

# Information Portal

The Nevada Care Connection *Information Portal* encourages project communication and networking, reports on developments, and celebrates success.



The Resource Directory

is available at

[www.NevadaCareConnection.org](http://www.NevadaCareConnection.org)

## NVCC Program Evaluation Underway

The Nevada Care Connection program evaluation is underway! Our new Sanford Center for Aging NVCC Project Director, Susan Harris, has kicked off the NVCC program evaluation with a series of “face-to-face” interviews designed to help develop the evaluation instrument as well as to gather pertinent data that will be used to aid in the continued improvement of the project.

Sandra Noffsinger, our new SCA NVCC project research assistant, will be conducting telephone evaluations. Evaluations are being scheduled to accommodate everyone’s hectic schedules. All partners should be contacted by late August. Every project partner will be invited to participate in the evaluation so that everyone’s voice can be heard. The evaluation process provides a wonderful opportunity for project partners to share their insights, observations, and experiences. For example, a portion of the

“start, stop, continue” series of questions included in the evaluation can aid in the development of new and innovative ways in which we can improve the overall effectiveness of our project as well as provide direction for the future.

Findings from the evaluation will be presented at our next division meeting in October. If you have any questions or have not been contacted by August 25th, please contact Sue Harris at (775) 784-7557 or [sharris@unr.edu](mailto:sharris@unr.edu).

## Regional Grantee Meeting

October 19, 2006

9:30 a. m.—2:30 p.m.

Las Vegas, Nevada

### In this issue:

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Wellness A-Z, Continuum Callers, NV Division of State Parks

Editor: Susan Harris, M.S., M.A.

*Editor’s Note: The Sanford Center for Aging / Cooperative Extension will publish Information Portal each quarter during FY 2006. We welcome your feedback and ideas for future issues. Please direct questions or comments to Susan Harris at [sharris@unr.edu](mailto:sharris@unr.edu) or call 775-784-7557.*

*Special thanks to LuAnne Steininger, Stephanie Rogerson, Wanda Brown, Dianne Ross, Janice Brown, Deena Wier, and Dan Clark who contributed to this edition.*

## Please Welcome.....

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### Division for Aging Services

**Cherrill Cristman** comes to the Division for Aging Services from the Nevada State Health Division, where she was responsible for Ryan White Title II care and treatment services for Nevadans with HIV/AIDS.



She also provided oversight to Nevada's AIDS Drug Assistance Program (ADAP) and Nevada's Housing Opportunities for People with AIDS (HOPWA). Prior to that, she owned a consulting firm, Cristman Associates, and conducted needs assessments and program evaluations for a number of Nevada agencies to promote public health and improve healthcare access.

Before moving to Nevada, Cherrill worked as a contractor for the Michigan Department of Public Health and was also a public relations specialist in healthcare. She has a Bachelor of Arts degree in Psychology and recently earned an MBA.

### Sanford Center for Aging / Cooperative Extension (UNR)



**Sandra Noffsinger** joined the team at the Sanford Center for Aging as a Research

Assistant for the Nevada Care Connection Program. She is also continuing as a Research Assistant in the School of Public Health. She has recently graduated with a Bachelor's of Science degree in Health Ecology from the University of Nevada, Reno. Currently she is pursuing her Masters Degree in Public Health (MPH) at the University of Nevada, Reno specializing in Epidemiology.



### Sanford Center for Aging / Cooperative Extension (UNR)

**Susan Harris** joined the Sanford Center for Aging in June as the new Project Director for the Nevada Care Connection program.



Sue comes to the center from the University of Nevada, Reno where she has been a Research Assistant in the School of Public Health and the College of Health and Human Sciences. Sue has also taught various courses such as Contemporary Family Issues, Personal Finance, and Diversity in Children in the Human Development and Family Studies department as well as providing both teaching and research assistance in the School of Public Health. Sue's undergraduate work in Human Ecology focused on community administration with an emphasis on older adults. She completed her M.S. in Human Development and Family Studies in 2003 focusing on Self-concept and Aging and completed her M.A. in Social Psychology in 2005. Sue is currently a doctoral student in the Interdisciplinary Social Psychology program with a focus on Aging and Health.

*"Friendship is a sheltering tree."*

*Samuel Taylor Coleridge*

*Does your organization have someone that you would like to have included in our "Please Welcome" section? If so, please email particulars to Sue ([sharris@unr.edu](mailto:sharris@unr.edu)) so that they can be included in our next issue.*

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## Medication Management Pilot Program Goals Met

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The Sanford Center for Aging **Medication Management Pilot Project (MMPP)** met the grant goal of 75 geriatric pharmacist reviews and case management over 9 months. 45% of older adults receiving reviews reside in the Las Vegas area, 8% were from rural areas, and 47% live in the Reno/Sparks area.

Close to half of the referrals came from the Geriatric Resource Team. Other referrals came from news articles, senior fairs, presentations by the pharmacist, Chris Shea, Sanford Center Staff, and

Nevada Care Connection presentations. Articles on MMPP and the Sanford Center for Aging were published in the Reno Gazette Journal, the UNR Nevada News website, and the Las Vegas Review Journal in June\*. In addition, the UNR article was listed on a nationwide aging list serve distribution.

The MMPP program will be funded for one more year, from July 06 - June 07.

By *Stephanie Rogerson*, (775) 784-1612; [rogerson@unr.edu](mailto:rogerson@unr.edu)



\*As of June 27<sup>th</sup>, MMPP articles can be found at: <http://www.unr.edu/news/detail.aspx?id=1692> and [http://www.reviewjournal.com/lvrj\\_home/2006/Jun-10-Sat-2006/news/7842585.html](http://www.reviewjournal.com/lvrj_home/2006/Jun-10-Sat-2006/news/7842585.html)

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## Interesting Statistics for the State of Nevada

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### Southern Nevada

More than two-thirds of Nevada's residents live in Southern Nevada. U.S. Census projections for 2005 show that 71 percent of the population, or 1,710,551 people, live in Clark County, primarily in Las Vegas and Henderson area. Clark County has an exceptional growth rate. The population increased by 86 percent between 1990 and 2000 and grew by another 25 percent from 2000 to 2005. Between 2004 and 2014, the population is expected to be at 2,277,967 residents, an increase of 35 percent within 10 years.

**Seniors age 65 and older made up 11 percent of the Clark County population in 2004. The Clark county senior population is expected to increase by 49 percent between 2004 and 2014, from 182,948 to 273,318 Clark County residents.**

### Northern Nevada

Although a major portion of Nevada's population resides in Southern Nevada's Clark County (71%), the United States Census projections for 2005 show that 18 percent of Nevada's population resides in the two urban counties in Northern Nevada, Washoe County and Carson City. In addition, 11 percent of Nevada residents live in the rural and frontier counties, most of which are located in Northern Nevada.

Northern Nevada has grown at a substantial rate, with an increase in population of 33 percent in Washoe County between 1990 and 2000 and another increase of 15 percent between 2000 and 2005. Washoe County is expected to grow by 15 percent and Carson City is estimated to grow by 12

percent between the year 2004 and 2014.

**Seniors age 65 and older made up approximately 11 percent of Washoe County and 15 percent of the Carson City population in 2004. The Northern urban county senior, age 65 and older, population is expected to increase by 34 percent between 2004 and 2014, from 47,288 to 63,396 Northern Nevada urban residents.**

By *Stephanie Rogerson*

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*"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."*

*William James (1842 - 1910)*

## Wellness A to Z

*We review from the last newsletter.....*

**A = Attitude**

**B = Breathe**

**C = Change**

*We continue with.....*

**D is for Diet**

Have you noticed that the word “die” is in the word diet? You may lose weight on a diet, but most dieters relapse. Strive to eat healthy foods, eat in balance with your energy expenditure and enjoy what you eat. Food is not the enemy. Change your attitude, breathe and remember to treat your body and mind with gentle care.

**E is for Enthusiasm**

“You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the sparkle in your eyes, the swing in your gait,

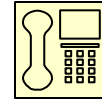
the grip of your hand, the irresistible surge of will and energy to execute your ideas. Enthusiasts are fighters. They have fortitude. They have staying qualities. Enthusiasm is at the bottom of all progress. With it, there is accomplishment. Without it, there is only alibis.”

**Henry Ford**

**F is for Feet**

We often take our feet for granted until they hurt, then it seems that all we can focus on is our feet. Maintain healthy feet by wearing comfortable shoes. Cut toenails squarely to prevent ingrown toenails. Keep your feet dry. Do flexibility exercises. Your feet support your entire body so, if you need to lose a few pounds, do it! Now. Your feet will thank you.

*Contributed by LuAnne Steininger,  
775-784-1811  
[luannes@unr.edu](mailto:luannes@unr.edu)*



“Is this the person to whom I am speaking?”

**Lilly Tomlin**

## Who is calling The Continuum?

The Continuum, a Nevada Care Connection project partner that responds to the 866 statewide Information and Referral (I&R) caregiver help line, provides the following updated statistics:

- 71% of the callers are able to use the internet as compared to 49% two years ago.
- 2/3rds of the callers are daughters or daughters-in-law caring for an elder.
- The majority of the calls are for in-home care and general information.
- 70% of the calls come from Clark County.
- 91% of inquiries were provided from information on the NVCC website!

Does your organization have similar types of statistics to share? If so, please submit them to Sue Harris at [sharris@unr.edu](mailto:sharris@unr.edu) for inclusion in our next edition of the Information Portal.

## NEVADA DIVISION OF STATE PARKS

**Senior Citizen State Parks Permits are issued at a reduced rate. Authority: NRS 407.065 and NAC 407.050 Main office: 775-684-2770**

Permit is issued to a senior citizen who is 65 years of age or older and has continuously resided in Nevada for the 5 years immediately preceding the date on which the resident submits the application.

The permit provides the holder unlimited entrance to all parks and use of camping and boat launch facilities in the parks *for 12 months after the date the permit for senior citizens is issued.* An annual administrative fee of \$15.00 is charged. Call for application.

*Submitted by Wanda Brown, 775-688-2964 ext. 259  
[brown@aging.nv.gov](mailto:brown@aging.nv.gov)*



**Job Readiness Workshop:** For information please call 702-369-4357 ext. 232.

## Project Partner Announcements



**HELP of Southern Nevada — Fundraiser: 7th Annual Tea, Trends, & Tranquility** to be held on September 21, 2006, at the Acacia Ballroom at the Fours Seasons Hotel, Las Vegas, NV, from 1:30-4:00 pm. Honorees: Nevada's First Ladies; Dema Guinn, Bonnie Bryan, Sandy Miller, and Kathryn List. Mistress of Ceremonies; KLAS TV Anchor Paula Francis. Tickets per person: \$100. For more information contact Deena Wier, Marketing Manager, 702-369-4357 ext. 222.



**The Weatherization Program of HELP of Southern Nevada** is a state and private sponsored program providing services at no cost to qualified applicants to help lower utility bills. Single family homes, mobile homes, and 4-plexes qualify for services (rented or owned) Contact *Jim Hutchinson* or *Susan* for more information and/or an application at 702-795-0575.

### Kiosk Usage

Dan Clark reports that we have had 8329 visits (senior services related) to our kiosks from December 2004 through May 2006. Of the 8329 visits, 6482 were at the kiosks purchased by Washoe County and 1847 were at the kiosks purchased by the City of Reno.



### The Vintage Players a.k.a. TMCC Senior Dramatics Class

The Vintage Players is the traveling name for the Truckee Meadows Community College Senior Dramatics Class, which performs a play each year and then takes a condensed version of it on the road to perform at rest/care home, senior centers, and civic events in the area. The only requirements to becoming a member of this group are to be 62 years young and have an interest in live theater. For more information contact Norman Dohn Maroney at 775-789-5672.



*"I have enjoyed greatly the second blooming... suddenly you find - at the age of 50, say - that a whole new life has opened before you."*

*Agatha Christie (1890 - 1976)*

### Washoe County Senior Services

**During Older Americans Month,** Washoe County Senior Services participated in a number of events, including Senior Fest and the Washoe County Senior Services Health Fair. Approximately 1200 seniors and caregivers were reached between the 2 events, receiving information about caregiving, NVCC and other pertinent senior information such as living wills, homestead act, etc. A workshop titled "Mom Wants To Move In With Me, What Should I Do?" was also presented. 10 caregivers attended the workshop.



**Washoe County Senior Services** staff member Blanca Leon successfully passed the Alliance of Information & Referral Systems CIRS-A examination at the National AIRS conference in June. The CIRS-A is a Certified Information and Referral Specialist for Aging. Blanca, a bilingual (English/Spanish) Support Specialist at Washoe County, provides telephone assistance in the afternoons to caregivers and seniors. She can be reached at 775-326-6060. Blanca is the second Washoe County Senior Services staff to receive this national certification. Last year, Trisha Beaupre, a licensed social worker, received the distinction of becoming the first CIRS-A in Nevada.