

Here we are

on location

Creating a happy atmosphere

Creating happy memories

Happy you are with us

Thank you for joining us



WILLIAM N. PENNINGTON
LIFE CENTER

652 S. Maine Street, Fallon, NV 89406 775-423-7096



October 2021 News Letter

current topics >>>

From your Manager

Fall is the most amazing time of the year when the heat of summer finally fades, ever so gradually so we can enjoy the crisp clear skies and beautiful changing leaves.

And before you know it, the season changes again, and summer will circle back around. I guess that could be a good comparison for my reappearance here, I have circled back around and am so excited to be back to work with you all.

Our mission hasn't changed, and I hope you enjoy all the hard work our team, including our Churchill County Leaders, employees and partners have put forth to create a program here that reaches toward that mission and creates a space you and your family, friends can enjoy.

Happy Trails, *Jamie Lee*

Senior Corner

What's happening here for you?

Access to Health Care

is here for you Monday

between 10am & 3pm

for those difficult

Medicaid/Medicare

questions.



Nevada Legal Services is here to help you with your legal questions and issues the 2nd Tuesday of each month 9am-2pm. Call for an appointment or see one of our helpful staff members



Food Bank Commodities the 4th Thursday of each month 9-10:30am in the South parking lot.



Produce On Wheels the 1st and 2nd

Thursday of each month

9-10 :30am in the South parking lot.



Blood Pressure Checks with the Community Health Nurse in the Wellness Center

Welfare is here for you

October 4th & 18th from 8am-4pm

set the stage >>>

On Location!

Who do you see around you?

Admin Staff

Jamie Lee
Rebecca Trinidad

Meals on Wheels Staff

Julie Creiglow
Greg Bynum
Emma Rodriguez
Joe Costa
Diane Brown



Kitchen Staff

Bailey Larimier
Augustine Bynum
Stacey Mc Nair

Janitorial Services

Christine Ray

Resource Liasion

Jennifer Lambert

Activities

Brenda Moore



On Location!

**VOLUNTEERS
CAN YOU SPARE A COUPLE
HOURS A DAY?**

**SERVERS
GARDENERS
CLEAN-UP
SCRAPERS
BEVERAGE SERVERS**

**PLEASE CONTACT:
BRENDA MOORE
RECREATION COORDINATOR
775-423-7096**

Thank you to our Volunteers

Cynthia	Boyd	Server
Lenard	Denney	Bingo Caller
Barbara	Heck	Beverage Bar /Server
Margot	Mills	Beverage Bar /Server
Judy	Pratt	Scrapper
Connie	Sexton	Beverage Bar /Server
Judy	Dunning	Beverage Bar /Server
Debbie	Moorhead	Scrapper
Lester	Nalls	Wrapper/Laundry Folding
Modi	Tiewater	Standard Volunteer
Calvin	Tippets	Wrapper/Laundry Folding
Danette	Laca	Beverage Bar /Server
Loretta	Burden	Drink Bar
Yumi	Neefe	Library Organizer
Carol	Seitzinger	Volunteer Cordinator
Myrna	Conner	Beverage Bar
Darlene	Short	Server
Rita	Cunningham	Beverage Bar
Patricia	Goldsberry	Scrapper
Linda	Lang	Scrapper/Server
Odilia	Reyna	Anything
Steven	Mori	Wrapper/Laundry Folding
Laurie	Fink	Server
Lori	Kaiser	Server
Sheldon	Wade	Beverage Bar /Server
Josh	Curtis	Clean-up
Logan	Smith	Clean-up

October Activity Highlights



Crafters Corner

Join us October 6th from 12:30pm to 3pm
 Making Masquerade Masks for upcoming
 Monster Mash Masquerade Dance 10.27.21
 Everyone is invited to participate



Free, Fun Exercise with your friends or make new
 friends.
 Monday and Wednesday 10-11am Starts Wednesday
 October 13th, 2021

Show us your Pink Week
 October 4th to 8th
 Breast Cancer Awareness



Virtual History is
 Germany focusing on
 the following topics:

History of German
 Cuisine

History of German Arts
 and Architecture
 influences

History of German
 Myths

History of German
 influences in
 America



OCTOBER Activities



Monday	Tuesday	Wednesday	Thursday	Friday
 October is <i>Breast Cancer Awareness Month</i>		 Nevada Day October 31, 1864 admission to the Union Celebrating 157 years	 Join Crafting Corner To make your Personalized Mask for the Masquerade Dance	01 Computer Assistance Drop in w/Joe 10-11:00am ZUMBA 10-11:00am Sewing/Knitting 12:30-3pm UNO 1-4pm
 04 Steppin' Seniors Walking Grp 9-10am Welfare 8am - 4pm Book Talk 1pm BingoCize 10-11:00am Art Class with Patricia Sammons A Way of Seeing 1pm-3pm Show us your Pink Week	05 Exercise 10-11:00am Virtual History 1-2 The history of German Cuisine What's that Dance step 2-3 Show us your Pink Week	 06 Chi Fung: 8:00am - 8:30am Sai-Taw 8:30-8:50 am Steppin' Seniors Walking Grp 9-10am BingoCize 10-11:00am Crafting Corner Masquerade Masks 12:30-3pm Show us your Pink Week	 07 Exercise 10-11:00am Bingo w/Leonard 12:30pm Show us your Pink Week	08 Computer Assistance Drop in w/Joe 10-11:00am ZUMBA 10-11:00am Sewing/Knitting 12:30-3pm Cooking Germany with Chef Chase 1:30-2:30pm Show us your Pink Week
 11 Steppin' Seniors Walking Grp 9-10am BingoCize 10-11:00am Book Talk 1pm Art Class with Patricia Sammons A Way of Seeing 1pm-3pm	12 NV Legal Services 9-2pm Exercise 10-11:00am Virtual History 1-2 The history of German Arts and Architecture What's that Dance step 2-3	 13 Chi Fung: 8:00am - 8:30am Sai-Taw 8:30-8:50 am Steppin' Seniors Walking Grp 9-10am BingoCize 10-11:00am BirthDay 50/50 Crafting 12:30-3pm	 14 Exercise 10-11:00am Bingo w/Leonard 12:30pm	15 Computer Assistance Drop in w/Joe 10-11:00am ZUMBA 10-11:00am Sewing/Knitting 12:30-3pm Debbi Vegetarian Healthy Cooking 1:30-2:30pm
 18 Steppin' Seniors Walking Grp 9-10am Welfare 8am - 4pm BingoCize 10-11:00am Book Talk 1pm Art Class with Patricia Sammons A Way of Seeing 1pm-3pm	19 Exercise 10-11:00am Virtual History on 1-2 The History of German Myths What's that Dance step 2-3 Rummy 3-5:00pm	 20 Chi Fung: 8:00am - 8:30am Sai-Taw 8:30-8:50 am Steppin' Seniors Grp 9-10am BingoCize 10-11:00am Crafting 12:30-3pm Jenga 2-5:00	 21 Exercise 10-11:00am Bingo w/Leonard 12:30pm UNO 1-4pm	22 Steppin' Seniors Grp 9-10am Computer Assistance Drop in w/Joe 10-11:00am ZUMBA 10-11:00am Sewing/Knitting 12:30-3pm Cooking Germany with Chef Chase 1:30-2:30pm
 25 Steppin' Seniors Walking Grp 9-10am BingoCize 10-11:00am Book Talk 1pm Art Class with Patricia Sammons A Way of Seeing 1pm-3pm	26 Exercise w/ Debbie & Jenny 10-11:00am Virtual History on 1-2 The history of German influences on America What's that Dance step 2-3	 27 Chi Fung: 8:00am - 8:30am Sai-Taw 8:30-8:50 am Steppin' Seniors Walking Grp 9-10am BingoCize 10-11:00am Crafting 12:30-3pm Monster Mash Masquerade Dance 4pm-7pm	 28 Costume Parade Contest 11am-11:30am Guest Judges Announce the winner at 12:45pm Exercise 10-11:00am Pumpkin Ring Toss Bingo w/Leonard 12:30pm	29 Closed For Nevada Day Observance  Celebrating 157 yrs
 Access to Healthcare Network Mondays, 10-3pm	 Health Department Blood Pressure, Vaccinatioos, general medical concerns 10-4:30pm	Produce on Wheels 1st and 2nd Thursday of each month, 9-10:30am 	 Commodities the 4th Thursday of each month 9-10:30am	
 EXTENSION College of Agriculture, Biotechnology & Natural Resources				



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Herb Baked Chicken Breast Mashed Potatoes Veggie Medley Fruit Bun</p>
<p>4 Chicken Parmesan Italian Veggie Mix Noodles Breadstick</p>	<p>5 Pulled Pork Cauliflower Potato Wedges Baked Apples</p>	<p>6 Glazed Meatloaf Mashed Potato Beets Wheat Bread Pink Watergate Salad</p>	<p>7 Chicken Teriyaki Rice Oriental Veggies Tropical Fruit Cup Fortune Cookie</p>	<p>8 Chili Cheese Baked Potato Green Salad with Toppings Berry Cobbler</p>
<p><i>Breast Cancer Awareness -Wear Pink All Week!</i></p>				
<p>11 ADSD #70 Sloppy Joes On Bun Peas & Carrots Spinach Salad Apple Crisp</p>	<p>12 Honey Apricot Chicken Baked Sweet Potato Pears Honey Bran Muffin</p>	<p>13 Birthday Lunch Roast Beef Au Jus Mashed Potato Steamed Carrots Melon cup Roll BIRTHDAY CAKE</p>	<p>14 Ham Sandwich & Potato Soup Cole Slaw Fresh Fruit</p>	<p>15 PIZZA PARTY Pizza with Toppings Green Salad Fruit Cup</p>
<p>18 Pork Chop Veggie Medley Roasted Red Potatoes Diced Pears Wheat Roll</p>	<p>19 Chicken Fajitas Onion/Peppers Mexi Beans Tortilla Melon Cup</p>	<p>20 Shepherd's Pie (Ground Beef, Mashed Potatoes) Yellow Squash Peach Crisp</p>	<p>21 Pesto Chicken Florentine (with spinach) Penne Pasta Fruit Cocktail Garlic Breadstick</p>	<p>22 Chef Salad & Soup 9 Grain Bread Fresh Fruit</p>
<p>25 Spaghetti & Meatballs Green Beans Fruit Salad French Bread</p>	<p>26 Sausage & Cabbage Carrots Apple sauce 9 Grain</p>	<p>27 Chicken Fried CHICKEN Patty Veggie Medley Tator Tots Blueberry Muffin</p>	<p>28 <i>Halloween Lunch</i> BURGER BUFFET All the toppings Buffet Style with Fruit & Dessert</p>	<p>29 CLOSED HAPPY NEVADA DAY</p>

Lunch Served Between 11:30 a.m. – 12:30 p.m. in Dining Room

MENU IS SUBJECT TO CHANGE; Substitutions may be necessary

Age 60 and Over; \$3.00 Suggested Donation

Under age 60 \$6.00



Recipe of the Month September

Swedish Blueberry Soup - Breakfast Recipe

This Swedish Blueberry Soup recipe is a delicious and healthy breakfast idea that can be served warm on chilly mornings or also enjoyed cold.

Course Breakfast, Soup

Cuisine swedish

Keyword blueberry soup, breakfast soup

Cook Time 15 minutes

Total Time 15 minutes

Servings 4 servings

Author Brynn at The Domestic Dietitian

Ingredients

- 3 cups frozen wild blueberries
- Juice of 1/2 lemon about 2 tbsp
- 2 cups water
- 1 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1 tbsp sugar
- 1 tbsp maple syrup
- 1 tbsp corn starch mixed into 2 tbsp cold water for thickening
- Garnish optional: Greek Yogurt, Granola or Toasted Almonds

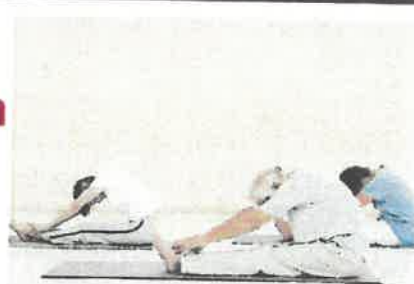
Instructions

1. Place blueberries, lemon juice, and water in a small sauce pot and bring to a boil over medium heat
2. Once boiling, add cinnamon, nutmeg, sugar and maple syrup and allow to boil an additional 5 minutes
3. Remove from heat and stir in corn starch mixture. Stir to combine and return back to heat
4. Bring to a boil again and then immediately remove from heat and allow to cool
5. Garnish with dollop of greek yogurt and toasted almonds or granola (optional)
6. Note - if you want the soup a bit sweeter, add additional tbsp of maple syrup

Healthy LIVING while aging!



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources



September 2021

Healthy aging newsletter provided by UNR Extension

Volume 2, Issue 9

Falls: No laughing matter

By Anne Lindsay, Ph. D., FACSM

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

September is National Falls Prevention month, and with good reason. Falls are the number one cause of preventable injury-related deaths for those 65 and older, according to the Centers for Disease Control, and falls pose a significant threat not only to the health, but also to the independence, of older Americans. In 2018, one out of three older adults sustained at least one fall.

The number of older adults who died from falls, 32,000 or 88 each day, is expected to nearly double by 2030 (59,000 or 162 per day) as America's baby boomer population ages. Over 10,000 people in the United States turn 65 every day. Falls are predicted to increase from 36 million to 52 million annually. The current estimated medical cost of falls to our health care system is \$50 billion a year.

Falls often result in traumatic brain injuries or hip fractures and vary in severity. A mild fall can affect mobility and activities of daily living (ADLs). Even without injury, older adults become afraid of falling, which increases their risk further and causes them to cut down on their everyday activities. Decreased activity makes the muscles weaker and increases the risk of falling (again).

While falling is *not* uncommon, it is also *not* a normal part of aging. Falls can be prevented. Here are some suggestions you might consider doing this month to decrease the chances of you or your loved ones being impacted by a fall:

- **Talk about it.** Talk openly with your family and your health care provider. Only 37% of older adults ask their health care provider about falls, yet these professionals are very skilled at helping to assess fall risk and discuss why that risk may be increasing. More than 90% of older adults see a doctor at least once a year, so that regular office visit is a good time to discuss if you have fallen within the past year, feel unsteady when walking or worry about falling.
- **Take the Stay Independent Questionnaire.** Before you go to the doctor, complete the CDC's Stay Independent Questionnaire (link below). Answer each of the 12 questions and total your score. Take the results to your next medical appointment so your healthcare provider can help create a personalized fall prevention plan if needed. <https://www.cdc.gov/steady/pdf/STEADI-Brochure-StayIndependent-508.pdf>.
- **Have your eyes, ears and feet checked.** Conditions such as glaucoma and cataracts limit vision and increase chances of falling. Hearing loss can result in balance issues, causing you to be unstable. Foot conditions and improper footwear can also contribute to falls. (Continued on back)

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact Macy at 702-257-5592.

Falls: No laughing matter (continued)

- **Keep an updated list of all your medications and have it reviewed periodically.** Four out of five older adults take at least one prescription medication each day, and more than one-third take five or more daily. While medications are taken to improve sleep, blood pressure, mental health or chronic pain, the side effects from these can result in a fall. Medications often change the way you feel or think, and each time your doctor prescribes a new medication it may increase your risk of falling. As you get older, not only do medications change, but also medicines change the way they affect your body (similar to food and drinks). Look for changes in vision, concentration, muscle strength, balance, reaction time, alertness, fainting, sleepiness, or blood pressure. Ask your provider about taking vitamin D supplements to improve bone, muscle and nerve health.

This article was originally published in the University of Nevada Reno, Nevada Today NSights on Sept. 14, 2020.

If you are at low risk for falls and want to decrease your risk of falling later in life, try simple chair exercises at home (exercise link provided). This will strengthen your legs and buttocks through repeated standing and sitting. Activities such as these may delay or reverse loss of independence, allowing you to continue your activities of daily living (ADLs).

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx>

Make your home safer:

- Minimize clutter and tripping hazards from stairs and places where you walk.
- Remove small rugs or use double-sided tape to secure.
- Keep items you use often within reach to reduce the need for stepping stools.
- Place grab bars inside and outside of the tub, shower, or toilet area; use non-slip mats in bathrooms.
- Have handrails and lights installed on all staircases.
- Improve lighting and replace broken/burned out bulbs.

Check out: [cdc.gov/STEADI-Brochure-CheckForSafety-508.pdf](https://www.cdc.gov/STEADI-Brochure-CheckForSafety-508.pdf).

Exercise to improve your balance, center of gravity and strength.

The 2018 Physical Activity Guidelines for Americans Scientific Report provides strong evidence that physical activity reduces the risk of fall-related injuries in older adults by 32 to 40%, and that using various modes or combinations of physical activity provides the most benefits. Some examples of recommended activities are:

- ✓ resistance or muscle strength training,
- ✓ cardio-endurance or aerobic activities, such as walking or dancing,
- ✓ balance activities - Tai Chi, Pilates, or Yoga.

Falls Prevention Week is Sept. 20-24, 2021. Help us raise awareness by sharing this newsletter. Remember, falls ARE preventable and NOT a normal part of aging.

Bow Tie Pasta with Zucchini Sauce

- Ingredients:**
- 2 cups whole wheat bow tie pasta, cooked
 - 1 small clove garlic, peeled and minced
 - 2 medium zucchini, peeled and grated
 - 1 Tablespoon canola oil
 - ½ cup Parmesan cheese, grated
 - ¼ teaspoon salt and a pinch of black pepper

Directions: Measure 2 cups grated zucchini. In large skillet over medium heat, heat oil. Add zucchini and minced garlic. Cook until mixture softens and zucchini yields some liquid, about 5-minutes. Drain pasta, reserving ½ cup cooking liquid. Add 1-2 teaspoons cooking liquid to zucchini mixture. Add drained pasta. Stir, coating pasta evenly with sauce. Add more pasta water as needed. Transfer pasta to large bowl for serving. Sprinkle with grated Parmesan. Season with salt and pepper. Toss to combine. (Serves 6, 2/3 cup per serving)

For nutrition information, please search [Bow Tie Pasta](https://www.cookingmatters.org/recipes) at [CookingMatters.org/recipes](https://www.cookingmatters.org/recipes).









An EEO/AA institution. This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider.



Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

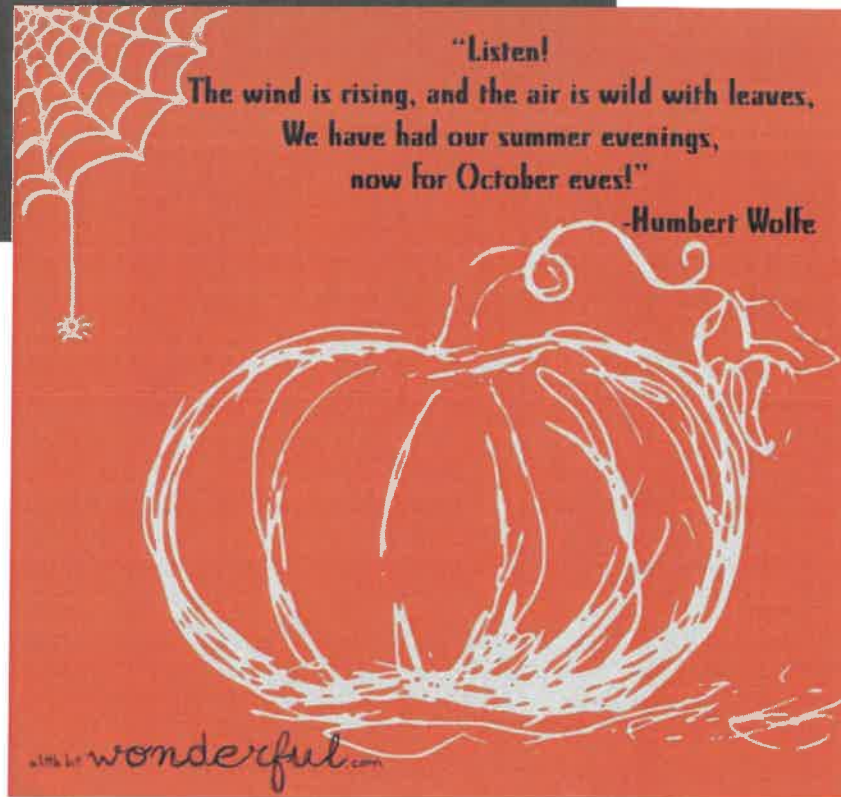
 <p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://www.ncoa.org/FallsPrevention).

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national council on aging

final thoughts...



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coming soon >>>

In The Next Issue

- *Healthy Thanksgiving recipes*
- *Updates*
- *Craft Activity for Thanksgiving*



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