

March 2017

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Stroke
Identification

Every Minute
Counts

Face Does the face look uneven? Ask them to smile. **FAST**

Arm Does one arm drift down? Ask them to raise both arms.

Speech *Believe it or not!* Does their speech sound strange? Ask them to repeat a phrase. **FAST!**

Time Every second brain cells die. Call 9-1-1 at any sign of stroke. **Call 9-1-1 at any sign of stroke.**

Manufactured by Department of Public Health - For more information call 1-800-452-1173 or visit www.dhs.gov/stroke

Stroke: Please Act FAST!

RSVP Volunteer Newsletter



Save the Date—April 20, 2017

Calling all volunteers! The next volunteer quarterly meeting will be held on Thursday, April 20th.

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.

We will keep you updated as more information becomes available!



Elko Van Gets a Fresh Look!

Congratulations to Cecilia Smith! The van wrap in Elko is complete and volunteers are being recruited to increase our transportation services for elders in Elko. Do you know

someone who may have even just a few hours to donate to RSVP? If so, share your positive experience with them. Help spread the word on how rewarding volunteering is!



RURAL RSVP TEAM

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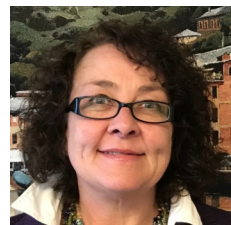
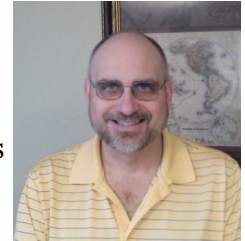
Quote of the Month

Remember that the happiest people are not those getting more, but those giving more.”

– H. Jackson Brown Jr.

New Additions to the RSVP Team!

Nick Providenti, our new Controller is a Certified Public Accountant with more than 30 years in accounting/financial management. Nick manages RSVP's project budgets and makes sure we are in compliance with reporting requirements. Prior to his work with RSVP, Nick was the former Carson City finance director, risk manager and senior accounting manager.



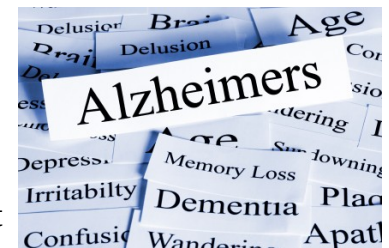
Sandy Daff, our new Program Director comes to RSVP via Nairobi, Kenya where she consulted as a grant writer. Sandy has served as Executive Director for two nonprofits in Pueblo, Colorado.

WELCOME NICK AND SANDY!!!

Helpful Tips for Alzheimer's Patients

Are you the caregivers of an Alzheimer's patient? If so, here are some helpful tips!

- Make sure that small snacks, easy to eat foods and drinks every couple of hours are available. Set snacks on a small table next to them so they can find them easily.
- Put security jingle bells on doors so you can hear if they try to sneak out!
- A cheerful, calm environment is very important.
- Try to give them little chores to do as it makes them feel important.
- LISTEN!
- Taking a one hour nap every afternoon seems to help them feel refreshed.
- Easy-on shoes work best so that they are not put on the wrong foot.
- Connecting with other people makes them happy.
- If they're able, how about a short walk or ride in the car?
- Alzheimer's patients are distracted easily and have a five minute attention span at times. Be patient!
- A sense of humor is your friend.



- Make sure to stick to a schedule for meals, bedtime, and personal hygiene.

Remember that Alzheimer's patients can be playful and affectionate!