

August 2020

Volume I, Issue 7

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Greetings >>>

Hello Everyone,

It's that time once again for another newsletter which means that another month has just been completed! I sure hope you all enjoyed it because from our perspective from WNP Life Center is that it went extremely fast. Whenever someone figures it out to make time slow down, please share!

Right now as we are all continuing to live, practicing staying safe, and social distancing according to Covid-19 there are many things to think, ponder as we have a little more time while we are staying home more. I have a few suggestions for you to try at your leisure. Take care of yourself, first; reach out to old friends via email or by writing them a letter and sending by snail mail; stay active by stretching and/or exercising at least 3 days a week; go through your recipe box and fix an old family favorite from a great grandmother; binge a series of your favorite "I Love Lucy"

shows; start a family history project; take on a new hobby or craft project that you have never done, search on YouTube; make your favorite kind of ice cream; write a list of what makes you happy; make a playlist of your favorite music; learn the art and practice daily meditation; spoil your dog, go through old photos you have in a box and assemble in an album; take a walk; go for a drive without a destination; change your furniture around, sit in your backyard and count the birds you see in an hour; and last but not least, write a list of things you love about yourself - a long one.

With that list above you should be busy for the next month, until the next newsletter! I really encourage everyone reading this article to take the time to check on yourself in this time of social distancing that will continue awhile longer. If you feel you need someone to talk to or you are in despair, call a Crisis Line or make an appointment with a counselor to work through it if

this this necessary. Most of us have someone close to us who we can confide in, even if we have to do it by text or on the computer. Keeping our minds busy, occupied and finding happiness is our job right now in these times not knowing how long we will be living like this with COVID-19. If you would like to be involved in our new "Buddy Calls" program to be matched up with a phone pal, please call Mercedes here at WNP Life Center to sign up.

Another thing that will help our current outlook on our lives is to be polite and nice to everyone you come in contact with. The old saying of "You can get more from someone with honey, than you can with vinegar!" This is so true. In this time of being hampered from our usual "Normal" routines it would be wonderful to be treated kindly and with respect by everyone you meet. I know you agree, but sometimes it takes a little more effort and patience to find this virtue in our hearts,

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but we can do it! I challenge you to try it for the next month of August and then report back to me what you were successful with...Honey or Vinegar?

Until next month, please stay home, stay safe and take care of YOU. Enjoy August, I can't wait to hear any changes you have made in your routines, schedules and daily activities over the next month!

Lisa Erquiaga, Executive Director



WILLIAM N. PENNINGTON
LIFE CENTER

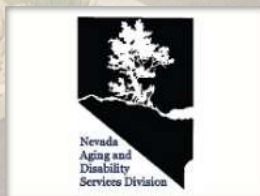
William N. Pennington Life Center
952 South Maine Street
PO Box 1677

Fallon, Nevada 89406

Office: (775) 423-7096 / Fax: (775) 423-9696

Mission Statement

To develop, coordinate and deliver a comprehensive 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.





Donation Received for NEW Meals on Wheels Delivery Vehicle

On July 11, 2020, William N. Pennington Life Center received two checks from the Fallon Fraternal Order of Eagles and the Nevada State Fraternal Order of Eagles for a total amount of \$2,230.00. Their club is donating this money to the "Meals on Wheels Delivery Truck Fundraiser" that is currently going on at WNP Life Center. William N. Pennington Life Center is so grateful and appreciative to the Eagles for their generous donation. We are halfway to our goal to obtain this very important vehicle to be able to continue to serve our community members who rely on a daily meal and a well-check from one of our four competent drivers. Our Meals on Wheels in Fallon, Nevada program delivered over 55,000 meals in the last grant year. Our existing fleet ranges from a 1999 Ford Ranger to our newest Ford 2018 from an ADSD grant. The other three are aged in the middle of those years. We do know for a fact, that all of our vehicles are well used, five days a week by delivering approximately 230 meals each day. Please consider making a donation to our Truck Fundraiser if you can.



Pictured accepting this generous donation, (left to right) is Lisa Erquiaga, WNP Executive Director; Norma Naylor, Eagles Club Representative; and Buster Pierce, WNP Senior Programs Director.

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.





Buddy Calls Program

If COVID-19 has affected you like so many others staying home, social distancing, and missing socializing with your friends and families? If this is true and you would like a solution, we have one to offer. Would you be willing to participate in "Buddy Calls"? This program will promote socialization and combat isolation by encouraging individuals to call each other on a regular basis to chat or just once in a while to brighten someone's day to say hello. These phone calls would be mutually agreed upon and you would sign a permission slip to participate and request type of calls you prefer.



Please call Mercedes at WNP Life Center at 423-7096 to sign up for the program. We will get you the said permission slip as soon as possible by mail and then you will receive your "Buddy Call" contact. This program will begin as soon as two people are matched up. We hope you will take advantage of this fun opportunity.



"How do you send text messages?"



Christmas In July from Fallon Rotary Club



WNP Life Center has once again been visited by the wonderful Fallon Rotary Club who came bearing gifts for "Christmas In July". They are a few months early so Santa was not available to accompany them. We look forward to seeing him and his Rotary Club Elves in December when they visit us again.

The items we have been blessed with include toilet paper, paper towels, toothbrushes, toothpaste, adult size diapers, can goods of a wide variety, and many other household use items. The recipients of these graciously donated items will be our Meals on Wheels Program participants and anyone else who self-declares they need assistance.

We sincerely thank all of the Fallon Rotary Members who took the time to donate all of these articles that we all tend to take for granted. Some of them are passed over most of the time because when you go to the grocery store something else is more of a priority and not always on affordable on a limited budget.

So, the next time you see a Rotary function happening around town be sure to acknowledge the Club member or support the function. They do good things for our community! Fallon Rotary Members we appreciate YOU ALL for "Christmas in July" for our WNP Life Center Meals on Wheels program. See you in December!



**Lunches served weekdays at the WNP Life Center!
(excluding holidays)
Monday – Friday
11:00 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.*



*Stay in your vehicle under the portico at WNP and
receive your lunch!*

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



Wheelchair
FOUNDATION
NEVADA CHAPTER

**The Wheelchair
Foundation Nevada
Chapter is back in
business for the year
2020!!!**

Giving FREE wheelchairs to our Nevada residents that can't afford one and for permanent use. We just received over 300 new wheelchairs in its box for Southern Nevada and 600 more expected within the following months Statewide. Our goal for the next 5 years is 10,000 – 15,000 wheelchairs will be distributed.

The Wheelchair Foundation Nevada Chapter is leading an effort to deliver a wheelchair to every man, woman, and child that have the need of a wheelchair but may not have the resources to acquire one. For those individuals, a wheelchair offers freedom, self-reliance, mobility and hope.

As we welcome 2020 and a new decade, it remains that between 7,000 and 10,000 Nevada citizens are deprived of mobility because of numerous reasons. The wheelchairs they need simply to get across the street – or across the room – are out of reach financially. The Wheelchair Foundation, Nevada Chapter, believes that these people deserve the independence and dignity that comes with owning a wheelchair.

Please contact us whether through email or phone if you have any questions.

**916 WEST OWENS AVE
LAS VEGAS, NV 89106
WWW.NEVADAWHEELCHAIRFOUNDATION.ORG
Telephone (702) 847-6250**



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, **August 27th**.

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>

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

Plant an Herb Garden and Win a Prize

The William N. Pennington Life Center will be doing a competition with all of our seniors, we will be handing out supplies to grow your own herbs, thirty days after you plant your herbs, show us a picture of them via email ccscdirector@cccomm.net or with your phone. The contestant that has the three biggest herb plants will receive a prize. Please give us a call at 775-423-7096 to sign up for the contest. Supplies are here!

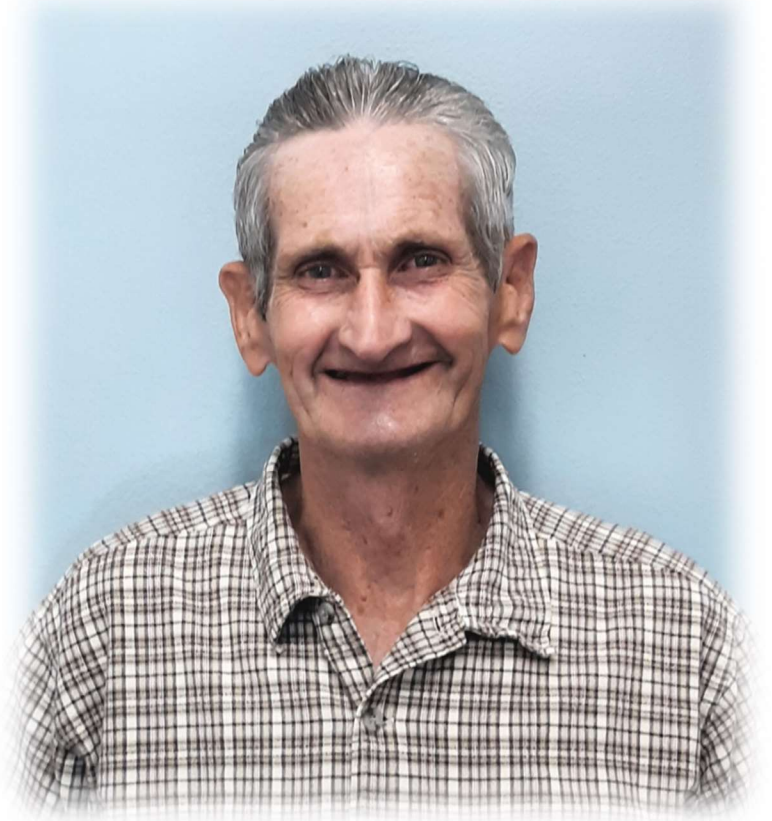
*Would you like to have the
monthly newsletter sent to
your email?*

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



"Employee Spotlight"

My name is William Brown and I am a driver for Meals on Wheels here at the William N. Pennington Life Center. I am retired Airforce with 20 years of service, and I love working on aircrafts. I am also a family man and my wife will always be in my heart. I love my children dearly and I also love helping people and friends.



Bill is a "WILDCARD" on our team! We never know what he is gonna say or do. His quick wit is what makes him Bill. Also, his speedy demeanor for delivery sometimes catches up with him! Everyone loves Bill and we are very lucky and happy he is part of the WNP team.

- Lisa Erquiaga
Executive Director

Bill has been with the Center for 4 ½ years and is a great team member! He takes good care of his clients and they love him. He also helps many of them on his off time!

- Buster Pierce
Program Services Manager





My name is Mercedeis and I am the caregiver coordinator, I will be working out of the William N. Pennington Life Center. I will set up an appointment to meet in your home and join individual families in coordinating their journey of finding the best possible services and recourses to provide caregiving to their family members while also remembering to take care of themselves in the process.

Socializing while staying safe

For many people, growing older means adapting to new social challenges. Many of the routines that brought regular, meaningful social interaction in the past such as going to work or raising a family are no longer in place, and it can take effort and initiative to meet with family and friends who don't live with you. This can be especially true for older people who are living in their own homes, rather than those who live in a residential facility that encourages contact with others. But with the majority of people in the United States under stay at home due to the coronavirus pandemic, it can be harder than usual for older people to stay connected. Here are a few ways to connect with family and friends at a distance.

- Make a phone call
- Write a letter or Email
- Try to video chat
- Participate in virtual group activities



Be sure to stay safe when socializing online, do not share personal information online or on the phone. Don't share financial information online or on the phone. Another great idea to help neighbors and community members stay connected, put a little note in their mailbox "Hey I'm your neighbor. I'm here for you. Here's my phone number, if you have their number call and check in on them or if your running to the store ask if you can pick anything up for them." There are still ways to stay connected while social distancing and we here at the WNP Life Center are here for all of you.

<https://www.everydayhealth.com/coronavirus/socializing-in-place-tips-for-older-people-to-stay-connected-and-safe/>

The Caregiver program at WNP Life Center is a grant funded program by state of Nevada ADSD. If you are a Caregiver of a family member, you are not alone. We are here to help. Call Mercedeis at (775) 423-7096 to inquire.

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

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

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
August 2020



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 Covid-19 closure.



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



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



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.

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



*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.



Stay Strong, Stay Healthy



Food for Thought

Did you know that what you do and what you eat affects how your brain ages? People who preserve their mental functioning are more physically active; more mentally active; and continue to maintain a sense of control over their lives. They also feel that they are contributing to their family or to society, and generally feel good about themselves.

One way to stay physically active is to exercise. Walking 30 minutes a day, which can be done in 10-minute increments, can benefit the brain as well as the body. Activity keeps arteries fit and can promote healthy blood flow to the brain. Exercise also helps regulate blood sugar, which also plays a role in brain health.

Some ways to stay mentally active is to read, do crossword puzzles or use the computer. In this time of COVID-19 calling a friend or getting on a social network such as Facebook or Zoom will help to stay mentally active and emotionally better.

What you eat helps your brain and memory. Fruits and vegetables contain antioxidants that provide multiple benefits for the brain. Antioxidants slow oxidation; act as anti-inflammatory agents and improves communication between neurons in the brain and allows the brain to regenerate tissue. All of which contributes to better memory.

Antioxidants are in blue and red fruits, such as blueberries, blackberries, cranberries, strawberries, raspberries, cherries, plums, red apples, and concord grapes. Vegetables high in antioxidants are avocados, kale, spinach, brussel sprouts, broccoli, beets, red bell peppers, and onions.

Another thing to help your brain function well is to take Omega-3 fatty acids and B vitamins. Omega -3 fatty acids are in salmon, trout, herring, sardines, mackerel, and light tuna. B vitamins such as niacin and folic acid can be found in lean meats, fish, legumes, nuts and seeds, dairy products, grains, and green leafy vegetables.

Getting antioxidants from food is more effective and safer than taking supplements. Antioxidants in food may act in combination with one another and protect against different kinds of damage. Supplements are not regulated by the Food and Drug Administration and may contain harmful additives. Make sure to get supplements from a reputable source and talk to your physician first.

This information is provided by the Stay Strong, Stay Healthy Exercise Program. The Stay Strong, Stay Healthy Exercise Program is an evidence-based strength-training program provided through the University of Missouri and the WNP Life Center. The Program is designed to meet the fitness needs of older and middle-aged sedentary adults. The class dates and times will be announced when the Center re-opens. The certified instructor is Penni Loveland, who has led the class since 2018.



Thought

for