

Senior News and Events

APRIL 2024



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

Blood Pressure Clinic

We are pleased to host a Blood Pressure Clinic every Monday from 10:00am – noon at the Reno Senior Center. Please look at the calendar on page 7 for other locations!



Poetry Workshop!

Join Terry Brooks for FREE poetry workshops on the second Monday of the month from 1pm-2pm at the Senior Center!

By three methods we may learn wisdom: First, by reflection, which is noblest; Second by imitation, which is easiest; and third by experience, which is bitterest. - *Confucius*

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: 11:15am- 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: April 16th, 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,

April 18th, 8:00am -11:00am

Sun Valley Senior Center - Third Wednesday,

April 17th, 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,

April 16th, 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 4th Street Station

200 East 4th Street
Reno, Nevada

When: Monday -Friday

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

Phone: (775) 348-7433

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.

Where: Washoe County Senior Center

1155 East 9th Street

When: Monday, April 29th, 12:30pm-4:30pm

Become eligible for an auto insurance credit!



AARP[®]

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: April 18th

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: April 2nd & 16th



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 Street Senior Center. Please call to set up an appointment through the Marriage Commissioner'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

5 Heart Numbers You Need to Know:

1. How many steps you take per day.
2. Your blood pressure
3. Your non-HDL cholesterol
4. Your blood sugar
5. How many hours of sleep a night you get

EAT MORE

Vegetables and Fruits

Healthy Fats

Whole Grains

Lean Animal and Plant-based Proteins

EAT LESS

Sugary Drinks and Sweets

Processed Meats

Alcohol

Salt or Sodium

Saturated and Trans Fats