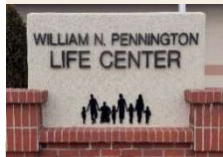


In this issue...

Greetings
Happenings at WNP
Endearments
GnomeNews
Announcements
WNP Staff
Caregiver Corner
Resources
Health and Nutrition



WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Dear Friends and Supporters of WNP Life Center,

Well, February has arrived and, in my opinion, rather abruptly. Even though we have not had the weather that we need to produce SNOW, we are over the hump of winter and spring is around the corner.

We are still in our holding pattern and being held at bay due to COVID-19. At this time, we still have no idea of a reopen date but remain optimistic it will be in the next six months. Hopefully. This new way of life that we have had to learn quickly has been a real curve ball to many of us. But when it is all over, we can say we did it. I do hope that when it is behind us that we will discover some new attributes from all people such as a kinder approach and understanding of empathy towards one another, an appreciation for the little things in life, and a renewed feeling for living our lives to the fullest. I would like to see people continue their slower way of life, long enough to relish the thought of visiting family and friends, catch up on lost activities, such as weddings, graduations, births, postponed travels and then have the opportunity to hug all those people they have missed over the last long year plus. I think it would be healthy for our mental health to MAKE A LIST on the left side of paper of ALL the things you have personally missed and missed out on in this COVID-19 lockdown. It can be as long as you wish and only share with someone if you choose to do so. On the right side of the paper, MAKE A LIST stating all the activities you want to do, then prioritize that list to what you will do first.

I know this will be a list of when it is safe to do all the things we want to do; we will have it to look forward to and plan especially if it involves travel. I know what my first few things I will be doing when the time is right, that will be: Visit my son and daughter-in-law in Denver; and my son and daughter-in-law in Boise; and my sister in Portland unless she gets moved to Coeur D' Alene first. As you see, I have a plan and it will not all happen at the same time, but I do have a PLAN. On a daily plan I look forward to seeing all of our seniors return to the Center and not have to worry about that friendly Hug that is long overdue! If you would like to share your PLAN, you can email me at ccscdirector@cccomm.net we can start a "POST COVID-19 PLAN to Do List".

Aging is an inevitable process. We all lament growing older. Usually with negative association that adults have with aging is due to their belief that the process carries debilitation and loss. But there is a difference between "usual aging" and "successful aging." What is successful aging? Not an easy answer. *Rowe and Kahn* model developed in 1990's proposed the following: Freedom from disease and disability; high cognitive and physical functioning; and an active engagement with life. Do you think you are experiencing "successful aging" according to the model mentioned above? For many, this does not even begin to apply. But there is an additional model that seems to be more fitting to our needs and based on the assumptions that with increasing age there is an accumulation of



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health-related and social stressors. The best definition by Jeste et al. (2010) compared successful aging from a researcher's point of view to include "being free from disease and disability" to a layperson's definition of adaptation, meaningfulness and connection." Generally, we become concerned with aging during middle age when a life event may occur, like physical illness and worrying about financial security. This is the time people start thinking about limited abilities and inadequate resources and possible retirement opportunities. This is a mid-life crisis and if anxiety, disappointment, and stress are present they may interfere with the ability to ultimately achieve successful aging with the time they have left to live. Aging is a life-long process (from the moment we are born to the day we die) we must focus on "successful aging" as soon as possible. For many of us, we may be behind the eight ball but it's never too late to begin and maybe even pass the idea to become those "young whipper snappers" that will have more time to perfect this practice. A few suggestions for you and your possible mentees: Make your health paramount during the older years, get essential engagement in activities that will avoid or decrease disease and disability. Adopt a lifestyle that promotes health and cognitive challenges. Avoid stress. Do not adopt negative stereotypes given to old age. Older people today are active, and competence serves as positive reinforcement. Do not believe that you cannot do something because of your age, you may just need to do differently. Be flexible. Experience new opportunities and ways of doing things. Be open minded to learning. Live life. Find a goal to work towards that will challenge you and maybe your partner. Engage in social activities and volunteer to promote mental health. Think about the legacy you want to leave to your family and friends. Be adventurous and explore new ideas. You will learn more about your world and yourself. Lastly, focus on your well-being. Choose happiness. We are all born with potential. In many ways it is our personality characteristics impacting our decisions that undermine our destiny. Do not keep yourself from trying to achieve all you can. Success is up to us. (excerpts from *Psychology Today*, Sreenivasan, Ph.D. and Weinberger, Ph.D.)

Get ready, get set, and go forth and start living within your means right now with COVID-19. You won't regret it.

Until next month,

Lisa



Lisa Erquiaga, Executive Director

William N. Pennington Life Center
952 South Maine Street
P.O. Box 1677
Fallon, Nevada 89406
Office (775) 423-7096
Fax (775) 423-9696

Website: williamnpenningtonlifecenter.org

Email: ccscdirector@cccomm.net



Mission Statement

To develop, coordinate and deliver a comprehensive net of supportive services for the William N. Pennington Life Center/Coalition for Senior Citizens program participants; including services designed to ensure seniors, their families, their caregivers and all interested community members of all ages lead a meaningful and dignified life, while maintaining a healthy, safe, secure and continued independence.





WNP Life Center is pleased to thank the following individuals, businesses and clubs for their generous donations in 2020 and early 2021

Lutheran Womens Missionary League,
Fallon Lutheran Women
Mike and Beth Reese
Jacquie Belmont
Tedford Tire
Karen Tye
Harold Lane
Mel and Barb Foremaster
CC Communications
Charles and Yumi Neefe
Fallon Eagles/NV State Eagles
Big R
New Milleinum
Geri Lynn Ousley for Fran Lenzora
Fallon Rotary Club
Jerry and Garla Singleton
VL Bartel
Judy Scherr
Gemini
Bill and Andrea McNair

Kelly and Yvonne Sutherland
Donnie Scott
Gene and Glendora Ford
Jean Cox
Virginia Hughes
Enel North America, Inc.
Janice Gibson
Fallon Soroptimist International
Car purchasers at Fallon Toyota
dealer match for Pay it Forward
Jerry Pullens
Hughie and Betty Wooner
Laura Ramsey
Pam Moore
Cherry Adams
Suzanne Faith
Penny Valentine
Samantha Lane
Mike and Michon Mackedon



**Congratulations to
Georgia H., our lucky
January "picture menu"
drawing winner!**





In Memory of:

In memory of long time Fallon resident and good friend of the Senior Center, **Sakae Tsuda**, WNP Life Center has received four donations from her good friends, Sandra and David Fisk; Karl and Lisa Walquist; Paul and Ruth Debruine; and Wade and Melinda Johnson, respectively.

In memory of Carol Joyce Paulson.

In memory of Alan Bain from the Alan Bain family.



These donations are used for program purposes unless otherwise requested a different use by the donor at the time of providing. Anyone can have your loved one recognized in memory of and donation received by William N. Pennington Life Center

In Honor of:

Did you know that you can donate in a friend or family members name for their birthday, anniversary, or any other occasion you may see fit? This is a great idea for those of us who don't need anything for another birthday except maybe a card and a phone call. Forget the present you might want to buy. Give a donation in the name of your celebrating loved one to William N. Pennington Life Center.

We have a group that does just this every year. Every year in November about five checks show up in the mail made out to WNP Life Center, in honor of their friend getting another year older! Isn't that a great idea and it makes so much sense and the Center really appreciates your efforts. It's very heartwarming to see how much these friends care. If you have any questions on how do this or would like to sign up now, please call Lisa Erquiaga at 423-7096 and let's do something to warm your heart.

Those we have lost since last March 2020:

We have been doing the best we can to keep track of all of our senior friends and acquaintances who have passed since our closure last March 13, 2020. If we have missed anyone please forgive us, or if you know of anyone who we may have missed please let us know.

Doreen Little, Bill Hughes, Peggy Dunn, Maxine Periera, Sakae Tsuda, Bonnie York, Don Travis, Joyce Mitcheltree, Jane Sammons, Bob Behnke, and Ron Marsh. May they rest in peace and know they will all be missed greatly.

In Memory of Jennie Workman Gray

On January 13, 2021 we lost a wonderful friend to colon cancer. Jennie was part of our William N. Pennington Life Center family. She shared the beauty shop space for over two years with Sandra Burrell and in that time they became really good friends. Everyday was a party in the beauty shop.

Jennie will be greatly missed by all of her long-time customers and everyone else who had the opportunity to meet her. She was always smiling and bubbly. You could always count on Jennie to have her camera close by. She was an avid picture taker and she always had a fresh set to share whether it be from a birthday party, graduation, baby shower and she loved narrating them for you. She was a very social being and being a beautician was a fitting profession for her. While Jennie's many friends and family are missing her greatly, we are all happy that Jennie is pain free and meeting new friends. Keep taking pictures and critiquing food.



The best of peace to you my good friend Jen.



GNOMENEWS

By Anita Lamb, Garden Educator



Calling all gardening buffs. We are getting our garden spot all set up for you to put your "Green Thumbs" to work!

I have your garden towers set up and with a few finishing touches, we will be ready. I have started an assortment of cool weather plants such as four different types of lettuce, swiss chard, kale, arugula, peas, cabbage, broccoli, and cauliflower. They are growing great and we should be ready to plant them in your garden towers around the end of February.

So, fellow gardeners, it's time to find a family member or friend to share your garden project with. Give me a call so we can get you signed up and assigned to your new gardening tower.

Interested gardeners please call Anita at the William N. Pennington Life Center, 775-423-7096, or email me at resourcenavigator@cccomm.net.





Free virtual online class

Eating Smart-Being Active

Learn how to eat healthier.

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

- Cooking Demos
- Recipe ideas
- Resources and Support



Beginning in March sign up NOW!

For more information contact

Mercedeis Rodriguez to be put on the interest list.

caregivercoordinator@cccomm.net

775-423-7096





LOOKING FOR A FUN, NEW WAY TO BE ACTIVE?

Welcome to



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: Beginning in March every Tuesday and Thursday

Time: 2PM-3PM

HOW: Play from home via zoom

Contact Mercedes Rodriguez to sign up.
caregivercoordinator@cccomm.net
or
775-423-7096



**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.





Stay Connected While Staying Home: A Guide to Free Virtual Events in February



Lecture: A History of the Fast Food Industry WEDNESDAY, February 10 5:30 PM ET

Virtual lecture and live Q&A with Georgetown University's Marcia Chatelain on how the fast food industry shaped social history.

REGISTER

SEE ALL LECTURES

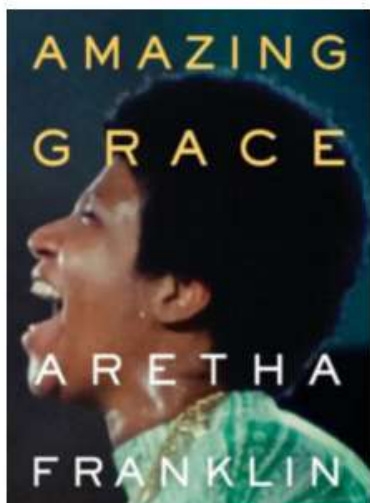
Author Talk: A Conversation with James Patterson THURSDAY, February 11 7:30 PM ET

Join a live chat with this bestselling author who will discuss his latest book, *Walk in My Combat Boots*.

REGISTER

Check out the wonderful things AARP has to offer!

WWW.AARP.ORG



Movies for Grownups Screening FRIDAY, February 26 8:00 PM ET: *Amazing Grace*

Enjoy a tribute to the Queen of Soul in this documentary on the making of Aretha Franklin's gospel album "Amazing Grace."

REGISTER

MORE MOVIES

Find More Events and Classes

The [AARP Virtual Community Center](http://AARPVirtualCommunityCenter.org) offers interactive online events and classes designed for learning, self-improvement, and fun.



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:



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"

Hi, my name is Victoria. I am the newest member to the kitchen at the WNP Life Center and I really enjoy being part of the team! I am a Prep/Kitchen Assistant.

I am married and my husband and I have five grown children and seven grandchildren between us. We are so very proud of them all and love showing them off whenever we get the chance!

I moved back to Nevada in 1998 after living in Orange County, California for several years. I have called Fallon "home" ever since. I love it here! Fallon has been a wonderful place to live and raise our family.



Victoria has a very welcoming smile and warm personality. And she really adds some spice to the existing kitchen staff with her treasure chest of numerous topics. You never know what kind of a story she might have to share at the most peculiar time of the workday in the kitchen. She is well-liked by her co-workers and is not above doing any duties asked of her or staying a few minutes late if needed. She is a pleasure to have on staff. So glad she found us a year ago when she accompanied her mother to set up for a booth at the craft fair held here.

- Lisa Erquiaga, Executive Director

Victoria has been with the Center since December 2019, first working as a relief driver for Meals on Wheels and a fill-in for the kitchen staff. Now she works as part of our kitchen crew every day. Victoria works hard, does a great job, and is loved by staff and seniors alike. She is a great team player and is willing to do anything we ask of her. Victoria also has a great sense of humor and is fun to tease!

- Buster Pierce, Program Services Director



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

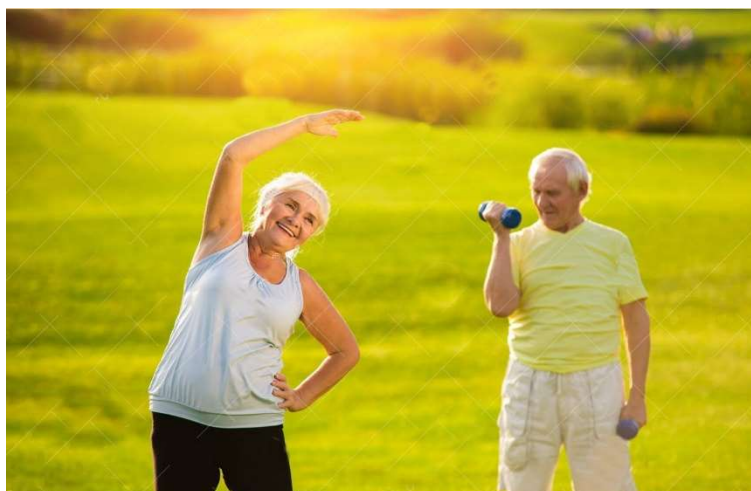
Mercedeis Rodriguez
Caregiver Coordinator
(775) 423-7096
caregivercoordinator@cccomm.net



Benefits of Exercise for Seniors and Aging Adults

- **Prevent disease** – Studies have shown that maintaining regular physical activity can help prevent many common diseases, such as heart disease and diabetes. Exercise improves over all immune function, which is important for seniors as their immune systems are often compromised. Even light exercise, such as walking, can be a powerful tool for preventable disease management.
- **Decreased risks of falls** – Older adults are a higher risk of falls, which can prove to be potentially disastrous for maintaining independence. Exercise improves strength and flexibility, which also help improve balance and coordination.
- **Social Engagement** – Whether you join a walking group, go to group fitness classes, or visit a gardening club, exercise can be made into fun. Maintaining strong social ties is important for aging adults to feel a sense of purpose and avoid feelings of loneliness or depression. Above all, the key is to find a form of exercise you love, and it will never feel like a chore again.
- **Improved cognitive function** – Regular physical activity and fine-tuned motor skills benefit cognitive functions, countless studies suggest a lower risk of dementia for physically active individuals, regardless of when you begin a routine.
- **In Conclusion** – Exercise is good for you its just a matter of making it a priority.

Source: <https://thegreenfields.org/5-benefits-exercise-seniors-aging-adults/>



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
February 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



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.

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

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

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



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

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



Would you like our monthly newsletter sent to your email?

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





EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

Seniors Eating Well

Want to take better care of your health?

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

Open to adults, 60 years and older.
Participants will learn:

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

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

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

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

Health & Nutrition

VIRTUAL MORNING CLASSES 10 – 11 a.m.

February 3 | February 10 | February 17
February 24 | March 3 | March 10 | March 17

VIRTUAL AFTERNOON CLASSES 2 – 3 p.m.

February 3 | February 10 | February 17
February 24 | March 3 | March 10 | March 17

**Zoom assistance will be provided
after registration is completed.**





What Can I Do to Prevent Heart Disease?

There are many steps you can take to keep your heart healthy.

Try to be more physically active. Talk with your doctor about the type of activities that would be best for you. If possible, aim to get at least 150 minutes of physical activity each week. Every day is best. It doesn't have to be done all at once.

Start by doing activities you enjoy—brisk walking, dancing, bowling, bicycling, or gardening, for example. Avoid spending hours every day sitting.



If you smoke, quit. Smoking is the leading cause of preventable death. Smoking adds to the damage to artery walls. It's never too late to get some benefit from quitting smoking. Quitting, even in later life, can lower your risk of heart disease, stroke, and cancer over time.

Follow a heart-healthy diet. Choose foods that are low in trans and saturated fats, added sugars, and salt. As we get older, we become more sensitive to salt, which can cause swelling in the legs and feet. Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains. Get more information on healthy eating from NIA. You also can find information on the Dietary Approaches to Stop Hypertension (DASH) eating plan and the U.S. Department of Agriculture's Food Patterns.

Keep a healthy weight. Balancing the calories you eat and drink with the calories burned by being physically active helps to maintain a healthy weight. Some ways you can maintain a healthy weight include limiting portion size and being physically active. Learn more about how to maintain a healthy weight from NIA.

Keep your diabetes, high blood pressure, and/or high cholesterol under control. Follow your doctor's advice to manage these conditions, and take medications as directed.

Don't drink a lot of alcohol. Men should not have more than two drinks a day and women only one. One drink is equal to:

- One 12-ounce can or bottle of regular beer, ale, or wine cooler
- One 8- or 9-ounce can or bottle of malt liquor
- One 5-ounce glass of red or white wine
- One 1.5-ounce shot glass of distilled spirits like gin, rum, tequila, vodka, or whiskey



Manage stress. Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a stress management program, meditation, physical activity, and talking things out with friends or family. To learn more about stress management techniques, visit the National Center for Complementary and Integrative Health.

To learn more about making heart-healthy lifestyle changes, visit the [National Heart, Lung, and Blood Institute](https://www.nia.nih.gov/health/heart-health-and-aging#prevent).



Stuffed Potatoes with Salsa & Beans

Taco night meets baked potato night with this simple recipe for loaded baked potatoes with salsa, beans and avocado. This easy, healthy family dinner comes together with just 10 minutes of active time, so you can make it on even the busiest of weeknights. This recipe is just as delicious with sweet potatoes in place of russets.

Active: 10 mins

Total: 25 mins

Servings: 4

Ingredients

Ingredient Checklist

- 4 medium russet potatoes
- ½ cup fresh salsa
- 1 ripe avocado, sliced
- 1 (15 ounce) can pinto beans, rinsed, warmed and lightly mashed
- 4 teaspoons chopped pickled jalapeños



Directions

Instructions Checklist

• Step 1

Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes. (Alternatively, bake potatoes at 425 degrees F until tender, 45 minutes to 1 hour.) Transfer to a clean cutting board and let cool slightly.

• Step 2

Holding them with a kitchen towel to protect your hands, make a lengthwise cut to open the potato, but don't cut all the way through. Pinch the ends to expose the flesh.

• Step 3

Top each potato with some salsa, avocado, beans and jalapeños. Serve warm.

Nutrition Facts

Serving Size: 1 potato

Per Serving:

324 calories; protein 9.2g; carbohydrates 56.7g; dietary fiber 11g; sugars 5g; fat 8g; saturated fat 1.2g; vitamin a iu 190.8IU; vitamin c 21.2mg; folate 104.8mcg; calcium 74.7mg; iron 3.3mg; magnesium 92.8mg; potassium 1415.5mg; sodium 421.7mg; thiamin 0.2mg.

Exchanges:

2 starch, 1 1/2 fat, 1/2 lean protein

