

The attached document was submitted to the
Washoe County Board of Commissioners during
the meeting held on 3/13/18.
by Jeff Klein
for Agenda Item No. 3
and included here pursuant to NRS 241.020(8).

NEVADA SENIOR SERVICES

Programs & Services



Nevada Senior Services



New Pathways Café

CONNECTIONS

Early & Moderate Memory Loss Programs.

FREE COMMUNITY PROGRAMS :

GAP Comprehensive Geriatric Medical Assessment Program & Wellness Outreach

- Healthy Living up 2 Me
- Be Well Series
- Aging Mastery



Home Safety Modification Program



RESPIRE CARE & SUPPORT SERVICES

Caregiver Support Programs at the Adult Day Care Centers of Las Vegas & Henderson



Care Consultation

Phone Support for Caregivers & Individuals with Health Challenges

CARING for YOU, CARING for ME

Education & Support for Family & Professional Caregivers

RCIREACH - Skills2Care Operation Family Caregiver

Caregiver coaching & support programs with a focus on dementia, OT strategies or newly returned service members & veterans

702-364-2273

Nevada Care Connection



Nevada Senior Services
www.nevadaseniorservices.org

Adult Day Care Center of Las Vegas
901 North Jones Boulevard
Las Vegas, NV 89108
Phone (702)648-3425
Fax (702) 648-1408
www.adultdaycarelv.org

Adult Day Care Center of Henderson
201 Nevada State Drive
Henderson, NV 89002
Phone (702)368-2273
Fax (702) 243-2273
www.adultdaycarehenderson.org

Nevada Senior Services is a nonprofit 501 c 3 organization dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging. Nevada Senior Services is an equal opportunity provider and operates with the support of Nevada ADSD and the Child and Adult Care Food Program.

NEVADA SENIOR SERVICES

ADULT DAY CARE CENTERS OF LAS VEGAS & HENDERSON



SENIOR ADULT WELLNESS & CARE PARTNER PROGRAMS



HONORING OUR MOTHERS & FATHERS
with a dedication to community living with independence & dignity

Enriching lives:

Keeping a loved one at home as long as possible is a goal that many of us share. We strive to become an extension of your home environment with caring, personalized service, helping to avoid or postpone institutional admission by bridging the gap for caregivers with compassionate, professional respite care.

The Centers provide help to caregivers:

- A respite from 24 hour responsibility
- An alternative to expensive in-home care
- The ability to keep your loved one at home longer
- The assurance your loved one receives nursing supervision and social interaction



Adult Day Care Centers of Las Vegas & Henderson are committed to a Community of Caring

Extended Open Hours
Monday - Friday, 6:30 am to 6:30 pm
Saturday 8:00 am to 6:00 pm
Sundays (L.V. only) 7:30 am to 6:00 pm



Our Centers provide a comprehensive program that features:

- **Diverse activities**, recreation programs and daily live entertainment - all designed to renew enthusiasm for life
- **Opportunities** to develop new friendships in a stimulating and supportive environment.
- **Supervision** and care for all day in a specially designed environment of safety and comfort
- **Individualized care** by a well-trained, concerned team of professionals
- **2 meals & snacks daily** – special diets and nourishment support is accommodated

Call us now about helping you care for your loved ones and schedule your appointment to tour our facilities
(702) 648-3425 Las Vegas
(702) 368-2273 Henderson

Our Adult Day Care Services are designed for individuals with:

- Physical challenges
- Cognitive problems such as dementia, confusion, and Alzheimer's disease
- Special medical needs such as diabetes or hypertension
- Neurologically related problems such as Parkinson's disease, MS, post-stroke, or traumatic brain injury



Individualized Care Plans:

Each of our participants have their own comprehensive, coordinated treatment plan, developed in consultation with the participant's private physician.

Our well-trained, team of professionals includes:

- Nurse
- Social worker
- Activity specialist
- Certified nursing assistants



Energy
Creativity
Connectivity

New Pathways Café & Connections
 Programs have a nominal session charge and financial assistance may be available to qualified applicants.

OUR STRATEGY

Nevada Senior Services offers a comprehensive range of quality programs, education and resources, designed to maintain physical, spiritual and emotional health through innovation, evidence-based results and best practices.

WE CARE

Nevada Senior Services' Social Work Staff is here for you and your family. We offer assistance, support and information through Nevada Senior Services' social work and community programs. Please contact us if you need help. We are here to serve you.

Are you or someone you know experiencing changes in memory?
 Early intervention can help.

New Pathways

Café
and
Connections



Nevada Senior Services
 901 N. Jones Boulevard
 Las Vegas, NV 89108
(702) 648-3425

www.nevadaseniorservices.org

OUR MISSION

Nevada Senior Services is a non-profit 501 (c) 3 organization providing compassionate care and services to adults and their caregivers, facing the challenges of chronic diseases, disabilities, and aging to remain in the community with dignity.

Nevada Senior Services
Memory Loss Programs



“In memory everything seems to happen to music.”

-Tennessee Williams

(702) 333-1538

New Pathways



Accepting Applications
Thursdays—9:00 am to 12:30pm

A program for people with early memory loss and their families.
Each session lasts for 16 weeks.

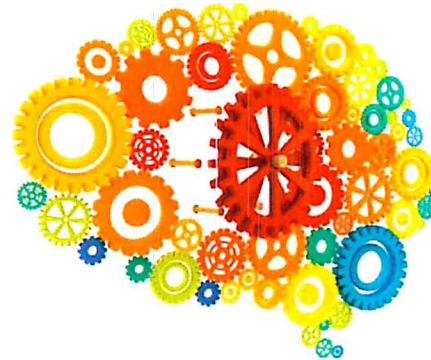
Weekly Programs Include:

- Group Discussions
- Memory Strategy Techniques
- Art
- Music
- Movement
- Continental Breakfast & Snacks
- Care Partner Support

Located at Temple Sinai
9001 Hillpointe Road
Las Vegas, NV 89134

Program Benefits:

- Learn memory tools
- Improve knowledge about memory
- Enrich mental and physical wellbeing
- Connect with supportive resources
- Join with others in a positive setting



Connections

A program for people with moderate memory loss and their families.

Located at Adult Day Care Center of Las Vegas
Fridays 9 am—2:30 pm



Weekly Themed Programs:

- Art Projects
- Creative Dance
- Chi Kung
- Good News
- Music
- Breakfast & Lunch



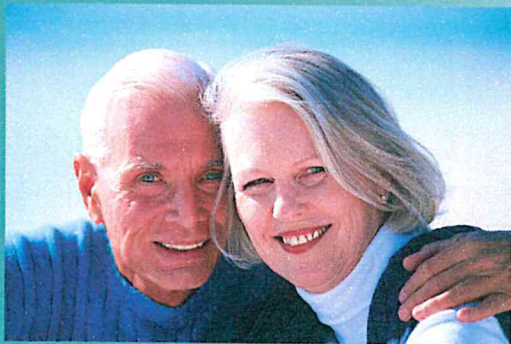
THANK YOU...

New Pathways Café /Connections project was developed with seed funding from the Brookdale Foundation and continuing support through contributions from The Women's Club of Sun City Anthem, M Resort Spa and Casino, Temple Sinai Las Vegas and Nevada Aging and Disability Services Division.

COMPREHENSIVE GERIATRIC ASSESSMENT

INCLUDES:

- ◆ COMPLETE GERIATRIC MEDICAL EXAM
- ◆ NURSING HEALTH REVIEW
- ◆ OCCUPATIONAL THERAPIST EVALUATION
- ◆ LICENSED SOCIAL WORKER SESSION
- ◆ MOOD & MEMORY SCREENING



BE WELL SERIES

WORKSHOPS • HEALTHY MEALS
COMMUNITY WELLNESS PRESENTATIONS



Nevada Senior Services is a non profit ,
501(c) 3 organization operating the Adult Day Care
Centers of Las Vegas and Henderson and other
community programming to support seniors and
adults with disabilities in their effort to remain
healthy and thriving in the community. **GAP** is
made possible through funding from the
**Nevada Aging & Disability Services
Division.**

Adult Day Care Center of Las Vegas

Tuesday Clinic

901 N. Jones Blvd.

Las Vegas, Nevada 89108

Phone (702) 648-3425

Fax (702) 648-1408

Direct Info (702) 333-1546

www.nevadaseniorservices.org

Adult Day Care Center of Henderson

1201 Nevada State Drive

Henderson, NV 89002

Phone (702) 368-2273

Fax (702) 243-2273

For Appointments

Call

(702) 368-2273



GAP

Geriatric Assessment Program

A

*FREE

**COMPLETE
MEDICAL
EVALUATION
& WELLNESS
PROGRAM**

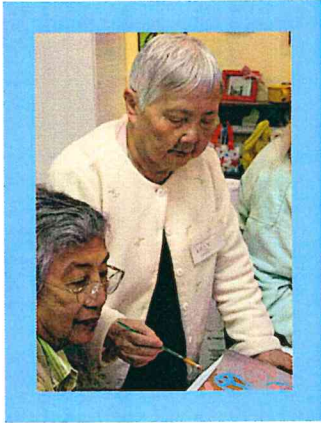
FOR

SENIORS





A Comprehensive Approach to Healthcare for Healthy Aging...



Why Do Seniors Need a Geriatric Assessment?

Things can change as we age – A fall, a hospitalization, multiple chronic conditions, changes in memory, fluctuations in metabolism, etc. Many illnesses that commonly affect the older adult are manageable with lifestyle changes, diet modification, exercise, medication management and an individualized plan of services and support.

You have **TIME** to talk to a **Doctor, Social Worker, Occupational Therapist & Nurse**

Through the Nevada Senior Services team approach, Southern Nevada's finest healthcare providers, individuals and their families work together to improve and maintain the highest quality of life for men and women in our community.

In-Depth Evaluations Include:

- Fall Prevention
- Memory Loss
- Mobility
- Current and Past Illnesses
- Depression & Emotional Health
- Impaired Vision or Hearing
- Nutritional Concerns
- Medication Review
- Home Safety
- Caregiver Network and Services
- Daily Living Activities
- Recent or Impending Life Changes

(702) 368-2273



Why Choose the Geriatric Assessment Program (GAP)?

The program provides a “no wrong door” approach to senior healthcare. Clients are assessed by a team of the finest Geriatricians, Social Workers, Occupational Therapists and Nurses in Southern Nevada.

Comprehensive Geriatric Assessment encompasses all of the clients' diseases, disabilities, cognitive abilities, medications, self-care behaviors, health-related lifestyle habits, psychological conditions, environmental risks, family and/or friend support systems.

Will I have to change my Primary Care Physician?

No, GAP will send all reports to your primary care doctors as directed. Nevada Senior Services' GAP Program can save you and your physician valuable time by completing detailed intake assessment reports required by adult day care and other health facilities. GAP is an evaluation program. GAP physicians make recommendations; they do not order tests or write prescriptions.



Aging Mastery Program®

National Council on Aging



10 courses in a five-week program:

Navigating Longer Lives • Exercise and You

Sleep • Healthy Eating and Hydration

Financial Fitness • Advance Planning

Healthy Relationships • Falls Prevention

Medication Management • Community Engagement

Join the Adventure!



Contact:

Ellen

Grossman

Nevada Senior Services

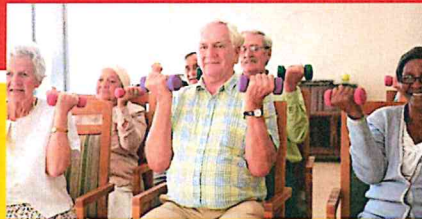
(702)

333-1546



Registration limited to 10 people per workshop

STAY STRONG, STAY HEALTHY



Stay Strong, Stay Healthy is an evidence-based strength training program designed for older adults. This Free, Bi-weekly, Eight-Week program includes 16 one hour exercise classes.

Strength Training keeps your body and mind functioning at their best.

Benefits of Strength Training:

- Increases Muscle Strength
- Improves Balance
- Enhances Flexibility
- Strengthens Bones
- Relieves Arthritis
- Helps Control Weight
- Lifts Depression
- Reduces Stress
- Reduces Risks for Heart Disease

Stay Strong, Stay Healthy is a program of the University of Missouri Extension, adapted from the Strong Women Program John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy 2008 ©Tufts University Boston, MA.



nevadaseniorservices.org

Nevada Department of Health and Human Services
Aging & Disability Services Division

Eat, Laugh & Be Well...

This 2 hour program will include lunch and a tour of Relaxation, Nutrition, Laughter, Stretching and Wellness opportunities for senior adults. Eat, Laugh & Be Well is a fun introduction to Seated Yoga, Laughing Yoga, and Chi Kung. Appropriate for ANY fitness level everything can be done while seated!



**Free Wellness
Programs For
Seniors 60+
A healthy lunch
& learn!**

**Eat, Be
Happy &
Be Well..**



This 2 hour program includes a FREE "Super Foods" meal prepared by a Nevada Senior Services' chef, an educational presentation, "Keeping the Blues Away" and a "HaPpY" seated dance program

**Call 702-333-1546 for information or
reservations for a workshop in your area**



This Free Program is made possible through support from the
Nevada Aging and Disability Services Division



- Accessibility
- Capability
- Adaptability
- Safety
- Design

Nevada Senior Services is a nonprofit 501 c 3 organization dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging.



RAMP

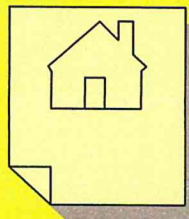
RENOVATE • ACCESSIBLE • MOBILITY • PREVENTION

A Nevada Senior Services Program

Affordable Solutions for Home Modifications for Safety & Independence



RAMP home modification program provides an experienced specialist to visit your home and develop a design plan with the goal of helping you function safely and independently in your living space. At RAMP, we design modifications to the highest standards of function, safety and aesthetic appeal.



If you need to modify an existing home or apartment or are moving to a new location, our specialists can meet

with your contractor to develop a plan to meet your requirements prior to construction.

Nevada Senior Services

♦ **RAMP**
 (702) 538-8743
 (702) 648-3425 ext.225
www.rampnv.org

• **Adult Day Care Center of Las Vegas**
 901 N. Jones Boulevard
 Las Vegas, NV 89108
 (702) 648-3425

• **Adult Day Care Center of Henderson**
 1201 Nevada State Drive
 Henderson, NV 89002
 (702) 368-2273
www.nevadaseniorservices.org

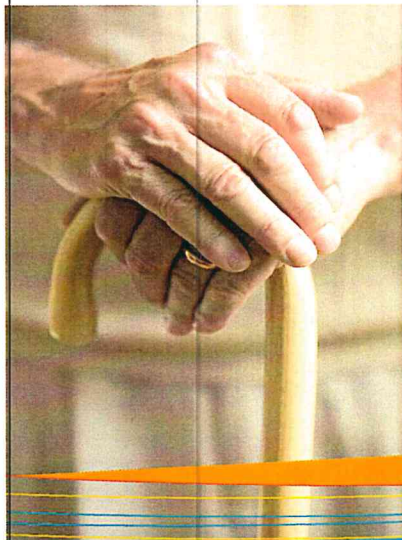
(702) 538-8743
www.rampnv.org

NV Contractor's License # 0077876
 NV MHD License # R1031
RAMP is funded through a grant from the Nevada Aging and Disability Services Division

Adapt your space to live independently and safely in your home



RENOVATE • ACCESSIBLE • MOBILITY • PREVENTION



Elements of a Home Modification Plan:

- ◆ Grab bars in bathrooms
- ◆ Handheld showerheads
- ◆ Adaptable faucets
- ◆ Walk-in showers
- ◆ Handrails for stairs
- ◆ Adjustments to cabinets
- ◆ Ramps
- ◆ Widened doorways and entry



Home Modifications Example Include:

- ◆ Remodeling & Renovation
- ◆ Home Safety & Fall Prevention
- ◆ Pre-Construction Consultation
- ◆ Lifespan Design
- ◆ Adaptive Equipment
- ◆ Universal Accessibility

The **RAMP** process :

- ◆ Contact our center and arrange for an appointment with a consultation specialist. Typical appointments last approximately one hour
- ◆ After a thorough assessment, you will be provided with a report of recommendations to increase the accessibility, mobility and safety in your home
- ◆ A skilled, RAMP home modification specialist can be scheduled to complete the project or our consultant can work directly with your contractor
- ◆ Our specialists will provide pricing and if requested, funding information



Call (702) 538-8743





HEALTHY LIVING UP 2 ME

A six-week workshop developed by Stanford University is an evidence-based program for people living with chronic conditions or caregivers of someone with a chronic condition.



Learn to cope with fatigue, pain, stress and depression. **Increase** knowledge of nutrition, exercise and medication usage. **Improve** communication skills and **Achieve** weekly goals.

(702) 333-1546

For Workshop Info and Schedule
nevadaseniorservices.org
nvhealthyliving.org

What Care Partners Should Know...

Studies show Dementia Caregivers are at increased risk for:

- ◇ Depression
- ◇ Vulnerability to Illness
- ◇ Financial Loss
- ◇ Social Isolation
- ◇ Anxiety, Upset, Feeling Overwhelmed
- ◇ Increased Mortality



We CARE ...

Nevada Senior Services Social Work Staff is here for you and your family. We offer FREE assistance, support and information at the Adult Day Care Centers of Las Vegas and Henderson. Please contact us if you need help or a hug. We are here to serve you.

Nevada Senior Services

Care Partner Institute

(702) 364-2273 (844) 850-5113

toll free

Adult Day Care Center of Las Vegas

901 N. Jones Boulevard
Las Vegas, NV 89108
Phone (702) 648-3425
Fax (702) 648-1408

Adult Day Care Center of Henderson

1201 Nevada State Drive
Henderson, NV 89002
Phone (702) 368-2273
Fax (702) 243-2273

www.nevadaseniorservices.org

Several programs are made available through the support of NV Aging & Disability Services Division

Nevada Senior Services

Programs for CARE PARTNERS



Nevada Senior Services is dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging.

"It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself."

-Ralph Waldo Emerson

REACH

HELP IS IN REACH

RCI REACH is a FREE PROGRAM for family caregivers of persons with Alzheimer's disease or other forms of dementia

RCI REACH is an in-home, tailored, caregiver support program consisting of 12 individual sessions in home and by telephone over a six-month period

RCI REACH provides evidence-based education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress

Skills₂Care[®]

Occupational therapy strategies for caregivers of people with memory loss

Operation Family Caregiver (In 2017)

Coaching & support for caregivers of newly returned service members & veterans managing difficult transitions

Care Consultation

Caregiver Phone Support



Care Consultation is a **FREE**, telephone-based information and support service for caregivers across the lifespan. Care

Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being.

CARING for YOU CARING for ME

A five-part series addressing the needs of family and professional caregivers by bringing them together in a relaxed setting to discuss common issues, share ideas, and gain a better understanding of each other's perspective on what it means to be a caregiver.

FOR INFORMATION AND
REGISTRATION CALL OUR
CARE PARTNER INSTITUTE
(702) 364-2273 or
Toll Free
(844) 850-5113



RESPIRE CARE & SUPPORT SERVICES

is available to care partners for a few hours a week to allow personal time and a break from 24 hour caregiving. Our professional and friendly staff are at your service for necessary errands, caregiving and companionship for loved ones. This program is free to qualified families.

CALL (702) 333-1599

Support
Learn
Grow



FREE Caregiver Support Groups for families living with Alzheimer's & other dementias

Adult Day Care Center of Las Vegas*
1st Wednesdays 10:00 - 11:00 am
3rd Wednesdays 10:00 - 11:00 am

Adult Day Care Center of Henderson*
2nd Tuesdays 10:00 - 11:00 am
4th Tuesdays 10:00 - 11:00 am

** **Please call Centers to RSVP**

BRI Care Consultation™ is a licensed product of the Benjamin Rose Institute on Aging
RCI REACH, OPERATION FAMILY CAREGIVER & CARING for YOU, CARING for ME are programs from the Rosalynn Carter Institute for Caregiving (RCI). Skills₂Care[®] is a program from Jefferson College of Health Professions.

PROGRAMS ARE MADE AVAILABLE THROUGH THE SUPPORT OF NV AGING & DISABILITY SERVICES DIVISION

**We are here to
HELP...**



Celeste Graham

Nevada Senior Services
Lead Care Consultant

For Information on
FREE Enrollment

Call or email

(702) 364-2273 or
toll free (844) 850-5113

ccrc@nevadaseniorservices.org

Hours:

M-F 8:00 AM—4:30 PM

What Care Partners Should Know...

Studies show caregivers are at increased risk for:

- Depression
- Vulnerability to Illness
- Financial Loss
- Social Isolation
- Anxiety
- Increased Mortality

We CARE ... Nevada Senior

Services is here for you and your family. We offer FREE assistance, support and information. Please contact us if you need help or a hug. We are here to serve you.
www.nevadaseniorservices.org

Nevada Senior Services, Inc.

901 N. Jones Boulevard
Las Vegas, NV 89108
Phone (702) 648-3425
Fax (702) 648-1408

Nevada Senior Services

**Care
Consultation**

Caregiver Phone
Support



A **FREE** telephone support program for caregivers of individuals, throughout the lifespan, living with a chronic condition. Care Consultants offer support to empower, educate and improve overall wellbeing.

For Information & Enrollment in your area:
www.nevadaseniorservices.org or call Celeste Graham (702) 364-2273 toll free(844) 850-5113

What is Care Consultation?

Care Consultation is a telephone-based information and support service for caregivers across the lifespan. Care Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being.



Convenience...

You don't have to leave your home to use Care Consultation. All sessions take place over the phone.



Key Features

- **Participants engage in telephone sessions with a Care Consultant over a period of 12 months**
- **Individuals and their Care Consultant work together to identify and better understand issues of concern**
- **A customized plan is developed with specific action steps**
- **Personalized coaching is provided to support and empower participants by addressing and resolving issues**

Common Concerns:

- Accessing community-based services
- Building a support team
- Assessing home safety
- Managing communication and behaviors
- Attending to legal & financial issues
- Planning for future care
- Reducing social isolation
- Addressing other care-related concerns

BRI Care Consultation™ is a licensed product of the Benjamin Rose Institute on Aging. Care Consultation is made available through the support of NV Aging & Disability Services Division.





For REACH info Call (702) 364-2273

Adult Day Care Centers
of Las Vegas and Henderson
901 N. Jones Blvd., Las Vegas, NV 89108
(702) 648-3425
1201 Nevada State Dr., Henderson, NV 89002
(702)368-2273

www.nevadaseniorservices.org

REACH Out...



Nevada Senior Services is a nonprofit organization operating the Adult Day Care Centers of Las Vegas and Henderson and numerous other community programs including RCI REACH.

The RCI REACH program was developed by the Rosalynn Carter Institute for Caregiving (RCI) at Georgia Southwestern State University and is made available through the support of Nevada Aging and Disability Services Division.



"There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers."

- Rosalynn Carter

CARING FOR A LOVED ONE WITH ALZHEIMER'S DISEASE OR DEMENTIA?

Help is in REACH



Call
(702)364-2273

Help... Hope... Support.

Compassion, Care & Understanding



According to Laura J. Bauer, Director
of National Initiatives for the RCI,

“Family caregivers are the true backbone of the long-term care system in the United States. The aim of the RCI REACH program is to assure that these caregivers receive support services that have been proven clinically effective in reducing the burden and depression associated with caregiving.”

Program Objectives:

- Improvement in overall caregiver health and depression
- Reductions in feelings of burden from caregiving
- Improvement in management of troubling behaviors of the care recipient
- Keeping seniors in the community, with dignity to avoid institutionalization

RCI REACH
(Resources for
Enhancing Alzheimer
Caregiver Health)

RCI REACH
is a FREE PROGRAM for
family caregivers of persons
with Alzheimer’s disease or
other forms of dementia

RCI REACH
provides evidence-based
education, a focus on safety
for the patient, support for
the caregiver, and skills
building to help caregivers
manage difficult patient
behaviors and decrease their
own stress.

RCI REACH
is a tailored, one-on-one,
caregiver support and
educational program
consisting of 12 individual
sessions in the home and by
telephone over a six-month
period.



The Beautiful Artwork that appears in this informational brochure was provided by participants in the Creative Arts Program at the Adult Day Care Centers of Las Vegas and Henderson.



Corinne Trenholm, OTR/L



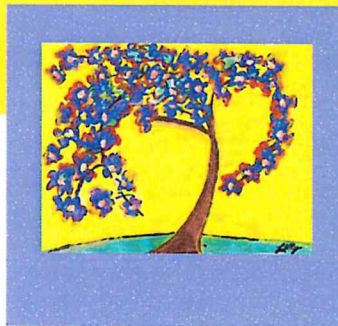
**For Info Call (702) 364-2273
Toll Free (844) 850-5113**

**Adult Day Care Centers
of Las Vegas and Henderson
901 N. Jones Blvd., Las Vegas, NV 89108
(702) 648-3425
1201 Nevada State Dr., Henderson, NV 89002
(702)368-2273**

www.nevadaseniorservices.org

Nevada Senior Services is a nonprofit organization operating the Adult Day Care Centers of Las Vegas and Henderson and numerous community programs for seniors, caregivers and those living with disabilities.

Skills₂Care[®] is a program from Jefferson College of Health Professions made available through the support of Nevada Aging and Disability Services Division.



“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

- Rosalynn Carter

FOR DEMENTIA CAREGIVERS



Skills₂Care[®]

CARING FOR A LOVED ONE WITH ALZHEIMER'S DISEASE OR DEMENTIA?

Call
(702) 364-2273
(844) 850-5113 Toll Free

Help... Hope... Support.

Compassion, Care, Safety & Understanding



About Skills₂Care®

Caring for individuals with dementia can be difficult. Skills₂Care® is a program to help caregivers manage more effectively. In this program, a Skills₂Care® Occupational Therapist (OT) visits the home of the person with dementia to learn about care challenges and evaluate the home environment. The OT then develops and helps implement a set of strategies that are customized to address the unique needs of each individual.

Skills₂Care® Provides:

- Understanding of dementia and its impact on families
- Tools for effective communication
- Simple strategies to manage challenging behaviors
- Individualized home safety plans
- Self-care and coping techniques to reduce stress
- Techniques to engage in meaningful activities

Skills₂Care® (Resources for Enhancing Alzheimer Caregiver Health)

Skills₂Care® is a FREE program for family caregivers of persons with Alzheimer's disease or other forms of dementia

Skills₂Care® provides evidence-based education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress.

Skills₂Care® is a tailored, one-on-one, caregiver support and educational program consisting of at least 5 individual sessions in the home and by telephone.



Skills2Care® is a Trademark of Thomas Jefferson University. Skills2Care® is funded through a grant from Nevada Aging & Disability Services Division. The artwork that appears in this brochure was provided by participants in the Creative Arts Program at the Adult Day Care Centers of Las Vegas & Henderson.

Call
(702) 333-1599

Help... Hope... Support.



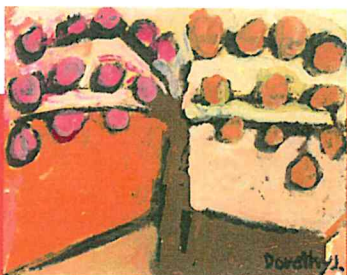
RESPIRE CARE & SUPPORT PROGRAM is available to care partners for a few hours a week to allow personal time and a break from 24 hour caregiving. Our professional and friendly staff are at your service for necessary errands and caregiving/companionship for loved ones.



Care partners' respite time can be whatever they need - a trip to the store, a medical appointment, a nap, or a visit with friends... Respite time allows caregivers an opportunity to recharge energy with peace of mind knowing their loved one is in the hands of a Nevada Senior Services' capable companion.

PROGRAM OBJECTIVES:

- Improvement in overall caregiver health and depression
- Reductions in feelings of burden from caregiving
- Support care partners with respite relief and other services and programs
- Keeping individuals in the community, with dignity to avoid institutionalization



The Beautiful Artwork that appears in this informational brochure was provided by participants in the Creative Arts Program at the Adult Day Care Centers of Las Vegas and Henderson.

HELP, WHEN YOU NEED IT

MOST... Respite Care and Supportive Services is committed to meeting the needs of frail seniors, adults with disabilities and their caregivers by providing relief to the primary caregiver.

This program provides low/moderate income families the opportunity to access quality and compassionate respite services at no cost to the client or family. While no payment is required, voluntary contributions are welcomed to help sustain these services.

Respite is an essential part of the overall support that families may need to care for a family member at home. Respite care can strengthen a family's ability to continue taking care of their loved one at home instead of being placed at a nursing care facility.





**FOR RESPITE Call
(702) 333-1599**

**Adult Day Care Centers
of Las Vegas and Henderson**

901 N. Jones Blvd., Las Vegas, NV 89108

(702) 648-3425

1201 Nevada State Dr., Henderson, NV 89002

(702) 368-2273

**The RESPITE CARE & SUPPORT
SERVICES PROGRAM is made possible
through a grant from the Nevada Aging
and Disability Services Division**

RESPITE CARE & SUPPORT SERVICES



Nevada Senior Services is a nonprofit 501 (c) 3 organization operating the Adult Day Care Centers of Las Vegas and Henderson and numerous other community programs including Respite Care & Support Services.

Nevada Senior Services is dedicated to providing programs, services and research initiatives aimed at improving the physical, spiritual, and emotional health of individuals and their care partners who are facing the challenges of chronic disease, disability and aging.



*“There are only four kinds of people
in the world –
those who have been caregivers,
those who are currently caregivers,
those who will be caregivers and
those who will need caregivers.”*

- Rosalynn Carter



CARING FOR A LOVED ONE AND NEED SOME TIME FOR YOURSELF?

A Nevada Senior Services Program

NEVADA CARE CONNECTION RESOURCE CENTER



For
Information
and
Resources

Care Connection Resource Center

A free program providing one-on-one decision support for older adults, individuals with disabilities & caregivers seeking information and assistance.

- **Learn About Options**
- **Plan for Care**
- **Connect to Services**

Call
702-364-2273
or Toll Free
844-850-5113

Services Include:

- Assistance and Advocacy
- Benefits Counseling
- Care Planning
- Caregiver Support
- Care Transitions
- Eligibility and Access to Services
- Information and Referrals
- Medicare Savings & Extra Help
- Veteran Service Officer



Nevada Senior Services 901 N. Jones Blvd, Las Vegas, NV 89108

email: ccrc@nevadaseniorservices.org

Funded by: Nevada Aging & Disability Services Division



NEVADA SENIOR SERVICES

Nevada Senior Services

is a non-profit organization providing compassionate care and services to adults and their caregivers, facing the challenges of chronic diseases, disabilities, and aging to remain in the community with dignity .

Programs supported through grants from the Nevada Aging & Disability Services Division & The Brookdale Foundation. Nevada Senior Services is an equal opportunity provider & operates with the support of Child and Adult Care Food Program.

www.nevadaseniorservices.org

Adult Day Care Center of Las Vegas

CONNECTIONS Moderate Memory Loss Program

901 N. Jones Blvd. Las Vegas, NV 89108 Main # (702) 648-3425

Adult Day Care Center of Henderson

1201 Nevada State Drive, Henderson, NV 89002 (702) 368-2273

- **RAMP** Home Safety Modifications (702) 538-8743
- **GAP** Geriatric Medical Assessment Program (702) 368-2273
- **SENIOR WELLNESS** Be Well, Aging Mastery®, & Stay Strong Outreach (702) 333-1546
- **RESPITE CARE** & Support Services- In-Home Services (702) 333-1599
- **RCI REACH** Caregivers (memory loss) Coaching & Support (702) 364-2273
- **SKILLS 2 CARE** Occupational therapy strategies for caregivers (memory loss) (702) 364-2273
- **OPERATION FAMILY CAREGIVER** Coaching and support for caregivers of newly returned service members and veterans managing difficult transitions (new program in 2017)
- **CARE CONSULTATION™** Free telephone support for ALL caregivers across the lifespan (702) 333-1556 or toll free (844) 850-5113
- **CAREGIVER PROGRAMS** Caring for You—Caring for Me, Support Groups, Chi Kung Relaxation (702) 364-2273 or (702) 648-3425
- **CCRC** Care Connection Resource Center (702) 364-2273 / Toll Free (844) 850-5113
- **NEW PATHWAYS CAFÉ /CONNECTIONS** Community-Based Early/Moderate Memory Loss Programs (702) 333-1538
- **VOLUNTEER** Attend health fairs and outreach events. Training available to teach classes, facilitate training, adult day care, office, etc. (702) 333-1547

Adult Day Care Center of Las Vegas
 901 North Jones Boulevard,
 Las Vegas, Nevada 89108
 Phone: (702) 648-3425
 Fax: (702) 648-1408
www.adultdaycarelv.org

Adult Day Care Center of Henderson
 1201 Nevada State Drive,
 Henderson, Nevada 89002
 Phone (702) 368-CARE(2273)
 Fax (702) 243-2273
www.adultdaycarehenderson.org

Nevada Senior Services, Inc.



Wynn Resorts and Employees

UNLV-School of Social Work

Touro University Nevada

Touro University, School of Occupational Therapy

Three Square Food Bank

Smiths' Food and Grocery

Nevada State Bank

Julie Murray/Moonridge Group

Robert Elliot-Bright Cleaning

Cleveland Clinic Lou Ruvo Center

Catholic Charities of Southern Nevada

AARP

Congresswoman Dina Titus

Senator Dean Heller

Nevada Aging and Disability Services Division
 Rosalynn Carter Institute for Caregiving
 United States Department of Agriculture (CACFP)
 Brookdale Foundation
 Lied Foundation
 Julie McIntosh
 Compassion Care Hospice
 Montevista/Red Rock Behavioral Health
 Altante Hotel & Casino
 Temple Sinai
 Prestige Senior Living at Mira Loma
 Prestige Assisted Living Henderson

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 that choose to remain anonymous.

Nevada Senior Services is grateful to those who help us stay dedicated to community living with independence and dignity.



Nevada Senior Services 2018 Client Art Calendar



"Happy Memories"

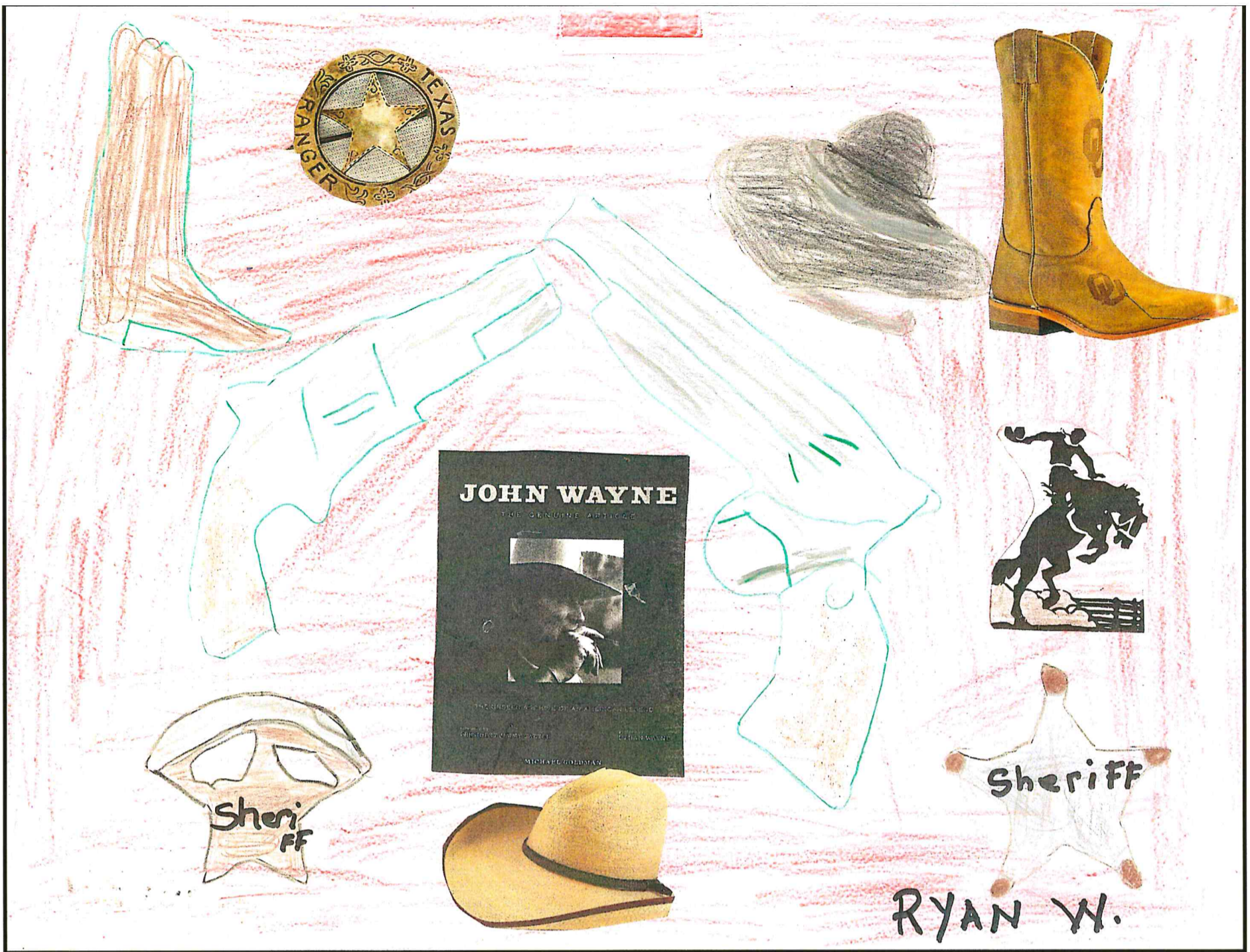
David

3-13-18

BLC

Jeff Klein

#3



RYAN WILLIAMS AGE 29

Another year has passed and our gratitude and thanks to you - our very special family of clients, caregivers, staff and collaborative partners - is as steadfast as your support of Nevada Senior Services in 2017. Once again, our community's need has never been greater. We continue to strive to find collaborative solutions with our community partners to meet the needs of our most vulnerable.

"Happy Memories", the 2018 Nevada Senior Services client art calendar theme, raises the question of "what do we value most?" What would we take from our about to be flooded home? What memories do we hold on to as we release others is a question for us all. Month by month we are engaged and inspired by this question. It is a life affirming motivating us all to add value to our journey. It is a gift of spirit and presence. As always, the art speaks for itself. Our hope is that when you turn the page to each new month... it will speak to you... engage and transport you ... make you smile... make you reflect...warm your heart and bring you peace.

People first remains at the core of Nevada Senior Services' culture and success! We believe that together our clients, caregivers and caring staff are our greatest assets. Nevada Senior Services' Culture is the experience we create for our clients and support we give to our partners in care giving. It is expressed by the compassion and dedication of our staff. It is people helping people.

This year we again dedicate this work to Mrs. Rosalynn Carter in celebration of 30 years of the Rosalynn Carter Institute for Caregiving. Mrs. Carter's example, visionary leadership inspires all who have the honor to travel the caregiving road.

On behalf of our caring, professional and talented staff, thank you for being our friend and family.

Warm Regards,

Jeffrey Klein, FACHE, President and CEO



LARRY ZIEGLER AGE 34

"I like to go fishing with my dad. Sometimes on the weekend, my dad and I just take off to go fishing. I'm happy to be with my dad."

-Larry Ziegler



JULIO SARAVIA AGE 63

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Martin Luther King, Jr. Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Tu B'Shevat			

"I love chocolate cake with fudge marble ice cream. I had a happy birthday party with my sister and my niece and nephews. My best gift ever was a watch and some money. I was able to buy whatever I wanted with my birthday money."
-Reginald Reid

"All the world is birthday cake, so take a piece, but not too much."
-George Harrison



CHRISTINA COLE AGE 60

"My sister is a funny girl. I like to dance and love to run. Two brothers. I went to school at Bishop Gorman. I have a husband and he is a nice man. Born in Vegas. I really love music."
-Christina Cole



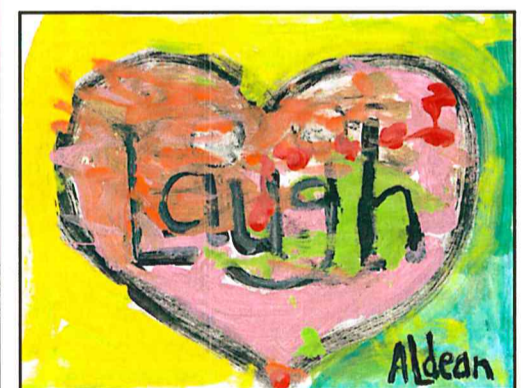
ELLEN JACKSON AGE 66

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day	3
4 Super Bowl LII	5	6	7	8	9	10
11	12	13	14 Valentine's Day Ash Wednesday	15	16 Chinese New Year	17
18	19 President's Day	20	21	22	23	24
25	26	27	28			

"I love to dance. I used to dance in nightclubs in my hometown in Cuba. I used to take my wife with me. We were so happy. That's my happy memories."

-Mario Garcia



ALDEAN HILL AGE 61

"I love to laugh. I love to laugh, smile, smile, smile. Laughter."

-Aldean Hill

"Laughter boosts the immune system and helps the body fight off disease, cancer cells as well as viral, bacterial and other infections. Being happy is the best cure of all diseases!"

-Patch Adams



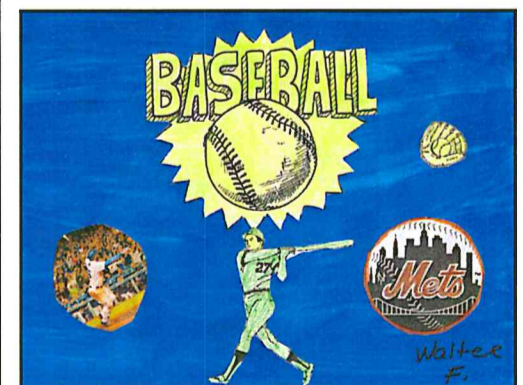
JAMES ABLES AGE 65

March 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Purim	2	3
4	5	6	7	8	9	10
11 Daylight Saving Time begins at 2:00am	12	13	14	15	16	17 St. Patrick's Day
18	19	20 First Day of Spring	21	22	23	24
25	26	27	28	29	30	31 Passover

"I have a daughter and growing up with my mother. Making money when I was young working on my uncle's farm who grew beans in Evergreen Alabama. My family moved from Alabama to California when I was 11 years old. I was happy when I lived with my dad. Other happy memories... School. Working at the Mission home. Shopping with my daughter. When I graduated from high school and when I received my diploma I cried. Happy memory is going to church. When I was a child I was happy all the time."

-Larconya Howard



WALTER FRANKLIN AGE 56

"My happy memories are playing baseball on the street with my friends in New York. We would play all day. My favorite team is the New York Mets. Even went to watch the team play."

-Walter Franklin



PAULINE MAY AGE 85

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter April Fool's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Earth Day	23	24	25 Administrative Professionals Day	26	27	28
29	30					

"I have happy memories painting flowers. Painting flowers makes me feel joy. I can't sit very long when I am painting flowers. I have to stand to paint my flowers of joy."
-Lilly Ondo

"And the memories of all we have loved stay and come back to us in the evening of our life. They are not dead but sleep, and it is well to gather a treasure of them."
-Vincent Van Gogh



LETICIA MILLER AGE 69

"My happy memories are that I was a dancer in the Philippines in a nightclub when I was young, with my friends and cousin. I learned to dance by listening to music. I enjoy dancing to this day."
-Leticia Miller



BARBARA GRIGSBY AGE 74

May 2018

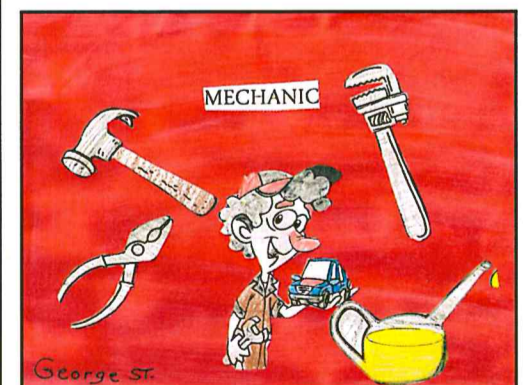
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 May Day	2	3 Lag B'Omer	4	5 Cinco De Mayo
6	7	8	9	10	11	12
13 Mother's Day	14	15	16 Ramadan	17	18	19 Armed Forces Day
20 Shavuot	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

"My mother always planted flowers. My mother loved flowers. I love flowers too. My mom always let me pick as many flowers as I wanted. I love picking flowers and smelling them too.

-Dorothy Pinkey

"When I was a boy, I thought scent was contained in dewdrops on flowers and if I got up very early in the morning, I could collect it and make perfume."

-Oscar De La Renta



GEORGE ST. LOUIS AGE 78

"In my younger days I used to work as a mechanic. Used to fix cars. Even fixed my old dad's car. We even worked together."

-George St. Louis



CHARLOTTE ADAMS AGE 60

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Flag Day	15 Eid al-Fitr	16
17 Father's Day	18	19 Juneteenth	20	21 First Day of Summer	22	23
24	25	26	27	28	29	30

"My happy memory is swimming. I love swimming in a pool. I just really like swimming and being in the water!"

-Charlotte Adams



TERESA PAIGE AGE 94

"My happy memories are going to the beach with my little sister and my brothers. It wasn't very far from my house. My dad used to watch us and also he used to whistle at us and that meant it was time to come home.

-Teresa Paige

"We didn't realize we were making memories, we just knew we were having fun"

-Winnie The Pooh



DOROTHY PINKEY AGE 73

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Parents' Day	23	24	25	26	27	28
29	30	31				

"Happy memories include my graduation with a General Business Practices diploma. I had a beautiful childhood. Happy I was skipped from 5th to 6th grade. My mother was picked for Queen for a Day. We were living in Los Angeles, CA. She won a brand new bedroom set, a sewing machine, a Maytag washer, electric iron and ironing board, twin beds, china dishes and silverware. Those were the happiest memories for me."
-Barbara Grigsby



RODNEY SHIRYACK AGE 86

"Oh! I used to travel a lot. Go all over the place. My wife and I would just get in the car and just take off. Put on the car radio and sing along with it. Those are my happiest memories."
-Rodney Shiryack



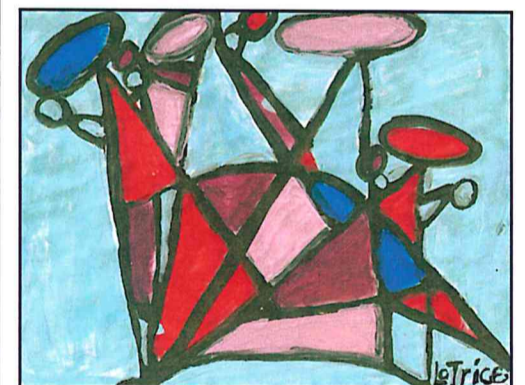
LILLY ONDO AGE 83

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Friendship Day	6	7	8	9	10	11
12 World Elephant Day	13	14	15	16	17	18
19	20	21 Senior Citizens Day	22 Eid al-Adha	23	24	25
26	27	28	29	30	31	

"My happiest moments are when I am doing art coloring, painting elephants. I own 248 elephants of all kinds."

-Pauline May



LATRICE DOSS AGE 38

"I love to dance at home and at our center. I like all kinds of music. My favorite dances are the One Two Step, the Cupid Shuffle, and the Electric Slide."

-Latrice Doss

"They got a brand new dance, you gotta move your muscle. Brand new dance, it's called the Cupid shuffle. It don't matter if you're young or you're old, here we go. We gone show you how it go."

-Cupid - Cupid Shuffle



LARCONYA HOWARD AGE 59

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7	8
9 Grandparents' Day	10 Rosh Hashanah	11 Patriot Day	12	13	14	15
16	17	18	19 Yom Kippur	20	21 International Day of Peace	22 First Day of Autumn
23	24 Sukkot	25	26	27	28	29
30						



"I feel serenity when I play my guitar. I feel even better when I write a new song. I like to play my guitar at the center. I really enjoy painting."

-James Ables

"Music is probably the only real magic I have encountered in my life. There's not some trick involved with it. It's pure and it's real. It moves, it heals, it communicates and does all these incredible things."

-Tom Petty

"Find a beautiful piece of art. If you fall in love with Van Gogh or Matisse or John Oliver Killens, or if you fall love with the music of Coltrane, the music of Aretha Franklin, or the music of Chopin - find some beautiful art and admire it, and realize that that was created by human beings just like you, no more human, no less."

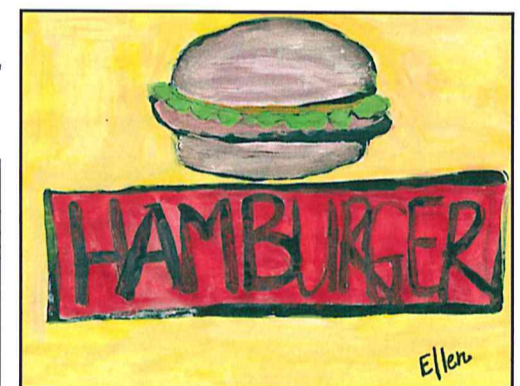
-Maya Angelou



MARIO GARCIA AGE 72

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Simchat Torah	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15	16 National Boss Day	17	18	19	20
21	22	23	24 United Nations Day	25	26 Nevada Day	27
28	29	30	31 Halloween			



"I like to sew. I made rabbits. I'm happy in the snow or ice. I enjoy going to art classes. I used to work for McDonald's - that is my happiest memory. I used to live in Iowa. I came to Las Vegas for employment with my family. I am happy reading books. I like to crochet and do crossword puzzles."
-Ellen Jackson

"Today is only one day in all the days that will ever be. But what will happen in all the other days that ever come can depend on what you do today."
-Ernest Hemingway

"We dance round in a ring and suppose,
But the Secret sits in the middle and knows."
-Robert Frost



REGINALD REID AGE 67

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 Daylight Saving Time ends at 2:00am	5	6	7	8	9	10
11 Veteran's Day	12	13	14	15	16	17
18	19	20	21	22 Thanksgiving	23	24
25	26	27	28	29	30	



"I used to work on airplanes. I had fun working on airplanes. Music is very good for me. I like a happy melody. I like Javier Solis songs - Entrega Total."

~Julio Saravia

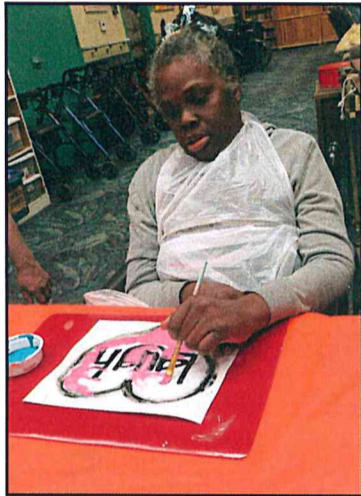
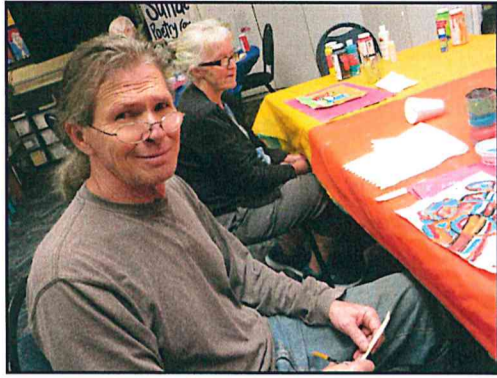
"Llevame de ser possible hasta la misma eternidad donde perdure nuestro amor por que tu eres toda mi felicidad."

~Javier Solis



FRONT COVER: DAVID GEHRIG AGE 59

"My happiest memory is being with my sister. I love my sister."



Beautiful Artwork Created by Clients at the
Adult Day Care Centers of Las Vegas and Henderson

Nevada Senior Services is a nonprofit 501(c)(3) organization dedicated to providing compassionate care and services to adults facing the challenges of chronic diseases, disabilities, and aging to remain in the community with dignity.

We accomplish our mission by improving the physical, spiritual and emotional health of individuals and families through providing a comprehensive range of health, education, and social services for those facing the challenges of chronic disease, disability and aging.

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Chanukah	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 First Day of Winter	22
23	24	25 Christmas	26 Kwanzaa	27	28	29
30	31 New Year's Eve					

"I like to collect Western stuff. I have cowboy outfits. I like to watch Western movies. My favorite actor is John Wayne."

-Ryan Williams

"My folks always let me go to the movies every Saturday. We were really motion-picture goers."

-John Wayne



HELEN STEPANIAN AGE 73

"I love to cook, especially for my family and friends. I used to bake cookies, bread, cake and so forth."

-Helen Stepanian

"This is my invariable advice to people: Learn how to cook- try new recipes, learn from your mistakes, be fearless, and above all have fun "

-Julia Child