

April 2017

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The Elko Team



**Take a look at the
RSVP volunteer
contingent from
Elko. You folks
are looking
mighty fine!**

RSVP Volunteer Newsletter



Don't Forget This Week's Volunteer Orientation

Calling all volunteers! This week's volunteer quarterly meeting will be held on Thursday, April 20th from 10am to noon.

This is a great opportunity to learn about exciting new happenings at RSVP, program

updates, and the opportunity to socialize with other dedicated volunteers.

If you are a volunteer outside of Carson City, this training will be broadcast to you at various locations throughout rural Nevada. Contact

your local field rep if you have any questions

We will highlight the new interactive and fun website!

DON'T MISS IT!



Sanford Center for Aging Geriatric Specialty Clinic

The Sanford Center offers comprehensive geriatric assessments.

Our clinical team (geriatrician, social worker, pharmacist) provides a "whole person" assessment, including:

- Personal health history and review
- Physical assessment, including risk for falls/frailty, cognition and depression
- Behavioral/psycho-social assessment including memory issues and dementia
- Medication therapy management review
- A personalized care plan to share with other care providers
- Referrals to other providers or services, if needed
- Chronic care management program for those who qualify

(775) 784-6377

dhs.unr.edu/aging/geriatric-clinic

RURAL RSVP TEAM

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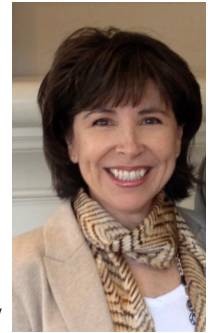
Quote of the Month

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.

Erma Bombeck

Another New Addition to the RSVP Team!

Welcome RSVP's new Director of Development, Melanie Barkley.



Prior to joining RSVP, Melanie worked as an Executive Director for Family TIES of Nevada, and served as Executive Director and Program Director for nonprofits in the Tahoe/Truckee region in California - Sierra Senior Services and Tahoe Safe Alliance. Melanie was also very active with community and statewide initiatives including the Nevada Statewide Maternal and Child Health Coalition, Nevada Family-to-Family Health Information Center, Tahoe/Truckee Senior Nutrition Program and Safe House Capital Campaign.

WELCOME MELANIE!!!

Parkinson's Awareness Month

Parkinson's Awareness is held in the month of April. Parkinson's disease is a progressive disorder of the nervous system that affects movement. It grows step by step, in some cases beginning with a scarcely detectable tremor in only one hand. However, while a tremor may be the most known indication of Parkinson's illness, the issue usually causes stiffness or slow movement.

Did you know?

- Parkinson's impacts more than a million Americans – more people than ALS, MS and Muscular Dystrophy combined.
- Incidence of Parkinson's increases with age, but an estimated four percent of people with PD are diagnosed before the age of 50.
- Men are one and a half times more likely than women to have Parkinson's.
- It can impact nearly every area of health – from moving, to speaking, to thinking clearly.
 The cause is unknown and there is no cure.



April is Parkinson's Awareness Month

Celebrate with these six simple ways to boost your brain power



Keep Learning Choose activities that keep your brain working. Set out to complete a complex goal or learn something new.



Take a Book with You Reading is a complex task that requires multiple parts of the brain to work together. A complex book can improve memory and cause positive neurological changes that last even after you've stopped reading.



Drink Caffeine Several studies have shown that caffeine may reduce the risk of developing Parkinson's. A cup a day may also help with motor symptoms, boosting memory and lowering the risk of depression.



Stay Social Staying social has been proven to help retain cognitive sharpness. Surround yourself with people who make you laugh and smile, or make new friends.



Groove to the Music Listening to music can improve memory. Singing and dancing to a song helps cognitive and physical functions.



Laugh Out Loud Laughing stimulates different areas in the brain. Some studies show laughing can also improve short-term memory. Watching a funny movie or cat video is also a natural stress reducer.