

STATE OF NEVADA
NEVADA SILVER HAIRED LEGISLATIVE FORUM

LEGISLATIVE BUILDING
401 S. CARSON STREET
CARSON CITY, NEVADA 89701-4747

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FRAN ALMARAZ, *President*
MARILYN E. JORDAN, ED.D., *Vice President*
LUCILLE ADIN, *Northern Facilitator*
ROSIE TYLER, *Southern Facilitator*

November 7, 2024

VIA EMAIL

Dena Schmidt
Administrator, Aging and Disability Services
Department of Health and Human Services
3208 Goni Road, Building I, Suite 181
Carson City, Nevada 89706-7931

Dear Administrator Schmidt:

The [Nevada Silver Haired Legislative Forum](#) was created by the Legislature under *Nevada Revised Statutes* (NRS) [427A.313 through 427A.400](#) to identify and act upon issues of importance to aging persons. During the 2023-2024 Legislative Interim, Forum members heard testimony on the importance of the “4 Ms of an Age-Friendly Health System,” which are: what matters Most, Medications, Mentation, and *Mobility* (emphasis added).

The testimony of an expert witness with the Sanford Center for Aging, University of Nevada, Reno, School of Medicine, explained there is growing need for increased awareness of geriatric syndromes such as arthritis, cardiovascular disease, obesity, and osteoporosis. These conditions, among others, can severely limit seniors’ ability to maintain physical health and negatively impact their independence. Research demonstrates that seniors who participate in recreational programs experience improved physical health, enhanced mental well-being, and greater social connectivity.

A recommendation evolved from this presentation, to provide substantial infusion of support for community-based programs and services that offer opportunities for physical activity and social engagement. Most importantly, one of the greatest barriers for seniors to participate in such programs is lack of knowledge of the programs. Therefore, it is critical to raise public awareness of such programs and services because sometimes the information and resources are not easily accessible.

At its final meeting and work session on [August 7, 2024](#), Forum members voted to send this letter to various government entities expressing the Forum’s support for greater collaboration in

Administrator Schmidt

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creating recreational programs for seniors, especially for those with neurodegenerative disorders. It is important to highlight that older adults reap many rewards from increased physical activity, including the ability to live independently longer, learn new skills and self-efficacy, and have a sense of involvement in a supportive community that focuses on inclusive, diverse activities. This letter also includes a recommendation that State agencies collaborate to create and distribute a listing of current recreational programs and services available to seniors in Nevada.

I thank you for your time and consideration of this topic of concern for seniors in the State, and your dedication to serving all Nevadans. If you have questions, please do not hesitate to contact me at NVSilverForum@lcb.state.nv.us or Ashlee Kalina, Forum Coordinator, Research Division, Legislative Counsel Bureau, at ashlee.kalina@lcb.state.nv.us.

Sincerely,

Fran Almaraz
Forum President
Nevada Silver Haired Legislative Forum

FA/jj:G242231-5

cc: Administrator, Aging and Disability Services Division, Department of Health and Human Services (DHHS)

Administrator, Division of Public and Behavioral Health, DHHS

Administrator, Nevada Division of Outdoor Recreation, State Department of Conservation and Natural Resources

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VIA EMAIL

Cody Phinney
Administrator, Division of Public and Behavioral Health
Department of Health and Human Services
4150 Technology Way
Carson City, Nevada 89706

Dear Administrator Phinney:

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VIA EMAIL

Denise K. Beronio
Administrator, Nevada Division of Outdoor Recreation
Department of Conservation and Natural Resources
901 South Stewart Street, Suite 1002
Carson City, Nevada 89701

Dear Administrator Beronio:

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