

February 2020

Volume I, Issue I

Edited by Melanie Keener, Operations Assistant

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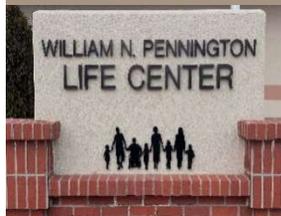
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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Greetings from our Executive Director

Greetings WNP Life Center Friends,

Happy February to everyone. It has been awhile since we have published a newsletter. With all of the activities and happenings we have been involved in since our "big Move" in 2017 to Maine Street that will soon be three years coming up. Our third anniversary will be June 19, 2020.

Our organization had been blessed and we are extremely lucky as each day comes around to be settled here at William N. Pennington Life Center. We are very fortunate to have all of our wonderful funders, donors, supporters, friends and families, and those who visit us daily with words of wisdom and thoughts, along with suggestions and advice.

I am extremely lucky to have the staff in all of our departments that are currently employed. We have Administration, Kitchen, Meals on Wheels, and Homemakers. Everyone fits into these categories nicely. All of the employees are here to do the jobs that they perform on a daily basis because they are kind, compassionate, and empathetic. But the big secret is they all possess a big heart. And you do not find those traits just everywhere. We have 23 employees, of which are six full-time and 17 part-time and two on-call MOW drivers. We are all a multi-faceted group of people who make a great team together.

While we are all very happy in our new home on Maine Street, we hope our program participants are also happy with the services, programming, and many activities that we work so hard to keep doing, improving, and

adding each month. We are always open to suggestions for some new recipe for the kitchen to try,

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*Lisa Erquiaga,
WNP Executive Director*

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a new class to be implemented, or an informational workshop. So please talk with me or one of my staff and we can sit down and discuss your idea in depth if desired.

I am very excited that we will be bringing you our "Generations Joined" newsletter again in the new year of 2020. We have big plans and big ideas for many exciting articles and topics, to keep you thinking and always striving to be your best. And our program information so you do not miss out on any classes or presentations.

You will also be seeing comments and stories from our staff and readers with interesting snippets that will make you want more and more newsletters! I promise. We may even ask our participants to be interviewed or to do a guest editorial.

We appreciate your feedback in regards of anything happening here at the Center, but ask that you be respectful when submitting such feedback and when possible supply us with **your idea** of a possible solution. We will be glad to have a conversation with you

on the subject presented. As always, good feedback in the way of compliments is always welcomed.

We have a "Suggestion Box" in the lobby area. Remember if you believe strongly in what you will be suggesting you will own it and sign your name.

Enjoy the February newsletter, "*Generations Joined*".

Lisa Erquiaga,
Executive Director
WNP Life Center

*William N. Pennington Life Center
Coalition for Senior Citizens
952 South Maine Street | P.O. Box 1677
Fallon, Nevada 89406*

Phone: 775-423-7096 fax 775-423-9696

Website: williamnpenningtonlifecenter.org Email: ccscdirector@cccmm.net

Mission Statement

To develop, coordinate and deliver a comprehensive set of Support Services for the William N. Pennington Life Center/Coalition for Senior Citizens program participants; including services designated 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 prolonged independence.

February Activities



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00am – 10:00am Exercise class</p> <p>Flying Artists Paint Class "Origami Valentine" W/Rose Altom</p>	<p>4</p> <p>12:30pm Bingo</p> 	<p>5</p> <p>9:00am – 10:00am Exercise Class <u>Flying Artists</u> 10am 12:30pm</p> <p>12:30pm Arts and Crafts</p> <p>6pm Bridge Club</p>	<p>6</p> <p>Blood Pressure Checks 10:30-12:00</p>  <p>Mexican Train Dominos 12:30pm</p>	<p>7</p> <p>9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting</p>
<p>10</p> <p>9:00am – 10:00am Exercise class</p> 	<p>11</p> <p>12:30pm Bingo</p> <p>NV Legal Services 9am-3pm (by appointment only)</p> 	<p>12</p> <p><i>Birthday Lunch</i></p> <p>9:00am –10am Exercise class</p> <p><u>Flying Artists</u> 10am 12:30pm</p> <p>12:30pm Arts and Crafts 6:00 Bridge Club</p>	<p>13</p> <p>Blood Pressure Checks 10:30-12:00</p>  <p>RPEN Meeting 10-12</p> <p>Mexican Train Dominos 12:30pm</p>	<p>14</p> <p>9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting</p>
<p>17</p> <p>Closed For Presidents Day</p>	<p>18</p>  <p>12:30 Bingo Churchill Community Coalition 10:30am- 12:00pm</p>	<p>19</p> <p>9:00am – 10:00am Exercise class. <u>Flying Artists</u> 10am 12:30pm</p> <p>12:30pm Arts and Crafts</p> <p>6:00 Bridge Club</p>	<p>20</p> <p>Blood Pressure Checks 10:30-12:00</p>  <p>Mexican Train Dominos 12:30pm Vision Scope 10:30</p>	<p>21</p> <p>9:00am – 10:00am Exercise class 10:00 am Line Dancing 12:30pm Crochet and Knitting</p> <p>Blind/Vision loss Support Goup 12:30pm</p>
<p>24</p> <p>9:00am – 10:00am Exercise class</p> 	<p>25</p> <p>12:30pm Bingo</p> 	<p>26</p> <p>9:00am – 10:00am Exercise class <u>Flying Artists</u> 10am 12:30pm</p> <p>12:30pm Arts and Crafts</p> <p>6pm Bridge Club</p>	<p>27</p> <p>Blood Pressure Checks 10:30-12:00</p>  <p>Mexican Train Dominos 12:30pm</p>	<p>28</p> <p>9:00am – 10:00am Exercise class</p> <p>10:00 am Line Dancing 12:30pm</p> <p>Crochet and <u>Knitting</u></p>



FINANCIAL HORIZONS

CREDIT UNION

Money Smart for Our Local Seniors.

Will be held at the William N. Pennington Life Center located at 952 South Maine Street, Fallon, Nevada (775) 423-7096

Scams are continuing to grow and scammers are getting more creative. Join us on **February 24, 2020 from 12:30 - 1:30 pm** as we discuss recent forms of fraud, scams and elder exploitation that have impacted our community and ways you can protect yourself from falling victim.



February 26, 2020 from 12:00 pm – 1:00 pm.

Cathy Kirscher, M.S. from HKNC will be available to answer questions and help with the application process in the lobby at the William N. Pennington Life Center. 952 South Maine Street, Fallon, Nevada (775) 423-7096

iCanConnect

iCanConnect is a national program with local contacts to help people stay connected with friends, family, their community, and the world. iCanConnect provides free equipment and training to people with both significant vision and hearing loss who meet disability and income guidelines.

Shaping Your Future



The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. That funding shapes many different aspects of every community, no matter the size, no matter the location. By April 1, 2020, every home will receive an invitation to participate in the 2020 Census.



www.2020census.gov

Senior Commodity Distribution

February 27, 2020, 9:30 am – 10:30 am

Senior Commodity Distribution from Northern Nevada Food Bank Drive-thru pick up. William N. Pennington Life Center South parking lot (952 South Maine Street, Fallon, NV) 4th Thursday of each month.



ART Exploration Classes for Everyone,

(all Mediums will be explored)

at WNP Life Center
Classes Taught by featured "Flying Artists" group.

Sign up NOW!
Each class will be a different Medium of art exploration.



Classes will be held two times a month on Mondays 1pm-3pm in Room 1 at the WNP Life Center.

March 2, 2020
"Floral Watercolor"
with Judy Carlson

More classes to be scheduled soon!

Cost is **\$5.00 fee** per class for materials and supplies. PAYABLE at beginning of sessions
For more information: Call 423-7096 to sign up
or email: Melanie at operationsassistant@ccccomm.net

Meet Our Volunteers

By Tiana Wilson, Program Coordinator

At the William N. Pennington (WNP) Life Center, we love our patrons and volunteers. There are many benefits to those who chose to volunteer. Volunteering can connect you to others, promote healthy relationships, and give you a sense of purpose.

Here at the WNP Life Center, our volunteers play a very big role and truly have an impact on the facility. Our volunteers aid us during the lunch hour with several roles: ladling of soup; serving drinks; assisting others get to their tables; sorting and wrapping silverware; and aiding those unable to stand or in a wheelchair/walker get their meal; clean up to include emptying trays, putting dishes away, cleaning tables and chairs.



Sheldon W. volunteers his time ladling soup and serving smiles here at the WNP Life Center. Tiana Wilson, the Program Coordinator says, "Sheldon is a joy to work with. His welcoming demeanor and lovely smile make our patrons comfortable and feel appreciative of the time he puts in here." Sheldon says, "It gives [him] a sense of service and community."

Shirley G. has been a faithful volunteer here at the WNP Life Center and has provided volunteer service for at least a decade. Her favorite part of volunteering is, "working with wonderful people. It's a pleasure to come here and it makes me very happy." Tiana Wilson, the Program Coordinator says, "Miss Shirley lights up the room when she smiles, brings a good laugh, and is always ready to jump in and help." Buster Pierce, Program Manager, says, "[Shirley] has an excellent work ethic and is an important part of the team."



Interested in becoming a Volunteer with the William N. Pennington Life Center?

Whether you are a parent that would like to show your child what it means to give back to the community, or a business that believes in what we are doing, or just have a little time to spare, come and see Tiana, she can show you what we do. You can never have too many helping hands. We would like to thank our new and seasoned volunteers for all their dedication, hard work, and the wonderful gift of their valuable time. We would like to increase our volunteer pool. We are seeking individuals who enjoy service work and have a desire to help others. Do you have a couple of hours during the day or week that you would like to help us, or know of someone that does? We love volunteers, whether you are here on a regular basis, or pop in when you can. If you or someone that you know are interested in volunteering and spending time with us, see or call Tiana Wilson the Program Coordinator at (775) 423-7096 or you can email her at information@cccomm.net.



CARE Chest of Sierra Nevada

MEDICAL RESOURCES FOR NEVADANS IN NEED

Care Chest Visit
February 14, 2020
1:00 p.m.

Located at the
William N. Pennington office,
Visiting Agency Office
Call Anita for more information
(775) 423-7096

Our Mission

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

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

Nevada Care Connection Resource Center

How Nevadans find care and Support Services

How we help:

Nevada Care Connection works with Nevadans one-on-one to create customized care and support plans for older adults, people with disabilities, and their caregivers and family members.

We can connect you with just about any service or resource you need. There are many services and resources throughout the state, many of them free or low-cost, that can help you or your loved one – and it’s our job to connect you with the services you need most. Contact us today to start working on your personalized service plan.

Call and set-up an appointment or come in on **“Walk-in Wednesday.”** We also do visits for those that are homebound.



- ✓ Financial Support
- ✓ Transportation
- ✓ Hospital to home transitioning
- ✓ Community Services
- ✓ Home remodeling and renovations
- ✓ Caregiver support
- ✓ Home-based care
- ✓ Food and nutrition
- ✓ Long-term care planning
- ✓ Legal services
- ✓ Senior and community centers
- ✓ Education and training
- ✓ Substance abuse service
- ✓ Consumer assistance and protection
- ✓ Medicare
- ✓ Social Security



WILLIAM N. PENNINGTON
LIFE CENTER

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



IRS Certified Volunteers Providing *FREE Tax Preparation*
Fallon Paiute-Shoshone Tribe, 565 Rio Vista Drive, Fallon, NV 89406
Monday- Friday 9:00 am – 3:30 pm
Appointment only: (775) 423-6075



IRS VITA/TCE return preparation sites are operated by certified volunteers. Site operating hours and services offered may be limited. In addition, by law, some sites provide priority services to seniors. Please be advised that you may not be immediately served. Your patience and understanding are appreciated.



Dial-a-Ride Transportation

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

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 Street
 Fallon, Nevada 89406
 (775) 423-7096



Once a month, Nevada Legal Services comes to the William N. Pennington Life Center. To schedule an appointment, you can also contact: (775) 423-7096

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.

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



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 they are contacted. No one is ever put on a waiting list.

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





WHAT ARE LEEKS?

Leeks or *Alium porrum* to give them their scientific name are a long, green vegetable which belong to the same family as garlic, onions, chives and shallots. Unlike the other family members, leeks don't form a bulb. Not all of the vegetable that you see at the market is edible. **The edible parts of the plant are the white base and the stem while the dark, green sheaths at the top can be discarded.**



HEALTH BENEFITS OF LEEKS

1. HEART HEALTH

Numerous studies have demonstrated that vegetables belonging to the allium family can have a positive impact on blood pressure. **Reducing blood pressure is very important to take the strain of the cardiovascular system and reducing the risk of stroke, heart disease, heart attack and atherosclerosis.**

2. ANTI-CANCER

As a member of the allium family, leeks are a great source of the allyl sulfides that research has showed can combat various types of cancer. The cancers that allyl sulfide can help protect against include prostate, colon and stomach cancer.

3. ANTIBACTERIAL

Garlic and onions have been well researched in terms of their antibacterial properties. **Leeks contain the same compounds which make those other allium vegetables so effective in combating bacterial infection.**

4. DIGESTIVE HEALTH

Leeks are actually a natural source of prebiotics. **Prebiotics are the good type of bacteria that thrive in the digestive tract.** They contribute to a healthy digestive system and are play an important role in the absorption of nutrients.

Eating leeks can help keep the stomach's bacterial environment in balance, help to eliminate toxins and stimulate digestive fluids. All of these factors contribute to a healthy digestive system and can help improve overall health.

5. BONE HEALTH

Leeks can help keep your bones healthy and strong and reduce the risk of developing conditions like osteoporosis. **They contain a good amount of calcium as well as magnesium both of which are vital to ensuring bone health.**

6. BLOOD BOOSTER

Leeks contain a good amount of iron which help prevent anemia and similar conditions. **Symptoms of anemia stemming from iron deficiency include fatigue, headaches and general weakness.** Leeks are also a good source of vitamin C which helps the body to absorb iron better.

7. ANTIOXIDANT PROPERTIES

Leeks are a terrific source of antioxidants even when you compare them against other high antioxidant foodstuff. As an example, leeks have a **polyphenol content** of 33 mgs per 100 grams of fresh leek.

<https://healthyfocus.org/health-benefits-of-leeks/>



Sweet Potato, Potato, Leek, and Ham Soup

Ingredients

- 4 cups chicken broth
- 3 large Yukon Gold potatoes, peeled and cubed
- 3 large sweet potatoes, peeled and cubed
- 1 tablespoon vegetable oil
- 1 1/2 cups chopped cooked ham
- 4 leeks, chopped
- 1 cup half-and-half
- salt and ground black pepper to taste

Directions

1. Bring chicken broth to a boil in a large Dutch oven. Add Yukon gold and sweet potatoes, bring back to a boil, and turn heat to medium-low. Simmer until tender, 10 to 20 minutes.
2. Heat vegetable oil in a skillet over medium-high heat. Add ham; cook and stir for 2 minutes. Add leeks; cook and stir until leeks are soft, about 5-10 minutes. Do not allow the leeks to brown.
3. Stir leek and ham mixture into potatoes and broth. Add half-and-half; season to taste with salt and ground black pepper.

Footnotes

Cook's Note:

If you would like the soup to be a little thicker, you can add a couple tablespoons of flour to it. Mix well and let simmer for 5 to 10 minutes.

Nutrition Facts

Per Serving: 345 calories; 10.2 g fat; 54.3 g carbohydrates; 10.3 g protein; 25 mg cholesterol; 444 mg sodium.

"This is a simple and delicious soup to make for one of those cold fall days. The leeks and sweet potatoes make it a bit sweet, and they mix perfectly with the ham. You can serve immediately or let simmer for a few minutes."

- Recipe By:KirstenF





Stay Strong, Stay Healthy



By Penni Loveland

(WNP Life Center Program Instructor)

The Stay Strong, Stay Healthy (SSSH) exercise program was initiated at the William N. Pennington Life Center in April of 2018. This program provides older and sedentary adults strength training for a better quality of life.

Stay Strong, Stay Healthy (SSSH) was created at Tufts University in Boston, Massachusetts as Strong Women Stay Young training then acquired by Missouri University and adapted into SSSH in 2004 to serve both men and women. SSSH was created in response to the fact that older adults are the fastest growing age group in the United States. More than 60% of this age group will manage more than one chronic condition by 2030.

Older adults want to remain in their homes and communities as long as possible. Illness, chronic disease or injury may limit their ability to complete basic daily activities and to live independently.

“...strength training for a better quality of life...”



Early prevention and physical activity can help prevent such declining health issues. Unfortunately, less than 20 percent of older adults engage in adequate physical activity, and fewer do strength training. Those with limited resources and underserved populations often have even lower rates of physical activity.



Physical activity is related to health, and strength training has many benefits for all adults. Published research on SSSH highlights those health benefits.

SSSH participants improved their strength, flexibility and balance, increasing their independence and reducing their risk of falling.

Stay Strong, Stay Healthy (SSSH) is an 8-week, 16 class program presented every Tuesday and Thursday morning at 10 a. m.

