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A Full Agenda Ahead

By Cherrill Cristman, Chief, Resource Development Unit

State Fiscal Year (SFY) 2014 is well underway with a full agenda for Resource Development (RD) staff and constituency. The decisions for agency direction rely on much planning, and ADSD grantees play a vital role in this process.

August kicked off another year of Regional Planning Group Meetings. Each region selected its leaders as follows:

Region 1	Marcia Blake , Executive Director James Seastrand Helping Hands of North Las Vegas	Clark, Esmeralda, Lincoln and Nye Counties
Region 2	Adell Panning , Director Crescent Valley Senior Center	Elko, Eureka, Humboldt, Lander and White Pine Counties
Region 3	Travis Lee , Manager Douglas County Senior Services and Public Transit	Carson City, Douglas, Lyon, Mineral and Storey Counties
Region 4	Jacob Harmon , Executive Director Alzheimer's Association of Northern California and Nevada Susan Harris, PhD , Coordinator Gerontology Academic Program, Sanford Center for Aging	Churchill, Pershing and Washoe Counties

Great leadership and a high level of participation in each region have captured attention. We're off to another successful year, with support from ADSD's top leadership. The significance and visibility of Regional Planning Groups have evolved from an RD Unit activity to now being front and center on the ADSD agenda. Meetings encompass a two-way information flow between ADSD and its constituency. ADSD Administrator Jane Gruner has invited members of various agency commissions to attend and hear what you have to say. This makes everyone's participation more important than ever. Please save the following dates for 2013 regional meetings:

Region	Nov	Feb	May
One (Las Vegas)	7	3	6
Two (Elko)	21	13	15
Three (Carson City)	19	11	13
Four (Reno)	20	12	14

Relevant to other RD activities, Nutrition Services grantees have received their Notification(s) of Grant Award. ADSD had about \$4 million available to grant. A list of agencies that received State Fiscal Year 2014 Title III-C Nutrition Services awards will be posted on the ADSD website. Among the determining factors for awards are: county-by-county demographic data, number of clients and meals to be served, previous program performance and self-reported waitlists for existing grantees.

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When grantees were surveyed for waitlist information, they were also asked about interest in becoming a retail site for the Supplemental Nutrition Assistance Program (SNAP). About half of grantees expressed interest. For nutrition sites to become SNAP Retail Sites, they complete an application to the federal government. If approved, their SNAP clients can use benefits to make a donation towards congregate or home-delivered meals. The goal is to boost revenues for Nutrition Services grantees, along with SNAP's primary purpose of increasing food security. Contact information for senior centers expressing interest has been provided to the Nevada Division of Welfare and Supportive Services staff for follow-up. ADSD is also considering other innovative ideas for Nutrition Services sites to increase revenues, and will be asking for your input.

While we have just concluded the 2013 Legislative Session, RD along with other ADSD Units is already developing concepts and funding requests for the coming 2015 Legislative Session. This interesting, collaborative process is ongoing and sets forth ideas and agency direction based on identified priorities. Regional Planning Groups will learn more in the February 2014 meetings about concepts the agency may consider. This information will be shared, because Planning Groups are not only involved in developing funding priorities, as they did this last year, but are also integral to the legislative process by carrying their agendas forward to their representatives.

With this ground swell of activities for the coming months already underway, there's very little down time and great opportunities to move our mission forward together. Our agenda is full and it's a privilege for RD staff to plan and work with so many dedicated partners!

History of Nevada Day

From <http://nevadaday.com>

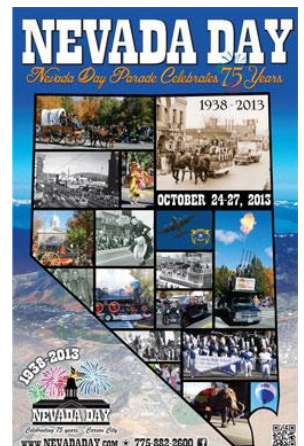
When is Nevada Day? Nevada became a state (admitted to the Union) October 31, 1864, so Nevada Day is October 31st of each year. However, with the passage of AB396 by the 1997 Nevada State Legislature, Nevada voters, on November 3, 1998 advised the 1999 Legislature they wanted to celebrate Nevada Day on the "last" Friday in October beginning in 2000. After much debate, the Legislature complied.

Nevada Day is presently a state holiday recognized on the last Friday in October, with the parade held on the Saturday following.

This year Nevada Day will be observed Friday, October 25, 2013, and the Nevada Day Parade will be held Saturday, October 26, starting promptly at 10:00 a.m. rain or shine!

Nevadans love a parade and what better way to celebrate Nevada's heritage! Each October, Nevadans turn their attention to Carson City, Nevada's state capital, home of the Nevada Day Parade.

The theme for the 2013 parade is "**Nevada Day Parade Celebrates 75 years - 1938 to 2013**". This is an annual coming together to celebrate the founding of our great state 149 years ago! Nevada Day and its many [activities](#) include: the parade, numerous contests, arts, music, and other



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Educational PowerPoint on Diabetes Available

ADSD's contracted Registered Dietitian, Celia L. Martin, has created an educational PowerPoint presentation called "Managing Your Diabetes" for Title III-C Nutrition Programs. However, the information may be beneficial for any program, staff member and/or client, on a personal or professional level.

Learn about the condition, including the cause, different types and signs of diabetes, as well as treatments, foods to avoid and tips on creating meals for those living with diabetes.

The presentation is available on line at:

www.nvaging.net/grants/III-C/managingdiabetespp.htm. Additionally, Title III-C Nutrition Programs may submit questions to Celia directly through the Ask the Nutritionist web discussion. Sign on to the discussion page [here!](#)

Nevada Senior Services RAMP — Southern Nevada

From Jeff Klein, President & CEO Nevada Senior Services

Nevada Senior Services is pleased to announce that it will soon launch **RAMP (Renovation Adaptation Modification Prevention)**, an innovative approach to home modification and safety for seniors and persons with disabilities. RAMP will operate using its own skilled staff under a Nevada Senior Services Nevada contractor license.

Committed to **Accessibility * Capability * Adaptability * Safety * Design** and a rapid response to client needs, RAMP will operate both as a service partner with existing community agencies and as a free-standing service available directly to clients in the community. The team will use two recently donated trucks as mobile workshops capable of delivering a wide variety of resources directly to the home site. Skilled craftsmen will be supported by a team of therapists and social workers able to assess client requirements and assist in translating those needs into actionable home modification plans.

Inquiries should be directed to Les Jacobs or Jeffrey Klein at Nevada Senior Services (702) 648-3425.

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family-oriented activities. Nevada Day is more than just a parade! It is Nevada's Heritage Celebration, a gathering of community spirit on the last week of October to salute its rich past and look ahead to its exciting future.

The [Nevada Day web site](#) has been designed to provide all the information you need to enjoy the Nevada Day Parade and associated activities. The creator has included many dates and times for festivities and events. As plans are firmed up and new information becomes available, the site will be updated.

We encourage you to coordinate Nevada Day activities in your local community!



Legal Services

By Sally Ramm, Elder Rights Attorney, ADSD

In May 2009, Kathleen Sebelius, U.S. Secretary of Health and Human Services, stated: "For far too many older Americans, the economic challenges of today are becoming the legal problems of tomorrow." This became evident in the number of older people whose homes were lost to mortgage fraud, or who have become victims of other financial exploitation during the recession. This victimization led to a lack of ability to pay for their health care needs, to live in their communities, or even to maintain their dignity. This is where the legal services providers funded by Title III-B federal funds, or Independent Living Grants using state funds, can be of utmost importance in the lives of Nevada's older population.

Legal service providers are law firms that provide free legal services. There are many in Nevada, and three are funded to provide specialized legal service to people age of 60 or above, free of charge. The Washoe County Senior Law Project and the Senior Legal Helpline are both provided by Nevada Legal Services. General law and guardianship ward representation are services provided by the Southern Nevada Senior Law Program. Guardianship ward representation is provided by Washoe Legal Services. All are receiving grants from ADSD. There are no income restrictions for any of these services for people age of 60 or above.

SOUTHERN NEVADA SENIOR LAW PROGRAM, <http://www.snslp.org>, provides estate planning and probate, health care directives, representation for persons facing guardianship, and legal assistance in real property and housing, consumer issues, elder rights, government benefits and public entitlements. They are open from 8:00 a.m to 5:00 p.m. Monday-Friday, and see clients by appointment only. They can be reached at 702-229-6596. Their office, beginning October 1, is at 530 South Las Vegas Boulevard, Suite 310, Las Vegas, NV 89101.

WASHOE COUNTY SENIOR LAW PROJECT OF NEVADA LEGAL SERVICES, <http://www.nlslaw.net>, provides general legal services to the older citizens of Washoe County. They are located at the Washoe County Senior Center at 9th and Sutro in Reno and can be reached at 775-334-3050. They can help people with housing and consumer issues, estate planning and wills, health care directives, elder rights, government benefits and public entitlements. Nevada Legal Services also has an office at 204 Marsh Avenue in Reno, 775-284-3491, where they provide free legal services to all ages and provide mortgage counseling. They also have offices in Las Vegas and Elko.

WASHOE LEGAL SERVICES GUARDIANSHIP REPRESENTATION When appointed by the court, Washoe Legal Services, using grant funding from ADSD, provides free legal services to those age 60 or older who are facing guardianship. This helps to insure that the potential ward's wishes are heard by the court prior to the loss of their rights. This is an important service, as it is the only way in which a person facing guardianship can be represented in court when they do not have the ability or the resources to choose and pay an attorney. The Washoe Legal Services office is at 299 South Arlington Avenue in Reno, where they provide numerous legal services to all ages.

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Volunteers Needed to Fight Fraud

Do you enjoy working with seniors? Would you like to make a difference? If your answer is yes, Nevada Senior Medicare Patrol (SMP) program is ready for you to join our team of volunteers taking part in the fight against fraud, waste and abuse in Medicare. Medicare fraud is a big problem. It not only costs taxpayers an estimated \$60 to \$90 billion each year, it results in medical identity theft and excessive out of pocket costs for thousands of Medicare beneficiaries. SMP volunteers play an important role in the effort to address this problem by educating Medicare beneficiaries, their families and caregivers through presentations, outreach events and one-on-one counseling, and by assisting them in reporting questionable billing and service delivery practices.

Volunteers receive comprehensive training. Our upcoming class schedule for Las Vegas is:

Session I - SMP Program Overview & Medicare Basics
Wednesday, November 6, 2013 - 9 a.m. – 4 p.m. or
Online – at your own pace

Session II - SMP and Medicare Fraud and Abuse
Saturday, October 12, 2013 – 9:30 a.m. – 4:30 p.m. or
Wednesday, November 20, 2013 - 9 a.m. – 4 p.m. or
Online – at your own pace

Attending both sessions I and II completes your SMP Foundations Training, which is part of the requirements of becoming a Nevada SMP volunteer.

For classes scheduled in Reno, more information about the SMP or to register for the training, call Melissa McDonald at NV SMP, phone: 702-486-3796, or email: mamcdonald@adsd.nv.gov.

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SENIOR LEGAL HELPLINE AND RURAL LEGAL SERVICES BY NEVADA LEGAL SERVICES

<http://www.nlslaw.net> Nevada Legal Services receives grant funding from ADSD to provide the Senior Legal Helpline to all seniors in Nevada. The telephone number for this service is 1-877-693-2163. People age 60 and above who call this number can receive legal advice, completed forms, and even direct representation in certain serious matters. Areas of the law include housing, consumer, health care/public benefits, estate planning, wills, guardianships, and grandparent visitation. Additionally, Nevada Legal Services representatives have regularly scheduled hours at various senior centers throughout rural Nevada to provide presentations and individual legal counseling.

Maintaining quality of life, dignity, safety and personal values requires knowing and protecting rights. Providing access to legal services for the elderly strengthens their independence and decreases the risk of their exploitation and institutionalization, improving the quality of their lives and saving taxpayer dollars.



Long Term Care Residents Encouraged to Speak Out

Press Release - State of Nevada, Department of Health and Human Services, Director's Office

For Immediate Release
October 2, 2013

Mary Woods
(775) 684-4024

Carson City, NV – October is National Resident Rights Month which was established by The National Consumer Voice for Quality Long Term Care to bring attention to residents living in long term care facilities. This year's theme, **Speak Out Against Elder Abuse**, encourages residents and others to be educated about, and speak out against, elder abuse. During the month of October the Nevada Long Term Care Ombudsman Program will make visits to long term care facilities to educate and empower residents, their loved ones, or witnesses of elder abuse, to use their voice to speak out against this serious issue.

A critical component of the Long Term Care Ombudsman program is the partnership between staff and volunteers. The Ombudsman program relies on its volunteers to be a regular presence in long term care facilities. Their constant vigilance helps ensure residents are properly treated and creates the capability to immediately report concerns. During the month of October, Nevadans are encouraged to volunteer for the Long Term Care Ombudsman program to establish a critical network of monitoring and communication.

Not just in October, but throughout the year, to report a concern about a resident in a long term care facility, contact the State Long Term Care Ombudsman Program at 1-888-729-0571. For information about volunteering, contact Sue Levinsky in Southern Nevada at 702-486-3544 or Jennifer Williams in Northern Nevada at 775-688-2964 ext 237.

Background: Nevada's Long Term Care Ombudsman Program (LTCOP) was established under federal mandate through the Older American's Act to improve the quality of care in America's nursing homes. The role of the Ombudsman is to resolve problems of individual residents as well as to bring about changes at the local, state and national levels. Ombudsmen receive more than 50 hours of initial training and receive ongoing annual training in order to stay in touch with best care practices in the industry.

The LTCOP receives complaints regarding a resident's situation and works with the resident to resolve the complaint. This is accomplished by working with residents and family members to speak out when they have concerns, advocating for resident needs through legislation and changes in facility practice, and collaborating with other state agencies to improve the quality of care in facility settings.

When the grievance involves violations of an operational regulation the Ombudsmen refer the matter to the Nevada Division of Public and Behavioral Health for investigation. If the matter involves an elder abuse issue the matter is referred to the Elder Protective Service Program who will investigate and work with law enforcement to pursue criminal prosecution when abuse has occurred. Ombudsmen are not able to fine or sanction any long-term care facility and rely on advocacy to address concerns.

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Medicare Part D Drug Plan Annual Open Enrollment

Throughout the year, Nevada State Health Insurance Assistance Program (SHIP) volunteers are available statewide to assist people with Medicare questions and open enrollment so they can make the best choice for themselves regarding prescriptions drug plans.

The Medicare prescription drug program offers Nevada residents approximately 30 different plans from which to choose. Sign-ups are voluntary, but if a beneficiary is eligible and doesn't enroll within the eligibility window, a penalty may be incurred for later sign-up.

Beneficiaries already participating in a plan should check each year to verify their current plan is still the best one for them. Most plans change their pricing each year and may change their formulary or other buying policies and conditions. If beneficiaries have changed any of the medications they are taking during this year, the program that worked well in 2013 may not be the best one for 2014.



Open Enrollment to sign up or change a Part D plan is **OCTOBER 15 to DECEMBER 7**. Certified Medicare SHIP counselors are available in person or over the telephone to assist beneficiaries. Keep in mind there are some items beneficiaries should have available to maximize their time talking with a SHIP counselor:

- **Medicare card**
- **A list of all the medications the beneficiary is taking including the dosage of each and how often he/she takes each drug**

The choice is the beneficiary's about whether to sign up or not, but depending on drug usage, it is possible to realize a considerable savings each year with the right Medicare Part D plan.

HMO members should not attempt to sign up for a separate Part D program without consulting their HMO first.

Please encourage your consumers to review the plan they currently have and refer those needing assistance to SHIP, 1-800-307-4444 statewide or specifically in Northern Nevada they can call 877-385-2345 or visit <http://nevadaadrc.com/services-and-programs/medicare/ship> for more information.

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There are 522 licensed long term care facilities throughout the State of Nevada with room for 12,755 residents. Last year the Ombudsman Program, made up of 9.5 Ombudsmen staff, investigated 750 complaints and provided information to 11,981 residents to protect against abuses or capricious acts. In addition, the Ombudsman Program conducted 116 trainings for facility staff on topics ranging from resident rights to customer service and attended 244 resident council meetings where residents are empowered to organize and speak up for their rights and correct problems.



N4a Conference - Answers on Aging

This year's conference in Louisville, Kentucky provided more than 100 learning opportunities over the course of the five-day event. The conference noted critical changes facing everyone: managed care, care transitions, and certainly the impact of sequestration, which dramatically affects the way business is conducted and the amount of services offered.

Kathy Greenlee, who serves dual roles as the Administrator of the U.S. Administration on Community Living and the Assistant Secretary for Aging, spoke about accepting the challenge of constant change, emphasizing that sequestration may result in wait lists for nutrition, in-home support and caregiving programs. Ms. Greenlee encourages programs to collaborate for purposes of providing better comprehensive service delivery. She spoke of the partnerships between health care providers, hospitals and social service. Ms. Greenlee characterized Aging & Disability as a challenge, but there are opportunities.

Other interesting activities and workshops offered at the conference included new insurance opportunities and outreach to those age 50-64. Alzheimer's programs are also gaining more attention. The importance of family caregivers through the National Family Caregiver Act was another important topic throughout various sessions. Elder abuse prevention was a focus of several workshops that included the need for competency evaluations.

The conference focus also included the promotion of healthy aging through health promotion/wellness education, nutrition awareness, physical activity, evidence-based disease prevention, prescription drug programs, substance abuse prevention and more.

The conference promoted best practices from the field and allowed participants to re-energize and determine how to best meet the needs of the growing population of older adults and people with disabilities and their caregivers.

Useful Web Sites:

State of Nevada - Aging and Disability Services Division	http://nvaging.net or http://aging.state.nv.us
U.S. Administration for Community Living	http://acl.gov
Find and Apply for Federal Government Grants	http://www.grants.gov
Rural Assistance Center	http://www.raonline.org
Nevada Aging and Disability Resource Centers (ADRCs)	http://www.nevadaadrc.com
Nevada Controller's Office, Vendor Services	http://controller.nv.gov
National Council on Aging (NCOA)	http://www.ncoa.org
NCOA Crossroads - Peer Support and Information	http://www.ncoacrossroads.org

