

23rd Edition

April 2023

Community Resource Guide for Older Adults

**Information, Help and Resources
for those living in the
Northwestern Nevada Area**



This edition of the Community Resource Guide is dedicated to its founder and long-time editor, Shirley Whitcome. The guide we are publishing this year, its 23rd edition, is a result of her frustration at the unavailability of resources when she began caring for her mother-in-law in the late 1990s, and the lack of support for family caregivers. She is one of the founding members of the Senior Service Network (SSN) and has been honored with their "Pillars of the Community" award for her contributions to the local senior community.



A long-time member of The First United Methodist Church in Carson City, NV, Shirley formed a group of church members comprised of other family caregivers to pool the information they had found concerning resources and ideas for care. As a result of getting the word out on the resources and information they were collecting, the group began to host a yearly event, the "Senior Celebration", which allowed them to bring their knowledge to the community. First held in a strip mall in south Carson City, the event has now grown to be the major fundraising opportunity for the Senior Service Network. These funds are used to provide grants to older individuals experiencing financial difficulties that cannot be addressed elsewhere. Thousands of seniors have now benefitted from the "Senior in Need" program, and the SSN will continue to bless others in the future.

The " Little White Book," as it is commonly referred to has certainly changed over the years. The first edition was 15 pages, and 1,500 copies were printed for that first Senior Celebration. This year's edition is almost 90 pages, and 15,000 printed copies will make their way into the hands of eager users. The book is also available electronically, and the information can be accessed at www.carsoncitymethodist.com. What has not changed is the care and diligence put into preparing the book for each printing. Volunteers still contact each listed business or entity to verify that the information presented is the most accurate available. Once received, a small army of volunteers also makes sure the books are delivered to the agencies and businesses that so heavily rely on the information it contains. The photograph below shows Shirley with just some of the volunteers who have helped produce the Community Resource Guide over the years.



It has been my honor and pleasure to assume the role of editor and send deep thanks to Shirley, David, Marcy, Connie Pam and all those who have helped make this edition a reality. Now that we have weathered the last 3 years without an updated guide, we are back on track to publish each Spring and invite you to the 2023 Senior Celebration on May 11 in the Casino Fandango Ballroom. See you there!

Many thanks for your support of this valuable project!

Tannis Causey

The ElderCare Program

First United Methodist Church, Carson City, NV

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ADVOCACY/ PROTECTIVE SERVICES

ADVOCATES TO END DOMESTIC VIOLENCE (775) 883-7654

Services: Adult protective services, case management, counseling service, crisis intervention, education/literature, emergency food/clothing, emergency shelter for domestic violence cases only, information/assistance, legal/advocacy services, support group services.

Address: 3640 Gordon Street, Carson City, NV 89701 **Fax (775) 883-0364**

Sexual Assault Response Advocates (SARA) (775) 883-7654

Services: Aide programs for victims of sexual assault.

CARSON CITY PUBLIC ADMINISTRATOR..... (775) 887-2260

Recorder's Office - ask for Public Administrator

Services: Handles estates by NRS Statutes for residents when no one else is available or for someone in need and who meets the criteria of that office.

Address: 885 East Musser, Ste. 1028, Carson City, NV 89701 **Fax (775) 887-2146**

CARSON CITY PUBLIC GUARDIAN (775) 887-2295

Public Guardian: John Giomi

Services: Handles guardianship by NRS Statutes for residents over 60 years of age when no one else is available for someone in need, who meets the criteria of that office.

Address: 201 North Carson St., Ste. 1, Carson City, NV 89701 **Fax (775) 887-2585**

Email: jgiomi@carson.org

COOKE ELDER NAVIGATION SERVICES (775) 762-9258

Services: Cooke Elder works with seniors and their families as a trusted partner, advocate, and navigator to help them navigate through the available resources to determine a care plan for you and your family. They also act as a family and patient advocate asking objective questions to your physicians, hospital, rehabilitation, and memory care personnel. At Cooke Elder, we do the research and the leg work to help you make informed decisions.

Address: 421 Court St., Ste. 1A, Reno, NV 89501

Owner: Theresa Cooke, C.D.F..... www.cookeeldernav.com

ELDERCARE LOCATOR State Operator: (775) 684-4200

Outlying Areas: (800) 992-0900 National: (800) 677-1116

Services: The ElderCare Locator helps families and friends find information about community services for older people anywhere in the United States and its territories. This organization provides info on a wide range of services available to seniors, such as home delivered meals, transportation, legal assistance, housing options, recreation and social activities, prescription assistance, adult day care, senior center programs, home health services, elder abuse prevention, Medicare prescription program referrals and nursing home ombudsmen.

Hours: Monday to Friday, 9:00 am to 8:00 pm EST

Nevada Website: www.ahsd.nv.gov

National Website: www.eldercare.gov

ADVOCACY/ PROTECTIVE SERVICES

GUARDIANSHIP SERVICES OF NEVADA, INC. (775) 331-1266

Services: Private guardianships, probate administration and guardianship care management, fiduciary services, and case management.

Address: P.O. Box 3459, Reno, NV 89505 **Fax (775) 331-1106**

Guardian: MaryAnn Hawkins

KET CONSULTING, LLC (702) 378-7609

Services: Disability inclusion offering advocacy, tutoring, workshops, resources, resume development, interview process and job coaching, development, readiness, placement and job search assistance.

Email: keri.ketconsultingllc@gmail.com www.ketconsulting.org

KL ADVOCACY AND CARE MANAGEMENT (775) 737-6521

Services: Healthcare advocacy and resources for aging and disabled, assistance with living wills, advance directives, medication reminders & delivery, care management, grocery shopping and delivery.

Mailing Address: PO Box 143, Silver City, NV 89428

Email: kerilowrey@outlook.com www.KLadvocacy.com

MARGARET CROWLEY, ESQ. (775) 233-6711

Services: Eldercare mediation helps families make decisions about how to best manage the needs of aging family members and loved ones. These decisions may involve caregiving, estate planning, housing, insurance, end-of-life planning, communication, family relationships. The mediator facilitates these conversations, helping parties craft satisfying solutions to problems in a non-threatening environment.

Address: 255 W. Moana Lane, #209, Reno, NV 89509 **Fax (775) 201-0080**

Email: Margaret@crowleymediation.com www.crowleymediation.com

**MEDICARE ASSISTANCE PROGRAM (MAP) Statewide (800) 307-4444
N. Nevada (775) 284-1892**

Services: MAP services, which include outreach, education, and one-on-one assistance with Medicare access, benefits, enrolling or changing Medicare Part D and Medicare Advantage plans, and applications for programs that assist with Medicare costs are available to all Medicare-eligible individuals, pre-enrollees, their family members, and caregivers.

The State Health Insurance Assistance Program (SHIP)

Services: Provides free, unbiased, and personalized Medicare counseling to empower, educate and assist individuals in understanding their options and making informed health insurance decisions that optimize their access to medical care and benefits.

Senior Medicare Patrol (SMP)

Services: Empowers, assists, and increases awareness to prevent, detect and report health care fraud, errors and abuse.

Medicare Improvements for Patients and Providers Act (MIPPA)

Services: Provides information and application assistance to low-income Medicare beneficiaries who may qualify for cost-saving programs and provides outreach to promote wellness and disease prevention.

Serving Washoe, Carson City, Douglas, Lyon, Storey, Humboldt, Elko, Pershing, Lander, Eureka, White Pine, Churchill, and Mineral counties.

ADVOCACY/ PROTECTIVE SERVICES

MEDICARE HOTLINE.....(800) Medicare
(800) 633-4227
www.medicare.gov

MEDICARE BENEFITS..... (800) 772-1213
Services: To apply for Medicare benefits and low-income subsidies contact your local Social Security office.
www.socialsecurity.gov

NATIONAL ASSOCIATION OF AREA AGENCIES ON AGING
Helps older persons and those with disabilities makes the choices needed to live with dignity at home and in their community as long as possible.
..... www.n4a.org

NATIONAL INSTITUTE ON AGING
Resource directory for older adults, providing information and help from government agencies, professional organizations, and private groups.
..... www.nia.nih.gov/health/publication

NEVADA AGING AND DISABILITY SERVICES DIVISION

Adult Protective Services (APS) Statewide(888) 729-0571
Services: To assist vulnerable adults 18-59, in addition to persons 60 years and older who are abused, neglected, exploited, isolated or abandoned. Elder Protective Services (EPS) program is now referred to as Adult Protective Services (APS). Adult Protective Services serves all of Nevada.

Long Term Care Ombudsman Statewide (888) 282-1155
Services: Serves persons who reside in long-term care facilities. Provides residents information about their rights and available resources. Obtains information about residents' complaints, investigating, and resolving complaints and safeguarding the resident's rights. Assures that residents receive quality of care and treatment from service providers.

Community Advocate(775) 687-4210
Services: Community Advocates increase community resource awareness for all Nevadans across the lifespan. Creating opportunities to educate, inform and connect those individuals seeking help to access programs and services to meet their needs. Advocates participate in outreach opportunities such as information fairs, presentations, program visits and much more.

NEVADA AGING & DISABILITY SERVICES DIVISION(888) 333-1597
OFFICE FOR CONSUMER HEALTH (OCHA)..... (702) 486-3587

Services: OCHA helps all Nevadans resolve their healthcare related issues including explaining Patient Rights and Responsibilities under their insurance plans; reviewing hospital and provider bills for accuracy; appealing insurance denials; facilitating external reviews; helping the uninsured with healthcare resources; providing prescription assistance resources. OCHA services are free.

Address: 3320 W. Sahara Ave., Ste. 100, Las Vegas, NV 89102 **Fax:** (702) 486-6358
Email: CHA@govcha.nv.gov

ADVOCACY/ PROTECTIVE SERVICES

NEVADA GOVERNOR’S COUNCIL ON DEVELOPMENTAL DIFFICULTIES (775) 684-8619

This is the official website of the NGCDD. The Council engages in advocacy, system’s change, and capacity building activities for people with developmental disabilities and their families to promote equal opportunity, self-determination, and community inclusion. They do not provide direct support services.

Email: rortiz@dhhs.nv.gov www.nevadaddcouncil.org

NEVADA MEDICARE ASSISTANCE PROGRAM (MAP) (800) 307-4444 SENIOR MEDICARE PATROL (SMP).....

Services: Empowers, assists and increases awareness to prevent, detect, and report healthcare fraud, errors and abuse through education, outreach and counseling.

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)

Services: Provides free, unbiased and personalized Medicare counseling to empower, educate and assist individuals in understanding their options and make informed health decisions that optimize their access to medical care and benefits.

MEDICARE IMPROVEMENT FOR PATIENTS AND PROVIDERS ACT (MIPPA)

Services: Provides information and application assistance to low-income Medicare beneficiaries who may qualify for cost-saving programs and provides outreach to promote wellness and disease prevention.

SPECIAL ADVOCATES FOR THE ELDERLY OF DOUGLAS COUNTY..... (775) 782-6247

Services: Special Advocates For the Elderly (SAFE) is a local program aimed at promoting the best interests of elderly protected people within the judicial system. SAFE advocates are usually appointed on guardianship cases where elderly people require advocacy due to abuse and/or exploitation.

Address: 1038 Buckeye Rd., Minden, NV 89423 Mail: PO Box 218, Minden, NV 89423

Hours: 8:00 am to 4:00 pm

Executive Director: Leanne Wagner **Email:** lwagner@douglas.nv.gov

SUICIDE PREVENTION LINE Call 988

Services: If you are not in immediate danger because of thoughts of suicide, but need to talk about your suicidal feelings, please call. You may call this suicide prevention number from anywhere in the United States, 24-hours a day. People are waiting to help you.

SUICIDE PREVENTION OF DOUGLAS COUNTY (775) 783-1510

Services: To provide suicide prevention, intervention, education, and support to all members of Douglas and Eldorado Counties. Promote community awareness of the signs and symptoms of suicide and intervention strategies for the prevention of suicide. Provide recommendations and referrals that support the mission and work to eliminate the stigma of suicide, educate the community about the warning signs and ultimately reduce the rate of suicide in our community and surrounding areas.

Address: 1625 Hwy 88 #101 Minden, NV 89423

Email: Debbie@spnawareness.org www.SPNAwareness.org

WASHOE TRIBE OF NEVADA AND CALIFORNIA (775) 265-8698 DOMESTIC VIOLENCE PROGRAM TRIBE HQ (775) 265-8600

Services: WTNC helps with domestic violence and/or sexual assault issues. Services are available to help with TPO's, emergency shelter, food, clothing, and other necessary

ADVOCACY/ PROTECTIVE SERVICES

items for domestic violence victims. Education and training on domestic violence, as well as supportive services for survivors. WTNC is primarily for Native Americans, but we do not discriminate, and all ethnic backgrounds are encouraged to call.

Joanne Summers, Coordinator.....**Email:** joanne.summers@washoetribe.us

Address: 1246 Waterloo Lane, Gardnerville, NV 89410 **Fax: (775) 265-4593**
www.washoetribe.us

BEHAVIORAL/ MENTAL HEALTH PROVIDERS

**CARSON CITY MOBILE OUTREACH SAFETY TEAM (MOST) (775) 887-2677
(775) 887-2007**

Services: Clinician and deputy team that provides community outreach and support for individuals experiencing behavioral health issues. Call the Sheriff's non-emergency dispatch (above) to request a MOST visit.

Hours: Monday to Thursday, 8:00 am to 5:00 pm

CARSON TAHOE BEHAVIORAL HEALTH SERVICES

Services: Psychiatric and substance abuse treatment for adolescents, adults and seniors.

Inpatient Services:..... (775) 445-7350

Address: 1080 N. Minnesota St., P. O. Box 2168, Carson City, NV 89703 **Fax (775) 885-8094**

Outpatient Services:..... (775) 445-7756

Address: 775 Fleischmann Way, Carson City, NV 89703

MALLORY BEHAVIORAL HEALTH CRISIS CENTER (775) 445-8889

Services: Mallory Behavioral Health Crisis Center is for adults (ages 18 and over) experiencing mental health, substance use or other functional problems of a non-medical nature requiring Emergency Room Services.

Address: 775 Fleischmann Way, Carson City, NV 89703

Hours: Open 24 hrs./7 days a week/365 days a year.

COMMUNITY COUNSELING CENTER (775) 882-3945

Services: Counseling, crisis intervention, education/literature, diagnostic/evaluation, anger management, substance abuse treatment, support group services, therapy services and information/referral.

Address: 205 South Pratt St., Carson City, NV 89701 **Fax (775) 882-6126**

**CRISIS SUPPORT SERVICES OF NEVADA..... (775) 784-8090
(800) 273-8255**

Services: The Crisis Call Center provides suicide prevention, crisis intervention, education services to the community and those individuals in crisis by helping them identify choices and offering support. Also, offers Survivors of Suicide and Sexual Assault Support Groups, Youth Outreach and Education, child/elder abuse and neglect reporting as well as The Senior Connection. The Crisis Call Center houses Sexual Assault Support Services. Text **CARE to 839863**

Address: P.O. Box 8016, Reno, NV 89507 **Fax (775) 784-8083**

**CVMC VITALITY FOR LIFE-..... (775) 782-1599
SENIOR MENTAL HEALTH AND WELLNESSEmergency 988**

Services: Offering senior mental health and wellness services to help cope with life's challenges during the aging process; including depression, anxiety, isolation, anger, and grief. Individual and group therapy, case management, medication management and coordination of care with a primary care physician. The staff includes specially trained nurses, licensed social workers, and psychiatrists.

Address: 1107 Highway 395, Gardnerville, NV 89410www.cvmchospital.org/vitality

BEHAVIORAL/ MENTAL HEALTH PROVIDERS

DOUGLAS CENTER FOR HOPE AND HEALING (775) 450-0329

Services: Free grief and loss support groups for children, teens and adults, home visits, grief backpacks and Camp Hope. Lending library of grief materials is available. Call for more information on times and locations.

Address: 1528 Hwy. 395 N., Ste. 235, Gardnerville, NV 89410

.....www.douglascenterforhopeandhealing.org

FALLON FAMILY WELLNESS CENTER (775) 346-3386

Services: Provides mental health assessments and evaluations, drug, alcohol, and gambling evaluations, individual, family and group sessions, EMDR therapy, coaching, case management and medication management. Medicaid, fee for service.

Address: 151 North Maine St., Fallon, NV 89406

.....www.fallonfamilywellness.com

FALLON RURAL CLINICS - DPBH..... (775) 423-7141

Services: Provides a comprehensive array of services to the severely mentally ill and severely emotionally disturbed populations. Includes outpatient counseling (individual, family or group), psychosocial rehabilitation, case management, medication clinic and residential support. Accepts most insurances as well as self-pay on a sliding scale.

Address: 141 Keddie St. #8, Fallon, NV 89406

INTEGRATED BEHAVIORAL HEALTHCARE (775) 657-8499

Services: Comprehensive assessment, including medical, psychological and psychosocial evaluation for both family members and patients. Medical management as well as information about and referral to community health and social services. Free medications for eligible patients. Diagnosis and treatment of memory changes from causes other than Alzheimer's. Competency evaluations; behavioral consultation and counseling; family members can be referred with or without the patient. Education for families and professionals. Medicare and private insurances accepted.

Address: 890 Mill St., Ste. 305, Reno, NV 89502 **Fax (775) 657-8501**

Email: ibh@renomemorycare.comwww.renomemorycare.com

Debra Fredericks, PhD, APRN, PMHCNS-BC

LYON COUNTY MOBILE OUTREACH SAFETY TEAM (MOST) (775) 463-6620

Services: Clinician, human services case manager and deputy team that provides community outreach and support for individuals experiencing a mental, emotional, substance or suicidal crisis. Call Sheriff's non-emergency dispatch (above) to request a MOST visit.

NAMI (National Alliance on Mental Illness) is the national grassroots organization dedicated to improving the lives of individuals living with mental illness and their families.

For mental health emergencies, please call "988".

Note: State and Local NAMI contacts are for general mental health information in Nevada. They are not crisis call lines.

BEHAVIORAL/ MENTAL HEALTH PROVIDERS

- NAMI NORTHERN NEVADA** (775)433-1470
Based in Reno, NAMI Northern Nevada serves individuals and families living with mental illness in Washoe County.
Address: 3100 Mill Street, Suite 210-B, Reno, NV 89502
www.naminorthernnevada.org Facebook:facebook.com/Namiofnorthernnevada
- NAMI WESTERN NEVADA**..... (775) 350-7977
NAMI of Western Nevada is based in Carson City and serves individuals and families living with mental illness living in rural counties and the frontier.
Address: 3094 Research Way #61, Carson City, NV
www.naminwesternnevada.org Facebook:facebook.com/NAMIWestern-Nevada
- NAMI — NEVADA STATE ORGANIZATION** (775) 470-5600
- NEVADA DIVISION OF PUBLIC AND BEHAVIORAL HEALTH** (775) 684-4200
Address: 4150 Technology Way, Carson City, NV 89706
Email: dpbh@health.nv.govwww.dpbh.nv.gov
- NEVADA URBAN INDIANS, INC. (NUI)**..... (775) 788-7600
Services: Community Health, Diabetes, Immunization Clinic, HIV/AIDS Outreach Education, Domestic Violence, Substance Abuse (ADAPT). MENTAL HEALTH PROFESSIONAL ON STAFF. Counselor on-site/available.
Health Clinic is open to GENERAL PUBLIC. Call for times and location.
Eligibility: NUI, Inc. is a primary source for Urban Native Americans, but we do not discriminate. All ethnic groups are welcome to call. NUI, Inc. services for Washoe County, Carson City.
Address: 9480 Gateway Drive, Ste 100 Reno, NV 89521..... **Fax (775) 788-7611**
.....www.nevadaurbanindians.org
- PACIFIC BEHAVIORAL HEALTH** (775) 433-2099
Services: Provides outpatient behavioral health assessment, counseling and mental health therapy. **Director:** Maia Wheatly
Address: 601 Moana Lane, Suite 9, Reno, NV 89509 **Fax (775) 433-1572**
.....www.pbehavioralhealth.com
- RENO BEHAVIORAL HEALTHCARE HOSPITAL** (775) 393-2201
Services: Inpatient hospitalization for mental health. Detoxification and addiction treatment. Outpatient Services for mental health and addiction. Reno Behavioral Healthcare Hospital offers the latest in comprehensive inpatient and outpatient programs for psychiatric and addictive treatment for patients of all ages. We offer free and confidential assessments 24 hours a day, 7 days a week.
Address: 6940 Sierra Center Pkwy., Reno, NV 89511
.....www.renobebehavioral.com
- RURAL CLINICS — DOUGLAS**..... (775) 782-3671
Services: Outpatient mental health Services.
Address: 1528 Hwy. 395 N., Ste.100, Gardnerville, NV 89410

BEHAVIORAL/ MENTAL HEALTH PROVIDERS

SENIOR BRIDGES AT NORTHERN NEVADA MEDICAL CENTER

Services: Senior Bridges Geropsychiatric Center provides individualized, intensive treatment for adults 50 and older that are experiencing anxiety, depression, stress, or other emotional difficulties. Senior Bridges is designed to treat patients with acute symptoms in an in-patient setting or offer treatment for individuals in a comprehensive intensive out-patient setting. Intensive outpatient provides group therapy, couples therapy, family, and individual treatment under the direction of psychiatrists and master level social workers, or marriage and family therapists. Contact Robin Krueger, Marketing Director.

Outpatient Program open Monday to Friday (775) 356-1279

Address: 2345 E. Prater Way, Ste. 111, Sparks, NV 89434 **Fax (775) 356-1235**

Inpatient Program 24/7 (775) 356-4071

Address: 2375 E. Prater Way, Sparks, NV 89434 **Fax (775) 356-4082**

Email: robin.krueger@uhsine.com

SERENITY MENTAL HEALTH (775) 841-6050

Services: Full-service mental health agency serving individuals and families in Northwest Nevada in a discreet and confidential manner. We provide the utmost quality of services either in the office, community, or even in your own home. We make sure that you have the personal attention you need; including individual therapy, family therapy, drug and alcohol treatment, psychosocial rehabilitation, basic skills training, mental health evaluations and assessments, and medication management provided by Dr. Ronald Centric, who has been serving this community as a physician for over 35 years. We accept Medicaid and private pay.

Address: 755 N. Roop St., Ste. 101, Carson City, NV 89701 **Fax (775) 841-6053**

..... www.serenitymentalhealth.org

VIP MENTAL HEALTH AND LIFE COACHING, PLLC (602) 909-1710

Services: Addressing anxiety and trauma, depression, mood disorders, adjustment difficulties, dissociation, self-harm and suicidality, attachment issues, personality disorders, grief, sexual and gender issues, self-esteem, relationship issues, and ICE&As (impulsive, compulsive, extreme and avoidant behaviors). Providing in-person services in Carson City and Douglas County, and HIPAA-compliant telehealth in Nevada, Arizona and California. Please call for more information, fees may be able to be negotiated on a sliding scale.

Karen Torrey Greene, DBH, LCSW, DBTC

Address: 777 E. Williams Street, #104, Carson City, NV

..... www.vipmhlc.com

CAREGIVERS/ CAREGIVER SUPPORT

ADT HEALTH Services (916) 417-3135

Services: ADT's Personal Medical Alert System with 24/7 monitoring, GPS enabled mobile device is available for active seniors and can locate you anywhere in the US. Emergency responders can be called, and family members and caregivers can also be notified. No traditional phone service is needed.

Suzanne Mortenson, Special Services Representative

Address: 670 S. Rock Blvd, Reno, NV 89502..... **Fax (775) 329-9682**

ALL VALLEY HOME CARE (775) 828-6420

Services: Assistance with ALL activities of daily living, including bathing, dressing, grooming and light housekeeping and transportation services. 24/7 care in the comfort of your own home and guaranteed service day or night. CHIPS provider, PCA, Medicaid provider, no charge for assessments, private pay, long term insurance, VA funding also taken.

Address: 1325 Airmotive Way, Ste. 262, Reno, NV 89502 **Fax (775) 828-6413**

Email: cassiadepew@vidasenorresource.com

ALZHEIMER'S ASSOCIATION OF NORTHERN NEVADA..... (775) 786-8061

Services: Provide support services for individuals and their families affected by Alzheimer's Disease and other related dementias. Support group services. Call for times and location of support group meetings. Not for profit. Helpline, one-on-one counseling, respite care, education and training programs, newsletters, family resource video/print library. No fees for services.

A Respite program grant is available to provide \$1000 to family caregivers. Please call for information.

Address: 639 Isbell Rd., Ste. 240, Reno, NV 89509 **Fax (775) 786-1920**

Hours: Monday to Friday, 9:00 am to 5:00 pm www.alz.org

ALZHEIMER'S ASSOCIATION, NATIONAL (800) 272-3900

AMADA SENIOR CARE OF NORTHERN NEVADA (775) 432-6022

Services: Non-Medical In-Home Care available 24/7, weekends and holidays, committed to enriching lives by providing nurturing, compassionate care for seniors. Whether it's companionship, meal preparation, light housekeeping, or transportation, healthcare professionals and families alike look to Amada to help them navigate the complexities of the senior care system. Specializing in long term care insurance, life insurance and VA medical benefits.

Address: 985 Damonte Ranch Pkwy, Ste. 320, Reno, NV 89521 **Fax (775)432-6640**

www.amadaseniorcare.com

AMERICAN HOME COMPANION.....(775) 826-8090 x 216

Services: Non-medical personal care, bathing, light housekeeping, and shopping. Serving all Northern Nevada counties, 24-hr. service available. Medicaid, State and ISO certified. Call for information.

Address: 3708 Lakeside Drive, Ste. 200, Reno, NV 89509

.....www.careahc.com

CAREGIVERS/ CAREGIVER SUPPORT

AMY'S EDEN CAREGIVERS(775) 884-3636

Services: Personal care assistants can travel to your home to assist with caregiving, light housekeeping, cooking, grocery shopping, pet care, activities, companionship and more. Caregivers can cover 3 to 24 hours of care within Carson City and Reno areas, 7 days a week.

Address: 800 S. Meadows Pkwy, Ste 502, Reno, NV 89521

.....www.amyseden.com

BARTON HOME HEALTH OF THE LAKE(530) 543-5581

Services: Affiliated with Barton Memorial Hospital, provides home health care, hospice, home infusion therapy, medical social workers and specialty therapists.

Address: 2092 Lake Tahoe Blvd., Ste. 500, South Lake Tahoe, CA 96150.. Fax: (530) 541-2653

Hours: Open Monday to Friday, 8:00 am to 5:00 pm. Nurses available 24-hours.

BATTLE BORN HOME HEALTH(775) 788-1763

Services: Locally operated and with over 25 years of combined experience, provides exceptional clinical care, including in-home nursing, physical and occupational therapy, speech therapy, and CNA-provided care. A licensed Social Worker is available to help navigate access to community resources, services, and additional support. Private nurses are also available for post- surgery care, including plastic surgery and are certified in Lymphatic Massage. Service area includes Carson City, Virginia City, Stagecoach, Silver Springs, Dayton, Gardnerville, Minden, Genoa, Glenbrook, and South Lake Tahoe.

Address: 307 W. Winnie Lane, Ste 5, Carson City, NV 89703

www.battlebornhomehealth.com

BUREAU OF SERVICES TO THE BLIND AND VISUALLY IMPAIRED(775) 823-8100 OLDER BLIND PROGRAM, NV. EQUAL RIGHTS COMMISSION

Services: Daily living skills, low vision aids, orientation, and mobility training.

Address: 1325 Corporate Blvd., Ste. A, Reno, NV 89502

CENTERWELL HOME HEALTH Reno (775) 858-1900

Carson City (775) 884-0100 Fernley (775) 575-1286

Services: Skilled nursing; skilled physical, occupational, speech therapy. Social workers, certified nursing assistants.

Address: 1755 E. Plumb Lane, Ste 159, Reno, NV 89502..... Fax (775) 858-1908

Address: 725 Basque Way Ste. #3, Carson City, NV 89706

Address: 415 Hwy. 95A, Ste. 604, Fernley, NV 89408

www.kindredathome.com

COMFORT KEEPERS(775) 770-2000

Services: Bathing, feeding and personal care. Light housekeeping, meal preparation, transportation services, laundry and linen washing, respite care, emergency monitoring service, hospital sitting service. 24-hour care available. "Hospice" care (private, not Medicare). Medicaid accepted.

Address: 1575 Delucchi Lane, Ste.210, Reno, NV 89502..... Fax (775) 770-2050

Email: Reno@comfortkeepers.com..... www.comfortkeepers.com

CAREGIVERS/ CAREGIVER SUPPORT

COMMUNITY HEALTH ALLIANCE (CHA) (775) 329-6300

Services: With 6 health centers, CHA provides comprehensive primary care for seniors including helping with medications, high blood pressure, diabetes and other common complaints. We now provide an extensive range of services including health care screening and prevention services for all ages, pharmacy, dental services (preventative treatment), management of chronic diseases, episodic illness care, laboratory, integrated behavioral health care and services for homeless individuals and families. We accept **all** insurance including Medicare, Medicaid and commercial. If you do not have insurance, we can help you apply for coverage as a sliding fee scale for patients to get the care they need is available. To schedule an appointment at any of our health centers call us.

Address: 680 S. Rock Blvd., Reno, NV 89502

Email: vvancour@chanevada.org

COMPASSIONATE END OF LIFE CARE/ KINDRED HOSPICE Carson City (775)882-5735Reno (775) 825-5008

Services: 24 Hour support and care provided by nurses, CNAs, MDs, and social workers. Spiritual care and bereavement. Specializes in pain and symptom management, medical management, and emotional and spiritual support. Available 24/7.

Address: 1761 E. College Parkway, #115, Carson City, NV 89706

Address: 9484 Double R Blvd, Ste A, Reno, NV 89521

CONSUMER DIRECT CARE NETWORK OF NEVADA (775) 786-4999 (877) 786-4999

Services: Provides a Self-Directed Personal Care Aide Program. Personal Care Aides or caregivers assist and support individuals that require assistance with their activities of daily living to enable them to live independently in their homes and community. One of the unique features of the Self-Directed program is that caregivers can be family members, friends, neighbors or someone else personally selected by the consumer. The caregiver is paid an hourly rate for the Services provided. We now offer private pay. **Eligibility:** Medicaid eligible or Division for Aging & Disability Services participant; chronic health condition or disability; requires assistance in tasks of daily living. English and Spanish Speaking.

Address: 1005 Terminal Way, Ste. 125, Reno, NV 89502 **Fax (877) 786-4998**

Hours: Monday to Friday, 8:00 am to 5:00 pm.

..... www.consumerdirectnv.com

DAYBREAK ADULT DAY HEALTH PROGRAM (775) 328-2591

Services: Licensed adult care program to support the needs of frail, disabled, and cognitively impaired adults 18 years and older. Nursing for health monitoring and medication management, care coordination with primary care physician; activity programs for both social and recreational stimulation; midday meal and snacks; case management. Open Monday to Friday 7:30 am to 5:30 pm.

Address: 1155 East 9th Street, Bldg E, Reno, NV 89512

Email: daybreak@washoecounty.gov

CAREGIVERS/ CAREGIVER SUPPORT

DEBRA'S QUALITY CARE.....(775) 291-1731

Services: Home health care - non-medical. Help care for others, providing personal care, long-term, short-term, hospice care. Help with ADL's, hygiene, meals, companionship, safety and fall prevention, transportation for shopping and doctor appointments. Areas served: Carson City, Minden/Gardnerville.

Address: 874 Ridge Crest Dr., Carson City, NV 89705..... **Fax (775) 410-3166**
Email: dabbotto6@msn.com

DULUMA.....(775) 440-6244

Services: Provides companionship for seniors, adults, personal care services needed on a daily, weekly, monthly, long-term, or live-in basis; assistance with bathing hygiene and provide skilled nursing; respite care services and have our own specialist Memory Care team. Personal care aides can assist with meal preparation, errands, sitter services, light housekeeping, grocery shopping, companionship, and outings. All caregivers are CPR and First Aid certified and are experienced, fully trained, insured/ bonded, have had criminal background checks and drug tests.

Address: 123 W. Nye Lane, Carson City, NV 89509..... **Fax (775) 461-3619**

EDEN HOME CARE.....(775) 392-2000

Services: Assist seniors with daily activities and can be offered anywhere a family needs help; in their home, hospital, rehabilitation center, nursing home, or retirement community. Services include, but are not limited to companion care, personal care and homemaking, bathing, grooming, incontinent care, grocery weekly linen washing, light housework, providing entertainment, planning and preparing meals, medication reminders and other services upon request. We have Hospice Specialists. Care available 24/7. Awarded Best of Home Care 3 years in a row.

Address: 907 Mountain St., Carson City, NV 89703 **Fax (775) 501-8485**

EDEN HOME HEALTH CARE(775) 828-1000

Services: Home health agency providing nurses, physical therapy, occupational therapy, speech therapy, social workers, nurses' aides and CNAs. Medicare and private insurance accepted.

Address: 907 Mountain St, Carson City, NV 89703. **Fax (775) 687-1535**

Address: 500 Damonte Ranch Pkwy., Ste. 929, Reno, NV 89521 **Fax (775) 501-8490**

.....www.eden-health.com

ELDERCARE LOCATOR(800) 677-1116

Services: Connects older persons and their caregivers with sources of information on senior services.

..... www.eldercare.acl.gov

HEARTHSTONE OF NORTHERN NEVADA.....(775) 626-2224

Services: In patient physical, occupational, speech therapy. IV Medications, 24 hour nursing care, long term care. Accepts most insurances.

Address: 1950 Baring Blvd., Sparks, NV 89434hearthstone@nn.com

CAREGIVERS/ CAREGIVER SUPPORT

HIGH DESERT HOME CARE (775) 499-1234

Services: Nurturing is our nature. We provide non-medical care for seniors in their own home throughout the Carson/Gardnerville/Reno areas. Examples of the types of assistance we provide include personal care, bathing, dressing, errands, shopping, meal planning and preparation, light housekeeping, medication reminders, companionship and more.

Hours: Monday to Friday, 8:30 am - 5:00 pm, Supervisor on call 24 hours

Address: 711 N Nevada St., Carson City, NV 89703 **Fax:** (775) 499-1233

Email: info@highdeserthomecare.com www.highdeserthomecare.com

HOME INSTEAD SENIOR CAREReno (775) 336-5333 Carson City (775) 283-0333

Services: Home Instead Senior Care can help you live an independent lifestyle that doesn't require you to change your lifestyle. We provide personal care, meal preparation, medication reminders, laundry and light housekeeping, escort for shopping and errands, and respite care. **Specialty:** Dementia and ALZ. Care training.

Non-medical Services: Available 24/7 including weekends and holidays.

Address: 1277 W. 7th Street, Reno, NV 89503 **Fax (775) 826-1118**

Contact: Allan Ward..... www.homeinsteadreno.com

Address: 444 W. Washington St., Carson City, NV 89703.....

Contact: Jennifer Stansburywww.homeinsteadcarson.com

INTERIM HEALTHCARE..... (775) 883-4455

Services: Including, but not limited to, companion care, personal care, housekeeping, transportation and respite. Care management assessment available. Expertise in long-term care insurance. Free evaluation and customized in-home care with Life Enrichment Program. The safety of insured, licensed, and bonded staff. Staff background checks, drug testing to ensure quality care. Non-medical care available 24/7. On call service 24/7.

Address: 1950 College Parkway, Ste. 101, Carson City, NV 89706 **Fax (775) 841-1133**

Office Hours: Monday - Friday 8:00 am - 5:00 pm

..... www.interim.com/northernnevada

LEND-A-HAND SENIOR SERVICES, INC. (775) 322-8414

Services: Bathing and personal care; preparation of healthy meals; light housekeeping; personal errands; laundry/linens; grocery shopping, companionship; customized schedules and medication reminders. Staff consists of experienced and compassionate caregivers dedicated to making a difference, allowing the client and family to have the peace of mind of knowing that they are receiving the care they deserve 24/7. A representative will come to the home or hospital to conduct an initial assessment. This process allows us to develop a plan of care specific to the individual client needs. Family owned and operated for 24 years.

Serving Reno/Sparks.

Address: 4950 Kietzke Lane #303, Reno, NV 89509..... **Fax (775) 322-0789**

Hours: Monday to Friday 9:00 to 5:00 pm. **Contact:** Kathi Peterson

MAXIM HEALTHCARE SERVICES (775) 348-7300

Services: RN, LPN, CNA. Home health care, wellness programs available. Social Worker on staff. Companionship to skilled nursing provided. 24-hour service.

Address: 9400 Gateway Dr., Ste. A, Reno, NV 89521 www.maxhealth.com

CAREGIVERS/ CAREGIVER SUPPORT

MORE TO LIFE ADULT DAY HEALTH CENTER (775) 358-1988

Services: Provide a safe and friendly group care program for dependent adults during the day. The Center provides a comfortable and encouraging environment with a wide variety of activities to enrich the lives of each participant, and to meet the needs of frail or impaired adults over 18 years old, including those with MS, diabetes, traumatic brain injuries, Alzheimer's and other forms of dementia. Medicaid certified state licensed, friendly, qualified staff, wellness management, structured activities, transportation, ADA shower facility, nutritious meals/ snacks, beautician, intergenerational activities, assistance with personal care, encouraged socialization as participants bond friendships and provide peer support, state-of-the-art secure facility, fenced patio, garden area and putting green. Serves Reno/Sparks area. **Accepting:** Medicaid CHIP, Veterans, some long-term care insurance and private pay clients.

Address: 1963 E. Prater Way, Sparks, NV 89434..... **Fax (775) 358-1588**

Hours: Monday to Friday, 9:00 am to 4:00 pm, some Saturdays.

CONTACT: Jeff Dold, Director jeffdold@gmail.com
www.adultdaycarereno.com

NEVADA CAREGIVER SUPPORT CENTER (775) 784-4335

Services: The Nevada Caregiver Support Center (NCSC) is a grant-funded center staffed by faculty and graduate students in the Clinical Psychology program at the University of Nevada, Reno. The NCSC provides services for family caregivers of persons with memory disorders, including Alzheimer's disease and other forms of dementia. Current services include individual caregiver and coaching as well as a weekly solution-focused caregiver group. Family caregivers interested in NCSC services can visit the NCSC website or call the office phone number to get more information and/or get connected to services.

Address: Mail Stop 298, University of Nevada, Reno, NV 89557 **Fax (775) 784-4338**

Physical Address: Center for Molecular Medicine Bldg. Enterprise Rd., Reno, NV 89557
..... www.nevadacaregiver.unr.edu

NEVADA PERSONAL CARE ATTENDANTS (PCA) (775) 499-5104

Services: Locally operated Home Care provider of a full range of in-home care services to assist those who want to remain more independent, have more scheduling freedom and more control over in-home services. Assists with homemaking services; meal preparation, light housekeeping including laundry and mail correspondence. Personal care services include dressing/ grooming, incontinency care and medication reminders as well as grocery shopping, other errands and social maintenance of family, friends, and the greater community. Nurses on call 24/7. Insurance accepted: long-term care insurance, managed care insurance, Nevada Medicaid — HMO Plan-VA coverage and Workman's Comp.

Communities served: Reno/Sparks, Washoe County, Carson City, Fernley, Fallon, Minden, Gardnerville and outlying areas.

Address: 3785 Baker Lane, Ste. 202, Reno, NV 89509 **Fax (775) 276-5664**

Email: admin@hccnn.com

NORTHERN NEVADA CENTER FOR INDEPENDENT LIVING (775) 353-3599 (800) 552-5588

Services: We are a non-profit organization offering services for people with disabilities and senior services. Information and referral, free home safety evaluations, life skills training, transition services, equipment loan program, job development and advocacy. NNCIL is

CAREGIVERS/ CAREGIVER SUPPORT

dedicated to improving the quality of life for people with disabilities by promoting independence through self-improvement, self-empowerment, choice and community involvement.

Address: 999 Pyramid Way, Sparks, NV 89431 **Fax (775) 353-3588**
..... www.nncil.org

PLANET ALZHEIMER'S (805) 341-8476

Services: Family consultations, pre-placement counseling, referral and resources, dementia friendly and person-centered care planning, pet therapy, community presentations, facility staff training and more, covering Northern Nevada. Candace Stewart, Dementia Educator, Consultant and Author of "Welcome to Planet Alzheimer's".

Address: P.O. Box 2582, Gardnerville, NV 89410

Email: planetalzinfo@aol.com www.planetalzheimers.com

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) (775) 687-4680

Services: Provides non-medical respite care, support and relief for families or caregivers currently providing the service, companionship, transportation, and homemaker services at no cost to the client. Personal Emergency Response Systems (nominal charges may apply) are available. Most services are provided by highly trained volunteers. For more information on becoming an RSVP client or to volunteer, please contact us. Nevada Rural Counties Only, not Clark or Washoe.

Address: 2621 Northgate Lane, Ste. 6, Carson City, NV 89706 **FAX: (775) 687-4494**

Email: info@nvrsvp.com www.nevadaruralrsvp.org

RIGHT AT HOME (775) 826-7999

Services: An In-Home Care and Assistance Provider: companionship, laundry, light home keeping, meal preparation, transportation and errands. Personal Care services: hands-on assistance with bathing, dressing, toileting, ambulating, transferring and repositioning. Full time nurse supervising our care plans and staff. We offer complimentary assessments. Sitter services in: hospitals, rehabilitation facilities, assisted living, skilled nursing and much more. Hospice care. Private pay; long term care insurance accepted.

Address: 10635 Double R Blvd. Ste. 100, Reno, NV 89521 **Fax (775) 826-7997**

Email: marketing@rightathomereno.com www.rightathomereno.com

SAINT MARY'S HOME CARE SERVICES (775) 501-6701

Services: Geriatric Care: Teaching medication and Coumadin management, wound care. IV therapy, total joint, Loveinox. Home care staff includes RNs, certified nursing assistants, physical, occupational and communication therapists and social worker. Skilled care only.

Address: 6490 S. McCarran Blvd. #810. Reno, NV 89509 **Fax (775) 501-8493**

www.saintmarysreno.org

SAINT MARY'S SENIOR WELLNESS CENTER (775) 770-7664

Services: The Senior Wellness Center offers a comprehensive annual exam for the senior population with emphasis on health promotion and preventative screenings. As a specialized clinic, the Center is equipped to run age specific preventive screenings.

Address: Multiple Locations..... www.SaintMarysmedicalGroup.com

CAREGIVERS/ CAREGIVER SUPPORT

SENIOR OUTREACH SERVICES (SOS) (775) 784-7506

Services: Specially trained volunteers provide support and assistance to vulnerable elders in Washoe County.

Address: c/o Sanford Center for Aging, University of Nevada, Reno
1664 N. Virginia St. Mail stop 0146 Reno, NV 89557

Email: sos@unr.edu dhs.unr.edu/aging/outreach/sos

SENIOR HELPERS (775) 828-1800

Services: Senior Helpers specialize in providing quality care and companionship for seniors. Companion Care: Includes medication reminders, housekeeping, laundry, meal planning and preparation, transportation, and errand assistance. Personal Care: In addition to companion care services includes assistance with bathing, dressing, incontinence care, ambulation and transferring. Provides respite services for family caregivers and sitter services. We help our clients to remain living as independently as possible by providing the assistance they need. We work with clients in private homes, assisted living, skilled nursing, rehabilitation facilities and hospitals. Compassionate well trained and experienced caregivers are available 24/7. Assisting the seniors of Northern Nevada. Private pay and long-term care insurance accepted. Licensed, bonded, insured.

Address: 5458 Longley Lane Ste B., Reno, NV 89511 **Fax (775) 828-1817**
..... www.seniorhelpers.com

SENIORS HELPING SENIORS Office (775) 622-8008 Clint's cell (775) 750-1353

Services: A locally owned company in Reno specializing in non-medical in-home care provided by seniors with a heart for service to seniors that need help. Specializing in a full range of services including personal care, companionship, light housekeeping, meal preparation, transportation, pet care and shopping. As an innovative, intragenerational companion and home help service exclusively for seniors, we provide an experienced and credible resource of help for older adults who want to stay in their own homes. We service Reno, Sparks and the Carson City areas.

Address: 561 Keystone Ave., Ste. 308, Reno, NV 89503

SHARE THE CARE

Several sites on resources for caregiving and caregivers.

www.sharethecare.org www.strengthforcaring.com

SIERRA CAREGIVERS IN HOME HEALTH..... (775) 450-1026

Services: Specializing in travel for patients who need out-of-town hospitals and doctors. Provides private home health and hospice care, bathing and personal care, medication reminders, errands, transportation for appointments and shopping. Specializes in on-call 24-hour service in Gardnerville, Minden and Carson City. Sharyon, owner.

Address: P.O. Box 1883, Gardnerville, NV 89410 **Email:** shakats@gmail.com

SIERRA HOME HEALTH CARE..... (775) 359-7272 (888) 597-3513

Services: We are a personal care agency that's been in business for 19 years, locally owned and managed in Reno. We provide in-home personal care assistance including bathing, dressing, grooming, light housekeeping, and meal preparation. Douglas, Lyon,

CAREGIVERS/ CAREGIVER SUPPORT

Storey, Washoe and Churchill Counties. We accept Medicaid, VA, private pay, and some insurance providers. Available 24/7

Address: 3500 Lakeside Ct., Ste. 145, Reno, NV 89509 **Fax (775) 825-1344**
..... www.sierrahomehealthcare.com

SPECIALIZED CARE MANAGEMENT, INC (P)(F)(800) 916-6482

Services: Our care managers are Nationally Certified Registered Nurses who coordinate the support services, medical management and socialization of older adults and persons with disabilities, to attain their maximum functional potential. Our goal is to solve the needs of our seniors, disabled persons, and their families with their urgent and long-term care needs. We do this by providing a personalized plan of care to navigate their challenges while coordinating their services and advocating for our client's quality of life.

Address: 10580 N. McCarran Blvd., Ste. 115, PMB 233, Reno, NV 89503
www.SpecializedCareManagement.com

THIRD AGE

Information on health issues including Alzheimer's, caregiving, diabetes, osteoporosis, stress, and other topics relating to aging.

..... www.thirdage.com

VISITING ANGELS (775) 852-4663

Services: Visiting Angels provides in home assistance for seniors covering a wide range of services from personal hygiene, housekeeping to meal prep. and companionship. Visiting Angels, helping seniors stay safe in their own home.

Address: 1325 Airmotive Way, Ste. 175T, Reno, NV 89502 www.visitingangels.com/reno

VISITING ANGELS OF CARSON CITY (775) 515-4440

Services: We are non-medical, in-home care for seniors. We offer bathing, dressing, personal care, errands and shopping, medication reminders, light housekeeping, meal planning, meal preparation and joyful companionship. Serving Carson City, Dayton, Yerington, Gardnerville, Minden, Glenbrook, Zephyr Cove, Incline Village and Crystal Bay.

Address: 212 W. Ann St, Carson City, NV 89703 www.visitingangels.com

COMMUNITY SERVICES

AARP DRIVER SAFETY PROGRAM (775) 851-4550

Services: A refresher course program designed for defensive driving for motorists 50 and older. Classes are by reservation only, last 4 hours on one day and pre-registration is required. Car Fit - Helping mature drivers find their safest fit. Promotes continued safe driving and mobility among older drivers by focusing attention on the fit between driver and vehicle by American Society on Aging with AAA, AARP and American Occupational Therapy Association. Car Fit is available by appointment only. Please register online or ask at your local Senior Center for the next available class. Ask about medical programs that may cover the cost of the class.

Fee: \$25 for AARP members. \$30 for Non-Members. Upon completion of the course, persons may be eligible for a discount on their automobile insurance. Open to all drivers.

Coordinator: Carol Brodywww.aarp.org

AARP - SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM (877) 324-2243 Fax (877) 324-2256

Services: **SCSEP** helps low-income seniors 55 and older, find part-time temporary work assignment in nonprofit organizations, if qualified. Financed by the Department of Labor under Title V of the Older Americans Act. 55+ program assists seniors seeking employment by one time computer session assessment.

Address: 1135 Terminal Way #102, Reno, NV 89502 (775) 323-2243
..... Fax (775) 323-7368

ALAR HEALTH AND LIFE INSURANCE Ron Bliss (775) 224-7169 Doreen Carel (775) 342-3039

Services: Agents for all types of health both on and off the Nevada Health Link, Medicare Advantage, Medicare supplements, and final expense life insurance.

Address: 625 Fairview Drive, Ste 128, Carson City, NV 89701 By appointment only

Email: ron.bliss@yahoo.com carel99@gmail.com

ALL VALLEY HOME CARE..... (775) 828-6420

Services: Vida Senior Resource in Northern Nevada is a free referral source for the communities' disabled seniors, and anyone facing challenges keeping independent at home. We can help in finding and navigating many services including, but not limited to, home care, durable medical equipment, transportation, placement services, home health care, hospice and more. We take the confusion out of understanding Medicaid, senior grants, VA funding, long-term care insurance, community resources, and health care laws.

Address: 1325 Airmotive Way, Ste. 262, Reno, NV 89502 **Fax: (775) 828-6413**

Hours: Monday to Friday, 8:00 am to 5:00 pm, On call after hours or during weekends.

Email: cassia.depw@vidaseniorcareresource.com www.vidasenorresource.com

BULLDOG PC REPAIR (775) 434-7510

Services: We are a family-owned computer business who accepts donations to provide factory reset computers to seniors at a manageable price. This enables us to offer prices

COMMUNITY SERVICES

better than a senior discount. We understand the needs of those in their golden years have when it comes to learning computer skills and offer excellent one-on-one classes.

Address: 1815 N. Carson St., Carson City, NV 89701

Hours: Monday to Friday 10:00 am to 6:00 pm

Email: info@bulldogpererepair.com

CARSON CITY FIRE DEPARTMENT (775) 887-2210 x"0"

Services: Medical Emergency Ambulance Membership Program serving Carson City. \$50.00 per adult per year, \$75.00 per year for family (July-June). **Call for more information.**

Address: 777 South Stewart St., Carson City, NV 89701 www.carson.org

For Douglas County see listing for East Fork Fire and Paramedic District

CARSON CITY HEALTH AND HUMAN SERVICES.....

Services: Partial rent assistance, one-time annually; provides electric and gas assistance, one-time annually; emergency prescription assistance; indigent medical assistance; indigent burial; provides financial assistance for a sexual assault victim's counseling that occur in Carson City. Work Force Program. Assistance provided to qualified residents for long term care. Financial Literacy classes available. ADRC (Aging and Disability Resource Center) also available. Welfare 3 days a week — on call.

Workforce strategies class every Wednesday 2:00-4:00 pm

COMMUNITY HEALTH CLINIC (775) 887-2195

Address: 900 East Long St., Carson City, NV 89706..... **Fax (775) 887-2192**

Services: Vaccinations. Thursdays 8:30 - 11:00 am and 1:00 - 3:00 pm

HUMAN SERVICES (775) 887-2110

Address: 900 East Long St., Carson City, NV 89706..... **Fax (775) 887-2539**

CARSON CITY LIBRARY (775) 887-2244 (775) 283-7595

Services: Homebound Program—Deliveries once a month. Education/literature, information/referral. Provides homebound patrons with library materials, as well as reference information. Any person who does not have the ability to come to the library and who does not have anyone to come to the library for them is eligible. **Materials Available:**

Recreational reading materials (large print as well), CDs and DVDs. **Requirement:** Short phone interview required for patrons who cannot come to the library. Contact Ana Kurland. In Library Materials Available: Recreational reading materials, free internet, computers, word processors available as well as videos, CDs and DVDs.

HOURS: Monday, Wednesday and Friday 10:00 am to 6:00 pm

Tuesday and Thursday 10:00 am to 8:00 pm

Saturday 10:00 am to 4:00 pm Sunday 12:00 to 4:00 pm

Address: 900 North Roop St., Carson City, NV 89701 www.carsoncitylibrary.org

COMMUNITY SERVICES

CARSON NOW carsonnow.org

Carson Now is a local news website serving the Carson City, Nevada area; dedicated to the advancement of community journalism and educating local readers about current news and events.

What We Do

Local – Everything you wanted to know about the Carson City area.

Timely – It's what's happening in Carson right now.

Comprehensive – Get all the news about the Carson City area in one place

Open – Works with other systems like Facebook, Twitter, Google+, etc.

Synergistic – Carson Now users work together to report and edit the news.

Social – Connect, discuss, share.

Personalized – Get the news that's important to you.

Mailing Address: PO Box 3075, Carson City, NV 89702

CARSON VALLEY ADULT DAY CLUB (775) 782-1329

Services: Provides a safe, nurturing, and engaging care setting in which older adults living with either cognitive or physical disabilities, or both, will receive individualized social interaction for some part of their day. Our philosophy is to connect multiple generations to the care of an honored individual. Secured exit for those who may have elopement concerns. Fees for under 5 hrs, \$45 per day; 5 hrs or more \$70 per day. Scholarships may be available based on diagnosis, please inquire.

Address: 1329 Waterloo Lane, Gardnerville, NV 89410 Entrance near Community Health on rear of building

Hours: Monday, Wednesday and Friday 10:00 am to 3:00 pm

Tuesday and Thursday 8:00 am to 4:00 pm

CENTER FOR HEALTHY AGING..... (775) 376-3210

Services: Center for Healthy Aging is an organization dedicated to "adding life to years" and keeping our elder population safe and independent in the community. Consultation and coaching for elders and family members; education/lectures (caregiving/aging). Senior health advocate volunteer program, Elder gap services; senior healthy walking program adding life to years.

Address: 11 Fillmore Way, Reno, NV 89519

Contacts: Lawrence J. Weiss, Ph.D. Founder & CEO Email: larryjweiss@gmail.com

Marta Malone..... (775) 848-1260

.....www.addinglifetoyears.com

COMPUTERCORPS (775) 883-2323

Services: Receives donations of computers, printers, and parts; has volunteers that repair, refurbish, and update this equipment; returns the equipment back to the community for little or no cost; provides training and education for organizations and individuals in the community who might not have access to such equipment.

Address: 4630 Hwy. 50 E, Carson City, NV 89721 **Fax (775) 883-7676**

Hours: Donation acceptance hours: Monday - Friday 9:00 am to 4:00 pm; Saturday 9:00 am to 1:00 pm

Email: admin@computercorps.org www.computercorps.org

COMMUNITY SERVICES

CRAIG WILCOX, MY INSURANCE SOLUTIONS INC (775) 400-2223(ABCD)

Services: Licensed, local agent who understands the provider networks and will be there on an ongoing basis to help you navigate your coverage. Help provided for Medicare Advantage, Part D Prescription Drug plans, special needs plans for people with Medicare and Medicaid, and help applying for the Extra Help program which helps people with the cost of prescription drugs. Available in Carson City, Douglas County, Lyon County and in the Reno area.

Email: craigwilcox@myinsurancesolutionsinc.com

DOUGLAS COUNTY SOCIAL SERVICES (775) 782-9825

Services: Food closet eligibility, Case Management, emergency services, utility assistance, employment training, limited emergency housing, application assistance and resource coordination. Eligibility is determined through application and interview process based on residency, income, county, and grant guidelines.

Address: 2300 Meadow Lane, Gardnerville, NV 89410

EAST FORK FIRE PROTECTION DISTRICT (775) 782-9040

Services: Medical emergency ambulance membership program serving Douglas County. \$65.00 per calendar year for family (Jan - Dec). Call for more information. \$130.00 if someone in household has no insurance.

Address: 1694 County Rd., Minden, NV 89423 **Fax (775) 782-9043**
..... www.eastforkfire.org

EXPRESS LAUNDRY (775) 887-9838

Services: Offers drop-off laundry service for \$2.00 per pound. Pick-up and delivery is available for \$2.25 per pound with a \$30.00 minimum. Call for additional program information.

Address: 207 Hot Springs Road, Carson City, NV 89706

ENERGY ASSISTANCE PROGRAM (EAP) (800) 992-0900

(775) 684-0730 or (775)684-0731

Services: EAP is a program that helps Nevada residents with home heating and cooling costs. Benefits are issued once in a twelve-month period and appear in the form of a credit on the household's gas/electric bill. Requirement: Application process can be done by mail. Call for more information or go online. Not an emergency program.

Address: 2527 N. Carson St., Ste. 260, Carson City, NV 89706 **Fax: (775) 684-0740**
www.dwss.nv.gov click on: Energy Assistance Program

FAMILY SUPPORT COUNCIL OF DOUGLAS COUNTY24 Hour Crisis Line (775) 782-8692

Services: Domestic violence; parent education, general community resource information; women's domestic violence shelter, outreach and prevention, teen outreach for families with new babies, parenting classes, or one-on-one, parents of adult children CPR, FIRST AID, AED (classes), adults with developmental disabilities.

Address: 1516 Hwy 395 North, Ste. F, Gardnerville, NV 89410 **Fax (775) 782-1942**

COMMUNITY SERVICES

FRIENDS IN SERVICE HELPING (FISH) (775) 882-3474

Services: Emergency food, clothing, Focus House men's shelter, Wiley House single women and family shelter, electrical utility assistance, housing, information referral, mental health referrals, showers and laundry. FREE Health Clinic for uninsured and persons unable to pay sliding scale – available by appointment. Serves Carson City area.

Address: 138 East Long St., Carson City, NV 89706 **Fax (775) 884-0308**

FRIENDS IN SERVICE HELPING (FISH) SATELLITE LOCATIONS

Services for Douglas County, Lyon County, Markleeville and Woodfords. Food bank, emergency clothing, pet food, Southwest Gas, utility and water heater assistance, and dental referrals. Large room to rent at Ranchos location.

Minden Office and Thrift Store

Address: 1561 Hwy. 395, Minden, NV 89423 **(775) 783-3474**

Hours: Monday – Friday 9:00 am to 5:00 pm Saturday 9:00 am to 4:00 pm Donations accepted 9:00 am to 1 pm. Please call for information on large item pickup.

Moundhouse Office and Thrift Store

Address: 10126 Hwy. 50 E., Unit A, Mound House, NV 89706 **(775) 721-3474**

Hours: Monday – Saturday 9:00 am to 4:30 pm Donations accepted 10:00 am to 2:00 pm. Please call for information on large item pickup.

Ranchos Family Service Center

Address: 921 Mitch Dr., Gardnerville, NV 89410 **(775) 265-3474**

Hours: Monday – Friday 10:00 am to 5:00 pm, 6 pm on Thursday

FRIENDS TO ALL, SANTA VISITS (775) 315-2484

Services: Annual homebound senior holiday visits by Santa and his elves. Contact Gwen Pradere to add a homebound senior to her list.

LIFE CHANGE CENTER (833) 438-8522

Services: The Life Change Center is a 501(C)3 non-profit organization that has been providing recovery services for heroin and prescription medication abuse concerns since 1999, offering a wide variety of services to help people to make the changes necessary to beat their drug addiction. The emphasis of our recovery program is based on two primary themes: empowerment and improving quality of life. We have a talented group of staff members with expertise in recovery from opioid addictions.

Address: 1201 N. Stewart St., Carson City, NV 89701 **(775) 350-7250**

Address: 130 Vine Street, Reno, NV 89503 **(775) 900-8522**

Address: 1755 Sullivan Lane, Sparks, NV 89431 **(775) 355-7734**

Administration

Address: 2105 Capurro Way, Sparks, NV 89431 **(775) 499-5534**

Email: info@thelifechangecenter.org www.thelifechangecenter.org

COMMUNITY SERVICES

JAC/JAC ASSIST (JUMP AROUND CARSON) (775) 841-7433

Services: Transportation for senior citizens and the public with permanent or temporary disabilities. Service area limited to Carson City. Call for map and schedules.

Address: 3770 Butti Way, Bldg. 1, Carson City, NV 89701 **Fax (775) 887-2324**
.....www.ridejac.com

LYON COUNTY HUMAN SERVICES

Services: Emergency Assistance: Aids individuals and families with such emergency needs as food, shelter, rent, utilities and gasoline. Eligibility determined through interview and assessment of need, based on department guidelines.

Senior Services: Provides a holistic approach to support seniors in Lyon County. These supports range from specialized case management, nutrition, education and transportation.

Aging and Disability Resource Services: Provides information and referral to community resources, for seniors and their caregivers.

Address: 620 Lake Ave., Silver Springs, NV 89429 **(775) 577-5009**
Fax (775) 577-5093

Dayton Office Address: 5 Pinecone Road, Ste. 103, Dayton, NV 89403 **(775) 246-6326**
Fax (775) 246-6312

Fernley Office Address: 460 W. Main St., Ste. 110, Fernley, NV 89408 **(775) 575-1703**
Fax (775) 575-3373

Yerington Office Address: 26 Nevin Way, Yerington, NV 89447 **(775) 463-6583**
Fax (775) 463-6534

MEDICARE ELIGIBILITY INFORMATION (800) 772-1213

Information also available through Carson City Senior Citizens Center **(775) 883-0703**
Call to make an appointment.

NEVADA AGING AND DISABILITY SERVICES DIVISION

Home and Community Based Waiver (HCBW - formerly CHIP) (800)992-0900

Home and Community Based Waiver for frail and elderly, provides case management and non-medical Services to help them maintain independence in their own homes as an alternative to nursing home placement. This is a Medicaid waiver, and the applicant must qualify for Nevada Medicaid.

HCBW for persons with Physical Disabilities 1 (800) 992-0900

Provides case management, personal care, homemaking, PERS, Adult Companion, Home Delivered Meals (HDMs), respite, chore service. This is a Medicaid waiver and the applicant must qualify for Nevada Medicaid.

Community Services Options Program (COPE) (800) 992-0900

Higher income limits/state funded. Provides essential supportive Services to eligible older persons to help them maintain independence in their own homes. This is a state funded program with higher income limits.

Homemaker Program (only need help with homemaking)..... (800) 992-0900

The Homemaker Program is State funded and aids eligible individuals to remain in their own homes and avoid placement in a nursing facility. These individuals must exhibit a functional deficit that impairs their ability to complete these tasks and lack an available support system.

Personal Assistance Services Program (PAS) (800) 992-0900

Higher Income Limits / State Funded. For individuals over 18 throughout Nevada in need of supportive Services to live independently, assist individuals diagnosed with a physical disability that substantially limits their ability to complete activities of daily living.

COMMUNITY SERVICES

Senior and Disability RX..... (866) 303-6323 Opt. 2

This program is a state pharmaceutical assistance program for low-income seniors and persons with disabilities who are Medicare eligible and do not qualify for other Services / programs, such as Extra Help or Medicaid. This program provides a monthly subsidy for Medicare Part D or Advantage Plan Part D premiums for eligible members (depending on the member's Part D plan).

Rural Regional Center (775) 687-5162

Provides support and services to children and adults with intellectual disabilities or related conditions.

Sierra Regional Center (775) 688-1930

Provides support and services to individuals with developmental disabilities and/or related conditions.

Access to Healthcare Network..... (877) 861-1893

Washoe, Carson, Douglas, Storey, Humboldt, White Pine, Elko, Eureka, Hawthorne, Churchill and Pershing counties.

NEVADA CARE CONNECTION RESOURCE CENTER (NCCRC)

Services: Nevada Care Connection works with Nevadans one-on-one to support individuals in knowing their options, planning for care, and accessing services to meet their goals.

Streamlines access to community services and support, both public and private, to meet the individual's goals to stay healthy and in their home as long as possible.

Email: nvcc@adsd.nv.gov www.NevadaCareConnection.org

NEVADA CAREGIVERS RESOURCES AND INFORMATION

This website provides up-to-date resources and information that support and assist caregivers as they care for frail and/or disabled family members and friends. Information includes resources available by city, county and/or zip code; links to local, state, and national websites; tips and tools featuring a special section for caregivers caring for seniors with Alzheimer's Disease or dementia; announcements of current classes, workshops and new programs; a glossary, and a feedback page. This caregiver website is managed for the Nevada Division for Aging Services.

www.nvelder-care.org

NEVADA DEPT. OF HEALTH AND HUMAN SERVICES (775) 901-1035**DIVISION OF PUBLIC AND BEHAVIORAL HEALTH — ORAL HEALTH PROGRAM**

Services: The Nevada Oral Health Program has created a community Dental Services Directory of contact information for clinics with sliding fee scales, reduced and/or discounted fees for dental Services. The list includes clinics across Nevada, under Dental Providers Nevada and under Federally Qualified Health Centers with Dental Services.

For more information, please call the State Dental Health Officer, NV State Public Dental Hygienist Jannette Gomez

..... www.dpbh.nv.gov/Programs/OH/dta/Community/Community

COMMUNICATION ACCESS SERVICES PROGRAM FOR THE DEAF, HARD OF HEARING, AND SPEECH IMPAIRED

Services: This program provides community-based services for deaf, hard of hearing and speech impaired individuals in Nevada. Services include telecommunications equipment and assistive technology distribution, assistance with access to services, instruction in language acquisition and access to the state relay.

..... www.adsd.nv.gov/programs/physical/comaccesssvc/CAS

COMMUNITY SERVICES

NEVADA HUMANE SOCIETY OF CARSON CITY (775) 887-2171

Services: Encompasses animal control, code enforcement and pet adoptions at the shelter. Respond to animal emergencies, check on the health and welfare of pets in the community. All adoptable pets are vaccinated and microchipped before they go to their new home. Call for information on fees.

Address: 549 Airport Rd., Carson City, NV 89701

Hours: 7 days a week 8:00 am to 6:30 pm. Closed on Thanksgiving and Christmas Days

Adoptions 11:00 am to 6:30 pm, 7 days a week

NEVADA RURAL HOUSING AUTHORITY (775) 887-1795

Services: Housing rental assistance for disabled, elderly and low-income families; waiting list is approximately 2 yrs or more. Housing Choice Vouchers, emergency housing assistance, weatherization, and home purchase assistance.

Address: 3695 Desatoya Drive, Carson City, NV 89701 **Fax (775) 887-1798**

Hours: Monday to Thursday 8:00 am to 4:00 pm

Telephone Hours: Monday to Thursday 8:00 am to 4:00 pm, Friday 8:00 am to noon

Email: operator@nvrural.org

WEATHERIZATION ASSISTANCE PROGRAM (775) 887-1795

Services: Weatherization and energy efficiency mitigation services. Examples may include checking safety and efficiency of HVAC systems, insulation, weather-stripping, LED bulbs, and water heater blankets, etc. Income eligibility restrictions apply. Please call for more information and application.

Email: cmora@nvrural.org

NEVADA SENIOR GUIDE (775) 336-8644

Services: Nevada Senior Guide is the comprehensive resource directory for seniors in Nevada and those looking to relocate in Nevada. We can help you reach your numbers.

Northern Nevada Account Executive: Barbara Westcott.

www.NVSeniorGuide.com

NEVADA TALKING BOOK SERVICES (800) 922-9334

Nevada State Library and Archives (775) 684-3354

Services: A free national library program offering Braille audio books to patrons with one of these temporary or permanent qualifying conditions: blind, visually impaired, unable to read standard print material due to a physical disability or a reading disability. Reading materials and playback machines are sent to loaned to patrons and sent through US mail, postage free. Patrons may also download books in audio or Braille 24/7.

Address: 100 North Stewart St., Carson City, NV 89701-4285 **Fax (775) 684-3355**

Email: nvtalkingbooks@admin.nv.gov

NEVADA URBAN INDIANS, INC. (775) 788-7600

Services: NUI, Inc. offers assistance for the following programs: Community Health, Diabetes, Immunization Clinic, HIV/AIDS Outreach Education, Domestic Violence, Substance Abuse (ADAPT). Mental Health Professional on staff. Counselor on site/available.

Address: 6512 S. McCarran Blvd., Ste. A - C, Reno, NV 89509 **Fax (775) 788-7611**

Health Clinic is open to the public on McCarran between Talbot Ln. and Kietzke Ln.

COMMUNITY SERVICES

Eligibility: NUI, Inc. is a primary source for Urban Native Americans, but we do not discriminate.; all ethnic groups are welcome to call. NUI, Inc. Services Washoe County, Carson City.
www.nevadaurbanindians.org

PETS OF THE HOMELESS, FEEDING/CARE (775) 841-7463

Services: Website interactive map lists donation sites as well as pet food providers. Homeless can call when a pet is injured or ill for emergency veterinary care.

Mailing Address: 400 W. King St., Ste. 200, Carson City, NV 89703

Email: info@petsofthehomeless.org www.petsofthehomeless.org

Hours: Monday to Friday 7:00 am to 5:00 pm

Email: jmanha@churchillcounty.org

PROMINENCE HEALTH PLAN (775) 770-9219 Cell (775) 338-5461

Services: Medicare Advantage Plan insurance for individuals on Medicare A & B and residing in Washoe, Lyon, Storey, Douglas, Churchill and Carson City counties. Coverage includes Hospital Part A, Medical Part B and Prescription Part D. Benefits include \$0 monthly premiums, No Deductibles, a Maximum Out-of-Pocket limit, \$0 copay for Primary Care Doctor and Lab Services, \$0 copay for Tier 1 and 6 Drugs, and coverage for Acupuncture and Chiropractic. Additional benefits include Worldwide Coverage, Telemedicine and Hearing with a Hearing Aid allowance, Vision with eyewear allowance, dental allowance, Silver & Fit Gym membership and over the counter shopping allowance and transportation.

Address: 1510 Meadow Wood Lane, Reno, NV 89502..... **Fax (775) 770-9133**

Email: sue.roth@uhsinc.com

RETIRED LIVING TRUTH SERIES..... (775) 432-6300

Services: Free 90 minute monthly seminar series focused on providing answers to the questions and solutions to challenges facing mature Nevadans and their families. The seminars are for seniors and their guest. To see the topics, schedule, or for additional information please call.

Address: 5060 Riggins Ct., Reno, NV 89502

Email: team@junellgroup.com www.retiredlivingtruthseries.com

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)..... (775) 687-4680

Services: Provides non-medical respite care, support and relief for families or caregivers currently providing the service, companionship, transportation, and homemaker services at no cost to the client. Personal Emergency Response Systems (nominal charges may apply) are available. Most services are provided by highly trained volunteers. For more information on becoming an RSVP client or to volunteer, please contact us. Nevada Rural Counties Only, not Clark or Washoe.

Address: 2621 Northgate Ln., Ste. 6, Carson City, NV 89706 **FAX: (775) 687-4494**

Email: info@nvrsvp.com www.nevadaruralrsvp.org

COMMUNITY SERVICES

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP) (775) 784-1807

WASHOE COUNTY

Services: RSVP fosters rewarding volunteer experiences for adults 55 and over where their skills, experiences and valuable time match the needs of the community. Many volunteer opportunities in Reno/Sparks are available.

Address: c/o Sanford Center for Aging, University of Nevada, Reno, 1664 N. Virginia St., Mail Stop 0146, Reno, NV 89557

Volunteer Service Director: Crissa Markow

Email: cmarkow@unr.edu www.med.unr.edu/aging

ROBERT L. SILVA INSURANCE AGENCY (775) 405-4200

Services: Local licensed insurance agent available to help identify your Medicare needs, provide information and education on products and options in your area, and able to help you best utilize your chosen Medicare plan.

Serving Northern Nevada, available by appointment.

Email: robert@rsilvains.com www.rsilvains.com

Note that we do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or call 1-800-Medicare (TTY users should call 1-877-486-2048) 24 hours a day / 7 days a week to get information on all of your options. Not affiliated with or endorsed by the government or Federal Medicare program. This is a solicitation for insurance. Robert L Silva Insurance Agency represents Medicare Advantage (HMO, PPO, and PFFS,) organizations with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. Enrollment Periods may apply.

RON WOOD FAMILY RESOURCE CENTER (775) 884-2269

Services: A non-profit organization that exists to assist families in creating a positive and supportive environment for all, including seniors. The following may be accessed through the center, commodities, food pantry. energy assistance, light case management, help completing various paperwork and finding resources according to everyone's needs.

Address: 2621 Northgate LN., Ste. 62, Carson City, NV 89706

Email: info@carson-family.org www.carson-family.org

ST. VINCENT de PAUL SOCIETY (775) 882-1968 ext. 119

ST. TERESA OF AVILA CONFERENCE

Services: Catholic non-profit charitable group which serves **all** the residents of Carson City, regardless of race, ethnicity, or religion. Funds are provided to assist with rent, temporary housing, utility bills, automotive repairs and a multitude of other needs. All funds used in this program are donated by our parishioners and vary from week to week. Volunteers are available Monday thru Friday (except holidays) from 9 am to 5 pm. There are **NO** volunteers available at the Church, you must call **(775) 882-1968 ext. 119**. You will be transferred to our St. Vincent de Paul answering machine. Leave a message. Calls are generally returned in a few hours but may take up to 24 hours depending on call volume and volunteer availability.

Address: 3000 N. Lompa Lane, Carson City, NV 89706

SANFORD CENTER FOR AGING (775) 784-4774

Services: The Sanford Center for Aging enhances the quality of life, well-being among elders and promotes aging-related research through education, research and community outreach, Geriatric assessment clinic, Senior Outreach Services (SOS) companionship

COMMUNITY SERVICES

program, volunteer program, medication, health and wellness programs, as well as education programs for undergraduate students and health professionals.

Address: University of Nevada, Reno, 1664 N. Virginia St., Mail Stop 0146, Reno, NV 89557

Email: galdax@unr.edu www.med.unr.edu/aging

SENIOR CARE PLUS/HOMETOWN HEALTH (888)775-7003
Reno (775) 982-3112

Services: Senior Care Plus/Hometown Health offers Medicare Advantage Plans.

Address: 10315 Professional Circle, Reno, NV 89521

Lobby Hours: Monday - Friday 8:00 am to 5:00 pm

Customer Service Hours: 7:00 am to 8:00 pm, 7 days a week

www.seniorcareplus.com

SENIOR AND DISABILITY RX PROGRAM (866) 303-6323 opt. 2
AGING AND DISABILITY SERVICES DIVISION (775) 687-4210 opt. 2
Fax: (775) 687-0574

Services: This program is a state pharmaceutical assistance program for low-income seniors and persons with disabilities who are Medicare eligible and do not qualify for other Services or programs such as Extra Help or Medicaid. This program provides a monthly subsidy for Medicare Part D or Advantage Plan D premiums for eligible members (depending on the member's Part D plan).

SENIORS IN SERVICE (775) 358-2768

Volunteer opportunities for those 55 years or older.

Address: 1380 Greg St., Ste. 212, Sparks, NV 89431 **Fax (775) 358-3633**

Executive Director: Michelle Rector michelle@sisnv.org

Foster grandparent program participants mentor students in an educational setting.

Contact: Sheri Brown sheri@sisnv.org

Senior companion program volunteers visit others to provide companionship and social enrichment.

Contact: Polly Pollock polly@sisnv.org

SENIORS IN SERVICE - RESPITE PROGRAM (775) 358-2768

Administers Respite Caregivers Grant Program funded by Aging and Disability Services Division. Temporary relief for primary caregivers of adults 60 years or older. Call for more Information.

Contact: Barbara Lewison barbara@sisnv.org

COMMUNITY SERVICES

SENIOR SERVICE NETWORK

Services: The Senior Service Network (SSN) is a non-profit organization comprised of an experienced team of volunteers. Their mission is to have a positive impact on the quality of life of seniors, by networking, sharing expertise and staying current on issues important to the senior community. Through fundraising and community donations, they serve as a safety net to seniors providing a one time, emergency financial intervention to those in dire situations, when no other resources exist. For more information about how to apply, visit their website.

Senior Celebration: An annual event that brings together providers of senior services in Northern Nevada. Seniors can attend this fun FREE event and learn about services that are available to them in the community. Thursday, May 11, 2023, 8:00 am to 12:00 pm, Casino Fandango Ballroom, Carson City, NV.

Meetings: 1st Wednesday of each month 9:00 - 10:30 a.m. **All** senior Services and/or healthcare providers are invited to join and attend. Call for location.

Address: P.O. Box 1126, Carson City, NV 89702

Email: info@seniorservicenetwork.us www.seniorservicenetwork.us

SILVER STATE FAIR HOUSING COUNCIL **(888) 585-8634**
(775) 324-0990

Services: Assist people with housing discriminations, questions or problems; assist in requesting accommodations for disabilities.

Address: P.O. Box 3935, Reno, NV 89505 **Fax (775) 324-7507**
Email: fairhousing@SSFHC.org

SOUTHGATE APARTMENTS **(775) 887-1747**

Services: Housing (rental assistance) for Seniors 62 and over and handicapped or disabled persons of any age. Waiting list applies

Address: 2100 California St., Carson City, NV 89701 **Fax (775) 887-1791**

Manager: Sharon Ryan (ext. 134).....**Email:** southgateapts@hotmail.com

UNITED LATINO COMMUNITY **(775) 885-1055**

Services: United Latino Community (ULC) is an organization that assists individuals and families with referrals, translations, job placement, advocacy, citizenship instruction, ESL classes, and much needed immigration legal advice. ULC serves Carson City, Lyon, and Douglas counties, home to approximately 23,424 Latino residents.

Address: 1711 N. Roop St., Carson City, NV 89706 www.carsonulc.org

WESTERN NEVADA COLLEGE

Carson Campus: 2201 West College Parkway, Carson City, NV 89703 **(775) 445-3000**

Douglas Co. Campus: 1680 Bently Parkway South, Minden, NV 89423 **(775) 782-2413**

Fallon Campus: 160 Campus Way, Fallon, NV 89406 **(775) 423-7565**

Admissions **(775) 445-3277**

Email: info_desk@wnc.edu www.wnc.edu

DIALYSIS CENTERS

DAVITA CARSON CITY DIALYSIS CENTER (775) 886-6450

Services: Provides hemo dialysis, peritoneal dialysis for kidney failure.

Hours: Monday, Wednesday, Friday 5:30 am to 8:00 pm, Tuesday, Thursday 9:00 am to 2:30 pm

Address: 3246 N. Carson St. Ste. #110, Carson City, NV 89706 **Fax (775) 886-6452**

DAVITA RENO DIALYSIS CENTER..... (775) 329-2100

Services: Home peritoneal dialysis. Hours: Monday to Friday 8:00 am to 4:00 pm

In-center hemo dialysis. Hours: Monday to Saturday 5:45 am to 7:00 pm

Address: 1500 E. Second St., Ste. 101, Reno, NV 89502 **Fax (775) 329-2106**

DAVITA SIERRA ROSE DIALYSIS CLINIC (775) 829-6580

Services: Provides hemo dialysis for kidney failure - information regarding prevention and understanding of kidney disease and dialysis.

Address: 685 Sierra Rose Drive, Reno, NV 89511 **Fax (775) 829-6581**

Hours: Monday, Wednesday, Friday 5:15 am to 8:00 pm. Information may be obtained after 8:00 am by calling and asking for an administrative assistant.

DAVITA SOUTH MEADOWS DIALYSIS CENTER (775) 852-4200

Services: Provides in-center hemo dialysis.

Address: 10085 Double R Blvd., Ste. 160, Reno, NV 89521 **Fax (775) 852-4263**

Hours: Monday, Wednesday, Friday 5:45 am to 7:00 pm Tuesday, Thursday, Saturday 6:30 am to 3:00 pm.

DAVITA SPARKS DIALYSIS CENTER (775) 356-3978

Address: 777 Vista Blvd., Sparks, NV 89434 **Fax (775) 356-3971**

Hours: Monday, Wednesday, Friday 5:30 am to 6:00 pm Tuesday, Thursday, Saturday 5:30 am to 5:00 pm

DIALYSIS CLINIC, INC. (DCI) CARSON CITY (775) 883-5400

Services: Provides hemo dialysis for kidney failure, peritoneal dialysis and home dialysis.

Address: 778 Basque Way, Carson City, NV 89706 **Fax (775) 883-0255**

Hours: Monday, Wednesday, Friday, 5:00 am to 4 pm

Medical Director: Dr. Jusmin Patel, Sierra Nevada Nephrology

Email: david.yost@dciinc.org

DIALYSIS CLINIC, INC. (DCI) GARDNERVILLE (775) 265-4706

Services: Provides in-center hemo dialysis for kidney failure.

Address: 1281 Kimmerling Road, Unit A1, Gardnerville, NV 89460 **Fax (775) 265-1649**

Hours: Monday to Saturday 6:00 am to 4:00 pm

Medical Director: Dr. Jusmin Patel, Sierra Nevada Nephrology

Email: david.yost@dciinc.org

DIALYSIS CENTERS

FRESENIUS KIDNEY CARE..... (775) 461-7250

Services: Provides hemo dialysis for kidney failure and outpatient dialysis. Peritoneal dialysis and home hemo dialysis.

Address: 4500 S. Carson St., Carson City, NV 89701 **Fax (775) 841-2676**

Hours: Monday, Wednesday, Friday 4:30 am to 7:30 pm

Medical Director: Dr. Iryna Patel

LIBERTY DIALYSIS NORTHWEST RENO..... (775) 747-1100

Services: Provides in-center hemo dialysis

Address: 6144 MaeAnne Ave., Reno, NV 89523..... **Fax (775) 747-1115**

Hours: Monday to Saturday 6:00 am to 7:00 pm Office 8:00 am to 4:00 pm

Medical Director: Dr. Soni Dhanireddy

www.freseniusmedicalcare.com

LIBERTY DIALYSIS SOUTH RENO (Fresenius Medical Care)..... (775) 624-8055

Services: Provides in-center hemo dialysis.

Address: 601 Sierra Rose Dr., Ste. 101, Reno, NV 89511 **Fax (775) 828-2746**

Hours: Monday - Saturday 6:00 am – 7:00 pm Office 8:00 am to 4:00 pm

Medical Director: Dr. Mark Sievert

www.freseniusmedicalcare.com

LIBERTY DIALYSIS SPARKS (Fresenius Medical Care) (775) 200-0108

Services: Provides outpatient dialysis.

Hours: M-W-F 2:00 am to 7:00 pm. T -T -Sat. 7:00 am to 4:00 pm Office 8:00 am to 4:00 pm

Address: 5915 S. Los Altos Pkwy., Sparks, NV 89436

Medical Director: Dr. Richmi Rajapakse

www.freseniusmedicalcare.com

FINANCIAL/ FIDUCIARY SERVICES

AARP TAX AID SERVICE(775) 883-0703

Services: Free tax returns for seniors. February through April each year. Appointments are required.

Address: Carson City Senior Center, 911 Beverly Dr., Carson City, NV 89706

Hours: Monday and Wednesday 12:00 to 4:00 pm

Reno locations: (775) 328-2575

Rural counties (800) 687-2277 www.aarp.org/findtaxhelp

A+ DOCUMENTS, INC.(775) 830-7998

Services: Wills, trusts, deed upon death, deed changes, divorces, friendly and affordable non- attorney, court-ready document preparation. 10% discount for seniors and veterans.

Address: 411 W. Third St., Ste. 1, Carson City, NV 89703

Owner: Collette Teuscher or Melinda McConnell-Kelly

Email: aplusdocuments111@gmail.com www.aplusdocuments.net

FIDUCIARY SERVICES OF NEVADA.....(775) 815-2968

Services: Private Guardianship, Probate Administration, Power of Attorney, Estate an Trust Management.

Mailing Address: P.O. Box 664, Carson City, NV 89702..... **Fax (775) 883-0699**

www.fiduciarynv.com

FIRSTGOV FOR SENIORS

Services: Resources on money, housing, consumer protection and more. Federally funded program that provides support to needy low-income households for utility payments.

..... www.usa.gov/topics/seniors

MONEY MANAGEMENT, INTERNATIONAL(702) 364-0344

(888) 812-5358

Services: A Non-Profit HUD certified housing counseling agency. It provides financial counseling; debt management plan; bankruptcy counseling and financial literacy, housing and reverse mortgage counseling. Down Payment assistance for 1st time home buyers. Call for additional information. Although the main office is located in Las Vegas, there is a counselor that comes to the Reno address. Post-disaster financial recovery and help with student loans.

Address: 5470 Kietzke Ln., Ste. 300, Ofc. 120. Reno, NV 89511**Fax: (866) 921-5120**

www.moneymanagement.org

HERITAGE LAW GROUP P.C.....(775) 782-0040

Services: Practicing primarily in guardianships, elder law, estate planning, trusts, wills, powers of attorney, probates and trust administration. Planning for Abundant Life, Passing Rich Legacies

Address: 1625 Hwy. 88, Ste. 304, Minden, NV 89423 www.heritagenevada.com

FINANCIAL/ FIDUCIARY SERVICES

NEVADA INVESTMENT MANAGEMENT (775) 826-8122

Services: Provides savings protection and financial planning, hosting workshops on various financial topics such as tax planning, estate planning, retirement planning, investing for income and safety, understanding fixed income investments, and investing for potential growth. Serving Northern Nevada for over 30 years. Securities offered through LPL Financial Member FINRA/SIPC. Timothy L. Kinsinger, CFP

Address: 16520 Wedge Parkway, Ste. 300, Reno, NV 89511 **Fax (775) 826-3133**

Email: timothy.kinsinger@lpl.com www.nvinvmgt.com

PALMER, Wm. H. III, FINANCIAL ADVISOR (775) 787-6200

Cell (775) 857-9016

Services: Provides investment and other financial services including smart spending and borrowing options, retirement, paying for education, estate consideration and protecting your assets. May travel to client if needed or desired. Meetings are available in the evening and on weekends by appointment. WebX or phone meetings also available for further distances.

Address: 720 Robb Dr., Ste. 102, Reno, NV 89523..... **Fax (800) 691-2407**

Email: William.palmer@edwardjones.com

QUACKWATCH

Quackwatch helps protect and inform seniors from countless attempts to sell unproven, unsafe, illegal, or worthless treatments and products.

..... www.quackwatch.org

TODAY'S SENIORS

Retirement tips and advice on financial options such as 401Ks and IRAs.

..... www.todaysseniors.com

FOOD PANTRIES/ THRIFT STORES

ADVOCATE'S THRIFT STORE (Classy Seconds) (775) 841-7081

Services: Full-service thrift store including clothing, house wares, furniture and small appliances.

Address: 3590 Gordon St., Carson City, NV 89701

Hours: Monday to Saturday 9:00 am to 7:00 pm; Sunday 10:00 am to 5:30 pm

BIG BROTHERS BIG SISTERS OF NORTHERN NEVADA (775) 352-3202

Services: Free donation pickup of clothing and small household items at homes, apartments and senior living communities in Reno, Sparks and Carson City. Whether downsizing, moving in a community, or dealing with donating a loved one's items, we are here to help. Call or go on-line to schedule a pickup.

Address: 1300 Foster Dr., Ste. 210, Reno, NV 89509 www.BBBSNN.org

BROWSERS CORNER BOOK STORE (775) 884-4043

Services: Accepts gently used books, magazines (clip or redact address label please), records, CDs, DVDs, games, and puzzles. These items are resold to fund the Carson City Library. Please call to arrange a drop off of large volume donations.

Hours: Tuesday to Saturday (9:30 am to 5:00 pm)

Address: 711 W. Washington Street, Carson City, NV 89701

www.friendsofclibrary.org

COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP) (775) 331-3663

Services: For adults 60 years and older. Family income must be at or below 130% of the Federal Poverty Guidelines. Clients must reside in the county or the area where the program is offered. Deliveries are made each month in Carson City, Churchill, Washoe, Lyon, Mineral, Storey and other rural counties. The program is administered by the Nevada State Department of Administration, Purchasing Division, and Food Distribution Program.

Programs:

Senior Box (CSFP) is a monthly box of both fresh and pantry staples.

Produce on Wheels: Fresh produce delivered to clients at Senior Centers across Northern Nevada

Address: Food Bank of Northern Nevada, 550 Italy Drive, Sparks, NV 89437 www.fbnn.org

COMPUTERCORPS (775) 883-2323

Services: Receives donations of computers, printers, and parts; has volunteers that repair, refurbish, and update this equipment; returns the equipment back to the community for little or no cost; provides training and education for organizations and individuals in the community who might not have access to such equipment.

Address: 4630 Hwy. 50 E, Carson City, NV 89721 **Fax (775) 883-7676**

Hours: Donation acceptance hours: Monday - Friday 9:00 am to 4:00 pm; Saturday 9:00 am to 1:00 pm

Email: admin@computercorps.org www.computercorps.org

FOOD PANTRIES/ THRIFT STORES

FRIENDS IN SERVICE HELPING (FISH) THRIFT STORE.....(775) 882-3474

Address: 138 East Long St., Carson City, NV 89706

Hours: Monday to Saturday 9:00 to 5:30 pm Closed Sunday. Donations are accepted 9:00 to 4:00 pm daily. Pickup for items is available in Carson City. Please call for more information.

FRIENDS IN SERVICE HELPING (FISH) SATELLITE LOCATIONS

Minden Thrift Store

Address: 1561 Hwy. 395, Minden, NV 89423 (775) 783-3474

Hours: Monday – Friday 9:00 am to 5:00 pm Saturday 9:00 am to 4:00 pm Donations accepted 9:00 am to 1 pm. Please call for information on large item pickup.

Moundhouse Thrift Store

Address: 10126 Hwy. 50 E., Unit A, Mound House, NV 89706 (775) 721-3474

Hours: Monday – Saturday 9:00 am to 4:30 pm Donations accepted 10:00 am to 2:00 pm. Please call for information on large item pickup.

LYON COUNTY FOOD DISTRIBUTION

Dayton Food Pantry (775) 246-7834

Services: Emergency food distribution

Address: 209 Dayton Valley Rd., Dayton, NV 89403

Hours: Monday to Thursday from 10:00 am to 4:00 pm

Silver Stage Food Pantry (775) 577-9161

Services: Full wrap around food pantry and thrift shop.

Address: 3595 Ramsey Cut-off, Silver Springs

Hours: Monday to Friday from 10:00 am to 4:00 pm

SALVATION ARMY - FAMILY SERVICE CENTER (775) 887-9120

Services: Fresh food and non-perishable food pantry, utility service, transportation for church services and educational programs.

Address: 911 E. 2nd St., Carson City, NV 89701; **Mailing Address:** P.O. Box 956, Carson City, NV 89702

Hours: Monday, Tuesday, and Thursday 10:00 am to 12:00 pm, 1:00 to 2:30 pm; Fresh Food Wednesday 12:30 to 2:00 pm

SALVATION ARMY FAMILY STORE (775) 885-1898

Services: Donation-based thrift store but please no big furniture, TVs, pianos, organs, or other similar items. Donors must be able to remove their items from their vehicles without help from staff. No pickup is available.

Address: 3320 Research Way, Carson City, NV 89706

Hours: Thrift Store: Monday to Saturday 9:00 am to 6:00 pm, donations accepted 9:00 am to 4:45 pm

HOSPICE PROVIDERS

A PLUS HOSPICE CARE(775) 329-0900

Services: State licensed and Medicare certified hospice agency that provides compassionate care to the patient and their family. Comprehensive care team includes our physician medical director, registered nurses, nursing assistants, social workers, counselors, chaplains, bereavement coordinators, massage therapists and volunteers. Our focus is meeting the medical, physical, and spiritual needs of the patient with a life-limiting or terminal illness, then supporting the family through the bereavement process. Bereavement support is offered for a minimum of 13 months after the loss of a loved one.

Address: 227 Vine St., Reno, NV 89503..... **Fax (775) 329-0901**

Email: info@aplushospicecare.comwww.aplushospicecare.com

BARTON HOSPICE (Affiliated with Barton Memorial Hospital) Nevada: (775) 782-1510 S.L.Tahoe:(530) 543-5581

Services: Medicare-certified and state licensed providing home-based care with comfort and symptom management for terminally ill patients with a full team of licensed and trained professionals and volunteers working to meet physical, emotional, and spiritual needs. Serves the South Lake Tahoe, Markleeville, and Nevada Lake Tahoe area.

Address: 2092 Lake Tahoe Blvd., Ste. 500 South Lake Tahoe, CA 96150

Office Hours: Monday to Friday, 8:00 am to 4:30 pm

CIRCLE OF LIFE COMMUNITY HOSPICE(775) 827-2298

Services: A Medicare certified hospice providing quality and compassionate care for people in the advanced stages of a terminal illness who have made the decision to discontinue curative treatments, emphasize physical and emotional comfort, and live their remaining days with dignity, surrounded by a team of professional physicians, Registered nurses, CNA care, in-home care, medication management, social services, bereavement counseling, spiritual care, volunteer services, healing touch and aroma therapy. See our website for additional adjunctive therapies.

Serving the greater Reno/Sparks, Carson City, Minden, and Gardnerville areas.

Address: 1575 Delucchi Lane, Ste. 214 Reno, NV 89502
www.colhospice.com

COMPASSION CARE HOSPICE(775) 409-3995

Services: With the support and assistance of our team — RN's, medical director physician, social worker, chaplain, home health aides and trained volunteers — CCH provides comfort and symptom management to those who have decided to discontinue curative treatments. Hospice treats the person, not the disease. Pain management and comfort, medical supplies and equipment, emotional and spiritual support, caregiver respite care and bereavement services throughout. Nurses on call 24/7. Serving Reno/Sparks, Fernley, Carson City, Minden, Gardnerville, and outlying areas.

Address: 5250 Neal Road, Ste. 210, Reno, NV 89502 **Fax (775) 409-3879**

..... www.compassioncarehospice.com

HOSPICE PROVIDERS

EDEN HOSPICE..... (775) 841-6123

At Eden Hospice we believe that through effective, compassionate care, patients can approach the end of their lives with dignity and comfort in the midst of a caring environment sensitive to their needs. Hospice provides peace, comfort and caring to terminally ill people and their families. Hospice treats the person, not the disease. Eden Hospice maintains a philosophy of care that assists patients, families and friends during the final stages of life's journey. We focus on the quality of life, not the quantity of life.

Services: Pain management and comfort; medical supplies and equipment; emotional and spiritual support; caregiver respite care and bereavement services provided throughout Dayton, Fernley, Fallon, Carson City, Yerington, Silver Springs, and Virginia City.

Address: 907 Mountain St., Carson City, NV 89703 **Fax (775) 501-8491**
.....www.eden-health.com

EPEC PROJECT, GENERAL INTERNAL MEDICINE (312)503-3732

Services: Developed in 1997, their major goal in to educate practicing physicians across the United States about the essential clinical competencies in end-of-life care.

..... www.epec.net

INFINITY HOSPICE CARE..... (775) 852-6002

Infinity Hospice Care is a certified 4 star 'We Honor Veterans' hospice proudly serving veterans and non-veterans in Northern and Southern Nevada. We are family owned and operated provider of hospice services focusing on the physical, spiritual and social needs of persons who are experiencing a life limiting illness. Under the supervision of the medical director, attending physician, nurses, social workers, chaplains, counselors, home health aides and volunteers who perform as a team to ensure the highest quality of life for the patient.

Services: Pain management, side effect management, symptom management, medical supplies and emotional support. We proudly service Reno/Sparks, Carson City, Minden, Gardnerville, Yerington, Fallon, Fernley, Silver Springs and Round Mountain.

Address: 5538 Longley Lane, Ste. B, Reno, NV 89511 **Fax (775) 852-6028**
www.infinityhospicecare.com

**KINDRED HOSPICE Reno: (775) 825-5008
Carson City: (775) 882-5735**

Services: Provides comprehensive physical, emotional and spiritual care for patients and their loved ones challenged by terminal illness. Kindred Hospice actively supports an "Open Access" policy assuring that qualified hospice patients who require physical, occupational or speech therapies, as well as radiation or chemotherapy treatments for comfort care, receive them. Hospice services, including medications and equipment related to the hospice diagnosis, are covered at 100% by Medicare, Medicaid and most private insurance. Services are provided throughout Carson City, Minden, Gardnerville, Reno, Sparks, and portions of Storey County.

Address: 9484 Double R Blvd, Ste A, Reno, NV 89521 **Fax (775) 853-4593**

Address: 1761 E. College Parkway, Ste 113, Carson City, NV 89701 **Fax (775) 882-5723**

..... www.KindredHospice.com

HOSPICE PROVIDERS

NATIONAL HOSPICE AND PALLIATIVE CARE ORGANIZATION

Services: One of the largest non-profit membership organizations representing hospice and palliative care programs, improving end-of-life care and quality of life for terminal patients and their loved ones.

www.nhpco.org

SAINT MARY'S HOSPICE OF NORTHERN NEVADA..... (775) 525-6700

Services: Medicare-certified and state licensed. Services: Licensed and trained teams provide home-based services focusing on the physical, emotional, and spiritual health of the patient and patient's support system as they deal with a life-limiting diagnosis. These needs are met by the interventions of a multi-disciplinary team consisting of registered nurses, a medical director physician, social workers, chaplains, home health aides and trained volunteers.

Address: 6490 S. McCarran Blvd, Ste B13, Reno, NV 89511 Fax (775) 525-5255
..... www.saintmarysreno.com

SUMMIT VIEW HOSPICE..... (775) 636-9598

Services: Summit View Hospice is Northern Nevada's only family and locally owned hospice with National Accreditation status, certified by Medicare and Medicaid Locally owned hospice providing services and care to support the patient and families who are navigating terminal illness. Each plan of care involves the support of our medical team, counselors, medications, medical supplies, and equipment. Our certified hospice and palliative care nurses are available 24/7.

Address: 800 S. Meadows Pkwy., Ste. 200 Reno, NV 89521..... Fax (775) 737-9730

LEGAL ASSISTANCE

- CARELAW** (775) 687-4680
Services: Legal advice for persons ages 60 and up in all Nevada counties except Washoe and Clark. Contact Lora Myles, through RSVP Carson City. By appointment only.
Address: 2621 Northgate Lane., Ste. #6, Carson City, NV 89706 **Fax (775) 687-4494**
Mailing Address: P.O. Box 628, Carson City, NV 89702
Email: lora@carelaw.org
- LAW OFFICES OF KRISTA MEIER** (775) 324-9100
Services: Practicing primarily in Medicaid planning, Elder Law, guardianships, probate. Helping Nevadans Age with Dignity
Address: 3716 Lakeside Drive, Ste 202, Reno, NV 89509 **Fax (775) 871-4844**
www.ElderlawReno.com
- HERITAGE LAW GROUP, P.C.** (775) 782-0040
Services: Practicing primarily in guardianships, elder law, estate planning, trusts, wills, powers of attorney, probates and trust administration. Planning for Abundant Life, Passing Rich legacies
Address: 1625 Hwy. 88, Ste. 304, Minden, NV 89423
..... www.heritagenevada.com
- NEVADA BUREAU OF HEALTH CARE QUALITY & COMPLIANCE (HCQC)** (775) 684-1030
Services: For currently licensed facilities, they provide a health facility locator; nursing home, hospital, home health or hospice agency comparison tool. File a complaint about a facility.
Address: 727 Fairview Dr., Ste. E, Carson City, NV 89701 **Fax (775) 684-1073**
www.Findahealthfacility.nv.gov www.DPBH.NV.gov
- NEVADA DISABILITY ADVOCACY AND LAW CENTER** (775) 333-7878
Services: Statewide free legal services provider for individuals with disabilities, handling matters involving access to health care and disability-related services, disability discrimination, an investigation of abuse and neglect. Also provides training and information/referral services.
Address: 1875 Plumas St., Ste. 1, Reno, NV 89509
Email: reno@ndalc.org www.ndalc.org
- NEVADA LEGAL SERVICES, RURAL PROGRAM** (800) 323-8666
Services: Legal/advocacy services, free civil and legal services including housing, consumer issues, health care, public benefits, estate planning, wills, guardianship, and other matters not criminal in nature. 60+ years of age and income eligibility may be required.
Carson City: 209 North Pratt Ave., Carson City, NV 89701 (775) 883-0404
Hours: Monday to Thursday, 9:00 am to 5:00 pm, Friday 9:00 am.to 1:00 pm
Reno: 449 S. Virginia St., 3rd Floor, Reno, NV 89501 (775) 284-3491
Hours: Monday to Thursday, 8:00 am to 4:00 pm, Friday 8:00 am to 12:00 pm
Reno Tenant's Rights Center **Email:** renotrc@nevadalegalservices.org
Elko: 285 10th St., Elko, NV 89801 (775) 753-5880
Monday to Thursday, 8:00 am to 4:00 pm, Friday 8:00 am to 1 2:00 pm
Yerington: 720 S. Main St., Unit A, Yerington, NV 89447 (775) 465-1222
Monday to Thursday, 9:00 am to 5:00 pm, Friday 9:00 am to 1:00 pm
www.nlslaw.net

LEGAL ASSISTANCE

SENIOR LEGAL HELPLINE (866) 432-0404

Services: A toll-free telephone number has been established in Nevada which will provide legal assistance to seniors. Free legal assistance will be provided on almost any civil legal problem, including housing, consumer issues, health care, public benefits, estate planning, wills, guardianships, and other matters not criminal in nature. The assistance is available to all people statewide who are 60 years of age and older and helpful to those Nevada senior citizens living in the rural counties where free legal service is difficult to find.

www.nevadalawhelp.org

NEVADA ATTORNEY GENERAL OFFICE (775) 684-1100

Services: Telemarketing or other sales scams. Complaint reviewing for the State of Nevada. Handles deceptive trade practices, auto repair and warranty issues, etc.

Address: 100 N. Carson St., Carson City, NV 89701

..... www.ag.nv.gov

THE ATTORNEY GENERAL'S MEDICAID FRAUD CONTROL UNIT (775) 684-1191

Services: Responsible for investigating and prosecution of Medicaid provider fraud; patient abuse or neglect in medical facilities; and misappropriation of patient trust funds. Through aggressive prosecution, the Unit seeks to reduce costs of fraud to the taxpayers and to protect the elderly.

..... www.ag.nv.gov

VOLUNTEER ATTORNEYS FOR RURAL NEVADA (775) 883-8278**..... (866) 448-8276**

Services: VARN's panel of attorneys provide free civil legal services for low-income people in uncontested matters. VARN's Domestic Violence Victim's Assistance Project (DWAP) provides free civil legal services for domestic violence survivors. Immigration assistance. Free lawyer in the lobby available for 20 minute consultations. Call for appointment.

Address: 412 W. John St., Carson City, NV **(775) 883-7211**

Email: info@varn.org..... www.varn.org

WASHOE LEGAL SERVICES (775) 332-0606

Services: They can assist with any civil legal matter, but primarily focus on the following: Government benefits including Medicare, Medicaid, and other health related issues; administration and probate of small estates; elder abuse and exploitation; consumer issues such as enforcement of state/ federal laws related to debt collection, fraud, deceptive trade practices; housing issues including foreclosures, loss of subsidized housing, fair housing rights violations and evictions.

Address: 1155 E. 9th St., Bldg. 25. Ste E, Reno, NV 89512

Hours: Monday to Friday, 8:30 am to 4:30 pm (closed 12:00 to 1:00 pm)

www.washoelegalservices.org

MEDICAL EQUIPMENT/ ADAPTIVE CLOTHING

A+ OXYGEN & DME..... (775) 329-0101

Services: A full service home medical equipment company that provides a vast array of home medical equipment. Oxygen concentrators, conserving devices, portable concentrators, nebulizers, CPAP, BIPAP, BIPAP W/RATE, overnight pulse oximetry, apnea links, hospital beds, apps, wheelchairs, gel cushions and much more. We serve Carson City, Fernley, Reno, Sparks, and Gardnerville/Minden. Available 24/7. Accepting Medicare and Medicaid.

Address: 940 Matley Ln. #14, Reno, NV 89502 **Fax (775) 329-0109**

ACADIAN REHABILITATION (775) 333-6600

Services: Provides orthotics and prosthetics, diabetic shoes and inserts. Accepts Medicare/Medicaid and most commercial insurances as well.

Address: 175 S. Park St., Reno, NV 89502 **Fax (775) 333-6601**

ACCELLENCE HOME MEDICAL (775) 352-9539

Services: Durable medical equipment and oxygen, power wheelchairs and ventilators. Will accept Medicare, Medicaid and most insurances.

Address: 5450 Mill St., Ste. 101, Reno, NV 89502 **Fax (775) 352-9333**

Hours: Monday to Friday 8:00 am to 5:00 pm Services offered 24-hours a day on call.

AMADOR MEDICAL LLC..... (702)724-1734

(702) 908-5724

Services: Incontinence supplies (Pull-ups, Briefs, Liners, Male Guards and Chux), blood pressure monitors, canes, commodes, raised toilet seats, walkers, wheelchairs, power wheelchairs, Hoyer lifts and hospital beds. Accepting Medicaid, Silver Summit and private pay. We service throughout Northern Nevada. Available on call 24/7.

Client Care Coordinator- Donald Fax: (702) 834-8490

Email: info@amadormedical.com www.amadormedical.com

APRIA HEALTH CARE (775) 352-7744

(775) 352-7742

Services: Medical equipment, oxygen, tube feeding, and CPAP machines. Will accept Medicare and most respiratory insurances.

Address: 1395 Greg St., Ste. 113, Sparks, NV 89431

www.apria.com

BENNETT MEDICAL SERVICES (775) 329-0799

Services: Home oxygen and medical equipment company providing a full range of products and services including respiratory equipment, home oxygen, nebulizers and sleep apnea equipment. Sick room and physical therapy equipment including CPM machines, tens units, muscle stimulators, hospital beds, etc. Approved provider for Medicare, Medicaid, and accepts approved preferred provider plans. Services are offered 24/7.

Address: 5475 Louie Lane, Ste. A, Reno, NV 89511 **Fax (775) 329-9682**

..... www.bennettmedical.com

MEDICAL EQUIPMENT/ ADAPTIVE CLOTHING

BUCK AND BUCK (800) 458-0600

Services: Clothing for home health care and nursing home residents. Catalog available.

Address: 3111-27th Avenue South, Seattle, WA 98144-6502 **Fax:** (800) 317-2182

www.buckandbuck.com

CARE CHEST OF SIERRA NEVADA (775) 829-2273

Services: Medical equipment, prescription assistance, liquid nutrition, diabetic supplies, limited delivery service and various other medical resources. Low interest loan program to purchase assistive technology. Call to qualify and for additional information.

Address: 7910 North Virginia St., Reno, NV 89506 **Fax** (775) 829-8745

Hours: Monday to Friday 8:30 am to 5:00 pm

www.carechest.org

HANGER PROSTHETICS AND ORTHOTICS **RENO (775) 323-8118**

CARSON CITY (775) 882-2232

Services: Artificial limbs, wide variety of orthotics products including all types of braces, diabetic shoes, no compression garments.

Address: 961 Matley Ln., Ste. 100, Reno, NV 89502 Fax (775) 323-1234

Address: 403 W. Nye Ln., Bldg G, Ste. B, Carson City, NV 89706 Fax (775) 882-4047

Email: 052000@hanger.com

www.hangerclinic.com

INDEPENDENT LIVING AIDS, LLC (800) 537-2118

Services: Distributor of adaptive equipment for the visually impaired or blind by mail order. Catalog available.

Address: 137 Rano St. Buffalo, NY 14207 **Fax:** (877) 498-1482

..... www.independentliving.com

LINCARE **CARSON CITY (775) 882-0333**

SPARKS (775) 359-6262

Services: Respiratory home care company providing specialized oxygen, unit dose medication therapy, sleep apnea therapy, non-invasive home ventilators, enteral feeding supplies and DME.

Address: 3427 Goni Road #106, Carson City, NV 89706 **Fax (775) 470-7616**

Address: 1380 Greg St. #201, Sparks, NV 89431 **Fax (775) 359-7577**

www.lincare.com

LS & S GROUP, INC. (800) 468-4789

Services: Distributor of adaptive products; visual, hearing, and for physical challenges. Catalog available.

Address: 145 River Rock Dr. Buffalo, NY 14207 **Fax:** (877) 498-1482

..... www.lssproducts.com

MAXI AIDS (800) 522-6294

Services: Distributor of adaptive equipment for those who are visually or hearing impaired or have physical disabilities. Catalog available.

Address: 42 Executive Blvd., Farmingdale, NY 11735 **Fax:** (631) 752-0689

..... www.maxiaids.com

MEDICAL EQUIPMENT/ ADAPTIVE CLOTHING

- MEDTECH SERVICES, INC..... (775) 826-2022**
Services: Provides power and manual wheelchairs, scooters, vans, lifts, ramps and home medical equipment. Rental units and service is available.
Address: 555 Gentry Way, Reno, NV 89502 **Fax (775) 826-6040**
Hours: Monday to Friday, 9:00 am to 5:00 pm; Saturday 10:00 am to 3:00 pm
..... www.medtech-services.com
- ORTHOPRO OF CARSON CITY, INC (775) 841-0660**
Services: Artificial arms and legs, microprocessor knees, ankles and feet. Orthotics, Custom and off the shelf bracing for the body, i.e., bracing for the back, knee, ankle, foot, arm. Diabetic shoes and inserts; mastectomy bras and forms. Approved provider for Medicare, Medicaid, Saint Mary's, Blue Cross/Anthem and most private insurances.
Address: 415 W. Sophia St., Ste. 200, Carson City, NV 89703..... **Fax (775) 841-0606**
Hours: Monday to Friday, 8:30 am to 4:00 pm, closed from 12:00 to 1:00 pm.
Email: orthoprocarsonoffice@gmail.com www.orthoprocarson.com
- OXYTECH, LLC (775) 284-8890**
Services: Durable medical equipment, orthotic supplies, CPAP, Supplies, nebulizers, cath kits, beds, walkers, wheelchairs, pulse oximeters, tubing, cannulas, rollators, power chairs and scooters. Medical equipment service and repair dept. specializing in oxygen concentrators, CPAP units. Accept Medicare, AARP/United Healthcare, Triwest and other insurance providers. Available to patients 24/7, including holidays.
Address: 1544 Pittman Ave #B, Sparks, NV 89431 **Fax (775) 284-8893**
..... www.Oxytechreno.com
- PARENTGIVING (888) 746-2107**
Services: Invalid care, incontinence, and other senior care items.
..... www.parentgiving.com
- RESIDENT ESSENTIALS (888) 543-2566**
Services: Furniture, clothing, electronics **Fax: (781) 803-3046**
..... www.residentessentials.com
- SIERRA OXYGEN SERVICES..... (775) 884-1234**
Services: Provides oxygen, CPAP/BIPAP and other respiratory therapies.
Address: 200 Bath St., Ste. 2, Carson City, NV 89703..... **Fax (775) 884-1241**
..... www.Sierraoxygen.com
- SILVERTS..... 1 (800) 387-7088**
Services: Easy wear, easy care clothing. Adaptive clothing for disabled and senior care. Catalog available..... www.silverts.com
- VITAL CARE HEALTH SERVICES..... (775) 829-2224**
Services: Credentialed respiratory therapists provide oxygen therapy, respiratory medication therapy, and sleep apnea therapy. On-going follow-up including pulse oximetry nebulizer. Also provide hospital beds, walkers, wheelchairs. Call for any other services.
Address: 1360 Greg St., Ste. 104, Sparks, NV 89431 **Fax (775) 829-7286**
Email: zearena.guzman@rotech.com www.rotech.com

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

AMERICAN GERIATRICS SOCIETY

Services: a professional organization of health care [providers dedicated to improving the health and wellbeing of older adults.

www.americangeriatrics.org

BANNER CHUCHILL COMMUNITY HOSPITAL (775) 423-3151

Services: Primary Care, Infusion Center, Physical Therapy, Laboratory Services, Radiology, Internal Medicine, General Surgery, Orthopedic Surgery. Full EMS Services, 24 hr. ER. Have an active hospital volunteer group.

Traveling Clinic: Cardiology, Oncology, Nephrology, ENT, Urology, Dermatology, Pain and Spine.

Address: 801 E. Williams Ave., Fallon, NV 89406

BARTON MEMORIAL HOSPITAL (530) 541-3420

Address: 2170 South Avenue, South Lake Tahoe, CA 96150.....

www.bartonhealth.org

BENEFITS CHECKUP

Services: Connect to government programs that can help pay for prescription drugs, healthcare, and other needs.

www.benefitscheckup.org

CARSON AUDIOLOGY ASSOCIATES (775) 883-4764

Services: Diagnostic hearing evaluations, prescribing and fitting hearing aids, Real Ear Verification, hearing aid repair, Cochlear Implant services, cerumen management, pediatric hearing evaluation, newborn hearing screening, earmolds and earplugs. Musicians' earplugs and in ear monitors.

Doctors: Nanci Campbell, Au.D. Beth Gauteraux, Au.D.

Address: 410 Fleischmann Way, St. B, Carson City NV 89703

CENTER FOR ADVANCED EYE CARE CARSON CITY (775) 882-9123

..... MINDEN (775) 782-5523

Services: Our practice provides comprehensive eye care for seniors to include eye exams, glaucoma, diabetes, macular degeneration and cataract surgery. Offices in Carson City and Minden.

Hours: Monday to Friday 8:00 am to 5:00 pm with 24/7 on call coverage

Address: 1104 N. Division Street, Carson City NV 89703

1673 Lucerne Street, Ste B, Minden, NV 89423

CARSON NURSING AND REHABILITATION CENTER (775) 882-3301

Services: Specializing in short-term rehabilitation therapy

Address: 2898 Hwy. 50 East, Carson City, NV 89701 **Fax (775) 882-6306**

..... www.covenantcare.com

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

CARSON TAHOE HEALTH SERVICES

- CARSON TAHOE REGIONAL MEDICAL CENTER** (775) 445-8000
..... **Emergency (775) 445-8005**
Services: An affiliate of the University of Utah Health, Carson Tahoe provides convenient access to advanced quality care in a tranquil, healing environment. From newborns to seniors, we care for patients of all ages and life stages. Inpatient, outpatient, and emergency services are available at this regional location.
Address: 1600 Medical Parkway, Carson City, NV 89703
..... www.carsontahoe.com
- CARSON TAHOE BREAST CENTER**..... (775) 445-5500
Services: 3D Mammography
Address: 1400 Medical Parkway, Carson City, NV 89703. www.carsontahoe.com/imaging
- CARSON TAHOE CANCER RESOURCE CENTER** (775) 445-7500
Services: Delivering the highest comprehensive cancer care in one, easy-to-access, location including support groups, massage, and Reiki therapies.
Address: 1535 Medical Parkway, Carson City, NV 89703 **Fax (775) 445-7527**
- CARSON TAHOE CARDIAC REHABILITATION**..... (775) 445-7310
Services: Cardiac patient exercises. prescription from physician required.
Address: 1470 Medical Parkway, Carson City, NV 89703 **Fax (775) 884-0536**
- CARSON TAHOE COMMUNITY HEALTHCHECK** (775) 445-5160
Services: Affordable lab screening.
.....www.carsontahoe.com/healthcheck
- CARSON TAHOE CONTINUING CARE HOSPITAL** (775) 445-7795
Services: Long-term acute care close to home. A 29 bed facility designed to care for people with chronic conditions who need a longer hospital stay than what is available through the traditional acute care setting.
Address: 775 Fleischmann Way, Carson City, NV 89703..... **Fax (775) 888-6238**
- CARSON TAHOE DIABETES EDUCATION** (775) 445-8607
Services: The American Diabetes Association nationally recognizes the Carson Tahoe Diabetes Program. It serves those of all ages challenged with Type 1 & Type 2 diabetes. Private appointments, group classes, insulin pump training and gestational diabetes training are available.
Address: 1600 Medical Parkway, Carson City, NV 89703.....
Address: 925 Ironwood Dr., Minden, NV 89423
..... www.carsontahoe.com/diabetes
- CARSON TAHOE EMERGENT CARE** (775) 445-7800
Services: Out-patient laboratory, imaging, and therapy is available at this location.
Address: Minden Medical Center, 925 Ironwood Drive, Minden, NV 89423 **Fax: (775) 782-2967**

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

CARSON TAHOE IMAGING (OUTPATIENT FACILITIES)

Address: 1600 Medical Parkway, Carson City, NV 89703 **(775) 445-5500**
Address: 925 Ironwood Dr. Suite 1104, Minden, NV 89423 (Minden Medical Center)
Address: Sierra Surgery, 1400 Medical Pkwy., Carson City, NV 89703
Address: Great Basin Imaging 2874 N. Carson St. Suite 300, Carson City, NV 89703

CARSON TAHOE INFUSION SERVICES **(775) 445-7967**

Address: 1535 Medical Parkway, Carson City, NV 89703 **Fax (775) 445-7531**
Carson Tahoe Medical Center, 1600 Medical Pkwy., Carson City, NV 89703

CARSON TAHOE LABORATORY SERVICES

Address: 1600 Medical Parkway, Carson City, NV 89703 **(775) 445-8000**
Address: 775 Fleischmann Way, Carson City, NV 89703 **(775) 445-7450**
Address: 925 Ironwood Dr. Ste. 1104, Minden, NV 89423 **(775) 445-7820**
Address: 901 Medical Center Dr. Ste. 103, Dayton, NV 89403 **(775) 445-7606**
Address: Sierra Surgery, 1400 Medical Pkwy., Carson City, NV 89703 **(775) 445-6471**
Hours: www.carsontahoe.com/lab-Services

CARSON TAHOE MEDICAL GROUP

Cardiology **(775) 445-7650**

Address: 1470 Medical Parkway, Carson City, NV 89703 **Fax (775) 461-3090**

Cardiovascular Surgery..... **(775) 445-7650**

Address: 1470 Medical Parkway, Ste. 160, Carson City, NV 89703

Endocrinology **(775) 445-7170**

Address: 2874 N. Carson St., Ste. 1120, Carson City, NV 89703

Family and Internal Medicine **(775) 445-7745**

Address: 925 Ironwood Dr., Ste., 2102, Minden, NV 89423 **Fax (775) 782-0073**

Address: 10539 Professional Circle, Ste. 200, Reno, NV 89821 **(775) 445-7026**

Address: 412 W. John St., Ste. B, Carson City, NV 89703..... **(775)445-7476**

Internal Medicine **(775) 445-7170**

Address: 2874 N. Carson St., Ste. 200, Carson City, NV 89703 **Fax (775) 461-3079**

Oncology **(775) 445-7960**

Address: 1535 Medical Parkway, Ste. B, Carson City, NV 89703 **Fax (775) 883-3395**

Psychiatry **(775) 445-7754**

Address: 775 Fleischmann Way, Second Floor **Fax (775) 841-0304**
Outpatient Behavioral Health Services, Carson City, NV 89703

Rheumatology **(775) 445-7170**

Address: 2874 N. Carson St., Ste. 200, Carson City, NV 89706 **Fax (775) 461-3079**

Address: Dayton Medical Center 901 Medical Center Dr., Dayton, NV 89403 **(775) 445-7630**

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

CARSON TAHOE MEDICAL GROUP (775) 445-8392
Services: General surgery, advanced laparoscopic procedures, including hernia repair. Dr. Kraig Kroll

Address: 704 W. Nye Lane, Ste 102, Carson City, NV

Hours: Monday to Thursday 8:00 am to 5:00pm, closed 12:00 to 1 pm for lunch

CARSON TAHOE NUTRITIONAL COUNSELING (775) 445-5500

Address: 1600 Medical Parkway, Carson City, NV 89703

CARSON TAHOE PAIN INSTITUTE (775) 445-7225

Services: Pain Management

Address: 973 Mica Dr., Ste. 200, Carson City, NV 89705

CARSON TAHOE PHYSICIAN REFERRAL SERVICE (775) 445-5169

Services: Find the physician you need - a service of Carson Tahoe Regional Healthcare

Address: 1470 Medical Parkway, Ste. 250, Carson City, NV 89703

THE CLINIC AT WALMART (775) 445-7220

Services: Basic primary care for colds, flu, etc. Physicals for child and teen sports waivers. No injections or vaccinations.

Address: 3200 Market St., Carson City, NV 89706

Address: 1511 Grant Ave., Gardnerville, NV 89410

Hours: Monday to Friday 8 am to 8 pm, Saturday 9 am to 7 pm, Sunday 11 am to 5 pm. Last appointment is 30 minutes before closing.

CARSON TAHOE PHYSICAL THERAPY Carson (775) 445-5757

..... Minden (775) 445-7842

Hours: Monday to Friday - Call for Hours

Address: 1122 S. Stewart St., Carson City, NV 89701 **Fax** (775) 885-6696

Address: Minden Medical Center, 925 Ironwood Dr., Ste. 1109, Minden, NV 89423

CARSON TAHOE SIERRA SURGERY (775) 445-6471

Address: 1400 Medical Parkway, Carson City, NV 89703 **Fax** (775) 883-8905

CARSON TAHOE SURGICAL SERVICES

Address: 1600 Medical Parkway, Carson City, NV 89703 (775) 445-8000

Address: Carson Tahoe Sierra Surgery, 1400 Medical Parkway., Carson City (775) 445-6517

Address: Carson Tahoe Surgery Center, 973 Mica Drive, Carson City (775) 445-7970

CARSON TAHOE URGENT CARE Carson City (775) 445-7330

..... Dayton (775) 445-7210

Address: 1201 S. Carson Street, Carson City, NV 89701 **Fax:** (775) 841-1139

Hours: 8:00 am to 8:00 pm Daily, closed Thanksgiving and Christmas

Address: 901 Medical Center Drive, Ste. 101, Dayton, NV 89403 **Fax:** (775) 246-9002

Hours: Monday to Friday, 8:00 am to 6:00 pm; Saturday and Sunday, 9:00 am to 5:00 pm

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

CARSON TAHOE 24-HOUR NURSE HEALTH LINE.....(775) 445-8100

CARSON TAHOE CENTER FOR WOUND HEALING(775) 445-5632

Services: Treatment for people that have wounds that won't heal. Now includes Hyperbaric Oxygen Chamber.

Address: 775 Fleischmann Way, Carson City, NV 89703

*** CARSON VALLEY MEDICAL CENTER (CVMC) SERVICES ***

CARSON VALLEY MEDICAL CENTER..... (775) 782-1500

Services: Inpatient care including ICU, outpatient services, and 24-hour emergency room.

CVMC INFUSION CENTER.....(775) 782-1658

Services: Chemotherapy, blood transfusions, IV Pharmaceutical Therapy, hydration, injection therapy, central line care and maintenance. Lots of TLC.

Address: 1107 Highway 395 South, Gardnerville, NV 89410

Hours: Monday to Friday 8:00 am to 5:00 pm (including holidays). Call for additional information.

CVMC IMAGING SERVICES.....(775) 782-1533

Services: Diagnostic Imaging Services including x-ray, CT, MRI, mammography, nuclear medicine and ultrasound. State-of-the-art equipment is used for the most accurate results. Interventional radiology procedures, such as Kyphoplasty, epidural shots and paracentesis are also performed at Carson Valley Medical Center.

Address: 1107 Highway 395 South, Gardnerville, NV 89410

CVMC LABORATORY.....(775) 782-1536

Services: Full clinical and outpatient laboratory services. Discounted lab draws every day.

Address: 1107 Highway 395 South, Gardnerville, NV 89410

Hours: Monday to Friday, 8:00 am to 5:30 pm; Saturday 8:00 am to 4:30 pm. Walk ins welcome.

CVMC MINDEN FAMILY MEDICINE.....(775) 782-1603

Services: Providing family medical care in a convenient location in Minden Village. Lab services on-site, walk-ins welcome.

Address: 1649 Lucerne St., Minden, NV 89423

Hours: Monday to Friday 8:00 am to 5:30 pm. Same day appointments available on a limited basis.

CVMC REHABILITATIVE SERVICES.....(775) 782-1519

Services: Providing physical and occupational therapy and speech-language therapy. The only certified aquatic therapist on staff in Northern Nevada.

Address: 1107 Highway 395 South, Gardnerville, NV 89410

CVMC RESPIRATORY CARE.....(775) 782-1626

Services: Offers complete pulmonary function testing, respiratory care, asthma education and ICU.

Address: 1107 Highway 395 South, Gardnerville, NV 89410

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

CVMC SENIOR CARE (775) 783-4823

Services: Primary care and internal medicine for patients 65 years and over

Address: 1516 Virginia Ranch Rd., Building A, Gardnerville, NV 89410

CVMC SURGERY DEPARTMENT (775) 782-1595

Services: Surgeons in an array of specialties perform over 300 types of procedures

Address: 1107 Highway 395 South, Gardnerville, NV 89410

CVMC URGENT CARE (775) 782-1610

Services: Convenient care without an appointment. Consider Urgent Care for infections, respiratory illness, sprains, strains, lacerations, and non-life threatening urgent medical needs.

Address: 897 Ironwood Dr., Minden, NV 89423

Hours: Monday to Friday, 8 am to 7 pm and Saturday 9:00 am to 5:00 pm

CVMC WOUND CARE CENTER (775) 782-1500

Services: Provides personalized treatment for various types of non-healing wounds, infected wounds, pressure ulcers, treat diabetic foot ulcers, venous ulcers, ostomy care and education, open post-operative wounds, and dermatitis.

Address: 1516 Virginia Ranch Rd., Gardnerville, NV 89410

DOCTOROO (702) 800-3952

Services: House calls direct to you, wherever you need them, provided by a 2-person team consisting of either a nurse practitioner or physician assistant together with either an EMT or medical assistant. Treats most of the afflictions for which you would see an urgent care or primary physician. Lab work can be drawn. Most insurance is taken as well as Medicare and Medicaid. For those without insurance, a flat fee will apply for the visit. Servicing the Reno and Carson City areas.

Hours: 7:00 am to Midnight, 365 days a year

EYE CARE AMERICA..... (877) 887-6327

Services: Call toll-free if you are 65 or older; a US citizen/legal resident; have not seen an Ophthalmologist (an eye MD) within the past 3 years; do not belong to an HMO or have Veteran's eye care benefits. Call Monday to Friday, 8:00 am to 12:00 pm PT

..... www.eyecareamerica.org.

NEEDY MEDS

Information on assistance in obtaining medications, financial assistance, state and local programs.

..... www.needymeds.org

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

-
- NEVADA HEALTH CENTERS INC.....(775) 887-5140**
Services: Accessible quality, evidence-based healthcare for everyone. Offers family medicine, behavioral health, pediatric medicine, and an on-site pharmacy. Medicare, Medicaid and most private insurance. Sliding scale for patients without insurance. Appointments are recommended, walk-ins are welcome.
Address: 3325 Research Way, Carson City, NV 89706
Hours: Monday to Friday, 7:00 am to 5:30 pm
Additional Departments:
Administration/Billing (800) 787-2568, Fax (775) 884-3618
After-hours Care Line (800) 787-2568
Behavioral Health (800) 787-2568
Clinic Fax (775) 884-3618
Mammovan Scheduling (887) 581-6266, option 1
Telehealth Appointments: (775) 888-6611
www.nvhealthcenters.org
- NORTHERN NEVADA HOPES.....(775) 786-4673**
Services: We offer integrated medical and wellness services for seniors in our community. Our expert care teams provide individualized services, including primary care, chronic disease management, behavioral health counseling, case management, insurance enrollment assistance and a full-service, on-site pharmacy.
Address: 580 W. 5th St., Reno, NV 89503.....
Email: info@nnhopes.orgwww.nnhopes.org
- NORTHERN NEVADA MEDICAL CENTER.....(775) 331-7000**
Specialized Clinics: Internal medicine, family medicine, etc.
Address: 2375 E. Prater Way, Sparks, NV 89434
www.NNMC.com
- NORTHERN NEVADA MEDICAL GROUP.....(775) 352-5300**
Address: Multiple locations:
www.NNMC.com
- OPTIONCARE INFUSION CENTER.....(775) 828-8200**
Services: Home infusion and nursing services. Offers specialized health care by highly qualified nurses, pharmacists and other healthcare professionals; can provide home infusion. Specialty infusion in the home setting. These include, but are not limited to, IV Antibiotics, Total Parenteral Nutrition, Clotting Factor Therapy, Immunoglobulin Therapy, Inotropic Therapy, Hydration Therapy and Pain Management. Specialized Pharmacy and Nursing staff (or coordinated with a local home health agency) available to manage your IV therapy needs. Service area includes all Northern Nevada and parts of Northern California.
Address: 7300 S. Virginia St. Ste A, Reno, NV 89511 **Fax (775) 201-7081**
Hours: Monday to Friday 9:00 am to 5:00 pm. On-call Services available 24/7
- PERSHING GENERAL HOSPITAL AND NURSING HOME.....(775) 273-2621**
Address: 855 Sixth St., P.O. Box 661, Lovelock, NV 89419..... **Fax (775) 273-3213**

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

- RENO CYBERKNIFE..... (775) 348-9900**
Services: Reno Cyberknife offers a revolutionary new way to treat tumors and lesions throughout the body. There are no scalpels. No anesthesia. No blood loss. No recovery time. In fact, the outpatient procedure is completely painless, you are free to return home immediately.
Address: 645 N. Arlington Ave., Ste. 120, Reno, NV 89503 **Fax (775) 770-3599**
www.renocyberknife.com
- RENO ORTHOPEDIC CLINIC (ROC)..... (775) 786-3040**
Services: Services to benefit seniors and their caregivers: Joint replacement specialists, hand and upper extremity specialists, foot and ankle specialists, spine and pain care specialists.
ROC EXPRESS - Walk-in Orthopedic Clinic - no appointment necessary
Address: 555 N. Arlington Ave., Reno, NV 89503
Address: 1365 Medical Parkway, Carson City, NV 89703
.....www.renoortho.com
- RENOWN REGIONAL MEDICAL CENTER..... (775) 982-4100**
TDD (775) 982-5200
Address: 1155 Mill St., Reno, NV 89502
.....www.reknown.org
- RENOWN - SOUTH MEADOWS MEDICAL CENTER (775) 982-7000**
Services: An acute care hospital that provides a 24-hour ER, medical and surgical care, intensive care, telemetry, inpatient and outpatient surgical and lab services, and imaging services.
Address: 10101 Double R Blvd., Reno, NV 89521
.....www.reknown.org
- RENOWN REHABILITATION HOSPITAL..... (775) 982-3500**
TDD (775) 982-5200
Services: Provider of comprehensive rehabilitative healthcare. Inpatient services for stroke, orthopedics, spinal cord injury, brain injury, pulmonary, wound treatment, oncology and amputees.
Address: 1495 Mill Street, Reno, NV 89502
- SAINT MARY'S REGIONAL MEDICAL CENTER (775) 770-3000**
Address: 235 West Sixth St., Reno, NV 89503
.....www.saintmarysreno.com
- SAINT MARY'S MEDICAL GROUP (775) 770-7664**
Multiple Locations..... www.saintmarysmedicalgroup.com
- SIERRA FAMILY HEALTH CENTER (775) 888-6600**
Address: 3325 Research Way, Carson City, NV 89706 **Fax (775) 884-3618**
.....www.nvhealthcenters.org

MEDICAL PROVIDERS (HOSPITALS, URGENT CARE CENTERS, PHARMACIES)

SIERRA FOOT AND ANKLE(775) 783-8037

Services: General and specialized care of the foot and ankle: including joint, tendon, sprain, strain, ingrown toenails, skin lesions, ganglions. Advanced regenerative treatments with stem cell and MLS laser. Office surgery for minor hammertoe, ganglion cysts, warts, ingrown toenails. Advanced non-surgical treatment for neuroma and warts. Balance and alignment specialists custom fitting of foot orthotics, ankle foot balance braces and ankle foot braces for arthritis and deformities in patients that are not surgical candidates.

Address: 2350 S. Carson St., Ste. 3, Carson City, NV 89701

Hours: Monday to Friday. Call for hours.

SIERRA SPECIALTY PHARMACY(775) 853-3502

Services: Sierra Specialty Pharmacy is one of 3 pharmacies, owned by Sierra Family Pharmacies, which is locally owned and operated in Northern Nevada. We provide medication packaging to ensure correct dosing and assistance with adherence. We always have a pharmacist available to answer questions and to build a long-term relationship. We deliver throughout Northern Nevada. Most insurance plans are accepted - same co-pays as chains.

Address: 9738 5. Virginia St. #F, Reno, NV 89511

Hours: Monday - Friday 9:00 am to 6:00 pm, closed 1:00 to 2:00 pm .

www.SierraFamilyPharmacies.com

TAHOE PACIFIC HOSPITAL - NORTH.....(775) 355-5600

Tahoe Pacific Hospitals have been serving Northern Nevada and Eastern California Communities since 1996.

Services: Long-term Acute Care Hospitals specializing in the treatment of medically complex patients who require extended hospitalization. Services include aggressive ventilator weaning, long-term IV antibiotic therapy and complex wound care services. The treatment team includes physicians, nurses, wound team, pharmacists, dieticians and therapists across a range of disciplines - physical speech, occupational and respiratory therapy. Both facilities are accredited by the Joint Commission and Medicare certified.

Address: Northern Nevada Medical Center; 2375 E. Prater Way, Sparks, NV 89434 Fax (775) 355-5603

www.lifecarehealthpartners.com

TOPAZ RANCH MEDICAL CLINIC (a service of CVMC).....(775) 783-3096

Services: Serving the communities of Topaz Ranch Estates and the surrounding communities. Complete family care and laboratory services available. Walk-ins welcome.

Address: 3919 Carter Drive, Wellington, NV 89444

Hours: Monday, Tuesday, Thursday, Friday. 8:30 am to 4:45 pm. Closed Wednesdays, closed for lunch y 12:00 to 1:00 pm

VALLEY PHARMACY.....(775) 200-0945

Services: Free prescription delivery, prescription packaging (blister packing); guaranteed lowest prices — guaranteed price match.

Address: 5055 Sun Valley Blvd., Ste. 210, Sun Valley, NV 89433Fax: (775) 288-5199

Email: valleypharmacy89433@gmail.comd

RELOCATION/ HOME MODIFICATION/ ORGANIZATION SERVICES

AGE WISE RELOCATION, (775) 233-1049

Services: Helps seniors to organize or downsize their living quarters or assist with aging in place matters. Also help families deal with a household full of family treasures when a loved one passes on. Serves Washoe County and Northern Nevada with resources Nationwide. Ray Sparks, owner.

Address: 4785 Caughlin Parkway, Reno, NV 89519.....

Email: eraysparks@aol.com www.agewiserelocation.com

CARING TRANSITIONS OF NORTHERN NEVADA (775) 624-3030

Services: Senior relocation and liquidation services, providing a "total solution" for your moving needs including estate sales/online auctions, sorting/organizing, packing/unpacking, space planning, and move management. Serving the Reno, Sparks, Carson City and Fernley areas.

Address: P.O. Box 60507, Reno, NV 89506.....

Email: bkaune@caringtransitions.com www.caringtransitionsrenosparks.com

EB HOMES HOME ACCESSIBILITY (775) 450-1712

Services: Free in-home safety evaluations, grab bars, roll-in showers, walk in tubs, ramps of all sizes, pull out shelving, remote control door openers. Serving all of Northern Nevada. Nevada License #0056470. Eric Barry, owner.

Email: Ebhomes9@gmail.com

THE DENNIS LINDSAY GROUP (530) 318-2369

Services: Senior Real Estate Specialist (SRES) designated real estate agent and broker, providing full-service assistance to clients needing to buy, sell or invest in real estate. Nevada and California licensed. Corcoran Global Living services Carson City, Dayton, Minden, Gardnerville, Lake Tahoe, and Wellington.

Email: dennislindsaygroup@gmail.com

www.carson-tahoehomes.com

HANDYMAN CONNECTION (775) 324-6611

Services: Offering low-cost home repairs, kitchen and bath remodeling, general handyman jobs and installation of safety bars, and ramp construction. Fully insured and work guaranteed for one year. Located in Reno: Trip charge to Carson City

Crew Superintendent: Cameron Galloway..... **Email:** csr@zcamconstruction.com

JOAN ZADNY, CRS, SRES, Realtor (775) 843-4903

Services: Senior Real Estate Specialist (SRES) designated real estate agent, with 26 years of caring and trustworthy experience, provides full-service assistance to senior clients with housing transitions. Areas served include Carson City, Minden/Gardnerville, Dayton, and Reno.

Email: realtorzadny@charter.net

RELOCATION/ HOME MODIFICATION/ ORGANIZATION SERVICES

JUNELL MOVES MADE EASY (775) 470-7760

Services: Coordinates moves, providing help and support throughout the process, from deciding where to move, what to take, packing, unpacking, resettling, and preparing your existing home for sale. Provides help and support throughout the entire process to make the transition easier.

Address: 10539 Professional Circle, Ste. 100, Reno, NV 89521
..... www.JunellMovesMadeEasy.com

ORGANIZE TO LIFE (775) 230-4643

Services: Whole home de-cluttering and professional home organizing provided by a licensed, insured, and confidential Professional Organizer. Create clarity from the chaos with customized systems to fit your needs and goals for your spaces. Discover peace of mind, find yourself again, and take control of your surroundings. Serving Carson City and surrounding areas.

Email: organizetolife@gmail.com www.organizetolife.com

PUT IT IN ORDER LLC (775) 848-3350

Services: Clearing cluttered spaces, organizing files, planning, and executing moves. Assists in determining what to keep, toss, sell and donate, providing a new and well-organized space contributing to a happier, healthier home.

Email: sfeliz@putitinorder.com www.putitinorder.com

REBUILDING TOGETHER NORTHERN NEVADA (775) 395-9808

Services: RTNNV provides home repairs and modifications to seniors interested in aging in place, veterans, and other low to moderate-income homeowners. Their work increases safety, physical and mental health, upward mobility, community connection and fosters independence. Katie Pace, Executive Director

Email: rebuilder@rtnnv.org www.rebuildingtogethernnv.org

SENIOR CENTERS

CARSON CITY SENIOR CENTER (775) 883-0703

Services: Meals on Wheels, blood pressure, nutrition education, Medicare advisors, AARP tax preparation assistance, Alzheimer's Association representative, Care Chest, AARP Driver's Safety, TRIAD educational workshops.

Activities: Classes, line dancing, billiards, gems and minerals, bingo, bunco, card games, exercise classes, ping pong, yoga, bridge, quilting, knitting, computer lab, Mah Jongg, dancing, scrapbooking. For a current listing of groups and activities, please call or drop by. Use of facility for 60 yrs. and over, or by membership for under 60 (\$24. annual fee)

On-site dining: Monday to Friday, 11:00 am to 12:30 pm. Suggested donation 60 yrs. and over: \$2.25; Under 60 yrs.: \$6.00 required.

Gift shop: Monday to Friday, 10:00 am. to 3:00 pm

Second Wind thrift shop: Tuesday to Saturday, 10:00 am to 5:30 pm

Address: 911 Beverly Drive, Carson City, NV 89706 **Fax (775) 883-2869**

www.carsoncityseniorcenter.org

DAYTON SENIOR CITIZENS CENTER (775) 246-6210

Services: Meals on Wheels (delivered to Mark Twain, Dayton, Mound House), Senior RX, Medicare supplement insurance referral makes "SHIP" Medicare appointments and legal aid appointments. AA meeting on Sundays. Thrift shop.

Activities: Billiards, bingo, card games, resistance exercise classes, bridge (Tuesday at 12:30 pm), quilting/ knitting/crocheting (Tuesday and Thursday (2:00 pm), computer lab, line dancing (Mondays at 2:00 pm), Mexican Train dominoes (Wednesday at 1:00 pm). For a current listing of groups and activities, please call or drop by. Call for transportation to the center.

On-site dining: Monday to Friday 11:30 am to 12:30 pm. Suggested donation 60 yrs. and over: \$2.25; Under 60 yrs.: \$6.00 required.

Address: 320 Old Dayton Valley Rd., Dayton, NV 89403 **Fax (775) 246-6321**

DOUGLAS COUNTY SENIOR CENTER..... (775) 782-5500 ext. 3

Services: Meals on Wheels, legal advisor, Medicare advisor. Homemaker program: help \$4.00 each hour. Transportation: DART Dial-a-ride (775) 783-6456; "55 Alive" AARP Driver Safety Program. Call for information, dates and times.

Activities: Art classes, quarterly senior dance, monthly senior bus trips, blood pressure screening.

Bingo Monday, Wednesday and Friday, 1:00 pm and on the 3rd Sunday of the month Progressive Pot at 1:00 p.m.

Cards Tuesday and Thursday, 1:00 pm; Ceramics Tuesday and Friday, 9:00 am to 3:00 pm; Yoga 10:30 am

On-site dining: Monday to Friday, 11:30 pm to 1:00 pm. Suggested donation 60 yrs. and over: \$3.00, Under 60 yrs.: \$7.00 required.

Address: 1329 Waterloo Lane, Gardnerville, NV 89410..... **Fax (775) 783-6457**

SATELLITE FACILITIES:

Topaz (TRE) Mondays, Tuesdays and Thursdays. 12:00 to 1:00 pm Topaz Community Center, 3939 Carter Drive, Wellington, NV Suggested donation \$3.00 for 60 and older, \$7.00 fee for under 60.

SENIOR CENTERS

Indian Hills General Improvement District, James Lee Park Boardroom, Wednesday and Friday, 12:00 pm. 60 and older, suggested donation \$3.00, Under 60 yrs \$7.00 fee Bingo \$.50 per card Wednesday .For more information, call (775) 267-2805.

FERNLEY SENIOR CITIZENS CENTER (775) 575-3370

Services: Thrift shop, Meals on Wheels, all types of referrals (SHIP and legal aid appointments).

Activities: Exercise, games, pool table, cards, crafts, chair yoga (Monday/Wednesday/Friday at 9:30 am), sign language class (Wednesday at 1:00 pm), writing group (Thursday at 1:00 pm), quilting (Tuesday at 1:00 pm).

On-site dining: Monday to Friday, 11:30 am to 12:30 pm (suggested donation \$2.00 for seniors 60 and over; \$7.00 charge for individuals under 60)

Address: 105 Lois Lane, Fernley, NV 89408

..... cityoffernley.org/168/Senior-Center-and-Services

PENNINGTON LIFE CENTER (775) 423-7096

Services: Wellness Center (vaccinations, blood pressure checks, etc.), State Assistance Liaison, Access to Healthcare, legal assistance, and social services. Hair salon for men and women, available by appointment.

Programs: Bingosize, yoga, walking group, exercise class, Zumba, Tai Chi, grief support group. Cooking class, art instruction and many other opportunities for social interaction. Hosted senior and family dance party monthly.

Lunch Service: Monday to Friday 11:30 am to 12:30 pm

Address: The Pennington Life Center is located next to Churchill County Museum. 952 South Maine St., Fallon, NV 89406

PERSHING COUNTY SENIOR CENTER (775) 273-2291

Services: Call or stop by for information on activities at the center.

Lunch Service: Monday to Friday, 11:30 am to 1:00 pm

Address: 630 Western Ave., Lovelock, NV 89419

Email: seniorcenter@pershingcountynv.org

SILVER SPRINGS SENIOR CENTER (775) 577-5014

Services: Nevada Legal Services Assistance - all types of referrals (SHIP and Legal aid appointments). Thrift store.

Activities: Pool table, cards, computer lab, library and exercise room, sewing, drawing groups, yoga, knitting, free Bingo: Mondays and Wednesdays - 1:00 pm.

On-site dining: Lunch: Mondays to Fridays 11:30 am to 12:30 pm. Dinner: Tuesday - Wednesday – Thursday, 4:00 to 5:00 pm. (suggested donation \$2.00 for seniors 60 and over, charge for individuals under 60). Senior transportation to the center for meals is available.

Homebound meals: Delivered to Silver Springs and Stagecoach.

Address: 2945 Fort Churchill, Silver Springs, NV 89429..... **Fax (775) 577-5209**

Email: pvaliska@lyon-county.org

SPARKS SENIOR CITIZENS CENTER (775) 353-3110

Services: Bingo, bridge, and lots of other activities and groups to join. Lunch is served Monday to Friday, 11:30 to 12:00 pm.

Address: 97 Richards Way, Sparks, NV 89431

Email: sr_info@washoecounty.us

SENIOR CENTERS

WASHOE COUNTY HUMAN SERVICES AGENCY (775) 328-2575

Senior Services Division

Services: Assists individuals 60 and over in the community maintaining independence. Case Management (Assessment of needs, planning, facilitation and advocacy for services to meet the needs of the clients); Homemaker Services (Light Housekeeping, no personal care); Representative Payee (Money Management for clients on SSA benefits); Home Delivered Meals (Meals on Wheels). Please call or visit for additional information.

On-site dining: Lunch: Mondays to Fridays 11:15 am to 12:30 pm (suggested donation \$2.00 for seniors 60 and over, \$4.00 charge for individuals under 60)

Note: Congregate Meals are offered at several other locations such as Sun Valley (775) 673-9417, Cold Springs (775) 971-8542, Spanish Springs/Lazy 5 (775) 328-2786 and others. Reservations are required by 8:30 am each day for meal allocation. Contact the appropriate location for serving times, addresses and other important information.

Address: 1155 E. 9th St., Reno, NV 89512

Email: sr_info@washoecounty.us www.washoecounty.us/seniorsrv

YERINGTON SENIOR CITIZENS CENTER (775) 463-6550

Activities: Exercise, games, pool table, cards, crafts. Yoga Monday/Friday 10:00 am, bridge Wednesday 9:00 am, pinochle and cribbage Tuesday/Thursday 12:30 pm. Call or pay us a visit to find about other opportunities at our center.

On-site dining: Lunch: Mondays to Fridays, 11:30 am to 12:30 pm (suggested donation \$2.00 for seniors 60 and over, \$7.00 charge for individuals under 60)

Address: 117 Tilson Way, Yerington, NV 89447 **Fax (775) 463-3030**

SENIOR LIVING – INDEPENDENT LIVING COMMUNITIES

RESIDENTIAL COMMUNITIES FOR ACTIVE OLDER ADULTS:

The following are residential communities for active older adults who are totally independent and want an enjoyable lifestyle free of the responsibilities of home maintenance. They can be apartments, condominiums, or single-family developments. They offer special amenities such as security, housekeeping, laundry, congregate meals, organized social programs, recreational activities, transportation, as well as access to health and shopping facilities. Nursing care services are usually not offered. Cost and services vary widely.

ATRIA SUMMIT ESTATES COMMUNITY (775) 787-3000

Services: Summit Estates offers choices that enhance each resident's life while providing the support they need. The community has 92 Independent and Assisted Living apartments. Recreational areas include an exercise room, fireside library, theatre, bistro, billiards room, meeting rooms, dining room and full-service beauty/barbershop. A Registered Nurse is onsite to aid with medications and activities of daily living. Monthly rent includes 3 meals daily, group activities, transportation to medical appointments and outings, weekly housekeeping with personal laundry and linen service. Cable and all utilities (except phone) and 24-hour emergency response and fire response system are also included. Pets are welcome.

Address: 4880 Summit Ridge Dr., Reno, NV 89523 **Fax (775) 746-3765**
www.atriasummitridge.com

BROOKDALE SPARKS (775) 462-5439

Services: Independent Living featuring 3 meals daily in a private dining room, community kitchen, fitness center, garden with greenhouse, beauty/barber shop, game room, WIFI access, and ample parking. There are 8 choices of apartment from studios to 2 bedrooms as well as a 2-bedroom private cottage. Community-wide emergency alert system.

Address: 1900 East Prater Way, Sparks, NV 89434 **Fax (775) 359-6266**
www.brookdale.com

CARSON PLAZA INDEPENDENT RETIREMENT COMMUNITY (775) 883-1221

Services: Independent Living. All amenities included. 24 hr. monitoring service with GPS, emergency call system, weekly housekeeping and linen service, pet friendly. Three meals a day. Travel program available. Scheduled transportation and a wide variety of activities in the community. Awarded the 2021 "Best of Senior Living in Carson City" by Caring.com

Address: 2120 East Long St., Carson City, NV 89706 **Fax (775) 883-0815**
Email: Kimberly.hallock@atriaseniorliving.com www.holidayseniorliving.com

CASCADES OF THE SIERRA (775) 424-5400

Services: Very active independent living and assisted living as well as secure memory care, on-site putting greens, movie theater, full-service bar; 3 full - service restaurants; indoor saline swimming pool; 2 exercise gyms; 3 on-site beauty salons. 249 total apartments. Licensed nurses in the building, 24/7 in Assisted Living and Memory Care. Short term respite stays available with all three levels of service and no minimum stay required. On-site physical, occupational and speech therapy also available. Hospice apartments on-site also.

Address: 275 Neighborhood Way Spanish Springs, NV 89441 **Fax (775) 424-5401**
Email: jimc@cascadeliving.com markr@cascadeliving.com
.....www.cascadesofthesierra.com

SENIOR LIVING – INDEPENDENT LIVING COMMUNITIES

THE CHATEAU AT GARDNERVILLE (775) 782-3100

Services: Include active retirement, assisted living and memory care. Onsite physical therapy is provided by Genesis Vitality. Apartments range from studios to 2 bedroom units. Small pets are welcome.

Address: 1565 Virginia Ranch Road, Gardnerville, NV 89410
www.pegasus seniorliving.com

FERNLEY ESTATES ASSISTED SENIOR LIVING & MEMORY CARE (775) 372-8625

Services: Fernley Estates has 50 Assisted Living apartments ranging in size from studios to large two-bedroom apartments and 16 Memory Care private studio apartments. Our on-site staff is available 24 hrs. a day to provide an extra set of hands when you or your loved one might need help with showers, medications, meals, transportation, housekeeping and much more.

Address: 1130 Chisholm Trail, Fernley, NV 89408 **Fax (775) 835-8297**
www.fernleyestates.net

FIVE STAR PREMIER RESIDENCES OF RENO (775) 829-1050

Services: Provides independent living and caring assisted living for over 25 years, with an incomparable location in the center of Reno, minutes from medical centers and our city's most popular attractions.

Address: 3201 Plumas St., Reno, NV 89509
www.fivestarpremier-Reno.com

HIGHLAND VILLAGE OF FALLON (775) 423-7800 CONTINUING CARE RETIREMENT COMMUNITY

Highland Estates Retirement Apartments: Independent living apartment complex featuring studio, one bedroom and two-bedroom apartments. Rent includes 2 buffet meals per day, all utilities (except telephone) including wireless internet, satellite television, weekly housekeeping, maintenance staff, on-site laundry, various activities and the use of any of the facility common areas.

Highland Inn: Assisted living facility offering medication administration and some assistance with activities of daily living. Studio, deluxe studio and two-bedroom units are available. Rent includes 3 restaurant-style meals per day and snacks, all utilities (except private telephone) such as wireless internet, satellite television, housekeeping and laundry services, maintenance staff, various activities and the use of any facility common areas. Financial assistance may be available to help with paying the monthly fee.

Highland Manor: Skilled nursing facility. Offers Bounce Back rehabilitation, short term rehabilitation, long term care, hospice, respite and 24hr licensed nursing. Memory Lane is available for those needing help with Alzheimer's or other dementia related disorders. Residents are provided 3 meals per day and snacks in private or companion suites. Transportation to medical appointments scheduled by our facility is included.

Address: 550 N. Sherman St., Fallon, NV 89406 **Fax (775) 423-7660**
Email: marketing@highlandvillageoffallon.com

SENIOR LIVING – INDEPENDENT LIVING COMMUNITIES

- LA CASA DE LA VOIE (775) 629-9195**
Services: A home where only 2 residents live with caring, qualified caregivers in the most "family style" life as possible. A small gym and pool are available. Please call to discuss your needs or request a brochure.
Address: 9340 Mustang Trail, Stagecoach, NV 89429
Director: Jacqui La Voie **Email:** lifeatlacasa@msn.com
- LAKESIDE MANOR..... (775) 827-3606**
Services: Studios, 1 bedroom and 2 bedroom units; 3 meals daily in a well-appointed dining room; weekly housekeeping and laundry. Full activities schedule, transportation to shopping or the doctor. Utilities included.
Address: 855 Brinkby Avenue, Reno, NV 89509 **Fax 775 827-3608**
www.lakesideretirement.com
- MORNING STAR OF SPARKS SENIOR LIVING (775) 626-5665**
Services: Independent and Assisted Living community as well as a secure Memory Care Unit. Wonderful activities program, scheduled transportation, emergency call system, pet friendly and restaurant style dining. Movie theater, gym, medical transportation, and respite stays; active lifestyle and 2 on-site beauty salons; utilities, cable, telephone and housekeeping included. Diabetic and incontinence care programming. Adult day care, secure, coming soon. Chronic illness certified.
Address: 2360 Wingfield Hills Rd., Sparks, NV 89436 **Fax (775) 626-7665**
Email: sparks.dcr@morningstarseniorliving.com **Email:** sparks.ed@morningstarseniorliving.com
www.morningstarseniorliving.com
- PROMENADE ON THE RIVER..... (775) 786-8853**
Services: Independent retirement community. Dining, transportation, housekeeping, activities, secured covered parking.
Address: 525 Court St., Reno, NV 89501 **Fax (775) 786-8863**
- SIERRA PLACE OF CARSON CITY (775) 841-4111**
Services: Inclusive for independent and assisted living No minimum stay required. Registered nurse and licensed dietician on staff full time. 24 Hour Care
Address: 1111 West College Parkway, Carson City, NV 89703..... **Fax (775) 841-5820**
www.sierraplaceofcarsoncity.com
- SKY PEAKS SENIOR LIVING (775) 747-9555**
Services: Independent living, all inclusive.
Address: 1520 Sky Valley Dr., Reno, NV 89523
- SUMMERSET SENIOR LIVING, RENO (775) 440-3200**
Services: Independent, assisted living and memory care community in North Reno, opening in December 2022. Private apartments feature 24-hour staff, housekeeping/linen service, all day dining with table service, scheduled transportation and local outings and many other on-site features. Pets welcome!
Address: 6215 Sharlands Avenue, Reno, NV 89523
www.summersetseniorliving.com

SENIOR LIVING – ASSISTED LIVING FACILITIES

SUMMIT ESTATES SENIOR LIVING AND MEMORY CARE (775) 434-1880

Services: Summit Estates Community offers choices that enhance each resident's life while providing the support they need. Summit Estates has 92 Senior Independent Living apartments and 24 Memory Care Suites. Social and recreational areas are located throughout the community including an exercise room, relaxing fireside library, theatre, bistro, card and billiards room, family dining, meeting rooms and a full-service Beauty/Barber shop. Personalized support services providing assistance with medications and activities of daily living are supervised by a Registered Nurse. Monthly rent includes 3 delicious meals daily, engaging activities, coordination of transportation to medical appointments and outings, weekly housekeeping with personal laundry and linen service. Cable and all utilities except personal telephone are included. 24-hour emergency response system and state of the art fire detection system. We are PET friendly. Summit Estates Senior Living and Memory Care: Caring People. Serving People. Enhancing Lives.

Address: 222 E. Patriot Blvd., Reno, NV 89511.....
..... www.summitestatesl.net

SENIOR LIVING – ASSISTED LIVING FACILITIES

LICENSED RESIDENTIAL CARE FACILITIES:

The following are licensed Residential Care Facilities which provide services to many individuals. They offer a broad range of amenities and activities designed to stimulate social contact. A basic monthly rental fee is charged with additional costs based on the amount of supervision and personal care assistance required. Except for facilities established specifically to care for low-income and subsidized care, cost is generally higher than the cost of care in Licensed Residential Care Homes, especially if the amount of supervision and personal care assistance required is high.

ATRIA SUMMIT ESTATES COMMUNITY (775) 787-3000

Services: Summit Estates offers choices that enhance each resident's life while providing the support they need. The community has 92 Independent and Assisted Living apartments. Recreational areas include an exercise room, fireside library, theatre, bistro, billiards room, meeting rooms, dining room and full-service beauty/barbershop. A Registered Nurse is onsite to provide assistance with medications and activities of daily living. Monthly rent includes 3 meals daily, group activities, transportation to medical appointments and outings, weekly housekeeping with personal laundry and linen service. Cable and all utilities (except phone) and 24 hour emergency response and fire response system are also included. Pets are welcome.

Address: 4880 Summit Ridge Dr., Reno, NV 89523 **Fax (775) 746-3765**
..... www.atriasummitridge.com

BROOKDALE RENO (775) 828-5000

Services: Memory care with a secure environment.

Address: 3105 Plumas St., Reno, NV 89509 **Fax (775) 828-5001**
www.brookdale.com

BROOKDALE VISTA (775) 359-7733

Services: Assisted living with caregivers available to aid with daily living, balancing independence with the right level of assistance. Dining and housekeeping are included, as well as a host of on-site amenities.

Address: 2000 East Prater Way, Sparks, NV 89434 **Fax (775) 359-3308**
www.brookdale.com

CARSON VALLEY SENIOR LIVING (775) 265-1400

Services: Assisted living to whatever level is necessary to keep our clients independent as long as possible. Memory care in a secured setting is available.

Address: 1189 Kimmerling Road, Gardnerville, NV 89460 **Fax (775) 265-9152**
www.carsonvalleyseniorliving.net

CASCADES OF THE SIERRA (775) 424-5400

Services: Very active independent living and assisted living as well as secure memory care, on-site putting greens, movie theater, full-service bar; 3 full - service restaurants; indoor saline swimming pool; 2 exercise gyms; 3 on-site beauty salons. 249 total apartments. Licensed nurses in the building, 24/7 in Assisted Living and Memory Care. Short term respite stays available with all three levels of service and no minimum stay required. On-site physical, occupational and speech therapy also available. Hospice apartments on-site also.

SENIOR LIVING – ASSISTED LIVING FACILITIES

Address: 275 Neighborhood Way Spanish Springs, NV 89441 **Fax (775) 424-5401**

Email: jimc@cascadeliving.com markr@cascadeliving.com

.....www.cascadesofthesierra.com

THE CHATEAU AT GARDNERVILLE (775) 782-3100

Services: Include active retirement, assisted living and memory care. Onsite physical therapy is provided by Genesis Vitality.

Address: 1565 Virginia Ranch Road, Gardnerville, NV 89410 **Fax (775) 783-0071**

www.pegasus seniorliving.com

EAGLE VALLEY CARE CENTRE..... (775) 883-4449

Services: Assisted living, 38 beds in both private and shared rooms, accepts Medicaid, Medicare.

Address: 1807 East Long St., Carson City, NV 89706 **Fax (775) 883-4403**

Email: dsy1807@aol.com

FIVE STAR PREMIER RESIDENCES OF RENO (775) 829-1050

Services: Provides independent living and caring assisted living. We have been providing premier senior living for over 25 years, with an incomparable location in the center of Reno, minutes from medical centers and our city's most popular attractions.

Address: 3201 Plumas St., Reno, NV 89509

www.fivestarseniorliving.com

KILEY RANCH SENIOR LIVING (775) 387-3700

Services: Assisted living at Kiley Ranch allows residents access to a licensed 24-hours staff, available to monitor health care needs for those needing assistance with personal care and activities of daily living. Pets are welcome. Many choices of apartments, ranging from studios to 2-bedroom, 2 bath units. Please contact them for a tour.

Address: 6300 David Allen Parkway, Sparks, NV 89436

.....www.kiley ranchseniorliving.com

PARK PLACE ASSISTED LIVING (775) 746-1188

Services: Provides light to maximum assisted living in a unique community of senior care homes. Wonderful activities, scheduled transportation, emergency call system, pet friendly with beauty salon and family style dining in a comfy cottage setting. Incontinence care and catheter care with chronic illness and MI endorsements. Respite and transitional stays with on-site outpatient rehab therapy room.

Address: 2305 Ives Ct., Reno, NV 89503 **Fax (775) 746-1189**

THE SEASONS OF RENO (775) 787-8200

Services: Provides Assisted Living with options ranging from studio to 2-bedroom units. Secured Memory Care Community provided in studio apartments. Spouses and pets are welcome. Agent-placed community offers care that grows with the individual's needs. Your care will never exceed our ability to address those needs. Month-to-month rental.

Address: 5165 Summit Ridge Court, Reno, NV 89523 **Fax (775) 787-8227**

www.pegasus seniorliving.com

SENIOR LIVING – ASSISTED LIVING FACILITIES

SIERRA PLACE OF CARSON CITY (775) 841-4111

Services: No minimum stay required. Inclusive for independent and assisted living
Registered nurse and licensed dietician on staff full time. 24 Hour Care.

Address: 1111 West College Parkway, Carson City, NV 89703..... **Fax (775) 841-5820**
www.cascadesierraplace.com

SKYLINE ESTATES SENIOR LIVING (775) 885-9223

Services: Senior assisted living, respite care and secure memory care. Quality care without outrageous price.

Address: 2861 Mountain St., Carson City, NV 89703 **Fax (775) 885-8050**

SUMMERSET SENIOR LIVING, RENO (775) 440-3200

Services: Independent, assisted living and memory care community in North Reno, opening in December 2022. Private apartments feature 24-hour staff, housekeeping/linen service, all day dining with table service, scheduled transportation and local outings and many other on-site features. Pets welcome!

Address: 6215 Sharlands Avenue, Reno, NV 89523
..... www.summersetseniorliving.com

SUMMIT ESTATES SENIOR LIVING AND MEMORY CARE (775) 434-1880

Services: The Summit Estates Community offers choices that enhance each resident's life while providing the support they need. Residents enjoy a home like setting with their own intimate dining room, sunroom, activity areas and courtyard with walking path. Our specially trained, caring staff is available 24 hrs. a day throughout the community to assist with resident needs. Personalized support services aiding with medications and activities of daily living are supervised by a Registered Nurse. Monthly rent includes 3 delicious meals daily, engaging activities, coordination of transportation to medical appointments and outings, weekly housekeeping with personal laundry and linen service. Cable and all utilities except phone, 24 hour emergency response system and state of the art fire detection system. We are PET friendly.

Address: 222 E. Patriot Blvd., Reno, NV
www.summitestatesssl.net

THE WRIGHT GROUP HOME (775) 273-2246

Services: Assisted living, home healthcare 24/7.

Address: 685 Amherst Ave., Lovelock, NV 89419

SENIOR LIVING – MEMORY CARE FACILITIES

ARBORS, MEMORY CARE COMMUNITY (775) 331-2229

Services: Residential facility for memory care and short-term respite memory care

Address: 2121 E. Prater Way, Sparks, NV 89434 **Fax (775) 331-2207**
www.arborsmemorycare.com

BROOKDALE RENO (775) 828-5000

Services: Assisted living for memory care, dementia, and Alzheimers.

Address: 3105 Plumas St., Reno, NV 89509..... **Fax (775) 828-5001**
www.brookdale.com

CARSON TAHOE EXPRESSIONS MEMORY CARE (775) 443-4900

Services: Specifically designed to care for individuals living with Alzheimer's disease, memory loss and other forms of dementia. The community offers our award-winning Expressions Memory Care Program. Using innovative care techniques and life enrichment

programming, Expressions provides people with dementia and their families an environment in which the individual can live a productive, active life and be treated with dignity and respect.

Address: 1001 Mountain St., Carson City, NV 89703
..... www.prestigecare.com

CASCADES OF THE SIERRA (775) 424-5400

Services: Very active independent living and assisted living as well as secure memory care, on-site putting greens, movie theater, full-service bar; 3 full -service restaurants; indoor saline swimming pool; 2 exercise gyms; 3 on-site beauty salons. 249 total apartments. Licensed nurses in the building, 24/7 in Assisted Living and Memory Care. Short term respite stays available with all three levels of service and no minimum stay required. On-site physical, occupational and speech therapy also available. Hospice apartments on-site also.

Address: 275 Neighborhood Way Spanish Springs, NV 89441 **Fax (775) 424-5401**
Emails: jimc@cascadeliving.com markr@cascadeliving.com
..... www.cascadesofthesierra.com

THE CHATEAU AT GARDNERVILLE (775) 782-3100

Services: Include active retirement, assisted living and memory care in a secure environment. Onsite physical therapy is provided by Genesis Vitality. Apartments range from studios to 2 bedroom units. Small pets are welcome.

Address: 1565 Virginia Ranch Road, Gardnerville, NV 89410 **Fax (775) 783-0071**
www.pegasus seniorliving.com

FERNLEY ESTATES ASSISTED SENIOR LIVING AND MEMORY CARE... (775) 372-8625

Services: Fernley Estates has 50 assisted living apartments ranging in size from studios to large two-bedroom apartments and 16 Memory Care private studio apartments. Our on-site staff is available 24 hrs. a day to provide an extra set of hands when you or your loved one might need help with showers, medications, meals, transportation, housekeeping and much more.

Address: 1130 Chisholm Trail, Fernley, NV 89408..... **Fax (775) 835-8297**
www.fernleyestates.net

SENIOR LIVING – MEMORY CARE FACILITIES

KILEY RANCH SENIOR LIVING (775) 387-3700

Services: Generations memory care living at Kiley Ranch follows the philosophy of a person-centric culture where one is a whole person first, and not defined by their disease or behaviors, using signature programs. Please contact them for a tour.

Address: 6300 David Allen Parkway, Sparks, NV 89436

.....www.kileyranchseniorliving.com

THE LODGE..... (775) 283-9888

Services: Assisted living community features medical resources, weekly housekeeping, linen service, three meals daily, and 24/7 Front desk concierge and nursing staff. Our team members focus on helping you thrive and stay engaged through activities, group trips and clubs. Our secure memory care community features the Bridge to Rediscovery dementia care program, On-site Ageility state-of-the-art gym and physical, occupational and speech therapy, medication monitoring, an around-the-clock emergency call response system, 24-hour specially trained staff, regular health and wellness assessments. and on-site nursing supervision. We also offer respite and short-term stays to allow caregivers to take a well-needed break.

Address: 2200 E. Long St., Carson City, NV 89706..... **Fax (775) 283-9890**

.....www.fivestarseniorliving.com

MOUNTAIN VIEW HEALTH AND REHABILITATION CENTER..... (775) 883-3622

Services: Secured Dementia Unit. Medicare and Medicaid certified. Provides long term, skilled nursing care and respite care.

Address: 201 Koontz Lane, Carson City, NV 89701 **Fax (775) 883-3744**

.....www.empres.com

THE SEASONS OF RENO (775) 787-8200

Services: Provides assisted living, spouses, and pets welcome, month-to-month rental units. Secured memory care community.

Address: 5165 Summit Ridge Court, Reno, NV 89523 **Fax (775) 787-8227**

Executive Director: Sam Garcia

www.pegasuseniorliving.com

SUMMERSET SENIOR LIVING, RENO (775) 440-3200

Services: Independent, assisted living and memory care community in North Reno, opening in December 2022. Private apartments feature 24-hour staff, housekeeping/linen service, all day dining with table service, scheduled transportation and local outings and many other on-site features. Pets welcome!

Address: 6215 Sharlands Avenue, Reno, NV 89523

www.summersetseniorliving.com

STONE VALLEY ALZHEIMER'S SPECIAL CARE CENTER..... (775) 746-2200

Services: Gracious living specially designed for Alzheimer's and Dementia care in a warm, caring environment. 24 hour care, personalized assistance, family education and support, specially trained staff and caregivers.

Address: 6155 Stone Valley Drive, Reno, NV 89523 **Fax (775) 746-2205**

www.stonevalleyret.com

SENIOR LIVING – MEMORY CARE FACILITIES

SUMMIT ESTATES SENIOR LIVING AND MEMORY CARE (775) 434-1880

Services: Summit Estates Senior Living and Memory Care Community offers choices that enhance each resident's life while providing the support they need. Memory Care has 32 private suites: residents live in a specially designed community of care and support. Residents enjoy a home like setting with their own intimate dining room, sunroom, activity areas and courtyard with walking path. Our specially trained, caring staff is available 24 hrs. a day throughout the community to assist with resident needs. Personalized support services aiding with medications and activities of daily living are supervised by a Registered Nurse. Monthly rent includes 3 delicious meals daily, engaging activities, coordination of transportation to medical appointments and outings, weekly housekeeping with personal laundry and linen service. Cable and all utilities except phone, 24-hour emergency response system and state of the art fire detection system. We are PET friendly.

Address: 222 E. Patriot Blvd., Reno, NV 89511
.....www.summitstatesl.net

SENIOR LIVING – SKILLED NURSING FACILITIES

The following are large facilities which provide lodging, meals, therapy, and 24-hour skilled nursing supervision and care under the direction of a physician in a medical setting. Medicare pays for short-term skilled nursing care and therapy. Extended care is paid for privately if financial resources are available. Public assistance pays for extended care after personal financial resources are depleted.

ALPINE SKILLED NURSING AND REHAB (775) 829-7220

Services: Skilled nursing and rehabilitation, as well as long term care.

Address: 3101 Plumas St., Reno, NV 89504 **Fax (775) 414-3388**

ALTA SKILLED NURSING AND REHABILITATION CENTER..... (775) 828-5600

Services: Skilled nursing facility providing physical and occupational rehabilitation, specialized medical services and long term/respite care.

Address: 555 Hammill Lane, Reno, NV 89511

www.altanursingandrehab.com

CARE FACILITY INFORMATION

Services: Provides detailed information on the past performance of every Medicare and Medicaid certified nursing home in the country.

www.medicare.gov/nursinghomecompare/search

CARSON NURSING AND REHABILITATION CENTER (775) 882-3301

Services: Specializing in short-term rehabilitation therapy.

Address: 2898 Hwy. 50 East, Carson City, NV 89701 **Fax (775) 882-6360**

www.covenantcare.com

CARSON TAHOE CARE CENTER..... (775) 443-4800

Services: Carson Tahoe Center is a brand-new campus of care featuring Carson Tahoe Transitional Rehabilitation Center. Your journey to recovery is measured every step of the way to ensure you're receiving the right level of care to achieve your goals. Our highly skilled clinical team provides the care you need to transition from the hospital after a surgery or other illness and return to your active lifestyle. Services include short-term skilled nursing care as well as physical, occupational and speech therapies.

Address: 1001 Mountain St., Carson City, NV 89703

GARDNERVILLE HEALTH AND REHAB. CENTER (775) 782-6620

Services: Skilled nursing facility and rehabilitation

Address: 1573 Muller Parkway, Gardnerville, NV 89410 **Fax (775) 782-6945**

Contact: Carolyn Davis, Admissions **Email:** cdavis2@empres.com

LIFE CARE CENTER OF RENO..... (775) 851-0123

Services: Private in-patient skilled nursing and rehabilitations; wound care, restorative nursing, physical, occupational therapy and speech therapy.

Address: 445 Holcomb Ranch Ln., Reno, NV 8951 1 **Fax (775) 851-3754**

www.lifecarecenterofreno.com

SENIOR LIVING – SKILLED NURSING FACILITIES

MOUNTAIN VIEW HEALTH AND REHABILITATION CARE CENTER..... (775) 883-3622

Services: Secured Dementia Unit. Medicare and Medicaid certified. Provides long term or short-term skilled nursing care and respite care.

Address: 201 Koontz Lane, Carson City, NV 89701 **Fax (775) 883-3744**
www.empres.com

ORMSBY POST-ACUTE REHABILITATION CENTER (775) 841-4646

Services: Short term post-acute rehab, therapy, and long-term care.

Address: 3050 North Ormsby Blvd., Carson City, NV 89703 **Fax (775) 841-4650**

ROSEWOOD REHABILITATION CENTER..... (775) 359-3161

Services: Short-term rehabilitation and long-term care provided by a full time therapy staff. The center features 99 beds in both private and semi-private settings. Accepts Medicare and all major insurances.

Address: 2045 Silverada Blvd., Reno, NV 89512..... **Fax (775) 331-2878**
www.rosewoodreno.com

WINGFIELD HILLS HEALTH AND WELLNESS CENTER..... (775) 335-8275

Services: Skilled nursing, rehabilitation, and long-term care.

Address: 2350 Wingfield Hills Dr., Sparks, NV 89436 **Fax (775) 333-8276**

SENIOR LIVING – HIRC (HOME FOR INDIVIDUAL RESIDENTIAL CARE)

The following are homes for two or more individuals in a residential setting (HIRC). They are required to comply with state regulations standardizing care. They provide non-medical 24-hour supervised living. Lodging, meals, personal care, and support services are provided. Costs vary. Subsidized care is limited, and eligibility is regulated by strict income and asset requirements. Price is established by charging a basic rate for room and board with an additional charge for the supervision and personal care assistance required. Most residential care is paid for privately.

AMY'S EDEN SENIOR CARE (775) 884-3336

Services: Assisted bathing, dressing, and grooming, medication management; housekeeping, laundry services, colostomy care, gastric tube, dementia care, diabetic management, pet therapy, short term or respite and much more. As a HIRC Home we accept residents having a wide variety of conditions which could include, but are not limited to, dementia, to persons who are non-ambulatory, those receiving hospice services, etc. Located in licensed private residences in Carson City and Reno. Please contact us to discuss which property best addresses your individual needs.

Office Address: 800 S. Meadows Pkwy, #502, Reno, NV 89521

CORINTHIAN PLACE LLC (775) 762-3681

Services: Group home for elderly (ambulatory, wheelchair or bed-bound) patients. We provide a home-like atmosphere, 7 days a week, Medication management; meals and laundry are included; other services can be arranged.

Address: 2630 Sunray Dr., NW Reno, NV **Fax (775) 787-0914**

CORINTHIAN PLACE SOUTH LLC

Address: 5855 Lonehorse Dr., Reno, NV **Fax (775)384-9042**

GOLDEN MANOR and GOLDEN MANOR SERENITY (775)501-4000

Services: Residential group home for the elderly, each licensed for 6 residents. We provide 24 hr. care for ambulatory and non-ambulatory residents with services including lodging, meals, personal care and support services and medication management. We have an activities coordinator on staff.

Address: 416 Sysonby Court, Reno, NV 89521

Address: 416 Sysonby Court, Reno, NV 89521

.....www.gracefullivingreno.com

GOOD OLD DAYS RESIDENCE (775) 501-4000

Services: Residential group home for the elderly licensed for 8 residents. We provide 24 hr. care for ambulatory and non-ambulatory residents with services including lodging, meals, personal care and support services and medication management. We have an activities coordinator on staff.

Address: 4205 Mira Loma Drive, Reno, NV 89508

.....www.gracefullivingreno.com

SENIOR LIVING – HIRC (HOME FOR INDIVIDUAL RESIDENTIAL CARE)

GRACEFUL LIVING (775) 501-4000

Services: Residential group home for the elderly licensed for 8 residents. We provide 24 hr. care for ambulatory and non-ambulatory residents with services including lodging, meals, personal care and support services and medication management. We have an activities coordinator on staff.

Address: 2690 Trail Rider Dr., Reno, NV 89521

.....www.gracefullivingreno.com

ORMSBY HEIGHTS RESIDENTIAL CARE (775) 445-0214

Services: Licensed residential care home for 10 people. 24-hr. Care, meals, medication assistance, laundry, incontinence and personal care, bathing assistance, daily activities. The home is in a quiet neighborhood on the west side of Carson City.

Address: 210 S. Ormsby Blvd., Carson City, NV 89703 **Fax (775) 883-3116**

Email: ormsbyheights210@yahoo.com

SAINT ANNE'S GROUP HOME (775) 501-4000

Services: Residential group home for the elderly licensed for 7 residents. We provide 24 hr. care for ambulatory and non-ambulatory residents with services including lodging, meals, personal care and support services and medication management. We have an activities coordinator on staff.

Address: 1625 Peavine Road, Reno, NV 895303

www.gracefullivingreno.com

SPIRIT OF HOPE, INC (775) 461-3331

Services: Transportation for all needed medical appointments and shopping. We offer assistance, with medication management and keeping their room clean. Each person can have, their own room. (Some shared rooms are available.) These homes are clean and desirable. A true "quality of life: living environment. We are the last step of independence before moving to a nursing home environment. Pricing is based per month on the individual's ability to pay. Our standard rate is \$575 per month. This includes cable tv, gas, electric, water, and our services. Everyone must be able to care for themselves and take their own medication. We do not bill Medicaid or Medi-Cal. We do not have 24-hr care nor we are not a direct care home. Owner, Ellen Jackson.

Address: 411 N. Division Street, Carson City, NV 89703

Email: ellen@spiritofhopeincnv.org www.spiritofhopeincnv.org

WHISPERING HEIGHTS ASSISTED LIVING FOR SENIORS..... (775) 885-8242

Services: Assisted living for eight adults.

Address: 2397 Empire Ranch Road, Carson City, NV 89701 **Fax (775) 461-0679**

Owner/administrator: Frederick Davidson davidsoncare@gmail.com

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

12 STEP MEETINGS (775) 445-7350

Services: Sponsored by Carson Tahoe Behavioral Services. Please call to verify times and locations.

Address: 775 Fleischmann Way, Carson City, NV 89703 Enter Emergency Entrance

Meetings: AA

Sunday 7:00 to 7:45 pm Sunday Night Step Study Group
Monday 12:00 to 1:00 pm "Joe & Charlie"
Monday 6:00 to 7:00 pm "Women in Sobriety"
Tuesday 12:00 to 1:00 pm "Living Sober"
Wednesday 12:00 to 1:00 pm "Living Sober"
Wednesday 6:00 to 7:00 pm "The Way Out"
Thursday 12 to 1:00 p.m. "As Bill Sees It"
Thursday 6:00 to 7:00 pm "The Way Out" 12 X 12
Friday 12:00 to 1:00 pm "Big Book Study"
Friday 5:45 to 7:00 pm

Meetings: NA

Monday 7:15 to 8:15 pm (N.A.)
Monday 6 to 8 p.m. 7:00 to 8:00 pm for Inpatients (ACOA) Held at BHS "B" Bldg.
Wednesday 7:15 to 8:00 pm (N.A.)

Meetings: Other

Wednesday 6:00 to 7:30 pm (NAMI)
Saturday 10:15 - 11:45 am "Cocaine Anonymous" "Morning Madness Meeting"
Saturday 12:00 to 1:00 pm "Chronic Pain Anonymous" Held at BHS "B" Bldg.
Saturday 10:00 am "Overeaters Anonymous" Held at BHS "B" Bldg.

ALCOHOLICS ANONYMOUS AA 24-hr. Hotline (775) 355-1151

Services: Recovery center for AA. Call or visit the website for more information on meetings and locations.

Address: 436 S. Rock Blvd., Sparks, NV 89431

www.NNIG.org

AARP - COPING WITH GRIEF & LOSS.....

This website has valuable resources and information for widows and widowers, as well as helping a parent or loved one. It also has information for professionals.

www.aarp.org/griefandloss

ADVOCATES TO END DOMESTIC VIOLENCE (775) 883-7654

Services: Domestic violence and sexual assault advocacy.

Address: 3640 Gordon Street, Carson City, NV 89703 Mail: PO Box 2529, Carson City, NV 89702

Meeting: Wednesdays 10:00 to 11:00 am

www.aedv.org

ALANO CLUB/ ALANON (775) 882-0443 Hotline (775) 348-7103

Address: 1800 E. William St. #5, Carson City, NV 89701

Daily Meetings: At noon and 5:30 pm 7 Days a week, including holidays. Please see website for additional meetings and locations.: www.carsoncityalanoclub.org

Address: Carson Senior Center, 911 Beverly Drive, Carson City, NV 89706 (775) 883-0703

Meetings: Tuesday and Thursday Noon to 1:00 pm; Wednesday 6:00 to 8:00 pm

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

ALZHEIMER'S ASSOCIATION OF NORTHERN NEVADA..... (775) 786-8061
(800) 272-3900

Purpose: To provide support services for individuals and their families affected by Alzheimer's Disease.

Services: Support group services. Not for profit. Helpline, one-on-one counseling, safe return, respite care, education and training programs, newsletters, family resource video/print library and speaker's bureau. See listings below

Address: 639 Isbell Rd., Ste. 240, Reno, NV 89509 **Fax (775) 786-1920**

Hours: Monday - Friday 9:00 am to 5:00 pm. (NO FEES) www.alz.org

Meetings:

Spousal Support Group 3rd Wednesday of the month 1:00 -2:00 pm

Adult Children Support Group 1st Wednesday of the month 12:00 to 1:00 pm

Address: 639 Isbell Road, Reno NV 89509

Family Caregiver Support Group

Address: Carson Tahoe Cancer Center, Juniper Room, 1535 Medical Parkway, Carson City, NV 89703 2nd Wednesday of the month 1:00 to 2:30 pm

Address: Coventry Cross Episcopal Church, 1631 Esmeralda place, Minden, NV 89423
2nd Thursday of the month 2:00 to 3:30 pm

Address: Carson City Senior Center, Tahoe Room, 911 Beverly Dr., Carson City, NV 89706
4th Wednesday of the month 2:30 – 4:00 pm

Address: South Lake Tahoe Senior Center, Conference Room, 3050 Lake Tahoe Blvd., SLT, CA 1st Wednesday of the month 3:00 to 4:30 pm

To confirm support group times and additional rural locations in Elko, Fallon, Winnemucca, South Lake Tahoe, etc. please call (800) 272-3900

CAREGIVER SURVIVAL RESOURCES.....

This resource offers information and encouragement to caregivers coping with the significant demands of providing constant, vital care to a loved one.

www.caregiver911.com

CAREGIVERS EXCHANGE SUPPORT GROUP (775) 882-1534

Services: Caregivers needing current and reliable community resource help provided in a supportive and confidential environment are welcome to attend free meetings twice a month. New and experienced unpaid family caregivers assist each other face the difficult challenge of providing constant care for a seriously ill, aging, or disabled spouse, parent, child, relative, or friend.

Address: St. Peter's Episcopal Church, 314 N. Division St., Carson City, NV 89703

In the Parish Hall at St. Peter's Episcopal Church. Enter Telegraph St. entrance.

Meetings: 1st and 3rd Thursday of each month: 5:30-7:00 p.m.

Dr. Deb Cash, Facilitator **Email:** nvdebcash41@yahoo.com

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

CARSON TAHOE CANCER RESOURCE CENTER (775) 445-7500

Services: One-on-one support is always available to cancer patients daily at the Cancer Resource Center. Call for additional meetings, times and locations.

Address: 1535 Medical Parkway, Carson City, NV 89703

Contact: Jackie Rew **Email:** jacklyn.rew@carsontahoe.org

Breast Cancer Support Group, 2nd Tuesday at 4:30 pm

Caregiver Support Group, 2nd Tuesday at 3:00 pm

Head and Neck Cancer Support Group, 1st Wednesday at 3:00 pm

Prostate Cancer Support Group (In partnership with US Too International), 2nd Thursday at 7:00 pm

Ostomy Support Group (Support for all patients with ostomies) 3rd Wednesday at 4:00 pm

Women's Group 1st & 3rd Thursday at 4:30 pm

Men's Cancer Support Group, 2nd Wednesday at 5:30 pm

Multiple Myeloma Support, 3rd Tuesday at 10:00 am

Alzheimer Support Group, 2nd Tuesday at 1:00 pm

CARSON TAHOE DIABETES SUPPORT GROUP (775) 445-8607

Services: Free monthly diabetes support group.

Address: 1470 Medical Parkway, Ste. 250, Carson City, NV 89703

Meets 2nd Thursday of each month from 5:00 to 6 pm

Address: Douglas County Community/Senior Center 1329 Waterloo Ln., Gardnerville, NV 89410

Meets: 3rd Thursday of each month from 10:30 to 11:30 am (775) 782-5500

Email: wellness@carsontahoe.org

CVMC BREAST CANCER RESOURCE CENTER (775) 265-0266

Services: Breast Cancer support group meetings: Contact Irene Gutierrez for more information Email: igut@aol.com

Address: Ironwood Medical Center, 3rd floor, Minden, NV

Hours: Meets the 1ST Tuesday of each month at Noon

CVMC PARKINSON'S SUPPORT GROUP (775) 782-2162

For more information, contact Judy Smith or Linda Hully.

Address: Douglas County Community Center, North Room, 1329 Waterloo Lane, Gardnerville, NV

Meetings are held the 3rd Tuesday of each month, 1:00 pm

CVMC/ VITALITY FOR LIFE (775) 782-1599

Services:

Grief and Loss support group. Every Tuesday at 2:30 pm at Carson Valley Medical Center.

Alzheimer's Disease support group. Meets 3rd Wednesday at 2:30 pm at Carson Valley Medical Center.

Address: 1107 Hwy. 395, Gardnerville, NV 89410

Coping with Change support group. Meets 2nd and 4th Wednesday at 9:30 am at Douglas County Community Center

Address: 1329 Waterloo Lane, Gardnerville, NV 89410

Email: jjarvis@cvmchospital.org

THE COMPASSIONATE FRIENDS OF NO. NEVADA (775) 461-0362

Services: Grief support group only for the loss of a child. Contact is Tom Schwartz.

Meetings: Last Tuesday of each month at 7:00 - 8:30 pm. Call for more information.

Address: Salvation Army Church, 911 E. Second Street. Reno, NV

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

COMPULSIVE EATERS ANONYMOUS -- HOW Contact (775) 400-0098

Services: Recovery from compulsive eating. Everyone is welcome. Please call or visit the website for more information.

Address: Carson City: St. Peters Episcopal Church, 314 N. Division St. Each Tuesday at 10:00 am

Address: Sparks: Sparks Christian Fellowship, 510 Greenbrae Blvd. Monday at 6:00 pm and Saturday at 9:00 am

Address: Reno: 421 Hill St., Suite #3, Thursday at 12:30 pm.

Email: sobersue1@icloud.comwww.ceahow.org

DIABETES SUPPORT GROUP WITH CARSON VALLEY MED. CENTER .. (775) 782-1637

Please call for more information.

Address: Douglas County Community Center, CVMC Room, 1329 Waterloo Lane, Gardnerville

Meeting: 1st Thursday of the month, 1:00 to 2:00 pm

FAMILY CAREGIVER ALLIANCE.....

Free online help for caregivers featuring support groups, a resource guide, and more for families coping with Alzheimer's disease, stroke, Parkinson's, ALS, and other disorders.

www.caregiver.org

GAMBLERS ANONYMOUS..... Hotline: (775) 882-8222

Nevada Council on Problem Gambling. Recording gives time and location of meetings.

GRIEF SHARE SUPPORT GROUP

Services: A Christ-based grieving support group for those who have lost a loved one through death. The group is led by caring people who have experienced grief and have successfully rebuilt their lives. We walk with you on the long path through grief toward healing and provide practical tools to give hope for the future. There is a \$15.00 charge to cover the cost of the workbook "Mourning to Joy". Scholarships are available if this is a hardship.

Address: High Sierra Fellowship, 1257 Gilman Avenue, Gardnerville, NV 89423

Meetings: Mondays from 10:00 am to 12:00 noon.

GriefShare recently introduced "Loss of a Spouse," and "Surviving the Holidays" which are each 2-hour seminars. Please call or visit the website for dates and locations.

Coordinators are **Elaine (775) 450-5198** or **Darlene (775) 781-4783**.

GriefShare is currently holding meetings at the Hilltop Church, 3588 Romans Rd., Carson City, Mon. from 6:00 to 8:00 pm. Call **Becky (775) 815-7177** or **Jerry (775) 292-9058**.

www.griefshare.org

HEAD INJURY ASSOCIATION OF NORTHERN NEVADA (HIANN).....

Services: HIANN has two support groups, one in Reno/Sparks and one for the Carson City/Gardnerville/Minden/Lake Tahoe geographic area. Our mission is to be the voice of advocacy for brain injury survivors, their families & caregivers and to help brain injury survivors that have conditions resulting from concussions, TBI, strokes and other causes, put their lives back together "piece by piece." This is done through support group sessions, social outings, cognitive learning courses & other educational events,

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

by providing TBI related resource information and raising public safety awareness programs. Please visit our website for updated information.

Address: P.O. Box 19314, Reno, NV 89511 www.hiann.org

KEEN-AGERS (775) 461-0025

Services: Together we will pursue the joys of the next stage of life for adults 50plus, as you experience life's changes. Share your talents while working on social, communication and transitional living skills. Sponsored by Vitality Unlimited.

Address: 119 E. Long Street, Carson City, NV 89706

Meeting: Fridays from 3:00 to 4:00 pm.

LIFE BEYOND LOSS..... (775) 825-5008

Services: Bereavement support for those who have lost a loved one. Call for more information and meeting times.

Address: 1761 E. College Parkway, Ste 113, Carson City, NV 89706

Address: 9484 Double R Blvd., Ste A, Reno, NV 89521

MOVERS AND SHAKERSLinda Holly (775) 267-1494

.....**Judy Smith (775) 782-2162**
Services: We are a Parkinson Support group in Gardnerville, NV. This friendly, caring group is made up of patients and their caregivers, who meet to discuss individual experiences and concerns. The group also gets together monthly for breakfast at a local restaurant. Our caregivers get together monthly for lunch, which provides them with an activity to exchange information, relax and offer support. Our meetings sometimes a guest speaker on a specific topic related to Parkinson's.

Address: Douglas Community and Senior Center, 1329 Waterloo Lane, Gardnerville, NV 89410

Meeting: 3rd Tuesday of the month. 1:00 to 2:00 pm

MULTIPLE SCLEROSIS SUPPORT GROUP..... (775) 827-4257 option 1 (800) 344-4867

Services: You will reach a MS Navigator who will help locate groups and meetings in your local area as well as other resources.

www.nationalmssociety.org

NEVADA DIABETES ASSOCIATION (775) 856-3839

Services: Diabetes information: camp program, education, and medical assistance program. Family Support Group. Call for information on times and locations of meetings.

www.diabetesnv.org

PARKINSON SUPPORT CENTER OF NORTHERN NEVADA..... (775) 525-0205

REACHING OUT IN HOPE: Survivors of Suicide (775) 783-1510

Services: The purpose of the support group is to help those who have lost a loved one to suicide resolve their grief and pain in their personal way. The grief that survivors of suicide experience is unique. The questions often left behind are at times unbearable. It is hoped that this site will offer information that will help answer some of those questions, as well as provide a safe place for survivors and friends of survivors to share their struggle, pain and offer comfort and understanding to others who have experienced a similar loss.

Address: 1625 Hwy. 88 Ste.#101, Minden, NV 89423.....

Meetings: Call for additional groups and locations. Meetings are free and confidential.

SUPPORT GROUPS (INCLUDING BEREAVEMENT)

Suicide Loss Support Group, 1st Thursday of every month: 6:00 to 7:30 pm

PTSD Support Group, 2nd & 4th Tuesday, 6:00 to 7:00 pm

Email: Debbie@SPNAwareness.org

www.spnawareness.org

SUICIDE PREVENTION LINE Call 988

Services: If you are not in immediate danger because of thoughts of suicide, but need to talk about your suicidal feelings, please call. You may call this suicide prevention number from anywhere in the United States, 24-hours a day. People are waiting to help you.

SMILES FROM HEAVEN (775) 525-6700

Services: A bereavement support group facilitated by professionals for those who have recently lost a loved one due to death. Learn about the grief process, practice techniques to stay healthy and to plan for recovery that allows for hope for the future. All meetings are free so drop in anytime. Chaplain Joseph D'Angelo, St Mary's Hospice Grief Group.

Address: 6490 S. McCarran Blvd. Ste# B-13, Reno, NV 89509 **Fax (775)525-5255**

Meetings: Carson Senior Center, Tahoe Room, 911 Beverly Dr., Carson City, NV

1st and 3rd Wednesdays from 1:00 to 3:00 pm.

Washoe Senior Center, Game Room, 1155 E. 9th St., Reno, NV

1st and 3rd Tuesdays from 1:00 to 3 pm

..... www.hospicewepromise.com

You can also attend these groups via phone call or video meeting by contacting the Bereavement Coordinator at melissa@lhcggroup.com

TOPS (WEIGHT LOSS SUPPORT GROUP) Marcia Kaster (775) 783-7620

Visitors Welcome.

Address: 1329 Waterloo Lane (Community Center), Gardnerville,, NV 89410

Meetings: Thursdays 9:00 to 10:00 am, Weigh in 8:30 to 9:00 am.

TOPS (WEIGHT LOSS SUPPORT GROUP) Andrea (775) 443-0303

Address: 2100 California St., Carson City, NV 89701 (Club House)

Meetings: Mondays 5:00 to 6:00 pm, Weigh in 4:30 to 5:00 pm.

VETERAN-SPECIFIC RESOURCES

NATION'S FINEST (775) 313-0363
Reno (775) 284-8387

Services: A non-profit that works under a "Supportive Services for Veteran Families" grant to provide short term rapid re-housing or homeless prevention services to very low-income families who are literally homeless by living on the streets or living in shelters or, who are living in permanent housing facing eviction or are in arrears. For more information, please call either of our offices.

Address: 106 E. Adams St., Ste. 203, Carson City, NV 89706

Address: 419 W. Plumb Ln., Reno, NV 89509

Hours: Monday to Friday, 8:00 am to 5:00 pm, closed 12:30 to 1:00 pm

..... www.nationsfinest.org

NORTHERN NEVADA VETERANS MEMORIAL CEMETERY (775) 575-4441

Address: 14 Veterans Way, Fernley, NV 89408

Hours: Office Monday to Friday, 8:00 am to 5:00 pm, Grounds open Sunrise to Sunset, daily

RENO VET CENTER (775) 323-1294

Services: A separate mental health service by the VA for eligible veterans who served in a combat theater or who experienced Military Sexual Trauma (MST).

Address: 5580 Mill Street, Ste 600, Reno, NV 89502

VETERAN'S HEALING CAMP (775) 577-6400

Services: We are a non-profit organization dedicated to helping our local veterans make a successful transition from military to civilian life. Our mission is to provide a safe place for fun, activities, and fellowship for our veteran community. Volunteers are always welcome. Shahla Fadaie, President

Address: 1775 E. US Hwy 50, Silver Springs, NV 89705

VETERAN'S HEALTH ADMINISTRATION (800) 698-2411

Services: This website shares information about benefits and services in health care, disability, education, and service records (DD214). Information is also available about the PACT Act, which extends benefits based on exposure to toxic substances such as Agent Orange, radiation or burn pits, to veterans and their survivors.

Benefits Call Center Monday to Friday, 5:00 am to 6:00 pm PST (800) 827-1000

VA Benefits Call Center Monday to Friday, 5:00 am to 5:00 pm PST (877) 222-8387

VA SIERRA NEVADA HEALTH CARE SYSTEM (775) 786-7200

CARSON VALLEY OUTPATIENT CLINIC (775) 782-5265

Services: Primary outpatient care for veterans.

CareLine Scheduling: Monday to Friday, 8:00 am to 4:00 pm..... (775) 829-5685

Address: 1330 Waterloo Lane, Ste. 101, Gardnerville, NV 89410

Hours: Monday - Friday 8:00 am - 4:00 pm.....

..... www.reno.va.gov

VETERAN-SPECIFIC RESOURCES

VA SIERRA NEVADA HEALTH CARE SYSTEM (775) 786-7200
Ioannis A. Lougaris VA Medical Center (888) 838-6256
Address: 975 Kirman Ave, Reno, NV 89502

Veterans Crisis Line..... 988
.....www.reno.va.gov

VA CAREGIVER SUPPORT PROGRAM..... (775) 326-5775

VA ENROLLMENT AND ELIGIBILITY (775) 328-1293

VA MENTAL HEALTH PROGRAM (775) 326-2920

VA WOMEN VETERANS PROGAM (775) 785-7225

WELLNESS/ FITNESS

**CARSON CITY COMMUNITY CENTER/ AQUATIC FACILITY (775) 887-2290
(775) 887-2242**

Services: Recreation/exercise classes for all ages. Weight resistance training and many pool-based classes. Senior discounts are available.

Pool-based Activities

Aquasize class: Cheerful, low impact aquatic exercise for all ages.

Times: Meets Monday to Friday 8:00 to 9:00 am

Range of Motion: Increase mobility and range of motion thru gentle head-to-toe exercise in a 92 degree therapy pool.

Times: Monday-Wednesday-Friday 9:00 am and Tuesday, Thursday 10:00 am

Deep Water Exercise

Times: Monday-Wednesday-Friday 9:00 am

Address: Carson City Aquatic Facility 841 N. Roop St., Carson City, NV 89701

..... www.carson.org/recreation

CARSON CITY MULTI-PURPOSE ATHLETIC CENTER (MAC) (775) 887-2339

Services: Indoor walking track, basketball courts and Pickleball.

Address: 1860 Russell Way, Carson City, NV 89706 www.carson.org/recreation

FIT 4 LIFE EXERCISE CLASSLinda Holly (775) 267-1494

.....**Judy Smith (775) 782-2162**

Services: Exercise class for persons of all ages experiencing Parkinson's, multiple sclerosis, and other neurological issues. Classes are free to participants. Nicole Sawyer, Instructor.

Address: Douglas Community Center, 1329 Waterloo Lane, Gardnerville, NV 89410

Meeting: Monday and Wednesday, 1:00 to 2:00 pm

FITNESS WITH ZANDY (775) 220-1763

Services: Certified Senior Fitness Specialist and personal trainer with experience in addressing special physical needs or senior fitness exercise modification. Help restore balance, strength, and mobility through a targeted fitness program.

Email: zandyleonard@yahoo.com www.getfitwithzandy.com

GREAT BASIN PHYSICAL THERAPY..... (775) 782-4466

Services: All phases of out-patient physical therapy; Aquatic Pool Therapy available at Carson Valley Swim Center.

Address: 1701 County Road, Ste. B, Minden, NV 89423 **Fax (775) 783-9708**

HIGH DESERT THERAPISTS, INC.

Services: All phases of out-patient physical therapy.

Address: 896 W. Nye Lane **(775) 883-4161**

Address: Dayton Medical Center, 5 Pinecone Road, Dayton, NV 89403 **(775) 246-7742**

Fax (775) 246-7559

Address: 2205 Glendale Avenue, Ste. 129, Sparks, NV 89431..... **(775) 284-2984**

Fax (775) 284-2985

WELLNESS/ FITNESS

KONA CHIROPRACTIC (775)882-3555

KONA'S ISLAND STYLE HEALING AND WELLNESS

Services: Kona Chiropractic offers chiropractic care and massage therapy to help you feel your best! Our chiropractor helps diagnose and provide chiropractic treatment/adjustments (by manual manipulation, activator and/or drop table) and Chiropractic Assistants provide therapies as recommended by the doctor such as ultrasound, Pulsed Electro-Magnetic Field Therapy (PEMF), electrical-stimulation, cold laser, and non-surgical spinal decompression. Five massage therapists are also on staff with day, evening, and Saturday appointments available. Please make massage appointments online or call to schedule chiropractic or massage appointments.

Address: 604 East Musser Street, Carson City, NV 89701

Email: konachiro1@gmail.com

.....www.konachiro.com www.konahealing.com

MASSAGE NAMASTE, LLC. Lee Zuti, LMT (775) 577-4700

Services: Practitioner in health care and body work, specialties include medical massage with the physical manipulation of body tissue to improve blood flow and lymph movement, while offering support and comfort to strained and painful areas impacted by illness and trauma. Specific therapies are utilized through range of motion movement, stretching, relaxation, easing of tension blockages, and scar reparation after surgery. Expanded specialties include the challenges of aging bodies and minds, trauma support techniques, mental focus in attacking disease, emotional connection to loving the body and helping it to win the recovery fight. Please call for an appointment.

Address: 1801 E. William Street, Ste K, Carson City, NV

PARADISE SPA - THERAPY POOLS (775) 883-4434

Services: Adult only facility with two warm saltwater pools, 86 to 99 degrees. Small classes keep it fun and safe. Aquatic classes are taught by certified Aquatic Fitness professionals. There are many hours of OPEN SWIM time available in therapy pools. Senior discounts apply to monthly memberships. United HealthCare Prime Fitness, One Pass, Silver Sneakers and Tivity Prime are accepted. We also offer Aquatic Rehab with an Aquatic Therapy and Rehab Institute Certified trainer. Paradise has a large library of water exercises available for free on YouTube. Water aerobics, resistance exercises, to pain relief workouts are demonstrated here: www.YouTube.com/AbilityFix.

More info on water exercise and pain relief is on the Ability Fix website: www.AbilityFix.com.

Address: 3430 Executive Pointe Way, Carson City, NV 89706.....

Office Hours: Monday to Friday, 9:00 am to 3:00 pm

www.ParadiseSalonSpaWellness.com

PULSE FITNESS (775) 782-2705

Services: Senior amenities and pricing, including Silver and Fit. Group classes include yoga, Senior Strength, low impact and more. Saunas, nutrition center and Personal Trainers. Members have access 24/7. Free kids club.

Address: 885 Mahogany Dr., Minden, NV 89423

Hours: Monday to Friday. 7:00 am to 7:00 pm; Saturday and Sunday 7 am to 3 pm.

Email: info@pulsefitnessnv.com

The Community Resource Guide

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First United Methodist Church

400 West King Street, Suite 100

Carson City, NV 89703

Phone (775) 882-1436

Please address any questions or
comments to Tannis Causey, Editor
info4crg@gmail.com

Any new entries or changes to existing entries must be submitted to the above email address by January 15, 2024 for inclusion in the next printed guide. Any changes will be made to the electronic version available on our website within 30 days of being requested.

www.carsoncitymethodist.com



Please visit our website above or use the provided QR code to access the online version of the most recent Community Resource Guide.

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