

June 2020

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Edited by Melanie Keener, Operations Assistant

In this issue...

Greetings

Happenings at WNP

Announcements

WNP Staff

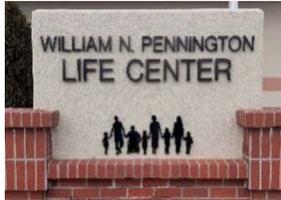
Caregiver Corner

Resources

Health and Nutrition



WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Dear Supporters of WNP Life Center,

As we glide into June, we can look back on the last 12 weeks with many different thoughts of our experiences regarding COVID-19 events. We will all have an opinion and varied comments on how we have each personally dealt with it, I am sure. It has awakened many emotions in all of us, not all good and not all bad. Just to name a few that come to mind; scary, time-consuming, ignored, inconvenient, a learning experience, a lonely time, eye-opening, schedule altering, hobby/craft motivated, exercising flexibility, idea inducing, money saving, vacation hampering, some happy to stay at home, life changing, and climbing the walls. And I could go on and on. But if you analyze each event above you will notice both good, bad, positive, and negative feelings appear. I prefer to focus on what we hopefully have all experienced in ourselves. That would be a sense of just how time goes so quickly, normally. But when we are exposed to something new that can affect us for an unknown period of time or possibly be life ending- so... we need to stop, slow down and take the time to evaluate our situation and surroundings. Hopefully, we have been able to spend more quality time with family within our homes and practicing social distancing if not it is never too late. Also taking the time thinking of the positives in your life and not dwelling on the little bumps in the road because life is too short and too precious to waste it on the little things we cannot change. And we all need to remember that constant negativity brings on unwanted health

issues. I have seen a lot of love and compassion appear in many forms over the past 12 weeks. I think people are looking at the "what could have's" and rejoicing in being blessed with what they have. At least I hope they have. And if you have not had "your" moment there is still time.

Let us all keep in mind that Covid-19 is not over yet. Even though our leaders are re-opening certain businesses and reporting Phase 2 status, we are continually being reminded that it is imperative we all continue to remain vigilant by maintaining social distancing, washing of hands, wearing a mask, and avoiding groups of more than 50 people. But we, as a site who serve very vulnerable precious cargo in our Center, are still recommending that our senior population be extremely cautious and continue to "shelter in place". If you must go out, you are urged to take the above precautionary measures for everyone's safety.

Continues on page 2



On another subject, I must take this opportunity to share with all of you and give a huge shout out to our extraordinary partnership with the Food Bank of Northern Nevada. We have been associated with FBNN for almost a year now. And it has been a very fruitful experience in the receipt of thousands of pounds received. And as most of you know, we have been doling out a lot of food lately to all of you! If you have missed out, we can arrange to accommodate you when we do the next cycle of giveaways. Just call us and let us know. At this time Meals on Wheels recipients, our lunch drive through patrons and our "under 60 family give away" has allowed many individuals a large variety of food items that have been supplied weekly by FBNN. Our agency has benefitted so much from this partnership. Each day has been so many items to share like lettuce, eggs, butter, milk, squash, raisins, potatoes, oranges, apples, fish sticks, roasts, and many more. Right now there really seems to be an abundance of food items available for a lot of reasons, so everyone needs to know that as long as we are getting these amounts in excess, we will continue to supply it to you all. But if for some reason, you personally do not need or like these food donations, you can decline the offer. Do not feel obligated to accept because we can pass on to other individuals. The message we want you hear is "there is no reason for anyone to go hungry in Fallon" thanks to the Food Bank of Northern Nevada. Please join WNP Life Center and the other partners in Fallon to spread the word and let others know how great the Food Bank is!

I do hope you are all enjoying the monthly newsletter that has been resurrected for a few months now. Melanie, our Operations Assistant is doing a superb job in constructing its contents and keeping me on task to get her my information. Thank you, Melanie.

We do not have any recommendations or direction yet from our funder or our Coalition Board as to when we will be re-opening. We keep reminding people that our population of seniors is the most vulnerable of all and when it is the right time, we will be taking it slow and safe. This for everyone's protection. Remember, we were the first one's closed and most likely we will be the last one's open. But until then, I believe we are doing a great job getting lunches out each day because we served a total of 7,673 meals from both of our programs for the month of May! Once again, I must confess how lucky I am (and you) because I have a great staff that makes a great team! Thanks guys!

Until next month, please be safe and enjoy having your own moments. Just make the most of our current life situation, it might go faster.

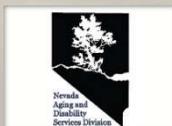
Lisa Erquiaga, Executive Director

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.





Surplus of food donations from the Food Bank of Northern Nevada were shared with the community...

Here at the WNP Life Center, we have provided over 300 food boxes to our Senior community and nearly 100 food boxes to our families under 60 thanks to the Food Bank of Northern Nevada!



Under 60? Want a tasty lunch without leaving your vehicle? Come join us at the WNP Life Center for curbside lunches weekdays from 11:00 am – 12:30 pm. Cost for under 60 years old is \$6.

Plant an Herb Garden and Win a Prize

The William N. Pennington Life Center will be doing a competition with all of our seniors, we will be handing out supplies to grow your own herbs, thirty days after you plant your herbs, show us a picture of them via email ccscdirector@cccomm.net or with your phone. The contestant that has the three biggest herb plants will receive a prize. Please give us a call at 775-423-7096 to sign up for the contest. Supplies will be coming soon!





Senior Commodities?

YES!

Every fourth Thursday of each month at the WNP Life Center south parking lot. Sign up in the commodities line on the next scheduled day, **June 25th**.

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>

Lunches served weekdays at the WNP Life Center!
(excluding holidays)



Monday – Friday
11:00 a.m. until 12:30 p.m.

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

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

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



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 should have received an invitation to participate in the 2020 Census.



*Would you like to have the monthly newsletter sent to your email?
Contact us at 775-423-7096 and we can add you to our email blast!*

"Employee Spotlight"

Hi, my name is Buster Pierce. I am the Programs Services Director here at the William N Pennington Life Center, where I oversee our Meals on Wheels program, Homemaker program, and day to day operations here at the Center.

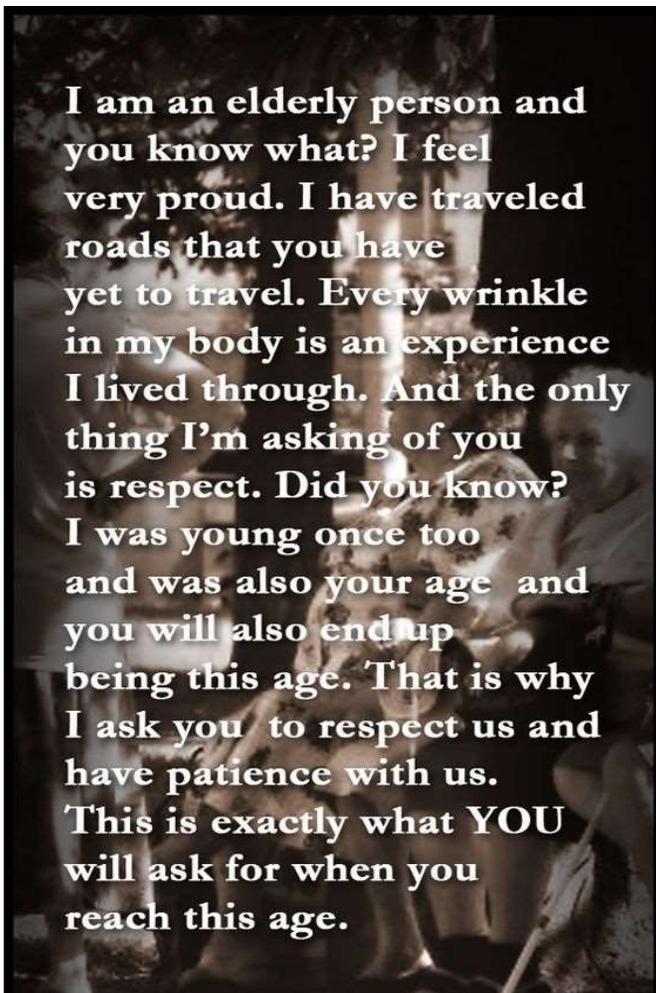
I started working with the senior population some twenty odd years ago through a ministry at our local nursing home in Sheridan, WY. I saw a great need there and a chance to be part of something much larger than myself, so I got some training, became a CNA and went to work. Since then I have worked in nursing homes, home health care agencies, and assisted living facilities, finally landing here at the Center over eight years ago. I enjoy my job and the diversity of work that presents itself daily, there is always something different, a new challenge every day in this ever-changing field. Whether it be finding a resource, taking care of a need or just making someone smile, most days are a rewarding experience!



In my off time I love to Golf, spend time hiking, taking a long walk in our local park, or just fixing things that need repaired at home or here at the Center.

Think about this.... Sooner than you could ever realize, you will be here too! So much of our American history, toughness, and skill sets are being forever lost because we fail to take the time to listen and learn from the wisdom of our seniors...

- Buster Pierce
Programs Services Director
WNP Life Center



Buster Pierce is amazing. He is the closest thing to having a second husband, only he is in the workplace. He is my right-hand man and the Center is very lucky to have his expertise and brawn. Whenever, there is a need, it's "hey let's get Buster".

Thanks, Buster for being on the Team. You are much appreciated.

Lisa Erquiaga



My name is Mercedeis and I am just starting a new program which I am the *Caregiver Coordinator* here at the WNP 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 for the 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) 426-7096
caregivercoordinator@cccomm.net

Caring for Your Spouse

Caring for a spouse is not an easy process, however it is particularly tiring for older adults. Aside from dealing with one's own aging process and possible health problems, aging people caring for an ailing spouse should also cope with mental and emotional strain as they watch their loved one suffering from the illness. There are some ways seniors can consider making it easier for them to take care of their ailing spouse.

- **Get the needed help**

You can ask help from a family member, friend, or neighbor to assist you with tasks which are physically challenging for you. Their help lightens your load and lets you focus more on the care of your spouse and even your own health.

- **Do not push yourself past your limits**

If you are ill, injured, or disabled, offering quality care is not easy. Therefore, do not do jobs that are too tough for you to handle and sacrifice your own health while you are taking care of your spouse. Although it can be challenging to determine your limits and set boundaries that surround them, this is a significant aspect of offering quality care for an aging ailing spouse.

- **Look for a Home Care Agency**

For older adults trying to take care of the sick spouse, searching for a good home care agency can be a lifesaver. Hiring a caregiver does not mean you transfer the responsibility of caring for your spouse entirely. Although it is not easy to care for a senior loved one at any point in life, it is quite tough if the healthy spouse is older than 60. Hiring in home care assistance can be an excellent way to safeguard your health while ensuring your spouse gets the care, he/she needs.

- **Maintain a Positive Attitude**

There are a lot of aspects of caring for an ailing spouse and maintaining a positive attitude and being happy can affect the care you can offer as well as improve your mood and satisfaction. In case you need help with seeing the positive side of things, think about seeing a therapist or joining a support group.

- **Remember to Care for Yourself**

Avoid getting so wrapped up in the tasks involved in caring for your spouse that you forget to eat, drink and exercise. Keep in mind that if you are not healthy, you will not be able to offer quality care. It is important to keep yourself in good health by sleeping enough, eating well, doing some exercise, and drinking enough water every day. Also give yourself time to rest and be on your own even if it is just 10 minutes a day. This can help in safeguarding your mental health and ensuring you get the respite you need to stay happy and healthy.

- **Be Aware of Your Options**

Although spouses who care for their sick partners usually feel alone, a lot of community and local organizations can provide a helping hand. Perhaps you have access to a community or church group. In case you are having problems caring for your spouse by yourself, never be afraid to explore the available options for you in your area.

<https://www.attentivecareinc.com/six-awesome-tips-when-caring-for-your-aging-and-ailing-spouse/>

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another today."

— Amy Leigh Mercree
<https://www.goodreads.com/quotes/1042601-kindness-can-transform-someone-s-dark-moment-with-a-blaze-of>

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



CARE Chest of Sierra Nevada

MEDICAL RESOURCES FOR NEVADANS IN NEED

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.

Care Chest Visit

Call Anita at the WNP for drop-off/pick-up schedule.

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

- 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.

Due to our building being physically closed in accordance with the Governor's mandate, please contact us via telephone.



- ✓ 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



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
June 2020



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!

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



952 South Maine St.
Fallon, Nevada
89406



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

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





Four FREE ways LIVE to Get Your Body Movin' Now without leaving home...

Are you stuck at home with nothing to do since the COVID-19 shutdown? Do you feel like you need to get a little exercise? Well, we have an opportunity for you to get moving in the privacy of your own home! One of our partners, *Healthy Aging* Program thru UNR is coordinating a live Stretching Class on Wednesday and Friday at 10am and its FREE to all. You just need a computer to access this Live class. The class is approximately 30 to 40 minutes long and consists of easy stretching exercises that are led by two on-line instructors who have occasionally host special guests sharing their physiology expertise.

To join the class just enter: <https://unr.zoom.us/j/99033785450>

Participants with older computers may need to download the free Zoom.5 app. If you have any problems logging on call Penni at the WNP Life Center, 775-423-7096, for help.

And if you prefer participating in WELLNESS WEDNESDAY's for LIVE Yoga class, a LIVE Art class, or a LIVE Connecting through Music classes click this link to register: <https://bit.ly/3apMQ8k> and see dates available. These WELLNESS WEDNESDAY'S are brought to you by Arts for All Nevada, JTNN, Notable Music Therapy, Urban Lotus Project and State of Nevada Division of Public and Behavioral Health.

One Pot Garlic Parmesan Pasta

Total Time 39 minutes / Prep Time 15 minutes / Cook Time 24 minutes

Ingredients

for 4 servings

- 2 tablespoons unsalted butter
- 4 cloves garlic, minced
- 2 cups chicken broth
- 1 cup milk
- 8 oz fettuccine
- salt, to taste
- pepper, to taste
- ¼ cup grated parmesan cheese

Preparation

1. Heat unsalted butter in a large skillet over medium high heat. Add garlic and cook, stirring frequently, until fragrant, about 1-2 minutes.
2. Add in the chicken broth, milk, and fettuccine. Season with salt and pepper.
3. Bring the pot to a boil, then reduce heat and simmer, stirring occasionally, until pasta is cooked through, about 18-20 minutes.
4. Stir in Parmesan. If the mixture is too thick, add more milk as needed until desired consistency is reached.
5. Serve immediately, and top with parsley.
6. Enjoy!



<https://tasty.co/recipe/one-pot-garlic-parmesan-pasta>