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Inspiration of the Month



RSVP Volunteer Newsletter



REST TRAINING

Respite Education Support Tools (REST) Training is coming to Carson City in November! RSVP will provide REST Training to family caregivers or interested parties! Training will be held on **Thursday, November 16th** from 9am to 1pm at the Gold Dust West Conference Room. Gold Dust West is located at 2171 E. William Street. Lunch will be provided. If you are a current RSVP Respite volunteer and have not yet taken this training, attendance is mandatory. Space is limited, therefore please register for this training. Call Sandy at the RSVP office at 775-687-4680.

Volunteer recognition events are a great way to get RSVP volunteers together to thank them for their selfless dedication to RSVP and our clients. Here are photos of volunteer recognition events held recently in Elko and Pahrump. More photos to follow!



Pahrump Volunteer Recognition



Elko Volunteer Recognition

RURAL RSVP TEAM

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PREPARING FOR AUTUMN WITH PARKINSON'S

Falling leaves and early sunsets mean Autumn is coming. These seasonal changes, along with Parkinson's symptoms of slowing movements, rigidity throughout the body and balance difficulties can increase the risk of falling for people with PD.

Every year, approximately 38 percent of people with Parkinson's fall. Rehabilitation can take longer. The average hospital stay for someone with PD is longer than for non-PD patients.

As soon as daylight savings time ends, your home will get darker earlier. These fall prevention preparations can go a long way:

- Talk to your health care team. They can help you assess your biggest fall risk factors — whether they are medications, stress or environmental hazards.
- Work with a physical therapist BEFORE a fall occurs. He or she can teach you a safe method for getting back up and can teach caregivers the best way to assist their loved one while avoiding back injuries.
- Identify someone who can help you in case you fall — a nearby friend or neighbor. Consider purchasing an emergency call button for your home.
- Help your body readjust to the new time change faster. Each morning, open all shades and make the home as bright as possible. During the day, go for a walk or read outside while there is still sun (bring your sunscreen). At night, try to go to sleep at the same time each day.

Consider making changes around the house: make sure your home is well-lit during waking hours. In the bathroom, use non-skid surfaces and grab bars. Raised toilets and low beds also help reduce injuries when getting up and down. In the living room, move coffee tables and clear all walking paths.

UPCOMING ACTIVITIES AND EVENTS

Carson City

- October 26th to 29th—Nevada Day activities include our annual Carnival and RSVP will also participate in the parade!
- November 16th—Respite Education Support Tools (REST) Training will be offered from 9am to 1pm at the Gold Dust West Conference Room.
- December 14th—Volunteer recognition and Christmas Celebration for all Carson City, Douglas, Storey, and Lyon County volunteers.
- January 20th at the Governor's Mansion —Reaching for Zero, a suicide awareness and prevention fundraiser to support RSVP Veterans programs.



Winnemucca

- November 9th—Volunteer Recognition Event