

July 2017

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**Meet Cozette
Eldridge our
Field
Representative
from White
Pine County!**



RSVP Volunteer Newsletter



Don't Forget The Volunteer Quarterly Meeting

Calling all volunteers! RSVP's volunteer quarterly meeting will be held on Thursday, July 20th from 10am to noon at the Cooperative Extension Office located at 2621 Northgate Lane, Suite 12.

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

Tom Taylor of Infinity Hospice Care who will share information on functional declines and how RSVP volunteers can identify when it is time to move their clients to higher levels of care.

In addition, we will provide updates on the new interactive and fun website!

DON'T MISS IT!

COME VISIT RSVP AT THE CARSON FAIR!

RSVP is partnering with the Cooperative Extension to bring the Carson Fair! Come visit us at the Beer Booth at Fuji Park July 27 to July 30. We'll see you at the Fair!

RURAL RSVP TEAM

Susan Haas, Executive Director & CEO
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Quote of the Month

I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do something that I can do.

- Helen Keller

RSVP RECEIVES TOYOTA COROLLA FROM CARSON CITY TOYOTA!



A special thanks to Carson City Toyota—Campagni Auto Group for your generous donation of a Toyota Corolla that will be utilized to transport clients throughout Carson City. We appreciate your long-standing commitment to RSVP!



Beat the Summer Heat!

As temperatures soar, remember summer heat can be dangerous and can kill. The elderly and very young kids are most at risk. The way we regulate our temperature in hot conditions is by sweating. As our sweat evaporates, it cools our bodies. The warning signs of heat-related illness are cool, sweaty moist skin with goose bumps in the heat. Dizziness, headache, muscle cramps with nausea and vomiting can also be present. Once you notice any neurological changes such as confusion, hallucinations, seizures or the person becomes unconscious and lapses into a coma, that is the life-threatening emergency called heat stroke. You need to call 911 right away.

Any warning symptoms should prompt you to get out of the heat and into some place cool while replacing your fluids. Here are some prevention tips to avoid heat-related illness:

1. **Stay Well Hydrated** - Drink plenty of fluids; if you are sweating a lot, consider sports drinks to replace the salts and minerals.
2. **Cover Up in the Sun** - Use sunscreen and wear loose, light-colored clothing as well as a brimmed hat.
3. **Limit Activity During the Hottest Part of the Day** - Try not to be participating in outdoor activity during midday, which is the hottest part of the day. Pace yourself if you are exercising in the heat; you should not allow your heart rate to be pounding nor should you allow yourself to feel completely out of breath and gasping for air.
4. **If Indoors, Keep Your House Ventilated**—If you are inside and have no air-conditioning, open windows and use fans to circulate the air.
5. **Don't Delay Getting Help for Symptoms** - If you find yourself or someone else suffering from heat-related illness, move to a cooler shady place, lie down, drink some fluids and call 911.

**STAY SAFE THIS
SUMMER!**