



NEW DIRECTIONS

ADSD and Grantees Serving Nevada's Seniors and Persons with Disabilities

Summer / Fall 2014

Time Needs a Reverse Button!

Jeff Duncan, Chief, Supportive Services

It's hard to believe that fall has already arrived. We've been so busy that we're combining the summer and fall issues of *New Directions*.

In early summer, the Social Supportive Services SFY 2015 grants were allocated, with a grant start date of July 1. ADSD had \$9.6 million in funding requests and \$8.4 million to grant, about \$500,000 less in available funds than in SFY 2014. This is due to federal Sequestration.

August and September were exceptionally upbeat months for Resource Development staff and Nutrition Services grantees. Funding taken away from Nutrition Services, due to federal Sequestration, was restored. About \$5.5 million was available for Nutrition Services in SFY 2015. After meal service allocations were made, ADSD allocated more than \$500,000 for grantees to purchase much needed kitchen equipment and meal delivery vehicles.

The remaining Nutrition Services funds will soon be awarded through a competitive Request for Proposals (RFP), announced in September to support up to three new congregate meal sites in the Las Vegas area.

Funding new congregate sites helps fulfill a goal of the Southern Nevada Regional Planning Group, to increase congregate meal sites, and supports the Governor's Strategic Plan for Food Security.

Speaking of Food Security, your facilitation of surveys relevant to SNAP interest is

appreciated, and discussed in more detail on page 2, "Senior Center Directors Helping to End Senior Hunger."

A total of 312 people attended the ADSD September conference, *MP2: Action Nevada*. It was great to see so many of you in attendance.

Finally, the Regional Planning Groups met in August and continue their progress toward fulfilling goals. The Southern Nevada group's focus continues toward improving transportation and congregate meal site options. Reno is fully focused on transportation. Carson City continues to discuss transportation, but is also working on resources, crisis solutions, collaboration and outreach. Elko continues its work toward solutions for respite care and transportation. All Regional Planning Groups will be providing recommendations for ADSD to consider in the Spring 2015 Competitive Grant allocations.

November's Regional Planning Group meetings will be here sooner than you can imagine, and with a potential new initiative on the horizon. That's a hint of things to come, so stay tuned.

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Senior Center Directors Helping to End Hunger



The Nevada Aging and Disability Services Division (ADSD) continues work with partners and Nevada's First Lady, Kathleen Sandoval, to help end hunger in Nevada.

For ADSD, Senior Center Directors are vital partners in this effort. Most recently, ADSD collaborated with directors to conduct a survey of seniors attending their centers. The survey determined that 386 seniors are interested in learning more about Nevada's Supplemental Nutrition Assistance Program (SNAP), also known as food stamps, and to have help applying for food assistance.

This information has been provided to Nevada's SNAP Outreach Workers, who will be making contact with senior center directors to schedule time to meet with interested seniors.

Working to promote SNAP in our senior population helps reduce hunger among seniors and brings a significant amount of federal program dollars into Nevada to boost its economy.

Regarding SNAP Retail Sites, many directors responded to another survey ADSD conducted, indicating they would like information about becoming a Retail Site. For more information about this and to make application, please visit www.fns.usda.gov/snap/retailers.

Other information is available at www.fns.usda.gov/snap/retailers-store-training-information, and a final resource is an interesting PowerPoint regarding California's CalFresh Program, which is what California calls its food stamp program.

If a senior center applies and is approved to become a SNAP Retail Site, it is provided with equipment that can be used by SNAP beneficiaries with barcodes to electronically contribute for meals, in the same way they would donate. The federal government then reimburses the senior center. SNAP reimbursements may increase your nutrition services program revenues. However, consumers always have a choice about where they spend their benefit.

If you have interest to become a SNAP Retail Site and need assistance to apply, please call Cherrill Cristman at (775) 687-0520.

MP2.0 – Action Nevada... A Huge Success

ADSD's 2014 Conference, *MP2.0 – Action Nevada*, was held in Reno in September. The conference was a huge success with over 300 participants!

This year's conference built upon last year's theme of partnership and collaboration, focusing on taking ACTION to serve consumers across the lifespan. During the 1 ½ day conference, ADSD partners, grantees and community stakeholders had the opportunity to participate in nearly 20 workshops. In addition, attendees learned about a wide range of services available through the Vendor Fair.

Workshop presentations are now available on the conference website, <http://conference.nvadsd.com>. Thank you to all of the attendees, presenters, sponsors and ADSD staff who made this conference possible.

Make Your Case with Data

The Aging and Disability Services Division (ADSD) will showcase the vital importance and immense cost savings of your services during the coming 2015 Legislative Session and going forward. That's why ADSD recently asked you to begin entering a new SAMS data item on July 1st.

Doing this is very important. This new item, along with data you already provide to ADSD about client physical limitations, will show how many high risk clients are also likely eligible for Medicaid coverage of nursing home costs if admitted to a nursing home.

ADSD already knows a large percentage of clients live at or below 100 percent of the Federal Poverty Level, which in 2014 is \$972.50 per month for one person. However, a monthly income up to \$2,163 meets the income eligibility criteria for Medicaid coverage in a nursing home.

This threshold is referred to as 300 percent of Supplemental Security Income (SSI).

Having this new income information will help ADSD show state legislators and policymakers a likely estimate of cost savings that your services generate. In 2013, the Annual General Fund expenditure per Medicaid client for nursing home care was \$18,564, which is very much more than sustaining a client with community-based services.

Please carefully follow the instructions recently emailed to you for the new data entry protocol. For the annually updated income guidelines for both Federal Poverty Level and 300 percent of SSI, refer to <http://nvaging.net/grants/poverty.htm>. Additionally, the Client Registration Form has been updated to include this newly required information.

If you have difficulty or questions entering the new data item, please complete a Help Desk ticket for assistance by emailing adsdhelpdesk@adsd.nv.gov.

Federal Grants Awarded to ADSD

The Nevada Aging and Disability Services Division was awarded four (4) grants from the Administration for Community Living (ACL) for \$950,414. Because several awards are multi-year projects, total federal funding over the next three (3) years is estimated at \$1,507,166. These grants include:

- Alzheimer's Disease Supportive Services Program (ADSSP) Dementia Capability for Persons with Alzheimer's Disease and Related Dementias
- Lifespan Respite (LR) Integration Program - Building Lifespan Respite Care Programs

- Medicare Improvements for Patients and Providers Act (MIPPA)
- Transforming Long Term Supportive Services (LTSS) Center for Disability and Aging Policy (CDAP) No Wrong Door Program/ADRC

These programs have different focuses, but each will assist Nevadans across the lifespan to enjoy a meaningful life led with dignity and self-determination.

ADSD will ensure the provision of effective supports and services to meet the needs of individuals and families, helping them lead independent, meaningful and dignified lives.

(Continued on page 8)

Art Makes a Difference for Seniors with Alzheimer's

By Brian Nordli, Las Vegas Sun

Saturday, May 17, 2014

Article Reprint Authorized

Dee Dee Woodberry buzzed around a table of seniors painting pictures on a recent afternoon at the Adult Day Care Center of Las Vegas.

The men and women around the table chuckled and grinned as they either painted flowers on a sheet of paper or twisted paper towel sheets to make a textured design on an empty can that will become a menu holder. From time to time, Woodberry, art director at the center, offered words of encouragement or direction.

But mostly, she just watched the magic happen.

Many of the men and women come to the center in varying stages of Alzheimer's or dementia. Some are losing the ability to talk and others are quickly losing pieces of themselves, but when they come to the art table, all that changes.

With each painting, the colors and design conjure connections to past memories or experiences long-forgotten. A man will tell Woodberry the color blue reminds him of the suit he once wore as a kid. A woman will say she chose yellow because her mother had a yellow dress.

Woodberry's art class helps unlock a part of her students that medicine can't.

"With Alzheimer's, people try to treat it," Woodberry said. "Art addresses it all the way. It opens them up in a way where they're not caught up in the premise of what Alzheimer's is to everybody."

Behind Woodberry's desk, nearly every inch of her wall is covered in paintings done by the



Photos by Steve Marcus

"Lilly" Yuriko Ondo, 79, poses with her painting at the Nevada Senior Services Adult Day Care Center of Las Vegas, 901 N. Jones Blvd.



Dee Dee Woodberry, Activities and Art Director, stands by a display of artwork made by seniors at the Nevada Senior Services' Adult Day Care Center of Las Vegas at 901 N. Jones Boulevard on May 14, 2014. The artwork at the Center is mostly made with repurposed materials.

seniors. They are in all colors; in abstract and in literal interpretation. Below them is a case display filled with crafts made from used materials. There are coffee canisters turned bongo drums, water jugs made into vases, old paper towel tubes formed into rain sticks and bracelets.

Each is unique, representing a piece of the person who painted it or crafted it.

(Continued on page 7)

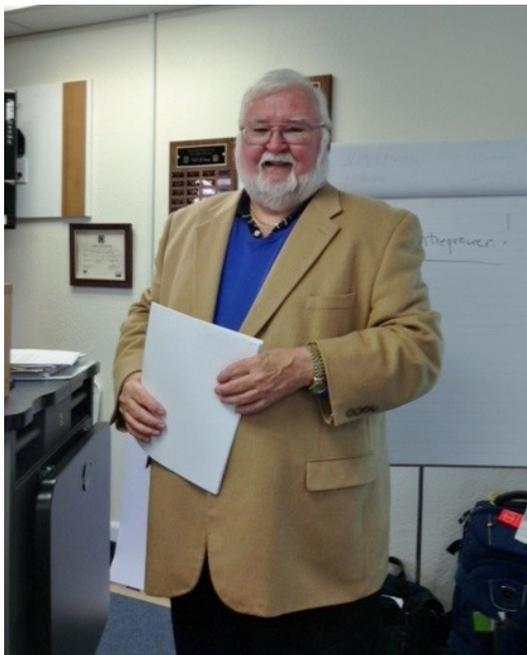
On a Transportation Roll!

Anyone familiar with Nevada knows its citizens are clamoring for transportation solutions, making Mobility Management, a new initiative in Nevada, vitally important.

“Mobility Management is unique because it coordinates the individual customer’s transportation needs, rather than addressing the system wide transportation needs of large populations,” says James McClary, President of McClary Management. He adds that it “uses all available resources, to improve mobility and efficiencies, and reduce cost.”

A highly credentialed and published specialist in transportation systems, McClary presented “Managing Community Mobility” in a two-day seminar hosted by Rural Counties RSVP in Carson City.

“Mobility Managers plan in two arenas,” says McClary, pictured below. One involves learning the existing infrastructure and matching demand with resources. This is more easily done in high density population areas with greater resources, rather than in low density rural communities.



The other arena, he adds, considers individual access, choice, mobility, service availability, demographic changes, in the context of differing environments – urban and rural.

“Why the emerging need for Mobility Managers?” asks McClary. Contributing factors are: urban sprawl to exurban has surpassed city centered living; lifestyle has shifted to two income households; and seniors are more mobile and living longer.

The training was provided by the National Training Institute, and encompassed 10 modules including: adapting to changing transportation needs, creative ways to meet customer demands, Federal Transit Administration (FTA) funding, budget development and cost allocation, and some tools and strategies including new technology for accomplishing mobility goals and meeting the customer demands.

“This training was well received and will provide a framework for us to move forward with our Community Mobility Management Goals,” says Mike Reynolds, Rural Counties RSVP Mobility Manager for the Carson City area.

Attendees included NDOT, ADSD, Sanford Center staff, and many who traveled from as far away as Michigan for this valuable training opportunity. Any questions about this training should be directed to Mike Reynolds at mreynolds@nvrsvp.com or (775) 687-4680 x119.



Nutrition Press Releases

PRESS RELEASE: New Study Shows Growing Number of Food Insecure Seniors

“ALEXANDRIA, VA, May 21, 2014 – The National Foundation to End Senior Hunger (NFESH) today released a study entitled *The State of Senior Hunger in America 2012: An Annual Report*, which revealed that 15.3 percent of seniors or 9.3 million individuals in the United States faced the threat of hunger. This report examines the extent and distribution of hunger threat among seniors in 2012. In just five years, from 2007 to 2012, the number of seniors facing the threat of hunger increased by 49 percent.”

Read the full press release online at www.nfesh.org/new-study-shows-growing-number-of-food-insecure-seniors.

NFESH’s new report, which is available online at www.nfesh.org/research, also shows the rates of senior hunger among each of the 50 states and the District of Columbia. Below are the top ten worst states for senior hunger.

Top Ten States in Terms of Threat of Senior Hunger in 2012	
Arkansas	25.44%
Louisiana	23.56%
Mississippi	22.67%
Tennessee	21.43%
North Carolina	20.08%
Texas	19.82%
South Carolina	18.43%
Alabama	17.53%
Nevada	17.12%
Georgia	16.99%

PRESS RELEASE: USDA Launches New Resources at ChooseMyPlate.gov to Help Cost-Conscious Consumers Make Healthier Food Choices

“WASHINGTON, May 27, 2014 – Today, the U.S. Department of Agriculture unveiled Healthy Eating on a Budget – the newest addition to ChooseMyPlate.gov. Consumers continue to want more information about how to make better eating decisions with limited resources. To meet this need, the USDA’s Center for Nutrition Policy and Promotion (CNPP) developed the new resource to include easy-to-use and insightful information about planning meals, shopping smart in the grocery store, and preparing foods that save money and time in the kitchen.”

Read more at <http://www.usda.gov/wps/portal/usda/usdahome?contentid=2014/05/0103.xml>.

Upcoming Regional Planning Meetings

Las Vegas: November 13, 2014

Carson City: November 18, 2014

Reno: November 19, 2014

Elko: November 20, 2014

Everyone is welcome!

Attendees may participate in person or by telephone.

If you do not currently receive regional planning meeting notices and would like to be added to the email distribution list, email Lisa Williams at lawilliams@adsd.nv.gov. Please indicate in which regional area you are interested.

(Continued from "Art Makes a Difference" on page 4)

Woodberry, who has an art background, started volunteering at the day care center's art program about five years ago. The nonprofit center offers a free place for senior citizens and adults with disabilities to stay active and remain independent in the community.

The center offers music classes, dancing, live entertainment, tai chi, hydroponics, and, of course, art. "Everything we do here has a purpose to keep a person with Alzheimer's or dementia from losing all of themselves," Woodberry said. "We can't change what Alzheimer's or dementia does to them, but we can slow it down with art therapy or music or dance."

Woodberry emphasizes individual expression during her art courses. Sometimes she'll ask her students to paint what love means to them. Or she might ask them to make a Rorschach print and name it what it means to them.

Many of the seniors' projects involve transforming used items into jewelry or musical instruments. Mostly, though, they like painting flowers. Their paintings are on display along nearly every wall at the center.

On this day, Ellen Jackson, 63, painted a vase of flowers. For Jackson, painting the flowers reminded her of summer and Fourth of July. "It's an achievement," Jackson said. "It's something positive and cheerful."

When Lilly Ondo, 79, was asked about her paintings, her face lit up into a smile that said more than she could articulate. She's at the table daily painting something new.

Woodberry doesn't have the scientific background to examine what art does to the mind and body of a person, but she knows what she sees.

When she started, she knew two seniors who never said a word and rarely participated in activities. With art, they began laughing, talking and even participating in the morning's Pledge of Allegiance in front of the entire center.

"Art is a way of letting go whatever is inside of you," Woodberry said.



Nevada Senior Services

*Adult Day Care Centers
of Las Vegas and Henderson*



Dignity Health™
St. Rose Dominican

Dignity Health St. Rose Dominican provides an environment for people with chronic conditions to receive compassionate care, motivation, and the support needed to manage their chronic conditions on a day-to-day basis.

We offer Stanford School of Medicine's Chronic Disease Self-Management Education Programs to help patients take responsibility for their care and to increase the skills necessary to manage their diseases and work effectively with their health care professionals.

Emphasis is placed on helping patients manage common problems such as fatigue, communicating with friends, family and providers, dealing with anger and depression, and designing and maintaining an appropriate exercise program.

The most important outcome is that through this practice, patients become more confident and are able to combine more active lives with self-management of their chronic illness(es).

These programs are available at no cost and are offered at various locations throughout the community. Adults with one or more chronic conditions are welcome to attend these workshop, as well as their support persons.

Programs offered:

- Chronic Disease Self-Management Program ~ Healthier Living
- Diabetes Self-Management Program
- Tomando Control de Su Salud (Spanish Chronic Disease Self-Management Program)
- Manejo Personal de la Diabetes (Spanish Diabetes Self-Management Program)

Participant Comments:

"I am very happy to inform you that I learned more about chronic condition diabetes in this book than in the 8 to 10 years of my diabetes condition or being diabetic."

"I have found this program useful because it has given me tools to help me work through issues I have inherited with my diseases of high blood pressure, and diabetes."

"This workshop has been a very positive experience for me and I have adopted many of these techniques, which have served to help me manage my pain. In addition, I have become cognizant of the other factors required to improve my overall health – physical activity, my mental attitude about my condition and my diet."

"I learned how good it is to have a group of folks with the same concerns and goals as we have that we can learn to trust and share our most difficult and often secret worries with, and to be encouraged by them; to admit to the group when we have failed to complete our action plan for the week, and to be honest about why we did not complete that plan."

"Before taking this seminar, I was aware that my condition existed but lacked sufficient motivation to act positively. Thanks to the principles covered, I have acquired a clear understanding of what is expected of me and how to manage my disease. I am convinced that the underlying principle and foundation of proper management is the action plan and self-commitment to its fulfillment."

Contact Information:

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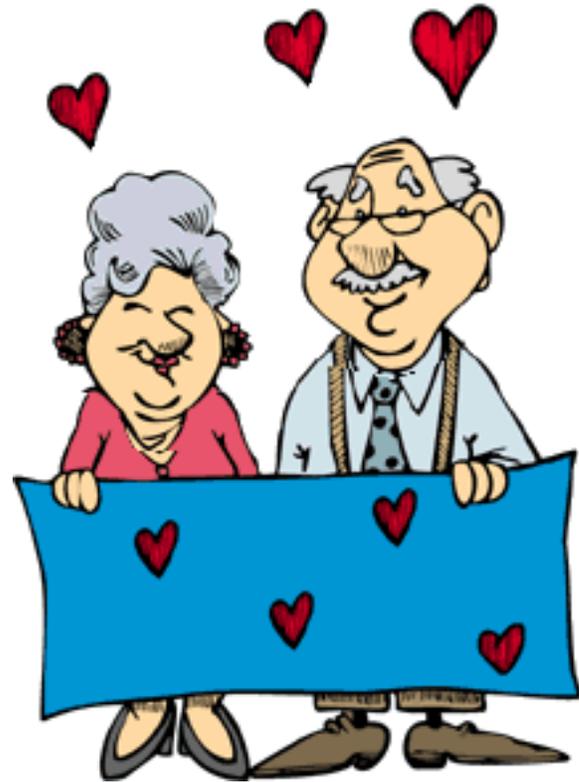
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Senior Respite Service for Grandparents

Who does not have fond memories of their grandparents? East Valley Family Services, in Las Vegas, has fond memories of many grandparents, as for the past ten years we have had the privilege of providing respite care for grandparents who have taken responsibility for raising their grandchildren.

There is only one thing that is common to all of them: they fiercely love their grandchildren. They have taken on the responsibility of raising them and tirelessly work toward their betterment. This is at a time when they should be relaxing and enjoying themselves, not starting parenthood all over again.

That is why Senior Respite for Grandparents, provided through funding from Aging and Disability Services, is so important. The funding provides monthly respite hours so that the grandparent can relax and, hopefully, enjoy themselves. In addition, the grandparent becomes a member of the Grandparent Support Group, which meets quarterly and has become a favorite of both the grandparent and the East Valley staff. Grandparents are also eligible for other services provided by East Valley, such as application assistance and advocacy, food programs



including commodities, TEFAP and Senior Share, as well as assistance with guardianship and school problems. There is also a program designed for special needs grandchildren. The age requirement for the program is 55 or older.

For more information please call Celina at 702-369-3136 or e-mail celina@evfs.org.

SAMS Reminder for Grantees:

Please do not change the Status field in a client's SAMS file to "Inactive." Doing so affects all providers of that client, some of which may be hidden from your view for confidentiality reasons.

Additionally, please do not deactivate Care Enrollments, as other programs may be using the same enrollment as your program.

If your program is no longer serving a client, enter an End Date for your organization's provider listing in the client's file.

If a client has passed away, please send the SAMS ID Number and date of passing, if known, to adsdhelpdesk@adsd.nv.gov.

The Date of Birth (DOB) field is locked once a client's SAMS file has been created and saved. Be sure to enter the DOB before saving and closing the file. Submit additions or corrections to the above email, if necessary.

Nevada's Care Connection in NE Rural Nevada

Access to Healthcare is pleased to serve as an Aging and Disability Resource Center (ADRC) in rural Nevada. The ADRC assists older adults, people with disabilities, family members, and care providers. ADRCs help people of all ages and income levels to receive needed services and supports from start to finish - a "one-stop shop." Some services offered include: information and referral, benefits access and assistance, advocacy, and Options Counseling to help identify current and future needs.

The mission of ADRC is to help people remain as independent as possible with the highest quality of life possible. All while being respectful, efficient, and preserving dignity.

We look forward to helping people as an ADRC site. Our goal is to help people be aware of choices, assist in making informed decisions, and provide easy access to available resources

and programs. The ADRC office is based in Elko and serves Elko, Eureka, Humboldt, Lander, Storey, and White Pine Counties.

ADRC Specialists are available on a walk-in basis in the Elko office or by appointments. If you are unable to come to the office, we can arrange to do a site visit or meet with you at other hosting sites. Call the ADRC hotline to speak to an ADRC Specialist for free, 1-877-861-1893. To locate the other six physical sites around the state please click on the following link: <http://nevadaadrc.com/component/mtree/locations/nevada-adrc-sites/county>.



Useful Web Sites:

State of Nevada - Aging and Disability Services Division	http://adsd.nv.gov NEW!
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.raconline.org
Nevada's Care Connection: A Virtual Resource Center	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



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