

April 2020

Volume I, Issue 3

Edited by Melanie Keener, Operations Assistant



WILLIAM N. PENNINGTON
LIFE CENTER

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Generations Joined!

Greetings...

*Dear WNP Life Center
Supporters,*

We are all in a "stand still" here at William N. Pennington Life Center, as you all are right there with us too. While we are all practicing "social distancing" and the biggest feat is having everyone understand how important it is to get the "Stay at Home" message. So, unless your job or position in the community is deemed "essential" you need to stay put! I totally understand the difficulties everyone is experiencing with being locked in. And when this all started, we did not realize just what the timeframe might encompass. And even now it's up in the air for the last directive of 30 days to be extended.

Our jobs here at William N. Pennington Life Center have been deemed "essential" for the fact that we are feeding our Senior age population daily and if we weren't, no one else would be. And my 'Essential' staff are all

amazing troopers to say the least. When this first started the afternoon of March 12 and we learned it was necessary to close our doors to the public, the **TEAM WNP** assembled and we started the process of dealing with Covid-19. What we thought would be two weeks has been extended into another 30 days at this time. Not once in this timeframe of four weeks so far has my **TEAM WNP** faltered. We are all following strict rules staying safe and healthy. We have had many discussions about "staying home", "social distancing" and all the other new lingo we are all learning. So far, so good.

Our Meals on Wheels drivers have seen a noticeable increase in our daily meal count of about 20 individuals added to the rosters of our four existing drivers. We have been preparing and providing our Meals on Wheels program to the tune of approximately 212 lunches out for delivery each day. We send out four frozen meals on Fridays for the weekend which

which accounts for another 424 food trays. All in all, that's a whopping 1484 meals out of our back door! The increase is mostly due to individuals that can't travel to the Center at this time and others who traditionally used CART for their primary transportation.

Continued on page 2



*Lisa Erquiaga,
WNP Executive Director*

Our Congregate program which consisted of the individuals who come daily to eat in our dining room are now very carefully driving through our Portico at the front of our building between the hours of 11:00am to 12:30pm. They are being greeted by Staff dressed in disposable gloves and homemade fabric masks. The process has been drilled down to a fine-tuned dance. Along with the exchange of a lunch and the suggested \$3.00 donation, we also find time to provide the much asked for and coveted "Toilet Paper" and other items like dog food, band-aids, and Kleenex. This team of multi-taskers has done an amazing job making each day happen without a hitch. Our biggest day was a Tuesday and we handed out 103 lunches. We have been keeping a consistent 90-95 lunches. The kitchen staff has done a remarkable job of juggling the menus for both programs. They prepare Meals on Wheels first off in the morning. After Meals on Wheels is done and the drivers are on their way to delivery, the second meal (exactly like the first) for the drive-thru service is again started and ready to be put in the trays used for Meals on Wheels. Everyone is getting the same delicious hot food unless it's a Sandwich Day.

The Nevada Care Connection Resource Center is busy taking and making phone calls providing resource information on many topics such long term care, Medicare, and now the hot topics of Covid-19, Stimulus packages, unemployment and the such.

The Admin Team has been trying to keep up with all the new changes with our programs in the wake of Covid-19. They have also been keeping track of all the individual items both perishable and not, that we have been handing out too many individuals. To date, we have provided 338 rolls of toilet paper, 40 homemade fabric masks, 25 individuals needing dog food and 17 food boxes. This is just a few items we have provided. If anyone needs anything, please call us and we will see if we can locate if we don't have it.

A big thank you to Melanie Keener, Operations Assistant here at WNP Life Center for singly handling the sewing of over 50 face masks. Everyone appreciates your craftiness and your thoughtfulness.

As you can see, this new way of living for the time being is something we all must endure. And My TEAM WNP is not disappointing me or anyone else with the time and efforts they are taking to do their jobs for all involved and taking the risks for doing their jobs. Our hope is to continue to all be well and ride this storm out. While we really miss seeing everyone and I know its mutual, we must do what has been asked of us and STAY HOME. Please don't take this strong direction for granted because in some families and communities, it's potentially fatal.

In the meantime, Staff will continue to make those many phone calls to you all (about 600 per week) to check up and see

what you may need or if you just need to chat. You can always call us too. Someone is here to answer the phones from 8am to 4:30pm daily.

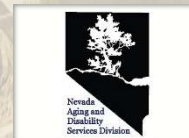
In conclusion, I have the BEST staff ever! And I do not take it for granted. They are doing a great job and I have to share that I would not want to go through this Covid-19 experience without them! When you see them give them a shout out!

Stay safe. Stay warm. And Stay HOME! We will see you soon hopefully.

Lisa Erquiaga
WNP Life Center Executive
Director

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.





*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!*



Stimulus Checks: Who Is Eligible and How Much Will They Be?

If you are receiving Social Security benefits but did not file taxes in 2018 or 2019, you will be eligible to receive a stimulus check without a tax return based on data available to the IRS from your annual Social Security benefits statement. The government will send you a direct deposit or your Form RRB-1099 Social Security Equivalent Benefit Statement. You will not have to file a 2019 tax return to get a stimulus check.

The bill does not set a date for when the direct deposits and checks will start to go out, saying that only the Treasury Secretary will send the payments "...as rapidly as possible." The money could be sent either by mail or direct deposit.

The legislation will give single adults who reported adjusted gross income of \$75,000 or less on their 2019 tax returns a one-time check for \$1,200, according to draft legislation. Married couples who filed jointly will receive \$2,400. Families will get an additional \$500 for each child.



The William N. Pennington Life Center will be closed and there will be no curbside lunches served on Friday, April 10, 2020 in observance of Good Friday.





Do you have a special collection you would like to temporarily put on display? We have a locking glass display case in our lobby and would love to share your collection for all to see!



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.



www.2020census.gov

Our fabulous kitchen staff at WNP are still whipping up tasty lunches for our curb-side service!



Lunches served weekdays
(excluding holidays)

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

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

Thank you.



Senior Commodity Distribution

April 23, 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.**



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



Greetings to our WNP Life Center Family!

My name is Tiana Wilson. I am a Program Coordinator for the Volunteer Program and front desk receptionist. Duties that I am responsible for are managing and greeting our wonderful guests at the front desk, the coordination of volunteers during the lunch hour and other activities and have been trained to teach SSSH (Stay Strong Stay Healthy) exercise program.

I am originally from Virginia, but I have been a resident of Fallon since 1991. I am what some would call a "Navy Brat". I have traveled a lot and I have lived in very diverse communities. My father chose to move to Fallon because of the small-town family atmosphere he heard about. He later retired from the military and we all choose to remain in Fallon. Moving here was a huge culture shock, as we moved to Fallon from Philadelphia, Pennsylvania. At that time Fallon was a very small community. The growth over the years in my opinion has been wonderful. I am also a graduate of Churchill County High School. So of course, I bleed Green! GO GREENWAVE!! My family and I enjoy attending Greenwave sporting events and activities. I later attended City Vision University where I obtained a Bachelor of Science degree in Addiction Studies. My husband and I have five children and six grandchildren. They all bring me so much joy and adventure to my life which I am very blessed to have. I enjoy movies, reading, and outdoor activities. A new hobby that I have taken up is learning to quilt, thanks to my best friend who is a very talented quilter and to some of the lovely ladies that visit the WNP Life Center.

I began volunteering with WNP Life Center in late January of 2018 to fill my free time. I love volunteering because it kept me connected with others and it made me feel good to give back to others. In October of 2018, I became an employee at this wonderful facility. I really enjoy working with our guests, the wonderful staff, and the dedicated volunteers. We are truly one big happy family that believes in the mission of this facility and takes pride in what we do.

- Tiana

"Tiana is an excellent Volunteer Coordinator. She works well with all and does a great job keeping all our Seniors lined out to receive their announcements and lunches in a very orderly fashion. Everybody loves her. She is a real asset to our staff."

- Lisa



Interested in volunteering at the William N. Pennington Life Center?

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.



Coping with Dementia

By Mercedes Rodriguez,
WNP Caregiver Coordinator

When most people think of someone with Alzheimer's disease or Dementia, they picture a senior with a benign, slightly confused demeanor who repeats themselves. However, there is a whole spectrum of other types of behaviors from angry outbursts to more physical behaviors.

Understanding and dealing with a loved one's Dementia can be the hardest part of being a caregiver. Examine the behaviors objectively, avoid correcting, intervening, or unintentionally escalating situations. Remember to focus on the "why" when approaching someone with Dementia. Keep in mind your loved one responds to your body language, expression, and tone of voice. It is also important to be accepting instead of contradicting. Be patient and value their feelings.

If you have a loved one at home dealing with Dementia or Alzheimer's disease, here are some resources that may be of help:

- Respite Care Alzheimer's Support Group (775) 784-4335
- Senior Companions (775) 358-2322
- The Homestead (775) 302-8587
- Skilled Care Kindred at Home (775) 858-1900
- Care Minders (775) 356-9830
- Right at Home (775) 826-7999 (Private Pay Only)



Long Term Living:

- Highland Village (775) 423-7800
- The Homestead (775) 428-2428
- Fernley Estates (775) 575-8625

*"Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.
I'm confused beyond your concept,
I am sad and sick and lost.
To be with me at all cost.
Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.
Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done."*

-Owen Darnell



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.

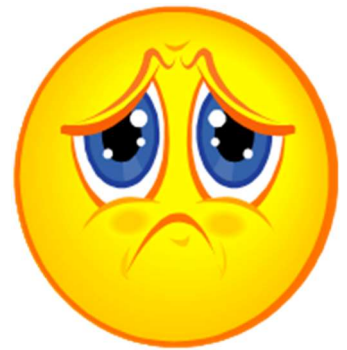


- ✓ Financial Support
- ✓ Transportation
- ✓ Hospital to home transitioning
- ✓ Community Services
- ✓ Home remodeling and renovations
- ✓ Caregiver support
- ✓ Home-based care
- ✓ Food and nutrition
- ✓ Long-term care planning
- ✓ Legal services
- ✓ Senior and community centers
- ✓ Education and training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



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
April 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!

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





Stay Strong, Stay Healthy



Food and Dietary Supplements for Healthy Aging

As you age, your food needs change:

- You may need fewer calories because of a more sedentary lifestyle.
- Your body may not be able to absorb all the nutrients from food as efficiently as when you were younger.
- You need to increase lean protein foods to protect muscle tissue.

To get the nutrients you need for good health each day:

Eat a variety of whole foods including five to nine fruits and vegetables and three or more whole grain foods.

- Fruits, vegetables and whole grain foods contain not only vitamins, minerals and fiber, but also hundreds of disease-fighting phytochemicals. The health-promoting benefits come from the interaction of the many phytochemicals in the food.
- Choose a variety of fruits and vegetables at each meal and as snacks in between. Eat fortified whole grain cereal for breakfast, whole grain crackers for a snack, and whole grain bread or other whole grains like barley at dinner.

Get enough calcium, and vitamin D.

- Dairy foods, green vegetables and calcium-fortified foods provide calcium and vitamin D that helps maintain bone health and may protect against hypertension and some types of cancer.

Get enough lean protein.

- As we age, we naturally lose muscle mass and strength due to a combination of reduced muscle response to protein intake, changing hormones and for some, less physical activity. Called sarcopenia, this gradual loss of muscle mass has



been credited with a many health problem, including insulin resistance, low bone density, falls and fractures – even death.

How much Calcium and Vitamin D do you need?

Recommended daily amount:

Age 51 to 70

Calcium: 1,200 mg

Vitamin D: 400 IU

Over 70

Calcium: 1,200 mg

Vitamin D: 800 IU

Dairy foods provide the nutrients for bone health in the form and balance that are most available to the body.

One 8-ounce glass of milk

Calcium: 300 mg

Vitamin D: 100 IU

It takes four glasses of milk a day to meet the recommendations for calcium and Vitamin D for people aged 51 to 70. Ask your doctor if you need a supplement to meet your needs for calcium and vitamin D. It's very common for older adults to need the use of supplements to meet their needs for both calcium and Vitamin D.



Pork, Potato and Mushroom Stew

Our healthy pork, potato and mushroom stew recipe is hearty, filling and packed with protein.

Serves 4 Prep Time 15 mins Cooking Time 2 hours 20 mins

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, thinly sliced
- 1 tablespoon chopped thyme
- 7 oz Swiss brown mushrooms, halved
- 2 tablespoons no-added-salt tomato paste
- 14 oz small potatoes, halved
- 21 oz boneless pork shoulder, cut into 1 1/4" pieces
- 3 cloves garlic, thinly sliced
- 7oz button mushrooms, halved
- 1/2 cup Marsala wine or sherry
- 2 cups reduced-salt chicken stock
- 14oz green beans

Instructions

- 1 Heat half the olive oil in a large saucepan (with a lid) over medium-high heat. Cook pork, in batches, for 5 minutes, or until browned, then transfer to a bowl.
- 2 Heat remaining olive oil in same saucepan. Add onions, garlic, thyme and mushrooms and stir for 5 minutes, or until onion softens. Return pork to pan with Marsala and cook, stirring, for 30 seconds.
- 3 Add tomato paste and stock to pan then bring to the boil. Reduce heat, cover pan and simmer for 1 1/2 hours. Uncover, add potatoes and simmer for 30-35 minutes, or until pork and potatoes are tender.
- 4 Meanwhile, cook green beans in a saucepan of boiling water for 2 minutes (until just tender). Drain.
- 5 Serve stew with green beans.