

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

NVCC and ADRC Combine Forces

The Nevada Care Connection is combining forces with the newly formed Aging and Disability Resource Center initiative. To assist in this process, the State of Nevada Division for Aging Services has engaged the consulting services of Dan Clarke, Washoe County Information Technology department.

To date, Dan has assisted in the recruitment of a project coordinator, Louis Mednick, to work with the various Division for Aging Services units and with NVCC grantees in moving forward with the adaptation of Synergy Systems as the statewide database of provider resources as well as client care management information.

A vision statement for this combined effort and its use of the Synergy Suite has been developed and agreed upon by the senior staff of the Division for Aging Services. The vision is broken down into progressive stages of implementation, so that a Unit or a grantee can begin by simply using Synergy to capture NAPIS-related data related to service delivery and later expand to using Synergy for assessment, care planning and evaluation of the effectiveness of care plans and programs.

This vision also includes the use of Beacon (a module in the Synergy Suite) for its information and referral services. Beacon keeps a detailed history of each call and gives the I&R specialist the tools and information necessary to make and track referrals. Client information obtained in this manner is automatically stored in the SAMS2000 statewide database. Provision for handling anonymous calls as well as calls by clients who identify themselves is made by Beacon.

The primary goals for this combined NVCC and ADRC effort are: 1) To provide a single database repository of data related to service provision for seniors and those of all ages having disabilities 2) To provide the services as seamlessly as possible by incorporation of hardware, software and networking technology to electronically store and route information to all agencies involved in the provision of services and funding. 3) To be able to measure and report on the effectiveness of all service provision programs.

Contributed by Dan Clarke, Washoe County IT Department, dclarke@mail.co.washoe.nv.us, (775) 328-2369,

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*Editor: Susan Harris, Sanford Center for Aging
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 or call 775-784-7557.*

Special thanks to Marilyn Wills, Dan Clark, Teresa Sacks, Jennifer Oliver, LuAnne Steinger, Krista Scheel, Dale Ann Luzzi, and Robert Boyd, who contributed to this edition.

NEVADA CARE CONNECTION (NVCC)

Information Portal

Division for Aging Services Seeks Input from Nevada Seniors

One of the most critical responsibilities assigned to the Nevada Division for Aging Services (under the provisions of the Older American's Act) is to understand and meet the growing needs of Nevada's senior population. To facilitate that understanding, Division senior staff is currently engaged in "Rural Tours" utilizing town hall meetings with seniors and caregivers, and open discussions with senior service providers.

Beginning with an October itinerary, Aging Services Administrator Carol Sala, Deputy Administrator Marilyn Wills, Elder Rights Attorney Sally Ramm, Resource Development Chief Cherrill Cristman and Administrative Assistant DaleAnn Luzzi traveled to Searchlight, Laughlin, Pahrump, Boulder City, Overton and Mesquite.



Left to right: Carol Sala, Administrator, DAS, Rosalie Pfannenstiel, Searchlight Director, Marilyn Wills, Deputy Administrator, DAS, Midge Johnson, Searchlight resident, and Cherrill Cristman, Chief, Resource Development Unit, DAS.

Additional sites in Dayton, Silver Springs, Fallon, Austin and Ely will be visited the week of November 6. (For a travel agenda, see the agency's website at www.nvaging.net). In addition to these rural tours, agency personnel are collecting data at senior and caregiver events throughout the state.

Community members are being asked to complete the "2006 Senior Citizens Survey", the results of which will guide the agency in the development of its "State Plan – Services for Nevada's Elders". The "Plan" is the instrument used to describe how the Division for Aging Services will meet the needs of people over 60 (one of Nevada's fastest growing populations) over the next four years. (If you are not available to attend an event but wish to view a copy of the Survey, go to www.nvaging.net. You may answer the form on the website, or download a copy and submit to the Division by mail).

Interest has been high in each of the communities visited. Seniors, caregivers and service providers have shared input with staff about the rapidly growing needs such as transportation and meal programs, as well as gaps in services such as inadequate providers for medical and dental services, a lack of adult day care centers and minimal home health assistance.

Some senior services are provided statewide directly by the Division. One such service is the Community Home-Based Initiative Program (CHIP) designed to provide case-management assistance to keep seniors in their homes and independent for as long as possible. Another Division program provides homemaker assistance (light housekeeping, grocery shopping, etc.) These particular services are offered to individuals who qualify as low income and have functional deficits.

Additional services directly provided by the Division include taxicab coupons, the State Health Insurance Assistance Program (SHIP) Medicare Counseling, and Elder Protective Services (EPS). EPS staff investigates complaints of abuse against elders in the community.

Additionally, the Division utilizes both state and federal funding sources to grant money to government and non-profit agencies that, in turn, provide a variety of services to Nevada's senior population. These services include, (but are not limited to) transportation, meals, home repairs, health screenings, dental services, adult day care, mental health services, vision checks, education on senior health issues, home modification, podiatry and senior center activities. The grant process is competitive and details can be found on www.nvaging.net. Also funded are programs that provide assistance to caregivers such as respite and caregiver access to community resources. You may locate caregiver assistance at www.NvElderCare.org.

One of the challenges faced by the Division is the diminishing funding available for senior programs. Federal funding for aging is not considered a high priority, given the many other critical issues requiring federal dollars. One state funded stream that continues to grow smaller is the Tobacco Settlement Fund. For fiscal 2007, the Division received over \$9 million in requests from organizations wanting to provide senior services. Only \$4.2 million was available, down from \$6.5 million in 2006.

If you have questions about the State Survey for Seniors, or services provided directly by the Division for Aging Services or through its grantees, please call one of our offices: Las Vegas 702-486-3545; Reno 775-688-2964; Carson City 775-687-4210 or Elko 775-738-1966.

Health Corner

Alzheimer's Disease Awareness Month

As many of you know, November is National Alzheimer's Disease Awareness Month, and this year marks the 100th anniversary of the discovery of Alzheimer's disease. The Alzheimer's Association of Northern Nevada will be hosting an education luncheon on November 18th, at the Siena Hotel/Casino, and will be bringing David Troxel to Reno as the event's guest speaker. David Troxel is a nationally recognized expert and author on dementia caregiver issues.

In conjunction with the education luncheon, an Appraisal Fare from 9am—3pm will be hosted. This event is open to the public, and items can be professionally appraised for \$5, with all proceeds benefiting the Alzheimer's Association.

Contributed by Krista Scheel, Program Director, Alzheimer's Association of Northern Nevada, 775-786-8061, www.alznornev.org

Connecting to Seniors in RGJ



Robert Boyd, of the Reno Gazette Journal, has a bi-monthly column entitled, "Focusing on Seniors". In this week's column an interview with Larry Weiss, PhD., Director of the Sanford Center for Aging, is featured. Dr. Weiss shares with the readers current and future endeavors to continue "adding life to years" as well as many other interesting aspects of the Center. Access to the article is available free at:

<http://news.rgj.com/apps/pbcs.dll/article?AID=/20061107/LIV/611070312>.

Contributed by Robert Boyd, RGJ, Email: americaays@sbcglobal.net

Wellness A to Z

In past newsletters we covered;

A = Attitude

B = Breathe

C = Change

D = Diet

E = Enthusiasm

F = Feet

We continue with.....

G is for Goals

Pick something you want to do. Be specific. What are you going to do? How often are you going to do it? How long will you do it? When are you going to do it?. For example, you could set a goal of walking 3 times per week for 30 minutes at noon. Write your plan on paper, share it with a friend and ask for support. It's amazing how successful you will be if you follow these steps.

H is for Hope

Hope is the yeast in the ingredients of life. Hope is putting faith to work when doubting would be easier. "When the world says "give up" hope whispers, "try one more time." *Author unknown*

I is for Initiate

Now that you have set a goal for yourself, stirred in some hope, start today. Just do it! Include fun in your project. Quell your fears and doubts with confidence and action. Let go of judgment and be gentle with yourself. Give up on perfectionism. Lighten up on yourself. Try something new. Risk. Make little signs that say "Yes." Laugh a lot. Be willing to learn. Begin. Change. Yes!



Contributed by LuAnne Steinger, 775-784-1811, luannes@unr.edu

Please Welcome.....



Sanford Center for Aging / Cooperative Extension (UNR)

Teresa Sacks, M.P.H., Health Research Analyst, Medication Management, Elders Count, Email: sackst@unr.edu

Teresa Sacks returned to the Sanford Center for Aging in September as the new Health Research Analyst. She received her Bachelor's degree in Psychology and minor in Gerontology from San Jose State

University. She completed her Masters Degree in Public Health with a Certificate in Gerontology from the University of Nevada, Reno. Ms. Sacks is responsible for the overall management and operation of the *Elders Count Project* and the *Medication Management Pilot Project*. In addition to working on these two projects, Teresa also works with other SCA faculty and Nevada System of Higher Education faculty on program oversight, program research and evaluation, and grant development. She also works on developing programs that meet the training and consultative needs of physicians and other healthcare professionals throughout Nevada. Teresa is a published author and advocates on issues related to Veterans, elder rights, and long term care reform.



Washoe County Senior Services

Jennifer Oliver, Program Assistant, Email: JOliver@washoecounty.us

Washoe County Senior Services has hired a new Program Assistant, Jennifer Oliver. Jennifer comes to the county after working as Project Manager and Research Analyst for the University of Nevada, Reno since 2002. Her experience is varied from implementing a Nutrition/ Bone Health research project in selected Washoe County Elementary

Schools and doing long-range infrastructure budget projections and bids for grant proposals to taking award winning photographs on her own time. She will be working closely with Senior Services Director, Marietta Bobba, on the Single Point of Entry, Nevada Care Connection Grant for Senior Services.

"A friend is a present you give yourself.", Robert Louis Stevenson

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) so that they can be included in our next issue.

“Meet the Candidates” at Washoe County Senior Services

Washoe County Senior Services held five “Meet the Candidates” events from July through mid October in both the Reno and Sparks Senior Centers.

Two events were held before the primary election on August 15th. One hundred twenty two Candidates participated in the two events (July 27th and August 1st) with about 275 seniors attending. Candidates each had ½ a table to set up literature, signs and any other materials. Attendees given the opportunity to walk around all the tables, ask questions and mingle with the

candidates. It was a very informal setting that was highly received.



In early October, three more events were held at the Reno Senior Center. Each candidate was able to speak for up to five minutes with time following all the speeches for them to mingle through the crowd and answer questions audience members

had. These three events were broken up by office- 15 City candidates came on October 10, 9 Federal and County candidates came on October 12, and 18 State candidates came on October 19. All were well attended and the informal formats meant that seniors could come in as they arrived and listen. All five events were a great success and succeeded in providing an opportunity for anyone, not just seniors, to be educated on the candidates positions prior to Election Day on November 7th.

Contributed by Jennifer Oliver, 775-

Washoe County Senior Services Outreach

Blanca Leon, Information and Referral Specialist, and Maite Smith, Licensed Social Worker- both with Washoe County Senior Services- conducted needs assessment surveys targeting Spanish-speaking seniors. In doing so, a large percentage of those surveyed were interested and willing to participate in the survey. An over-

whelming need noted by the respondents was to have program information available in Spanish as the Spanish Speaking population rises in Washoe County.

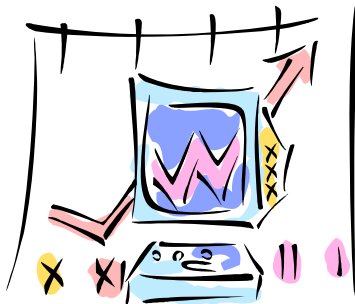
The many social service programs available can only be accessed if the information is disseminated within the target com-

munities where the need exists. Washoe County Senior Services strives to gain important feedback and use the information obtained to improve the outreach and information dissemination in order to bridge the language barrier.

Contributed by Jennifer Oliver, 775-328-2674 JOliver@washoecounty.us

NVCC Project Evaluation Data Collection Completed

The data collection phase of the Nevada Care Connection Project Evaluation has been completed. A total of 30 participants, from northern and southern DAS locations, Project grantees, Project NEON sites, and other stakeholders graciously participated in our evaluation. Data analysis will



be conducted during November of 2006. A complete overview of the evaluation will be presented at the January, 2007 Division meeting in Las Vegas, NV.

Contributed by Susan G. Harris, 775-744-7557, sharris@unr.edu