



The Power of Advocacy

By Marilyn Wills, Deputy Administrator

In recent months, the communities we serve - older Nevadans and those with disabilities - have been stressed by the many potential cuts and changes in national, state and local budgets. While certainly not alone in their anxiety, as budgets in all sectors have been cut, tensions have been especially high because many of our clients fall into a category of "most vulnerable."

Comparatively speaking, funding for the majority of programs that support the aging and disability populations in Nevada remains somewhat stable, *although there has never been enough to meet the growing need.* But, in times like these, we find we must be appreciative for the resources available to us.

Much of the advocacy on behalf of these programs came from the strong leaders and supporters of the senior and disability service networks. These advocates labored tirelessly to relate the stories of their clients and to help elected officials and the public understand the importance of maintaining the resilient networks that supply essential services to populations at risk.

Without this advocacy and intervention, the array of services might have been much different. ***We wish to express our gratitude to all of you who played a role in the process!***

As we move forward, however, and tighten our belts, we must continue to strengthen our collaborations and look to activate even more economies of scale. Working together creatively, we will find the mechanisms to meet the needs of those most fragile members of our community.



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Fiscal Update

By Vern Dixon, Auditor III

Accounting for ARRA grant funds

Nutrition programs that have requested American Recovery and Reinvestment Act (ARRA) funding have now received their grant awards. These funds are separate from all other funding sources and must have separate accounting. Additionally, items that programs may have to report are the number of congregate and/or homebound meals served; number of people served; number of jobs created; and number of jobs retained. Once the reporting requirements have been finalized, the programs will be given specific directives on what and where to report this information.

Important things to remember about ARRA funding: (1) These funds are not tied into your Title III funding. This means that ARRA funding will not displace funding that is already provided by Title III. If you receive ARRA funding for both

(See "Fiscal Update" on page 4)



Disability Services

By Todd Butterworth, Chief, Disability Services

We are very excited about the opportunities and challenges that will come with the Division for Aging Services and the Office of Disability Services merger. We have had an opportunity to work closely with the leadership of Aging Services on a variety of issues over the years, including personal assistance services, Olmstead, nursing home diversion and others. It is quite evident that our operating models and service philosophies have many similarities, as do our constituents. In fact, 30% of our independent living clients and 70% of our personal assistance services clients are seniors; so we are already serving many of the same people. It just makes sense that we begin working together very closely to more efficiently serve our community and to build a more seamless continuum of services across the lifespan.

The staff of the Office of Disability Services brings a variety of experience to their work. Our small staff includes professionals with backgrounds in adaptive recreation, social work, vocational rehabilitation, American Sign Language, family care giving, business and, of course, personal disability experience. In the six years since the office was formed, not a single person has left the agency for reasons other than retirement. However, there have been eight retirements among the 17 positions within the office, so the agency has a good mix of experienced personnel and staff who bring a fresh outlook to our mission.

Please see the related story on page 5.

I Heard It on the Radio - ADRC

A grant to assist with the promotion of Nevada's Aging and Disability Resource Centers (ADRCs) was recently awarded to the Washoe County Senior Services Department, one of the Nevada Aging and Disability Services Division's ADRC partners. The grant, which runs through September, will include public information and outreach, marketing campaign development, event planning and coordination, media training for ADRC staff, and social marketing.

Grant coordinator Phil Ulibarri has been meeting with the three ADRC providers and University of Nevada-Reno Sanford Center for Aging to develop the message that will be used in radio commercials and press releases this summer and fall. The ADRC radio commercials will be linked to similar campaigns for child abuse, elder abuse and Family Resource Centers that are already running.

A Reno-area press release was distributed in May for Older American's Month, resulting in senior-related news stories on KRNV Channel 4. The stories can be viewed at www.mynews4.com/story.php?id=2234 and at www.mynews4.com/video.php?articleID=610.



Resistance Exercise Program

Reference: www.nevadaruralrsvp.org

A retired Marine Corps Colonel and veteran of WWII, Korea and Vietnam, Glen Martin, MPA, NC, has dedicated his time over the last 15 years to initiating and expanding the RSVP Resistance Training Exercise Program (RT) for Nevada seniors. He has been successful in recruiting many highly qualified trainers, but many more are needed to help cover the 110,000 square mile area of mostly rural Nevada. Glen and his volunteer team have taught more than 20,000 seniors how to improve their mobility and gain muscle strength with proper exercise, no matter what their age.

Some time ago, Colonel Martin discovered information on a study by Harvard Medical School's Dr. Maria Fiatarone on the excellent results of her resistance exercise program for seniors, that showed that the RT program played a big part in the prevention of strokes, heart attacks, arthritis, diabetes and other disabling ailments that often lead to premature institutionalization. Wanting to avoid the nursing route himself, he began this light weights exercise program himself and ultimately offered it to seniors across Nevada through RSVP. At 91, he is still active as the program's leader and shows no sign of letting up.

In 2002, Glen was presented with the 'Outstanding Rural Counties Volunteer' "Points of Light" award by Governor Kenny Guinn, one of only 4 volunteers so honored in Nevada each year. The \$1,000 award he received went to the RT program to help more seniors.

Call RSVP for more information: 775-687-4680, Ext. 0

Nutrition Programs: ServSafe Certificates

Programs that receive Older American's Act, Title III-C funding for nutrition services are required to have a head cook and program director certified in ServSafe, a nationally-recognized food safety training (Nutrition Service Specifications, Section 2.10). The Division is aware that there is confusion regarding the length of time a ServSafe certificate is valid in our state. The Nevada Restaurant Association has noted that the certificate is only valid for 3 years in Nevada, regardless of the date on the certificate. However, the Washoe County, Carson City and Southern Nevada Health Districts, as well as the State Health Division, have verified that they honor the 5-year date on the certificate. It is the Division's decision that we will also honor the expiration date that is on the ServSafe certificate. Please contact your Resource Development Specialist if you have questions.





Catholic Charities' Changes

By Dawn Davis, Catholic Charities of Southern Nevada

Relocation of various Senior Programs

As of July 1, 2009, the offices of Catholic Charities' Senior Services Programs, which include the Foster Grandparent Program, Respite Care and Supportive Services, Retired and Senior Volunteer Program, Senior Companion Program, and Telephone Reassurance have relocated to:

2075 E. Sahara Ave, Suite C
Las Vegas, NV 89104
Telephone 702-382-0721

The continuity of service given to the seniors in these programs will not be interrupted. Program staff will continue to identify, outreach and train prospective volunteers at the new location.



Catholic Charities
of Southern Nevada

Giving Help and Hope to All People in Need Since 1941

(Continued from "Fiscal Update" on page 1)

congregate and home delivered meals, unexpended funds cannot be transferred. (2) This is one-time funding and must be spent within the grant award period. All funds must be expended, as there will be no carryover. (3) The meals that are provided under ARRA will be reported separately from your Title III-funded meals. However, any ARRA meal that meets the minimum daily nutrition requirement will be counted toward NSIP allocations. (4) Expending these monies must not interrupt providing your Title III meals, as a lesser number of meals may be reported, which will create carryover.

Nutrition Services Incentive Program (NSIP)

The final allocation of NSIP grants for Fiscal Year 08/09 has now been made.

Program Instructions-Nevada (PINs)

PINs have been revised; programs will need to go to the Division's website to review the changes.

<http://www.nvaging.net/grants/pins.htm>

Title V – ARRA funding

Catholic Charities of Southern Nevada has received ARRA funding for their Senior Employment Program.



Office of Disability Services - “Who Are Those Guys?”

By Todd Butterworth, Chief, Disability Services

To borrow a line from the movie “Butch Cassidy and the Sundance Kid,” you might be wondering “who are those guys” (and gals) at the Office of Disability Services, and why is DAS merging with the Office. Maybe a bit of history will help answer this question.

The formation of Nevada’s Office of Disability Services found its genesis ten years ago in Washington, DC. How is that, you might wonder?

In July 1999, the U. S. Supreme Court issued the *Olmstead v. L. C.* decision. The court's decision challenged Federal, state, and local governments to develop greater opportunities for individuals with disabilities to live independently, through more accessible systems of cost-effective, community-based supports.

The *Olmstead* decision interpreted Title II of the Americans with Disabilities Act (ADA) as requiring states to administer their services, programs, and activities “in the most integrated setting appropriate to the needs of qualified individuals with disabilities.” Through this decision, the court at last gave voice to those who asked our government “if you can serve me in an institution why can't you serve me at home?”

The court suggested a state might comply with these ADA provisions by having: 1) a comprehensive, effective working plan, and 2) waiting lists for community-based care that move at a reasonable pace and are not controlled by a state’s objective of keeping its institutions fully populated. A pretty big challenge, but Nevada has done a nice job of responding at all levels of government.

As a result of the Supreme Court’s edict, Nevada’s state legislators appropriated \$150,000 in the 2001 legislative session to develop a 10-year Strategic Plan for People with Disabilities, which would also serve as the State’s *Olmstead* Plan.

Public hearings were held throughout the state with upwards of 400 advocates and members of the public attending. A Disabilities Task Force comprised of people with disabilities, providers, advocates, family members and payers was appointed by Governor Guinn to create a plan. A total of sixty-five people served on planning subcommittees, of whom 68% were people with disabilities or their family members. During the spring and summer of 2002, the Task Force and its subcommittees met 58 times throughout the state to ensure that the plan addressed disability services appropriately and comprehensively.

The 2003 Legislature gave its official endorsement to the final plan and Governor Guinn created a Strategic Plan Accountability Committee to oversee its implementation over the next 10 years.

Yes, but what does this have to do with the Office of Disability Services?

(See “Who Are Those Guys?” on page 6)



(Continued from “Who Are Those Guys?” on page

One of the Plan’s objectives was to establish a state Office of Disability Services. In response, the 2003 Legislature passed Senate Bill 164 to create an agency to coordinate Nevada’s Olmstead efforts and to deliver community-based services to people with disabilities.

A great deal has been accomplished in the intervening six years, despite the expected political and funding hurdles. Through the Department of Health and Human Services more and more Nevadans with disabilities are receiving their services in a community setting. For its part, the Office of Disability Services (ODS) offers many community-based services such as:

- Personal Assistance Services
- Personal Assistance Training
- Assistive Technology for Independent Living
- Assistive Technology Assessments and Training
- Relay Nevada; Communication Equipment Program
- Advocacy for the Deaf and Hard of Hearing; CARE Loans
- Recycled Equipment Program
- Positive Behavior Supports
- Traumatic Brain Injury Rehabilitation
- Oversight of Early Intervention Services

In addition to delivering disability services, ODS is responsible for coordinating and regulating disability services, including;

- Serving as a coordinator of disability policy in the state, and is charged with coordinating Nevada’s implementation of the U.S. Supreme Court’s Olmstead Decision across all relevant State agencies.
- Regulations related to the use of signature stamps by people with disabilities.
- Regulating American Sign Language interpreters and real-time captioning professionals, and for maintaining a web-based registry of these professionals, which is accessible to the public.
- Intermediary Service Organizations (ISOs), which are companies that provide fiscal agent services to people who want to manage their in-home care, instead of having the care provided by an agency. Personal Care Agencies are regulated by the Health Division, and ISOs are regulated by ODS.
- Staffs seven advisory bodies, which are mandated by state or federal statute, and which help to direct the State on a variety of service, planning and policy issues.

The Governor’s Council on Developmental Disabilities is federally vested with a high level of responsibility and autonomy. As a result, it functions as a subsidiary agency of the DHHS Director’s Office and is only co-located with ODS; it has a separate budget account. The Council’s operating model identifies promising programs or service approaches and provides them with short-term funding and technical assistance with the intention of making them self-sufficient over the long term. The council is also very involved in policymaking and the coordination of disability systems. Staff of the Governor’s Council also provides support to the Interagency Transition Advisory Board, which is focused on issues related to high school-to-adulthood transition for youth with disabilities.



Promoting Healthy Homes

From the Office of the Surgeon General

On Tuesday, June 9, 2009, acting Surgeon General Steven K. Galson, M.D., M.P.H. issued ***The Surgeon General's Call to Action to Promote Healthy Homes*** at a press conference from the National Building Museum in Washington, D.C. The *Call to Action* looks at the ways housing can affect health; its release will initiate a national dialogue about the importance of healthy homes.

"The home is the centerpiece of American life," Galson, a Rear Admiral in the U.S. Public Health Service, said during the press conference. "We can prevent many diseases and injuries that result from health hazards in the home by following the simple steps outlined in this *Call to Action*."

Some examples outlined in the *Call to Action* include preventing falls by taking measures such as installing grab bars in showers and preparing a fire escape plan. Falls are the leading cause of injury deaths among older adults.

"Good health begins at home. Home is the place that most families connect, talk, and make decisions about their health," said Dr. Howard Frumkin, Director of the Centers for Disease Control and Prevention's National Center for Environmental Health within the Agency for Toxic Substances and Disease Registry. "Ensuring that the nation's homes are safe, healthy, affordable, accessible and environmentally friendly will have a direct, immediate and measurable effect on the health of the nation."

The *Call to Action* also highlights the need for research that links housing conditions with specific health outcomes and that highlights the impact of disparate access to safe, healthy, affordable, and accessible homes. The outcomes of this research should result in tangible improvements to people's lives by translating practice into policy.

Please visit www.surgeongeneral.gov for more healthy home information, to download *The Surgeon General's Call to Action to Promote Healthy Homes*, or to listen to a podcast from the Acting Surgeon General.

To order a printed copy of *The Surgeon General's Call to Action to Promote Healthy Homes*, call 1-800-CDC-INFO or email cdcinfo@cdc.gov and reference the publication title.

Please also visit: www.cdc.gov/healthyhomes and www.hud.gov/healthyhomes.

TIPS FOR A GREEN HOME

A green home uses less energy, water, and natural resources and creates less waste than a standard home. It can also be healthier for the people living inside.



[More >>](#)



Advocate for Elders Now Available in Elko Office

By Barbara Barrett, Long Term Care Ombudsman

Greetings from the northeastern Nevada frontier. My name is Barbara Barrett. I am now serving on a part-time basis as the Advocate for Elders in the Division's Elko office, which serves Elko, Eureka, Humboldt, Lander and White Pine Counties.

It was 10 years ago when I first began working for the Division for Aging Services, which has since been renamed the Aging and Disability Services Division, as both a Community Ombudsman and Long Term Care Ombudsman. Eventually, the Long Term Care Ombudsman job demands grew and it became a full-time commitment. Significant changes to that program over the past year made time for me to reassume the duties of a Community Ombudsman, now known as an Advocate for Elders.

Advocate for Elders? What is that? Well, it starts with identifying our clients' unmet needs. Do you know a senior who needs help getting to and from doctor appointments? Perhaps you know an elderly person who needs help with housework, grocery shopping, or with finding financial assistance programs to make their dollars stretch farther. I can provide information about these and similar senior service resources.

Information and referral is not the only service provided by the Advocate. Clients do not always know what to do with the information once they've received it. Many need additional help navigating health and welfare systems, such as Medicare, Medicaid and Social Security. I can help seniors unravel the mysteries of these programs by providing education and assistance.

Advocates for Elders also provide advocacy to help resolve a problem, such as a tenant/landlord dispute or a billing error. Therefore, I will examine such problems and attempt to reach a fair resolution on the senior's behalf, although a favorable outcome is not always achieved or viable.

My primary goal, as it relates to the Division's grantees, is to visit all of you within the northeastern Nevada service area over the coming year. It is important to me to become familiar with the people I work with and to find out what you do. Your services are the backbone that supports senior independent living in your communities.

Why do I like doing this job? It may sound cliché, but I like meeting and working with seniors. They have such rich histories and interesting stories to tell. Seniors in Rural Nevada have an unrelenting desire for independence and will endure almost anything to maintain it. Most of them do not expect you to give them anything except a smile and a kind word or two. I am always amazed at how grateful they are when you help them to improve the quality of their lives, even if it is just a little. This is what keeps me here. I am very happy for the opportunity to travel full circle and return to working with seniors in the community.

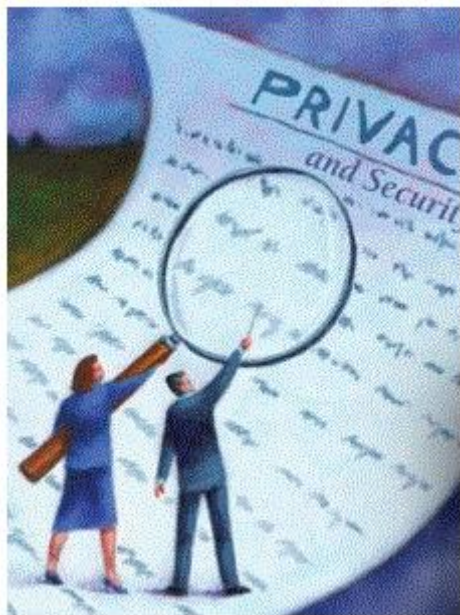
Advocate for Elders are also available in the Las Vegas and Reno Regional Offices.



Compliance with the Notice of Privacy Practices

Technical Assistance: Compliance with the General Service Specifications, Section 2

During a program assessment, your Resource Development Specialist will verify compliance with the *Notice of Privacy Practices*. The following technical assistance provides guidance toward compliance for this grant *requirement*.



The General Service Specifications state that each client must be provided with a *Notice of Privacy Practices*, as made available by the Aging and Disability Services Division, unless the client has received the Notice from another Division-funded program, as noted in SAMS.

Section 2 of the General Service Specifications for Older American's Act and Independent Living Grant funding sources reference the *Notice of Privacy Practices* requirements. They can be viewed at: http://www.nvaging.net/grants/serv_specs/service_specifications.htm

The *Notice of Privacy Practices* is a two-page set of information available in both English and Spanish. It can be accessed at:

<http://www.nvaging.net/grants/sams/samsforms.htm>

The send out date or the date the *Notice of Privacy Practices* must be given to the client, and must be noted in the user field in SAMS. This should be done at the time of registering the person for service and at the time of recertification. When entering the *Notice of Privacy Practices* date into SAMS, use the following steps:

1. Create a file for a new consumer or open an existing client's file in SAMS
2. Click on Details, then on User Fields
3. Click on Add User Field
4. Choose Privacy Practices from the drop-down menu.
5. In the Value field, enter the date the Notice of Privacy Practice was sent or handed to the client.

Please contact your assigned Resource Development Specialist if you have questions.

New Name and Email Addresses for the Division

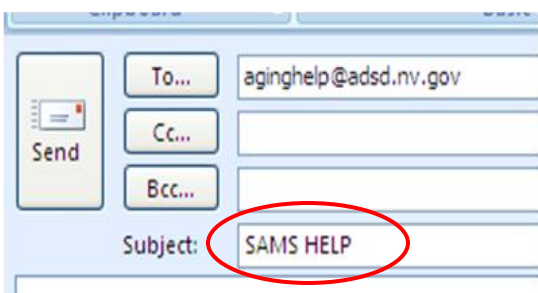
Pursuant to changes made by the 2009 Legislature, the Office of Disability Services, Disability Rx and Senior Rx have been moved into and merged with the Division for Aging Services as the new **Aging and Disability Services Division (ADSD)**.

Email addresses for agency staff have also changed. The extension is now 'adsd.nv.gov' instead of 'aging.nv.gov' (i.e. dascc@adsd.nv.gov). Please update your records accordingly.



Quarterly SAMS Tip

For SAMS questions and user assistance, send an email to aginghelp@adsd.nv.gov with **SAMS HELP** listed in the email subject line. If **SAMS HELP** is not listed in the subject line, delays in resolution or answering will result. This has been set up to track SAMS-related issues in order to better serve grantees and offer solutions to common concerns.



The Aging and Disability Services Division provides general SAMS guidance and assistance. Grantees are expected to develop internal procedures and documentation specific to their program(s) and their usage of SAMS for staff to replicate. The Division cannot retrain staff during program turnover. Grantees should have sufficient materials available for staff to follow that is specific to their program(s). Tutorials are also available at www.nvaging.net/grants/sams/main.htm.

In Tribute:

We at ADSD would like to pay special tribute to Kathryn Douglass, former Director of the Virginia City Senior Center. Kathryn passed away on Tuesday, June 30. Kathryn served Virginia City for a number of years and she demonstrated total dedication to the seniors of Storey County and to her duties in general. She will be fondly remembered by those who knew her and terribly missed by those who knew her well. She was a unique individual, very caring and ever giving. Kathryn was a talented wordsmith, her communications were always embellished with her talent; one of her favorite salutations for one of her friends at the Division was: "take exquisite care of yourself."

Useful Web Sites:

State of Nevada - Aging and Disability Services Division

<http://aging.state.nv.us>

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 (ADRC)

<http://www.nevadaadrc.com/>



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