a feeling of aloneness and depression. These two things can be a dangerous combination to fight. Our seniors have lost their community connection during this time because they have no senior center to attend to socialize, get information, exercise and have lunch with their friends. We hope that there will be program celebration for these two-yearly events for all too attend in the near future. Remember... if you are experiencing any depression, anxiety, or other symptoms relate to loneliness, you can call the Crisis Call Center for Northern Nevada at 1-800-273-8255 or Text CARE to 839863 and also available is the Sexual Assault Help Line at 1-775-221-7600.

Right now, as we look at the world from the inside out-hopefully we can remain positive and be planning for the future. We eventually will have the opportunities that may have passed us by in the last few months. Many of us had vacations planned, concert tickets purchased, birthday parties planned, and graduation ceremonies to attend. But we have all put on our “big boy boots” and have dealt with the adjustments. I know we are all tired and want to be free but until we get the “OKAY” for real, we continue to stay home and self-isolate and practice social distancing.

The number one question we are getting as people call or we call them is “When is the Center going to reopen?” and “why is this going on so long?”. While we do not have a working crystal ball, my staff and I all continue to take it one day at a time, practice social distancing, wash our hands regularly, wear gloves and masks, and pass on reliable information and lunches to our many followers of WNP Life Center. It pays to be patient even though it’s difficult at times. But having our people staying home isolating themselves, we see it paying off as the time passes. So, for now keep it up! And as soon as we are given any directives that is beneficial to our future opening of WNP Life we will let you all know.

Until our next opportunity to share with everyone, PLEASE stay home, stay safe and if you want to say “hi” to any staff members please call.

Sincerely,


Lisa Erquiaga, Executive Director
William N. Pennington Life Center



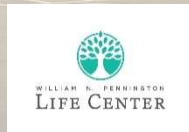
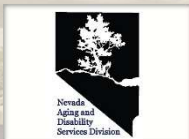
WILLIAM N. PENNINGTON
LIFE CENTER

William N. Pennington Life Center
952 South Maine Street
PO Box 1677
Fallon, Nevada 89406
Office: (775) 423-7096
Fax: (775) 423-9696



Mission Statement

To develop, coordinate and deliver a comprehensive set of Support Services for the William N. Pennington Life Center/Coalition for Senior Citizens program participants; including services designated to ensure seniors, their families, their caregivers and all interested community members of all ages lead a meaningful and dignified life, while maintaining a healthy, safe, secure, and prolonged independence.





Random Acts of Kindness and Thoughtful Words...

In this difficult time of Covid-19 and learning how to live a "new normal" we have heard from some wonderful individuals who have taken time to send us a card, a donation, a phone call with good wishes and many shout-outs when they drive thru the lunch line. We find it very heartwarming and makes all of us feel so loved and missed by all of you wonderful people out there.

A few comments that we have received have been, "to all the kind and thoughtful people of the WNP Life Center. Thank you for your well thought out new letter and care package. There will be a place in heaven for people like you."

"I wanted to let you know how much we are enjoying stopping by to purchase a lunch. I am hoping to do it at least once a week. There is so much variety and some extras. Last week, we got flowers! Thank you and all the dedicated workers."

"My father is a retired veteran living in Fallon and I live in Los Angeles. He has been telling me about your Center each time we talk. We are so grateful for not only the meals you provide, but for the phone calls checking up on him during this pandemic. I appreciate the attention my father receives from your organization. Thank you for all the work you are doing."

"To our friends at the Center. We want you to know how much we appreciate everything you do for our community and hope this gift will help during these difficult times. We love that the Center is providing pet food for the senior's pets. We want to support that along with the Meals on Wheels program. (\$500 donation)

"Hope this will help the Center and help support your staff." (\$500 donation)

"To help anyone who needs it." (\$100 Donation)

"I enjoy coming to the Center every day for lunch, it gets me out and I get to talk to people". (\$100 per week)

"You guys are all wonderful. My wife and I love you all." (\$200 Donation)

We sincerely appreciate the lovely comments and donations from everyone above. It sure makes us ALL feel good about what we do every day, especially at this time.



WILLIAM N. PENNINGTON
LIFE CENTER



The WNP Life Center was pleased to be able to donate a power mobility chair to Thomas Hodgdon, victim of a recent house fire. Thomas expressed his appreciation and was in awe of Fallon's community spirit, as he and his wife have received an outpouring of support and encouragement!

Buster Pierce, Program Services Manager



Senior Commodities?

YES!

Every fourth Thursday of each month at the WNP Life Center south parking lot. Sign up in the commodities line on the next scheduled day, **May 28th**.

Prior to receiving USDA food each household must certify that their household's current income does not exceed the listed below amounts on all required State forms:

HOUSEHOLD SIZE	ANNUAL GROSS INCOME	MONTHLY GROSS INCOME
1	\$16,588	\$1,383
2	\$22,412	\$1,868

For additional information and requirements visit <http://agri.nv.gov>

Would you like to have the monthly newsletter sent to your email?

Contact us at 775-423-7096 and we can add you to our email blast!



Stimulus Checks: Who Is Eligible and How Much Will They Be?

If you are receiving Social Security benefits but did not file taxes in 2018 or 2019, you will be eligible to receive a stimulus check without a tax return based on data available to the IRS from your annual Social Security benefits statement. The government will send you a direct deposit or your Form RRB-1099 Social Security Equivalent Benefit Statement. You will not have to file a 2019 tax return to get a stimulus check.

The bill does not set a date for when the direct deposits and checks will start to go out, saying that only the Treasury Secretary will send the payments "...as rapidly as possible." The money could be sent either by mail or direct deposit.

The legislation will give single adults who reported adjusted gross income of \$75,000 or less on their 2019 tax returns a one-time check for \$1,200, according to draft legislation. Married couples who filed jointly will receive \$2,400. Families will get an additional \$500 for each child.



Put Your Business Card Here!

Interested in advertising your business in our monthly newsletter? Contact us for more information and cost.

William N. Pennington Life Center
952 South Maine Street
Fallon, Nevada 89407
(775) 423-7096



Shaping Your Future...

United States
Census
2020

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location. By April 1, 2020, every home should have received an invitation to participate in the 2020 Census.



Our fabulous kitchen staff at WNP are still whipping up tasty lunches for our curb-side service!



Lunches served weekdays
(excluding holidays)

Monday – Friday
11:00 a.m. until 12:30 p.m.

No menu for May to be published. All lunches will be provided with the usual love and care of the kitchen and will be delicious! Thank you.

What We Have Been Up to at the WNP Life Center...



5,548 meals distributed to our Senior Community by Meals on Wheels in the month of April!



Over 200 food bags provided to our Senior Community!





1,962 meals
distributed to our
Senior Community
through our drive-up
meal service during the
month of April!



"Employee Spotlight"



Hello!

My name is Julie Creiglow. I am the Programs Coordinator for Meals on Wheels and the Homemaker programs. I started this position in July of 2019. Transitioning into this new position was bittersweet; I had been a Homemaker for the Center since 2012. In those years, I grew to love my clients as I do my family; not seeing them on a regular basis was difficult. Luckily, I get to see them now during my programs assessments and when I am training new employees. I absolutely love my job! I love my Seniors! I love being able to offer support in any way that I can.

I was born in Reno, Nevada. I grew up in Pleasant Valley and Carson City with my parents and ten brothers and sisters! I enjoyed being part of such a huge family! My husband has an enormous family as well; between the two of us we have 17 siblings! We were married this past December. Together we have four kids...all teenagers! We also have two Bloodhound puppies (as if my life weren't crazy enough already) and a handful of other small pets. As a family, we enjoy camping at Lake Lahontan, pitting for friends who race at Rattlesnake Raceway, and taking road trips to the Redwoods and the Pacific Coast.

I feel very blessed to have the family and friends that I have...at home, at work, and in the community!

"Julie does an excellent job as Programs Coordinator. She cares deeply about our seniors and is a strong advocate for them. She does her best at providing and finding resources that benefit them. Julie is a great team member and we are lucky to have her!"

Buster Pierce
WNP Life Center
Program Services Manager



Coping with Depression

By Mercedes Rodriguez,
WNP Caregiver Coordinator

May is Mental Health month and due to the Covid-19 this is very important for all to pay attention to and be aware. Social distancing is the most effective the United States has to slow the spread of the coronavirus, but mental health experts warn the isolation, combined with the stress of coping with a global pandemic and the disruption summoned by the virus, could brew a toxic environment for people dealing with mental health issues such as depression.

Common symptoms include

- Sadness or feelings of despair
- Unexplained or aggravated aches and pains
- Feelings of hopelessness or helplessness
- Memory problems
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)
- Loss of self-worth (worries about being a burden, feelings of worthlessness or self-loathing)
- Slowed movement or speech
- Fixation on death; thoughts of suicide
- Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene)

While depression and sadness might go hand in hand, many depressed seniors claim not to feel sad at all. They may complain, instead of low motivation, a lack of energy, or physical problems. In fact, physical complaints. Such as arthritis pain or worsening headaches, are often the predominant symptom of depression in the elderly.

Dealing with depression requires action but taking action when you are depressed can be hard. Sometimes just thinking about the things you



should do to feel better like going out or spending time with friends, can seem exhausting and impossible to put into action right now. Aim for 8 hours of sleep and come up with a list of things that you can do for a quick mood boost, spend time in nature, list what you like about yourself, read a good book, talk to family and friends, ask a loved one to check on you regularly, go for a walk or get up and dance to your favorite music. For example, is something you can do right now. By taking the following small but positive steps day by day, you will soon lift the heavy fog of depression and find yourself feeling happier, healthier and more hopeful again.

"Listen to the people who love you. Believe that you are worth living for even when you do not believe it. Seek out the memory's depression takes away and project them into the future. Be brave; be strong; take your pills. Exercise because it is good for you even if every step weighs a thousand pounds. Eat when food itself disgusts you. Reason with yourself when you have lost your reason."

Andrew Solomon

<http://www.planetofsuccess.com>

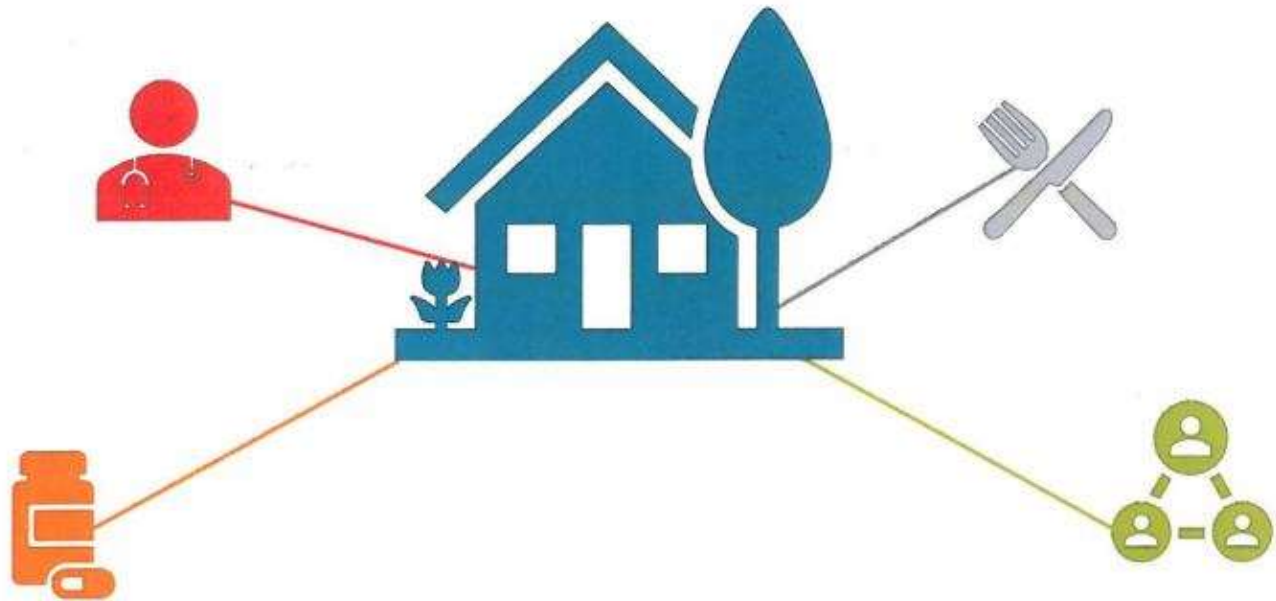
Consult a medical professional for advice

1-800-950-6264

Resource Name: Valley Oasis Counseling

775-423-5381

Nevada CAN...



Ensure that Nevadans have **access to medical, social, and daily essential items at home**, reducing risk of exposure to and impact of COVID-19.

Access Services Today!



The Nevada CAN is focused on maintaining the quality of life of over 450,000 homebound older adults in Nevada during the COVID19 pandemic. The goal is to help coordinate aging network partners to ensure Nevadans have access to medical, social, and daily essential items at home.



NEED TO SEE A DOCTOR?

Connect now with telehealth services

This program is part of the Nevada CAN statewide COVID-19 response, led by the Nevada Aging and Disability Services Division.

Appointments are available; no need to leave your home

Nevada CAN offers in-home telehealth appointments to prevent unnecessary hospitalizations and maintain health among elders. Telehealth is the use of phones or computers to connect with health care providers.

Services available: Geriatrics assessment*
Social work
Dementia screening and care
Psychiatry
Primary care

** Access to all services begins with a comprehensive geriatrics assessment to identify needs.*

Equipment you need: Computer, tablet or phone equipped with a camera.

Who can get services? Any older adult (60 years or older).

Insurance information: We will work through your existing insurance, including Medicare, to cover costs. We will not turn anyone away if they are uninsured, but may need to explore options.



Request help during COVID-19:

Call 2-1-1 from any phone, or complete a Nevada CAN Request for Assistance at: tinyurl.com/elders-talk

The Nevada Department of Health and Human Services



CARE Chest of Sierra Nevada

MEDICAL RESOURCES FOR NEVADANS IN NEED

Our Mission

CARE Chest of Sierra Nevada is a Northern Nevada nonprofit agency serving individuals in need by providing medical resources free of charge.

Our Clients

CARE Chest provides medical resources for low-income Nevadans. In 2018, nearly 15,000 individuals received services.

- Medical Equipment and Supplies
- Prescription Assistance
- Diabetic Supplies
- Medical Nutrition
- Independent Living and CARE Loans

Care Chest Visit

Call Anita at the WNP for drop-off/pick-up schedule.

Located at the
William N. Pennington office,
Visiting Agency Office
Call Anita for more information
(775) 423-7096

Nevada Care Connection Resource Center

How Nevadans find care and Support Services

How we help:

Nevada Care Connection works with Nevadans one-on-one to create customized care and support plans for older adults, people with disabilities, and their caregivers and family members.

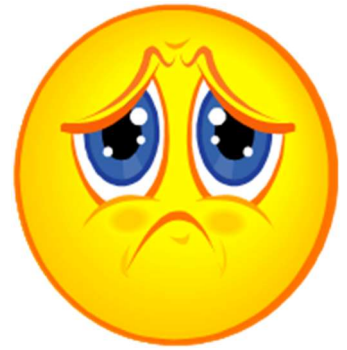
We can connect you with just about any service or resource you need. There are many services and resources throughout the state, many of them free or low-cost, that can help you or your loved one – and it's our job to connect you with the services you need most. Contact us today to start working on your personalized service plan.

Due to our building being physically closed in accordance with the Governor's mandate, please contact us via telephone.



- ✓ Financial Support
- ✓ Transportation
- ✓ Hospital to home transitioning
- ✓ Community Services
- ✓ Home remodeling and renovations
- ✓ Caregiver support
- ✓ Home-based care
- ✓ Food and nutrition
- ✓ Long-term care planning
- ✓ Legal services
- ✓ Senior and community centers
- ✓ Education and training
- ✓ Substance abuse service
- ✓ Consumer assistance and protection
- ✓ Medicare
- ✓ Social Security

Due to the closure of William N. Pennington Life Center we regret not being open to the public and not being able to provide some of our programming. We want you to know that as soon as we re-open (unsure of date at this time), we will resume our previous scheduled programs and activities. We apologize for these changes in programming.



WNP Management
April 2020



Dial-a-Ride Transportation

To plan your C.A.R.T. ride, just call our friendly dispatchers at **428-2988** Monday through Friday between the hours of 9:00 a.m. and 3:00 p.m. to set a ride.

Homemaker Program

The Homemaker Program is designed for qualified seniors over the age of 60. Services may include light housekeeping, shopping, and Rx pick-ups. Call today for more information!

952 South Maine Street
Fallon, Nevada 89406
(775) 423-7096



Once a month, Nevada Legal Services comes to the William N. Pennington Life Center. To schedule an appointment, you can also contact: (775) 423-7096

Nevada Legal Services is a state-wide non-profit legal services organization providing legal assistance to Nevadans in every county. We are primarily grant funded and our legal assistance is completely free. Some of the legal issues we can help with include housing terminations and evictions, problems with debt collection, advice regarding estate planning and end of life decisions, criminal and eviction record sealing, and public benefit denials including unemployment, SNAP and TANF benefits. Contact one of our office today to see if you qualify for our free legal assistance.

RENO OFFICE Serving all counties in
Northern Nevada

Phone: (775) 284-3491 Toll Free:
(800) 323-8666



Meals on Wheels provides help and autonomy and security for Fallon seniors, their families and caregivers. Good nutrition is a major factor in keeping seniors healthy and independent. Meals on Wheels menus are planned by registered dietitians. Meals on Wheels is available on both a short-term (for people recovering from surgery and other temporary problems) and a continuing basis. Immediate response service ensures that meals can begin the next weekday after they are contacted. No one is ever put on a waiting list.

952 South Maine Street
Fallon, Nevada 89406
(775) 423-7096





Stay Strong, Stay Healthy



Exercise Program

By Penni Loveland, SSSH Instructor

The Stay Strong, Stay Healthy (SSSH) Exercise Program is an eight-week, sixteen class exercise program based on scientific evidence designed by Missouri University for older and sedentary, middle-aged adults. SSSH is not intended to replace the recommendations, advice, or services of physicians or physical therapists.

The program was initiated at the William N. Pennington Life Center in April of 2018, with all eight participants graduating. As of the March 2020 session, the program has 15 new attendees, numerous returnees and has added a second level of exercises to the program.



Many of the participants have expressed their appreciation and enthusiasm for the program. Gladys D., who started doing the classes because she had fallen, tells how she can now move her furniture around her living room with no problem! Mary G. had very painful bursitis in her elbow which has gone away since she joined the class. Mary can now clean house and do her gardening with no pain! They decided to do the exercises at home because they felt so sluggish and tired. Now that they feel so much better, they are back hiking! There are so many other stories just like these attendees.

The WNP Life Center will reconvene SSSH classes as soon as we reopen, when the COVID-19 crisis is over. We look forward to seeing everyone again when we open our doors. Until then, we hope you all continue to exercise while we wait.





HERB ROASTED PARMESAN ACORN SQUASH

Going beyond the brown sugar with this Herb-Roasted Parmesan Acorn Squash recipe. The perfect side-dish that's made with just 5 ingredients.

AUTHOR: THE REAL FOOD DIETITIANS PREP TIME: 10 MINS COOK TIME: 25 MINS TOTAL TIME: 35 MINS

YIELD: 4 SERVINGS

CUISINE: GRAIN-FREE, NUT-FREE, VEGETARIAN

INGREDIENTS

- + 1 large acorn squash (or 2 small)
- + ½ cup shredded parmesan cheese + more for garnishing
- + 2–3 Tbsp. fresh herbs or 1 tsp. dried (we suggest: *thyme, sage, rosemary, or oregano*)
- + 1 Tbsp. ghee or butter, melted
- + ½ tsp. garlic powder
- + ¼ tsp. salt + more to taste
- + ⅛ tsp. black pepper



INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cut acorn squash in half and scoop out the seeds. Then slice each half into ½-inch thick slices.
3. In a large bowl, combine all of the ingredients and toss to combine.
4. Transfer to a large sheet pan. Using your hands, gently press parmesan cheese onto the squash for maximum coverage.
5. Bake in the oven for 25 minutes or until squash is cooked through and parmesan cheese is crispy and slightly browned. Garnish with additional parmesan cheese and herbs, if desired.

NUTRITION

Serving Size: 1/4th of recipe Calories: 143 Sugar: 0 g Sodium: 210 mg Fat: 7 g Carbohydrates: 13 g Fiber: 3 g

Protein: 5 g