



April 1, 2020

It's April folks!

It has been 15 days now since we learned that our lives would be taking a forced hiatus for an unknown period of time here at WNP Life Center. I am told the we will do another 30 days at this time, until April 30 or until told differently. There will be a considerable amount of time for us all to continue our new way of life practicing "social distancing". I am hopeful you are all doing this as it has become more and more apparent as the days go by, just how important it is to comply. I know it's difficult, but it must continue until we see a change. But, don't forget we are ALL in this together and we will make history beating this virus together!

But I want you not to confuse "**social distancing**" with "**social isolation**". Social distancing is staying home unless you absolutely must go to the grocery store, keeping at least six feet away from each other when you do go out, washing your hands, and using hand sanitizer. You can still use technology to keep in contact with your friends and family. And social isolation is what we don't want anyone to do. If you socially isolate, you are totally close yourself off from all aspects of the world around you. This is very dangerous to your mental health, regarding anxiety, loneliness and depression. This is not what we want our seniors to do. If you are interested in any type of crisis assistance or mental health counseling due to Covid-19, please call us for a referral.

There are a few ideas for you I want to share to show your creativity and pass the time while you "Stay Home Nevada". You can have virtual dinners or birthday parties, play a board game over Skype, read a story on Facebook, call a long lost friend, write a letter to send in a thinking of you card, Facetime, Skype or Zoom with family or friends to check in with them or have a dance party and YouTube it, take your dog for a walk, fill out your Census form, etc. These are just a few suggestions and there are many more available.

During this critical time of staying in our houses and many of our services have been halted, the William N. Pennington Life Center staff is continuing to provide our program services as follows:

- **Meals on Wheels (MOW) lunches are out the back door each day with our four existing drivers (approximately 210 meals served five days a week). The drivers are making sure the meal recipient is present and okay, serving as their daily well-check, with no direct contact.**
- **Drive-up Lunches are sent out the front door for our Congregate Dining patrons and are available for pickup each day Monday-Friday starting at 11:00am-12:30pm under our**

Portico in the front of the building. Donations gladly accepted. (103 individuals received lunches today! That's our record so far.)

- Staff have been assigned to call our database names with a weekly phone call to check on each of our seniors and see if they have any needs. So, if you see that we are calling you, again... its' because we care! We are doing close to 200 calls a day.
- The Nevada Care Connection Resource Office is open daily 8am-4:30pm via telephone. Sherry Herringshaw, Resource Specialist and Anita Lamb, Resource Navigator are available and ready to assist you with any of your needs regarding your benefits, such as Social Security, Veterans issues, upcoming Stimulus questions, etc.
- There will be no menu published for April. Our Cook, Cris has free reign of the kitchen for April meals. She will be in control of whipping up the always good food she does. We will let her surprise us.

In conclusion, I just want to let you all know that when this Covid-19 problem has come and gone in our lives, and we are all safe again that we here at WNP Life Center will be throwing a big Spaghetti dinner for the community to celebrate our survival. But as we know right now today, we need to remain vigilant by continuing to stay home, staying away from large crowds of people, only going to the store if we need too, washing our hands, disinfecting properly, wearing gloves and masks when appropriate and just plain following the rules set forth by our state and federal governments.

We can do this, but we all must do it together. As previously mentioned, we will be closed until April 30 until we receive different information. We will keep you all updated. We look forward to speaking with all of you when we make our calls. If you have imminent needs, please call us at 423-7096 and we will try our best to locate what is needed.

One last request, please complete your Census 2020 forms either by computer or by the form received in the mail. It only takes about 10 minutes to complete and its essential for our state and local governments livelihood for the next 10 years. We had just started our very important campaign to kick the Census 2020 off on the day we got shut down. Thanks for helping us make all Nevadans be counted.

Until then stay safe.

Kindly,

Lisa

Lisa Erquiaga, Executive Director

William N. Pennington Life Center