

January 2021

Volume I, Issue 12

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER

Generations Joined!

Happy New Year WNP Life Center Supporters,

Well, the New Year of 2021 has begun. I hope you all had a blessed holiday and had an opportunity to count your many blessings, along with staying at home and continuing to protect you and your loved ones with continued social distancing.

Typically, the New Year comes with many of us making those "resolutions" that we have all been guilty of breaking fairly soon. Sound familiar? I personally have not been successful in my past resolutions and prefer to refer to them as "goals to achieve". This doesn't seem to put the heavy burden as a 'resolution' does. Whatever you choose to call it, or attempt, make sure you make it achievable.

Amidst the COVID-19 experiences we have all been bombarded with, I would love to take you and your mind elsewhere for as long as you will allow to share some exciting program news! We have received a grant from our UNCE (University Nevada Cooperative Extension) funder called "Healthy Aging-Gardening and Cooking Education". We have a great curriculum ready to roll out ahead of the upcoming Spring season and it includes a full-fledged gardening project on-site here at WNP Life Center for our community to participate. We have a variety of little plants sprouting in our Hydroponic grow gardens that have been transplanted to the neo-nursery and

getting daily sunshine to harden up to be out in the elements. This is all new to us and is an experiment in trust, growth and being truly amazed. We will be posting several YouTube segments and virtual opportunities on this garden project in the next few weeks to share with everyone. If you would like to be part of the gardening program, please call and put your name on the "interest list." You won't be sorry! We also will be joining our funder for virtual cooking classes starting January 13th and available to all by your computer. In February we will be conducting our own local cooking classes online virtually and they will be available on YouTube for later review. We hope to be showcasing using some of our herbs and fresh lettuces in our cooking segments also. So, please watch for upcoming program announcements to be able to take yourself away to fun gardening and cooking opportunities with WNP Life Center.

We all have our own way of dealing with outside worries and daily conflicts. Not everyone is adept or willing to pray in the traditional way and we are spiritual in ways of our own choosing. We all need to have a hobby or two, maybe gardening can become your new form of spiritual therapy. Russell Siler Jones, Th.D., LCMHCS writing for Psychology Today has written some interesting articles in regard to gardening. Mr. Jones shares with his readers that he feels the importance of limiting news coverage and media consumption that we

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are subjected to regarding COVID-19 to only 19 minutes per day. He comments that "our nervous systems are being battered and shredded by over consumption on a daily basis, long-term." Gardening can be an enjoyable daily task to assist us because people are drawn to the earth, and by giving yourself a "gardening stay-at-home order", you will be protecting and investing in improving your life during these trying times of COVID-19. Put some thought into this paragraph below (it should make you feel warmed, comfortable and ready to garden):

"Seed gets buried in soil, soil warms the seed, the seed opens to germinate, if it survives the weather, it sends out roots, then it sprouts above ground, gets leaves and then fruits".

I do not have any information to share with all of you at this time, regarding our possible reopening plans in the future. We are all hoping that as soon as we see some real changes in the spiking with regards to the past holidays and a better understanding and coverage of the upcoming vaccinations, we can eventually plan to all be together again taking part in our wonderful programs.

I wish each and every one of you and your family members, the best that we can all seek out in 2021.

Until next month,

Lisa Erquiaga, Executive Director
WNP Life Center

This is a good saying to put in your heart at this time. To you from Gratefulness.org

"As life becomes harder and more threatening, it also becomes richer, because the fewer expectations we have, the more the good things of life become unexpected gifts that we accept with gratitude."

— Etty Hillesum

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

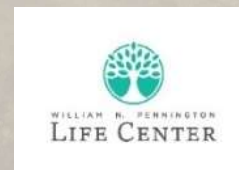
Email: ccscdirector@cccomm.net



WILLIAM N. PENNINGTON
LIFE CENTER

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.



FALLON ROTARY
CLUB IS A SHINING
STAR IN
EVERYONE'S EYES



In case you needed to be reminded that Fallon is a great place to live especially during the holidays! Once again, our local Fallon Rotary Club has proven just that. This group of exceptional people do some amazing projects throughout the year but Christmas is the best! Once the word gets out that it is time to collect items for Rotary's Annual Christmas Holiday collection for our area Seniors, the game is on! We get blankets, gift certificates, homemade cards, soaps, shampoo, deodorant, laundry soap, nail clippers, combs, socks, bathrobes, brushes, dog food, cat food, puzzles, crossword books, cookies, crackers, toilet paper, paper towels, slippers, Kleenex, toothbrushes, cans of tuna, pudding, macaroni and cheese, various can goods, Depends, clothes, hats, sweaters, and many other things to numerous to list.

All of these many necessary items are carefully sorted and placed in new laundry baskets and paired with a bag of food and then delivered with love to each recipient just before Christmas.

We have so much to be thankful for in our quiet sweet little town, but one of the best secrets is our local Fallon Rotary Club who collect for our Senior population who need a little morale boost to make it thru the Holidays and a good start to a new year. Thank you Fallon Rotary Club for all you do in our community. You make a lot of people very happy. Here's to 2021!



THANK YOU TO
OUR ELVES FOR
DELIVERING THE
DONATION OF
ROTARY BASKETS
TO OUR MEALS
ON WHEELS
SENIORS!





Thank
you!

WNP Life Center was very honored to be the collection point of the Fallon Quilter's 2020 Placemats for Seniors. Fallon has a group of very talented women who love to quilt and have put their love and passion for their art into providing PLACEMATS of our area Seniors in Churchill County.

One fine day in December, a lovely lady by the name of Bonnie Jones came to deliver 235 handcrafted placemats to WNP Life Center to be handed out for our Meals on Wheels Nutrition program as a Christmas present from the group. Ms. Jones was so excited to be able to share all of the many different designs for both men and women, rolled up with a ribbon and a message from the Fallon Quilters attached. She really wished she could have helped deliver all of the lovely fabric gifts but due to COVID-19 restrictions was not allowed. Maybe we can do it next year Bonnie! But until then, thank you, thank you from all of us at WNP Life Center and the many seniors who have smiles for their very placemat.

Kudos to the Fallon Quilters for a job well done!

Thank you to **American Legion POST 16** for your Holiday Generosity

William N. Pennington Life Center would like to publicly thank **American Legion Post 16** Fallon for stepping up and feeding our local Senior population during both Thanksgiving Day dinner and Christmas Day Dinner 2020. This group of great volunteers has offered to provide the holiday dinners for a number of years including delivery. This great undertaking by the American Legion in Fallon is a godsend for many Seniors who have no place to go or any family to eat with during the holiday season. This is a perfect example of the "true love in a community".



THE COOKIES KEEP
COMING!! Thanks to our
heroes at HOMESTEAD!

Every month we receive a huge batch of homemade cookies from our good friends at *Homestead Assisted Living/Memory Care community* located here in Fallon. They send us a variety of two packaged cookies with their name and logo attached. We usually receive at least four different types each time including sugar-free Lemon cookies. When these luscious cookies are received we send them out to our Meals on Wheels nutrition program recipients and our Congregate drive-thru patrons totally 325 packages for cookies! That's a lotta cookies!

Thank you Homestead on behalf of all of our WNP Life Center nutrition program receivers. Your generosity and care for our community is greatly appreciated.

Thank You!

Thanks for using WNP Life Center's PayPal

Supporting your programs in your community can be very important and since we operate on grant funding and donations received from both public and private individuals. Donations are very important to non-profits such as William N. Pennington Life Center.

We are ecstatic to share with everyone that we have recently had two individuals sign up with PayPal through from our website for monthly donations. It's easy to do and once you do it, no more worries about remembering.

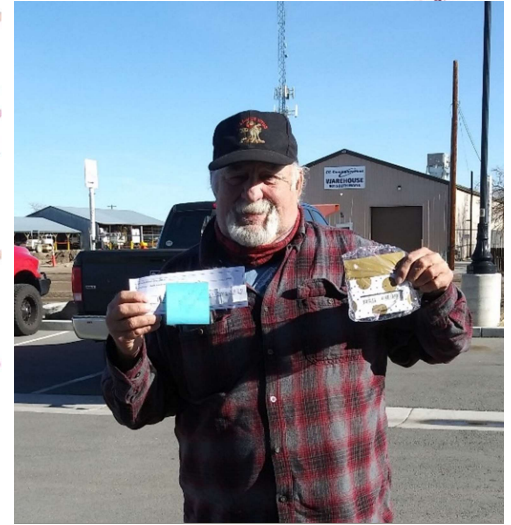
We would like to acknowledge **Jerry Pullens** for being the first to donate to us monthly. And **Pam Moore** was the second person to do the same. We sincerely appreciate them taking the time to become a designated donor to WNP Life Center! Their support is just the beginning of many others in our community taking part!"

We want all of you to know that you too can become a designated donor and support WNP Life Center on a monthly basis. By going to our website www.williamnpenningtonlifecenter.org and pushing the PayPal button you can be a WNP Life Center DONOR too! You can choose a one-time donation or a monthly donation.

You too, can be a **Jerry** or **Pam** by donating any amount on a monthly basis. Thanks Jerry and Pam for setting the bar!



**Congratulations
Roy M.
for winning our
lunch picture
menu drawing!**



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

New Program!

One of our grantors is the Healthy Aging Program, UNR EXTENSION and SNAP ED. We will be starting some new programs, most likely virtual for the time being until we are able open our doors upon the ending of COVID-19. We hope that you will join us in whatever mode available to you. We think our virtual classes will be very entertaining and hopefully we will all learn some new skills. For example, have you ever had a discussion about the use of measuring cups? Or growing herbs to use in your Fettucine Alfredo? We have a whole line up of subjects that will make you stop and think! We may even have some guest speakers who show up to share their expertise. Please call and let us know if you are interested in being on a ongoing list to participate in our upcoming fun! Both cooking and gardening will be addressed and explored.

Below is an opportunity to take part in "Seniors Eating Well" class for the next three months virtually on a regularly scheduled morning and afternoon class that will be provided through ZOOM. Sign up today. If you are from Fallon/Churchill County please call us here at WNP Life Center to get credit for your participation.

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

ZOOM assistance will be provided after registration is completed.

VIRTUAL MORNING CLASSES 10 – 11 a.m.

January 13 | January 20 | January 27
February 3 | February 10 | February 17
February 24 | March 3 | March 10 | March 17

VIRTUAL AFTERNOON CLASSES 2 – 3 p.m.

January 13 | January 20 | January 27
February 3 | February 10 | February 17
February 24 | March 3 | March 10 | March 17

To sign up, contact us!

Email: heathyaginginfo@unr.edu

Phone: 702-948-5916



Anita Lamb, has recently accepted the **Garden Educator** position funded with our UNR EXTENSION Healthy Aging grant. She will be responsible for introducing our community into a multigenerational gardening opportunity at William N. Pennington Life Center. She also will be assisting our “Seniors Eating Well” nutrition cooking program. Anita has lived in Fallon for many years and one of her true loves is her expansive yard, garden and fishpond. She is a natural for this job! Anita will be keeping you updated monthly in our newsletter, with her “GnomeNews.”

GNOMENEWS

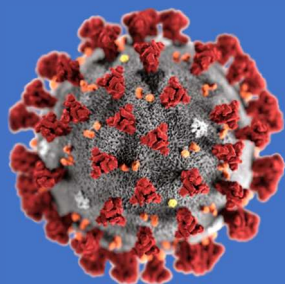
Below is a few paragraphs from Anita’s diary of gardening started November 23, 2020. Just a little peek into what she is doing!

“I started the herb garden seeds in the AeroGarden 23rd of November. Having never grown anything under a grow light I was delighted to see the tiny greens showing up in only 4 days! We are now on day 15 and several have already outgrown the little dome cover. As of this date our herb AeroGarden is getting very big and we are going to use it in some of our cooking presentations.



I decided to start another AeroGarden on the 1st of December. I planted winter garden seeds such as Butter crunch lettuce, snow peas, turnips, celery, romaine lettuce and bunching onions. And again, to my surprise tiny little greens were showing in 3 days. On day 8 several had already outgrown their domes. At the same time, I decided to grow the same seed variation at home in my atrium. I wanted to see the difference in growth time between the grow light and natural sunlight hours. It has now been 8 days and only 3 tiny greens are starting to sprout. There is definitely something to the amount of light the seed gets per day.”

Stay Tuned for more next month! Call Anita and let her know you are interested in her fun and exciting upcoming gardening projects and want to be put on active list. (An AeroGarden is a hydroponic way of growing/starting vegetables, herbs, and flowers.)



WHAT YOU SHOULD KNOW ABOUT COVID-19 VACCINES

YOU WILL NEED 2 DOSES OF THE COVID-19 VACCINE FOR IT TO BE EFFECTIVE. IF

POSSIBLE, MAKE SURE TO SCHEDULE YOUR SECOND DOSE.

MEDICARE COVERS THE COVID-19 VACCINE WITH NO COST TO YOU.

STATE GOVERNMENTS ARE HANDLING THE DISTRIBUTION OF COVID-19 VACCINES. VISIT CDC.GOV FOR ADDITIONAL TRUSTWORTHY INFORMATION.

VACCINES FOR 70+ AVAILABLE JANUARY 21 AT CHURCHILL COUNTY FAIRGROUNDS AT 4PM. MUST HAVE PHOTO ID AND PROOF OF CHURCHILL

COUNTY RESIDENCY.

FIRST COME, FIRST SERVED

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.





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.**

Upcoming Sessions



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****

"Employee Spotlight"

Hello, my name is Diane! I lived in Maine until I was almost 12, then moved to California with my family. I lived in California until I moved to Fallon with my youngest daughter to start a new life for us.

I have 4 children and 2 grandchildren. I am very proud of the successful adults they have become.



I was a stay-at-home mom when they were all growing up. I did home daycare then was a foster parent on and off for 10 years. It was very rewarding to do.

When I first moved to Fallon, I was a nanny for a military family until they moved away. I then started at the William N. Pennington Life Center as a homemaker but then the Center soon closed due to the virus mandates. I now deliver Meals on Wheels which I really enjoy. I enjoy seeing everyone I deliver to each day and making sure they are well. On the weekends my daughter and I enjoy hiking and exploring our new state.

If I was a "Meals on Wheels recipient", I would want to have Diane to be my driver and be the face I see every day. She is always smiling and she has a real compassion for the great job that she does for WNP Life Center.

- Lisa Erquiaga, Executive Director

Diane has been with the Center for just under a year, she started as a Homemaker for our Housekeeping Program but after only two weeks the Covid shutdown hit us. Diane agreed to and transitioned very nicely into our Meals on Wheels Service.

She does a great job and her clients love her. Several of her clients have called and remarked that she is "one of the kindest people they have ever met." Diane and her daughter Carrie also volunteered to be two of my Christmas Elves, delivering gift baskets to some of our homebound, Meals on Wheels seniors, on her own time. They had a great time doing the deliveries and Diane has definitely passed her kind soul on to her daughter. Thank you for all you do Diane!!

- Buster Pierce, Program Services Director



My name is Mercedeis and I am the Caregiver Coordinator. 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



Although the "end of life" conversation is a tough one to talk about, it is one of the most important to have because it's not actually talking about dying but how your older adult wants to **LIVE** during their last months, weeks, and days.

Let's Talk- Having constructive conversations

✓ Ongoing and thoughtful communication is vitally important, both between you and your aging loved ones, your spouse, and extended family. Talking about underlying issues, independence, health and loss is tough. It can feel overwhelming, and it's easy to put off as you search for the perfect time and place. How you approach these discussions is almost as important as the topics of those discussions themselves.

Tips for getting started

- Be patient
- Pick your spot
- Don't try to tackle everything at once
- Don't take it personally
- Practice and keep talking

Possible conversation starters

- How do you think you're doing with _____?
- What does being able to _____ meant to you?
- What would it mean to you if we _____?
- How will doing _____ help you to _____?
- What's the next best thing we can do to _____?
- How would you feel if we _____?

Key topics for discussion

Each family's situation is unique. The conversations you may need or want to have could include different subject area but there are several things you should probably cover at some point. More important things to talk about is health and wellness, conversations about finances, income and expenses, real estate, insurance, cash, investments, taxes, financial and estate plans as well as all the important contacts, such as attorney, banker, doctors, pharmacy, friends, neighbors, service providers etc.

Conversations with family caregiving challenges can bring a family closer together or it might expose existing fault lines. Having more family involved in caregiving means all the burden does not fall to one, but it can make decision making more complex.

<https://myguidance.fidelity.com/ftgw/pna/public/lifeevents/content/caregiving/caring-for-the-aging/constructive-conversations-with-family>

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
January 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

©2020 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.

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/senior/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!



WILLIAM N. PENNINGTON
LIFE CENTER



Chicken Soup for the Immune System

By Mike Pukanic

My wife is recovering from the flu. I know she is feeling better because she is bustling around the kitchen making her grandmother's chicken soup, a highly guarded secret recipe. Then she suddenly turns to me and asks, "Where exactly is my immune system?"

Peering into the pot of bubbling goodness, I reply "My dear, our immune system actually starts in our nose." I look at her, and she stares at me. I'm sure I heard her murmur, "You're joking."

What Is the Immune System?



Our immune system is anything *but* a joke – it is one of the most complex systems in our body and one that most people don't understand because it is not located in one area. Instead, it comprises a number of parts within our body.

Nasal Passage

Now, where was I? Yes, the nose. The immune system starts in our nasal passage, where the mucous acts as a filter against germs. One of the reasons we are constantly told to keep our hands away from our face is because unwanted germs can enter the body directly via the nose.

In most cases, these so-called 'germs' are safe, and our body has evolved to protect itself against many foreign particles.

Lymph Nodes

Our lymph nodes play an essential role in our immune system function. Despite research, we still do not know the exact number of lymph nodes in the body. What we do know is that they are distributed throughout the body and act as receptors.

Think of them as your body's security system – if they sense an intruder, they will respond. In the case of our body, that intruder is likely to be a foreign bacteria or pathogen which will trigger an immune response.

A Complex System

So, by now you've probably realized that the reason we keep hearing about immunity, immune health, and how to support immunity is because the actual immune system is a complicated system.

It comprises of parts that exist throughout the whole body, which makes it unlike any other system. It is complex enough for all these parts to work together to keep us healthy against illness and disease.

Our thymus, bone marrow, and spleen are all part of our comprehensive immune system family. And to make things more complicated, no two people share the same characteristics; although, it does perform the same functions for all us – protecting us and keeping us healthy.

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GI Tract

There is one part of our body that undoubtedly plays a starring role when it comes to immunity and keeping us healthy – our stomach or to be correct the gastrointestinal tract. Everything that goes through our gastrointestinal tract is monitored by millions of the good bacteria that live there.

These good bacteria can easily get overworked from the effects of our lifestyles: over-eating, under-eating, and overindulging. This can make the good bacteria sick, which means we get sick.

Now that we know what and where our immune system is, what can we do to make its functioning easier? How can the actions we take every day help our immune system to ensure it is not being over-worked or over-stressed?

Balance Is Key

In the same way we approach life – aim for balance. A balanced diet and a balanced lifestyle will go a long way toward supporting the health and proper functioning of our immune systems. Every step we take to good health helps protect our internal eco-system allowing it to cope when we get sick.

The benefit of having a healthy, balanced immune system usually means less time in bed and less severe symptoms for common illness like a cold or flu. The key to maintaining a healthy immune system is to keep it simple – do the things you know are good for your mind and body:

Eat Well & Fresh

Remember the gastrointestinal system and our stomach play a huge role in our immune health and function.

Be Kind

To yourself. Stress and anxiety put all kinds of unwanted stress on the immune system and contribute to overall internal imbalance.

Listen to Your Body

In most cases, your body will let you know what it needs because if you can't hear it, you'll definitely feel it.

My wife, who seems to have made a full recovery, is dishing me up a huge bowl of her chicken soup. She says I need it, she heard me sniffing...



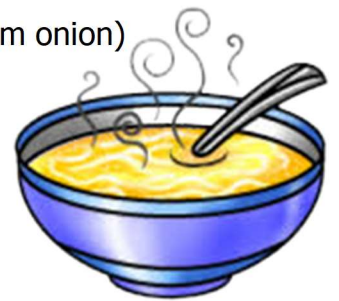
Easy 30-Minute Homemade Chicken Noodle Soup

Yield: about 12 cups

The soup is easy, ready in 30-minutes, and has all the comforting qualities you want in classic chicken noodle soup. To save time, use store bought rotisserie chicken or leftover chicken. If you don't have them all the herbs on hand, use what you do have. Egg noodles are my favorite but another pasta may be substituted and make sure to salt your soup to taste. My family loved the homey, classic flavors in the soup and I love that it's ready in a flash. It makes enough to stash half in the freezer for a rainy day or for winter cold and flu season.

Ingredients:

- 2 tablespoons olive oil
- 1 cup carrots, peeled and sliced thin (about 1 1/2 large carrots)
- 1 cup celery, sliced thin (about 2 stalks)
- 1 cup sweet Vidalia or yellow onion, peeled and diced small (about 1 medium onion)
- 2 garlic cloves, minced
- 64 ounces (8 cups) low-sodium chicken broth, plus more if desired
- 2 bay leaves
- 1 teaspoon fresh thyme (or 1/2 teaspoon dried thyme)
- 1/2 teaspoon dried oregano
- 1 teaspoon pepper, or to taste
- 12 ounces wide egg noodles (or your favorite noodles or pasta)
- 2 cups shredded cooked chicken (use storebought rotisserie chicken to save time; or roast or cook your own chicken in a skillet)
- 3 to 4 tablespoons fresh flat-leaf parsley leaves, finely chopped
- 1 tablespoon lemon juice, optional
- salt, to taste



Directions:

1. To a large Dutch oven or stockpot, add the oil and heat over medium-high heat to warm.
2. Add the carrots, celery, onion, and sauté for about 7 minutes, or until vegetables begin to soften. Stir intermittently.
3. Add the garlic and sauté for another 1 to 2 minutes.
4. Add the chicken broth, bay leaves, thyme, oregano, pepper, and bring to a boil. Allow mixture to boil gently for about 5 minutes or until vegetables are fork-tender. Note – If you like brothier soup, add additional broth, possibly as much as an additional 64 ounces because as time passes the noodles will continue to absorb broth.
5. Add the egg noodles and boil mixture for about 10 minutes, or until noodles are soft and cooked through. At any time while making the soup, if the overall liquid level is lower than you like and you prefer more broth, adding a cup or two of water is okay. At the end you will adjust the salt level.
6. Add the chicken, parsley, optional lemon juice (brightens up the flavor), and boil 1 to 2 minutes, or until chicken is warmed through. Taste soup and add salt to taste. I added about 1 tablespoon but this will vary based on how salty the brand of chicken broth used is, how salty the rotisserie chicken is, and personal preference. Make any necessary seasoning adjustments (i.e. more salt, pepper, herbs, etc.), remove the bay leaves, and serve immediately. Soup will keep airtight in the fridge for 5 to 7 days or in the freezer for up to 6 months.

Recipe from [Averie Cooks](https://www.averiecooks.com/easy-30-minute-homemade-chicken-noodle-soup/). Recipe Permalink: <https://www.averiecooks.com/easy-30-minute-homemade-chicken-noodle-soup/>