



Nevada News CONSUMER DIRECT



Toll free: 1-877-786-4999

August 2009

Reno Office

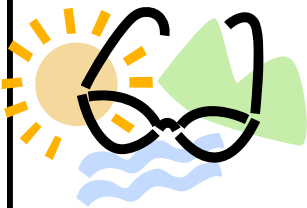
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Look for the hidden



in the newsletter.

The first person to call
with its location will
win a prize!

Latest News From Consumer Direct

Consumer Direct is opening an *office in Elko* to support a new program to assist people with developmental disabilities in rural Nevada.

We have also welcomed two new Team Nevadans; *Nancy Neill* is our Field Coordinator for Elko County and *Roberta Beutler* is our Field Coordinator for Winnemucca. They will be helping out with home visits, health fairs, and enrollments in their areas.

We held *Ice Cream Socials* in Tonopah and Caliente last week and will be

hosting *Open House Socials* in Reno, Las Vegas, Elko, and Winnemucca this fall. We'll make sure you know where and when soon!



If you haven't had a chance to return your *Annual Consumer Survey*— please take a minute to do so. We value and appreciate your feedback and suggestions.

Take a look inside for MORE GREAT NV NEWS! Thanks, *Laura, Mike, Eva M, Joan, Julie, Kim, Kelly, Stacy, Eva C, Freddie, Nancy, Shirley, Kathleen, Janet, and Roberta*

Hot Topic:

Stroke Awareness

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking 3 simple questions that start with the first 3 letters in **STROKE**:

S: Ask the individual to **SMILE**.

T: Ask the person to **TALK** and speak a simple sentence coherently

R: Ask him or her to **RAISE BOTH ARMS**.

NOTE: New sign of a stroke: Ask the person to *stick out their tongue*. If the tongue is

'crooked', if it goes to one side or the other, that is also an indication of a stroke.



If he or she has trouble with any one of these tasks, CALL 911 immediately and describe the symptoms to the dispatcher.



Caregiver's Corner



We know you are busy taking care of others, please make sure to take care of YOU too! Here's some ideas:

- | | | |
|--|---|---|
| <input type="checkbox"/> GO FOR A WALK | <input type="checkbox"/> CALL A FRIEND | <input type="checkbox"/> GO FOR A SWIM |
| <input type="checkbox"/> TAKE A NAP | <input type="checkbox"/> WATCH A FAVORITE MOVIE | <input type="checkbox"/> TAKE A RELAXING BATH |
| <input type="checkbox"/> PET YOUR FAVORITE PET | <input type="checkbox"/> PLAY AT THE PARK | <input type="checkbox"/> LISTEN TO MUSIC |
| <input type="checkbox"/> PAINT | <input type="checkbox"/> READ | <input type="checkbox"/> BREATHE DEEPLY |
| <input type="checkbox"/> ENJOY A GARDEN | <input type="checkbox"/> BAKE COOKIES | |
| <input type="checkbox"/> GO FISHING | <input type="checkbox"/> RIDE A BIKE | |

Thanks for all you do!

◆ WINNER! ◆ WINNER! ◆ WINNER! ◆

Sign up for Direct Deposit between now and Nov. 1st and be entered into a drawing for a **\$25 gift certificate!**



WIN

A chance to receive a \$25 Gift Certificate!

WIN

Fewer Trips to the Bank!

WIN

Timely receipt of your pay!

Call us to request a Direct Deposit form No. NV: 1-877-786-4999 or So. NV : 1-866-894-4435

Don't let the mail delay your Pay, sign up for Direct Deposit Today!

OUTRAGEOUS OATMEAL COOKIES!

1 1/2 C old-fashioned rolled oats (not instant)
 1/2 c flour
 1/4 c dark raisins
 1/4 c golden raisins
 1/4 c dried cranberries
 1/4 tsp baking powder
 1/4 tsp baking soda
 1/2 tsp salt

6 Tbsp room temp. butter
 1/2 c packed brown sugar
 1/4 c sugar
 1 egg
 1/2 tsp cinnamon
 1 tsp vanilla
 1/4 c mixed golden and dark raisins for topping

Preheat oven to 350. Blend together oats, flour, raisins, cranberries, baking powder, baking soda, and salt; set aside. Beat butter and sugars until fluffy. Add egg, cinnamon, and vanilla; beat until combined. Gradually add oat mixture; beat until combined. Drop dough by rounded tablespoonfuls and top with a few mixed raisins. Bake 12-16 min. on ungreased baking sheet. Cool on sheet 5 min. then cool completely on wire rack.

ENJOY!



You Are Invited!

*Please join us September 10th at 10:30 a.m. for the next
Consumer Advisory Council Meeting*

You are welcome to join us in either office or by phone.

Call 1-866-444-2828 then enter participant code 994658#.

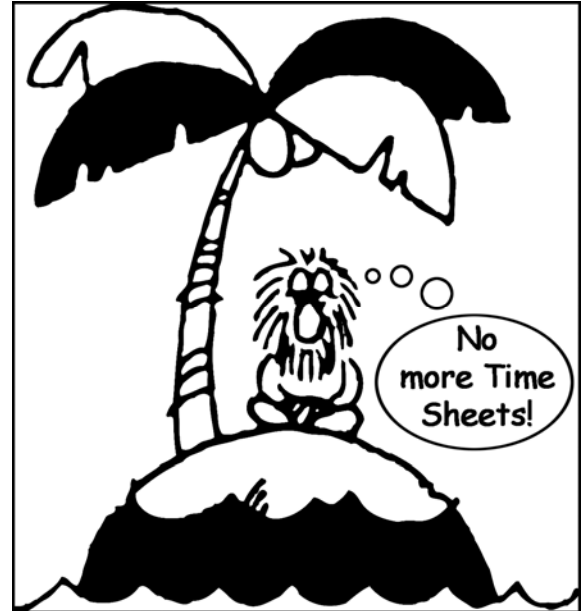
3 Easy Time Sheet Tips!

1) Complete your Timesheet on Saturday once the work week is over.

2) Double check the timesheet is correct before signing.

3) Send Timesheet by Monday midnight each week.

(Late or incorrect timesheets delay caregiver pay)



Nancy Neill and Laura Coger
At the Elko Health Fair

Join Us in Upcoming Community Health Events!

We love to see you and help folks learn about the benefits of Self-Directed care, so please call us in **No. NV: 1-877-786-4999** or **So. NV: 1-866-4435** to let us know of any Community Health Events in your area!

**Alzheimer's Memory Walks are coming up-
Team Nevada will be there!**

**Carson City: Capitol Grounds,
September 26, 2009 9:00 a.m.**

**Reno: Reno High School
October 10, 2009 9:00 a.m.**

**Las Vegas: Fashion Show Mall
November 7, 2009 7-9:45 a.m.**



Return Service Requested

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Go Green!



Please provide Consumer Direct with your email address so you can receive your newsletters and other correspondence electronically.



LUCK IS WHERE PREPARATION MEETS OPPORTUNITY.

-Seneca, a 1st century Roman philosopher

Who are we and what do we offer?

Consumer Direct Personal Care provides support services to people who want more choice and control of their personal care. Consumer Direct specializes in helping people have a better quality of life at home.

Most of our consumers are independent folks who are eligible for Medicaid, CHIPS, WIN, or other types of insurance for personal care, have a disability or health issues and need some help with daily tasks such as: bathing, dressing, transfers, mobility, meal preparation, light housekeeping, laundry, and/or shopping.

Their caregivers are people they choose!



Home Care

Your Way!



You Are the Boss!

A Self-Directed program puts you in charge, allowing you to hire someone you know and trust to be your caregiver. You also get to train, schedule, and supervise the caregiver(s) you choose. Consumer Direct will support you. We do the paperwork, payroll, and record keeping.

If you'd like more control over your care, contact us at 1-877-786-4999 for more information.