

**June 2021**

**Volume 2, Issue 5**

*Edited by Melanie Keener, Operations Assistant*

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WILLIAM N. PENNINGTON  
**LIFE CENTER**



# *Generations Joined!*



***Good Morning, Good Morning, Fallon,  
Nevada and Churchill County!***

It is with great pleasure that I share with you all our exciting news! We can't stand it any longer! The doors of William N. Pennington Life Center will be reopened on June 1, 2021. We will begin serving our Congregate Dining Room patrons at 11:30am until 12:30pm, Monday-Friday on a regular weekly schedule. It has been a really long 14 months for all involved, especially our senior population. We are anxious to get everyone back together, to see old faces and meet new faces.

So now that we begin the transition process for everyone to re-enter the big world and all of its happenings that were frozen in total limbo for 14 months, there's a few things for all of us to take into consideration. Have you experienced any issues with muscle weakness, disrupted sleep, increased anxiety, poor nutrition, long term social isolation since the shutdown last March 2020? Millions of older Americans are struggling with physical, emotional and cognitive challenges from being cooped up from the Pandemic. Experts are urging you to reconnect with your doctors especially if you have delayed your medical care

for fear of getting Covid-19. If you have put off any of your preventive care or screening such as dental cleanings, eye exams, and hearing checks, etc. now is the time to get them rescheduled. Doctors are discovering that seniors are having long term toll on their physical strength and cognitive functioning from over a year of sheltering in place. If you suspect this could be you, make an appointment with your healthcare team. At this stage in life, a Physical Therapist for strength training, balance, range of motion, and stamina or an Occupational Therapist for home safety evaluation, motor skills, and sequencing referrals might be in your future. It's important that you advocate for yourself by emphasizing the need for a referral from your doctor if you really feel you need it.

Everyone is eager to get out of their houses and they are finding out that it's not as easy after being locked down for a year from the outside world. First thing to do is, start out SLOW by identifying your limitations! You need to listen to your body and learn to pace yourself. Don't do anything that hurts or causes pain. Being physically active is important and is different for each of us. Engaging

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in regular physical activity such as a walk in the park, chair exercises, and video fitness programs are excellent forms of activity types. Explore exercise classes or routines online. Check out Go4Life, sponsored by National Institute on Aging and the Veteran's Administration has Gerofit, a virtual group exercise program or exercise at your local gym or health spa. Find a friend to accompany you and make it a fun for everyone involved. And also, very important is to make sure you are eating properly with a well-balanced meal with a good amount of protein and a great focus on the correct amount water to consume to stay adequately hydrated. You can do this and remember you are not alone!

As we prepare to reopen our lunch nutrition program and the many other services and program activities we offer, we do it as mentioned above by pacing ourselves and taking it slow. As I reflect over the last 14 months of the building being closed to the public and providing services in an alternate manner has shown us all that "you can do anything in an alternate fashion but sure is rewarding to go back to the old way!" Although COVID-19 has chauffeured us through some pretty drastic changes in the last 14 month's some of the changes will most likely be adapted into our daily lives such as the use of ZOOM.

So back to our reopening on June 1, 2021. There will be a few changes in our dining room experience. Our seating will be set up for four individuals for the first month or so. And you will be required to wear a mask upon entering the building and as you mingle with old friends, meet new ones and get your lunch tray while waiting in line for the protection of us all. Your cooperation will be greatly appreciated as we all come back together. When you are sitting at your table eating you may remove your mask. We will be serving lunch at WNP Life Center for the summer months from 11:30pm-12:30pm. Soup and Sandwiches will only be served on Fridays for summer hours also. We will be asking that the lunch crowd be done eating and ready to vacate the dining room area so our volunteer cleaning crew can get to work to ready the dining room for the next day.

By the time July is upon us, we will have all the other programs in place and ready to start. We hope you are all excited and ready to get back together to get on with our lives, our activities, and experience life again. Have a great summer.

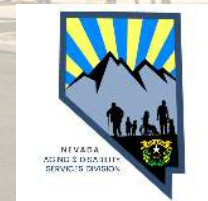
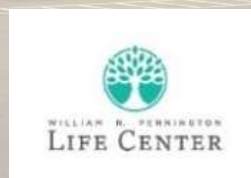
*Lisa*

Lisa Erquiaga, Executive Director



### ***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.***





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**



**PSST...**

Did you know we are on YouTube!  
<https://www.youtube.com/channel/UC51GiCtWba8qPxJDAprgQZA>



**WAIT! There's more!**

The William N. Pennington  
Life Center can now accept  
electronic donations via  
PayPal or using a  
debit/credit card.

Visit our website at  
[williamnpenningtonlifecenter.  
org](http://williamnpenningtonlifecenter.org)

Interested in setting up a  
monthly donation? Now you  
can with the ease of PayPal.



WILLIAM N. PENNINGTON  
LIFE CENTER







***My name is Mercedeis, and I am the new Healthy Aging Coordinator here at the WNP Life Center and I just wanted to let you all know come July we are going to be planning a time to start teaching Seniors Eating Well, Diabetes, and Chronic Disease. These are very informational classes we'd love to have you join us in.***

## Staying Healthy at Home for Seniors

### Eating Healthy at Home

#### Balance your food intake.

Use the picture below to understand how to manage a balanced, healthy diet — on average, roughly one half of what you eat should be fruits and vegetables; one quarter should be grains; one sixth for proteins; and one twelfth for dairy proteins.



**UPMC** LIFE CHANGING MEDICINE



**EXTENSION**  
College of Agriculture,  
Biotechnology & Natural Resources

*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.*

## SEW

Seniors Eating Well also known as "SEW," part of Extensions Healthy Aging initiative, is a nutrition education program that includes food demonstrations and educational materials designed to teach older adults how to maintain a healthier lifestyle.

**Questions? Ready to sign up? Call Mercedeis at (775) 423-7096**



I have recently started an exercise class called BINGOcize, BINGOcize is a 10-week, evidence-based health promotion program approved by SNAP-Ed and The National Council on aging. BINGOcize combines exercise and health information with the familiar game of bingo which has shown to be a great, fun way to get seniors moving and exercising. I have had 6 people join my first class and we are going on week 7, it has been nothing other than laughter, fun, and success. You can join us via zoom or in person here at the William N Pennington Life Center anytime.

May 26, 2021

"Hi Lisa,  
Please tell your staff they did a great job this past year. Every meal we had  
was good and some great. See you at inside lunch soon –

Judy Scherr"

To: Lisa Erquiaga  
and Staff.

May 27, 2021

Dear Lisa Erquiaga, Buster and all  
the wonderful staff in the kitchen and  
the friendly servers to our driveby lunch,  
and all of you in the offices and  
Senior Center!

It was a joy to be able to  
escape from my lonely house to see  
your smiling sweet faces and receive  
the wonderful meals every day.

Your well organized service is  
second to none!

I have lived all over the world  
in my lifetime – South Africa, Germany,  
Oxford in the U.K., Paris France (for 2 years)  
and now in America since 2001!

You are one of the best!

Thank you very much!  
Sincerely, Helga Meyer

Thank  
You





For nearly a decade, Big R has purchased meat from the local 4-H show annually and has made a hefty donation of that meat to us here at the WNP Life Center (previously when we were at the former senior center as well). This year, Mark Stanfield and Big R donated a steer and a pig, fully butchered and wrapped, to us for our seniors! A BIG THANK YOU to Mark and Big R for such a fabulous donation! Thank you, Shannon Patterson, for delivering all of this wonderful meat! We LOVE our community!



## 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!

**Our Doors Are Open!**



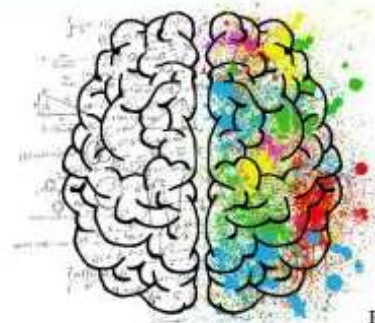




# Healthy LIVING while aging!



**EXTENSION**  
College of Agriculture,  
Biotechnology & Natural Resources



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

June 2021

| Healthy aging newsletter |

Volume 2, Issue 6

## You Are What You Eat – The Role of Nutrition in Optimizing Brain Health

By Kat Hartley and Marwan Sabbagh, MD

“You are what you eat” is a phrase many of us have heard before, and for good reason. The nutrients from the food we eat provides the fuel our body needs to function. It helps to energize us, keep our hearts pumping and our brains active. But when it comes to eating a healthy diet, many of us don’t think about the direct impact it might have on our brains.

As we grow older, our brain is exposed to more harmful stress due to lifestyle and environmental factors, resulting in a process called oxidation, which damages brain cells. Rust on the handlebars of a bike or a partially eaten apple are examples of the kind of damage oxidation can cause to your brain. Food rich in antioxidants can help fend off the harmful effects of oxidation in your brain.

In addition, new research suggests that up to 40% of Alzheimer’s cases could potentially be prevented through healthy lifestyle modifications, such as diet and exercise. With this in mind, Cleveland Clinic Lou Ruvo Center for Brain Health identified six pillars of brain health to help individuals lead a brain healthy lifestyle and reduce their risk of developing Alzheimer’s disease. One of these pillars is diet.

Research shows that a Mediterranean-style diet rich in fish, whole grains, green leafy vegetables, olives, and nuts helps maintain brain health. Implementing these modifications into your routine is easier than you might think – here are a few easy tips:

*Kat Hartley, project manager and Marwan Sabbagh, MD, director of translational research at Cleveland Clinic Lou Ruvo Center for Brain Health presented a modified version of this article on the Today Show.*

1. **Load your plates with fruits and vegetables:** Spinach, kale, broccoli, and other leafy green vegetables are rich in many brain-loving nutrients. Blueberries, raspberries, and blackberries are packed with antioxidants; they can potentially slow aging in the brain and elsewhere.
2. **Reduce saturated fat:** Try to reduce saturated fat in your diet and replace things like butter and lard with olive oil. Eating foods high in saturated fats, like red meat, butter, and dairy products, are harder for your body to break down and are associated with the development of degenerative diseases, including heart disease and Alzheimer’s disease.
3. **Eat eggs in moderation:** The protein and vitamins B, D and E found in eggs and egg yolks may help to improve memory. You can reap the benefits of these vitamins while keeping your cholesterol to a minimum by mixing whole eggs with egg whites to round out your omelet or scrambled eggs.
4. **Incorporate fish:** Fish is a great source of Omega 3, the type of fatty acid your body cannot produce, and it is good for your brain. At least twice a week, eat five ounces of Omega 3-rich fish, such as salmon, cod, haddock, tuna, or halibut.
5. **Eat plenty of whole grains:** Oats, barley and quinoa are rich in many of the B vitamins that work to reduce inflammation of the brain.

For more information about Healthy Aging education or resources, please visit our website: [extension.unr.edu](http://extension.unr.edu) and search “Healthy Aging” or contact Dakota at 702-948-5916





**EXTENSION**  
College of Agriculture,  
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## Engage Your Brain: A Four Part Series about Alzheimer's Disease

Churchill County Extension Office  
111 Sheckler Road, Fallon NV 89406  
Also available online via Zoom  
Cost: Free

Engage your brain during Alzheimer's & Brain Awareness Month and beyond. There are 49,000 Nevadans aged 65 and over living with a diagnosis of Alzheimer's Disease. This number is expected to grow to 64,000 by 2025.

To raise awareness about this disease, and all dementia, the University of Nevada, Reno Extension, in cooperation with the Northern Nevada Chapter of the Alzheimer's Association, is offering a four part webinar series to include how to decrease your risk of dementia, identify warning signs, understand dementia, and engage in difficult dementia related conversations. Join one session or join them all!

For more information & in-person registration, please contact Extension at (775) 423-5121

*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.*

**alzheimer's**   
**association®**

### Healthy Living for Your Brain and Body: Tips from the Latest Research

Thursday, June 3 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/AlzHealthyLiving>

### 10 Warning Signs of Alzheimer's

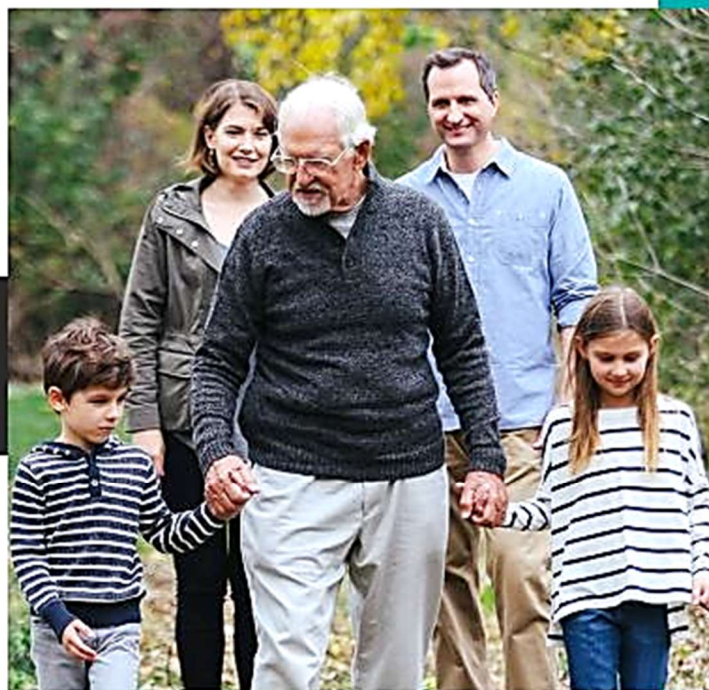
Thursday, July 1 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/Alz10WarningSigns>

### Understanding Alzheimer's and Dementia

Thursday, August 5 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/AlzUnderstanding>

### Dementia Conversations (Doctor Visits, Legal and Financial Planning & Driving)

Thursday, September 2 | 1:00 p.m. – 2:00 p.m.  
Register: <http://bit.ly/AlzConversations>







# GNOMENEWS

*By Mercedes Rodriguez*



It is that time again, how time flies! A little update on our beautiful garden. We have a total of 14 towers with two still being available for one or two people to adopt. We also have 3 family units to adopt and plant and harvest in. Our tomatoes are doing fantastic and we even have our squash, radishes, carrots, and green beans growing wonderfully. We do need some ideas on what to plant in the community veg pod as the weather is getting warmer and the cabbage and broccoli are coming to an end.



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Institution*





## Senior Commodities

Senior Commodities will be on the **4<sup>th</sup> 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
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1	\$16,588	\$1,383
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2	\$22,412	\$1,868
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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.

**2<sup>nd</sup> 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](http://www.FBNN.org) or call them at **775-331-3663**



# 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](http://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

\*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.

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.



## 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](http://tinyurl.com/elders-talk)

The Nevada Department of Health and Human Services

## Caring.com

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.

## MEALS on WHEELS AMERICA

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.

*Call for more information.*  
(775) 829-2273

*Pick-up location available at WNP Life Center*



**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



WILLIAM N. PENNINGTON  
LIFE CENTER



**C.A.R.T.**

Churchill Area Regional Transportation

## 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.



**RENO OFFICE**  
Serving all counties in Northern Nevada  
Phone:  
(775) 284-3491  
Toll Free:  
(800) 323-8666  
(call for appointment)

*Nevada Legal Services visits the WNP Life Center the 2<sup>nd</sup> Tuesday of each month.*

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](mailto: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!***





We are here for you and your family

**Resilience Ambassadors for Carson City  
– Quad Counties**

**Melanie Rose:**

(775) 431-7093 / [m.rose@health.nv.gov](mailto:m.rose@health.nv.gov)

**Rae Scott:**

(775) 431-9860 / [rscott@health.nv.gov](mailto:rscott@health.nv.gov)

**Neida Hernandez (EN & ES):**

(775) 431-7000 / [nhernandez@health.nv.gov](mailto:nhernandez@health.nv.gov)

In this challenging time, you are not alone.  
Our Resilience Ambassadors can provide  
support and connection to resources over  
the phone, through text and video-chat, or  
face to face.

NEVADA  
**resilience  
project**

To learn more or connect with the Nevada  
Resilience Project, visit:

**[NevadaResilienceProject.com](http://NevadaResilienceProject.com)**

**For immediate help, please contact  
Crisis Support Services of Nevada**

**Call: 1 (800) 273-8255 Text: CARE to 839863**

***William N. Pennington Life Center  
952 South Maine Street  
Fallon, Nevada 89406  
Phone: (775) 423-7096  
Fax: (775) 423-9696***



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