

October 2020

Volume I, Issue 9

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Greetings from Executive Director

It's Fall! I think we are all wondering how we got to month of October 2020 even with the last eight months of being kept close to home and sheltering in place, it seems to have gone quickly in most instances. This happens to be my favorite season and I personally think it's because of the apparent and visible changes of the color of the trees, the crispness of the weather with a nice sunny warm up in the afternoon, and the anticipation of a winter season bringing us much needed moisture.

Although we have ALL seen and experienced a "new" way of living and navigating COVID-19 in both our personal lives and in the communities, we share, the truth is we will be forever changed by it. Not necessarily good, bad or indifferent in the change. But the lesson, if we were in a classroom would be to learn from the experiences of something we have never done before. Take a moment to stop and think of your personal take on what effect it has had on you. Everyone is going to have a different reflection, some positive and some negative and some in between. I believe it will depend on your own personal disposition of how you view life in general. The purpose of addressing this issue to everyone is to once again remind you that we are all in this together. We all have good days and we all have



bad days. COVID-19 has touched our lives in many different ways but have each other to lean on. A few weeks ago, it occurred to me that I needed to examine my outlook on my own personal and professional effects of COVID-19. I shared this with my staff because I felt I owed it to them. It turned out to be a very enlightening conversational brainstorm. I was in that "COVID-19 pit" and until I verbalized it to them and myself, I was sinking. With our conversational brainstorms continuing daily we have all re-examined our thoughts and feelings and have decided to rise above COVID-19! WE have pledged to not allow our current state of affairs

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and operation at William N. Pennington Life Center to use COVID-19 as the excuse! Just like in other aspects of daily life we must go on and do the job and provide the programs we pride ourselves in and are known for...just in an alternative way! Just like we have been doing since March 12, 2020! Take that COVID-19! I leave you with this quote that I believe seems to fit our current climate and a goal to attain or at least contemplate...

"Your destiny is too great, your assignment too important, your time too valuable. Do not let fear intimidate you".

Enjoy our Fall weather and remember to do something nice for yourself and someone else. It will do your heart good.

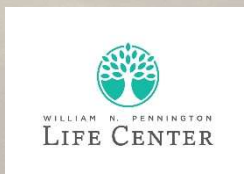
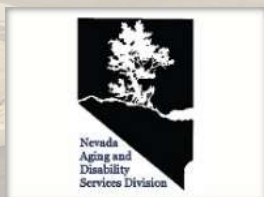
Until next month,
Lisa Erquiaga



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

Mission Statement

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





PROGRAMS ARE ABUNDANT

By Lisa Erquiaga

What's a WNP Life Center "Generations Joined" newsletter without an update on our programming activities? Just a reminder the WNP Life Center "spoke of the wheel" are our Senior participants but always welcoming the entire community of all ages to join us! Come one come all.

I think you will like some of the creative and unique programming ideas we have come up with so far and there is more to come in the future. We have only just begun our new way of this alternative way of operating with development of our latest and upcoming program development.

As always, lunch is our main attraction. Our kitchen staff continues to prepare at least 400 lunches a day. This number includes both our Meals on Wheels program and the ever growing "Drive-thru the Portico" lunch service which has new winter time of 11:30am-12:30pm Monday through Friday. If you have not experienced our lunches, please come and see us and remember that you don't have to be 60 and over to eat lunch. We always make sure that we tell everyone under 60, you can certainly eat with us for \$6 while the over 60 cost remains a suggested \$3 donation as always. Where else can you get a satisfying and nutritional lunch for that price? And more than not it's usually a hot meal to start. Did you know that our kitchen staff prepares two separate sets of meals each day? One is for the Meals on Wheels program which goes into MOW delivery trucks out our back door by approximately 9:15am and then they begin to prepare the drive-thru lunches to be ready to have bagged up and handed to you out our front door starting at 11:30am. To ensure food safety our drive-thru food for the past few months has been put in refrigeration prior to pick-up making it necessary to heat up in your home. Our Nutrition Manager is adamant to make sure our food is not only nutritional but is visually pleasing packaged up for both delivery and pick up.

All staff is to be commended on their safe and efficient manner our nutrition program is administered.

We want to assist in getting all of our senior population who do not have a computer and access to the internet an avenue to do so. Please see in this newsletter information for Seniors in Service "SISConnect" Kindle Fire Tablet program. This is a perfect opportunity to get connected. And it's free. Then in turn, getting connected will allow everyone to take part in the many resources to become involved in virtual classes, trainings, meetings, or just chatting with friends. We will soon be providing nutrition/indoor gardening classes and demonstrations both live and archived via YouTube and Facebook. Don't miss out on upcoming events because you don't have access. We are starting an outside walking group this week. This program will be administered at this time by Staff taking turns facilitating and assuring social distancing and mask wearing use when not physically walking. This will be a "do it at your own pace" kind of class and you will be provided written and visual measurements of distance to be walked around our WNP Life Center building and its property. Please join us, it's going to be fun.

Next exciting endeavor will be a gardening program for the spring coming up. If you are a gardener or want to become one, we would love to have you participate. We have plans in the spring, even if we are not open and operational for inside visitors we will be doing gardening on site...outside! I will keep you updated as we continue to develop this exciting and new program.

And for now, I share one last new idea and that is our "Let's Connect" magnet campaign. You will see it in this newsletter also detailed with all the information. I hope you will appreciate and use the information on the magnet. We will be sharing it with Meals on Wheels recipients and our Drive-thru participants this week along with this



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Newsletter. If you don't get one, give us a call and we will mail you one. The message is there are FIVE ways to increase your contact for socialization! Try one.

Don't forget our opportunities offered by the Food Bank Northern Nevada for distribution of the NEW Produce On Wheels (a walk up program on our south side) on the first and second Thursday each month and the Senior Commodities (drive-thru program has income limits) on the fourth Thursday. Both programs have on-site, one-time registration for age 60 and over. This is all happening at WNP Life Center. Be sure to watch the setup of traffic cones and direction for everyone's safety.

Here's to a great OCTOBER!



LET'S GET MOVING

- THE WILLIAM N. PENNINGTON LIFE CENTER PRESENTS
- **"The Stepping Seniors Walking Club"**
- Starting October 7TH come join our walking club every Monday, Wednesday and Friday from 10:00AM -11:00AM and 1PM-2PM. Weather permitted.
- We will start with a short 3-5 minute stretch, we will then begin our walk. We will be walking around the center so please wear comfortable clothing, shoes and don't forget your water and your mask.
- **Reminder the building is still closed so there will be no entry to use the restrooms so plan ahead.**
- For more information please call the William N. Pennington Life Center. 775-423-7096



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.





Join us in the WNP Life Center Parking Lot Drive-up for a FREE Flu Shot

The WNP Life Center in collaboration with Banner Churchill Community Hospital is offering Free Community Flu Shots

Location: WNP Life Center, 952 South Maine St.
West side of building (follow the signs)

When: Wednesday, October 7th 4:00 pm - 5:30 pm
Tuesday, October 13th 11:30 am - 1:00 pm

Who: For anyone 6 months and older

Masks are
mandatory



For more information, call 775.423.7096

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.





You Are Important to Us!

Below is a smaller version of a magnet for your refrigerator. It is being given out to our Drive-Thru Lunch participants and our Meals on Wheels recipients.

Our doors may be locked but we are far from "closed." This magnet provides "five" various ways that our seniors can contact us here at the WNP Life Center. We are available to provide suggestions if you are feeling lonely or isolated and be a listening ear also. This is a reminder that you are not alone and your friends here at the WNP Life Center are just a, "letter, call, email, website, or Facebook link" away!




WILLIAM N. PENNINGTON
LIFE CENTER

We Miss You and We Are Thinking of You!!
Let's Connect and catch up!

Here's FIVE Ways to achieve contact for increased socialization with us at WNP Life Center!

Write a letter, Call, Email, Utilize Website & Facebook

- *our address: 952 South Maine Street, Fallon NV 89406
- *our phone #: 775-423-7096
- *our email: ccscdirector@cccomm.net
- *our Website: www.williamnpenningtonlifecenter.org
- *our Facebook: @WNPLifecenter



NEVADA GERIATRIC EDUCATION CENTER

EDUCATE YOURSELF, SUPPORT OTHERS

Learn about changes that may occur with aging to empower yourself and support others



FREE COMMUNITY TRAINING

Topic #1: **Nutritional Supplements: Friend or Foe?**

Topic #2: **Caregiving is Hard. Social Isolation Can Make it Even Harder.**

In 2020:

Tuesday, Sept. 29 - 2 to 4:15 p.m.

Monday, Nov. 16 - 2 to 4:15 p.m.

In 2021:

Tuesday, Jan. 26 - 9 to 11:15 a.m.

Monday, March 15 - 9 to 11:15 a.m.

Sessions are held via Zoom Video Conferencing, provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center (AHEC).

You can use your laptop, desktop computer, tablet or phone to participate.

Instructions for the Zoom meeting will be sent via email after your registration is processed.

This program is funded in partnership with Nevada Aging and Disability Services Division. The Nevada Geriatric Education Center is part of the Sanford Center for Aging and offers educational programs for health care professionals, faculty, students, care partners and anyone interested in learning more about how to provide care and support for elders.

You may register one of four ways: 1) complete the registration form, scan and email;
2) type your registration responses into an email; 3) call with your registration information;
4) complete your registration online.

To register or for more information, contact Dolores M. Ward Cox

By email: dmwardcox@unr.edu | By phone: (775) 313-1469 | Online: <https://bit.ly/3iOYnBX>



University of Nevada, Reno
School of Medicine
Sanford Center for Aging



FIND US ON FACEBOOK
@UNRSCA

med.unr.edu/aging/ngec
(775) 784-4774
sanford@unr.edu



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.



*Stay in your vehicle under the portico at WNP and
receive your lunch!*



No menu for September to be published. All lunches will be provided with the usual love and care of the kitchen and will be delicious! Thank you.



Wheelchair
FOUNDATION
NEVADA CHAPTER

**The Wheelchair
Foundation Nevada
Chapter is back in
business for the year
2020!!!**

Giving FREE wheelchairs to our Nevada residents that can't afford one and for permanent use. We just received over 300 new wheelchairs in its box for Southern Nevada and 600 more expected within the following months Statewide. Our goal for the next 5 years is 10,000 – 15,000 wheelchairs will be distributed.

The Wheelchair Foundation Nevada Chapter is leading an effort to deliver a wheelchair to every man, woman, and child that have the need of a wheelchair but may not have the resources to acquire one. For those individuals, a wheelchair offers freedom, self-reliance, mobility and hope.

As we welcome 2020 and a new decade, it remains that between 7,000 and 10,000 Nevada citizens are deprived of mobility because of numerous reasons. The wheelchairs they need simply to get across the street – or across the room – are out of reach financially. The Wheelchair Foundation, Nevada Chapter, believes that these people deserve the independence and dignity that comes with owning a wheelchair.

Please contact us whether through email or phone if you have any questions.

916 WEST OWENS AVE
LAS VEGAS, NV 89106
WWW.NEVADAWHEELCHAIRFOUNDATION.ORG
Telephone (702) 847-6250



Senior Commodities?

YES!

Every fourth Thursday of each month at the WNP Life Center south parking lot, 9:30 – 10:30 a.m.

Sign up in the commodities line on the next scheduled day, **October 22nd**.

Prior to receiving USDA food each household must certify that their household's current income does not exceed the listed below amounts on all required State forms:

HOUSEHOLD SIZE	ANNUAL GROSS INCOME	MONTHLY GROSS INCOME
1	\$16,588	\$1,383
2	\$22,412	\$1,868

For additional information and requirements visit <http://agri.nv.gov>

**Put Your
Business Card
Here!**

Interested in advertising your business in our monthly newsletter? Contact us for more information and cost.

William N. Pennington Life Center
952 South Maine Street
Fallon, Nevada 89407
(775) 423-7096

Produce on Wheels
fresh produce for seniors



Join the Food Bank of Northern Nevada for
FREE produce distributions twice every month!



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

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



**First and second Thursday of
each month. Call us for
additional information. WNP
Life Center 775-423-7096**



"Employee Spotlight"

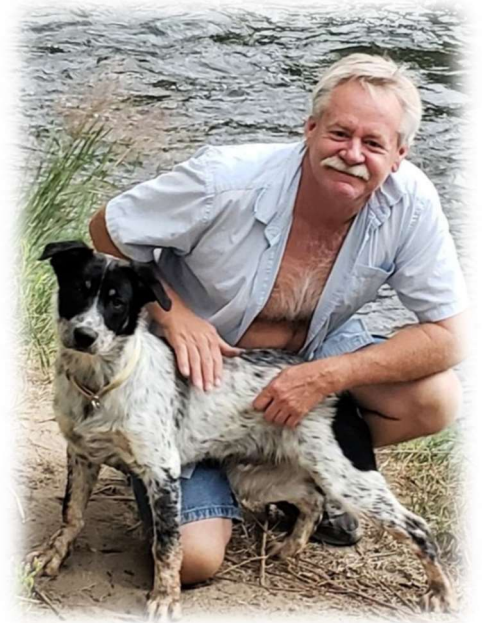
Each month we are introducing a WNP Life Center staff member and they are sharing a bit about themselves. This month we are introducing Steve Zubieta. Steve was born and raised in Reno where he grew up racing motorcycles and winning trophies. He later found his home, three years ago, in Fallon. He has been part of our team for two years now and is the Assistant Cook.

Steve is an animal lover, and it is no surprise that he has cats, dogs, horses, cows and goats at home. He also enjoys fishing, especially when he caught a 10-pound Trout at Pyramid Lake. Steve also enjoys kayaking, gardening, and has become quite a food connoisseur. Steve also has an ear for music and plays the guitar and drums. He can also be heard singing in the kitchen here at the Center.

Steve enjoyed serving friends at the kitchen window and since the COVID -19 closure, he says, "I miss my friends here at the senior center." He sneaks out as often as he can to wave at friends in the drive-thru at lunchtime.

Our Kitchen is very lucky to have the quiet and well-mannered likes of Steve Zubieta. He came to work here at WNP Life Center with no intentions of a long stay (just passing thru, his words) but that was two years ago. He has become the Assistant Cook and hands down he is amazing. He is very personable and extremely witty although most of the time very quiet. He is an asset to our entire program. Thanks Steve for sticking around.

Lisa Erquiaga, Executive Director



"When we hired Steve as our dishwasher, he was just 'passing through;' that was well over two years ago and now he is our Assistant Cook and does an excellent job.

He really cares about our seniors and the meals they receive, is a real asset to the Center, and is loved by the seniors and staff alike. We are very grateful he did not just 'pass through...'

*Buster Pierce,
Program Services Manager*





My name is Mercedes and I am the Caregiver Coordinator here at 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.



Mercedes Rodriguez
Caregiver Coordinator
(775) 423-7096

caregivercoordinator@cccomm.net



Stress Relief

During covid-19 we are noticing a lot of our seniors feeling closed in and in distress. We at the William N. Pennington Life Center have put on a "Stepping Seniors Walking Club" every Wednesday and Friday from 10-11AM, we have also been putting some bags together with activities for loved ones with Alzheimer's and Dementia if you're interested or know anyone that would be interested please reach out to Mercedes at 775-423-7096. Here are some other common stress relief techniques.

- **Breath Focus-** In this simple, powerful technique, you take long, slow, deep breaths. As you breathe you gently disengage your mind from distracting thoughts and sensations.
- **Body Scan-** This technique blends breath focus with progressive muscle relaxation. After a few minutes of deep breathing, you focus on one part of the body or group of muscles at a time and mentally releasing any physical tension you feel there.
- **Guided Imagery-** For this technique, you conjure up soothing scenes, places or experiences in your mind to help you relax and focus. Guided imagery may help you reinforce a positive vision of yourself.
- **Mindfulness Meditation-** This practice involves sitting comfortably, focusing on your breathing, and bringing your minds attention to the present moment without drifting into concerns about the past or future. Research suggests it may be helpful for people with anxiety, depression and pain.
- **Yoga, Tai chi, and Qigong-** These 3 ancient arts combine rhythmic breathing with a series of postures of flowing movement. The physical aspects of these practices offer a mental focus that can help distract you from racing thoughts.
- **Repetitive Prayer-** for this technique, you silently repeat a short prayer or phrase from a prayer while practicing breath focus.

Source: <https://www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress>

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
October 2020



Homemaker Program

The Homemaker Program is designed for qualified seniors over the age of 60. Services may include light housekeeping, shopping, and Rx pick-ups. Call today for more information!

This program is currently not operational due to Covid-19 closure.



952 South Maine St.
Fallon, Nevada 89406
(775) 423-7096



Meals on Wheels provides help and autonomy and security for Fallon seniors, their families, and caregivers. Good nutrition is a major factor in keeping seniors healthy and independent. Meals on Wheels menus are planned by registered dietitians. Meals on Wheels is available on both a short-term (for people recovering from surgery and other temporary problems) and a continuing basis. Immediate response service ensures that meals can begin the next weekday after we are contacted. No one is ever put on a waiting list.



952 South Maine Street
Fallon, Nevada 89406
(775) 423-7096



Dial-a-Ride Transportation

To plan your C.A.R.T. ride, just call our friendly dispatchers at **(775) 428-2988** Monday through Friday between the hours of 9:00 a.m. and 3:00 p.m. to set a ride.

Our Mission

CARE Chest of Sierra Nevada is a Northern Nevada nonprofit agency serving individuals in need of providing medical resources free of charge.

*Located at the
WNP Life
Center.
Call for more
information.
(775) 423-7096*



**CARE Chest
of Sierra Nevada**

MEDICAL RESOURCES FOR NEVADANS IN NEED

Our Clients

CARE Chest provides medical resources for low-income Nevadans. In 2018, nearly 15,000 individuals received services.

- Medical Equipment and supplies
- Prescription Assistance
- Diabetic Supplies
- Medical Nutrition
- Independent Living and CARE Loans



*There are no
appointment
openings in Fallon
during Covid-19
closure. Contact
the Reno office
for assistance.*

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



Nevada Legal Services is a state-wide non-profit legal services organization providing legal assistance to Nevadans in every county. We are primarily grant funded and our legal assistance is completely free. Some of the legal issues we can help with include housing terminations and evictions, problems with debt collection, advice regarding estate planning and end of life decisions, criminal and eviction record sealing, and public benefit denials including unemployment, SNAP and TANF benefits. Contact one of our office today to see if you qualify for our free legal assistance.

FREE

Medicare Counseling and Senior Resources



One Stop FREE Access to information & Resources:

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

Come see us!

952 S Maine Street Fallon, NV. 89406

The following days and times:

Second and Fourth Monday 10:30am -1:30pm

No appointment necessary



Social Distancing & Masks are Required!

Medicare Open Enrollment starts

October 15th –December 7th

Call today:

844.826.2085

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



GRATIS

Consejería de Medicare y Recursos Para Personas de la Tercera Edad



Acceso GRATUITO a información y recursos:

- Servicios gratuitos para ayudar a las personas de la tercera edad y a las personas con discapacidades
- Consejería de Medicare
- Recursos de vivienda
- Asistencia de Medicare
- Asistencia alimentaria
- Planificación de la salud a largo plazo
- Y Mucho Mas.....

¡Ven a Vernos!

952 S Maine Street Fallon, NV. 89406

los siguiente días y horarios:

Primer y Cuarto Lunes 10:30am – 1:30pm

No Necesita Cita



Se Requiere Distanciamiento Social y Mascara!

Inscripción Abierta de Medicare Comienza del

15 de Octubre al 7 de Diciembre

Llámenos hoy:

844.826.2085

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





What role does diet play in senior health?

A good and healthy diet has numerous potential benefits in the health of seniors.

Heart disease, vascular disease, diabetes, high blood pressure, high cholesterol, strokes, memory problems, osteoporosis, certain cancers, skin, hair and nail diseases, and visual problems are examples of conditions which can be impacted by diet.

Proteins, carbohydrates, fats, vitamins, minerals, and water are all essential nutrients that make up most cells and tissues in human body. Thus, these essential components need to be provided in moderation through the diet for maintenance of good health.

A balanced diet consisting of fruits and vegetables, whole grains, and fiber is generally recommended to provide these necessary nutrients. Avoidance of saturated fats (animal fat), supplementation with minerals and vitamins, and consumption of plenty of fluids are considered an important component of a healthy diet.

Although the quality of food is important, its quantity should not be overlooked. A large portion of a very healthy diet can still lead to a high caloric intake. Moderate portion sizes to achieve daily caloric goals of 1500 to 2000 are generally advised. Avoiding empty calories are also important. These are foods which lack good nutritional value but are high in calories. Examples include sodas, chips, cookies, donuts, and alcohol.

Special dietary restrictions for certain conditions are also important to follow. Restricted salt and fluid intake for people with heart failure or kidney disease, or carbohydrate controlled diet for people with diabetes are general examples of such guidelines.

Source : https://www.medicinenet.com/senior_health/article.htm#what_role_does_diet_play_in_senior_health

Simple Roasted Parsnips

Ingredients

- 2 pounds parsnips
- 1 tablespoon extra-virgin olive oil
- 1 ½ teaspoon herbs de province, Italian seasoning or other dried herb mix
- 1 teaspoon kosher salt
- chopped parsley for garnish

Nutrition

- Serving Size: 1 cup
- Calories: 110
- Sugar: 5 g
- Sodium: 550 mg
- Fat: 4 g
- Saturated Fat: 0 g
- Carbohydrates: 20 g
- Fiber: 4 g
- Protein: 1.5 g

Instructions

1. Preheat oven to 400 degrees F.
2. Peel parsnips and cut into 1-inch chunks. Toss with oil, herbs and salt in a large bowl. Spread out on a large, rimmed baking sheet in a single layer.
3. Roast, stirring once or twice, until the parsnips are tender in the center and browned in spots on the outside, 25 to 35 minutes. Transfer to a platter or plates and garnish with parsley.

Source: <https://www.healthyseasonalrecipes.com/simple-roasted-parsnips/print/17310/>



AUTUMN



Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.



R	A	N	U	T	L	U	M	N	I	T	R	S	S
E	A	M	S	P	E	E	C	O	S	N	A	C	E
B	D	U	C	S	A	P	A	E	R	I	I	S	P
O	N	T	G	H	W	E	V	F	N	D	N	U	T
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V	L	T	Y	R	M	S	N	Q	A	K	S	D	D
V	B	A	P	P	L	E	H	A	Y	R	I	D	E
S	T	U	N	H	S	A	U	Q	S	N	C	K	M
M	R	Q	N	N	R	O	C	H	W	P	T	H	T



By Evelyn Johnson - www.qets.com

Acorn
Apple
Autumn
Chestnuts
Chilly
Cider
Corn

Cranberry
Deciduous
Harvest
Hayride
Leaf
Maize
November

Nuts
October
Raincoat
Reap
September
Sleet
Squash