



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)



# Information Portal

May the new year bring much joy and happiness to everyone. Our shared passion to serve older adults is well stated in our project’s mission to “... demonstrate leadership, engage in cooperative planning efforts, and develop collaborative partnerships to provide a solid foundation for a comprehensive information and referral/assistance service system that enhances the quality of life for older Nevadans and those who care for them.”

As we embark on our endeavors in 2007, many interesting and surprising events may occur, as well as struggles and unexpected outcomes. Let’s use our “Information Portal” to share these events with all project partners. By sharing our experiences we can celebrate each other’s success, provide encouraging support, and enhance our collaborations. **Please submit articles whenever you are able.** Email [sharris@unr.edu](mailto:sharris@unr.edu). We look forward to hearing from you!

## Upcoming NVCC Training Orientations

Nevada Care Connection Training orientations are being scheduled for March-June 2007. The training is designed to provide important skills to help caregivers. The training consists of three modules: Communication, Interviewing and Crisis Management. Trainings can be modified to meet your organization’s needs. Please contact Sue Harris at the Sanford Center for Aging for more information: [sharris@unr.edu](mailto:sharris@unr.edu) or (775) 784-4774.

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*Editor’s Note: The Sanford Center for Aging / Cooperative Extension will publish Information Portal each quarter during FY 2007. 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 Ed Cohen, Marilyn Wills, Shirley Wright, Kyla Rock, Jennifer Oliver, LuAnne Steinger and Ryan Richmond who contributed to this edition.*

## Resourceful Community Members Come to the Aid of Seniors in Sandy Valley



It was December 29th and all was quiet at the offices of the Division for Aging Services (DAS) in Las Vegas... until about 3:30 p.m., when the phone rang.

Shirley Alloway, resource development specialist, took the call from

the volunteer director of the Laughlin Senior Center.

A crisis had occurred! The home-delivered meals for Sandy Valley, a small community in the frontier territory 107 miles north of Laughlin, had been returned to the Laughlin Center. The Laughlin volunteer driver had gone to the usual drop-off location, but no one could be reached to accept the shipment.

Center Director Gladys Laughlin was worried about the 12 seniors in Sandy Valley, who would not have their meals over the long holiday weekend. She wondered what could be done. Gladys herself was unable to re-deliver the meals because of prior commitments. Many of the seniors have health issues such as diabetes and heart problems, and they needed, at minimum, the one good meal a day provided by the Meals program. Gladys had already tried to find another contact in Sandy Valley before calling DAS, but she could find no one who was available to make the long drive back to re-deliver the meals.

Working together, Shirley, DAS staff and Gladys finally came up with a solution: A phone call was made to the Hitching Post Pizza Restaurant, formerly the Dust Devil Pizza Place, listed on the Internet as the only restaurant in Sandy Valley. Staff hoped someone at the restaurant could provide the number of a local volunteer fire department, Rotary or Kiwanis Club.

Instead, restaurant owner Tawna Mackey immediately agreed to help with deliveries – she even offered to go to Laughlin at 5:30 the next morning to pick up the food before opening her café at 8:30 a.m.

Shirley offered to meet Tawna halfway. She and her husband would drive from Las Vegas on Saturday morning, pick up the meals from Gladys in Laughlin, and transport them to Tawna for delivery later that day. The problem was close to resolution by just before 5 p.m. on Friday.

Turns out, there were additional challenges: Some of the names on the delivery list were no longer at the addresses listed; some of the “addresses” were P.O. boxes, one of the locations was an empty house with a “For Sale” sign posted out front, and one of the recipients had passed away. Also, the only paved street in Sandy Valley is the major road coming into town. The delivery streets were unpaved and somewhat challenging.

But Shirley and Tawna persevered and delivered the meals to the appropriate seniors. By this time, Tawna had engaged other people in town to identify additional fragile seniors who could benefit from the meals program. She and others agreed to be the permanent contacts to ensure delivery of meals to the Valley residents.

Thanks to Gladys, Tawna, Sandy Valley town members and Division staff! This is a wonderful example of the ingenuity and resourcefulness of our fellow Nevadans – helping fragile seniors receive needed services!

*Submitted by Marilyn G. Willis, mwills@aging.nevada.gov.*



## 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 three 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, luan-nes@unr.edu*

## *Please Welcome...Ryan Richmond*

### **Sanford Center for Aging / Nevada Care Connection Project**



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Ryan is working as a graduate research assistant with the Sanford Center for Aging, focusing on performing trainings for the Nevada Care Connection. He received his bachelor's from the University of Nevada, Reno in human ecology and is also currently pursuing his master's in social work. Ryan's past work experiences have included working with welfare as well as case management with seniors. Ryan will be responsible for providing training to service providers, both staff and volunteers, with communication, interviewing and crisis management

# Washoe County Senior Services Events

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Many seniors who frequent the Washoe County Senior Centers are veterans. In a simple and significant way, Washoe County Senior Services held a celebration to honor veterans of all ages on Nov. 9, 2006. Representatives from the Veterans Affairs had booths along with coffee, generously donated by Starbucks, and Danishes for everyone. Jim Whitehall, wielding a guitar and his voice, provided patriotic entertainment for everyone. The event was a success with about 75-100 people in attendance.

December 12, 2006, kicked off the holiday season at the Washoe County Senior Center with In-Tune Tales's musical performance of Dr. Seuss's classic tale *How the Grinch Stole Christmas*. Programming was scheduled and sponsored by the Friends of Washoe County Library. It is a good reminder for everyone that the library is another convenient service available for visitors of all ages to the Reno Senior Center. Over 100 people were in attendance with the performance filmed on SNCAT and broadcast over the holidays on channel 17. Santa made a guest appearance bearing music and gifts of cookies and fruit bars for everyone in the audience.



Santa's elves also made an appearance at the Reno Senior Center on December 22<sup>nd</sup> when more than 200 donated wrapped gifts were raffled off to seniors. This community really opens its arms, especially during the holidays. Many thanks go out to everyone who "adopted" a senior this year.

Stay tuned for the events coming in May to celebrate Older Americans Month.

*Submitted by Jennifer Oliver,  
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## Thank– You!!!!

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We at Home Instead Senior Care thank Costco, Home Depot, the Northwest Reno Wal-Mart Vision Center, Gottschalks, the Kietzke Wal-Mart, Manor Care, Washoe County Senior Services, RSVP, Senior Companions, Senior Bridges, Leigh and Linda at Orvis Ring, Carol Crane at RHA, Diane Ross at the Continuum, Wanda Brown at Division for Aging Services, Sky Peaks, University of Nevada, Reno Gerontology Club, Care Management Associates, Kathy at Volunteers of America, St. Mary's Kids to Senior Corner, Eric, Joyce with Nevada

Legacy Corps and all the volunteers and shoppers who helped make our holiday community service program, *Be a Santa to a Senior*, such a success.

Thanks to the generous donations and efforts of our community, many seniors in need who may have been otherwise overlooked this holiday season received a gift and companionship. We were able to provide more than 200 gifts to more than 100 seniors. We hope to exceed this next year!

Thanks to ALL those who helped us brighten the holidays for seniors in our community.

*Submitted by Kyla Rock, community service representative, Home Instead Senior Care, Reno, (775) 336-5333.*