

November 2020

Volume I, Issue 10

Edited by Melanie Keener, Operations Assistant

In this issue...

Greetings

Happenings at WNP

Announcements

WNP Staff

Caregiver Corner

Resources

Health and Nutrition

Word Search



WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!



Greetings Everyone!

There is so much happening right now as November has arrived with its chilly reminder that we will see winter soon. Some of us prefer the warmer days. But since Nevada is the state we choose to reside, we have to be tolerant. Hopefully, you have winterized your homes, have drained your hoses and sprinklers, and put the lawnmower to bed for the winter. Along with all the preparation, we all need to be thinking SNOW and/moisture in large amounts! And hopefully you took the opportunity to vote and you are starting to plan for a nice and quiet Thanksgiving holiday.

William N. Pennington Life Center has been continuing to serve our patrons daily to the best of our ability. Our Meals on Wheels deliveries are

still about 200+. And the Drive-thru for Lunches is a showstopper each day from 11:30am-12:30pm. If you haven't been through for lunch, please plan a day and come by. Remember, under 60 is a \$6 charge and over 60 is a suggested \$3 donation. If you have a moment to spare this is the best place in town to get a home cooked hot lunch for minimal cost.

We are all trying hard to make everyone smile. Whether they are driving through to pick up lunch or when a driver delivers their Meals on Wheels lunch or we call someone on the phone to say hi and check up on them. We have tried a variety of ways to do this and they have included, mailing out thinking of you cards; Bingo (Nevada trivia);

Continued on next page.

Continued from previous page.

our monthly "Generations Joined" newsletter; creation of Phone Buddies and Pen Pal letter writers; our signature Magnet to help with isolation and loneliness; sending out Halloween candies; and the staff dressing up for Halloween (see pictures in this issue). And in turn you made us smile too! Thanks to all of you who dressed up for us in your cars as you drove through. And rest assured we have lots more ideas to come if we are serving in this fashion.

Just a quick update to everyone of our status regarding COVID-19 and our services at WNP Life Center. Our funding source, Nevada Aging and Disability Services have been amazing in making sure we are protected in our current funding cycles and have fully approved of how we are conducting business. Our Board is supportive in our current way of operating and my staff has continued to be able to work their assigned hours and continue to provide for themselves and their respective family members.

We all consider ourselves very fortunate and are very, very thankful. And then there is all of YOU out there! We all want you to know that everything we do here at WNP Life Center is for you, your families, your friends, and our community. And just so you know we want this all to be over and done as much as you do! And mark my words...when it's safe and healthy again my staff and I will be joining every ounce of passion we have for our work that we do and throwing a party of all parties" to celebrate our lives again! I hope you will all join us.

Until next month please continue to be safe, healthy, and vigilant in our fight for the future. And I leave you with this quote from a woman I adore.

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

—Eleanor Roosevelt

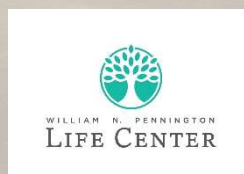
Lisa Erquiaga, Executive Director



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.





Halloween





Stepping Seniors

We have seen a lot of success in our new walking group, and the walk has become very beneficial to some. Walking is one of the most important exercises for seniors as it is one of the least stressful and an accessible exercise. For some seniors walking is a bigger challenge than others, so distance and step goals may differ from person to person. For the general population 10,000 steps a day is advised for a healthy lifestyle, yet those with difficulty walking or joint pain, may settle for a smaller number as a goal. A *PLOS One* study found that walking 10,000 steps lowered the ten-year outlook for mortality by 46%. Walking promotes a healthy lifestyle, while strengthening muscles, lowering your risk of heart disease, stroke, diabetes, and colon cancer.

Come join us in our new Stepping Seniors walking club Mondays, Wednesdays, and Fridays from 1 – 2 PM, excluding holidays. The walk is at your own pace and we have chairs set up around the building in case you need a break.

Here's a message from one of our walkers, "When I saw the first article about the walk, I hesitated and didn't think I wanted to participate because I didn't think that I would accomplish a lot. I started at 3 laps when we first started and I am now at 6 laps each day I walk. My goal is to reach 7 [laps] by the end of the month, I have made this walk my commitment now and I feel good about this walking group now." Don is our first walker to reach 10 walks and win a prize!



Don Breitweiser

***Call Mercedes regarding the Walking Club at 423-7096.**

Source:

<https://www.seniorlifestyle.com/resources/blog/7-best-exercises-for-seniors-and-a-few-to-avoid/>



LET'S GET MOVING

- THE WILLIAM N. PENNINGTON LIFE CENTER PRESENTS
- **"The Stepping Seniors Walking Club"**
- Come join our walking club every Monday, Wednesday, and Friday from 1PM-2PM, weather permitted.
- We will start with a short 3-5-minute stretch, we will then begin our walk. We will be walking around the center so please wear comfortable clothing, shoes and don't forget your water and your mask.
- Reminder, the building is still closed so there will be no entry to use the restrooms, so plan ahead.
- For more information please call the William N. Pennington Life Center at (775) 423-7096.





Random Appreciation



Hello Dear Friends at our amazing Senior Center. To say we are grateful for all that you do doesn't begin to convey the deep appreciate we have for everyone at our wonderful Senior Center. The past months have been a difficult time for everyone, but the effort and work for our senior population and all our community has been stellar!! We are blessed with all the commodities you supply us with and the meals have been outstanding. Big shout out to the kitchen staff and all their hard work! We look forward to the time when we can all gather safely together again. Until then....stay safe, stay well!

With Love and deep appreciate....Tony & Norma Klenakis

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 with the correct answers will be entered into the weekly 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.





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!

For the month of **November only**, Senior Commodities will be on **Monday, November 23rd** here at the WNP Life Center, south parking area.

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



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. Call us for
additional information. WNP
Life Center 775-423-7096**



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

**Would you like our
monthly newsletter
sent to your email?**



"Employee Spotlight"

My name is Stacey McNair and I'm a Meals on Wheels driver. In February of 2016 I was hired as the backup Meals on Wheels driver, where I got to learn all four routes, and at the end of '16 I was given the opportunity to move onto my own route full time. I really enjoy getting to be outside, driving around the county to deliver food to my people every day.

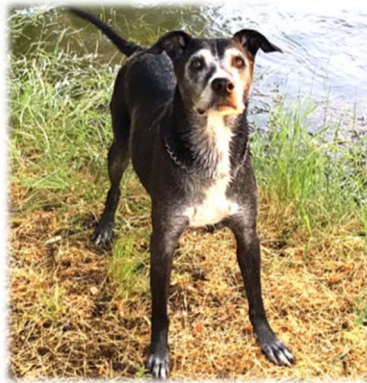
Aside from a year in California for college and a year living in Wyoming to support my brother while he went to WyoTech, I've lived in Fallon all my life. My parents, Andrea and Bill, are born and raised Fallon lifers too. We lost my younger brother, Ernie, in a farming/ATV accident in 2010, when he was 22. We miss him deeply every day, but we know that he's watching over us from a better place.

When I'm not working, I'm probably either out doing chores on my family's 120 acres of farmland or hanging out at home with my dogs Monkey aka Kitty and Auggie aka Dump Truck (they both have at least a dozen nicknames). Monkey is a 13-year-old border collie mix and Auggie is a 3 year old pit/mastiff mix.

I genuinely enjoy being able to provide meals to our Seniors in Fallon/Churchill County and getting to work with everyone at WNP Life Center.



Stacey and brother, Ernie



Monkey



Auggie

Stacy is every employer's dream for an employee. Although she is a very quiet, somewhat shy and well-mannered young woman, she does have small devilish twinkle that appears out of the blue at the appropriate moment. She has an unusual little snicker that follows.

Stacy is well liked by all of her co-workers and especially her Meals on Wheels patrons she delivers to everyday. She is a hard worker and takes her job very seriously, which we at WNP Life Center sincerely appreciates.

Stacy has been with us for 4½ years driving our longest route out in the County with a smile every day. We hope to have her work with WNP Life Center for many more years. She an absolute delight and we all are luck to have her on our team.

Thanks, Stacy for all you do.

Stacey has been with the Center since 2016, first as a fill-in delivery driver, and then as a regular driver when a route became available. Our Clients and staff love her, and she delivers hot meals, well checks, and ready smiles five days a week.

Stacey is also a strong advocate for her seniors and does an excellent job keeping them safe and watching over them. She does a great job for us as well, very dependable, reliable, and caring. Stacey is relatively quiet but has a wicked dry sense of humor that can catch a person off-guard.

*- Buster Pierce
Program Services Manager*

*- Lisa Erquiaga
WNP Life Center Executive Director*



My name is Mercedeis and I am the Caregiver Coordinator and I will be working out of the William N. Pennington Life Center. My program will allow 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.



Mercedeis Rodriguez
Caregiver Coordinator
(775) 423-7096

caregivercoordinator@cccomm.net

November is Family Caregivers Month...

Since at least 2000, Presidents have designated November as Family Caregivers Month to honor the more than 40 million caregivers across the country who support aging parents, ill spouses or other loved ones with disabilities who remain home. Adults of all ages are among the ranks of family caregivers, according to a 2015 study by AARP and the National Alliances for Caregiving. More than a third of caregivers were ages 50 to 64, about a quarter were 35 to 49 and another quarter were 18 to 34. Perhaps not surprising as Americas population ages 7 percent of family were age 75 or older. These everyday heroes, living quietly among us in families and communities across the country, are the major source of long-term care in America. Caregiving is a tough job, this November, we remember the people who lovingly give baths, dress, clean house, shop and comfort the millions of elderly and ill people who are friends and loved ones. This year's theme is "Caregiving Around the Clock". Check out the latest helpful hints and community resources because if you don't take care of yourself, you can't take care of anyone else.

National Family Caregivers Month Timeline

- 2015 – One big anniversary acknowledged a major milestone was reached with the golden anniversary of both Medicare and Medicaid, highlighting 50 years of financial and medical support to the elderly.
- 2013 – China turned custom into law China has always honored its elderly, but a new Chinese law mandated that adult children were obligated to visit their parents.
- 2010 – 40 million American Baby Boomers turned 65.
- 1935 – Social Security became a cornerstone of FDR's New Deal.
- 1893 – An innovative idea created the Visiting Nurse Society as a way to help the elderly poor with charitable in-home care.

How to observe National Caregivers Month

1. Attend a caregiving conference or workshop. They have lots of practical advice. The main thing is to know that you are not alone.
2. Download a caregiving tool kit, the tool kit includes topics on taking care of yourself, getting an accurate diagnosis, communicating with health professionals, finding providers and more.
3. Take naps, one of the healthiest things you can do for yourself is to fit naps into your weekly schedule.



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
November 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!



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.

Medicare Counseling and Senior Resources



One Stop FREE Access to information & Resources:

- Free service helping seniors and people with disabilities
- Medicare Counseling
- Housing resources
- Medicare Assistance
- Food assistance
- Long term Health planning
- And Much more...

Come see us!

952 S Maine Street Fallon, NV. 89406

The following days and times:

EVERY Monday 10:30am - 1:30pm

No appointment necessary



Social Distancing & Masks are Required!

Medicare Open Enrollment starts

October 15th - December 7th

Call today:



844.826.2085



4001 S. Virginia Street, Ste F, Reno, NV 89502



WILLIAM N. PENNINGTON
LIFE CENTER

Please be advised, WNP Life Center no longer has the Nevada Care Connection Resource Center grant.

Please call the Access to Healthcare ** agency, especially between October 15th and December 7th for your open enrollment Medicare needs.



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

©2020 The HELLO Project



SENIORS
IN
SERVICE

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.

We have 300 Kindle Fire 8" Tablets to distribute to individuals 60 years and older in Nevada. We want you to be able to participate in telemedicine, social opportunities and to order groceries and supplies for delivery.

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>



Sweet Potato Hash with Egg

The unique hash is made with sweet potatoes sautéed with chicken sausage, onion, bell pepper and garlic. Top with a pan-fried egg for a delicious breakfast.

Ingredients

- 2 large sweet potatoes (cut into cubes, about 4 cups)
- 1 cup water
- 1 tablespoon vegetable oil
- 1 teaspoon vegetable oil
- 2 chicken sausages
- 1 small yellow onion (peeled and diced)
- 1 bell pepper (cored and diced)
- 2 cloves garlic (peeled and minced)
- 4 large eggs



Directions

1. Put sweet potatoes and water in a skillet and bring to a boil over high heat.
2. Reduce heat to low and cook about 20 minutes, stirring occasionally, until the water has been absorbed by the sweet potatoes.
3. Add oil, sausage, onion, bell pepper and garlic to the skillet with the sweet potatoes. Cook about 20 minutes, stirring occasionally, until the onion is lightly browned and the sweet potatoes are tender.
4. Divide the hash between 4 plates and return the skillet to the stove.
5. Reheat the skillet over medium high heat and when it is hot, add the remaining 1 teaspoon oil.
6. Add the eggs, one at a time, and cook about 3-5 minutes until the whites are solid and the yolks begin to thicken but are not hard. Flip the egg and cook for one more minute.
7. Top sweet potato hash with an egg and serve right away.

*Notes

See how to make this **recipe** and more on USDA's **What's Cooking? YouTube** site

Source: USDA Center for Nutrition Policy and Promotion

Cold Weather Tips for Seniors

The cold weather is upon us and it's time for a reminder on how to stay safe during the winter season. The weather can change quickly at this time of year. Being prepared is the best way to stay safe and keep yourself comfortable. As we age we feel the cold more quickly and sometimes aren't aware of it. Dressing for the temperature can help keep us from getting sick.



Cold Weather Tips

- Layer your clothing during colder weather. Dress for the coldest part of the day and shed layers if you become too warm. Hypothermia can occur if your body temperature drops too low. This can happen even if you are indoors so keep your heat at a steady 68 degrees Fahrenheit and pay attention to how cold you are.
- Use weather stripping around doors and windows. Many older buildings are prone to having gaps that let in cold winds and allow the warm air to escape.

- Eat well. Cold temperatures and diets do not go together. This is the time for warm soups and stews. Eat enough that you don't lose weight. Your body fat is what keeps you warm.
- Close your blinds and curtains to help keep out cold drafts. Add more warm blankets to your bed and use throws or quilts when sitting. Sometimes we aren't aware that we are getting cold so keep covered up. Many seniors have less feeling in their feet than before so add thick socks and warm slippers to wear around the house.
- If you're going outside wear a hat and scarf. We lose a lot of heat through our heads. Wear a coat that is not only warm but is also wind and water repellent. Make outdoor excursions short and if the weather's bad, stay in if you can.

Cold weather can put anyone at risk but for the elderly there are special concerns. Plan ahead before the winter months and make sure you are well stocked with necessities.

<https://seniorslifestylemag.com/health-well-being/cold-weather-tips-for-seniors/>