

May 2021

Volume 2, Issue 4

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Happy May EVERYONE!

Summer is just around the corner but not just yet! So, in the spirit of getting ready for summer to be here we all have lots to accomplish. We all love the longer days that summer brings and how the really hot days just all of the sudden appear and that makes some of us scramble to find the air conditioning. We all have summer rituals or traditions that we still practice today stemming from our childhood. Do you remember celebrating "May Day" when you were younger? "May Day" dates back to 1889 with the Ancient Celts starting these fun opportunities of singing, dancing and cake to hail the newly sown fields starting to sprout. This time of year, was also used for the pairing of young couples to eventually be wed later in the next month. This gave them about six weeks to get to know each other to start planning their June weddings. "May Day" celebrates the halfway mark to spring equinox and the halfway mark to the summer equinox. Everyone has a different definition in what "May Day" means to them and their traditions displayed. Kids used to deliver flowers to the doorsteps of friends and neighbors, ringing the doorbell, then running away saying "Happy May Day". Sometimes, a little slip back to remembering a pleasant childhood memory does a heart good.



As most of you already know, the WNP Life Center is having a "soft" reopening in the month of May. That means we have a few classes and activities starting up to get geared up for the "BIG" reopening event starting June 1st. We will be serving lunch in our Congregate Dining Room starting then. For the last year, we have been diligently serving a lunch meal under the front portico. My staff has done this day in and day out this last year and they have it down to a science. They have put their all into making it fun everyday no matter what the weather was doing or what the mood might have been. They are superstars! Thanks, Ladies, for your continued dedication and their attention to details!

We are getting anxious to be re-united with everyone again. We really welcome you all back and sure hope you have all taken your opportunity to get vaccinated and know that if you aren't feeling well on a particular day, you are encouraged to stay home and get well. Also, we will be taking your temperature upon entry into the building when you

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return, you will be asked to wear your mask except for when you are actually eating your lunch, and we have many Hand Sanitizer stations available for all to use. We hope not to have to follow the CDC protocol long-term, but we will be following certain rules for the time being until directions are given to cease. We will be handling the enforcement of wearing masks and at least three feet social distancing inhouse. Please come and be ready to follow our rules that will be posted for everyone's continued health and safety. We will be doing a "Welcome Back Letter" for everyone returning. We will be starting all of our regular activities, as we all come back together.

So put June 1st on your calendar to come to William N. Pennington Life Center for a fun first week of our reopening of our Congregate Dining Room. And remember the entire community is more than welcome to have lunch with us. Over Age 60 participants are a suggested \$3.00 and anyone under 60 is \$6.00. The food is always good, and this is a good place to meet new people for all.

Don't forget to practice at this time for the summer season coming up soon, one or more of your personal rituals or traditions. And share them with someone who will help you carry on the tradition. You won't be sorry.

See you all soon!

Until then,

LISA

Lisa Erquiaga, Executive Director

*William N. Pennington Life Center
952 South Maine Street / P.O. Box 1677*

Fallon, Nevada 89406

Office (775) 423-7096

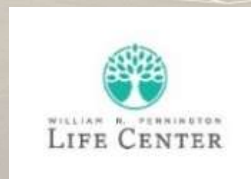
Fax (775) 423-9696

Website: williamnpenningtonlifecenter.org

Email: ccscdirector@cccomm.net

Mission Statement

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





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>



WILLIAM N. PENNINGTON
LIFE CENTER

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.





My name is Mercedeis and I am the new Healthy Aging Coordinator and here is an update on the classes I am / will be teaching, please give me a call at 775-423-7096 and get signed up. I look forward to working with each and every one of you.

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.



Drink plenty of fluids.



UPMC LIFE CHANGING MEDICINE

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. I have not yet started this 8-week class but I would absolutely like to start one in the month of May, so please call the William N Pennington Life Center and sign up so we can get this wonderful informational class started.



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.

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 8, 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 Weekly Activity Schedule

Activity	Host	Day	Time Start	Time End
Seniors Stepping (outside activity)	Mercedeis	Monday	10:00 AM	11:00 AM
Seniors Stepping (outside activity)	Mercedeis	Monday	1:00 PM	2:00 PM
Seniors Stepping (outside activity)	Mercedeis	Tuesday	10:00 AM	11:00 AM
Seniors Stepping (outside activity)	Mercedeis	Tuesday	1:00 PM	2:00 PM
Bingocize (In-person & ZOOM) (Multi-purpose Room)	Mercedeis	Tuesday	2:00 PM	3:00 PM
Garden Club (outside activity)	Anita	Wednesday	9:30 AM	10:00 AM
Seniors Stepping (outside activity)	Mercedeis	Wednesday	10:00 AM	11:00 AM
Seniors Stepping (outside activity)	Mercedeis	Wednesday	1:00 PM	2:00 PM
SEW Cooking Class (In-person & ZOOM) (Multipurpose Room)	Mercedeis	Wednesday	2:00 PM	3:00 PM
Bingocize (In-person & ZOOM) (Multi-purpose Room)	Mercedeis	Thursday	2:00 PM	3:00 PM
Seniors Stepping (outside activity)	Mercedeis	Thursday	10:00 AM	11:00 AM
Seniors Stepping (outside activity)	Mercedeis	Thursday	1:00 PM	2:00 PM
Produce on Wheels (South parking lot)	FBNN (@ WNPLC)	Thursday (1st & 2nd of each month)	9:30 AM	10:30 AM
Senior Commodities (South parking lot)	FBNN (@ WNPLC)	Thursday (4th of each month)	9:30 AM	10:30 AM



Congratulations Lola B.,
winner of the staff baby
photo match game!



Congratulations Jim M.,
winner of the "Who Said
That?" game!



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!
Two months down, one to go!





Healthy LIVING while aging!



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources



Mother's Day

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

May 2021

| Healthy aging newsletter

| Volume 2, Issue 5

Arthritis and Movement

By Anne Lindsay, Ph.D.

Anne Lindsay is an associate professor and exercise physiology specialist at University of Nevada, Reno Extension, a unit of the University's College of Agriculture, Biotechnology & Natural Resources.

Nobody has to tell me when it's going to rain! My joints are the best weather reporters I know! Humidity makes my bones and joints ache so much; I just don't feel like doing anything. Good thing it doesn't rain much in Nevada!

Arthritis affects 46 million adults in the U.S. and is the leading cause of disability. While there are many different types of arthritis, the most common form is osteoarthritis, which affects almost 30 million people. Half of all adults will experience symptoms of osteoarthritis in the knee at some point in their lives. But it can also affect hands and hips. The Center for Disease Control reports over a million joint replacements are conducted each year.

Described by doctors as the "wear and tear" arthritis, osteoarthritis is caused by different factors that lead to loss of joint cartilage and bone, ligament, and muscle changes. Joint pain, aching, stiffness, and swelling are often felt. It is very painful, and sufferers become weak and lose physical function including activities of daily living. While genetics is certainly a factor, age is the most reported risk factor rising sharply after age 50 in men and age 40 in women. Risk also increases with obesity, as two of three adults who are obese will develop osteoarthritis. Women are more prone to osteoarthritis,

especially hand and knee. Finally, occupation-related or sport-related repetitive injury and physical trauma can contribute to osteoarthritis.

Physical activity is key to successful treatment of osteoarthritis, which is ironic because it often hurts to do anything physical. Exercise is safe and does not worsen disease, but rather promotes healthy joints. Those who DO NOT exercise will often suffer more joint pain than those who do, in part, simply because they are sedentary. Less active --- more pain. More active --- less pain, less stress and depression, and greater overall health.

Try low impact physical activity like walking, swimming, or light bicycling. Yoga is exceptional for osteoarthritis. Like other low impact activities, yoga helps increase muscle strength, improve flexibility, and promote balance with fewer body aches and pains. Check your local YMCA, health club, recreation, community or senior center for beginner or gentle yoga classes. Whatever you choose, ***don't let what you can't do interfere with what you can do.***

The Arthritis Foundation is a great place for more information, visit: <https://www.arthritis.org>.

Register for AARP Nevada's Yoga Timeout Tuesdays at: <http://aarp.cvent.com/AARPNevadaCalendar>.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact Dakota at 702-948-5916.



Anti-Inflammatory Foods to Consider

Following an anti-inflammatory diet, like the Mediterranean diet, may help reduce inflammation. Consider adding these foods to your diet: *Adapted from Arthritis Foundation*

- | | | | |
|------------|------------|-------------|-----------|
| • Beans | • Carrots | • Kale | • Onions |
| • Berries | • Cherries | • Nuts | • Peppers |
| • Broccoli | • Fish | • Olive Oil | • Spinach |

Nightshades or Not?

What are nightshade vegetables? They are vegetables that grow at night. Eggplant, tomatoes, peppers, and potatoes are the most common. Some people believe these vegetables trigger arthritis flares, but there is limited scientific evidence to support this theory. Dennis C. Ang, MD, suggests keeping a food diary to see if symptoms increase when eating nightshade vegetables. Lona Sandon, RD, agrees, suggesting to avoid them and replacing with other sources of vegetables high in vitamin C and A. Or visit a registered dietitian for other suggestions.

To learn more, visit: The Truth About Nightshades and Arthritis - Living with Arthritis (<https://bit.ly/3a7pCWA>)

Honoring Mothers and Older Adults

Mother's Day has been an official U.S. holiday since 1914. However, celebrating Mother's has been traced as far back as in ancient Rome and Greece. The month of May is also Older Americans Month. It was established in 1963 by President John F. Kennedy and the National Council of Senior Citizens, to make sure basic needs of older Americans were met.

This month, take time to recognize and honor the moms and older people in your life. And, if you are both, a double hip hip hooray to you!

Supporting Independence and Quality of Life with Assistive Technology

The Nevada Assistive Technology (AT) Resource Center offers AT devices, information, and workshops statewide. AT is any item, piece of equipment, product or service that is used to improve function so that people can live more independently. Their goal is to support functional independence and quality of life for individuals in Nevada who, due to their age and/or disability, are candidates for AT. Call 800-216-7988 or for more information contact: natrc@unr.edu.

Simple Fish Tacos

This Cinco de Mayo-inspired menu includes fresh, healthy flavors.

Seasoned chunks of white fish filets topped with fresh diced tomatoes, shredded cabbage, a squeeze of lime, and a dollop of cilantro-infused sour cream are all served on top of a warm corn tortilla. Add fiber rich beans and/or any vegetables in place of fish.

Makes 6 servings



Ingredients:

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound fish fillets (cut into 1-inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

Directions:

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp. taco seasoning.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until fish flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

To learn more, visit (<https://bit.ly/3de901b>) Simple Fish Tacos at What's Cooking? USDA Mixing Bowl.





GNOMENEWS

from the Garden Goddess, Anita Lamb



So far May has started off with a Boom! We have started our Garden Club and in our last meeting voted on a new club name. We are now "The Kinky Hose Club." (That dang hose ha ha) We are having a good time getting to know each other and chatting about our different gardening styles.

Our club meetings are held on Wednesday's at 9:30am to 10:00am in the garden area.

As for our veggies, the lettuce has come to an end and our green beans, carrots, and onions have been planted in their place.

These sunny days are doing wonders for our plants. Everything has been uncovered and doing very well. Our tomato plants now are producing fruit as well as our zucchini plants and we have many flowers on our cucumbers. We have also added a few new things such as a couple watermelons, cantaloupe, and winter squash. This garden is going to be so full and beautiful!

We still have one garden tower available for adoption and two family cubes. So, if you are interested, please call Anita Lamb at the William N. Pennington Life Center 775-423-7096 and get signed up.



*An EEO/AA
Institution*



Senior Commodities

Senior Commodities will be on the **4th Thursday of each month** from **9:30 am – 10:30 am** here at the WNP Life Center, south parking area. CSFP through Food Bank of Northern Nevada

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

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

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

Produce on Wheels

fresh produce for seniors

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



First and second Thursday of each month, 9:30 AM – 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.

2nd Tuesday of each month ~ 12:30 – 1:30

NO age requirement

Community Learning Center
Fallon Paiute-Shoshone Tribe
8955 Mission Road, Fallon

Pay close attention to signs and the staff directing traffic. Stay in your vehicle.

*** For full schedule of all Food Bank Northern Nevada food programs see their website www.FBNN.org or call them at 775-331-3663**

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

Mark your calendars!
William N. Pennington Life Center will be reopening on June 1st. Our programs and services will resume accordingly.
Thanks for your patience in this last year!



WNP Management
May 2021



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.



NEVADA LEGAL SERVICES
INCORPORATED

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

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



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

Introducing It Starts with Hello Virtual Gathering.

You are invited to join us every Tuesday and Thursday at noon.

Sometimes enhancing your life as well as the lives of others is as simple as saying "hello." The HELLO Project provides you with the opportunity to do just that. It's a commitment-free act of kindness for yourself and others that will keep you informed, help you find answers, and help you engage in a community of encouragement.

Visit HelloStartsNow.org and click on Podcasts & Blogs for more information on how to access the Zoom virtual gathering

You can also join by calling 1-669-900-6833 (*Toll charges may apply*).

Have you got some "hello" in you?



Hellostartsnow.org

©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



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!



Old TV Shows 1 - Word Search

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

ADDAMS FAMILY
BATMAN
BEWITCHED
CHINA BEACH
COACH
DEAR JOHN
DOCTOR WHO
FRASIER

GUNSMOKE
HAZEL
HEE HAW
HOWDY DOODY
I SPY
LAUGH IN
MANNIX
MAVERICK

ROSEANNE
TARZAN
THE NANNY
THE WALTONS
TWIN PEAKS