



# NEW DIRECTIONS

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

1st Quarter 2014

## A New Direction for New Directions

Cherrill Cristman, Chief, Resource Development

This issue of *New Directions* has undergone a refreshing revision with a new masthead - just in time for spring. For more than a year, Resource Development has been working very closely with other Supportive Services programs, which enhances our constituency's access to vital services. Going forward, Jeff Duncan, Chief 2, Supportive Services will periodically also be writing lead articles for *New Directions*, as will other staff. This will give you a variety of perspectives.



## Positive Funding News for OAA Nutrition Programs

The Aging and Disability Services Division (ADSD) received notification in March 2014 from Administration on Aging/Administration for Community Living (AOA/ACL) on the FY 2014 adjusted funding for the nutrition programs as contained in the FY 2014 Omnibus Appropriations Act. The bill contained additional funding to offset some of the impacts of the first round of sequestration. Positive participation growth is noted growth in nutrition, especially for eligible homebound clients. All other AOA/ACL entitlements, Title III-B, III-D, and III-E continue to be subject to the federal sequester.

*The Aging and Disability Services Division is excited to announce it will host another statewide conference in 2014!*

# SAVE THE DATE!

*"Mission Possible 2.0 – Action Nevada," will continue the learning and collaborations fostered in last year's conference. This year's conference will be in September in Reno, Nevada. More details, the call for proposals and sponsorship information will be available soon at <http://conference.nvadsd.com/>. ADSD staff looks forward to seeing you there!*

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## Volunteering Can Boost Your Health!

### Did you know that volunteering can boost your mental, physical and emotional health?

Studies performed by UnitedHealth Group, Harvard Medical School and Carnegie Mellon University have all discovered that there is a positive relationship between volunteering and improved health. Carnegie Mellon University found that volunteering as little as 100 hours a year can contribute positively to your health. Harvard Medical School reported that when the relationship between volunteering and measures of happiness in a large group of American adults was examined, the more people volunteered, the happier they were. Lastly, the UnitedHealth Group study found that 94 percent of people who volunteered in the last twelve months reported that volunteering improved their mood.

### Opportunities Available

The State of Nevada Aging and Disability Services Division (ADSD) has numerous opportunities for volunteers who have a desire to work with seniors and individuals with disabilities. ADSD has four primary roles that volunteers perform: 1) Counseling, 2) Education and Outreach, 3) Advocacy, and 4) Administrative Support. The good news is that all ADSD volunteers receive the necessary FREE training to prepare them for their roles, and they can receive reimbursement for mileage when the budget permits. The services that ADSD volunteers provide are very valuable to the community. Volunteers take ADSD services into the community and enable thousands of residents to receive: counseling with Medicare healthcare plans; education to help prevent, detect and report Medicare fraud, waste and abuse; assistance with prescription drug subsidy programs; and resources providing chronic disease self management education. ADSD also has volunteers who advocate for residents of long-term care facilities.

### New Statewide Volunteer Coordinator

To recruit these volunteers, ADSD welcomed Millie Thomas as a new staff member in February. Millie will function as the Statewide Volunteer Coordinator. Her primary role is recruitment, retention and recognition of volunteers. Millie is a product of Las Vegas where she has lived many years. She earned a Bachelor's Degree in Business Administration from the University of Nevada, Las Vegas and a Master's Degree in Organizational Management from the University of Phoenix. She has 30 years of work experience in Human Resources and has enjoyed 30 years volunteering, working with children, youth and seniors. Her favorite quote comes from Gandhi, "You must be the change you want to see in the world."

If you know of individuals in the community who want to make a positive difference, have them contact Millie Thomas at (702) 486-2439 or [msthomas@adsd.nv.gov](mailto:msthomas@adsd.nv.gov). ADSD has opportunities for volunteers to capitalize on the mental, physical and emotional health benefits of volunteering.

## Value of Networking

Mary Brock, MJM, Executive Director, Seniors in Service (aka Elvirita Lewis Foundation)

Many of us in the non-profit and service sector struggle to find supplemental funding and program support. Aside from the daily administrative responsibilities involved in serving our seniors, we are challenged to get out into the community to provide education about our programs, encourage more recipients to participate, recruit volunteers to provide services, build collaborations, and gain access to funding support to sustain our organizations and to help our programs grow.

Our Board of Directors (Seniors in Service aka Elvirita Lewis Forum) encourages and supports staff to pursue networking opportunities. We have staff representation with AARP, Caregivers Coalition, Salvation Army Advisory Board, Rotary Club of Reno and Reno Kiwanis Club. We participate in community networking events and fundraisers as well.

Why the background on networking? Well, all the outreach and community networking does pay off. This past August during a Rotary meeting, I was sitting next to a fellow Rotarian and we began discussing the Senior Companion and Elvirita Lewis Respite Voucher Program. He then informed me that he is a trustee for a foundation that likes to support seniors, and suggested that I send him a letter of request. Needless to say, we were thrilled to receive a \$10,000 grant from that Foundation - \$5,000 for direct service through the Senior Companion Program and \$5,000 for direct service through the Elvirita Lewis Respite Voucher Program.

Another great opportunity presented itself this past fall during a lunch meeting with Brent Boynton, News Director for KNPB. He has been interested in doing a feature on senior care and had worked with Janice Ayres from the Rural Counties RSVP program in the past. I shared with him the challenge of getting information out to the public about State of Nevada's Aging and Disability Resource Centers and he became quite interested. I connected Brent with Wanda Brown and it's my understanding there is a piece being done, or may be completed by now, on Lyon County's ADRC.

Networking and "selling" our programs truly can work. Because of the reductions in funding and the uphill battles we face as providers in providing services to as many seniors as possible, we need to think beyond our own programs. Share the valuable contributions other providers make in your respective communities, and toot your own horn as well. Pulling together makes us all stronger as community organizations.

## National Senior Health & Fitness Day

Wednesday, May 28th is the 21st annual national event with this year's theme being

***Make a Move Toward Better Health***

Learn how to host an event by going to the fitness day website at

<http://www.fitnessday.com/senior/index.html>

# Regional Planning Meetings Update

The four Regional Planning Meetings continue with their diversity of goals and objectives for this year, with a shared goal for Transportation improvement. Updates from the February meetings include the following.

**Region 1**, the Las Vegas Regional Planning Group chaired by Marcia Blake, has formed two subgroups – one for Transportation and the other for Nutrition.

Transportation subgroup members began by developing an inventory of all identified transportation services for people age 60 and older within its region. Then they discussed service concerns. It was suggested that all transportation providers begin documenting instances when they are unable to provide a service and the reason. The plan is to share this information with Nevada Legislators.

Nutrition subgroup members also inventoried all sources of nutrition in the planning group area. ADSD funds only two congregate meal programs in the Las Vegas/Henderson area – the Martin Luther King Jr. Senior Center and the City of Henderson. Other meal sites are located in rural Nye, Lincoln and Clark Counties. A centrally located, Title III-C site is needed to provide nutritious balanced meals to the large population of seniors living in the Las Vegas area. The Department of Health and Human Services Grants Management Unit (GMU) has begun its own Nutrition Committee, and subgroup members are considering working collaboratively with the GMU committee.

**Region 2**, the Elko Regional Planning Group chaired by Adell Panning, has two primary goals: to improve access to Respite Care and enhance Transportation options. Much of the meeting activity included catch-up reports by members and then discussion about challenging situations.

**Region 3**, the Carson City Regional Planning Group chaired by Travis Lee, has identified four areas of interest, including Resources Needed, Crisis and Creative Solutions, Collaboration and Communication, and Outreach. The group continues to discuss Transportation. Members had requested more information on Elder Protective Services (EPS) at its November 2013 meeting, so Jill Berntson, ADSD Chief of Elder Rights, presented an expansive overview of the program and answered questions at the February meeting. A key question concerned evenings and weekend emergencies. While EPS responds expediently to all reports, it isn't funded for evening and weekend emergencies. In these cases, Ms. Berntson advised that first responders take seniors to a hospital emergency room for evaluation of the situation and further options.

Subgroup planning has made progress, and groups are distilling ideas into focused, achievable objectives to report at the May meeting. Group members shared much information at the February meeting, and are working together outside of the planning group to assist each other.

**Region 4**, the Reno Regional Planning Group chaired by Susan Harris and Jacob Harmon, is focused on Transportation. Three guest speakers presented information on Transportation in the area. David Jickling, Public Transportation Director discussed the Regional Transportation Commission. Tara Styler talked about Mobility Management and the Tahoe Transportation District. She said the goal of Mobility Management is to set up transportation systems between rural and urban settings; the challenge is coordination between counties. Shandra Anderson, Transportation Coordinator for the Veterans' Administration Hospital in Reno, discussed her resources. She indicated that her program could serve as a model for the Reno Regional Planning Group.

## Major Types of Audit

There are three basic types of audits for programs funded by the Aging and Disability Services Division: Single Audit; Financial Audit; and Fiscal Monitoring.

The Single Audit is a required audit if a grantee expends more than \$500,000 in federal funds during the fiscal year. This threshold increases to \$750,000 on or after December 26, 2014. The Single Audit is a comprehensive audit which is not only a financial but also a compliance audit. When a grantee undergoes this type of audit, the outside auditor looks more closely at the grantee's major federally funded programs. When there are findings and recommendations, the Division auditor reviews these findings to determine if they affect grants funded by the Division. Findings in the audit will be used in determining the risk status of the grantee. If a grantee is required to have a Single Audit, partial costs may be charged to grants funded by the Division, if approved in the grant application. This is in proportion to the total funds expended by the grantee.

A Financial Audit is conducted by an outside auditor. In this audit, the auditor verifies the accuracy of the financial reports. The cost of these audits is unallowable unless approved by the Division. Again, this is in proportion to the total funds expended by the grantee.

A Fiscal Monitoring is an annual review conducted by the Division's auditors. It is a scaled down version of an audit, in which the finances of the grantee are reviewed, and includes a compliance assessment. It can be conducted on-site or performed as a desk audit. Desk audits are usually conducted on special projects or other types of grants funded one-time, e.g. equipment.



## Older Americans Month Theme 2014 Announced

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year focuses on injury prevention with the theme

***Safe Today. Healthy Tomorrow.***

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in millions of medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

Information to help your organization celebrate Older Americans Month will be coming soon and can be found at [http://acl.gov/NewsRoom/NewsInfo/2013/2013\\_12\\_20b.aspx](http://acl.gov/NewsRoom/NewsInfo/2013/2013_12_20b.aspx).

## Housing Assistance Council - Rural Voices

The Housing Assistance Council (HAC) is a nonprofit corporation headquartered in Washington, D.C., helping local organizations build affordable homes in rural America since 1971. The HAC offers services to public, nonprofit, and private organizations throughout the rural United States, maintaining a special focus on high-need groups and regions. HAC also publishes an on-line quarterly magazine called *Rural Voices*.

HAC's fall 2013 edition, which highlights rural senior housing initiatives, has an article by Debbie Dauenhauer, Executive Director of the Southern Nevada Transit Coalition.

The article, entitled "*Providing Successful Transportation Options for Seniors in Rural Communities*," can be found on page 21. It highlights the Southern Nevada Transit Coalition's Silver Rider program, which has previously been featured in *New Directions*. The program being featured in a national publication reinforces the positive contributions Deb and the Silver Rider program. Click on the photo of Rural Voices and it will take you to the HAC website, where you can view or download the pdf version of the magazine.



## SLP Moves to New Office Location

In December 2013, the Southern Nevada Senior Law Program (SNSLP) moved to a new office location in the Wells Fargo Building. The new address is: 530 Las Vegas Boulevard South, Suite 310, Las Vegas Nevada, 89101. This new office provides expanded, professional office space in the

heart of downtown Las Vegas, just two blocks from The Regional Justice Center and the public transportation center. When SNSLP transitioned from a City of Las Vegas program to a 501 (c) (3) in July, 2012, it was necessary to find a new suitable location.

In appreciation for the work performed by SNSLP on behalf of Nevada's seniors, Tony Hsieh (CEO of Zappos.com) and The Downtown Project stepped up and graciously agreed to secure a new location and provide free rent and utilities to SNSLP for a period of five years! The Downtown Project identified the law offices formally occupied by the law firm of Beckley, Singleton in downtown Las Vegas as a perfect fit. This new office location has an expanded training room which offers increased attendance at legal seminars and in house trainings. SNSLP is very excited about the opportunities their new location provides its senior clients!



## Caregiver Collage— A Play About Caregiving

Wednesday, April 16, 2014

Begins at 5:30 p.m. with light refreshments.

We invite you to experience **Caregiver Collage**, a play that brings to life the challenges and joys of caregiving.

Common experiences - caring for an older parent, changing relationships and long distance caregiving - are portrayed through vignettes.

Written by Douglas Hill based on interviews with caregivers, **Caregiver Collage** will be performed in reader's theater style by members of the Las Vegas-based The Speeding Theatre - Over 55.

Immediately following the performance, there will be a conversation with the audience and cast members, moderated by Dylan Wint, MD and Susan Hirsch, MSW. All are welcome to join us for this moving look at the caregiving experience.

**Time:**

5:30-6 pm Light refreshments will be served

6-7:00 pm Performance and conversation moderated by Dylan Wint, MD, and Susan Hirsch, MSW

**Location:**

Cleveland Clinic Lou Ruvo Center for Brain Health  
888 West Bonneville Avenue, Las Vegas, NV 89106

**RSVP Requested:** [keepmemoryalive.org/collage](http://keepmemoryalive.org/collage)

**More information:** Susan Solorzano, [solorzs@ccf.org](mailto:solorzs@ccf.org) or 702.483.6055

**The event is complimentary. Please RSVP to attend.**

# Nevada Senior Services Celebrates RCI REACH: *A Year of Achievement!*

Nevada Senior Services (NSS) held an evening celebration on February 26 to highlight its first year of achievements with the RCI REACH (Resources for Enhancing Alzheimer's Caregiver Health) caregiver support and education program.

First project reports show dramatic improvement in the participating caregivers' health and a decrease in their stress levels. All of these participants recommended the program to other care



Jane Gruner  
ADSD Administrator

Jeff Klein  
NSS President & CEO

Laura Bauer  
RCI Director of National Initiatives

partners. Additionally, they reported that they no longer felt alone, had resources to handle difficult behaviors, learned to take time to take care of themselves, and felt a guilt-free self-transformation that enabled them to continue as loving caregivers.

RCI's Laura Bauer, NSS President and CEO Jeffrey Klein, and ADSD Administrator Jane Gruner made passionate presentations about the need for community-based resources and partners to continue developing and providing programs and services such as

RCI REACH for seniors and their families throughout Nevada.

"RCI establishes local, state, national and international partnerships committed to building quality, long-term, home and community-based services," says Jeff Klein. "RCI believes this begins with providing caregivers with effective supports that promote caregiver health, skills and resilience," he adds.

RCI also believes strongly in the need to provide greater recognition for professional and family caregivers, and focuses on helping caregivers coping with chronic illness and disability across the lifespan.


NSS is one of only four organizations nationally to receive the RCI REACH grant for Alzheimer's/dementia caregiver support and its reports from the program's first year show a resounding program success.

Those attending the evening of celebration included: Laura Bauer, Director of National Initiatives for the Rosalynn Carter Institute for Caregiving (RCI) at Georgia Southwestern State University in Americus, Georgia; ADSD staff; and community partners and caregivers.



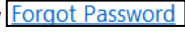
# SAMS

During the transition to include Developmental Services (DS) and Nevada Early Intervention Services (NEIS) into the Aging and Disability Services Division (ADSD), some grantees may have experienced delays relating to SAMS assistance. The SAMS Help email is now functional again. We sincerely apologize for any frustrations and thank all grantees for your patience as we continue this transition.

Information about SAMS and Reporting can be found at <http://www.nvaging.net/> in the Grant Section, .

For assistance with SAMS, please continue to email the ADSD Help Desk at [dsdhelpdesk@adsd.nv.gov](mailto:dsdhelpdesk@adsd.nv.gov) and include "**SAMS Help**" in the subject line to reach appropriate staff. If "**SAMS Help**" is not included, your email will not reach appropriate staff. Include in the body of the e-mail a detailed description of the SAMS problem or question.

Please do not use the Harmony Support - Customer View Tool in the Harmony portal. ADSD provides support to grantees, not Harmony.

All grantees are to use SAMS NextGen (SAMS 3). Do not access the old version of SAMS. SAMS NextGen now has an option to reset user passwords. If you have forgotten your password, click the **Forgot Password**  link on the log-in page. If locked out of the system due to entering an incorrect password multiple times, wait approximately 30 minutes and try again.

## TRAINING and SUPPORT

SAMS training is available through the Nevada Aging and Disability Resource Center (ADRC) website. In addition, links to training are listed below and can be accessed using <http://www.nvaging.net/> by clicking on the **Grants** and **SAMS** Buttons. Users must log into the ADRC website to follow the links. If you have any questions about training, please contact your Resource Development (RD) Specialist directly.

1. Phase 1 Training:  
<https://www.nevadaadrc.com/resources/training-and-education/sams-next-gen-training-link-main>
2. Phase 2 Training:  
<https://www.nevadaadrc.com/sams-201-cbc-a-rd-required-training-videos>
3. Post Training Support Documentation – and for help, go to:  
<https://www.nevadaadrc.com/nextgen-quick-tips-documentation>

# Douglas County Transitioning

In less than a year, Douglas County Senior Services will be housed in a beautiful new Community and Senior Center. The center's ground breaking ceremony was held October 2012, and construction is well underway. The Grand Opening is anticipated for February 2015. An exciting "Topping Out" Party was held on February 27<sup>th</sup>, to celebrate placement of the highest roof beam.

Travis Lee, Senior Services and Transportation Manager, radiates enthusiasm over this project, which he says will make a huge difference for seniors and the community. He says the 83,225 SF center will be located on a 19-acre site at Herbig Park in Gardnerville.

The center will house: a dining room to accommodate 300 people; administrative offices for staff; arts and crafts; a commercial kitchen suitable to support nutrition programs; and space for senior day care and community health services. The community center will also have a dining room and multi-purpose room, with a seating capacity of 500 -600 people.

Fundraising efforts are underway to support the purchase of equipment for the new commercial kitchen.



Left to Right:

John-Michael Mendoza - Deputy, Storey County; Scott Morgan - Community Services/Parks & Recreation Director; Travis Lee - Douglas County, Senior Services & Transportation Manager; April Enloe - Executive Director, Storey County Senior Center; Judith Ferrer- ADSD, Resource Development Specialist; Debbie Enos- ADSD, Resource Development Specialist; Crystal Ravaneli - Access to Health Care, Outreach & ADRC Specialist Storey Co.; Carrie L. Embree - ADSD, Social Services Manager; Jill R. Berntson - ADSD, Elder Rights Chief ; Cathy Steed - ADSD, Advocate for Elders

## Useful Web Sites:

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



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