

December 2020

Volume I, Issue 11

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER

Generations Joined!



Hello WNP Life Center Supporters,

We all knew it would get here sooner than later! That is "Christmas" if you did not guess! Although, our lives have been slightly altered in a variety of ways in 2020, one thing that stayed on schedule was the calendar. For some it has gone fast, for some slow, for others more of a dragging on. Everyone has a different pace and accounting for their time. I have often reminisced memories of my childhood how "slow" the time seemed to go by especially from the start of a school year to each holiday and then the end of school year. But then the summer flew by! I know that some of you are shaking your heads in agreement. And now I

am sure that you will agree how "FAST" it went upon becoming an adult. So sometimes we must just go with the flow because the alternative of slowing things down are not what any of us want right now.

In my last articles for our newsletter, I have tried not to be as COVID-19 focused which does not mean it disappeared. I just felt we needed some positivity and happiness in our readings. But I feel that I did no one any justice trying to ignore it. It cannot be ignored as we are all continuing to find out just how invaded we are, and we need to own it. I will remind you all it is not possible. I am pleading with all our readers to make sure you are monitoring your activities and taking the necessary pre-

cautions to be safe and be healthy this includes your family also.

As for the next set of holidays quickly approaching, we have all continually and repeatedly been asked to stay home and only gather in our household settings. As we know, many have not followed these requests and our numbers have significantly increased. This is not going to get any better until a vaccine, we hope, but for all of us to take the full responsibility of following the directions of the CDC, Health Departments, and the like.

We can all have a Christmas holiday of our religious choosing but it will just be in a different fashion than we have ever experienced. Just like all the

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many birthdays, weddings, funerals, trips, holidays, etc. have all been re-routed in another direction. And guess what folks? We have done it. It has been nearly 10 months, and though it has not been easy in many respects we have survived it this far. There are so many things we could feel sorry for ourselves about right now, but we must remember and remind ourselves...we are not the only one having this unfortunate existence.

So, with all that above said and hopefully contemplated heavily by you readers... Let us all plan Christmas you want and can have, it just might be a little unconventional and re-routed is all! Of course, we will **ALL** have to tweak a few yearly Traditions but that is okay. You can jot them down on your "remember to do next year" list. The start of a celebration is to decorate your tree, your house, your yard. Do whatever you have the energy for. If possible, put your tree in a window to share with passersby's. Send gift cards if that makes shopping and mailing easier. Make cookies.

Share with neighbors while making sure you socially distance upon delivery. Send Christmas cards or emails to let your family and friends know you are surviving well and touching base with them. Watch Christmas movies to lighten your heart. Facetime or Zoom with family and friends on a set time leading up to Christmas and then for sure on Christmas Eve and Day. Even if we cannot be with our loved ones on these days, seeing them on your phone or computer is better than not at all. With all the different types of technology there has got to be one that will work for you and your family. You can even wear your ugly sweater or be in your Christmas PJ's. No one is going to care because they are doing the same things. Cook your favorite holiday foods in a smaller portion size than usual. Watch the Christmas and New Year's Parades to extend the holiday feeling of being there. There are many other things you can think of and do without my further listing. You just need to put your mind to it and do it for sanity of you and your family members.

Center sometime in the new year, possibly in the summertime of 2021. A lot of factors need to be addressed and will depend on how the vaccination program is administered and its success for fighting COVID-19. Until then, we will continue our daily nutrition program for Meals on Wheels patrons and the Congregate drive-thru gang. Both are going well, and the purpose is right in front of our noses. Feeding our seniors is our number one priority and will continue to be just that. Until we know more about our closed status, we encourage you to keep abreast of the happenings here at WNP Life Center and if you have any questions we can answer, please call.

Happy Holidays to you all. Please stay well, stay home, stay healthy and make a concerted effort to make some new traditions even in this tumultuous year to celebrate this Holiday Season 2020.

Until next time,

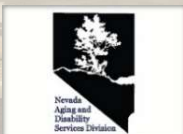
Lisa

Lisa Erquiaga, Executive Director



Mission Statement

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



Farewell and Much Thanks to our Outgoing Board President

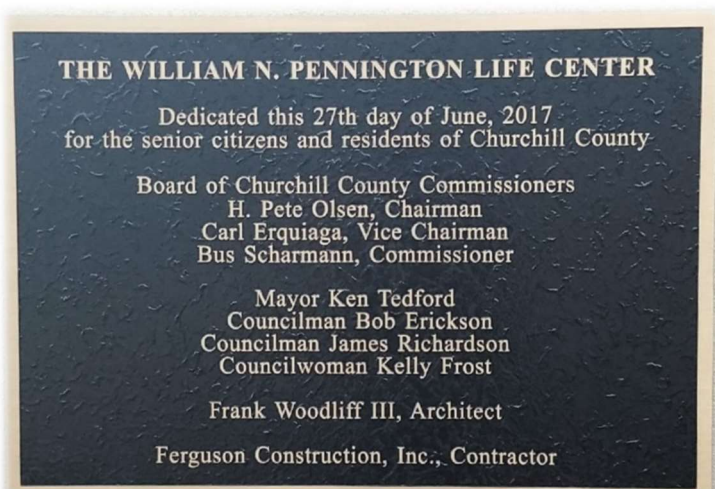
By Lisa Erquiaga,
WNP Life Center Executive Director

When you operate a Business you have a Boss. When you operate a non-profit organization, you also have a Boss which consists of a Board of Directors and its Chairman. The Chairman is elected to serve as the Chief Volunteer of the organization, provides leadership to the rest of the Board, oversee agendas and run monthly meetings, and supervise the Executive Director. My Chairman, Bus Scharmann, was the County appointed Commissioner who has been the Chairman since 2013. He was responsible, with the rest of the Board, for hiring myself in May 2016 to take on the responsibility of running the Churchill County Senior Center. As Chairman, Bus was responsible for overseeing the soon to start construction of our brand new 16,000 square foot building and the name of William N. Pennington Life Center at its new location on Maine Street. Of course, I am very glad he did since the opportunity of being able to work with the Senior population has become an even bigger passion of mine. I truly am thankful for this position that he believed in me to do. Thank you Bus, I certainly appreciate your choice in me.



One of Chairman Scharmann's biggest projects of completion for his tenure with the Coalition, in my opinion, was supporting the creation, development, and completion of the William N. Pennington Life Center complex in 2017. We all thank him for the hard work he performed as the Task Master for this great building endeavor.

On behalf of all the employees, both past and present we would like to thank Bus Scharmann for his years of service to the Coalition of Senior Citizens/William N. Pennington Life Center. We wish him the best in his next sector of life whatever he chooses to tackle or just lay low and spend time with family and grandchildren. Thank you, Bus. And please don't be a stranger to WNP Life Center, you are always welcome.



Random Appreciation



"To Everyone at the Meals on Wheels,

I want to thank you for the wonderful meals. They are delicious and very filling. I look forward to them coming. I also want to thank all the cooks, the vegetables are all cooked correctly and not a bunch of mush. Thanks again and I hope everyone and their families are safe and healthy and have a happy Thanksgiving. Thank you also for the groceries, they will come in handy.

The Lovitt family"



"Thank you all so very much for the fantastic job you all do. To see you every day is a privilege for me. You are all so giving, friendly people it makes life so much more easy to bear!"

Card Received from Congregate Drive Thru Patron



"I just wanted to let you know that I am enjoying the monthly newsletters. For those of us who once in awhile visit the center, it gives me info on all that is going on---that is a lot. The Oct news included the butternut soup recipe---I made it twice in one week and then passed on to family members. My husband pretty much likes everything which is nice for the family cook.

We enjoy the surprise lunch pick ups. Continue the good work.

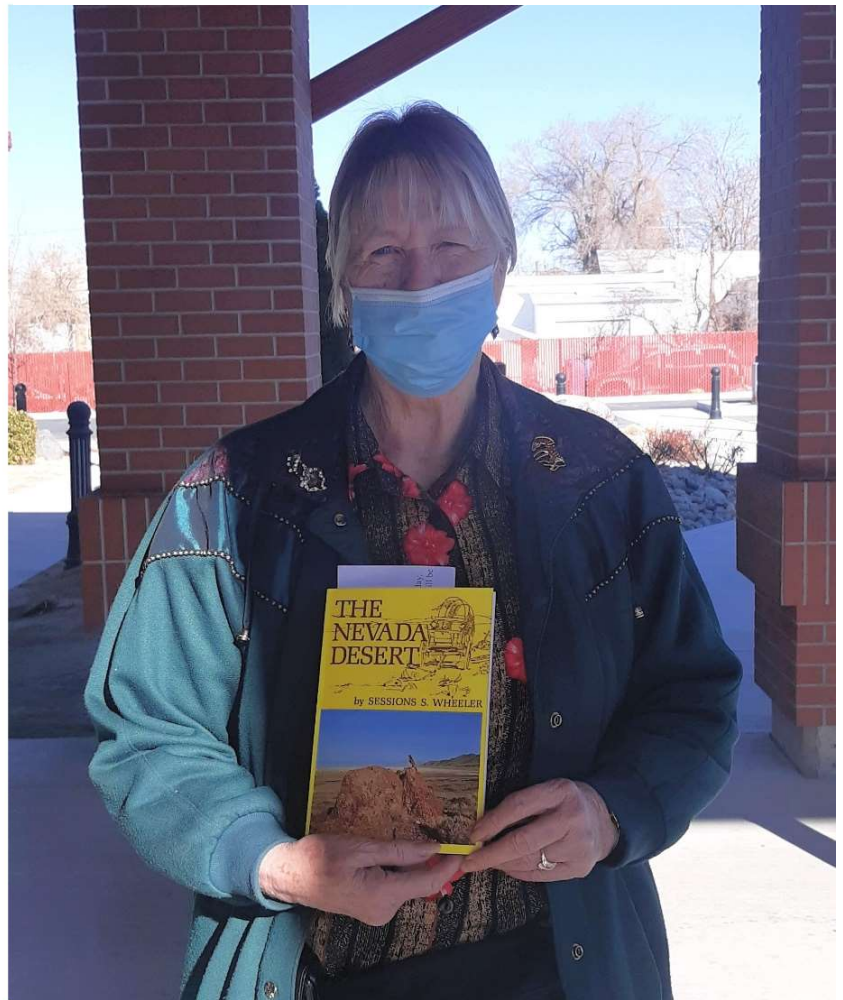
Sincerely, Judy Scherr"





*Congratulations
Tarry G. for
being our
Nevada Day
BINGO winner!!!*

Nevada



**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.*

Each week a picture menu lunch game sheet is provided with clues to the following week's lunch.
Those who participate each week will be entered into the monthly drawing for a prize.
All lunches will be provided with the usual love and care of the kitchen and will be delicious! Thank you.

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.





Fallon Community Christmas Eve Dinner

December 24th, 2020

Free of Charge ALL are Welcome

Top Gun Restaurant will be conducting our 2020 Christmas Eve Dinner to the Fallon community completely **FREE OF CHARGE** to anyone in Fallon that would like a meal. We will prepare the entire meal and volunteers will package it up and deliver it to the homes. Our last Community Christmas Eve Dinner served over 500 meals and we expect to exceed that this year. If you would like a meal or to help, please send your contact information to:

Fallonchristmasdinner@gmail.com

Top Gun Restaurant 40 E. Center St Fallon NV.

775-294-6700





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.**

Upcoming Sessions



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



Senior Commodities?

YES!



Senior Commodities will be on **Monday, December 28th** 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 – 11 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 one time a week.

Rural Areas Mobile Harvest provides fresh, nutritious foods to everyone on a weekly basis.

2nd Tuesday of each month ~ Next one is January 12, 2021

***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**

"Employee Spotlight"



Anita is two of the longest employed people here at WNP Life Center. By that measure of longevity, you can probably guess, she is someone who is going to do the best possible job in any area she is assigned too! Well, this is very true.

Anita has been one of our Homemaker's for the Center since 2013. And then was offered a position of Resource Navigator in 2019 with the ADRC program until granting was allocated to another agency. Being the flexible gal that she is, she was instrumental in the reopening of our Homemaker program in October 2020 as Lead Homemaker Program Supervisor. Due to the upsurge in COVID-19, we made the decision to once again shut down our program until there is a better outlook on COVID-19 into 2021.

So, once again with much versatility and grace, Anita accepted our newest program as Lead Garden Educator. Please watch for updates of new programming that will be set in place soon, including Gardening and Healthy Eating/Cooking classes.

In the meantime, I am very pleased that Anita has agreed to stay with us and continue to let us discover just what this very talented woman has to offer! We appreciate you, Anita. Keep up the good work.

Lisa Erquiaga, Executive Director

Anita Lamb is WNP Life Center's Homemaker Program Lead & Resource Advocate. She has been with the center for eight years total, where she began in Homemaking then ADRC and on to her current position.

Born and raised in Idaho, she grew up riding horses, playing volleyball, softball, and football with her five brothers. Anita loves gardening, yard work and most of all, fly fishing and being in the mountains.

Her pride and joy are her three kids, two boys and one girl, and she has been married for nineteen years to her best friend. Anita also has four Dachshunds, one cat, two parakeets, and five chickens (almost all are rescues). Anita says she loves serving the senior community!



Anita has been with the center for seven years now, first in our homemaker program, and for the last year as office staff. She is multi-talented and excels at any task given her. She cares deeply for the seniors and they adore her in return. She has always gone the extra mile in senior advocacy, searching out resources and senior programs in order to help in any way they need. She is an awesome part of our team and we are lucky to have her!

Buster Pierce, Program Services Manager



My name is Mercedeis and I am the Caregiver Coordinator and I will be working out of 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.

Mercedeis Rodriguez
Caregiver Coordinator
(775) 423-7096
caregivercoordinator@cccomm.net

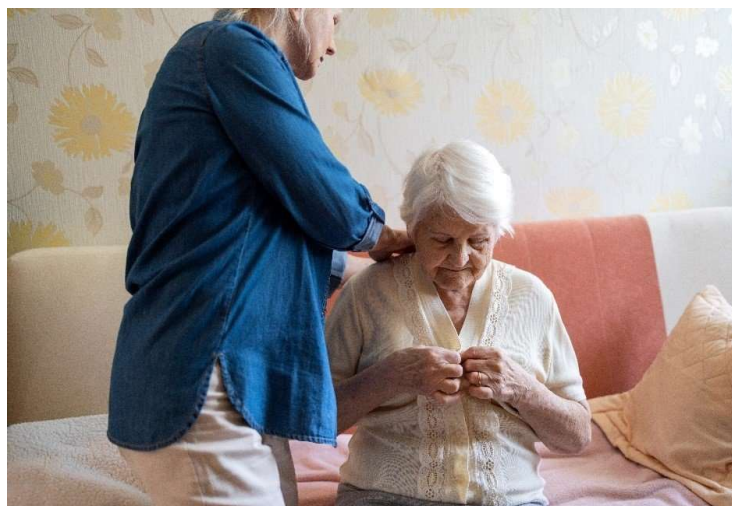


Daily Life with Dementia: How to Take the Stress Out of Getting Dressed

Anne-Marie Botek

Alzheimer's can turn even the simplest of tasks into great trials. In the middle and later stages of the disease, many people have difficulty dressing themselves. Here are a few pointers to help simplify the task of helping a person with Alzheimer's get dressed.

1. **Shop together.** If at all possible you should take the person with Alzheimer's disease when you shop for their clothes. Letting them select some of their favorite items will make the new clothes seem familiar and they will be more likely to wear them.
2. **Buy duplicates.** If your parent often insists on wearing that "favorite outfit" constantly, consider buying several identical sets.
3. **Look for simplicity.** Choose clothing that is easy to get on and off. Elastic waists and Velcro enclosures minimize struggles with buttons and zippers.
4. **Give them choices.** This can be tricky because a person with dementia can have trouble making decisions if there are too many options present. To avoid frustration and potential tantrums, give them a few choices, preferably no more than three. Lay out the clothes on a bed or dresser so the person with Alzheimer's can easily see them.
5. **Give them time.** Depending on how advanced the person's dementia is, it may take longer than normal for them to select their outfit and dress themselves. Be patient, and schedule enough time so that delays in the dressing process don't interfere with other plans.
6. **Establish order.** Arrange the clothes in the order they are to be put on to help the person move through the process.
7. **Be positive and open.** Encouragement and compliments go a long way to helping a person with Alzheimer's disease feel content with their clothing choices. This includes supporting decisions that you may not necessarily agree with. As long as it doesn't endanger the elderly person, let them wear a dress to bed or a sweatshirt in warm weather.



<https://www.agingcare.com/articles/help-alzheimers-patient-dress-148560.htm>

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
December 2020



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.

*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

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 the COVID-19 closure.



952 South Maine St.
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.



***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

©2020 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.

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.



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!



WILLIAM N. PENNINGTON
LIFE CENTER



Health Benefits of Sweet Potatoes

- **Promotes healthy vision:** All of that vitamin A helps maintain eyesight and promote healthy vision. Plus, research suggests that greater vitamin A and beta carotene intake may be inversely associated with risk for cataract.
- **Supports immunity:** Vitamin A also helps with other bodily functions, including cellular communication, growth, and differentiation. Recent research suggests that it also plays a critical role in enhancing immunity.
- **May help reduce blood pressure and stroke risk:** Sweet potatoes contain both potassium and magnesium, both of which are involved in blood pressure support. Research suggests that potassium-rich diets can help support heart health by reducing blood pressure and even protecting against stroke.
- **Can lower LDL cholesterol:** The healthy plant-based fiber in this veggie can help reduce LDL (aka "bad") cholesterol, as well as decrease risk of heart disease, obesity, and type 2 diabetes.
- **Promotes longevity:** Sweet potatoes with an orange flesh are one of the best sources of beta-carotene, an antioxidant which is a precursor to Vitamin A. Antioxidants like beta-carotene are known to help defend the body against free radicals damage.



<https://www.goodhousekeeping.com/health/diet-nutrition/a48026/sweet-potato-nutrition/>

Grilled Sweet Potatoes With Lemon-Herb Sauce

Ingredients

- 1/2 small red onion, finely chopped
- 2 tsp. grated lemon zest plus 1/4 cup juice
- 2 lb. sweet potatoes, well scrubbed and sliced into 1/4-in.-thick rounds
- 3 tbsp. olive oil, divided, plus more for serving
- Kosher salt and pepper
- 1 small fresno chile, seeded and finely chopped
- 2 tbsp. hemp seed (optional)
- 1/4 c. fresh mint, chopped
- Plain Greek yogurt, for serving



Directions

1. Heat grill on medium. In small bowl, combine onion and lemon juice. Let sit, tossing occasionally.
2. In large bowl, toss sweet potatoes with 2 tablespoons oil and 1/4 teaspoon each salt and pepper. Grill until slightly charred and tender, 4 to 5 minutes per side.
3. Into bowl with onions, stir lemon zest, chile, hemp (if using), and remaining tablespoon oil, then stir in mint. Makes 1/2 cup relish.
4. Spread Greek yogurt (if using) onto a platter and drizzle with oil. Arrange sweet potatoes over yogurt and spoon mint relish on top.



<https://www.goodhousekeeping.com/food-recipes/a32097162/grilled-sweet-potatoes-recipe/>