

***SENIOR NEWS  
AND EVENTS  
.....  
FEBRUARY, 2012***



***AARP TAX AID — FREE  
INCOME TAX ASSISTANCE  
BEGINS THURSDAY,  
FEBRUARY 2***

***MONDAYS AND THURSDAYS ONLY,  
8:00AM — 11:30AM  
NO APPOINTMENTS NECESSARY***

***.....***

***SENIOR SERVICES WILL BE CLOSED MONDAY,  
FEBRUARY 20 FOR PRESIDENTS' DAY***

***WASHOE COUNTY SENIOR SERVICES***

IN RENO ♦ 1155 E. NINTH STREET, Bldg. E ♦ 328-2575

IN SPARKS ♦ 97 RICHARDS WAY ♦ 353-3110

IN SUN VALLEY ♦ 115 WEST 6TH AVENUE ♦ 673-9417

IN GERLACH ♦ 385 E. SUNSET BLVD. ♦ 775-557-2206

WEB SITE ♦ [www.washoecounty.us/seniorsrv](http://www.washoecounty.us/seniorsrv)



# SERVICES

## SOCIAL SERVICE PROGRAMS AT THE RENO CENTER

*For information call 328-2575*

**Commodity Food** – The next USDA commodity food distribution will be Thursday, MARCH 1, 8AM - 11:00AM at the Reno Center. Gross income limits are: \$1,361.25 (one person) or \$1,838.75 (two people). First Thursday of every other month.

**Emergency Food Pantry** – Third Tuesday - FEBRUARY 21 - at 8:00AM. Doors open at 7:30AM. Gross income limits are: \$1,180/mo. (one person) or \$1,594 (two people). Only one set of bags per household. Limited to the first 300 people. **Food Stamp Workshop, Reno only, 8:30 - 10:30AM.**

**Food Bank Truck (CSFP) – Reno** - Third Thursday, FEBRUARY 16 - 9:15 - 11:15AM;  
**Sparks** - Second Tuesday, FEBRUARY 14 - 11:45AM - 12:30PM; **Sun Valley**, Third Wednesday, FEBRUARY 15, 9 - 10:00AM. Gross income limits are: \$1,174 (one person), or \$1,579 (two people) – Sign up at the Truck in the parking lot.

**LIHEA (Low Income Home Energy Assistance Programs)** – Provides assistance with utility costs. Gross income limits are: \$998/mo. (one person), or \$1,348/mo. (two people).

**A T & T Universal Lifeline** – Provides a discount on your telephone bill. Call AT&T 1-866-901-0152

**Sewer Bill Rebate** – Both Reno and Sparks programs are closed until next summer.

**Washoe Senior Ride** – Taxi Ride Subsidy. You can purchase a book of \$20 worth of Taxi Bucks for \$15, with a maximum of 2 books per month. Program requirements are: age 65+ or an RTC Access rider, a Washoe County resident and **household income below \$40,000**. Sign up in person at the front desk of the Reno Center or call 348-0477 for information.

## *WE ARE HERE TO HELP*

Are you struggling to make ends meet? Are you no longer able to do simple housekeeping chores or prepare meals? Don't forget to ask us for help. We may have programs available to assist you, and can also help you apply for any assistance you may be eligible for.

### *S O S – Senior Outreach Services*

#### *Educational Talk for February*

#### **Finding meaning in the face of uncertainty.**

Tuesday, February 14, 2012, 10 a.m.-11 a.m.  
Laxalt Auditorium, Nelson Building, 401 W. 2nd St., Reno

**Presenter: ElizaBeth Beyer, RN, MSN, MSJS, MRS, JD**

Rabbi Beyer, a nurse, attorney, ethics consultant and rabbi has worked extensively with end of life patients, and will lead us on a motivational exploration of issues at end of life. She will also discuss difficulties experienced in end of life decisions from a religious perspective. If you plan to attend, please contact Sina Ward at (775-784-7506) or email [Sinaw@unr.edu](mailto:Sinaw@unr.edu) by Friday, Feb. 10. Come early at 9:30 a.m. and meet fellow volunteers over a cup of coffee or tea.

For more information please call Sina Ward, Ed.D, Director of Senior Outreach Services, Sanford Center for Aging, University of Nevada, Reno (775) 784-7506 or [sinaw@unr.edu](mailto:sinaw@unr.edu).

### **GOT E-MAIL?**

Email [bjhartman@washoecounty.us](mailto:bjhartman@washoecounty.us) to be added to the newsletter distribution list. It is also available on our website, [www.washoecounty.us/seniorsrv](http://www.washoecounty.us/seniorsrv)



# *IMPORTANT INFORMATION*

## **“Savvy Saving Seniors: Steps to Avoiding Scams” Becoming Resource-FULL**

### **FEBRUARY WORKSHOPS**

*Feb. 6, 2012 – 10:00-11:00AM, Sparks Senior Center - 97 Richards Way*

*Feb. 13, 2012 – 10:00-11:00AM, Neil Road Recreation Center - 3925 Neil Road*

*Feb. 27, 2012 -- 2:00-3:00PM, Teglia's Paradise Park – 2745 Elementary Drive*

## ***IT'S NOT TOO LATE FOR A FLU SHOT***

There are early indications that influenza activity in the United States is beginning to increase. Peak influenza season is February. If you have not yet gotten your flu vaccine, you should get vaccinated now. It takes about two weeks after vaccination for your body to develop an immune response. Flu vaccination will not give you the flu, is safe and can protect you against flu illness.

People with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older are considered high risk so it's especially important to get yearly flu shots to decrease the risk of severe flu illness.

Influenza can be serious and usually comes on suddenly. People who have the flu often feel some or all of these symptoms: Fever\*, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness) \*It's important to note that not everyone with flu will have a fever.

Most local drugstore and supermarkets offer flu shots and will bill Medicare Part B with no co-pay. It's not too late to protect yourself!

*Information source: Centers for Disease Control and Prevention [www.cdc.gov/flu/](http://www.cdc.gov/flu/)*

## ***TELEPHONE AND EMAIL SCAMS ARE INCREASING***

We have had several reports from seniors of persistent and repeated phone calls attempting to get them to reveal personal information such as bank account numbers. The callers sometimes already know their names. They may represent themselves as bank employees or someone trying to award a prize that has been won.

Email scams may be in the form of a message from someone you know with a link to click on which will immediately download a virus onto your computer. Do not open attachments. These viruses can glean passwords and any personal information you keep in your computer and make it possible for the sender to steal your identity or at the very least hijack you address book and spread the virus to everyone you have contact with. Immediately delete suspicious emails.

Protect yourself by being aware. Your bank or credit card company will not call you or email you asking you for bank account information — they already have it. Your email provider will not email you asking you to confirm you account information — they already have it. And your grandchildren will probably not call you from far away with the story that they are in trouble and need money wired to them (but please don't tell their parents). And if you didn't enter that foreign sweepstakes, you haven't won it! If you get such a call, hang up immediately. The more you talk to them, the greater the chance they can trick you into revealing the information they are looking for.

**Do not EVER give you financial information over email, text or by phone!**

## AARP DRIVER SAFETY PROGRAM

Classes available at multiple locations

**CALL ANNMARIE FOR  
INFORMATION AND TO  
REGISTER  
786-3509**



## LIVING WILL SEMINAR

Assistance with Living Will and Durable Power of Attorney for Health Care.

**THURSDAY, FEBRUARY 16, 2:00PM**

**RSVP REQUIRED BY FEBRUARY 9**

**328-2592**

## ARE YOUR MEDICATIONS MAKING YOU SICKER?

The Medication Therapy Management program will review your entire drug regimen (prescription drugs, over-the-counter medications, vitamins and supplements) for safety and effectiveness at no charge. Participation is limited and you must be

- **A Nevada resident, age 60 or older AND taking 5 prescription drugs or more**

For more information please call Teresa Sacks, M.P.H., Health Research Analyst, Sanford Center for Aging, University of Nevada, Reno (775) 784-1612 or sackst@unr.edu

## WASHOE COUNTY CONTACT INFORMATION

NEVADA STATE INFORMATION SERVICE .....	211
AARP SENIOR EMPLOYMENT PROGRAM .....	323-2243
AARP MATURE DRIVING CLASS RESERVATIONS .....	786-3509
AARP INFORMATION CENTER M-F 9:00AM-1:00PM .....	328-2506
ALZHEIMER'S ASSOCIATION 1301 Cordone Ave, Suite 180 .....	786-8061
CARE CHEST 7910 N. Virginia Street, Reno .....	829-2273
COMMUNITY SERVICES AGENCY 1090 East 8th, Reno .....	786-6023
<b>ELDER PROTECTIVE SERVICES, NV AGING AND DISABILITY SERVICES / CHIP</b> .....	<b>688-2964</b>
FOOD BANK (CSFP TRUCK) .....	331-3663
FOSTER GRANDPARENT PROGRAM M-F 8:00AM-4:30PM .....	358-2768
GAMBLERS ANONYMOUS .....	356-8070
HAWC CLINIC, 1055 South Wells .....	329-6300
MEDICATION MANAGEMENT PROGRAM, UNR .....	784-1612
NevadaCareConnection.org .....	829-4700
NEVADA STATE WELFARE .....	684-7200
NORTHERN NEVADA CENTER FOR INDEPENDENT LIVING, 999 Pyramid Way .....	353-3599
RTC ACCESS TRANSPORTATION SERVICES Information.....	348-0477
RENOWN MED. LOW INCOME CLINIC, 21 Locust .....	982-5270
RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP), M-F 9:00AM-4:00PM .....	784-1807
SANFORD CENTER FOR AGING .....	784-4774
SENIOR COMPANION PROGRAM .....	358-2322
SENIOR EMPLOYMENT AARP Senior Community Services Employment Program	
1135 Terminal Way, Suite 102 .....	323-2243
Job Connect 1675 E. Prater Way or Reno Town Mall .....	336-5400
SENIOR LAW PROJECT M-F 9:00AM-12:00PM & 1:00PM-4:00PM, Closed W & F PM .....	328-2592
SENIOR OUTREACH SERVICES.....	784-7506
SENIOR SAMPLER (Assistance League) 1701 Vassar St. ....	324-2003
SHIP (STATE HEALTH INSURANCE ADVISORY PROGRAM) .....	328-2673
SOCIAL SECURITY ADMINISTRATION 1170 Harvard Way, Reno .....	1-888-808-5481
VETERAN'S ADMINISTRATION Medical Center 1000 Locust St., Reno.....	786-7200
Medical Benefits Information 1000 Locust St. ....	328-1293
STATE VETERAN'S BENEFITS & SERVICE 5460 Reno Corporate Drive, Reno .....	688-1653 X1
VETERANS OF FOREIGN WARS (VFW) SERVICE OFFICER Same as Above .....	321-4885
WASHOE COUNTY LIBRARY – SENIOR CENTER BRANCH Tue.- Fri. 9:00AM-1:00PM	328-2586



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