

RECREATION/EDUCATION

CITY OF RENO SENIOR SERVICES

www.Reno.gov/Seniors
Information: (775) 657-4602
Scholarships: (775) 334-2046

EVELYN MOUNT NORTHEAST CENTER

(775) 334-2262

NEIL ROAD RECREATION CENTER

(775) 689-8484

TEGLIA'S PARADISE PARK

(775) 356-3176

OSHER LIFELONG LEARNING (OLLI)

www.OLLI.UNR.edu
Classes & Activities: (775) 784-8053

TMCC SILVER COLLEGE

www.TMCC.edu/WorkForce-Development-Community-Education/
Classes & Activities: (775) 829-9010



RENO VICINITY ELDER SERVICES: FREE GUIDES & RESOURCES

Caregiving | Financial | Education | Legal
Healthcare | Housing | Insurance | Nutrition

INFO 2-1-1

Connect to Nevada services and information
www.Nevada211.org
Dial 2-1-1 or 1-866-535-5654

AARP: Nevada

www.AARP.org/States/NV
(866) 389-5652

ADMINISTRATION ON AGING

www.AOA.gov
Eldercare locator: (800) 677-1116

NATIONAL COUNCIL ON AGING - BENEFITS CHECK UP

www.BenefitsCheckUp.org
(571) 527-3900 (NCOA Headquarters)

GOLDEN PAGES & SENIOR SPECTRUM

Resource catalogue & monthly magazine
www.SeniorSpectrumNewspaper.com
(775) 348-0717 or toll free (800) 253-3713

NV AGING & DISABILITY SERVICES DIVISION

Resources, services navigation
www.ADSD.NV.gov | (775) 688-1341

NV DIVISION OF WELFARE AND SUPPORTIVE SERVICES

www.DWSS.NV.gov | (775) 684-7200

NV SENIOR GUIDE

www.NVSeniorGuide.com | (702) 269-9290

NEW LIFESTYLES

Guide to senior living & care
www.NewLifeStyles.com | (800) 869-9549

NORTHERN NEVADA DISABILITY ACCESS

www.NNVDAccess.com

NORTHERN NEVADA VETERANS RESOURCE CENTER

www.VetsResource.org/VRC-Northern-Nevada.html | (775) 284-8387

RENO DIRECT

Non-emergency service center
www.Reno.gov/RenoDirect | (775) 334-4636

SENIOR CONNECT

Monthly City of Reno senior programs
www.Reno.gov/Seniors | (775) 657-4602

SOCIAL SECURITY

www.SSA.gov | (888) 808-5481

SOLUTIONS AND RESOURCES ASSOCIATES - (SARA)

www.AskSARA.org | (775) 742-3288

WASHOE 3-1-1

Washoe County services and information
www.WashoeCounty.us/Contact.php
Dial 3-1-1 or (775) 328-2003

WASHOE COUNTY HUMAN SERVICES AGENCY: SENIOR DIVISION

www.WashoeCounty.us/SeniorsRV
(775) 328-2575

WASHOE COUNTY LIBRARY SYSTEM

www.WashoeCountyLibrary.us
(775) 327-8300

 : Free/Low Cost

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RENO, SPARKS, WASHOE COUNTY

ELDER SERVICES GUIDES & RESOURCES



To talk or schedule an appointment with a Senior Health Advocate Volunteer, an electronic version of this brochure, or with questions please contact:

Center for Healthy Aging
www.AddingLifeToYears.com
Info@AddingLifeToYears.com
(775) 237-8375

Made possible by the support of the City of Reno Senior Citizen Advisory Committee, Washoe County, Center for Healthy Aging, and No NV Building & Construction Trades Department



CAREGIVING

📞 **ALZHEIMER'S ASSOCIATION**
Caregiver support, training, respite
www.ALZ.org/NorCal | (775) 786-8061

CAREGIVER ACTION NETWORK
Caregiver support, training
www.CareGiverAction.org | (202) 454-3970

📞 **SENIORS IN SERVICE**
Volunteer companions, care, respite,
transportation, foster grandparents
www.SeniorsInServiceNevada.org
(775) 358-2768

📞 **SENIOR OUTREACH SERVICES (SOS)**
Companions, care, transportation
www.DHS.UNR.edu/Aging/Outreach/SOS
(775) 784-7506

📞 **COMMUNITY FOUNDATION OF
WESTERN NEVADA**
Caregiving Resources
www.WashoeCareGivers.org | (775) 333-5499

HEALTH/SOCIAL SERVICES

📞 **CAP TEL**
Captioned Telephone for hearing impaired
www.OEIUS.org/Profile/RachelVelez
(702) 595-7730 | (877) 473-4003 (Toll-Free)

📞 **CARE CHEST OF THE SIERRA**
Medical equipment, supplies, education
www.CareChest.org | (775) 829-2273

📞 **CENTER FOR HEALTHY AGING**
Elder Gap/Lifeline/Sr Health Advocate
www.AddingLifeToYears.com | (775) 237-8375

SANFORD CENTER FOR AGING, UNR
Elder education, outreach, research
<http://Med.unr.edu/Aging/>
Center for Aging: (775) 784-4774
Geriatric Clinic: (775) 784-6377

ADULT DAYCARE AGENCIES

📞 **DAYBREAK**
[www.WashoeCounty.us/SeniorsRV/
Adult_Day_Health/Index.php](http://www.WashoeCounty.us/SeniorsRV/Adult_Day_Health/Index.php) | (775) 328-2591

**MORE TO LIFE ADULT DAY HEALTH
CENTER**
www.AdultDayCareReno.com
(775) 358-1988

THE CONTINUUM
Adult daycare plus home modifications
www.ContinuumReno.com | (775) 829-4700

HEALTHCARE

📞 **ACCESS TO HEALTHCARE**
Home of Aging and Disability Resource
Center (ADRC); affordable housing; State
Health Insurance Program (SHIP);
nonemergency transportation; medical
discount program; Respite Rx Program
www.AccessToHealthCare.org
(775) 284-8989

📞 **COMMUNITY HEALTH ALLIANCE**
www.ChaNevada.org | (775) 329-6300

📞 **NV SENIOR/RX & DISABILITY RX**
Medicare prescription help
[www.ADSD.NV.gov/Programs/Seniors/
SeniorRx/SrRxProg/](http://www.ADSD.NV.gov/Programs/Seniors/SeniorRx/SrRxProg/)
(775) 687-0539 or (866) 303-6323 (statewide)

📞 **NORTHERN NV HOPES**
www.NNHopes.org | (775) 786-4673

📞 **STATE HEALTH INSURANCE
PROGRAM (SHIP)**
Medicare Counseling
www.ShipTaCenter.org
Helpline: (844) 826-2085
Reno Office: (775) 284-8989

HOUSING

HOUSING & URBAN DEVELOPMENT
www.HUD.gov/Nevada
www.GoSection8.com
(775) 329-3630

NEVADA HOUSING DIVISION
www.NVHousingSearch.org
(877) 428-8844

📞 **NV RURAL HOUSING AUTHORITY**
Home ownership/rental assistance
www.NVRural.org | (775) 887-1795

📞 **RENO HOUSING AUTHORITY**
www.RenoHA.org | (775) 331-5138

📞 **VOLUNTEERS OF AMERICA**
Homeless shelter, senior housing
www.VOA-NCNN.org/Northern-Nevada
(775) 324-2622, ext 101

📞 **WASHOE COUNTY INCOME- BASED
SENIOR HOUSING GUIDE**
www.WashoeCounty.us/SeniorsRV
(775) 331-5138

LEGAL SERVICES

ELDER PROTECTIVE SERVICES
[www.ADSD.NV.gov/Programs/Seniors/EPS/
EPS_Prog/](http://www.ADSD.NV.gov/Programs/Seniors/EPS/EPS_Prog/)
(775) 687-0800 or (888) 729-0571

NEVADA LEGAL SERVICES
www.NLSLaw.net | (775) 284-3491

WASHOE COUNTY PUBLIC GUARDIAN
www.CO.Washoe.NV.us/Guardian/
(775) 674-8800

WASHOE LEGAL SERVICES
www.washoelegalservices.org
(775) 329-2727 or (775) 338-0606

FOOD/NUTRITION

📞 **ASSISTANCE LEAGUE - PANTRY**
www.RenoSparks.AssistanceLeague.org
(775) 329-6658

📞 **FOOD BANK OF NORTHERN NV**
Food distribution sites
www.FBNN.org | (775) 331-3663

📞 **FOOD STAMP PROGRAM**
Nevada State Welfare
www.DWSS.NV.gov/SNAP/Food/
(775) 684-7200

📞 **CATHOLIC CHARITIES OF NNV ST
VINCENT'S PROGRAMS**
Food pantry, meals, senior nutrition
www.CCSNN.org/Food.html
(775) 786-5266 ext. 1 or (775) 322-7073

📞 **WASHOE COUNTY SENIOR
SERVICES NUTRITION PROGRAM**
[https://www.washoecounty.us/seniorsrv/
nutrition/home_delivered_meals.php](https://www.washoecounty.us/seniorsrv/nutrition/home_delivered_meals.php)
Home Delivery: 775-328-2590
General: 775-328-2575 ext. 4



📞 : Free/Low Cost

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