

September 2020

Volume I, Issue 8

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Greetings >>>

Thoughts from Lisa Erquiaga, Executive Director William N. Pennington Life Center

Dear Friends and Family Members of WNP Life Center,

First, I want to thank all of you for your support of our ongoing newsletter that has been very well received since our doors are still closed to the public due to Covid-19. We have been trying to put as much information about what you may be interested in as we can. If you have an idea or a suggestion that may be informative to all please call us and let us know or send me an email to ccscdirector@cccomm.net



As you know, we are still currently in the "same holding pattern" as we have been since starting on March 12, 2020. As I have mentioned before this is the "NEW environment" that we are all experiencing daily and learning to adapt and cope whether we want too or that we are not doing it properly. At this point in our "same holding pattern" here at WNP Life Center, we are feeding our troops adequately and have been able to share a windfall of all types of food, fruits and vegetables and our beloved Food Boxes (168 boxes to WNP Life Center every week all summer long) and all thanks to our wonderful partnership with the Food Bank Northern Nevada. Without their continued program support we would not be able to provide for all our community in Churchill County with the feast of food.

Continuing the "same holding pattern" discussion we are in the process of reprogramming some of our programs and classes we had been offering or wanting to offer since this takeover by the COVID-19 pandemic. We have been doing much brainstorming and have come up with a few ideas so our recent program participants (YOU) can continue to stay busy, connected, feeling good about self, understanding that we are all in this together and continuing to learn to cope and survive. This is our sincere hope and wish for our community and as our programs develop to coincide with COVID-19 as long as we have to do this we will do whatever WE can at WNP Life Center to make this happen. New ideas and practices will be provided soon for everyone's participation.

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But I want to share the following information of who to call and contact, just in case, you have a bad day or days and can't shake them on your own and in the event that you need to talk with someone about being closed up in your house, fear of COVID-19, fed up with isolation, depression, anger etc. you can talk with someone who can assist you with your immediate feelings especially if you do not have anyone. This list was provided from <https://nvhealthresponse.nv.gov> for full text please refer to website.

[Nevada 2-1-1](#) - Call 2-1-1 or go online to nevada211.org any needed referral information for agencies, services etc. in Nevada

[Certified Community Behavioral Health Centers \(CCBHC\)](#) -New Frontier Center, Fallon 775-423-1420, mild or moderate mental illness, substance abuse disorders.

[Crisis Support Services of Nevada](#) – 1-800-273-8255; text CARE to 839863 for 24/7 crisis service.

[Crisis Text Line](#) – Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.

[Disaster Distress Hotline](#) – 1-800-865-5990 or text TalkWithUs to 666746 This helpline is 24/7, 365 days a year national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any nature or human caused disaster. People with deafness or hearing loss can use above number to their Relay service.

[National Suicide Prevention Lifeline](#) – free and confidential 1-800-273-TALK (8522) or visit website suicidepreventionlifeline.org

[National Alliance on Mental Illness Warmline](#) - Call or text 775-241-4212

As we enter this month of September, Fall will soon be here. We all need to take advantage of getting outside to enjoy the weather as it starts to cool off and let that Fall feeling allow you to keep thinking positive, good forward thoughts and wishes for ourselves and those who we love and come in contact with in a safe and healthy way. While we miss each and everyone of you, we want you to continue to practice social distancing, wearing your mask, and keeping your head and heart above any negativity that may cross your path.

One last request before I end my newsletter is for you to read the quote below and apply it to your particular situation and I hope you can find some peace and solace in our current times. We are all in this together and we need to get through it all together, and we can!

“The greater part of our happiness or misery depends on our disposition and not our circumstances. We carry the seeds of the one or the other about with us in our minds wherever we go.”
Martha Washington

Until next month,

Lisa



WILLIAM N. PENNINGTON
LIFE CENTER



**Random Comments and Thoughts sent to
William N. Pennington Life Center for September 2020**

"I miss the Life Center and all my friends that my husband and I have made there. We are planning to renew our friendships when we can meet again...without COVID-19."

"Thanks for all your organization does in our community. Our family really appreciates it."

"Thank you so much for the wonderful care you give us seniors and the wonderful meals that are served with love. Thank you for your excellent leadership to all your staff the make us feel secure and cared for."

"Some days you are the only people I see and your friendliness makes my day and I love getting my meal. Thank you for all the hard work."

"Thank you for the informative newsletter to keep us informed and comforted in these bad times."

**WNP Life Center really appreciates all the nice and kind feedback. If you would like to comment send to our address or email ccscdirector@cccomm.net
Have a good day.**

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.





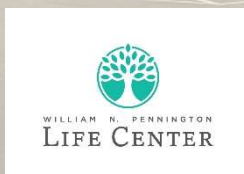
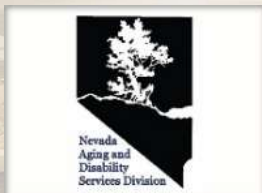
These baskets contain items from the Christmas in July donations given to 8 lucky participants, along with a \$25 gift card provided by *the Rotary Club of Fallon* for our homebound seniors and were delivered by the Life Center's Meals on Wheels Program drivers.



***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.





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
11:00 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, **September 24th.**

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



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!

New Agency to Handle Resource Center Services

New Change for Fallon Residents who have previously received services through Nevada Care Connection Resource Center at WNP Life Center for benefits, application assistance, Open Enrollment Medicare, etc. These needs will be met by **Access to Healthcare Network** located in Reno who will be serving Churchill, Douglas, Mineral, Pershing, Storey, Washoe, Elko, Eureka, Humboldt, Lander and White Pine counties in Northern Nevada. They can be reached by phone at 877-861-1893.

We will be glad to give this number to anyone who calls WNP Life Center in the next few months until the changeover is better known by all. We will still be assisting our program participants and the community with any inquiries and/or referrals requested on any phone calls received.

This agency, new to the area, **Access to HealthCare Network** will be in Fallon on Mondays, September 14 and 28 from 10:30am-1:30pm doing a "Pop-up Introduction" of themselves to Fallon/Churchill County area. The Service Navigators from this agency will be handing out their program materials and contact names and numbers. Due to COVID-19 precautions still in place this will be done outside in conjunction with our drive-thru lunch service on these scheduled two Mondays.

"Employee Spotlight"

I have been with the Coalition for the Senior Citizens for 4 years, I came with accounting, grant tracking, budget building and human resources experience. I have lived in Nevada for 23 years of those 23 years I have lived in Fallon for 5 years. I enjoy the slower pace of life that Fallon has had to offer. After growing up in San Diego that has a very fast paced lifestyle.

I was born in Colorado Springs, Colorado Fort Carson Army Base in a Calvary Stable/Barn that was converted into a hospital at some point in history. I have been with my husband since 1990. When I met my husband, he was in the Navy stationed on 32nd street Naval base. When my husband got out of the Navy we moved to Redding, California to be closer to his family. After the closing of the Dairy Plant in Redding we moved to Carson City where my I have 4 adult kids (5 if you include my husband) I have 2 boys and 2 girls ranging from 40 years of age to the youngest who is 25 years old. I also have 9 grandchildren 3 grandsons and 6 granddaughters the oldest grandchild is 16 years old and the youngest is 3 years old.

Things I enjoy doing spending time with my family, camping, going on little adventures to explore the area, I enjoy swimming, bowling, riding bikes, target practice, playing cards, cooking, crafting and playing with my dogs Junior who is a Pomeranian, Buddy who is a German Shepard/Chocolate Lab Cross, Pepper who is a Great Dane/St. Bernard Cross and my newest addition Dante who is a Boxer/Husky cross.



Brenda Moore, Business Manager

For those of you who know Brenda she brings a very robust laugh and overabundance of comedic relief to our agency. If you have not figured her out by now you never will. She wants you to think she is "stone-faced and unapproachable" but that is just a cover. She really does have a heart and it's not totally missing! We can always count on Brenda to bring her "wide eyed deer look" and always believe the unbelievable! Brenda keeps us all grounded in her own special way. Some say it is "because she is in charge of issuing our paychecks!" Never a dull moment at WNP Life Center Admin.

~ Lisa Erquiaga, Executive Director

Brenda has been with the center for just over 4 years as our Business Manager/Bookkeeper and does a great job keeping us on track and within budget.

She has a great sense of humor and we enjoy giving her the "business" all the time, beneath her tough Business Manager exterior beats a heart made of gold (and marshmallows), and we all love her! Just don't tell her I said that...

~ Buster Pierce, Program Services Manager



Soup for the Soul?

By Melanie Keener

For as long as I can remember, my grandmother, Beverly Miller Fletcher, has been raising children. She raised her own five children and proceeded to watch over her grandchildren and great-grandchildren for nearly 65 years while their parents worked. Grandma grew up in Fallon on the Frank Miller Ranch on Allen Road. She attended the St. Clair school and graduated high school in 1954. Grandma spent years working for the Churchill County School District, helping kids in 4-H, crafting, sewing, baking, caring for animals and helping anyone she could around her. Grams, as I call her, has always put others before herself as she prefers to bring joy to others. I see this gift of her love of children and caring for others, as her "reason." We all have a "reason" whether it be caring for a spouse, a child, a grandchild, a friend, a furry friend, a garden, doing a hobby or showing up to a job we love, we have a reason that we wake in the morning, get out of bed, brush our teeth, put on our shoes, and face the day ahead.

A few years ago, while residing in the Reno area, Grams lost her husband of over 40 years. This was about the same time that the last grandchild that lived close to her who needed caring for while her parents worked, became old enough to stay home alone. Although grandpa had been in a nursing home for many years, Grams still watched over him. In a short period of time, her life changed, and her home was

empty. When someone has spent their entire adult life making sure others are cared for and often neglecting their own needs, it is not easy to change that behavior when they find themselves without their "reason." They do not always suddenly become enlightened and self-aware of their needs. Having neglected them for so long, it has become the nature of things; the norm, so to speak.



Who really is to know how it all started? Did it begin with depression? Was it a virus? Was it just nature running its course? Was the "reason" gone and had Grams neglected the signs of her own health deteriorating without realizing it? "I laid on the couch and prayed he would take me," she later told me. She had no energy to eat or strength to walk. She said, "I wasn't going to bother anyone." Uncle Bob came to her and brought her soup. "Soup cans with the pull lid so they could be opened easily," she told me. Soup. He brought her soup.

It makes me think, every time I recall what had happened, about the *Chicken Soup for the Soul* books I have read. A series of true-life lessons; stories that help put some things into perspective. Stories that truly are warm to the soul, nurturing to the soul. *Soup for the soul*. "The soup gave me strength," she said, "I couldn't get to the kitchen."

My mother, the middle child of gram's five children, loaded her up and took her on a road trip. They traveled to Colorado to see my daughter and down to New Mexico for a visit with my aunt and cousins. This road trip was, in some ways, a last visit. I remember my mother telling me that Grams would most likely not make it through the year. Her health had gone downhill quickly, and her children and her doctor thought she was dying. She doesn't remember much of the road trip. Her eyes became worse with macular degeneration. Her hearing became terrible and she swelled up like a balloon. I saw a picture of her taken while on the road trip and was in shock of the woman I saw. She was not my Grams. She looked like a stranger. She looked lost and for the first time, I realized my Grams may be going away soon.

The family decided to look for another place for Grams to live as the house she was in became too much to manage. Her and my mother visited Highlands Independent Living to see if that would be an option for her. She had always been independent and needed

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somewhere to call her "own" yet also somewhere that she would have socialization with others her age and emergency medical staff nearby. Grams had the option of moving in with one of her kids, but she refused as she never wants to be a burden, as she sees it.

The day of the visit to decide if the Highlands would be her new home, I saw a stranger in front of me. Grams was slow, frail, blind as a bat and she could only hear you if you talked in her ear loudly. Who was this lady? How did she get this ill so fast? Why does her face look so puffy? What has happened to my Grams?

Grams had her thyroid removed decades ago and had been on medication for thyroid ever since. She told us all, repeatedly, that the doctor changed her medication and it affected her adversely. She was adamant that she needed her previous brand and the change was requested and granted by her physician.

Grams decided the Highlands Independent Living would be a good place for her to live and the first of March we moved her in. The first week Grams met some new faces and reconnected with a couple faces from her past. There was a spark in her having a new environment. She had a new "reason" for the time being as she had boxes to unpack, new friends to meet, and she took up walking. I was hopeful and happy for this change I saw.

Just when Grams was regaining her strength, meeting new and past friends, and taking the correct medication, her new home turned into what she felt was a prison. I saw her mood change drastically. She became upset and her body started aching. Just when she was getting better, the world got worse. Grandma was now on the correct medications and although the Highlands was in lockdown, she was permitted to walk outside. Grams would call me and tell me she ran outside, not walked as she had been, but RAN!

My grandmother had been in the Highlands Independent Living Center for just over two months and the time had come that she

needed her full independence back and was healthy and capable of doing so.


Within a year, Grandma went from "not expected to live another year," to living in her own apartment back in her hometown, having the ability run if she so chooses, and finishing another baby blanket. Grams has little hearing issues now and although her vision does give her struggles on cloudy days, she is back to crafting, baking, and looking forward to when she can spend time with new friends. I asked her recently, "Grams, what is your reason each day?" She sat for just a moment, tilted her head up and told me, "I gotta keep going for my kids. They've always been my reason." ~

DAVID AUTLER
Insurance Agent
775-843-1901
PhysiciansMutual.com/agents/David_Autler

Medicare Supplement
Life Insurance
Annuities
(Underwritten by Physicians Life Insurance Company)

Dental Insurance
Cancer Insurance
(Underwritten by Physicians Mutual Insurance Company)

Neither Physicians Mutual Insurance Company nor its agents are connected with the U.S. Government or the Federal Medicare Program.
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L708/L712/L726/L730/L732/L762/L770/AP111/AP112/AP114/AP116/AP117/AP119.
Products may not be available in all states.


Physicians Mutual
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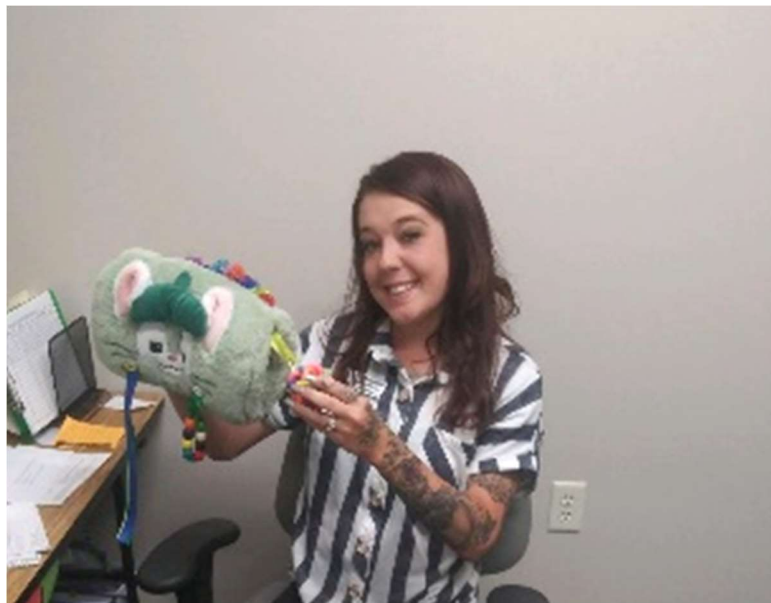
PMA3274-0914



Online Support?

My name is Mercedeis and I am the Caregiver Coordinator 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 to 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.

I am looking for some feedback. I am wondering if anyone would be interested in participating in online support group meetings. If we have enough interest, would you prefer once a week or every other week? Let me know what your ideas are. Some of the benefits with joining this support group will be the opportunity to share experiences with people that are going through similar situations, getting feedback on how others are coping with their situations, and simply being able to express your feelings to others who know what you are going through.



The William N. Pennington Life Center has purchased sensory fidget toys for adults. These are specifically for Alzheimer's and Dementia patients to help with anxiety, relieve stress and keep them busy. We had a family borrow one and he said he is very pleased that it has kept his wife's little hands busy and freed up enough time for him to get some extra chores done around the house. They are available for you to BORROW and if you would like to try them, **please call Mercedeis at 775-423-7096.**

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

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.

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.



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
September 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.



What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Grains are divided into 2 subgroups: *Whole Grains* and *Refined Grains*. Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. *Some examples of refined grain products* are white flour, de-germed cornmeal, white bread, and white rice.

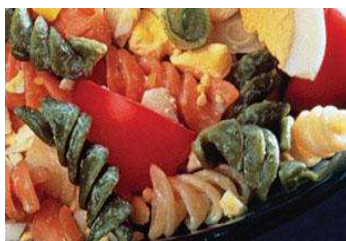
Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

How many grain foods are needed daily?

The amount of grain foods you need to eat depends on your age, sex, and level of physical activity. The amount each person needs can vary between 3 and 8 ounce-equivalents each day -- **at least half of the grains you eat should be whole grains**. Those who are very physically active may need more. Recommended daily amounts are listed in the table below. Most Americans consume enough grains, but few are whole grains.

Pasta Salad with Herb Vinaigrette

- **Makes:** 6 Servings
- **Prep Time:** 20 minutes



This recipe starts with whole wheat pasta and includes fresh broccoli, tomatoes, carrots, and hard cooked eggs. Tossed with a refreshing vinaigrette flavored with basil, oregano, and garlic salt, this classic salad is a go-to recipe for an appetizer, main dish, or as a side.

Ingredients

- 6 ounces uncooked whole wheat pasta, cooked, drained
- 1 cup chopped fresh broccoli
- 3/4 cup chopped tomato
- 1/2 cup Shredded carrot
- 6 hard cooked eggs (cut into wedges)

For the Dressing

- 1/4 cup white wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons water
- 1 teaspoon dried basil leaves
- 1 teaspoon dried oregano leaves
- 3/4 teaspoon garlic salt

Directions

1. Whisk dressing ingredients in small bowl until blended.
2. Combine pasta, broccoli, tomato and carrot in large bowl; toss. Pour dressing over pasta mixture; toss until evenly coated. Add eggs; toss briefly.
3. Refrigerate, covered, at least 4 hours to blend flavors.

Notes: For a different flavor or to reduce cost, use any other vinegar you have on hand.