

March 2021

Volume 2, Issue 2

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER

Generations Joined!



March is National Nutrition Month

Dear Readers,

March is here and its National Nutrition Month all around our country. This is the month we need to concentrate on healthy eating and that our food choices provide a nutritious diet that will aid in you being happier, healthier, living longer, feeling good, and being stronger in both mind and body.

"Eating right with color" encourages individuals to vary their diet to take in good vitamins, minerals, and antioxidants in fruits and vegetables. A plant-based diet combined with lean meats, fish, poultry, and low-fat dairy products will create that rainbow of colors on your plate and will be your journey to healthful eating. Your plate should be half vegetables and half fruits.

The benefits of eating well will help you to obtain goals of are living longer and stronger; sharper mind; and feeling well. Age causes some sensory changes such as decline in sight, peripheral vision, loss of hearing, taste, and smell. Taste buds decrease in number to become less sensitive, affecting our sense of sweet and salty. Changes in smell are slight.

As we age, we use lean body mass. This can be counteracted by exercising to achieve a lower basal energy metabolism. The digestive tract produces less lactase, the enzyme needed to digest milk



causing lactose intolerance. Older adults can have some difficulty eating due to swallowing issues, dry mouth, and dental issues to name a few. Depending on what conditions you may have your appetite and nutritional status can be affected. Medication can be a factor also. This why it is important to monitor your health and pay attention to any signs you might need to see your primary doctor. We all know that its "better to be safe than sorry" when it come to dealing with our health.

The AMD (American Dietetic Association) says "anyone over 50 should take the following key nutrients: Calcium; Vitamin D; Vitamin B-12; Potassium; and fiber. Also, we are supposed to be drinking a certain amount of WATER daily to maintain our bodily functions. The current suggestion is to drink eight 8-ounce glasses daily. You can find this amount that is right just for your body weight and size on google or discuss with your healthcare provider. It is also important to limit your

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salt intake. You can really enjoy your food if you focus on fresh food. Another good way to keep learning about the food we eat is to "Read Food Labels." This information can be helpful in taking control of your own health and healthy eating can be interesting.

You can become healthy or continue to be healthy by watching your dietary intake daily, get adequate rest and sleep, and reduce stress levels and keep regular Dr. appointments.

If you are doing something special with your nutritional habits, please drop me a note either by email or mail to share. ccscdirector@cccomm.net or P.O. Box 1677.

Make sure you read this entire "Generations Joined" newsletter because Spring 2021 is just around the corner and we have some great things going to happen at WNP Life Center just for you!

Until next month,

LISA

Lisa Erquiaga, Executive Director



Please congratulate your staff and yourself for an informative, upbeat February newsletter. It is a joy to read positive thoughts and learn about online instructional opportunities available to us all during these sometimes discouraging days. Can't wait for the Center "re-opening" the opportunity to get my fingers in the gardening dirt which Anita has so knowledgeably prepared and nurtured.

Best to all,

Jacquie Belmont



William N. Pennington Life Center

952 South Maine Street

P.O. Box 1677

Fallon, Nevada 89406

Office (775) 423-7096

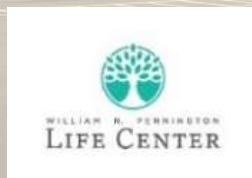
Fax (775) 423-9696

Website: williamnpenningtonlifecenter.org

Email: ccscdirector@cccomm.net

Mission Statement

To develop, coordinate and deliver a comprehensive net of supportive services for the William N. Pennington Life Center/Coalition for Senior Citizens program participants; including services designed 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 continued independence.



It's MORE THAN A MEAL!!

By Lisa Erquiaga, Executive Director



“March for Meals” month has begun, here in Fallon, Nevada. Did you know that Fallon area seniors have been receiving Meals on Wheels nutrition program since 1973? Allow me just a moment to fill in a few minor details of this longstanding program and to give credit where credit is due. It was begun with a designated \$1000 from the Hazel Romines Estate in 1973 with for the sole purpose of providing hot meals to the elderly. The Soroptimist International of Fallon assumed sponsorship and found a permanent home to the program at 310 East Court which was the Churchill County Senior Center beginning. The nonprofit corporation of Coalition for Senior Citizens was formed in 1991 and operated there for approximately 45 years. In June of 2017, we moved our operations to the William N. Pennington Life Center, a brand-new location and name at 952 S. Maine Street consisting of 16,000 square feet. WNP Life Center became a Meals on Wheels America national organization dues paying member in January 2019.

In March 1972, President Nixon signed the measure in the Older Americans Act (OAA) that established the Meals on Wheels program throughout the nation. This was nearly 50 years ago. The Older Americans Act (OAA) is and has been a primary piece of federal legislation supporting the social and nutritional needs of age 60 and older adults. The Meals on Wheels America (MOW Nutrition Program), our national organization has been hosting this ***“March for Meals”*** event for the last 19 years. You will notice that the Fallon program was quickly established within the year after the measure was signed. And it is still going strong, but not with the watchful eye of our national supporters and all those involved. The Older Americans Act (OAA) Nutrition Program is the only federally supported program designed specifically to meet the nutritional and local need of seniors.

The funding sources for our local nutrition program we operate here at WNP Life Center come from various programs based on the needs and resources of the community, and are a combination of Federal, State, Local and private dollars, including donations. We receive our funding through the Nevada State Aging and Disability Division, which receives from federal government. If our budget runs over the federal/state monies received, we must rely on our general fund to fill in the holes. We are under the state regulations and have criteria that we must follow in order to properly provide a nutrition program to our senior population first and foremost. We receive a health department visit yearly to make sure our program is up to the standards put forth.

We would love to be planning a big month of events for this occasion of ***“March for Meals”*** but due to COVID-19 we are not able to celebrate as we would like too. Maybe next year we can all be involved in a ***“March for Meals”*** blow out event! But for now, we have a few activities that our community will be able to take part in as the month progresses. We hope to see you or hear from you. Remember all activities will be under CDC guidelines for COVID-19 to participate. And we will be practicing social distancing for all our activities including the wearing of a mask. We appreciate your participation and cooperation in advance! See event schedule below. These are a few of the fun events we have planned at the time of our newspaper deadline. Any NEW activities added after today will be on our website for your information.

“March for Meals” Champion Week is March 22-26

Please join any or all of our activities. You can be a Champion too!

Schedule of events for “March for Meals” Awareness Celebrations

March 22-10:00am Kick off for “March for Meals” and receipt/unveiling of the Mayor’s Proclamation plaque. Overview of upcoming week of activities on ZOOM Call. A history of our local Meals on Wheels program and its longevity.

March 22- Fundraising Letters going out in mail. Take this opportunity to support the Meals on Wheels nutrition program at William N. Pennington Life Center by donating in various forms. Call Lisa at 423-7096 if you would like to get a donation packet.

March 23-1:30pm Let’s all “MARCH for MEALS” Rally March. Will be on FACEBOOK LIVE as we all gather to walk around our building. Meet at WNP Life Center 1:15pm to sign up.

March 24-1:30-2:45pm Live ZOOM Call featuring our Healthy Aging Program. A peek into our Gardening project, our “Seniors Eating Well” cooking class, and an introduction to our latest exercise class, Bingocize. Hang out with Anita and Mercedeis to learn about these programs.

March 25 -Distribute “March for Meals 2021” awareness cards to our Seniors in MOW nutrition program and drive-thru Congregate lunch. Program awareness cards made by Numa 4th and 5th grade students.

March 26-10:00am Guided Imagery for Relaxation by Lisa (ZOOM Call) Start the coming weekend out with a smooth transition.

ALL ZOOM Calls will be arranged prior to the date and time they are scheduled. You can do this by calling 423-7096, ask WNP staff to sign up. Need your name and email on a list to be notified. Please let us know if there are any technical issues immediately.



'Why You Matter' Project is Back in Action!

Jaime Shafer, a Churchill County high school art teacher, began the "Why You Matter" program in Churchill County back in 2019 and continued through 2020. Some of you may remember this while we were open prior to the COVID lockdown last March. This program provided members of the community the opportunity to have their picture taken and provide a statement on how they make a difference. This is a national program that Jaime is continuing this year.

For those that are interested in making "Positive Intention Flags," Jaime said the program is distributing 6 x 6-inch canvas flags to the community. "We invite participants to be creative and promote positivity by drawing, painting or writing a positive message on the flags." Jaime is hoping to display the flags in the community beginning this month.

For those seniors who are interested in participating, they will be receiving a kit which contains two markers, a flag and an instruction sheet. Kits can be obtained here at the WNP Life Center during the curb-side lunch service Monday through Friday from 11:30 am - 12:30 pm. For seniors within our Meals on Wheels (M.O.W.) program, these kits can be requested and delivered when receiving the M.O.W. lunch daily. To ensure we obtain an accurate count of how many kits are needed, please call us at 775-423-7096 to reserve your kit.

When our doors are open again to the public, WNP will be displaying the "Positive Intention Flags."

#WhyYouMatter





Congratulations to Mac M. for being our February picture menu game winner!



Challenge Accepted!

Our Programs Manager, Buster Pierce, has accepted our challenge! Buster is now in rebellion until our doors here at William N. Pennington Life Center are open to the public!

Below are current pictures of his hair, which grows incredibly fast!





GNOMENEWS

from the Garden Goddess, Anita Lamb

I thought I would share a little about the new Harveks Garden Towers and Cubes and its founder, Austin Lott.

Austin's company is dedicated to helping people gain knowledge and experience, and strives to help provide a way for all people who wish to grow their own food in their own space. His goal is to open up food-growing possibilities for everyone, no matter what kind of living space they have.

Austin, being raised on a number of farms and ranches, was taught to provide as much food as possible, not only for his family but also for others who did not have the ability. The farming and gardening instinct runs deep in his family. Austin's desire is for everyone, in every circumstance to be able to provide some food for themselves and their families.

The idea started when Austin lived in American Falls, Idaho over 15 years ago. The first Harveks Planter was built on a fence out of old wood boards, with 10 growing spaces, and after growing over 189 lbs of red potatoes in 4 foot wide, 6 foot tall, and 8 inches deep, he knew his idea had the potential to help people with the desire for home-grown food, with limited space.

According to Mother Earth News, in 1971 39% of households (25 million) grew some of their own vegetables. In 1981, 47% (38 million) households grew some of their own vegetables. The reason for the increase was that in 1981 the interest rates were at 20% and the nation was in a deep recession. This tells us that when times get tough, people supplement their food supply by growing their own produce, and Harveks Planters can help with that. Urban Farming is becoming a real thing, and Harveks company is dedicated to providing all people the opportunity to take responsibility for their own health and nutrition, and together with us here at the William Pennington Life Center we are excited to do our part.

Sign up to come and garden with us.



*From left to right –
Austin Lott, Lisa Erquiaga, Buster Pierce*



Why not make
Coalition for Senior Citizens
your Charitable choice for donations from your Amazon
shopping? It's easy to do and much appreciated by us.



You shop. **Amazon gives.**

Amazon donates 0.5% of the price of your eligible **AmazonSmile** purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organization by starting your shopping at **smile.amazon.com**

**You can help u out!
Do you shop AMAZON?
If you do you could be supporting
Coalition for Senior Citizens/
William N. Pennington Life Center with each order you
place. It's easy to sign up with your favorite charity, Us!
Any questions on how to implement call Lisa
423-7096**





**Lunches served
weekdays at the WNP
Life Center!
(excluding holidays)
Monday – Friday
11:30 a.m. until 12:30
p.m.**

*Under 60? Want a tasty lunch
without leaving your vehicle?*

Come join us!

*Cost for under 60 years old is \$6.
60 years and over? Suggested
donation of \$3.*

Each week a picture menu lunch
game sheet is provided with clues
to the following week's lunch.
Those who participate each week
will be entered into the monthly
drawing for a prize.

All lunches will be provided with
the usual love and care of the
kitchen and will be delicious!

Thank you.



The William N. Pennington
Life Center can now accept
electronic donations via
PayPal!

Visit our website at
williamnpenningtonlifecenter.
org

Interested in setting up a
monthly donation?
Now you can with the ease
of PayPal.



LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?



Bingo + Exercise = Bingocize

BINGOCIXE is a 10-week health promotion program that combines the game of
bingo with fall prevention exercise. Join us in playing bingo and meeting new
people while learning about techniques to reduce falls and win prizes.

JOINING THE FUN SIGN UP NOW!

WHEN: Beginning in March every Tuesday and Thursday

Time: 2PM-3PM

HOW: Play from home via zoom

Contact Mercedes Rodriguez to sign up.

caregivercoordinator@cccomm.net

or

775-423-7096



Free virtual online class

Eating Smart-Being Active

Learn how to eat healthier.

Sign up to join us in this 8-week journey to better health. We
will discuss ways to save money while shopping and how to
plan and prepare meals. We will also learn about simple ways
to stay active. Connect and receive support from others who
are working towards better health!

- Cooking Demos
- Recipe ideas
- Resources and Support



Beginning in March sign up NOW!

For more information contact

Mercedes Rodriguez to be put on the interest list.

caregivercoordinator@cccomm.net

775-423-7096



Check out our YouTube channel to see our current programs!

<https://www.youtube.com/channel/UC51GiCtWba8qPxJDAprgQZA>



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

Seniors Eating Well

Want to take better care of your health?

Enroll in a ten-week nutrition and wellness education program with food demonstrations, handouts, and more!

Open to adults, 60 years and older.

Participants will learn:

- How to choose healthy foods
- How to prepare healthy meals
- Health promoting behaviors
- Chronic disease prevention

To sign up, contact us!
Email: heathyaginginfo@unr.edu
Phone: 702-948-5916

Health & Nutrition

VIRTUAL MORNING CLASSES 10 – 11

March 10 | March 17

VIRTUAL AFTERNOON CLASSES 2 – 3 p.m.

March 10 | March 17

Zoom assistance will be provided after registration is completed.

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider.





NEVADA GERIATRIC EDUCATION CENTER

EDUCATE YOURSELF, SUPPORT OTHERS

Learn about changes that may occur with aging to empower yourself and support others



FREE COMMUNITY TRAINING

Topic #1: Nutritional Supplements: Friend or Foe?

Topic #2: Caregiving is Hard. Social Isolation Can Make it Even Harder.

In 2020:

Tuesday, Sept. 29 - 2 to 4:15 p.m.

Monday, Nov. 16 - 2 to 4:15 p.m.

In 2021:

Tuesday, Jan. 26 - 9 to 11:15 a.m.

Monday, March 15 - 9 to 11:15 a.m.

Sessions are held via Zoom Video Conferencing, provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center (AHEC).

You can use your laptop, desktop computer, tablet or phone to participate.

Instructions for the Zoom meeting will be sent via email after your registration is processed.

This program is funded in partnership with Nevada Aging and Disability Services Division. The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

You may register one of four ways: 1) complete the registration form, scan and email; 2) type your registration responses into an email; 3) call with your registration information; 4) complete your registration online.

To register or for more information, contact Dolores M. Ward Cox

By email: dmwardcox@unr.edu | By phone: (775) 313-1469 | Online: <https://bit.ly/3iOYnBX>



University of Nevada, Reno
School of Medicine
Sanford Center for Aging



FIND US ON FACEBOOK
@UNRSCA

med.unr.edu/aging/ngec
(775) 784-4774
sanford@unr.edu



Senior Commodities?

YES!

Senior Commodities will be on the **4th Thursday of each month** from **9:30 am – 10:30 am** here at the WNP Life Center, south parking area. CSFP through Food Bank of Northern Nevada

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>

Produce on Wheels *fresh produce for seniors*

Join the Food Bank of Northern Nevada for
FREE produce distributions twice every month!



First and second Thursday of each month, 9:30 AM – 11 AM.
Call us for additional information. WNP Life Center
775-423-7096



NEW program opportunity for Fallon/Churchill County residents. Located in Stillwater on Tribal land, this program is available to ALL monthly.

Rural Areas Mobile Harvest provides fresh, nutritious foods to everyone on a monthly basis.

2nd Tuesday of each month ~ 12:30 – 1:30

NO age requirement

Community Learning Center
Fallon Paiute-Shoshone Tribe
8955 Mission Road, Fallon

Pay close attention to signs and the staff directing traffic. Stay in your vehicle.

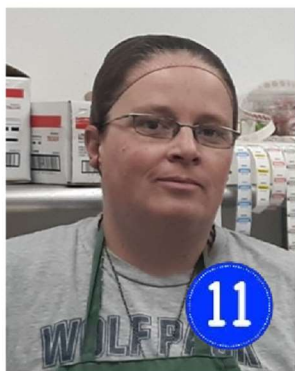
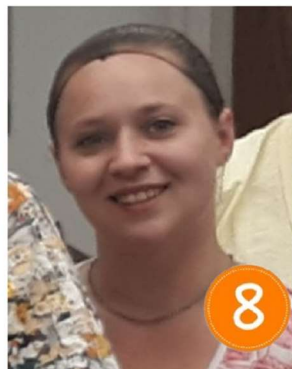
*** For full schedule of all Food Bank Northern Nevada food programs see their website www.FBNN.org or call them at **775-331-3663****

Meet our TEAM here at WNP Life Center!

Next month we will put a baby picture of each team member within the newsletter (April). Take a guess whose baby picture is whose and receive entry into our monthly drawing!



Look closely, each picture has a corresponding number. You will match this number with a baby picture, found in next month's newsletter.





My name is Mercedes and I am the Caregiver Coordinator at the William N. Pennington Life Center. My program allows me to work with individual families, friends and caregivers of their loved ones with Dementia and Alzheimer's. I am excited I have this opportunity to share the many resources available, provide informational sessions, respite options, facilitate educational workshops and support groups, and to meet everyone who might need this program to gain skills for family caregiving success.



Mercedes Rodriguez
Caregiver Coordinator
(775) 423-7096
caregivercoordinator@cccomm.net



Hello, it's Mercedes again! Beginning in April, I will be the "Healthy Aging" Coordinator under the "Healthy Aging Grant." Since March is National Nutrition Month, we are sharing a bit of what is to come under this program.

Healthy Eating for Older Adults

Breakfast



- 1/2 Whole wheat bagel
- 2 tablespoons creamy peanut butter
- 1 medium banana
- Coffee
- 1/4 cup milk
- 2 teaspoons sugar

Lunch

Tuna Salad Sandwich

- 2 slices 100% whole wheat bread
- 2 ounces canned tuna
- 2 teaspoons mayonnaise
- 2 tablespoons chopped celery
- 1 medium leaf lettuce
- 4 baby carrots
- 1/4 cup raisins
- 1 cup low fat milk



Dinner

Spaghetti & meatballs

- 1 cup cooked spaghetti
- 1/4 cup spaghetti sauce
- 1/4 cup diced tomatoes (canned, no salt added)
- 3 medium meatballs
- 1 tablespoon parmesan cheese



Garden salad

- 1 cup mixed greens
- 3 slices cucumber
- 1/4 cup cubed avocado
- 1/4 cup garbanzo beans (canned, low sodium)
- 3 tablespoons shredded, reduced-fat cheddar cheese
- 1 tablespoon ranch dressing
- 1 cup tap water

Snack

1/2 medium apple
Fat-free strawberry yogurt (8 ounces)

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!

DIAL 2-1-1 or 1-866-535-5654

TEXT your zip code to 898211

VISIT www.nevada211.org

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

Services available:

Geriatrics assessment*
Social work
Dementia screening and care
Psychiatry
Primary care

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.

*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.



Here at Caring.com, we offer free expert help to families coping with the many challenges of caring for an aging loved one. Caring.com helps those caring for seniors make better decisions, while saving time and money. We have helped millions of families nationwide select the right senior care products and services for their loved ones.



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

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
March 2021



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 we are contacted. No one is ever put on a waiting list.



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

Our Mission

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

*Located at the
WNP Life
Center.
Call for more
information.
(775) 423-7096*



**CARE Chest
of Sierra Nevada**

MEDICAL RESOURCES FOR NEVADANS IN NEED

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

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!

This program is currently not operational due to the COVID-19 closure.



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



Dial-a-Ride Transportation

To plan your C.A.R.T. ride, just call our friendly dispatchers at **(775) 428-2988** Monday through Friday between the hours of 9:00 a.m. and 3:00 p.m. to set a ride.



***There are no
appointment
openings in Fallon
during Covid-19
closure. Contact
the Reno office
for assistance.***

RENO OFFICE
Serving all
counties in
Northern Nevada
Phone:
(775) 284-3491
Toll Free:
(800) 323-8666



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.



Introducing It Starts with Hello Virtual Gathering.

You are invited to join us every Tuesday and Thursday at noon.

Sometimes enhancing your life as well as the lives of others is as simple as saying "hello." The HELLO Project provides you with the opportunity to do just that. It's a commitment-free act of kindness for yourself and others that will keep you informed, help you find answers, and help you engage in a community of encouragement.

Visit HelloStartsNow.org and click on Podcasts & Blogs for more information on how to access the Zoom virtual gathering

You can also join by calling 1-669-900-6833 (*Toll charges may apply*).

Have you got some "hello" in you?



Hellostartsnow.org

©The HELLO Project



SISConnect Kindle Fire 8" Tablet

Seniors in Service has a new program made possible with funding through the State of Nevada Aging and Disability Services Division and collaborative efforts with the Sanford Center for Aging at UNR and the Nevada CAN/NEST Collaborative.

"The main purpose of this program is to make sure seniors have access to socialization and that they can access doctors appointments virtually and they can order goods and services to their home," said SISconnect Program Coordinator, Hannah Sweeney.

If you are selected to receive one of the Kindle Fire 8" tablets, we will provide you with some instructions and basic assistance on setting up your email (if needed), Facebook, Facebook Messenger and Zoom. Additional resource information will be given to you as well.

For an application and additional information contact Hannah Sweeney, Program Coordinator at (775) 358-2768 or via email at Hannah@seniorsinservicenevada.org



Please visit this website that will provide detailed resource information for family and friends who are looking for senior living/care options to maintain their independence and quality of life options pertaining to Nevada.

<https://www.seniorhousingnet.com/seniors/senior-living-us/nevada>



Would you like our monthly newsletter sent to your email?

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





Healthy LIVING while aging!



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources



March 2021

Healthy aging newsletter

Volume 2, Issue 3

Let's Make Every Bite Count

By Aurora M. Buffington, Ph.D.,
Registered Dietitian

Aurora Buffington is an assistant professor and public health nutrition specialist at University of Nevada, Reno Extension, a unit of the University's College of Agriculture, Biotechnology & Natural Resources.

As I've gotten older, I have placed a greater value on the contribution that lifestyle makes to health because I want to live a happy, long and comfortable life. I enjoy moving my body in ways that it lets me, and I love everything about food.

Knowing this, you can imagine how sad it makes me to think that my calorie needs will decrease as I age, yet it is befuddling that my nutrient needs will become greater. *How can I possibly get more nutrients in less food?* I will need to be intentional about choosing *nutrient-dense* foods and beverages, meaning those packed with beneficial nutrients relative to their content of calories and have less nutrients that are harmful in excess, such as saturated fat and cholesterol.

As I get older, I need to ensure I consume foods and beverages containing nutrients of concern. While we all need more of the nutrients that most US Americans do not get enough regardless of age, including calcium, vitamin D, potassium, and dietary fiber, as we get older, the need for other nutrients such as protein, vitamin B12, and fluids becomes more significant too.

- **Protein:** getting enough will help reduce the loss of muscle mass that comes with aging. Imagine pairing that with muscle-strengthening exercises – now we are talking about a dynamic duo to help preserve our precious muscle mass!
- **Vitamin B12:** the leading cause for its deficiency is age because it can be hard to absorb due to medications or gastrointestinal issues. Consuming enough animal protein (beef, liver, chicken, and seafood) may help and so may dairy foods such as low-fat milk, yogurt and cheese, eggs, and fortified cereals.
- **Fluids:** a concern because with age, trips to the bathroom become more frequent and inconvenient. Plus, the thirst mechanism gets weaker, so elders may not drink enough fluid. Water circulating in the body with enough fluids to make urine the color of pale lemonade. Besides water, fluid intake can come from foods with high water content, such as soups and broths, fresh fruits and vegetables, and nutritious beverages such as low-fat milk or 100% juice.

As you can see, it is vital to make every bite count, especially as we get older. You can do it with these four guidelines:

1. Follow a healthy dietary pattern such as **MyPlate**.
2. Honor your preferences, traditions, and budget - and medical conditions!
3. Focus on *nutrient-dense* foods and beverages.
4. Limit alcohol and foods high in sodium, added sugars, and fats.

You can learn more with the newly released Dietary guidelines at www.dietaryguidelines.gov. *If you have a chronic condition better managed with dietary modifications, consult with a registered dietitian to come up with a tailored meal plan that follows these guidelines.*

For more information about Healthy Aging education or resources, please visit our website:
extension.unr.edu and search "Healthy Aging" or contact Dakota at 702-948-5916.



Green Spring Fruits and Vegetables!

Asparagus	Green Onions
Avocados	Kale
Broccoli	Kiwifruit
Cabbage	Lettuce
Celery	Limes
Collard Greens	Peas
Green Apples	Spinach

[Seasonal Produce Guide](#) | [SNAP-Ed \(usda.gov\)](#)



What's on your plate?

Explore different fruits and vegetables throughout the year. Remember, fresh, frozen, canned, and dried: it all counts toward your MyPlate goals!

[MyPlate](#) | U.S. Department of Agriculture

St. Patrick's Day – go for the GOLD!



Bingocize®

Join the Healthy Aging team for interactive and entertaining free games of Bingocize®. You are a click away from receiving fun giveaways, engaging weekly with others and adding more movement into your day. All you need is a laptop, smart phone or tablet to join.

For more information or to sign up today, contact Dakota Clarke at healthyaginginfo@unr.edu, or call 702-948-5916.

Exercise During COVID-19

With the COVID-19 pandemic (global outbreak), it is important to maintain a safe distance and other precautions when exercising. However, it is important to continue to exercise and be physically active. Learn more at www.coronavirus.gov. Use these tips to stay active while following the safety guidelines to protect yourself and others during the COVID-19 pandemic.

Greek Yogurt Oatmeal

Oats were a staple food of the Irish throughout history. For a hearty and nutritious oat breakfast try this recipe; it makes every bite count and is a good combination of fiber, protein and dairy.

Ingredients:

- ½ cup old fashioned oats
- ½ banana, sliced (optional)
- pinch of sea salt
- 1 ¼ cups water, milk, or a blend of both
- ½ teaspoon cinnamon
- ½ teaspoon vanilla (optional)
- ¼ cup Greek yogurt + more if you'd like

Directions:

1. Add oats, banana slices and sea salt to a pot. Add water/milk and stir to combine. Add cinnamon and vanilla, if using. Heat over medium-high heat for 8-10 minutes or until all the liquid has been absorbed. Be sure to stir the oats several times while cooking to make sure the banana slices melt into the oats. The oatmeal is done when all the liquid is absorbed, and the oats are thick and fluffy.
2. Remove the oat mixture from the heat and stir in Greek yogurt. Start with ¼ cup and add more if you would like. Transfer the oat mixture to a bowl and top with your favorite oatmeal toppings. Use banana slices, blueberries, granola, or peanut butter as suggested toppings.
3. Instead of using the banana for adding sweetness, you could add other natural sweeteners.
Some options: maple syrup, honey, coconut sugar or even stevia.

Greek Yogurt Recipes for Every Meal of the Day: <http://bit.ly/3adOfRS>





CELEBRATE THE 2021 MARCH FOR MEALS WITH US!

On March 22, 1972, President Richard Nixon signed into law a measure that amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For nearly 50 years, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, *you* can ensure the seniors in your neighborhood can live more healthy, happy and independent lives at home, where they want to be.

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

compassionate

donations

healthy

dedicated

independent

national

deliver

meals

volunteers

lifeline

nutritious

happy

community

seniors

homebound