

Senior News and Events

OCTOBER 2023



HUMAN SERVICES
AGENCY

[Re]Build – Rebuilding Together

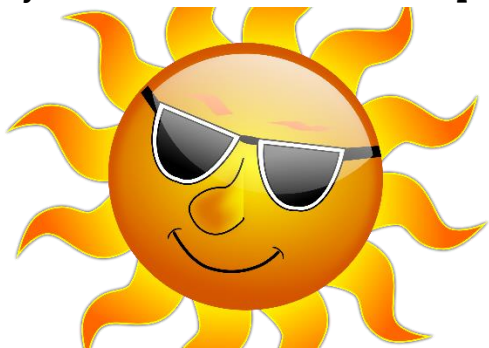
Rebuilding together is a non-profit organization with a mission to repair the homes of people in need!

Where: www.rtnnv.org

Phone: 775-395-9808

Fan Drive is Now Over!

We are pleased to announce we gave out over 1,000 fans to seniors in need this summer! This is our largest distribution to date! Thank you to everyone that donated to the program!



New Meal Site!

On July 17th, we opened a new meal site at the Westbrook Community Center in Lemmon Valley. We are excited for this new addition to our sites! Please see below for how to reserve a meal!



Income-Based Housing Resources

- NVHousingSearch.org is a free search tool that helps to find rental homes that fit an individual's needs and budget.
- The Reno Housing Authority owns and operates numerous affordable housing developments throughout Washoe County. For more information call (775) 329-3630.

Washoe County Senior Service Centers

Reno 1155 East 9th St. Bldg E, 89512

(775) 328-2575 **OPEN M-F** (8:00am-5:00pm)

Lunch: 11:15am-12:30pm call (775) 328-2786

- Hot Meal: No reservation required.
- Salad Meal: Make reservation by 8:30am

For Lunch, the remaining sites require reservations for hot meal and salad meal. Call to make your reservation by 8:30am, day of.

Sparks 97 Richards Way 89431

(775) 353-3110 **OPEN M-F** (8:00am-5:00pm)

Lunch: 11:30am- 12:00pm call (775) 353-3113

Sun Valley 115 W 6th Ave 89433

(775) 673-9417 **OPEN M-F** (8:30am-12:30pm)

Lunch: 10:00am- 12:00pm call (775) 328-2786

Cold Springs 3355 White Lake Pkwy 89508

(775) 971-8542 **OPEN M-F** (call site for details)

Lunch: 10:00am-2:00pm (775) 328-2786

Westbrook 315 Westbrook Lane 89506

(775) 328-2786 | **OPEN FOR LUNCH** –

11:00am-1:00pm

Gerlach 385 E. Sunset Blvd 89412

(775) 557-2206 **OPEN FOR LUNCH** (call site for details)

Lazy 5/ Spanish Springs 7100 Pyramid Way 89436

(775) 328-2786 **OPEN M-F** (Hours will vary)

Lunch: 11:15am-12:30pm call (775) 328-2786

www.washoecounty.gov/seniorsrv

Mobile Harvest and Produce on Wheels

Fresh produce is delivered to senior communities and senior centers across Northern Nevada.

No income restrictions.

ID and Registration required.

Pick up a schedule calendar for times and locations at the

Information/Resource Wall

in the Washoe County Senior Center or visit

fbnn.org/gethelp/programschedules



Pet Food

Washoe County Animal Control distributes free pet food for seniors **every third Tuesday** of the month.

Where: Washoe County Senior Center

When: October 17th, 8:00am-9:00am, or until supplies last

Food Bank Truck (Commodity Supplemental Food Program)

Through the CSFP, the Food Bank of Northern Nevada provides ONE BOX of nutritious food to low-income seniors monthly.

Gross monthly income limits:

\$1,473 (one person)

\$1,984 (two people)

Sign up at distribution. ID required.

Where and When:

Washoe County Senior Center - Third Thursday,

October 19th, 8:00am -11:00am

Sun Valley Senior Center - Third Wednesday,

October 18th, 9:00am-10:00am

Assistance League Food Program

Every third Tuesday of the month, the Assistance League supplies seniors with TWO BAGS of groceries with essentials.

Gross monthly income limits:

\$2,000 (one person)

\$2,554 (two people)

Only one set of bags per person. ID, Proof of Income, and Registration required.

Where: Washoe County Senior Center, 1155 East 9th Street

When: Third Tuesday,

October 17th, 8:00am-9:30am



Washoe Senior Ride:

WSR is a subsidized taxi program of the Regional Transportation Commission (RTC). It provides alternative, reliable, and affordable transportation to WC residents who are 60 years and older, RTC ACCESS clients (any age), and WC Veterans (any age).

Where to Apply:

RTC Centennial Plaza at
1421 Victorian Ave, Sparks

When: Monday -Friday

8am - 11:30am & 1pm - 4pm

Phone: (775) 348-0477

Access to Health Care Network has a FREE Senior Transportation program for Seniors with Medicare

They provide transportation services to:

- Doctor Appointments, Outpatient
- Procedures, Picking up Medications
- Therapies and Grocery Shopping

For more information on this free transportation program, contact Access to Healthcare at www.accesstohealthcare.org or call 1-877-385-2345

Did you know?

RTC has an Uber Program! They will subsidize 75% of your fare (up to \$9) for trips with Uber that start and end in the Reno-Sparks area.

AARP has a Driver Safety Course for Seniors

- Refresh your driving skills and knowledge of the rules of the road!
- Learn techniques for handling left turns, right-of-way, and roundabouts!
- Discover proven driving methods to help keep you and your loved ones safe on the road!

Call (775) 800-4808 to register with an AARP instructor.

Where: Washoe County Senior Center
1155 East 9th Street

When: Tuesday, December 12th, 9am-1:30pm



10 General Tips for

AVOIDING A SCAM

1 Never Send Money

to someone you have never met face-to-face.

2 Take precautions when making online purchases.

Don't shop on price alone. Scammers offer hard-to-find products at great prices.

3 Don't buy online unless the transaction is secure.

Make sure the website has "https" in the URL (the extra "s" id for "secure") and a small lock icon on the address bar. Even then, the site could be shady.

Research the company first at BBB.org.

4 Avoid making quick purchases while browsing social media.

Scammers advertise websites that offer great deals, but don't deliver the product at all or deliver counterfeit products.

Do more research on those products you found via online search.

5 Don't click on links or open attachments

in unsolicited email or text messages.

6 Be extremely cautious when dealing with

anyone you've met online.

7 Never share personally identifiable information

with someone who has contacted you unsolicited.

8 Don't be pressured

to act immediately.

9 Use secure, traceable transactions

when making payments for goods, services, taxes, and debts.

10 Don't believe everything you see or read.

Scammers are great at mimicking official seals, fonts, and other details. Just because a website or email looks official does not mean it is. Even Caller ID can be faked.

11 Whenever possible, work with businesses that have

proper identification licensing, and insurance.

12 Be cautious about

what you share on social media.

Learn more at BBB.org/AvoidScams

Activities at the Washoe County Senior Centers

Join us at the Washoe County Senior Centers. We're filling up our calendars with group activities like Fitness, Bingo, Bean Bag Baseball, Live Music, Crafts, and so much more! Please visit our website, call, or visit one of our Senior Centers for a full list of activities and schedules, as they vary by site. See you there!



Marriage Ceremonies

The County Clerk's office is now doing marriage ceremonies at the 9th St. Senior Center. Please call to set up an appointment through the Clerk's Office at (775) 784-7272.

Washoe County Human Service Agency Case Workers

Washoe County HSA provides assistance in the form of access or care coordination in circumstances where seniors and/or their caregivers are experiencing diminished functioning capacities, personal conditions or other characteristics, which require need for services by formal service providers. For more information call (775) 328-2575.

Where: Washoe County Senior Center
1155 East 9th Street

When: Mon-Fri, 9am-12pm and 1pm- 4pm

Nevada Care Connection

NCC works with older adults, people with disabilities, and family caregivers to explore their options, plan for care, and connect with the support services that meet their needs.

Dial: 2-1-1 (*ask for your local “Nevada Care Connection Resource Center” or visit nevadacareconnection.org)

Did you know?

Washoe 311 can help you connect with the Washoe County senior service resources you need! From benefit programs to medication assistance to community meals, they have the connection information you're looking for.

Just dial 3-1-1

Sexual Health Testing

Washoe County Health District is conducting free testing. **For more information and scheduling call (775) 328-2400.**

Where: Washoe County Senior Center
1155 East 9th Street

When: Every Thursday, 1pm-5pm

Mobile CARE Chest

CARE Chest is a Northern Nevada nonprofit agency serving individuals in need by providing medical resources, including incontinence protection and diabetic testing supplies, FREE of charge.

Where: Washoe County Senior Center, 1155 East 9th Street

When: Every Third Thursday, 8:30am-11am.

- This month: October 19th

Saint Mary's Hospice Grief Group

Smiles From Heaven is available to offer and share support within a safe, closed community. With your help we can continue to be there for each other, reminding you that you are not alone on this journey.

Where: Washoe County Senior Center
1155 East 9th Street, Game Room

When: Every first and third Tuesday of the month, from 1pm - 3pm

- This month: October 3rd & 17th





HUMAN SERVICES
AGENCY

October 2023

Washoe County Senior Center

Lunch Served Monday -
Friday: 11:15am -12:30pm

Senior Center Daily Events

Monday	Tuesday	Wednesday	Thursday	Friday
Texas Hold 'Em 8am-11am	Texas Hold 'Em 8am-11am	Texas Hold 'Em 8am-11am	Texas Hold 'Em 8am-11am	Texas Hold 'Em 8am- 11am
Stretch & Tone 9am-10am	Crochet Club 9am-11am	Stretch & Tone 9am-10am	Line Dancing Lessons 1pm-3:30pm	Stretch & Tone 9am-10am
MAP Counseling 10am-2pm	Bean Bag Baseball 1:30pm-4pm	MAP Counseling 10am-2pm	Line Dancing Lessons 1pm-3:30pm	Senior Coalition Meeting 8:30am
Bingo 12pm-1:30pm		Catholic Charities Benefit Enrollment 10am-12pm	Mahjong 12pm-3pm	Hawaiian Music Live Band 10am-12pm
Ukulele Group 2pm-4pm		Live Big Band 10:15am- 11:30am	Bean Bag Baseball 1:30pm-4pm	Bingo 12pm-1:30pm
		Bingo 12pm-1:30pm	Bean Bag Baseball 1:30pm-4pm	Bean Bag Baseball 1:30pm-4pm

Special Events

Saint Mary's Hospice Grief Group. Tuesday, October 3rd & 17th - 1:00pm-3pm

Senior Advisory Board Meeting Wednesday, October 4th - 3:00pm

POA/Estate Planning Friday, October 6th - 8:30am

POA/Estate Planning Thursday, October 17th - 1am

Important Contact Information

Access to Healthcare
Network

775-284-8989

Adult Protective
Services

888-729-0571

Alzheimer's
Association

800-272-3900

Care Chest

775-829-2273

Catholic Charities

775-786-5266

Community Health
Alliance

775-329-6300

Community Service
Agency

775-786-6023

Crisis Call Center &
Suicide Prevention

**800-273-8255/
784-8090**

Gamblers Anonymous

775-356-8070

National Alliance on
Mental Illness

775-470-5600

Nevada Welfare and
Social Services

**775-684-7200 Reno
775-824-7400 Sparks**

Nevada State
Information Service
211

Northern Nevada
HOPES

775-786-4673

Northern Nevada
Center for Independent
Living

775-353-3599

Retired and Senior
Volunteer Program

775-784-1807

RTC Access

775-348-0477

S.O.S. Senior Outreach
Services

775-784-7506

State of Nevada Aging and
Disability

775-687-0800

The Continuum and MOD
squad

775-829-4700

Veteran Crisis Hotline

800-273-8255 (TALK)

Washoe County
Information Service

311

Washoe Legal

775-332-0606



Pursuant to Title VI of the Civil Rights Act of 1964 and Section 504 of the Rehabilitation Act of 1973, Washoe County Senior Services does not discriminate in the provision of services on the basis of race, color, gender, religion, national origin, or handicap.