

April 2021

Volume 2, Issue 3

Edited by Melanie Keener, Operations Assistant

In this issue...

Greetings

Caregiver Corner

Happenings at WNP

GnomeNews

Announcements

WNP Staff

Resources

Health and Nutrition



WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Dear Friends of WNP Life Center,

Since our newsletter is later getting out this month for April, I am going to jump right to May so we can begin the Celebration ahead of time! Celebration? Yes! May is **Older Americans Month** and it's just around the corner. And this year's theme is "Communities of Strength." Our community has been resilient and strong and needs to continue to do so. When the time comes and COVID-19 is finally ruled completely SAFE for everyone, I plan on having the biggest celebration for our community here at William N. Pennington Life Center anyone has ever seen! It may not be for six more months, but we will have a BIG party and you will all be invited. I would like to start planning and arrange for volunteers starting very soon. If you are interested, please let me know as soon as possible.

The history of Older Americans Month started as Senior Citizens Month each year in May. In 1963, President Kennedy proclaimed it to raise awareness of problems facing the senior population. In 1965, President Johnson supported the Older Americans Act of 1965 into law on July 14, 1965 which took President Kennedy's proclamation one step further to make positive change, financial assistance, and federal support for our older Americans. This included nutrition programs, transportation assistance, federally funded Adult Day Care, legal assistance, and other services for senior citizens.

Communities of **Strength**



Our services at William N. Pennington Life Center will slowly begin to open to small group exercise, gardening, cooking, and Bingo at this time. Please read this newsletter for the programs we are offering currently which of course continues to be our Meals on Wheels program, our drive thru lunch program, and the Zoom classes currently offered. We are currently developing a plan for reopening the Center with our Board's approval, taking into account the safety of our vulnerable senior population that we serve. We are anxious to be reunited with everyone soon, and look forward to serving our community and its members. We have all been as patient as we know how, and we do not want to rush this opening to only have another setback. We will keep you updated on our reopening progress as it develops. Don't forget to sign up to be part of the POST (Covid) party when it happens! Sign up Now!

Until next month,

Lisa

Lisa Erquiaga, Executive Director



Time has come to say goodbye for now to the Caregiver Coordinator grant. We here at the WNP Life Center have accumulated a ton of helpful information. So, if you have any questions or find yourself needing some information or direction please do not hesitate to call. We are still, and always will, be here to help.

William N. Pennington Life Center

775-423-7096
952 South Maine St.
Fallon, NV

Kindred Home Health

775-666-0623
415 Highway 95 A South, Suite F-604
Fernley, NV

Alzheimer's Association

775-786-8061
639 Isabell Rd., Suite 240
Reno, NV

Veterans Resource Centers of America

775-360-2155 / 775-238-3979
106 E. Adams St., Suite 203
Carson City, NV

Care Chest

775-829-2273
7310 N. Virginia St.
Reno, NV

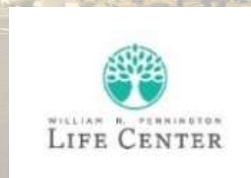


Homestead

775-404-5390
365 West A St.
Fallon, NV

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.



*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*

'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."

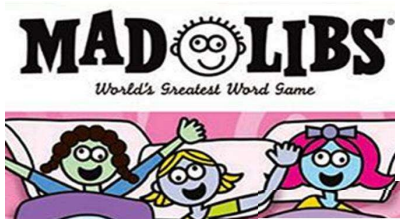
#WhyYouMatter



Winners, Winners, Winners!



Valentine's Candy Count Winner!
Congratulations Carol S.



Mad Libs Winner!
Congratulations
Dianna B.



St. Patrick's Day Candy
Count Winner!
Congratulations
Francene L.



Easter Candy County Winner!
Congratulations Sandra H.



LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Welcome to



Sign up now!

Bingo + Exercise = Bingocize

BINGOCIZE 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: 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



An EEO/AA
Institution



**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.



WILLIAM N. PENNINGTON
LIFE CENTER

Check out our YouTube channel to see our current programs!



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

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.





Free virtual online class

Sign up now!

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



For more information contact

Mercedeis Rodriguez to be put on the interest list.



caregivercoordinator@cccomm.net

775-423-7096



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.

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



WILLIAM N. PENNINGTON
LIFE CENTER



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

*An EEO/AA
Institution*

As we all know there are many benefits to eating a healthier diet. So let's take a little nutritional break down of the things growing in our vegetable garden. Cool weather is the season for lettuces and as you know we have several different types growing in our gardens here at the William Pennington Life Center. On this powerhouse list is Leaf Lettuce. One of the more nutritious of the lettuce family, leaf lettuce is low in calories and high in potassium and vitamins A and K. Benefits of vitamin A, helps protect your eyes from night blindness and Age-Related decline. It also supports Bone Health. Vitamin K plays a role in blood clotting, bone metabolism and regulating blood calcium levels. Severe vitamin K deficiency can cause bruising and bleeding problems because the blood will take longer to clot. It also may reduce bone strength and increase the risk of getting osteoporosis.

Butter lettuce and Romaine are ranked among the top 10 "Powerhouse foods" by the CDC, which are classified based on their associations with reduced risk for chronic disease. It is a great source of vitamin A- One cup has 81% of your daily intake-as well as some B vitamins.

While most folks just eat the heads of broccoli, tossing some of the plant's nutrient-packed leaves in your salad can be a good decision. The leaves are high in protein and have a very high fiber and we all know some benefits to getting enough fiber, such as it feeds beneficial gut bacteria, promotes regular bowel movements, helps maintain healthy cholesterol levels and slows digestion, stabilizing blood sugar levels, and its vitamin A content also gets a big thumbs up.

Spinach is also a top-ranking green when it comes to all around nutrition content. It is packed with vitamins and nutrients, particularly potassium and iron, which are important to regulating your blood cells and blood pressure. Unfortunately, spinach is not as high in protein as Popeye may have led us to believe.

Kale is trendy for a reason, Kale kills it in vitamin content, especially A, C and K. But we can not leave out Swiss Chard. This heart healthy vegetable is packed full of nutrients. It is low - calorie vegetable that is a great source of calcium, magnesium, copper and zinc, sodium, phosphorus and vitamin A, C and K.

Come on down and do some gardening with us!
Call Anita Lamb at 775-423-7096 and I will get you signed up.



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**





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 – 10:30 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

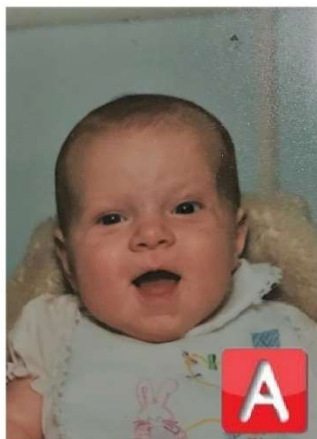
NO age requirement

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**

Match the baby pictures to the staff member photos in March's newsletter and be entered into our monthly drawing!



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P

A = ____

B = ____

C = ____

D = ____

F = ____

G = 7

H = ____

I = ____

J = ____

K = ____

L = ____

M = ____

N = ____

O = ____

P = ____

You asked and Cris, our Head Cook/Kitchen Manager, Delivered...

allrecipes

Classic Peanut Butter Cookies

★★★★★

Makes great cookies!

Prep: 15 mins

Cook: 10 mins

Additional: 1 hr

Total: 1 hr 25 mins

Servings: 24

Yield: 4 dozen



Ingredients

- 1 cup unsalted butter
- 1 cup creamy peanut butter
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 ½ cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 ½ teaspoons baking soda

Directions

Step 1

Cream butter, peanut butter, and sugars together in a bowl; beat in eggs.

Step 2

In a separate bowl, sift flour, baking powder, baking soda, and salt; stir into butter mixture. Put dough in refrigerator for 1 hour.

Step 3

Roll dough into 1 inch balls and put on baking sheets. Flatten each ball with a fork, making a crisscross pattern. Bake in a preheated 375 degrees F oven for about 10 minutes or until cookies begin to brown.

Tips

Read our picks for the best hand mixers to make cooking your favorite recipes that much easier.

Nutrition Facts

Per Serving: 252 calories; protein 4.5g; carbohydrates 29.7g; fat 13.6g; cholesterol 35.8mg; sodium 209.4mg.

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
April 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!



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/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!





Healthy LIVING while aging!



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources



Photos in newsletter were taken prior to March 2020 and the COVID-19 pandemic.

April 2021

| Healthy aging newsletter |

Volume 2, Issue 4

An Edible Landscape

By Angela O'Callaghan

We hope our gardens are full of delicious vegetables, requiring water, light, and fertility. Why not think of our delicious vegetables as decorative or "ornamentals" as well as "edibles"? You can eat them and enjoy looking at them in your garden too.

Some things we grow for flavor can be gorgeous, like herbs. For instance, basil flowers are pretty in the garden and it is easy to pick off the leaves so the plant continues to produce annually. If you have seen the "Purple Ruffles" basil variety you know it's exactly that, purple colored, with ruffled leaves. You might not want to harvest it as it is so pretty in your garden but do use it just as you would any other type of basil.

I'm always delighted to see sage in bloom. The purple flowers are lovely and since it keeps producing all year as a perennial plant, sage can grow rampant as it keeps producing more aromatic leaves. Another perennial is fennel. Its foliage makes a lovely tea and the bulbs at the base are a tasty vegetable.

A great thing about herbs is you can grow them in pots. Mint and a variety of vegetables are also easy to grow in pots. Tomatoes, peppers, and most leafy greens thrive in these gardening containers. Some flowers are ornamental plants that can also be edibles. Nasturtium leaves and flowers can be added to salads. Other flowers are edible too, but not all, so do some research before adding them to your diet.

Angela O'Callaghan is an associate professor and social horticulture specialist at University of Nevada, Reno Extension, a unit of the University's College of Agriculture, Biotechnology & Natural Resources.

A small vegetable garden can be beautiful. As long as plants receive the basics when in containers, they will be productive.

Super easy one-serving soup

Ingredients:

- 1 large kale leaf
- 1 large broccoli raab leaf
- 1 medium clove of garlic
- 1 teaspoon Better Than Bullion*
(reduced sodium or any variety)

Steps:

1. Chop the vegetables.
2. Add to a soup bowl.
3. Pour 1 ½ cups of boiling water over mixture.
4. Allow to sit for 10 minutes.
5. Eat and enjoy!

Photos from Angela's garden.



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.



Five Health Benefits of Gardening

In addition to providing nutritious veggies and fruits for your dinner table and beautiful flowers to decorate it, gardening offers a variety of health benefits:

- Increases exposure to vitamin D
- Decreases risk of dementia
- Provides mood boosting benefits
- Offers enjoyable aerobic exercise
- Helps to combat loneliness

Adapted from AARP Healthy Living



Join us in a Grow-Your-Own-Herb Kit activity in honor of Earth Day, April 22, 2021. Grow kits are available on a first come first serve basis, so reach out now to secure yours!

Contact Dakota Clarke at clarkea@unr.edu or call 702-948-5916.

Did you know? SNAP and gardening...

You can use your SNAP benefits to purchase seeds and plants used in gardens to produce food for you to eat?

This includes seeds for producing edible plants (for example: tomatoes or green pepper seeds or plants); edible food producing roots, bushes, and bulbs plants (for example: asparagus crowns or onion bulbs); and seeds and plants used to produce spices for use in cooking (for example: basil, rosemary, thyme). To learn more, visit:

<http://bit.ly/3luYkOy>

Gardens for Nutrition

Researchers have found that aging, as well as the medicine you take, can bring physical changes to our bodies. These changes may affect your desire to eat, sense of taste, or the ability to chew and swallow foods. Sometimes, new ways of putting food on your plate and preparing food encourage eating and an interest in food. Gardening and harvesting a variety of fruits and vegetables may be something that also creates an interest in eating and can help with the physical changes taking place in your body.

For more information, please visit the Elder-Accessible Gardening (epa.gov) site online.

Pasta Primavera

A flavorful spring recipe for you and your family to savor. Use your favorite spring vegetables from your garden or local farmer's market. Kohlrabi, sugar snap peas, carrots and asparagus are all delicious options.

Makes 3 servings.

Ingredients:

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 3 tablespoons Parmesan cheese

Directions:

1. Cook noodles according to package directions.
2. While noodles are cooking, heat oil in a skillet.
3. Add vegetables and sauté until tender; stir constantly.
4. Add tomatoes and sauté 2 more minutes.
5. Toss vegetables with noodles and margarine.
6. Add seasonings; sprinkle with Parmesan cheese.



For nutrition information, please visit MyPlate Kitchen at <http://bit.ly/38PEFU4>

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

