



Welcome Jane Gruner!
Newly Appointed ADSD Administrator

By Cherrill Cristman, Chief, Resource Development Unit

The Aging and Disability Services Division (ADSD) is extremely delighted to welcome Jane Gruner as the agency's newly appointed Administrator. Jane brings a rich background of public service leadership to ADSD, in addition to her previous experience in private practice as a licensed Marriage and Family Therapist.

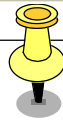
Jane is well known for her significant expertise in building collaborative, solution oriented teams, and for her extensive experience in addressing long term healthcare needs. She has been highly successful in the development and implementation of many innovative programs.

Most recently, Jane served as Deputy Director of Programs for the Nevada Department of Health and Human Services (DHHS), where she had oversight of the Grants Management Unit, the Governor's Office for Consumer Health Assistance, the Suicide Prevention Office and the Early Childhood Systems.

As former Deputy Administrator for DHHS's Mental Health and Developmental Services Division and also as Deputy Director of DHHS, she was involved with integrating programs serving individuals with disabilities and developmental delays with the Aging and Disability Services Division programming. This work continues in her current role.

Jane's career with DHHS dates back to January 1978, when she was first employed as a Professional Teaching Parent. During her time with DHHS she has held the positions of Mental Health Counselor, Community Services Director, and Administrator for Sierra Regional Center.

Prior to 1978, Jane lived in Wisconsin and was a Special Education teacher with the Milwaukee Public Schools. She has a Master's degree in Counseling and Personnel Services from the University of Nevada, Reno, and a Bachelor of Science degree in Special Education from the University of Wisconsin.



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Request for Funds

The Resource Development Unit is working to improve the Request for Funds (RFF) Process and eliminate delays associated with review and approval of requests. Currently, RFF are being reviewed and logged by the Resource Development Special Projects Team.

To avoid delays with receiving funding, please ensure:

- Requests are completed on the current form (on the webpage).
- The form is fully completed.
- A form is completed for each month of request with original signatures. For three months of funds, three forms are completed each with original signatures.

Some common errors that cause delays in funding are:

1. Old or outdated form with “Division for Aging Services” as a header.
2. **Original** or **Revised Request** not completed.
3. Incorrect grant number or amounts.
4. Using cents instead of rounding to the dollar.

Currently, each grantee is required to submit request for funds to the Special Projects Team (on the current Request for Funds Form) with original signatures for each month requested. For any questions on the current process, please visit <http://www.nvaging.net/grants/reporting.htm>.

Please ensure you and your organization are using the most current forms. In addition, any changes to the process will be included on the website as well as emailed to all grantees.

More information to follow for the next funding cycle.

National Prescription Take Back Day

Help older adults and persons with disabilities in your community empty their medicine cabinets of unwanted or expired medications on National Prescription Drug Take-Back Day. The Drug Enforcement Administration (DEA) and its national and community partners are giving the public a chance to prevent accidental overdose, abuse and theft by ridding their homes of potentially dangerous expired, unused, and unwanted prescription drugs.

On **Saturday, April 27, 2013** from 10:00 a.m. - 2:00 p.m., DEA and local partners will hold a National Prescription Drug Take-Back Day at sites nationwide. The service is free and anonymous, no questions asked. In the four previous Take-Back events, DEA in conjunction with state, local and tribal partners collected more than 2 million pounds (1,018 tons) of prescription medications.

If you are interested in partnering with a local law enforcement agency to provide a venue for your community to dispose of unwanted or unused medications click [here](#). You will also find helpful resources to promote this event, such as the [Partnership Toolbox](#).



RTC Launches Downtown & Veterans Medical Center Express Service

In 2012, the Regional Transportation Commission of Southern Nevada (RTC) launched the Downtown & Veterans Medical Center Express (DVX), an express commuter bus transit service from downtown Las Vegas to the new VA Medical Center located at 6900 N. Pecos Rd. in North Las Vegas.

While the VA Medical Center is located outside of the RTC's current fixed-route, residential service area, the RTC has worked with the VA Southern Nevada Healthcare System to ensure that veterans and their families have a public transit option to the facility. Employees of the VA Medical Center will also utilize the DVX, as it is an express service available to all public transit riders.

"The Downtown & Veterans Medical Center Express service makes it possible for thousands of veterans and military families to access the new state-of-the-art VA medical complex," says RTC Commission Chairman Larry Brown. "This is a great example of how public entities can work together to ensure Southern Nevadan veterans and military families have access to both medical and transportation services."



Courtesy photo

RTC transit vehicle sits just outside of the VA Medical Center in North Las Vegas. The RTC launched a commuter bus route from downtown Las Vegas to the center that coincided with the facility's opening in August 2012.

The DVX express service provides commuter transit service from the Bonneville Transit Center to the VA Medical Center with additional residential stops along the route. It operates seven days a week between 5 a.m. and midnight to coincide with the hours of the VA Medical Center.

RTC transit vehicles operating on the DVX route accommodate RTC Americans with Disabilities Act (ADA) Paratransit riders, though the RTC ADA Paratransit service area will not extend to the VA Medical Center.

The RTC is also working closely with various non-profit transportation providers to further enhance the RTC's coordinated transportation network that will provide service to RTC ADA Paratransit customers needing to travel to the VA Medical Center.

Additionally, the RTC provides eligible Veterans with door-to-door transportation service to medical appointments through the RTC's Veterans Medical Transportation Network (VMTN). The service offers a viable option to Veterans throughout the Las Vegas Valley in need of medical transportation to the new VA Medical Center, VA Primary Care Clinics and non-VA medical appointments. Most VMTN trips to the VA Medical Center are coordinated through the DVX via the Bonneville Transit Center.

The RTC is the transit authority, transportation planning agency and regional traffic management agency for Southern Nevada. The RTC's vision is to provide a safe, convenient and effective regional transportation system that enhances mobility and air quality for citizens and visitors. The RTC encourages residents and visitors to use alternate commute modes to help reduce traffic congestion, clean the air and improve the quality of life in Southern Nevada.

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RTC transit service carried nearly 58 million passengers last year and is one of the most efficient transit systems in the nation. For more information on the RTC, visit www.rtcnv.com or use your mobile device to access the RTC's Ride Tracker, a GPS-based, mobile website that enables transit riders to easily see when buses are due to arrive.

The National Resource Center on Nutrition and Aging



All grantees are encouraged to utilize resources available from the National Resource Center on Nutrition and Aging at <http://nutritionandaging.org>. Most of the information is geared towards nutrition programs. However, there are various resources that may be beneficial to all aging services providers, such as grant writing tips and resources for grant seekers, preparing for disasters, strategic planning, news journals and more. The Resource Center's major initiatives include developing the online nutrition and aging library, presenting webinars that promote business acumen, entrepreneurship, collaboration and partnerships under the Momentum Series and facilitating discussion on information exchange.



OLDER AMERICANS MONTH 2013

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's Older Americans Month theme "Unleash the Power of Age!" emphasizes the

important role of older adults. This May, communities across the nation will recognize older Americans as productive, active, and influential members of society.

Although the Aging and Disability Services Division and its partners provide services, support and resources to older adults year round, Older Americans Month is a great opportunity to show special appreciation!



SMP Events

The Senior Medicare Patrol (SMP) program provides information, counseling and assistance services to Medicare beneficiaries, their families and others. Staff and volunteers provide information on how to protect Medicare beneficiary personal information, detect errors as well as potential fraud and abuse, and how to report errors and suspicious activity.

Potential fraud and abuse complaints are reported to the appropriate authorities for investigation. Referrals to other community resources are made as needed.

The following events are locations where the SMP staff/volunteers can be found for the period of April, May, and June. If you have any questions, or would like any information on any of the events, please contact Sherri Shott, SMP Program Assistant at 702-486-4341 or sdshott@adsd.nv.gov.

DATE	EVENT	LOCATION
Mon, April 7 – Tues, April 8	SMP/SHIP Table at CMS National Council for Behavioral Health conference	Caesars Palace, LV
Thurs, April 11	SMP Presentation	Reno Housing Authority – Silverada Manor
Fri, April 12	SMP Presentation	Alice & Harry Goldberg Senior Center
Thurs, April 18	SMP/SHIP Table @ Alzheimer's Conference	Henderson Convention Center
Fri, April 19	Prevent Abuse & Neglect Event w/Nevada Legal Services	RENO – various locations; TBD
Sat, April 20	Lincoln County Community Health Fair	Caliente Fire Station (will also be delivering brochures to Alamo Senior Center and leaving them with the director of the Caliente, Pioche, and Panaca Senior Centers)
	Summerlin Women's & Children's Health Fair	Summerlin Hospital
Mon, April 22	SMP Presentation	Sun City Aliante Community Center
	SMP/SHIP/MIPPA Presentation	Clark County Library
Tues, April 23	PACE (Public Awareness & Community Education) event	Great Basin Community College, Elko
	SMP Presentation	Country Club Apartments, LV
Thurs, April 25	PACE (Public Awareness & Community Education) event	Mesquite – location TBD
	Group Education Training	ADSD, 1820 E. Sahara Ave., Suite 201
Fri, April 26	Prevent Abuse & Neglect Event w/Nevada Legal Services	Pahrump Community Library
	Prevent Abuse & Neglect Event w/Nevada Legal Services	West Charleston Library
Tues, May 14	SMP Volunteer Foundations Training – Chapters 1 & 2	ADSD, 1820 E. Sahara Ave., Suite 201
	SMP Presentation	NLV Social Seniors Meeting, 1638 N. Bruce
Mon, May 20	SMP/SHIP/MIPPA Presentation	Clark County Library
Tues, May 28	SMP Volunteer Foundations Training – Chapter 3	ADSD, 1820 E. Sahara Ave., Suite 201
Wed, June 19	SMP Presentation	Siena Golf Club, LV
Thurs, June 20	Group Education Training	ADSD, 1820 E. Sahara Ave., Suite 201
Mon, June 24	SMP/SHIP/MIPPA Presentation	Clark County Library

HOW DO I
KNOW IF I AM
A VICTIM OF
FRAUD?

WHERE CAN I
FIND HELP TO
PROTECT
MYSELF?



HOW DO I FIND
LOCAL EVENTS
& OUTREACH?

HOW CAN I
BECOME A
VOLUNTEER?



Southern Nevada:

Searchlight Senior Center: Due to financial difficulties, the Searchlight Senior Center ended its home-delivered and congregate nutrition programs on January 31, 2013. The center remains open for various recreational activities, including exercise classes, bingo and pool tournaments. Homebound clients of the Searchlight program were picked up by the Southern Nevada Transit Coalition/Silver Rider, which began delivering meals to those clients on February 1, 2013. Thank you Silver Rider!

Nevada Senior Services: Nevada Senior Services is a recipient of a grant from the Rosalynn Carter Institute for Caregiving for the RCI REACH (Resources for Enhancing Alzheimer Caregiver Health) program. This evidence-based intervention is designed for caregivers of persons with Alzheimer's disease or other dementias to assist them with managing behaviors of their care



recipient, thereby deferring institutionalization, as well as teaching caregivers strategies that lead to improvement of their own health. More information about the program can be gathered by calling 702-648-3425.

Alzheimer's Association, Desert Southwest Chapter: The Alzheimer's Association will be holding its 10th Annual Education Conference in Southern Nevada on Thursday, April 18, 2013. This one-day event will take place at the Henderson Convention Center, and will feature various speakers touching on several aspects of Alzheimer's and other dementias.

Northern Nevada:

Churchill County Senior Center Yearlong 40th Celebration

Churchill County Senior Center staff, volunteers and seniors are looking forward to an entire year of activities to celebrate the facility's 40th anniversary this year. The commemoration was kicked off on Tuesday, February 26th with a number of events including Fallon's Mayor Ken Tedford issuing a proclamation to name the day *Churchill County Senior Citizen Day*. A major community event is tentatively planned for mid-spring. Keepsakes will be available for purchase, an historical timeline and photos from the past will be posted at the center, and articles on the center's history will be published. The public – the young and the “young at heart” – is welcome to join in the festivities and help celebrate 40 years of serving seniors in our community.

SAMS Update for Grantees



SAMS will be upgrading in the near future to SAMS NextGen. It is VERY IMPORTANT that grantees watch their e-mail for information regarding the upgrade and training. E-mails regarding the upgrade and training are being sent from the Nevada ADRC Portal, so make sure your e-mail is set up to accept correspondence from @nevadaadrc.com. Training will be conducted in three phases: Phase 1 requires grantees to view a set of videos online via the ADRC Portal; Phase 2 is online presentation followed up by a survey and Phase 3 will be an optional, user-driven training.

It is mandatory that grantees complete Phase 1 and Phase 2 of the training.



Caregiver Health and Wellness

Studies on caregivers report that compared to their peers, caregivers are at higher risk for developing physical and psychological health conditions as a result of their duties. With the role of caregiver becoming more demanding, requiring certain medical and nursing tasks, more burdens are being placed upon family caregivers to perform these duties. AARP found in a new study that family caregivers providing these medical tasks feel as though they are making a significant contribution to the health of their family member. However, the likelihood of helpless and depressed feelings among these caregivers increased as the number of medical tasks that they performed increased.

Inevitably, an increasing number of individuals will find themselves as caregivers as our population ages. The Administration on Aging projects that persons 60 and older will make up 20 percent of the U.S. population by 2050. With that, services to support family caregivers will need to keep up with the pace. Several ADSD grantees provide programs that are designed to help caregivers manage the stress and burden of their role so that they can continue providing care. Support groups, respite care and evidence-based caregiver interventions are examples of services that are provided to caregivers in Nevada, and anecdotal and statistical data suggest that services like these ease caregiver burden and contribute to a healthier lifestyle for caregivers. In fact, evidence from studies of several interventions suggests those that address the multiple sources of caregiver stress produce a significant improvement in burden, depression and perceived wellbeing and satisfaction.

Programs like these will likely prove to be increasingly critical resources in the community as more family caregivers are relied upon to provide care. However, we also need to take into account that each caregiver's experience is different and the effect that those experiences have on health. Going forward, it is important that we maintain a network consisting of a variety of support outlets for Nevada's caregivers that significantly addresses their needs, contributes to their overall wellness and helps them construct a healthy and balanced way of life.

Useful Web Sites:

State of Nevada - Aging and Disability Services Division	http://aging.state.nv.us or http://www.nvaging.net
U.S. Administration on Aging	http://www.aoa.gov
Find and Apply for Federal Government Grants	http://www.grants.gov
Rural Assistance Center	http://www.raconline.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

