

**March 2020**

**Volume I, Issue 2**

*Edited by Melanie Keener, Operations Assistant*

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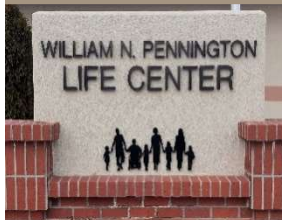
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WILLIAM N. PENNINGTON  
**LIFE CENTER**



# *Generations Joined!*

## **March is "Meals on Wheels" month!**

And... so it's time to celebrate a very longstanding, valuable, and actually little known program that we have here in our community. It's the "MOW", Meals on Wheels Senior Nutrition Program! The Meals on Wheels program in Fallon all began in early 1973 because of a \$1,000 donation to the Soroptimist Club in Fallon from the Hazel Romines Estate, designated to provide hot meals to the elderly in Fallon.

Shortly after this initial money was received the Soroptimist Club formed the first Meals on Wheels Board of Directors because they had been notified of a \$26,000 Federal grant award to provide hot meals for Fallon's senior population. The Fallon Soroptimist International Club then assumed sponsorship and responsibility, and rented a vacant church which served as the long-time home of Churchill County Senior Center at 310 East Court Street. In 1991, Articles of Incorporation were established

which created the Coalition for Senior Citizens, a private non-profit organization. The Churchill County Senior Center operated at that location for nearly 46 years until June 2017 when it relocated to 952 S. Maine Street in a brand new building and became the William N. Pennington Life Center. The purpose of our non-profit has always been to improve the quality of life for our senior citizens and the opportunity to "age in place" with dignity in their own homes, in their existing community.

The Meals on Wheels program has grown tremendously since its inception. Our records from October 2014 show the MOW Program fed a total of 38,122 meals for that fiscal year. The first year of our relocation to WNP Life Center during the fiscal year of 2017-18 we served 55,934 individual meals to our Meals on Wheels program participants in Fallon and Churchill County within a 10 mile radius.

Funding for our MOW Program comes from our grantor, Nevada State ADSD (Aging Disability Service Division). We operate under the specifications and

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standards of the grantor. Our Funding for our MOW Program comes from our grantor, Nevada State ADSD (Aging Disability Service Division). We operate under the specifications and standards of the grantor. Our menus are designed to provide  $\frac{1}{3}$  of the USRDA (United States Recommended Daily Allowance) and must be preapproved by Grant Specialist before publication. We receive a set amount of funding per person depending on the grant allocation received. We ask for a suggested \$3.00 donation from our Seniors over 60 years of age and a set donation of \$6.00 per person for those under 60 years of age. We will feed anyone under 60 years of age but it is not a suggested donation. We serve anywhere from 30-60 individuals under age 60. MOW program serves seniors age 60 and older and specifically targets those who are low income and frail. We have served home delivered meals to more than 372 different seniors since October 1, 2018. The majority of these seniors are 80-89 years old. More than half of the

homebound clients are living on incomes below the poverty level. At this time, we believe that the total per person cost to deliver Meals on Wheels is around \$10.00. We are currently reimbursed \$3.65 per person as a subsidy from our ADSD grant. The difference comes from private donations, public donations, fundraisers, and general funds, if available.

The benefits of the Meals on Wheels Program are far more than just a needed nutritious and delicious meal. The objective is providing support that will promote independence and allow a senior to remain in their own homes as long as possible. Preventing early or unnecessary admission to a nursing home is important. The reason is not merely to maintain a quality of life; it is also to help seniors avoid these costly expenses. The average cost of a nursing home stay is over \$80,000 annually, according to the Nevada State-Specific Data from the Genworth 2013 Cost of Care Survey. This amount is cost-prohibitive to most individuals and places a burden on the social services



budgets of local governments. Meeting the basic needs of nutrition and support of senior independence also benefits family members and caregivers.

The way in which WNP Life Center operates its Meals on Wheels Program in Fallon/Churchill County is absolutely amazing and very impressive. We have four (4) delivery routes, with one (1) driver for each, to service approximately 197 program participants daily (50 individuals per driver Monday through Friday). We take into account that this "meal" may be the main meal or the only meal a senior has for the day.

Each driver develops a rapport and friendship with the seniors they serve on a daily basis. With delivery of the daily meal, the Driver is trained to check for any changes in the normal environment or behavior of the senior. The driver becomes the senior's connection to the rest of the community, since many of them live alone and have no family members nearby that may regularly check on them. Drivers notify the office if a senior does not answer the door which may



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indicate potential problems. We follow up the notice to verify the senior is well and has not fallen or experienced other more serious issues. Employees become familiar with a senior's daily habits. They are able to observe behavioral changes that indicate possible health or medication issues, a decline in a senior's medical condition, signs of depression, and a senior's general hygiene and overall living conditions. Although the Driver does not have a lot of time at each residence, they are able to make eye contact and gauge the situation each day. In some cases, this has been crucial in saving a life.

This entire MOW program truly a remarkable program that works like clockwork, five days a week,

involving the kitchen staff preparing the meals that are packaged in a specially purchased carton by the kitchen staff and drivers, which is then sealed by a machine named Oliver. The cartons are transferred to wire baskets that fit in the truck compartments. The Drivers then load the baskets in their temperature controlled trucks, called "Hotshots" and they all hit the road by 9:30am and back in by 1:30pm. The MOW program participants receive a "hot and a cold" carton each day with a smile. They are all truly "the lifeline to the MOW participants".

The existing Meals on Wheels program is vital to many individuals in our community and would be a great hardship on them if it was not available. After adding up the years of experience and it totals 47 years of

providing this service of Meals on Wheels in Fallon/Churchill County we all need to be duly impressed and supportive.

If you know someone who needs Meals on Wheels and meets the criteria to qualify, have them give us a call to start the meals coming. Also, if you would to donate monthly, or become a future Benefactor, please call me and we can work out a plan for you. Your promise of support would be greatly appreciated and its tax deductible.

Congratulations to the Meals on Wheels program and its long time success, and all the individuals who make it happen and all of you who support it on a regular schedule. We so appreciate you all!

Respectfully submitted,  
Lisa Erquiaga, Executive Director

*William N. Pennington Life Center  
Coalition for Senior Citizens*

*952 South Maine Street | P.O. Box 1677  
Fallon, Nevada 89406*

*Phone: 775-423-7096 fax 775-423-9696*

*Website: [williamnpenningtonlifecenter.org](http://williamnpenningtonlifecenter.org) Email:  
[ccscdirector@cccomm.net](mailto:ccscdirector@cccomm.net)*














### *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.*





## March 2020 Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00am – 10:00am Exercise class  Flying Artist Painting Class Floral Watercolor W/ Judy Carlson	<b>3</b>  12:30pm Bingo  	<b>4</b> 9:00am – 10:00am Exercise Class <u>Flying Artists</u> 10am 12:30pm  12:30pm Arts and Crafts  6pm Bridge Club	<b>5</b> Blood Pressure Checks 10:30-12:00    Mexican Train Dominos 12:30pm	<b>6</b> 9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting
<b>9</b> 9:00am – 10:00am Exercise class  	<b>10</b> 12:30pm Bingo  NV Legal Services 9am-3pm (by appointment only)  	<b>11</b> <i>Birthday Lunch</i>  9:00am –10am Exercise class  <u>Flying Artists</u> 10am 12:30pm  12:30pm Arts and Crafts 6:00 Bridge Club	<b>12</b> Blood Pressure Checks 10:30-12:00    RPEN Meeting 10-12  Mexican Train Dominos 12:30pm	<b>13</b> 9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting  Care Chest 1 pm
<b>16</b> 9:00am – 10:00am Exercise class	<b>17</b> 12:30 Bingo  	<b>18</b> 9:00am – 10:00am Exercise class. <u>Flying Artists</u> 10am 12:30pm  12:30pm Arts and Crafts 6:00 Bridge Club	<b>19</b> Blood Pressure Checks 10:30-12:00    Mexican Train Dominos 12:30pm Vision Scope 10:30	<b>20</b> 9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting  Blind/Vision loss Support Goup 12:30pm
<b>23</b> 9:00am – 10:00am Exercise class  	<b>24</b> 12:30pm Bingo  	<b>25</b> 9:00am – 10:00am Exercise class <u>Flying Artists</u> 10am 12:30pm  12:30pm Arts and Crafts 6pm Bridge Club	<b>26</b> Senior Commodities 9:00-10:30 Blood Pressure Checks 10:30-12:00    Mexican Train Dominos 12:30pm	<b>27</b> 9:00am – 10:00am Exercise class  10:00 am Line Dancing 12:30pm  Crochet and <u>Knitting</u>
<b>30</b> 9:00am – 10:00am Exercise class	<b>31</b> 12:30pm Bingo  	<div><div>Crazy Hat Day March 10<sup>th</sup> Join us and wear your craziest hat to lunch!</div><div></div></div>		
<div>March 17<sup>th</sup>, remember to wear green for St. Patrick's Day!</div> <div></div>				



March Birthday  
Cake sponsor is  
the family of  
***Ardella  
Blumhagen***



According to WNP Life Center Programs Director Buster Pierce, Ardella Blumhagen was "...the face of the Senior Center for many years...". Ardella was a volunteer for at least 15 – 20 years and worked as a Receptionist, Cashier, greeted those visiting the Center, and she helped with special events and fundraisers. Buster shared that Ardella was "...the Welcome Wagon and made everyone feel comfortable." He misses her a lot as she "...was like a mother to [him]..giving advice and along with being Lisa's 'Fashion Patrol'."

Anita Lamb, Resource Navigator, spent time taking Ardella shopping and recalled Ardella always having a positive attitude. Anita shared that Ardella was always trying on all the hats in the store and never missing an opportunity to thank those she saw in uniform, at times chasing them down in the store to show her respect for them.

All who worked with her at the Center described Ardella has having a colorful personality, a kind heart, and a quick wit. "She was kind hearted, sweet, quick on her toes with jokes, and her smile made you feel like family. She was warm and welcoming which is greatly missed," shared Program Coordinator, Tiana Wilson.

"She is here on a daily basis. I still feel her." Lisa Erquiaga, Executive Director, shared. "There is not a day that goes by that collectively, the staff does not think about Ardella or mention her."



"I miss her lovely smile," WNP Volunteer Shirley said as she thought about her first friend in Fallon. Shirley described how Ardella orchestrated Shirley's first surprise birthday party in Fallon at the Depot where Ardella had invited all of Shirley's friends and gave her the biggest cake and ice cream! Ardella had invited Shirley to help her volunteer at the Senior Center where Ardella, "...gave [her] a hug every day."

Shirley shared that after Ardella's passing, she received a Facebook message from Ardella's Facebook account. The message was blank but Shirley felt Ardella had sent her a message from Heaven. "I loved her dearly," Shirley shared.

Ardella touched the lives of all who had the blessing of knowing her. She will forever be in our hearts.



### **Two Years in a Row!**

This picture features our 100% Kitchen Nutrition Staff at William N. Pennington Life Center. Recently our Kitchen Team actually received 100% on our State Health Inspection. This is a yearly visit our kitchen receives to make sure it remains fit for service. This is the second year in a row WNP Life Center Kitchen staff has received this status. We welcome everyone to stop by to say hi and try the excellent food that comes from this very well kept clean kitchen. We are very proud of this team and appreciate their hard work and their great work ethics. Pictured from left to right are: Cris McCart, Lead Nutrition Supervisor, Steve Zubieta, Kitchen Aide/Prep, Laureen Catron, Kitchen Aide/Soup Aficionado, and Robert Davis, Kitchen Aide/Dishwasher.





Do you have a special collection you would like to temporarily put on display? We have a locking glass display case in our lobby and would love to share your collection for all to see!



## 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

By April 1, 2020, every home will receive an invitation to participate in the 2020 Census.

[www.2020census.gov](http://www.2020census.gov)



ART Exploration Classes for Everyone, (all Mediums will be explored) at WNP Life Center. Classes Taught by featured "heART of the Oasis" group.

**March 16<sup>th</sup> –**

**"Alcohol Ink"**  
with

**Judy Carlson and  
Julie King**

\$5.00 per class, payable at beginning of class.



## - FREE - LIVING TRUST SEMINAR



Discover how to PROTECT your assets and PROVIDE for your loved ones

At this **FREE** seminar, you'll find out...

- ◇ The advantages of **Revocable Trusts & Irrevocable Trusts**
- ◇ What is the **Probate Process** and why you may want to avoid it
- ◇ How to **protect your estate** if you become incapacitated during your lifetime
- ◇ How to **disinherit family** members who contest your estate plan
- ◇ The benefit of **passing on your family values, wisdom and life stories** to your heirs
- ◇ How to **provide for special needs children and grandchildren**
- ◇ The best way to **maintain privacy** of your family's personal affairs
- ◇ The right way to **leave property to your children and protect it from their creditors & divorces**
- ◇ How to **keep your current trust updated**, if you already have one
- ◇ How to **strengthen your family's current estate plan** with advanced planning strategies

Attend a seminar and you'll be entitled to a FREE consultation with an AV-rated attorney (worth \$495\*)

**FREE SEMINAR-ONE DAY ONLY! REFRESHMENTS SERVED.**

**- FALLON -**

THURSDAY, MARCH 12TH  
2:00 - 4:00pm  
WILLIAM N PENNINGTON LIFE CENTER  
952 S Maine St

**EXCLUSIVE OFFER!**

**SEATING IS LIMITED SO CALL (775) 437-1411 NOW!**

(Call our 24-hour seminar reservation line. \*Based on fees through 12/31/2020)

The attorneys at Anderson, Dorn & Rader, Ltd have the experience that matters. We are northern Nevada's premier estate planning law firm and with 24 years of experience, we will be there when you need us. Our seminars on estate planning are said to be "informative, entertaining & easy to understand." We have prepared thousands of estate plans for both Nevada and California residents.



## Senior Commodity Distribution

**March 26, 2020  
9:30 am – 10:30 am**

Senior Commodity Distribution from Northern Nevada Food Bank Drive-thru pick up.  
William N. Pennington Life Center South parking lot (952 South Maine Street, Fallon, NV) **4<sup>th</sup> Thursday of each month.**

### Meet Our Volunteers

At the William N. Pennington (WNP) Life Center, our volunteers play a very big role and truly have an impact on the facility. We are grateful for all they do!



We have enjoyed having Don B. as a volunteer with the WNP life center over the past year. Don arrives every day with his chipper mood and spends the morning with fellow volunteers wrapping silverware for the daily 100 lunch guests and folding the laundry from the previous day. Don says the best part about being a volunteer is getting to know the people, helping others, and the staff. Don has volunteered in some form most of his life. A former donut shop owner and Dollar Tree manager, Don enjoys making others smile and helping others feel better with some light hearted friendly teasing. When Don is not spending time volunteering at the WNP Life Center, he is home with his pets, his dog Comet and cat Pennie, and working on his matchbook collection. Don has collected over 2000 matchbooks. He enjoys trading matchbooks within his matchbook club and receiving matchbooks from friends and acquaintances that think about him during their travels.

McDonald D. "Big Mac" has been volunteering with the WNP Life Center since its opening in July of 2017. Long before that, Mac volunteered his services at the former Fallon Senior Center and the V.A. where he used to drive the buses. Mac currently provides his services locally as an outreach driver. Mac also volunteers for the American Legion and is a lifetime member of the VFW having served in the U.S Airforce. Mac has lived a life of service to others as a Ski Patrolman, teaching young skiers to ski, and as a Captain for a Security company. Mac says he loves doing things for people. When he is not busy volunteering, he is spending time with his dog Heidi. Mac says he has enjoyed H.O. Railroad and fishing yet these days, he is, "...really happy working with Don..." while the two of them wrap silverware at the WNP Life Center. Mac also said he loves the building, the food, volunteering, taking pictures and, "...thinks a lot of Lisa and Buster."

### ***Interested in volunteering at the William N. Pennington Life Center?***

If you or someone that you know are interested in volunteering and spending time with us, see or call Tiana Wilson the Program Coordinator at (775) 423-7096 or you can email her at [information@cccomm.net](mailto:information@cccomm.net).





## ***What a Wonderful World***

By Melanie Keener

Now that we have started creating a monthly newsletter again, we felt it would be wonderful to feature a senior citizen each issue. This month's feature, our first since bringing the newsletter back last month, allowed me to get to know someone better and share her story with all of our readers. Having spent much of my life in Fallon, I have always enjoyed hearing "how it used to be." I think most of us who consider Fallon as our "home" miss how some things "used" to be and if you don't miss something, then you haven't lived here long enough.

I sat down with Frances Atkinson twice to ask her a list of questions I had prepared. Of course, I was excited to learn about Frances's life and knew there was much to learn about her, yet what I didn't know is that I would leave her interview with tears in my eyes and a warmth in my heart that only comes from someone truly touching your spirit.

The first meeting with Frances she was enthusiastic about sharing her life. Wearing a yellow visor and matching top, we sat down and she began sharing her journey. Fallon has been Frances's home for over 90 years as she was born in the Sheckler District. She recalled the Fallon Theater and her visits to see the Lone Ranger and Flash Gordon with her brother. There was a soda place that had a front window which was always filled with candy. For 10 cents, her and her brother could buy a bag of candy. Back then, they could buy three pieces of candy for a penny so they would stop and get their candy then go see the show for 25 cents each. The candy shop is now known as Don Julio's restaurant.

Oftentimes in our youth, we have an adult figure that may have touched our lives. I asked Frances who her mentor was growing up and she recalled the school counselor, Ann Gibbs Berlin. "Whatever it was, you could talk to her. She was great in that way," Frances said.

Fashion in today's world has both men and women wearing pants, and at time, skirts. This, of course, was not always accepted. Frances rode the school



bus each morning to school with a group of other girls all sharing a bus stop. It was cold outside in a dress so her and the other girls decided to wear pants one day to school. Girls were not allowed to wear pants to school so each of their parents were contacted to pick them up from school as they sat and waited together in the typing room. Frances said she never wore pants again to school. In fact, Frances remembers it was a big ta doo when a woman in Congress wore a pantsuit.

Frances was a freshman in high school when the airplanes first came to the Naval Base, which was big news that year. About a decade later, 1954, an earthquake rattled Fallon. She recalled being woken at 5:00 in the morning by the lead weights in the windows swaying back and forth and hitting the wood sill. Frances lived in a house on Maine Street across from the Old High School. The earthquake created a large impact in Fallon. Stores had fallen merchandise on the floors and large cracks separated Stillwater Road.

Married at 18 years old and having two sons, Frances also worked at the old hospital for eight years, beginning in 1973 until she opened her own business, a flower shop known as "Petal Pushers."

*Continued*



*Continued.*

Frances recalled a phone call from a gentleman asking if she still had Pedal Pushers in a size 18. Frances laughed and told me "Pedal Pushers, P-E-D-A-L," are called "Capris" nowadays. Frances was owner of Petal Pushers flower shop for 8 years, until 1989. She was also busy selling Avon for 15 years.

Frances was a part of the RSVP volunteer family, receiving a volunteer appreciate certificate on May 24, 1991. She said there were 25 volunteers at that time with RSVP and they were all "a little family" in Fallon. Frances was also the hospital auxiliary president from 2000-2001 and was instrumental in moving the gift shop to a larger area. A gift shop that for 15 years, she has made baby baskets "Rainbow Treasures" for. Frances has also made raffle baskets for Meals on Wheels here at the WNP Life Center, and she used to make a lot of Christmas decorations.

In December of 2012, Frances and her son Joe got to push the button to turn on the lights for the large Christmas tree in the center of Maine Street, at the annual Christmas tree lighting. Frances "...was thrilled to death..." for the opportunity to light the tree as one of her favorite memories as a child was the Christmas tree lighting on Maine Street.

I asked Frances if she had any pets at home. She chuckled and told me that she does have two cats that live with her, but they aren't hers. I learned the cats belong to the lady next door to Frances. The cats began visiting her and now have their own litter box in her home and sleep with her. Animals are a good judge of character.

Frances spoke of her father and the notable difference between him and her husband. It is pretty obvious that with each generation there tends to come a change in parenting. Frances said her Dad never showed any loving to the family as men weren't as able to show their feelings then. When her father pointed his finger, they knew they were in trouble. Frances described her late husband as a wonderful loving father. He was in the National Guard and later the Civil Service; their boys respected him.

I began to come to the end of our interview with only a couple more prewritten questions I had. I asked Frances what would benefit the senior community in Fallon. She piped up that C.A.R.T. was a godsend. Frances also thought a senior companion program with on-call availability would be beneficial along with personal shoppers at stores to assist or grocery delivery.

"What advice do you have for generations to come?" I asked her. "Peace in the world," she replied. Her oldest son was in the National Guard, beginning at the age of 17 ½ years old. He rose to the rank of Major and served for 30 years. "Kids are going overseas and it breaks my heart to see them go," she shared. Frances told me that when her and her friend Ginny eat out at the Cobblestone Corner and they see men and women in uniform, they pay for their ticket, which she "...hoped someone would have done for her Tom. Pay it forward."

Given the pleasure of a conversation with someone who has more years and wisdom than you, is quite a blessing and should never be taken for granted. I asked Frances if there was anything she wanted to share and she recalled singing with the Lahontan Valley Concert Choir beginning in April of about 1982 or 1983. She sang all of the time and loved it until about 2010 when she needed to be home more to care for her husband. Frances's favorite song is "What a Wonderful World." She told me to "read those words." I shared with her that I know the song and also love it. Frances then recited some of the lyrics, "*I see trees of green, red roses too, I see them bloom for me and you, And I say to myself, what a wonderful world. I see skies of blue and clouds of white, Bright sunny days...*" Frances told me, "That's my philosophy. If everyone treated everybody with love and grace, it would be a wonderful world."





# 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

Friday, March 13, 2020  
1:00 p.m.

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.

Call and set-up an appointment or come in on "**Walk-in Wednesday.**" We also do visits for those that are homebound.



- ✓ 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



**IRS Certified Volunteers Providing *FREE Tax Preparation***  
**Fallon Paiute-Shoshone Tribe, 565 Rio Vista Drive, Fallon, NV 89406**  
**Monday- Friday 9:00 am – 3:30 pm**  
**Appointment only: (775) 423-6075**



*IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding are appreciated.*



### 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



### ***Get Enough Fiber***

Fiber is found in fruits, vegetables, whole grains, nuts and legumes. Eating these foods will help to relieve constipation. However, increasing fiber in your diet should be done gradually and your fluid intake should also be increased.

#### ***10 easy ways to eat more fiber***

1. Eat oatmeal for breakfast or an evening snack.
2. Try a bran or whole grain cereal with dried fruit and nuts.
3. Enjoy a sandwich on whole grain bread or roll.
4. Switch from white rice to wild brown rice.
5. Include beans in your meals two to three times a week.
6. Add sunflower seeds, walnuts, or almonds to salads or enjoy a handful for a snack.
7. Substitute 100% whole-wheat flour for half of the flour in a recipe.
8. Choose whole fruit instead of juice.
9. Include the skin when cutting fruits into small, easy to eat bites.
10. Satisfy your sweet tooth with an apple, berries or kiwi.



### ***Fiber can help to...***

- Keep you regular
- Lower your cholesterol
- Control your blood glucose
- Manage weight
- Improve levels of healthy gut bacteria
- Keep you satisfied because you feel full longer
- Reduce the risk of certain diseases

### ***How much do you need?***

- Women age 50+ need 21 grams each day
- Men age 50+ need 30 grams each day
- Remember to add fiber to your diet gradually if you are working to increase your intake

Dietary fiber comes in two types: soluble and insoluble fiber. Soluble fiber dissolves in water and becomes gel-like, causing it to stick to bile, toxins and other debris and drag them from your body. Foods rich in this type of fiber include oatmeal, nuts, beans, apples, and blueberries.

Insoluble fiber attracts water like a sponge and acts to clean your intestines, increase intestinal motility and stimulate regular bowel movements. This is found in the seeds and skin of fruit (so always eat your peels) as well as whole-wheat bread and brown rice.



Stay Strong, Stay Healthy



## Banana Breakfast Bars

### *Ingredients*

- $\frac{3}{4}$  cup applesauce
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- $\frac{1}{2}$  teaspoon ground cinnamon
- 1  $\frac{1}{2}$  cups mashed ripe bananas
- 4 cups uncooked oatmeal
- $\frac{1}{2}$  cup dried fruit such as cranberries, raisins, or apricots
- $\frac{1}{2}$  cup chopped walnuts or pecans

### *Directions*

1. Preheat oven to 350°. Lightly coat a 9 x 13 baking pan with non-stick cooking spray.
2. In a large bowl, mix all the ingredients in the order listed.
3. Turn batter into prepared pan and bake 30 to 35 minutes. Cool completely. Cut into 12 bars.
4. Slip each Banana Breakfast Bar into a small plastic bag, seal and freeze.

Take out the night before for a ready to eat breakfast with an orange and glass of milk or container of yogurt, also good for an easy to pack snack.

One bar provides 4 grams of dietary fiber.