

July 2020

Volume I, Issue 6

Edited by Melanie Keener, Operations Assistant

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WILLIAM N. PENNINGTON
LIFE CENTER



Generations Joined!

Dear WNP Life Center Supporters,

We have been in our current holding pattern for approximately 16 weeks now. Everyone has been asking that common question, "When are you gonna open back up?" My response has been and will continue to be the same, "We do not know but when we do, you all will be the first to know!" we are questioning and wondering when this will happen too but for now it still may be awhile. We are all anxious to get back to our "normal" routines, but our patience is necessary from everyone involved. I know of all people that "patience" is not my virtue like so many of you. But in order to maintain, we must persevere and push ahead and make the most of our current situation with COVID-19.

We have kept busy these last few months with keeping our nutritional meals program going out to our Meals on Wheels delivery recipients (230 meals per day) and meals for our Congregate Drive-thru recipient lunches (approximately 110 per day). We are getting very skilled at all meals being completed for the day by at least 1:30 p.m. We also have been able to supply some type of food item whether it be produce or a dry good or two. This would not be happening if we did not have a strong relationship with the Food Bank of Northern Nevada. The extra food we supply every week is greatly appreciated and welcomed by all.

As the time comes, we plan to open back up with a few new programs. These new programs will have been developed during our closed time and we will be excited to share them with you. We have a new exercise program that we are excited about called BINGOCISE. We will still have our Stay Strong Stay Healthy exercise program and of course, Monday, Wednesday, Friday will be started up again. Also, a new instructor will be teaching Tai Chi (or a form of it). Our nutrition classes will be featured also to offer healthy eating, cooking and lifestyle changes. We also hope to do a little gardening, canning, and food planning in the future too. We have lots to look forward to when we open back up.

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The other fun project we have started is the "Growing an Herb Garden." It has been sent out to our Meals on Wheels recipients who requested it at this time and some of our fellow exercise patrons. We have made it a contest to see who can grow the biggest herbs in about 45 days with the date being August 14th to send us a picture to be judged. If you would like to participate please call Melanie, Operations Assistant, to reserve your herb kit.

We sure hope everyone is enjoying the food boxes and extra food items we have been supplying you all with for the last few weeks, compliments of the Food Bank of Northern Nevada. We hope this gracious program will be continuing for the next few months. Everyone seems to really appreciate getting the box full of edible surprises. The Food Bank of Northern Nevada has been so good to us and all of you at William N. Pennington Life Center. We have received over 100,000 pounds of food from them in the last year with less than a \$1500 paid out by us. Our food expense has really decreased with our partnership and that is a good thing for our food budget.

We had hoped to restart our Homemaker program this next week. We have received so many calls from our current program recipients who have been on hold for the last four months. We really understand the need for our seniors to receive this assistance on a weekly basis and how much it helps them, but after much deliberation the

decision has been made to wait a little longer to restart our service. We are very sad to share this information but for the safety of our seniors and our staff we must continue to be COVID-19 vigilant. Just like our entire program operation and waiting to re-open it, we will let everyone know when we are comfortable with the current situation.

Our program is raising money for a new "Meals on Wheels truck!" We need to replace one of our older vehicles and this is the perfect time to do so! Our Meals on Wheels Program operates four routes daily Monday through Friday which is about 3700 miles per month on the average. We deliver approximately 230 MOW per day at this time. We are very thankful to have received a \$10,000 donation from **Enel North America**. A **BIG** thank you to Terry Page and Jesse Puckett for thinking of us. We thank this company immensely for this extremely generous donation to WNP Life Center Meals on Wheels Program. Enel North America is a geothermal producer in Churchill County. This donation has kicked off our truck drive! Since then we have received numerous other donations specifically for this fundraiser, we are almost at \$20,000. We are so blessed with so many generous donors and we sincerely appreciate every one of you! But we are only halfway there and a little more to order this specialized delivery vehicle. Just so you know how involved and why the expense, this truck is a special order which includes a Hotshot box which is hot and cold storage compartments for our food deliveries. The truck is ordered with certain regulations we must follow to certify for delivery purposes. So, with that said we need to continue our fundraising drive to collect donations to make this much needed purchase become a reality. If you are interested in donating, you can send a check or cash to us or you now have the option to do a donation on our website. We have recently added this feature button to make it easy for a one-time donation or the ability to make a monthly recurring donation if desired. We really hope you will all be able to donate to this cause and also tell your friends and family members just how important this program is and help us out!

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We thank you in advance. Next month we will provide you with a temperature graph of our donations received!

FYI—this news just in... we served 7700 meals for the month of June! That is an amazing record. See what you can do in a great community with a great TEAM!

We are sorry to share our news of no longer being able to provide our previous program of Nevada Care Connection. This year it was a competitive grant program that was funded through ADSD and it was awarded to another agency out of Reno. When we have the proper information for their services, we will be happy to provide it to everyone in our next publication. We will still be assisting our patrons and the community with their resource needs, any questions for services and the like. So, give us a call.

Please continue to stay home, stay safe and be mindful of your activities you may venture out to do this summer. Wear a mask and wash your hands. We all have to do our part. Happy July!!

Lisa Erquiaga, Executive Director
WNP Life Center



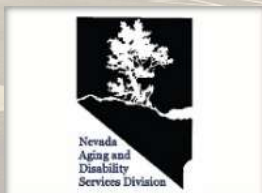
WILLIAM N. PENNINGTON
LIFE CENTER

William N. Pennington Life Center
952 South Maine Street
PO Box 1677
Fallon, Nevada 89406

Office: (775) 423-7096 / Fax: (775) 423-9696

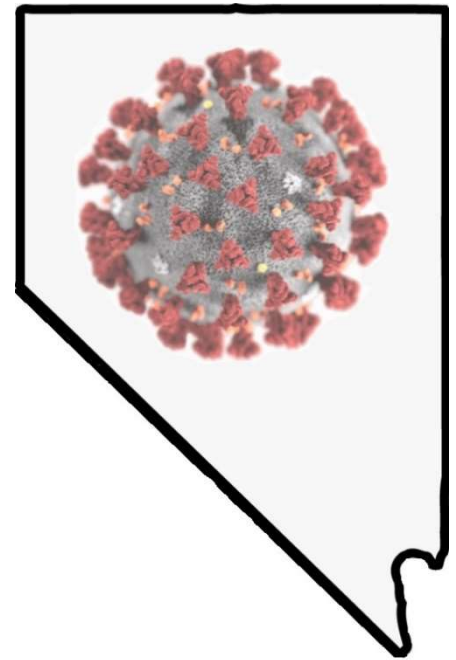
Mission Statement

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.





June 29, 2020 - Nevada Governor Steve Sisolak announced that Nevada will remain in Phase 2 of the Nevada United: Roadmap to Recovery plan, consistent with public remarks made late last week. The Governor will sign an emergency directive extending the length of Phase 2 through the end of July, due to the trends in COVID-19 infection rates, the time needed for expanded contact tracing to identify trends, and to see the impacts of the Governor's new face covering directive. "Flexibility is one of the core principles in our Roadmap to Recovery, precisely to account for the situation we are in now. As I've said repeatedly, the virus – and our personal actions to help mitigate its spread- drives the timeline," said Gov. Steve Sisolak. "As a state, we were able to begin reopening because Nevadans were staying home as much as possible, washing hands frequently and maintaining six feet of social distancing. Now, all Nevadans must wear face coverings to help slow the spread as well. We can only stay open if we stay safe." In addition to extending Phase 2 until the end of July, the directive provides that DMV documents that expired between March 12 and July 15 will be valid through September 13, 2020. Customers are encouraged to utilize online services and kiosks whenever possible.



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 ccsdirector@cccmm.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 are here!



*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.*

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.





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, **July 23rd**.

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 July 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



*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!*



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.



"Employee Spotlight"

My name is Cristina McCart. I am the Nutrition Manager and Head Cook here at the WNP Life Center, where I have been for the past year. I was hired to help in the kitchen and was promoted to my current position six months later. I enjoy cooking, baking, and creating recipes. My goal is to provide a home cooked meal to our senior population.

I was born in Reno, Nevada and was raised in Fallon since the age of 4. I enjoy gardening, horseback riding on my three Quarter horses (Dex, Jig, and Danny), raising meat goats, raising Texas Heelers, and spending time with my kids. My daughter Shelby is 21 and my son Koda is 17.

I enjoy working at the WNP Life Center as my co-workers are great. I miss the Seniors and hope to see them all soon!



We are very lucky to have Cris in the Nutrition Manager position here at WNP Life Center. She brings much experience with her and she has really proved her skills in making the budget fit our needs managing a nutrition program. She runs a tight crew in the kitchen, is very respected by her staff and is a joy to work with, even when her freezer is over full. We appreciate her attention to details and her "looking ahead" type of management for our Center. And her food is delicious too!

Thanks for your expertise and your sense of humor, Cris!

*- Lisa Erquiaga
Executive Director*

Cris has been with us for over a year now and has been a great addition to our team!

She is an excellent cook and cares deeply about serving delicious and nutritious meals.

*- Buster Pierce
Program Services Manager*



Self-Care

CAREGIVER SUPPORT PROGRAM OFFERED

My name is Mercedeis. I am just starting a new program which I am the Caregiver Coordinator here at William N. Pennington Life Center. My program will allow me to work with individual families, friends and caregivers of their loved ones with Dementias 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.

Caregiver Tips

- ✓ Get help from other caregivers
- ✓ Take care of yourself
- ✓ Communicate
- ✓ Take respite breaks
- ✓ Watch for signs of depression
- ✓ Keep medical information updated
- ✓ Keep legal documents in order



The emotional and physical demands involved with caregiving can strain even the most resilient person. That is why it is extremely important to take advantage of all the recourses and tools available to help you provide care your loved one.

- **Accept help-** Prepare a list of ways that others like family or friends may be able to help you with such as run an errand for you, pick up groceries or even sit with your loved one while you run those errands or just take a nap.
- **Set realistic goals-** Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists, and establish a daily routine. Say no to requests that are draining and unnecessary.
- **Get connected-** Many communities have classes specifically about the disease your loved one may be facing. Caregiving services such as transportation, meal delivery, and housekeeping may be available.
- **Join a support group-** Support groups can provide encouragement as well as problem solving strategies for difficult situations you may dealing with. A support group can also be a good place to create meaningful friendships.
- **Social support-** Make an effort to stay well connected with family and friends that can offer nonjudgmental emotional support. Set aside time each week to connect.
- **Personal health goals-** For example set goals to establish a good sleep routine. Find time to be physical every day, eat healthy, drink lots of water.
- **Regular visits with your doctor-** Get recommended vaccinations and screenings. Be sure to tell your doctor that you are a caregiver and don't hesitate to mention any concerns or symptoms you be having

Burn out is one of the biggest challenges for people caring for someone with Alzheimer's. You need to make sure that you're getting the care you need. Giving yourself the ability to step away from caregiving and meet a friend for coffee may seem like a luxury in your situation. The reality is that it is a necessity. Be sure to get help and ask someone else to be a caregiver for a spell so you can get those breaks for yourself.

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



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
July 2020



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
(775) 423-7096



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



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.

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*



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



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.



Why You Need Water

As with all living things, we need water to survive. Water helps your body in many ways.

For digestion water helps:

- saliva to moisten food.
- stomach juices to digest the food you eat.
- blood to transport nutrient and oxygen to body cells and carry waste products away.
- soften stools to help prevent constipation.

For your body water helps:

- to regulate body temperature.
- improve energy levels.
- improve brain function.



How much water do you need?

Your body uses approximately 2 ½ quarts of water a day by breathing, perspiring, and eliminating body wastes each day. To keep from getting dehydrated, you need to drink at least 6 to 8 cups of liquid each day to replace the fluid you lose. You can also get water from water-based food such as soup. Drinking any beverage...water, juice, coffee, tea, milk...contributes to your fluid intake. Adding fruits and vegetables to your meals or eating them as a snack works double duty to help you get enough fluid and fiber. Dairy foods are a good source of water, too. They also supply nutrients for bone health.

No Bake Summer Berry Icebox Cake

Serves: 12-16

Ingredients

- 19 oz graham crackers
- 8 oz cream cheese, softened
- 2 (3.4 oz) packages Vanilla Instant Pudding
- 2-1/2 cups cold milk
- 12 oz Cool whip (or homemade whipped cream)
- 3 cups fresh strawberries, sliced
- 1-1/2 cups fresh blueberries
- 2 oz white chocolate chips



Instructions

1. Beat cream cheese and dry pudding mixes in large bowl with mixer until blended.
2. Gradually beat in milk.
3. Gently stir in Cool Whip or homemade whipped cream, reserving ½ cup.
4. Spread a thin layer of cool whip in a 9x13 pan just to coat the bottom.
5. Layer 5 graham crackers across the center of the pan, then 2 more, breaking them as needed to fit around the top and bottom edges.
6. Spread a layer of pudding mixture over grahams and top with a layer of blueberries and sliced strawberries.
7. Place graham crackers on top of berries, then pudding mixture, then layer of berries again.
8. Repeat the graham-pudding-berries layers 1 more time (3 times total) and you should reach the top of the pan.
9. Refrigerate for at least 4 hours or overnight until the graham crackers have softened completely.
10. When ready to serve, melt white chocolate chips in a bowl as directed on package and drizzle over dessert.
11. You can use a spoon to drizzle it over the tops of the berries or you can put it into a small zip-top bag and snip of the corner for an easy "piping bag."