

22nd Year



Community Resource Guide

FOR OLDER ADULTS
- in -
NORTHWEST NEVADA
COMMUNITIES

March 2020



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This publication was prepared by:
THE ELDERCARE PROGRAM
— of the —
FIRST UNITED METHODIST CHURCH
Carson City, Nevada



ADAPTIVE CLOTHING & EQUIPMENT

- BUCK AND BUCK** 1 (800) 458-0600
ADDRESS: 3111-27th Avenue South, Seattle, WA 98144-6502..... **Fax 1 (800) 317-2182**
SERVICES: Clothing for home health care and nursing home residents.
Catalog available..... **www.buckandbuck.com**
- INDEPENDENT LIVING AIDS, LLC** 1 (800) 537-2118
ADDRESS: 137 Rano St. Buffalo, NY 14207..... **Fax 1 (855) 937-3906**
SERVICES: Distributor of adaptive equipment for visually impaired or blind by mail order.
Catalog available..... **www.independentliving.com**
- LS & S GROUP, INC.** 1 (800) 468-4789
ADDRESS: 145 River Rock Dr. Buffalo, NY 14207 **Toll Free Fax 1 (877) 498-1482**
SERVICES: Distributor of products for visually impaired, blind, hard of hearing, and deaf equipment.
Catalog available..... **www.Lssproducts.com**
- MAXI AIDS** 1 (800) 522-6294
ADDRESS: 42 Executive Blvd., Farmingdale, NY 11735..... **Fax (631) 752-0689**
SERVICES: Distributor of adaptive equipment; visual & hearing impaired & physical disabilities.
Catalog available..... **www.maxiaids.com**
- RESIDENT ESSENTIALS**..... **Toll Free 1 (888) 543-2566**
SERVICES: Furniture, clothing, electronics..... **Fax 1 (781) 803-3046**
..... **www.residentessentials.com**
- SILVERTS**..... 1 (800) 387-7088
SERVICES: Easy wear, easy care clothing. Adaptive clothing for disabled & senior care.
Catalog available..... **www.silverts.com**



ADVOCACY/PROTECTIVE SERVICES

- ADVOCATES TO END DOMESTIC VIOLENCE** (775) 883-7654
ADDRESS: P.O. Box 2529, Carson City, NV 89702 **Fax (775) 883-0364**
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.
SARA (775) 883-7654
Sexual Assault Response Advocates
SERVICES: Aide programs for Victims of sexual assault.



ADVOCACY/PROTECTIVE SERVICES (continued)

ELDERCARE LOCATOR **State Operator - (775) 684-1000**
 **Outlying Areas - 1 (800) 992-0900**
 **National - 1 (800) 677-1116**

SERVICES: Many of us do not live near our older relatives or friends. Caring for an older person, whether at home or long distance can be especially difficult if you don't know where to call for help. The ElderCare Locator helps families & friends find information about community services for older people anywhere in the United States and its territories. This organization is happy to take a variety of calls regarding a wide range of services available to seniors. They can connect you to information sources for a variety of services including but not limited to: Home delivered meals, transportation, legal assistance, housing options, recreation & social activities, prescription assistance, adult day care, senior center programs, home health services, elder abuse prevention, Medicare prescription program referrals & nursing home ombudsmen.

HOURS: M-F 9:00 a.m. - 8:00 p.m. EST

Nevada Website: **www.adsd.nv.gov**

National Website: **www.eldercare.gov**

NEVADA HEALTH CENTERS, INC. **(775) 887-5140**
 **(775) 887-1590**

ADDRESS: 3325 Research Way, Carson City, NV 89706 **Administration Fax (775) 884-3618**

SERVICES: Administration and Billing..... **Toll Free (800) 787-2568**

Mammovan scheduling call..... **(887) 581-6266**

..... **Clinic Fax (775) 884-3618**

..... **www.nvhealthcenters.org**

ENERGY ASSISTANCE PROGRAM **(775) 684-0731**

ADDRESS: 2527 North Carson St., Ste. 260, Carson City, NV 89706 **Fax (775) 684-0740**

SERVICES: Home energy assistant program for eligible Nevadans. **Website: DWSS.NV.gov**

HEARING AID HOTLINE **1 (800) 521-5247**

HOURS: M-F 5:00 a.m. - 2:00 p.m. PST

MEDICARE HOTLINE **1 (800) Medicare 1 (800) 633-4227**

..... **www.medicare.gov**

Medicare Benefits: To apply for Medicare benefits & low income subsidies contact:

Social Security Office **1 (800) 772-1213**

..... **www.socialsecurity.gov**

NEVADA AGING & DISABILITY SERVICES DIVISION

Adult Protective Services (APS) Statewide Call **1(888) 729-0571**

Services: To assist vulnerable adults 18-59, in addition to persons 60 years & 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.



ADVOCACY/PROTECTIVE SERVICES (continued)

NEVADA AGING & DISABILITY SERVICES DIVISION

Long Term Care Ombudsman Statewide Call1 (888) 282-1155

SERVICES: Serves persons who reside in long-term care facilities. Providing residents information about their rights & available resources. Obtaining information about residents' complaints, investigating & resolving complaints & safeguarding the resident's rights. Assure that residents receive quality of care & treatment from service providers.

NEVADA AGING & DISABILITY SERVICES DIVISION

Community Advocate..... (775) 687-4210

Community Advocates increase community resource awareness for all Nevadans across the lifespan. Creating opportunities to educate, inform & connect those individuals seeking help to access programs & services to meet their needs. Advocates participate in outreach opportunities such as information fairs, presentations, program visits & much more. The Community Advocates are also here to help & provide guidance as needed & can offer one-time emergency assistance to ensure sustainability & well-being of individuals.

NEVADA DIVISION OF HEALTH & HUMAN SERVICES

OFFICE FOR CONSUMER HEALTH ASSISTANCE (OCHA)..... Toll Free: (888) 333-1597

Address: 555 E. Washington Ave., Ste. 4800, Las Vegas, NV 89101-1057Office: (702) 486-3587

Website: www.dhhs.nv.gov/programs/CHA Email: CHA@govcha.nv.gov Fax: (702) 486-3586

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

SENIOR MEDICARE PATROL (SMP) STATEWIDE TOLL-FREE NUMBER.....1 (877) 385-2345

Empowers & assists beneficiaries, their families & caregivers to prevent, detect, & report healthcare fraud, errors & abuse through counseling, outreach & education.

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

ADDRESS: 1038 Buckeye Rd., Minden, NV 89423

EXECUTIVE DIRECTOR: Leanne Wagner.....**Email: lwagner@douglas.nv.gov**

SERVICES: 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. 8 a.m. – 4 p.m.

STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP) STATEWIDE.....1 (844) 826-2085

Provides unbiased information to Medicare beneficiaries, their families & caregivers about Medicare & related health insurance benefits. Helps with enrolling or changing Medicare Part D & related insurance providers, fraud, abuse & consumer assistance. Assists with claims, requests for reconsiderations & appeal processes for Medicare & Supplemental Insurance (Medigap). To enroll in Medicare contact the Social Security Administration.



ADVOCACY/PROTECTIVE SERVICES (continued)

SUICIDE PREVENTION LINES **1 (800) SUICIDE (784-2433)**
..... **1 (800) 273-TALK (273-8255)**

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 these suicide prevention numbers from anywhere in the United States, 24-hours a day. People are waiting to help you.

SUICIDE PREVENTION OF DOUGLAS COUNTY **(775) 783-1510**

ADDRESS: 1625 Hwy 88 #203.....**Email: Debbie@spnawareness.org**
Minden, NV 89423.....**www.SPNAwareness.org**

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



ALTERNATIVE DISPUTE RESOLUTION/MEDIATION

MARGARET CROWLEY, ESQ. **(775) 233-6711**

ADDRESS: 121 Washington St. **Fax (775) 201-0080**
Reno, NV 89503..... **Email: Margaretcrowleymediation.com**
..... **www.crowleymediation.com**

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 care-giving, estate planning, housing, insurance, end-of-life planning, communication, family relationships. Mediation is an informal yet structured conversation. The mediator facilitates these conversations, helping parties craft satisfying solutions to problems in a non-threatening environment.



BEHAVIORAL / MENTAL HEALTH

CARSON CITY MOBILE OUTREACH SAFETY TEAM

Call Sheriff's non-emergency dispatch at (775) 887-2677 to request a MOST visit.
Monday – Thursday 7 a.m. – 3 p.m.

SERVICES: Clinician & deputy team that provides community outreach & support for individuals experiencing behavioral health issues.



BEHAVIORAL / MENTAL HEALTH (continued)

CARSON TAHOE BEHAVIORAL HEALTH SERVICES

Inpatient Services:(775) 445-7350

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

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

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703

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

MALLORY BEHAVIORAL HEALTH CRISIS(775) 445-8889

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703

SERVICES: Mallory Behavioral Health Crisis Center is for adults (age 18 & over) experiencing a mental health, substance use or other functional problem of a non-medical nature requiring Emergency Room Services. Open 24 hrs./7 days a week/365 days a year.

CVMC VITALITY FOR LIFE-Senior Mental Health & Wellness..... (775) 782-1599

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

SERVICES: Offering senior mental health & wellness services to help you cope with life’s challenges as you age; including depression, anxiety, isolation, anger & grief. Services include individual & group therapy, medication management & coordination of care with your primary care physician. Our staff includes specially-trained nurses, licensed social workers & psychiatrist.

DIVISION OF PUBLIC & BEHAVIORAL HEALTH (775) 684-4231

ADDRESS: 4150 Technology Way, Carson City, NV 89706

SERVICES: Masako Berger – Diabetes information(775) 684-5938

.....**Email: dpbh.nv.gov/Programs/Diabetes**

Karen Larin – Tobacco Prevention & Control Coordinator

.....**Email: klarin@health.nv.gov**

Cessation information available through this program. No direct services available.

FALLON FAMILY WELLNESS CENTER (775) 423-3392

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

WEBSITE:**<https://www.fallonfamilywellness.com>**

SERVICES: Provides mental health assessments & evaluations, drug, alcohol, & gambling evaluations, individual, family & group sessions, EMDR therapy, coaching, case management & medication management. Medicaid-Fee Service

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

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

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



BEHAVIORAL / MENTAL HEALTH (continued)

LYON COUNTY MOBILE OUTREACH SAFETY TEAM

Call Sheriff's non-emergency dispatch at (775) 463-6620 to make a MOST referral.

Services: Licensed Clinical Social Work. Human Services Case Manager & a Behavior Health Peace Officer meets with individuals in the community who are experiencing a mental, emotional, substance or suicidal crisis. Connects community services & eliminates barriers causing crisis & provides follow-up support.

SERENITY MENTAL HEALTH.....(775) 841-6050

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

SERVICES: We are a full service mental health agency serving individuals & families in Northwest Nevada. Our staff is dedicated to helping people in a discreet & 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 & alcohol treatment, psychosocial rehabilitation, basic skills training, mental health evaluations & assessments, & last, but not least, medication management provided by Dr. Ronald Centric, who has been serving this community as a physician for over 35 years. We accept Medicaid & private pay.

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

NAMI – NEVADA STATE ORGANIZATION.....(775) 470-5600

NAMI NORTHERN NEVADA is based in Reno serving individuals & families living with mental illness in Washoe County.

Address: 3100 Mill Street, Suite 210-B, Reno, NV 89502.....**(775)433-1470**
https://naminorthernnevada.org **https://facebook.com/Namiofnorthernnevada**

NAMI WESTERN NEVADA is based in Carson City & serving individuals & families living with mental illness living in rural counties & Frontier..... **(775) 350-7977**

https://namiwesternnevada.org **https://facebook.com/NAMIWestern-Nevada**

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

NEVADA URBAN INDIANS, INC.

ADDRESS: 6512 S. McCarran Blvd., Ste. A - C, Reno, NV 89509.....**(775) 788-7600**
.....**Fax (775) 788-7611**
.....**www.nevadaurbanindians.org**

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.

HEALTH CLINIC is open to GENERAL PUBLIC on McCarran between Talbot Ln. & Kietzke Ln.

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.



BEHAVIORAL / MENTAL HEALTH (continued)

PACIFIC BEHAVIORAL HEALTH(775) 433-2099

ADDRESS: 601 Moana Lane, Suite 9, Reno, NV 89509

DIRECTOR: Maia Wheatly **Website:** <http://pbehavioralhealth.com/>

SERVICES: Provides outpatient behavioral health assessment, counseling & mental health therapy.

HOURS OF OPERATION - 24/7 **Assessment & Referral Fax (775) 433-1572**

RENO BEHAVIORAL HEALTHCARE HOSPITAL(775) 393-2201

ADDRESS: 6940 Sierra Center Pkwy., Reno, NV 89511..... **Renobehavioral.com**

Reno Behavioral Healthcare Hospital offers the latest in comprehensive inpatient & outpatient programs for psychiatric & addictive treatment for patients of all ages. We offer free & confidential assessments 24 hours a day, seven days a week at **(775) 393-2201**.

SERVICES: Inpatient hospitalization for mental health. Detoxification & addiction treatment. Outpatient services for mental health & addiction.

KAY RIEHM LCSW(775) 423-5381

ADDRESS: 270 S. Maine St., Fallon, NV 89406 **Email:** kriehmlcsw@gmail.com

SERVICES: Outpatient behavioral health counseling.

Accepts Medicare, most private insurance & private pay.

RURAL CLINICS – DOUGLAS(775) 782-3671

ADDRESS: 1528 Hwy. 395 N., Ste.100, Gardnerville, NV 89410

SERVICES: Outpatient mental health services.

WEST HILLS BEHAVIORAL HEALTH HOSPITAL(775) 323-0478 1 (800) 242-0478

ADDRESS: 1240 East Ninth St., Reno, NV 89512 **Admin Fax (775) 789-4405**

SERVICES: Full range of behavioral health care services, including inpatient hospitalization, & chemical detox age specific programs. Private insurance and Medicare accepted. Free assessments are available 24/7. Treatment of youth also available. Intensive outpatient services for mental health and substance abuse

HOURS OF OPERATION - 24/7 **Assessment & Referral Fax (775) 789-4224**



BEREAVEMENT

JOURNEY TOGETHER(775) 882-1968

ADDRESS: St. Teresa's Catholic Church, 3000 N. Lompa Lane, Carson City, NV 89706

PASTORAL ASSOCIATE: Sister Marie McGloin, S.A.

SERVICES: Support group for lost friends and loved ones.

HOURS: By appointment only.



BEREAVEMENT (continued)

LIFE BEYOND LOSS at Kindred Hospice.....(775) 825-5008

ADDRESS: 5345 Reno Corporate Dr. Reno, NV 89511

SERVICES: Bereavement support for those who have lost a loved one. Call for more information.

RENO MEETS: 2nd & 4th Thursdays 10:30 a.m. – 12:00 p.m.

CARSON CITY MEETS: 2nd & 4th Thursdays 10:00 – 11:30 a.m. Kindred Hospice

710 W. Washington St. Carson City, NV 89703.....**(775) 882-5735**

TEARS & RAINBOWS.....(775) 525-6700

ADDRESS: 690 Sierra Rose Dr. Reno, NV 89511.....**(775) 525-5255**

.....**www.hospicewepromise.com**

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 & to plan for recovery that allows for hope for the future. All meetings are free so drop in anytime.

MEETINGS: St. Paul's Lutheran Church, 1201 N. Saliman Rd., Carson City, NV 89701

1st & 3rd Wednesdays from 6:00 to 7:30 p.m.

Carson Senior Center, 911 Beverly Dr., Carson City, NV

2nd & 4th Wednesdays from 1:00 to 2:30 p.m.

690 Sierra Rose Dr., Reno, NV 89511

2nd & 4th Wednesday from 6:30 to 8:00 p.m.

Faith Lutheran Church Library, 2070 West 7th St., Reno, NV

1st & 3rd Tuesdays from 10a.m. to 11:30 a.m.



CAREGIVERS

ADT HOME HEALTH SERVICES.....(916) 417-3135

ADDRESS: 670 South Rock Blvd., Reno, NV 89502

SPECIAL SERVICES: Suzanne Mortenson

SERVICES: Medical Alert, personal emergency response systems. Helping people live with more independence. Dedicated to the piece of mind of seniors and their caregivers.

EMAIL:.....**smortenson@adt.com**

ADVANCED HOME HEALTH CARE.....(775) 887-5683

ADDRESS: 1325 Airmotive Way, Ste. 262, Reno, NV 89502

ADDRESS: 343 Fairview, Ste. 101, Carson City, NV 89701

SERVICES: Assistance with activities of daily living, grooming & light housekeeping. 24-hour care in the comfort of your own home. CHIPS provider, PCA, Medicaid provider, no charge for assessments; private pay provider.



CAREGIVERS (continued)

AFFORDABLE HOME CARE FOR SENIORS LLC(775) 720-8995

ADDRESS: 2341 Meadow Brook Lane

Carson City, NV 89701.....

Email: achc4s@gmail.com

SERVICES: We believe seniors deserve to remain in their homes with the lifestyle they are accustomed to without depleting their life savings. Whether you need a little assistance or a lot, we can help. We provide assistance with personal care, bathing, meal preparation, therapeutic exercising, nutritional & home safety assessments, respite care for family members, transportation to appointments, shopping errands, assistance understanding insurance plans & health provider instructions; if you need something we haven't listed just call & ask. Working together we can do it! Non-medical, available 24/7, weekends & holidays. Licensed, bonded & insured. Serving Carson City, Minden/Gardnerville, South Lake Tahoe, Nevada. (Other outlying areas may be served on arrangement.)

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

ADDRESS: 1325 Airmotive Way, Ste. 262.....

Fax (775) 828-6413

Reno, NV 89502.....

Email: cassiadepew@vidaseniorresource.com

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

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

ADDRESS: 639 Isbell Rd., Ste. 240, Reno, NV 89509

1 (800) 272-3900

PURPOSE: To provide support services for individuals and their families affected by Alzheimer's Disease & other related dementias

Fax (775) 786-1920

SERVICES: Support group services. Call for time & location of support group meetings. Not for profit. Helpline, one-on-one counseling, respite care, education & training programs, newsletters, family resource video/print library.....

www.alz.org

HOURS: Open M-F 9:00 a.m. to 5:00 p.m. (NO FEES)

ALZHEIMER'S ASSOCIATION, NATIONAL 1 (800) 272-3900

ADDRESS: 639 Isbell Rd., Ste. 240, Reno, NV 89509

Reno, NV : (775) 786-8061

www.alz.org

ALZHEIMER'S AND RELATED DEMENTIA'S EDUCATION AND REFERRAL CENTER 1 (301) 493-3334

ADDRESS: P.O. Box 8057, Gaithersburg, MD 20898

Fax 1 (301) 495-3334

www.nia.gov/alzheimers

HOURS: Open M-F 8:30 am to 5:00 pm EST

EMAIL:adear@nia.n.h.gov



CAREGIVERS (CONTINUED)

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

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

CONTACT: Ryan Hart

SERVICES: Non-Medical In-Home Care including 24/7, weekends & holidays. We are committed to enriching lives by providing nurturing, compassionate non-medical in-home care for seniors. Whether its companionship, meal preparation, light housekeeping, or transportation, healthcare professionals & families alike look to Amada to help them navigate the complexities of the senior care system.

**Specializing in long term care insurance, life insurance & VA medical benefits. **

AMERICAN HOME COMPANION

NON-MEDICAL

ADDRESS: 3708 Lakeside Drive, Ste. 200, Reno, NV 89509 (775) 826-8090 Ext. 215

ADDRESS: 307 W. Winnie Ln., Ste. #6 , Carson City, NV 89703(775) 883-8840
..... **www.careAHC.com**

SERVICES: Personal care, bathing, light housekeeping & shopping. Serving all No. NV Counties.
24-hr. service available. Medicaid, State & ISO certified. Call for information.

BARTON HOME HEALTH OF THE LAKE

(Affiliated with Barton Memorial Hospital)

ADDRESS: S.L. Tahoe Office: 2092 Lake Tahoe Blvd., Ste. 500..... 1 (530) 543-5581
South Lake Tahoe, CA 96150 **Fax 1 (530) 541-2653**

SERVICES: Provides home health care, Hospice, home infusion therapy, medical social workers & specialty therapists.

HOURS: Open M-F 8:00 a.m. to 5:00 p.m. Nurses 24-hours

BUREAU OF SERVICES TO THE BLIND & VISUALLY IMPAIRED & Voc Rehab.....(775) 823-8100

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

OLDER BLIND PROGRAM , NV. EQUAL RIGHTS COMMISSION

SERVICES: Daily living skills, Low Vision Aids, orientation & Mobility Training.

CARSON TAHOE CANCER RESOURCE CENTER(775) 445-7500

ADDRESS: 1535 Medical Parkway, Carson City, NV 89703 **Fax (775) 445-7527**

SERVICES: Gives assistance to cancer patients for cancer medication, treatment, doctor's appointments, travel, as well as serving as a referral source. Serves as informational hub where patients and loved ones can learn about all aspects of cancer diagnosis, financial resources, lending library, support groups and a variety of programs, massage, reiki, cosmesis room. One-on-one peer counseling. All resource center programs are free. (See support groups section)



CAREGIVERS (CONTINUED)

COMFORT KEEPERS(775) 770-2000

ADDRESS: 1420 Holcomb Ave., Ste.102, Reno, NV 89502**Fax (775) 770-2050**

WEBSITE: www.comfortkeepers.com

E-mail: Reno@comfortkeepers.com

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

COMMUNITYHEALTH ALLIANCE.....(775) 329-6300

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

Oscar Delgado.....**Email:** vvancour@chanevada.org

.....**www.chanevada.org**

SERVICES: With 6 health centers, CHA provides comprehensive primary care for seniors including helping with medications, high blood pressure, diabetes & other common complaints. We now provide an extensive range including: health care screening & prevention services for all ages, pharmacy, dental services (preventative treatment), management of chronic diseases, episodic illness care, laboratory, integrated behavioral health care & services for homeless individuals & families. We accept all insurance including Medicare, Medicaid & commercial. If you do not have insurance, we can help you apply for coverage; we offer a sliding fee scale for patients to get the care they need. To schedule an appointment at any of our health centers call: **(775) 329-6300**.

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

ADDRESS: 1005 Terminal Way, Ste. 125, Reno, NV 89502-2179 **Toll Free 1 (877) 786-4999**

.....**Toll Free Fax (877) 786-4998**

.....**www.consumerdirectnv.com**

SERVICES: Provides a Self-Directed Personal Care Aide Program. Personal Care Aides or caregivers assist & support individuals that require assistance with their activities of daily living to enable them to live independently in their homes & 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.

HOURS: M-F 8:00 a.m. - 5:00 p.m. **English & Spanish Speaking.**

CONTINUUM, THE(775) 829-4700

ADDRESS: 3700 Grant Drive, Reno, NV 89509.....**Fax (775) 829-4710**

CONTACT: Diane Ross.....**Email:** dianeross@continuumreno.com

.....**www.continuumreno.com**

SERVICES: Specializes in Geriatric Rehabilitation, offering physical, occupational & speech therapies; provides case management & support; has an adult day program; home safety & modification program including safety bars & ramps. Accepts Medicare, Medicaid, most private insurance. Serves all age groups, infant to geriatric.

DEBRA'S QUALITY CARE(775) 291-1731

ADDRESS: 874 Ridge Crest Dr., Carson City, NV 89705.....**Fax (775) 410-3166**

Email: dabbotto6@msn.com

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 & fall prevention, transportation for shopping & doctor appointments. Areas served: Carson City, Minden/Gardnerville.



CAREGIVERS (CONTINUED)

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

ADDRESS: 3500 Lakeside Court, Ste. 209, Reno, NV 89509.....**Fax (775) 461-3619**

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 & toileting; dressing & grooming; medication reminders & transportation. We provide skilled nursing, respite care services & have our own specialists Memory care Team. Personal care aides can assist with meal preparation, errands, sitter services, light housekeeping, grocery shopping, companionship & outings. All caregivers are CPR & First Aid certified & experienced, fully trained, insured & bonded, have had criminal background checks & drug test.

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

ADDRESS: 911 Mountain St.**Fax (775) 501-8485**

Carson City, NV 89703.....**www.impres.com**

Email:**info@impres.com**

Caregivers

Hospice Specialists

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

EDEN HOME HEALTH CARE

ADDRESS: 907 Mountain St.(775) 687-1530

Carson City, NV 89703**Fax (775) 687-1535**

ADDRESS: 500 Damonte Ranch Pkwy., Ste. 92A, Reno, NV 89521 (775) 828-1000

Reno, NV 89502**Fax (775) 501-8490**

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

HEARTHSTONE OF NORTHERN NEVADA(775) 626-2224

ADDRESS: 1950 Baring Blvd., Sparks, NV 89434

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

EMAIL:..... **hearthstone@nn.com**

HEARTROCK CARE, INC......(775) 432-1191

ADDRESS: 1000 Caughlin Crossing, Ste. 30, Reno, NV 89519..... **Email: info@heartrockcare.com**

CONTACT: Alisa Armon.....**alisa@heartrockcare.com**

SERVICES: The Heartrock Care team is here to assist you in maintaining your independent lifestyle by providing companionship, personal care & a little sigh of relief. We would love to help with: cooking, light house cleaning, bathing/toilet needs, running errands/transportation & so much more! We help our clients in the comfort of their: private homes, assisted living, skilled nursing, rehabilitation facilities & hospitals. We are a licensed, bonded & insured Personal Care Agency with a trained staff ready & willing to care for your loved ones. We look forward to hearing from you!

EMAIL:..... **Elizabeth@heartrockcare.com**



CAREGIVERS (CONTINUED)

HOME HEALTH CARE OF NORTHERN NEVADA

(775) 432-1223

ADDRESS: 3785 Baker Lane, Ste. 203, Reno, NV 89509**EFAX (775) 1-844-432-1347**
.....**intake@HHCNN.com**

SERVICES: HHCNN provides an essential combination of medical services in the comfort of your home under the supervision of your physician. Our skilled nursing staff provides education & disease management as well as medication & dietary management & symptom control. We provide IV therapy & ostomy, tracheotomy, colostomy, nephrotomy, catheter & wound care & more. Physical therapy, occupational therapy, speech therapy, medical social work is provided for vital recovery, with certified nursing assistants helping with patient activities from bathing, dressing, light housekeeping & meal preparation. Coverage includes long-term care insurance, managed care insurance, Nevada Medicaid, HMO Plan, VA coverage, Workman's, private insurance & private pay. Nurses on call 24/7. Communities served: Reno/Sparks, Washoe County, Carson City, Fernley, Fallon, Minden/Gardnerville & outlying areas.

HOME INSTEAD SENIOR CARE(775) 336-5333

ADDRESS: 205 Redfield Pkwy., Ste. 104, Reno, NV 89509.....**Fax (775) 826-1118**

ADDRESS: 444 W. Washington St., Carson City, NV 89703.....**(775) 283-0333**

CONTACT: Allan Ward - Reno.....**www.homeinsteadreno.com**

CONTACT: Jennifer Stansbury - Carson City.....**www.homeinsteadcarson.com**

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 & ALZ. Care training.

NON-MEDICAL SERVICES: Available 24/7 including weekends and holiday

INTEGRATED BEHAVIORAL HEALTHCARE(775) 657-8499

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

www.renomemorycare.com

Email: ibh@renomemorycare.com

Debra Fredericks, PhD, APRN, PMHCNS-BC

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

INTERIM HEALTHCARECarson City: (775) 883-4455

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

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

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

OFFICE HOURS: M-F 8:00 a.m. - 5:00 p.m.



CAREGIVERS (CONTINUED)

KINDRED HOME HEALTH.....(775) 858-1900
ADDRESS: 5425 Louie Lane #B, Reno, NV 89511**Fax (775) 858-1908**
ADDRESS: 725 Basque Way Ste. #3, Carson City, NV 89706.....**(775) 884-0100**
ADDRESS: 415 Hwy. 95A, Ste. 604, Fernley, NV 89408.....**(775) 575-1286**
.....**www.kindredathome.com**
SERVICES: Skilled nursing; skilled physical, occupational, speech therapy. Social workers, certified nursing assistants.

LEND-A-HAND SENIOR SERVICES, INC.(775) 322-8414
ADDRESS: 145 Mt. Rose St., Reno, NV 89509**Fax (775) 322-0789**
CONTACT: Kathi Peterson
SERVICES: Bathing & personal care; preparation of healthy meals; light housekeeping; personal errands; laundry/linens; grocery shopping, companionship; customized schedules & medication reminders. Staff consists of experienced & compassionate caregivers dedicated to making a difference, allowing the client & 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. **Serving Reno/Sparks.**
FAMILY OWNED AND OPERATED FOR 24 YEARS

MAXIM HEALTHCARE SERVICES(775) 348-7300
ADDRESS: 9400 Gateway Dr., Ste. A, Reno, NV 89521**Fax (855) 253-3789**
.....**www.maxhealth.com**
SERVICES: RN, LPN, CNA. Home health care, wellness programs available. Social Worker. Companionship to skilled nursing provided. 24-hour service.

MORE TO LIFE ADULT DAY HEALTH CENTER(775) 358-1988
ADDRESS: 1963 E. Prater Way, Sparks, NV 89434**Fax (775) 358-1588**
CONTACT: Jeff Dold, Director **E-mail: JeffDold@gmail.com****www.adultdaycarereno.com**
SERVICES: Provide a safe & friendly group care program for dependent adults during the day. The Center provides a comfortable & encouraging environment with a wide variety of activities to enrich the lives of each participant, & 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 & provide peer support, state-of-the-art secure facility, fenced patio, garden area & putting green. Serves Reno/Sparks area.
HOURS: Monday through Friday, 9:00 am - 4:00 pm & some Saturdays.
Accepting: Medicaid chips, Veterans, some long-term care insurance & private pay clients.



CAREGIVERS (CONTINUED)

NEVADA CAREGIVER SUPPORT CENTER.....(775) 784-4335

ADDRESS: Mail Stop 298, University of Nevada, Reno, NV 89557

PHYSICAL ADDRESS: Center for Molecular Medicine Bldg.**Fax (775) 784-4338**
Enterprise Rd., Reno, NV 89557**www.nevadacaregiver.unr.edu**

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.

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

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

WEBSITE: **admin@hhcnn.com**

SERVICES: Nevada PCA is a locally-operated Home Care provider of full-range in-home care services to assist those who want to remain more independent, have more scheduling freedom & more control over in-home services. This team assists you or a loved one with homemaking services; meal preparation, light housekeeping including laundry & mail correspondence. Personal care services include dressing & grooming, incontinency care & medication reminders as well as grocery shopping, other errands & social maintenance of family, friends & the greater community. Nurses on call 24/7. Insurance accepted: long-term care insurance, managed care insurance, Nevada Medicaid – HMO Plan-VA coverage & Workman’s Comp. Communities served: Reno/Sparks, Washoe County, Carson City, Fernley, Fallon, Minden/Gardnerville & outlying areas.

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

ADDRESS: 999 Pyramid Way, Sparks, NV 89431 **1 (800) 552-5588**
..... **www.nncil.org Fax (775) 353-3588**

SERVICES: We are a non-profit organization offering services for people with disabilities and senior services. Information & referral, free home safety evaluations, life skills training, transition services, equipment loan program, job development and advocacy. NNCIL is dedicated to improving the quality of life for people with disabilities by promoting independence through self-improvement, self-empowerment, choice & community involvement.

NORTHERN NEVADA HOPES.....(775) 786-4673

ADDRESS: 580 W. 5th St., Reno, NV 89503.....**Email: info@nnhopes.org**
.....**Website: www.nnhopes.org**

SERVICES: We offer integrated medical & 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 & a full-service, on-site pharmacy.



CAREGIVERS (CONTINUED)

OPTIONCARE INFUSION CENTER

ADDRESS: 7300 S. Virginia St. Ste. A, Reno, NV 89511.....(775) 828-8200

..... **E Fax (775) 201-7081**

SERVICES: Home infusion & Nursing Services. Offers specialized health care by highly qualified nurses, pharmacists & other healthcare professionals; can provide home infusion. Specialty infusion in the home setting. To include, but not limited to, IV Antibiotics, Total Parenteral Nutrition, Clotting Factor Therapy, Immunoglobulin Therapy, Inotropic Therapy, Hydration Therapy & Pain Management. Specialized Pharmacy & Nursing staff (or coordinated with local Home Health Agency) available to manage your IV therapy needs. Service area includes all Northern Nevada & parts of Northern California.

HOURS: M-F 8:30 a.m. - 5:00 p.m. On-call services available 24/7

PLANET ALZHEIMER'S 1 (805) 341-8476

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

Email: planetalzinfo@aol.com

www.planetalzheimers.com

Candace Stewart, Dementia Educator, Consultant & Author of "Welcome to Planet Alzheimer's".

SERVICES: Family consultations, pre-placement counseling, referral & resources, dementia friendly & person-centered care planning, pet therapy, community presentations, facility staff training & more, covering Northern Nevada.

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP).....(775) 687-4680 ext – L

NEVADA RURAL COUNTIES ONLY FAX: (775) 687-4494

ADDRESS: 2621 Northgate Ln., Ste. 6**Email:** shaas@nvrsvp.com

Carson City, NV 89706..... **www.nevadaruralrsvp.org**

PO Box 1708 Carson City, NV 89702-1708

SERVICES: Respite Care Program—to provide respite care, support & relief for families &/or caregivers currently providing the service. A free service that does not engage in providing medical assistance. Free Transportation, Home Companion Services & Friends Day Out offering a weekly respite care session providing a 3-hour musical activity at ST. Peter's Episcopal Church with the JAVA Music Club entertaining & interacting with care recipients while allowing care givers a respite for several hours.

FOR ADDITIONAL INFORMATION REFER TO ENTRY UNDER "COMMUNITY SERVICES."

RIGHT AT HOME(775) 826-7999

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

http://rightathomerenov.comEmail: marketing@rightathomerenov.com

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

SAINT MARY'S FITNESS CENTER(775) 770-3800

ADDRESS: 645 N. Arlington Ave., Ste 100, Reno, NV 89503 **www.SaintMarysFitness.com**

SERVICES: Specialize in medical exercise & Senior fitness.



CAREGIVERS (CONTINUED)

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

ADDRESS: 690 Sierra Rose Dr. Reno, NV 89511

Fax (775) 501-8493

www.saintmarysreno.org

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

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

ADDRESS: Multiple Locations **www.SaintMarysmedicalGroup.com**

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

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

ADDRESS: c/o Sanford Center for Aging **Email: sos@unr.edu**

University of Nevada, Reno **http://dhs.unr.edu/aging/outreach/sos**

1664 N. Virginia St., Mail Stop 0146

Reno, NV 89557

SERVICES: Specially-trained volunteers provide support & assistance to vulnerable elders in Washoe County.

SENIOR HELPERS(775) 828-1800

ADDRESS: 3185 Lakeside Dr., Reno, NV 89509..... **Fax (775) 828-1817**

Email: fgraves@seniorhelpers.com www.seniorhelpers.com

SERVICES: Senior Helpers specialize in providing quality care & companionship for seniors. Companion Care: Includes medication reminders, housekeeping, laundry, meal planning & preparation, transportation & errand assistance. Personal Care: In addition to companion care services includes assistance with bathing, dressing, incontinence care, ambulation & transferring. Provides respite services for family caregivers & 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 & hospitals. Compassionate well trained & experienced caregivers are available 24/7. Assisting the seniors of Northern Nevada. Private pay and long-term care insurance accepted. Licensed, bonded, insured.

SENIORS HELPING SENIORS.....Office (775) 622-8008

Address: 63 Keystone Ave., Ste. 301, Reno, NV 89503..... **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. Our highly trained staff of seniors specialize in a full range of services including: personal care, companionship, light housekeeping, meal preparation, transportation, pet care & shopping. As an innovative, intragenerational companion & home help service exclusively for seniors, we provide an experienced & credible resource of help for older adults who want to stay in their own homes. We service Reno, Sparks & the Carson City areas.



CAREGIVERS (CONTINUED)

SIERRA CAREGIVERS IN HOME HEALTH, (since 2001).....(775) 450-1026

ADDRESS: P.O. Box 969, Minden, NV 89423

Sharyon - Owner

Heather-Manager.....**Email: shakats@gmail.com**

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

SIERRA FOOT & ANKLE.....(775) 783-8037

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

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

Open: Monday – Friday. Call for hours & location.

SIERRA HOME HEALTH CARE.....(775) 359-7272

ADDRESS: 3500 Lakeside Ct., Ste. 145**Fax (775) 825-1344**

Reno, NV 89509 **Toll Free 1 (888) 597-3513**

.....**www.sierrahomehealthcare.com**

SERVICES: We are a personal care agency that's been in business for 19 years, locally owned & managed in Reno. We provide in-home personal care assistance including bathing, dressing, grooming, light housekeeping, & meal preparation. Douglas, Lyon, Storey, Washoe & Churchill Counties. We accept Medicaid, VA, private pay, & some insurance. Available 24/7

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

ADDRESS: 10580 N. McCarran Blvd., Ste. 115, PMB 233, Reno, NV 89503

www.SpecializedCareManagement.com

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

VISITING ANGELS(775) 852-4663

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

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



CAREGIVERS (CONTINUED)

VISITING ANGELS OF CARSON CITY(775) 515-4440

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

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

WINGFIELD HILLS HEALTH & WELLNESS CENTER(775) 335-8275

Address: 2350 Wingfield Hills Dr., Sparks, NV 89436**Fax (775) 333-8276**

..... **www.Wingfieldhillshealth&wellnesscenter.com**

Services: Skilled nursing & rehabilitation & long term care.



COMMUNITY SERVICES

AARP WESTERN NEVADA - Chapter 416(775) 328-2606

ADDRESS: 1155 East 9th St., Reno, NV 89512

SERVICES: Information center. Call for info.

AARP DRIVER SAFETY PROGRAM..... **Toll Free 1 (800)569-1658**

Carol Broady.....(775) 851-4550

Douglas County: For information contact Douglas County Senior Center(775) 783-6455

Carson City: For information contact Carson City Senior Center(775) 883-0703

SERVICES: A program designed for motorists 50 & older-defensive driving course. Classes are by reservation only. Registration fee in July is \$20.00 for AARP members & \$25.00 for non-members, per person. Multiple class times, at various locations. Upon completion of the course, persons may be entitled to a discount on their automobile insurance. A 4-hour class. *Open to All Drivers.*

AARP – SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM..... **Toll Free (877) 324-2243**

..... **Toll Free Fax (877) 324-2256**

ADDRESS: 1135 Terminal Way #102, Reno, NV 89502(775) 323-2243

Project Director: Rebecca Gordon **Fax (775) 323-7368**

SERVICES: Help low income seniors 55 and older, find part-time temporary work assignment in non-profit 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.

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

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

SERVICES: Full service thrift store including clothing, house wares, furniture & small appliances.
7 days a week.

HOURS: M-Saturday 9:00 a.m. – 7:00 p.m.

Sunday 10:00 a.m. – 5:30 p.m.



COMMUNITY SERVICES (CONTINUED)

AGE WISE RELOCATION,.....(775) 233-1049

ADDRESS: 3735 Christopher Circle, Reno, NV 89503.....**www.agewiserelocation.com**

Ray Sparks**eraysparks@aol.com**

SERVICES: Helps seniors to organize their living quarters, downsize 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.

BIG BROTHERS BIG SISTERS OF NORTHERN NEVADAOffice (775) 826-2112

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

Services: Free donation pickup of clothing & small household items at homes, apartments & senior living communities in Reno, Sparks & Carson City. Whether you are 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.

BLISS, RON, AFFORDABLE HEALTHCARE.....Office (775) 399-4197

ADDRESS: 1800 E. William St., Ste. 200, Carson City, NV 89701**Cell (775) 224-7169**

SERVICES: Assist with senior insurance products including Medicare supple Advantage; Part D drug plans, dental and vision.

BULLDOG PC REPAIR.....(775) 434-7510

ADDRESS: 1815 N. Carson St., Carson City, NV 89701.....**Email: info@bulldogpcrepair.com**

SERVICES: We are a family owned computer business who accepts donations in order to provide factory reset computers to seniors at a manageable price. This enables us to offer prices better than a senior discount. We understand the needs of those in their golden years have when it comes to learning computer skills & offer excellent one-on-one classes. Hours: Mon. – Fri. 10 a.m. – 6 p.m.

CARE CHEST OF SIERRA NEVADA(775) 829-2273

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

SERVICES: Medical equipment, prescription assistance, liquid nutrition, diabetic supplies, limited delivery service & various other medical resources. Low interest loan program to purchase assistive technology. CALL TO QUALIFY. Call for additional information.

Hours: M-F 8:30 a.m. to 5:00 p.m.....**www.carechest.org**

CARING TRANSITIONS OF NORTHERN NEVADA(775) 624-9175

ADDRESS: P.O. Box 60507, Reno, NV 89506.....**Email: bkaune@caringtransitions.com**

SERVICES: Senior Relocation & Liquidation Services. We are your "total solution" for your moving needs including Estate Sales/Online Auctions, Sorting/Organizing, Packing/Unpacking, Space Planning, & move management. Please visit our site at**www.caringtransitionsrenosparks.com**
Serving Reno, Sparks, Carson City & Fernley areas.

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

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

SERVICES: Medical Emergency Ambulance Membership Program serving Carson City.
(For Douglas County see East Fork Fire & Paramedic District) \$50.00 per adult per year.
\$75.00 per year for family (July-June). **Call for more information**



COMMUNITY SERVICES (CONTINUED)

CARSON CITY HEALTH & HUMAN SERVICES

COMMUNITY HEALTH CLINIC(775) 887-2195

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

SERVICES: Vaccinations. Thursdays 8:30 a.m. - 11:30 a.m. & 1:00 p.m. - 4:30 p.m.

HUMAN SERVICES.....(775) 887-2110

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

SERVICES: Partial rent assistance, one-time annually; provides electric & gas assistance, one-time annually; emergency prescription assistance; indigent medical assistance; indigent burial; provides financial assistance for sexual assault victim's counseling that occur in Carson City. Work Force Program. Assistance provided to qualified residents for long term care. Workforce strategies class every Wednesday 2:00-4:00 p.m. Financial Literacy classes available.

ADRC (Aging and Disability Resource Center) also available. Welfare 3 days a week – on call

CARSON CITY LIBRARY (775) 887-2244

ADDRESS: 900 North Roop St., Carson City, NV 89701

Erma Reinhart**Phone (775) 283-7595**

.....**Email: ereinhart@carson.org**

.....**www.carsoncitylibrary.org**

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 & who does not have anyone to come to the library for him/her is eligible.

Materials Available: Recreational reading materials (if necessary in large print), CDs & DVDs available.

Requirement: Short phone interview required for patrons who cannot come to the library. Other materials available: Recreational reading materials, free internet, computers, word processors available as well as videos, CDs and DVDs.

HOURS: Monday and Friday 10:00 a.m. to 6:00 p.m.

Tuesday, Wednesday, and Thursday 10:00 a.m. to 8:00 p.m.

Saturday 10:00 a.m. to 4:00 p.m.

Sunday 12:00 p.m. to 4:00 p.m.

CARSON CITY PUBLIC ADMINISTRATOR*(775) 887-2260

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

* Recorder's Office - ask for Public Administrator

PUBLIC ADMINISTRATOR: Audrey Rowlett

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.

CARSON CITY PUBLIC GUARDIAN(775) 887-2295

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

PUBLIC GUARDIAN: John Giomi.....**Email: jgiomi@carson.org**

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.



COMMUNITY SERVICES (CONTINUED)

CARSON CITY RECREATION DIVISION.....(775) 887-2290

ADDRESS: 841 N. Roop St., Carson City, NV 89701

MAILING ADDRESS: Carson City Aquatic Facility, 841 N. Roop St., Carson City, NV 89701

SERVICES: Recreation/exercise classes for all ages

Weight Resistance Training:

At Community Center

Pool– Aquasize Classes:

Carson Aquatic Facility.....(775) 887-2242

Cheerful, low impact aquatic exercise for all ages.

TIMES: Meets Monday - Friday 8 to 9 a.m.

Range of Motion:

Increase mobility & Range of motion thru gentle head-to-toe exercise in a 92 degree Therapy pool.

TIMES: Monday-Wednesday-Friday 9:00 a.m. & Tuesday & Thursday 10:00 a.m.

Deep Water Exercise:

TIMES: Tuesday & Thursday 5:30 p.m.

Monday, Tuesday & Thursday at 9:00 a.m. & 10:00 a.m.

CARSON MULTI-PURPOSE ATHLETIC CENTER.....(775) 887-2339

ADDRESS: 1860 Russell Way, Carson City, NV 89706.....www.carson.org/recreation

Indoor walking track & Pickleball.

CARSON CITY SENIOR CENTER.....(775) 883-0703

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

.....**Website: www.carsoncityseniorcenter.org**

SERVICES: Meals on Wheels, Case Management (Spanish-speaking available), 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 & minerals, bingo, bunco, card games, exercise classes, ping pong, yoga, bridge, quilting, knitting, computer lab, mah jongg, dancing, scrapbooking.

SUPPORT GROUPS: Tears & Rainbows (Grief Support), Alzheimer’s Support Group.

GIFT SHOP: M – F, 10 a.m. – 3 p.m.

THRIFT SHOP: Tues. – Sat., 10a.m. - 5:30 p.m.

ON-SITE DINING: M – F 11:00 a.m. - 12:30 p.m. Suggested donation 60 yrs. & over: \$2.25; Under 60 yrs.: \$6.00 required.

Use of facility for 60 yrs. & over, or by membership for under 60 (\$24. annual fee)

+ CARSON TAHOE HEALTH SERVICES AVAILABLE +

CARSON TAHOE CANCER CENTER(775) 445-7500

ADDRESS: 1535 Medical Parkway, Carson City, NV 89703**Fax (775) 445-7527**

SERVICES: We deliver the highest comprehensive cancer care under one, easy-to-access, roof. Refer to “Support Groups Carson Tahoe Cancer Services” for additional information, locations and times.



COMMUNITY SERVICES (CONTINUED)

CARSON TAHOE HEALTH SERVICES AVAILABLE

CARSON TAHOE BREAST CENTER.....(775) 445-5500

ADDRESS: 1400 Medical Parkway, Carson City, NV 89703

SERVICES: 3D Mammography Website: www.carsontahoe.com/imaging

CARSON TAHOE CARDIAC REHABILITATION.....(775) 445-7310

ADDRESS: 1470 Medical Parkway, Carson City, NV 89703**Fax (775) 884-0536**

SERVICES: Cardiac patient exercises. prescription from physician required.

CARSON TAHOE COMMUNITY HEALTHCHECK.....(775) 445-5160

SERVICES: Affordable lab screening. www.carsontahoe.com/healthcheck

CARSON TAHOE CONTINUING CARE HOSPITAL.....(775) 445-7795

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703**Fax (775) 888-6238**

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.

CARSON TAHOE EMERGENT CARE

ADDRESS: MINDEN MEDICAL CENTER.....(775) 445-7800

925 Ironwood Drive, Ste., 1104 Minden, NV 89423**Fax (775) 782-2967**

SERVICES: Out-patient lab, imaging & therapy available at this location. Refer to www.carsontahoe.com or the Community Services section of the Resource Guide.

CARSON TAHOE URGENT CARE(775) 445-7330

Carson City Facility

ADDRESS: 1201 South Carson St., Carson City, NV 89701**Fax (775) 841-1139**

HOURS: 8:00 a.m. - 8:00 p.m. 363 days a year (Closed Thanksgiving & Christmas)

Dayton Facility

ADDRESS: 901 Medical Center Dr., Ste. 101, Dayton, NV 89403.....(775) 445-7210

.....**Fax (775) 246-9002**

HOURS: M-F 8:00 a.m. - 6:00 p.m.; Saturday and Sunday 9:00 a.m. - 5:00 p.m.

CARSON TAHOE DIABETES EDUCATION(775) 445-8607

ADDRESS: 1600 Medical Parkway, Carson City, NV 89703www.carsontahoe.com/diabetes

ADDRESS: 925 Ironwood Dr., Minden, NV 89423

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 & gestational diabetes training are available.

CARSON TAHOE IMAGING (Out-patient 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



COMMUNITY SERVICES (CONTINUED)

CARSON TAHOE INFUSION SERVICES(775) 445-7967

ADDRESS: 1535 Medical Parkway, Carson City, NV 89703

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

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.....**Fax (775) 461-3090**

Carson City, NV 89703 **www.carsontahoe.com/cardiovascular-care** **Email: carsontahoeheart.com**

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 & 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**

Additional Location:

Dayton Medical Center.....(775) 445-7630

ADDRESS: 901 Medical Center Dr., Dayton, NV 89403

CARSON TAHOE NUTRITIONAL COUNSELING(775) 445-5500

ADDRESS: 1600 Medical Parkway, Carson City, NV 89703

Website: www.carsontahoe.com/nutritionalfacts

CARSON TAHOE PAIN INSTITUTE.....(775) 445-7225

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

SERVICES: Pain Management

CARSON TAHOE PHYSICIAN REFERRAL SERVICE

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

(A service of Carson Tahoe Regional Healthcare) **(775) 445-5169**

How to find the physician you need.

THE CLINIC AT WAL-MART..... **(775) 445-7220**

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

ADDRESS: 3770 U.S. 395, Carson City, NV 89705

ADDRESS: 1511 Grant Ave., Gardnerville, NV 89410

HOURS: Monday – Friday 8:00 a.m. – 8:00 p.m.

Saturday: 9:00 a.m. – 7:00 p.m. Sunday: 11:00 a.m. – 5:00 p.m.

CARSON TAHOE PHYSICAL THERAPY

ADDRESS: 1122 S. Stewart St., Carson City, NV 89701 **(775) 445-5757**

..... **Fax (775) 885-6696**

ADDRESS: 925 Ironwood Dr., Ste. 1109, Minden, NV 89423 **(775) 445-7842**

(Minden Medical Center)

OPEN: Monday – Friday – Call for Hours

CARSON TAHOE SURGICAL SERVICES

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

ADDRESS: Carson Tahoe Sierra Surgery, 1400 Medical Pkwy., Carson City **(775) 445-6471**

ADDRESS: Carson Tahoe Surgery Center, 973 Mica Dr., Carson City..... **(775) 445-7970**

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

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

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703

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

+ CARSON VALLEY MEDICAL CENTER SERVICES AVAILABLE +

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

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

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

HOURS: Monday - Friday 8:00 a.m.-5:00 p.m. (including holidays). Call for additional information.

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

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

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



COMMUNITY SERVICES (CONTINUED)

CVMC LABORATORY(775) 782-1536

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

SERVICES: Full clinical & outpatient laboratory services.
Discounted lab draws 3rd Thursday of each month.

CVMC MINDEN FAMILY MEDICINE(775) 782-1603

ADDRESS: 1649 Lucerne St., Minden, NV 89423

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

HOURS: Monday - Friday 8:00 a.m. - 5:30 p.m.
Same day appointments available on a limited basis.

CVMC REHABILITATIVE SERVICES(775) 782-1519

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

SERVICES: Providing Physical Therapy, Occupational Therapy & speech-language Therapy. The only certified aquatic therapist on staff in Northern Nevada.

CVMC RESPIRATORY CARE(775) 782-1626

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

SERVICES: Offers complete pulmonary function testing, respiratory care, asthma education & ICU unit.

CVMC SENIOR CARE(775) 783-4823

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

SERVICES: Primary care & internal medicine for patients 65 & over.

CVMC SURGERY DEPARTMENT (775) 782-1595

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

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

CVMC URGENT CARE (775) 782-1610

ADDRESS: 897 Ironwood Dr., Minden, NV 89423

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

HOURS: M – F 8 a.m. – 7 p.m.
Sat 9 a.m. – 5 p.m.

CVMC WOUND CARE CENTER(775) 783-3075

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

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



COMMUNITY SERVICES (CONTINUED)

CARSON VALLEY ADULT DAY CLUB (775) 782-1329

ADDRESS: 1329 Waterloo Lane, Gardnerville, NV 89410

SERVICES: We provide a safe, nurturing & engaging care setting in which older adults who are living with either cognitive or physical disabilities, or both, will receive individualized social services for some part of their day. Our philosophy is to connect multiple generations to the care of an honored individual.

CENTER FOR HEALTHY AGING (775) 386-3210

ADDRESS: 11 Fillmore Way, Reno, NV 89519 **www.addinglifetoyears.com**

Center for Healthy Aging is an organization dedicated to “adding life to years” & keeping our elder population safe & independent in the community.

SERVICES: Consultation & coaching for elders & family members; education/lectures (caregiving/aging). Senior health advocate volunteer program, Elder gap services; Senior healthy walking program adding life to years.

CONTACT: Lawrence J. Weiss, Ph.D. Founder & CEO

CELL: (775) 376-3210 **Email:** larryweiss@gmail.com
Marta Malone (775) 848-1260

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

ADDRESS: Food Bank of Northern Nevada **Ask for:** CSFP

550 Italy Drive, Sparks, NV 89437 **Email:** lwarren@fbnn.org
..... **www.fbnn.org**

SERVICES: For adults 60 years & older. Family income must be at or below 130% of the Federal Poverty Guidelines. Clients must reside in the county or the area the program is offered. Provides a food package each month in Carson City, Churchill, Washoe, Lyon, Mineral & Storey Counties. The program is administered by the Nevada State Department of Administration, Purchasing Division, Food Distribution Program.

COMPUTERCORPS (775) 883-2323

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

..... **Email:** admin@computer corps.org
..... **www.computer corps.org**

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

HOURS: Donation acceptance hours:

Monday - Friday 9:00 a.m. to 4:00 p.m.

Saturday 9:00 a.m. to 1:00 p.m.

Closed Sunday



COMMUNITY SERVICES (CONTINUED)

CONTINUUM, THE (775) 829-4700

ADDRESS: 3700 Grant Drive, Reno, NV 89509.....**Fax (775) 829-4710**

CONTACT: Diane Ross.....**Email: dianeross@continuumreno.com**

SERVICES: Specializes in Geriatric Rehabilitation, offering physical, occupational & speech therapies; provides case management & support; has an adult day program & home safety & modification program including safety bars & ramps. Accepts Medicare, Medicaid, most private insurance.

COOKE ELDER NAVIGATION SERVICES (775) 762-9258

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

OWNER: Theresa Cooke, C.D.F.....**www.cookeldernav.com**

SERVICES: I work with seniors & their families as a trusted partner, advocate & navigator to help you navigate through the available resources to determine a care plan for you & your family. I also act as a family & patient advocate asking objective questions to your physicians, hospital, rehabilitation, & memory care personnel. At Cooke Elder, I do the research. I do the leg work to help you make informed decisions. January 2020 – Cares Dementia Specialist.

CREATIVE ELDER SOLUTIONS(775) 287-1859

ADDRESS: P.O. Box 34357, Reno, NV 89523.....**Fax (775) 746-1089**

Carolyn Vergara**CV@creativeeldersolutions.com**

SERVICES: A private geriatric care management company whose care managers can assist older adults experiencing medical &/or physical challenges by completing a comprehensive assessment & plan of care. The plan will include recommendations & concrete community resources to ensure the older adult maintains optimal quality of life, independence & safety in their living environment. Ongoing monitoring, coordination services, relocation support, consultation visits for families living locally to assist their older family members & to assist them to navigate the myriad community resources are also offered.

HOURS: M-F 8 a.m. - 5 p.m. On-call after hours & on weekends for existing clients. Fluent in English & Spanish. Serving Carson City, Churchill, Douglas, Lyon, Storey & Washoe Counties.

CRISIS SUPPORT SERVICES OF NEVADA**Business Phone M-F 8-5 (775) 784-8085**

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

.....**Crisis Lines: (775) 784-8090 & 1 (800) 273-8255**

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

DAHL'S PHARMACY OF CARSON CITY.....(775) 885-8881

ADDRESS: 1007 N. Curry St., Carson City, NV 89703.....**Fax (775) 885-2690**

DAHL'S PHARMACY OF FALLON.....(775) 423-3194

ADDRESS: 1870 W. Williams Ave., Fallon, NV 89406.....**Fax (775) 423-8770**



COMMUNITY SERVICES (CONTINUED)

DAHL'S PHARMACY OF FERNLEY(775) 575-4435

ADDRESS: 805 E. Main St., Fernley, NV 89408**Fax (775) 575-2670**

SERVICES: We will coordinate all your medications refills, making them available for pick-up or delivery on the same day each month.

SPECIALTY PACKAGING: We can package medications by the day, week or month.

DELIVERY: We offer our patients the option of having their medications delivered.

DURABLE MEDICAL EQUIPMENT SALES: If we don't have what you are looking for in stock, we'll custom order it for you.

DAHL'S SPECIALTY PHARMACY(775) 461-3980

ADDRESS: 1007 N. Curry St., Carson City, NV 89703.....**Fax (775) 885-8547**

SERVICES: Providing pharmacy services for individuals living in Assisted Living, Group Homes & Hospice.

DAYTON SENIOR CITIZENS CENTER.....(775) 246-6210

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

MANAGER: Stephanie Wolf**Email: swolf@lyon-county.org**

SERVICES: Thrift Shop

Meals on Wheels: Homebound meals delivered to Mark Twain, Dayton, Mound House.

Nutrition On-site: Nutritious Meals 11:30 a.m.- 12:30 p.m.

Lunch: Mondays - Fridays. (suggested donation \$2.00 for seniors 60 & over, charge for individuals under 60)

Birthday Lunch: Every third Friday

ACTIVITIES: Resistance exercise, bingo, pool table, cards, crafts.

- Bridge: Tuesdays 12:30 - 3:30 p.m.
- Crocheting, Knitting & Quilting: Tuesdays & Thursdays @ 2:00 pm.
- Computer Lab
- Mexican Train Dominoes: Wednesdays @ 1:00 pm.
- Line Dancing: Mondays 2:00 pm.

ASSISTANCE: All types of referrals

- Senior RX
- Medicare supplement insurance referral makes "SHIP" Medicare appointments and legal aid appointments.

SUPPORT GROUP: AA meeting on Sundays

CALL FOR TRANSPORTATION

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

ADDRESS: 1528 Hwy. 395 N., Ste. 215, Gardnerville, NV 89410

E-mail: douglascenterforhopeandhealing.org

SERVICES: We offer free grief support to children, teens & adults twice a month 2nd Wednesday & 4th Thursday from 6 to 7 p.m.
Lending library of grief materials available as requested.



COMMUNITY SERVICES (CONTINUED)

DOUGLAS COUNTY SOCIAL SERVICES..... (775) 782-9825

ADDRESS: 2300 Meadow Lane, Gardnerville, NV 89410

SERVICES: Food closet eligibility, Case Management, emergency services, utility assistance, Employment Training, limited emergency housing, application assistance & resource coordination. Eligibility determined through application & interview process based on residency, income & county and grant guidelines.

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

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

SERVICES: Meals on Wheels, legal advisor, Medicare advisor.

Homemaker program: help \$4.00 each hour

Transportation: DART Dial-a-ride 783-6456; "55 Alive" AARP Driver Safety Program. Call for information, dates & times.

ACTIVITIES: Art classes, quarterly senior dance, senior bus trip, blood pressure screening.

Bingo M-W-F 1:00 p.m.; & 3rd Sunday of the month Progressive Pot at 1:00 p.m.

Cards Tues & Thurs at 1:00 p.m. **Ceramics** Tuesday & Friday 9:00 a.m. - 3:00 p.m.

Yoga Senior Center 10:30 a.m.-11:30 a.m.

GIFT SHOP 10 – 2 Monday - Friday

ON-SITE DINING: 12:00 noon Monday - Friday. Suggested donation of \$3.00 for those 60 and over. Soup at 11:15 a.m.

SATELLITE FACILITY: In Topaz for seniors on Mondays, Tuesdays & Thursdays Indian Hills General Improvement District, James Lee Park Wed and Friday 60 & older.

EAST FORK FIRE PROTECTION DISTRICT(775) 782-9040

ADDRESS: 1694 County Rd., Minden, NV 89423.....**Fax (775) 782-9043**

SERVICES: Medical emergency ambulance membership program serving Douglas County.

\$65.00 per year for family (Jan - Dec). Call for more information.

\$130.00 if someone in household has no insurance. **www.eastforkfire.org**

EMERGENCY RESPONSE FOR DOUGLAS COUNTY911

EB HOMES

HOME ACCESSIBILITY

Call Eric Barry **(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.

Email: ebhomes9@gmail.com

Nevada License #0056470

ECONOMY WASH 'N DRY LAUNDROMAT.....(775) 887-9838

ADDRESS: 207 Hot Springs Road, Carson City, NV 89706.....

SERVICES: Offers drop-off laundry service for \$2.00 per pound. Pick-up and delivery is available with a 10 lb. minimum.



COMMUNITY SERVICES (CONTINUED)

ENERGY ASSISTANCE PROGRAM (EAP) - STATE WELFARE DIVISION PROGRAM

ADDRESS: 2527 N. Carson St., Ste. 260.....(775) 684-0730 or 684-0731
Carson City, NV 89706**Fax: (775) 684-0740 Toll Free 1 (800) 992-0900**
.....**Website: <http://dwss.nv.gov> *click on: Energy Assistance Program***

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.

EYE CARE AMERICA

Administration Info Toll Free 1 (877) 887-6327.....**www.eyecareamerica.org**
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. Go to web site.
Call 8 –12 a.m. PT, M–F.

FAMILY SUPPORT COUNCIL OF DOUGLAS COUNTY.....(775) 782-8692

ADDRESS: 1255 Waterloo Lane, Ste. A, Gardnerville, NV 89410.....**Fax (775) 782-1942**
SERVICES: Domestic violence; parent education, general community resource information; women's domestic violence shelter, outreach & 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.
24 Hour Crisis Line: (775) 782-8692

FERNLEY SENIOR CITIZENS CENTER.....(775) 575-3370 (P)

ADDRESS: 1170 W. Newlands Rd., Fernley, NV 89408.....(775) 575-3371 (F)
MANAGER: Debby Stevens Email: dstevens@lyon-county.org
SERVICES: Thrift Shop, Meals on Wheels, Nutrition on site: Nutritious meals 11:30 – 12:30 pm
Lunch: M-F (suggested donation \$2.00 for seniors 60 & over; \$7.00 charge for individuals under 60)
Activities: Exercise, games, pool table, cards, crafts, Chair Yoga: M/W/F 9:30 am.
Sign Language Class: Wednesdays – 1:00 pm.
Writing Group: Thursdays – 1:00 pm.
Quilting: Tuesdays – 1:00 pm.
Assistance: All types of referrals (SHIP & legal aid appointments)

FIDUCIARY SERVICES OF NEVADA.....(775) 841-4119

MAILING ADDRESS: P.O. Box 664, Carson City, NV 89702.....**Fax (775) 883-0699**
SERVICES: Private Guardianship, Probate Administration, Power of Attorney, Estate & Trust Management.

WEBSITE: [www: Fiduciarynv.com](http://www.Fiduciarynv.com)

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

ADDRESS: 138 East Long St., Carson City, NV 89706.....**Fax (775) 884-0308**
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 & laundry. FREE Health Clinic for uninsured and persons unable to pay sliding scale – by appointment. For low income families. Serves Carson City, Douglas, Lyon, & Storey Counties.



COMMUNITY SERVICES (CONTINUED)

FRIENDS IN SERVICE HELPING (FISH)

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

Address: Mound House: 10126 Hwy. 50 E., Unit A, Mound House, NV 89706.....(775) 246-7654

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

Services for Douglas County, Lyon County, Markleeville & Waterford

Services: Food bank, emergency clothing, southwest gas, utility & water heater assistance, two dental referrals per month for acute cases. Large room to rent.

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

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

FRIENDS TO ALL: SANTA'S VISIT - Annual homebound senior holiday visits by Santa.

CALL: Gwen Pradere(775) 315-2484

GREAT BASIN PHYSICAL THERAPY.....(775) 782-4466

ADDRESS: 1701 County Road, Ste. B.....**Fax (775) 783-9708**
Minden, NV 89423

SERVICES: All phases of out-patient physical therapy; Aquatic Pool Therapy available at Carson Valley Swim Center.

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

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

Guardians: Bonni Walker, National Master Guardians

Shelly Register, Kelly Tingel, National Certified Guardians

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

HANDYMAN CONNECTION.....(775) 324-6611

CREW SUPERINTENDENT: Cameron Galloway.....**csr@zcamconstruction.com**

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

HIGH DESERT THERAPISTS, INC.

ADDRESS: 5 Pinecone Road.....(775) 246-7742

Dayton Medical Center, Dayton, NV 89403.....**Fax (775) 246-7559**

ADDRESS: 2205 Glendale Avenue, Ste. 129.....(775) 284-2984

Sparks, NV 89431.....**Fax (775) 284-2985**

SERVICES: All phases of out-patient physical therapy.



COMMUNITY SERVICES (CONTINUED)

JAC/JAC ASSIST(775) 841-7433

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

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

JUNELL MOVES MADE EASY(775) 470-7760

ADDRESS: 10539 Professional Circle, Ste. 100, Reno, NV 89521

SERVICES: Providing everything you need to make your Rightsizing or Downsizing move easy. From where to move, what to take, coordinating the move, unpacking, resettling in the new home, what to do with the "stuff" remaining & preparing the former home for sale. We provide help & support throughout the entire process to make the transition easier. For additional information visit www.JunellMovesMadeEasy.com or call (775) 470-7760

LIFE CHANGE CENTER-CARSON CITY**Reno: (775) 355-7734**

.....**Carson City: (775) 350-7250**

ADDRESS: 1201 N. Stewart St., Carson City, NV 89701 www.tlcreno.org

SERVICES: The Life Change Center is a 501©3 non-profit organization that has been providing recovery services for heroin & prescription medication abuse concerns since 1999. We offer 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 & improving quality of life. We have a talented group of staff members with expertise in recovery from opioid addictions.

LIFELINE: Personal emergency response system (PERS) & personal medication dispenser (PMD).

We offer GOSAFE which gives protection outside of home, AutoAlert that enables you to push a pendant-style button for help at any time; in addition, it provides an added layer of protection by automatically placing a call for help if a fall is detected & you can't push your button because you are disoriented, immobilized or unconscious.

CONTACT: Marta R. Malone, Lifeline Program Manager

CELL: (775) 848-1260 **Email:** marta@addinglifetoyears.com

LYON COUNTY FOOD DISTRIBUTION

Dayton Food Pantry(775) 246-7834

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

SERVICES: Emergency food distributed Monday - Thursday from 10a.m. to 4p.m.

Silver Stage Food Pantry M-F 10 a.m. - 4 p.m.(775) 577-9161

ADDRESS: 3595 Ramsey Cut-off

SERVICES: Full wrap around food pantry and thrift shops.



COMMUNITY SERVICES (CONTINUED)

LYON COUNTY HUMAN SERVICES

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

DAYTON OFFICE ADDRESS:775) 246-6326
5 Pinecone Road, Ste. 103, Dayton, NV 89403.....Fax (775) 246-6312

FERNLEY OFFICE ADDRESS:775) 575-1703
460 W. Main St., Ste. 110, Fernley, NV 89408.....Fax (775) 575-3373

YERINGTON OFFICE ADDRESS: (775) 463-6583
26 Nevin Way, Yerington, NV 89447.....Fax (775) 463-6534

SERVICES: EMERGENCY ASSISTANCE: Provides assistance to individuals and families with such emergency needs as food, shelter, rent, utilities and gasoline. Eligibility determined through interview & 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 & transportation.

AGING & DISABILITY RESOURCE SERVICE: Provides information & referral to community resources, for seniors & their caregivers.

MEDICARE ELIGIBILITY INFORMATION.....1-(800) 772-1213

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

NEVADA AGING & DISABILITY SERVICES DIVISION

Home & Community Based Waiver (HCBW – formerly CHIP) **Statewide: 1(800)992-0900**
Home & Community Based Waiver for frail & elderly, provides case management & non-medical services to frail & elderly to help them maintain independence in their own homes as an alternative to nursing home placement. This is a Medicaid waiver & the applicant must qualify for Nevada Medicaid.

Home & Community Based Waiver for persons with Physical Disabilities..... **Statewide: 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 & the applicant must qualify for Nevada Medicaid.

Community Services Options Program (COPE) Higher income limits/state funded. . **Statewide: 1 (800) 992-0900**
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 State funded & only need help with homemaking..... **Statewide: 1(800)992-0900**
The Homemaker Program aids eligible individuals to remain in their own homes & avoid placement in a nursing facility. These individuals must exhibit a functional deficit that impairs their ability to complete these tasks & lack an available support system.



COMMUNITY SERVICES (CONTINUED)

Personal Assistance Services Program (PAS) Higher Income Limits / State Funded...Statewide: 1((800) 992-0900

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.

Senior & Disability RX.....Statewide: 1 (866) 6323 Opt. 2

This program is a state pharmaceutical assistance program for low-income seniors & persons with disabilities who are Medicare eligible & 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) 687-0958

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

Sierral Regional Center.....(775) 688-1930

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

Nevada Care Connection Resource Centers (NCCRCs)..... www.NevadaCareConnection.org

Access to Healthcare Network..... 1(877)861-1893

Washoe, Carson, Douglas, Storey, Humboldt, White Pine, Elko, Eureka & Lander counties

William Pennington Life Center.....(775)423-7096

Churchill & Pershing counties.

Lyon County Human Services.....(775)577-5009

Lyon County

NEVADA DEPT. OF HEALTH & HUMAN SERVICES

DIVISION OF PUBLIC & 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, and can be found at: <https://dpbh.nv.gov/Programs/OH/dta/Community/Community/> under **Dental Providers Nevada** and under **Federally Qualified Health Centers with Dental Services**. For more information, please call the State Dental Health Officer, Dr. Antonina Capurro, at **(702) 774-2573**, or **Email** her at acapurro@health.nv.gov .

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

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

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

HOURS: 7 days a week 8 a.m. - 6:30 p.m.

ADOPTIONS: 11 a.m. – 6:30 p.m. and Saturdays 10 a.m. – 6:30 p.m.

CLOSED: Thanksgiving and Christmas



COMMUNITY SERVICES (CONTINUED)

NEVADA RURAL HOUSING AUTHORITY(775) 887-1795

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

.....**Email: operator@nvrural.org**

SERVICES: Housing Rental Assistance for disabled, elderly & low-income families; waiting list is approximately 2 yrs or more.

HOURS: Monday - Thursday 8:00 a.m. - 4:00 p.m.

TELEPHONE HOURS: Monday - Thursday 8:00 a.m. - 4:00 p.m. Friday 8:00 a.m. - noon.

WEATHERIZATION ASSISTANCE PROGRAM(775) 887-1795

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

NEVADA SENIOR GUIDE.....(775) 336-8644

SERVICES: Nevada Senior Guide is the comprehensive Resource Directory for Seniors in Nevada & those looking to relocate in Nevada. We can help you reach your 2020 numbers. www.NVSeniorGuide.com

NORTHERN NEVADA ACCOUNT EXECUTIVE: Barbara Westcott. Please contact me with any questions.

Email: Qualitywellnessnow@yahoo.com

NEVADA TALKING BOOK SERVICES 1 (800) 922-9334

NEVADA STATE LIBRARY & ARCHIVES(775) 684-3354

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

.....**Email: nvtalkingbooks@admin.nv.gov**

SERVICES: A free national library program of Braille & recorded materials for qualified blind & physically handicapped persons. Reading materials & playback machines are sent to borrowers & returned to libraries by postage-free-mail. Anyone who is unable to read or use standard printed materials as a result of temporary or permanent visual or physical limitations may receive service.

NEVADA URBAN INDIANS, INC.

ADDRESS: 6512 S. McCarran Blvd., Ste. A - C, Reno, NV 89509(775) 788-7600

.....**Fax (775) 788-7611**

.....**www.nevadaurbanindians.org**

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.

HEALTH CLINIC is open to GENERAL PUBLIC on McCarran between Talbot Ln. & Kietzke Ln.

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.



COMMUNITY SERVICES (CONTINUED)

PARADISE SPA – THERAPY POOLS.....(775) 883-4434

ADDRESS: 3430 Executive Pointe Way, Carson City, NV 89706..... **www.ParadiseSalonSpaWellness.com**

SERVICES: Adult only facility with two warm saltwater pools, 86 to 99 degrees. Class size is limited. Small classes keep it fun & 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. Silver Sneakers & Tivity Prime are accepted. We also offer Aquatic Rehab with an Aquatic Therapy & 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 & pain relief is on the Ability Fix website: **www.AbilityFix.com**.

PETS OF THE HOMELESS, FEEDING

MAILING ADDRESS: 400 W. King St., Ste. 200, Carson City, NV 89703

CALL FOR HELP:(775) 841-7463

Email: Info@petsofthehomeless.org

SERVICES: Website interactive map lists donation sites as well as pet food providers

www.petsofthehomeless.org

Homeless can call when a pet is injured or ill for emergency veterinary care.

PULSE FITNESS(775) 782-2705

ADDRESS: 885 Mahogany Dr., Minden, NV 89423..... **email: info@pulsefitnessnv.com**

SERVICES: Senior amenities & pricing. Include Silver & Fit.

Group classes including: Yoga, Senior Strength, Low Impact & more.

Suanas, Nutrition Center & Personal Trainers. Members have access 24/7. Free kids club.

HOURS: Mon. – Fri. 7:00 a.m. – 7:00 p.m.; Sat. – Sun. 7 a.m. – 3 p.m.

PENNINGTON LIFE CENTER, WM. N(775) 423-7096

ADDRESS: 952 South Maine St., Fallon, NV 89406

The William N. Pennington Life Center (formerly Churchill County Senior Center) is located next to Churchill County Museum on the historical Maine St. This beautiful \$5-million creation is the pinnacle of the community as it boasts an “intergenerational” aspect for Fallon and Churchill County.

SERVICES: Hours 8:00 a.m. – 4:30 p.m. Weekdays

Soup of the day is served at 11 a.m., and lunch is served at 11:30 –12:30 daily.

Programs include: Meals on wheels, Homemaking & Nevada Care Connection Resource Center. Exercise Classes , 3 times a week, Bingo on Tuesdays, Craft Classes, Scrapbooking & Mexican Dominoes weekly.

Stop by & pick up our latest menu, activities calendar & newsletter to be part of “Generation Joined”.



COMMUNITY SERVICES (CONTINUED)

PERSHING COUNTY SENIOR CENTER(775) 273-2291

ADDRESS: 630 Western Ave., Lovelock, NV 89419

LUNCH SERVICE: 11:00 am – 1:00 pm M-F

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

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

CONTACT: Sue Roth..... **Email: sue.roth@uhsinc.com**

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

PUT IT IN ORDER LLC(775) 848-3350

PROPRIETOR: SARAH FELIZ..... **Email: sfeliz@putitinorder.com** **www.putitinorder.com**

SERVICES: Clearing cluttered spaces, organizing files, planning & executing moves. We can help you determine what to keep, toss, sell & donate. Give yourself a new & well organized space that you are proud of & can contribute to a happier, healthier home.

RETIRED LIVING TRUTH SERIES(775) 432-6398

ADDRESS: 5060 Riggins Ct., Reno, NV 89502

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 free for seniors and their guest.

To see the topics, schedule, or to register visit **www.RetiredLivingTruthSeries.com**

For additional information call **(775) 432-6300** or email: **team@junellgroup.com**

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP)(775) 687-4680
NEVADA RURAL COUNTIES**Fax (775) 687-4494**

ADDRESS: 2621 Northgate Ln., Ste. 6

Carson City, NV 89706 **www.nevadaruralrsvp.com**

P.O. Box 1708, 89702-1708

EXECUTIVE DIRECTOR: Susan Haas **Email: shaas@nvrsvp.com**

RSVP's mission is to help frail, homebound, & low-income seniors remain independent by providing high quality programs which allow them to stay in their own homes with dignity. Additionally, RSVP coordinates a volunteer network of seniors who use their skills & talents to provide support to community agencies & address community needs through service.

SERVICES: Respite Care, Care Law Program - Pro Bono Legal Service, Home Companion, Homemaker Services, Resistance Exercise Training Program, Transportation Program, Personal Emergency Response System, Senior Farmers Market Nutrition Program, Veteran's VIP Program. Volunteer Opportunities available.

Call for information. Services are offered at no charge: donations are gratefully accepted.



COMMUNITY SERVICES (CONTINUED)

RETIRED & SENIOR VOLUNTEER PROGRAM (RSVP) OF WASHOE COUNTY(775) 784-1807

ADDRESS: c/o Sanford Center for Aging **Email:** rsvp@unr.edu
University of Nevada, Reno..... <https://med.unr.edu/aging>
1664 N. Virginia St., Mail Stop 0146
Reno, NV 89557

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

RON WOOD FAMILY RESOURCE CENTER.....(775) 884-2269

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

SERVICES: A non-profit organization that exists to assist families in creating a positive & supportive environment for all, including seniors. The following may be accessed through the center; commodities, energy assistance, light case management, help completing various paper work & finding resources according to each individuals needs.

Email: carson-family.org

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

ST. TERESA OF AVILA CONFERENCE

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

Services: We are a Catholic non-profit charitable group which serves all the residents of Carson City, regardless of race, ethnicity, or religion. We provide funds to assist with rent, temporary housing, utility bills, automotive repairs & a multitude of other needs. All funds used in this program are donated by our parishioners & vary from week to week. Volunteers are available Monday thru Friday (except holidays) from 9 a.m. to 5 p.m. 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 how busy the phone line is that day.**

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

ADDRESS: 911 E. 2nd St., Carson City, NV 89701
P.O. Box 956, Carson City, NV 89702

SERVICES: Fresh Food Pantry, utility service, transportation for church services & educational programs.

SALVATION ARMY FAMILY STORE(775) 885-1898

ADDRESS: 3320 Research Way, Carson City, NV 89706

SERVICES: Thrift Store: Monday - Saturday 9:00 a.m. - 6:00 p.m.

HOURS: Donation Hours: Monday - Saturday 9:00 a.m. - 5:00 p.m.

Pickup Service (775) 688-4559



COMMUNITY SERVICES (CONTINUED)

SANFORD CENTER FOR AGING(775) 784-4774

ADDRESS: University of Nevada, Reno **Email:** sanford@unr.edu
1664 N. Virginia St., Mail Stop 0146..... **http://med.unr.edu/aging**
Reno, NV 89557

SERVICES: The Sanford Center for Aging enhances the quality of life & well-being among elders through education, research & community outreach, promotes aging-related research, education & community outreach. Community programs include: Geriatric assessment clinic, Senior Outreach Services (SOS) companionship program, volunteer program, medication, health & wellness programs, & education programs for undergraduate students & health professionals.

SENIOR BRIDGES at Northern Nevada Medical Center

ADDRESS: Outpatient Program - 2345 E. Prater Way, Ste. 111, Sparks, NV 89434
.....**M-F (775) 356-1279 Fax (775) 356-1235**

ADDRESS: Inpatient Program - 2375 E. Prater Way, Sparks, NV 89434
.....**24/7 (775) 356-4071 Fax (775) 356-4082**

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 & master level social workers, or marriage and family therapists.

SENIOR CARE PLUS/HOMETOWN HEALTH **Toll Free: 1(888)775-7003**

ADDRESS: 911 Topsy Lane, Ste. 230, Carson City, NV 89705

SERVICES: Senior Care Plus/Hometown Health offers Medicare Advantage Plans.
www.seniorcareplus.com **E-mail: mwright@hometownhealth.com**

STORE HOURS: M-F 8 a.m. - 5p.m.

CUSTOMER SERVICE HOURS: 7 a.m. - 8 p.m., 7 days a week

SENIOR & DISABILITY RX PROGRAM-AGING & DISABILITY SERVICES DIVISION..... **1(866)303-6323 opt. 2**

.....**(775) 687-4210 opt. 2**

..... **Fax: (775) 687-0574**

This program is a state pharmaceutical assistance program for low-income seniors & persons with disabilities who are Medicare eligible & 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).



COMMUNITY SERVICES (CONTINUED)

SENIOR SERVICE NETWORK

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

www.seniorservicenetWORK.us

Email: info@seniorservicenetWORK.us

The Senior Service Network is a non-profit organization comprised of an experienced team of volunteers. Our mission is to have a positive impact on the quality of life of seniors, by networking, sharing expertise & staying current on issues important to the senior community. Through fundraising & community donations, we are able to serve as a safety net to seniors providing a one time, emergency financial intervention to those in dire situations, when no other resources exists. For more information about how to apply, visit our website.

SERVICES: Senior Celebration - An annual event that brings together providers of senior services in Northern Nevada. Seniors can attend this fun FREE event & learn about services that are available to them in the community.

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

SIERRA SPECIALTY PHARMACY.....(775) 853-3502

ADDRESS: 9738 S. Virginia St. #F, Reno, NV 89511

CONTACT: Katie Stolworthy

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

HOURS: Monday – Friday 9:00 a.m. to 6:00 p.m.

.....**www.SierraFamilyPharmacies.com**

SILVER SPRINGS SENIOR CENTER(775) 577-5014

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

SERVICES: Thrift Store Donations accepted Mondays - Friday 10:00 a.m. - 2:00 p.m.

Nutrition on site

Lunch: Mondays - Fridays 11:30 a.m. - 12:30 p.m.

Dinner: Tuesday – Wednesday – Thursday 4:00 - 5:00 p.m.

(suggested donation \$2.00 for seniors 60 & over, charge for individuals under 60)

Senior transportation to center for meals is available.

Homebound meals: Delivered to Silver Springs & Stagecoach.

ACTIVITIES: Pool table, cards, computer lab, library & exercise room, sewing, drawing groups, yoga, knitting, free Bingo: Mondays & Wednesdays – 1:00 pm.

NEVADA LEGAL SERVICES: Assistance – all types of referrals (SHIP & Legal aid appointments)

MANAGER: Penny Valiska **Email:** pvaliska@lyon-county.org

SILVER STATE FAIR HOUSING COUNCIL(775) 324-0990

ADDRESS: P.O. Box 3935, Reno, NV 89505..... **Toll Free 1 (888) 585-8634**

..... **Email: fairhousing@SSFHC.org Fax (775) 324-7507**

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



COMMUNITY SERVICES (CONTINUED)

SOUTHGATE APARTMENTS (775) 887-1747
ADDRESS: 2100 California St., Carson City, NV 89701.....**Fax (775) 887-1791**
MANAGER: Sharon Ryan (ext. 134)..... **Email southgateapts@hotmail.com**
SERVICES: Housing (rental assistance) for Seniors 62 and over and handicapped or disabled persons of any age. Waiting list applies.....**www.weststatespropertymanagement.com**

SPARKS SENIOR CITIZENS CENTER
ADDRESS: 97 Richards Way, Sparks, NV 89431 (775) 353-3110
.....**sr_info@washoecounty.us**

UNITED LATINO COMMUNITY
ADDRESS: 1711 N. Roop St., Carson City, NV 89706.....(775) 885-1055
SERVICES: United Latino Community is an organization that assists individuals and families with referrals, translations, job placement, advocacy, citizenship instruction, ESL classes, and much needed immigration legal advice. Our mission is to create and maintain a safe and healthy community in Carson City through advocacy and education. ULC serves Carson City, Lyon, and Douglas counties, home to approximately 23,424 Latino residents. **Email: omar@carsonulc.org**

VALLEY PHARMACY(775) 200-0945
ADDRESS: 5055 Sun Valley Blvd., Ste. 210, Sun Valley, NV 89433..... **Fax: (775) 288-5199**
SERVICE: Free prescription delivery, prescription packaging (blister packing); guaranteed lowest prices – guaranteed price match. **Email: valleypharmacy84433@gmail.com**

VETERANS RESOURCE CENTER(775) 360-2155
ADDRESS: 106 E. Adams St., Ste. 203, Carson City, NV 89706
419 W. Plumb Ln., Reno, NV 89509 (775) 284-8387
HOURS: 8 a.m. to 5 p.m. Monday – Friday
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.
If you would like more information you can go to our website: **http://www.vetsresource.org** or call (775) 360-2155. **Email: ccuenoco@vetsresource.org**

ALL VALLEY HOME CARE.....(775) 828-6420
ADDRESS: 1325 Airmotive way, Ste. 262 **Fax: (775) 828-6413**
Reno, NV 89502**Email: cassiah.depwo@vidasenorresource.com**
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 & navigating many services including, but not limited to, home care, durable medical equipment, transportation, placement services, home health care, hospice & more. We take the confusion out of understanding Medicaid, senior grants, VA funding, Long-term care insurance, community resource health care laws.
HOURS: 8 a.m. to 5 p.m. Monday – Friday. On call after hours or during weekends. (775) 828-6420



COMMUNITY SERVICES (CONTINUED)

VITAL CARE RESPIRATORY & DURABLE MEDICAL SERVICES.....(775) 829-2224

ADDRESS: 1360 Greg St., Ste. 104, Sparks, NV 89431 **Fax (775) 829-7286**

SERVICES: Credentialed respiratory therapists provide oxygen therapy, respiratory medication therapy, sleep apnea therapy, accredited joint commission. Provide on-going follow-up which include pulseoximetry nebulizer. Also provides hospital beds, walkers, wheelchairs. Call for any other services. **Email: shayna.bishop@rotech.com**

WASHOE COUNTY HUMAN SERVICES AGENCY – SENIOR SERVICES DIVISION

ADDRESS: 1155 E. 9th St., Reno, NV 89512..... **(775) 328-2575**

SERVICES: Assists individuals 60 & over in the community maintaining independence. Provides: 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 – aka–Meals on Wheels; and Congregate Meals (meals are served Monday – Friday; reservations not required at the Reno Center but are required at other WC Congregate Meal Sites by no later than 8:30 am). Please visit www.washoecounty.us/seniorsrv for additional information & other Senior Centers and/or Congregate Meal Site locations. **Email: sr_info@washoecounty.us**

WASHOE COUNTY DAYBREAK ADULT DAY CARE PROGRAM(775) 328-2591

ADDRESS: 1155 E. 9th St., Bldg. E, Reno, NV 89512

The Daybreak adult day health program provides care & socialization in a safe environment to clients 18+ years of age with physical/cognitive deficits which make individual unable to be home alone. Community health aides and registered nurses provide health monitoring & meds management; therapeutic activities including assistance with activities of daily living. Noon meal & snacks provided. (English/Spanish).

HOURS: Mon – Fri, 7:30 a.m. – 5:30 p.m.. Payment sources accepted: Medicaid, Veteran Administration, respite grants & private pay. Cost sharing applies.

www.washoecounty.us/seniorsrv **Email: daybreak@washoecounty.us**

WASHOE TRIBE OF NEVADA & CALIFORNIA(775) 265-8698

Domestic Violence Program..... Fax: (775) 265-4593

ADDRESS: 919 U.S. Hwy. 395 North, Gardnerville, NV 89410..... www.washoetribe.us

Kristin Wyatt, Coordinator..... Email: Kristin.wyatt@washoetribe.us

Renee Sweeney, Advocate..... E-mail: renee.sweeney@washoetribe.us

Tami Utzig..... E-mail: tamara.utzi@washoetribe.us

SERVICES: WTNC offers assistance with domestic violence and/or sexual assault issues. We have services for help with TPO's, emergency shelter, food, clothing, & other necessary items for domestic violence victims. We offer education and training on domestic violence, as well as supportive services for survivors. WTNC is primarily for Native Americans, but we do not discriminate & all ethnic backgrounds are encouraged to call.

WESTERN NEVADA COLLEGE

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

DOUGLAS CO. CAMPUS: 1680 Bentley Parkway So., Minden, NV 89423 **(775) 782-2413**

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

TO ENROLL: Admissions **(775) 445-3277.....www.wnc.edu**

EMAIL: info_desk@wnc.edu



COMMUNITY SERVICES (CONTINUED)

YERINGTON SENIOR CITIZENS CENTER(775) 463-6550 (P)
ADDRESS: 117 Tilson Way, Yerington, NV 89447..... (775) 463-3030 (F)

MANAGER: Susan Cottingham

EMAIL: scottingham@lyon-county.org

SERVICES: Meals on Wheels; Nutrition on Site: Nutritious meals 11:30 am – 12:30 pm

LUNCH: M – F (Suggested donation \$2.00 for seniors 60 & over; \$7.00 charge for individuals under 60)

ACTIVITIES: Exercise, games, pool table, cards, crafts

YOGA: M/F 10 am. Bridge: Wed. – 9:00 am

PINOCHLE & CRIBBAGE: Tues/Thurs. – 12:30 pm

ASSISTANCE: All types of referrals (SHIP appointments)



Counseling

COMMUNITY COUNSELING CENTER.....(775) 882-3945

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

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

EMAIL: donyanieffoff@yahoo.com

SENIORS IN SERVICE – FOSTER GRANDPARENT PROGRAM.....(775) 358-2322

SERVICES: Volunteers 55 years or older mentoring students in an education setting.

SENIORS IN SERVICE – SENIOR COMPANION PROGRAM.....(775) 358-2322

SENIORS IN SERVICE – RESPITE PROGRAM

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

SERVICES: 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.....**MARY BROCK EMAIL:** maryb@seniorsinservicenevada.org

CVMC VITALITY FOR LIFE – Senior Mental Health & Wellness.....(775) 782-1599

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

SERVICES: Offering senior mental health & wellness services to help you cope with life’s challenges as you age; including depression, anxiety, isolation, anger & grief. Services include individual & group therapy, medication management & coordination of care with your primary care physician. Our staff includes specially-trained nurses, licensed social workers & psychiatrist.

EMAIL: jjarvis@cvmchospital.org



DIALYSIS

DAVITA CARSON CITY DIALYSIS CENTER.....(775) 886-6450

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

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

HOURS: M-W-F 5:30 a.m. - 8:00 p.m.

Tues., Thurs. & Sat. - 9:00 a.m. - 2:30 p.m.

EMAIL: Martha.leuty@davita.com

DAVITA RENO DIALYSIS CENTER(775) 329-2100 (follow prompts)

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

SERVICES: Home peritoneal dialysis. Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

In-center hemo dialysis. Hours: Monday - Saturday 5:45 a.m. - 7:00 p.m.

EMAIL: tammy.harris@davita.com

EMAIL: jeri.carroll@davita.com

DAVITA SIERRA ROSE DIALYSIS CLINIC(775) 829-6580

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

SERVICES: Provides hemo dialysis for kidney failure—information regarding prevention & understanding of kidney disease & dialysis.

DIALYSIS AVAILABLE: M-W-F 5:15 a.m. - 8:00 p.m. Information may be obtained M - W - F from 8 a. m. - 4 p.m. by calling and asking for an administrative assistant.

EMAIL: regina.larez@davita.com

EMAIL: martha.leuty@davita.com

DAVITA SOUTH MEADOWS DIALYSIS CENTER(775) 852-4200

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

SERVICES: Provides in Center hemo dialysis.

HOURS: M-W-F 5:45 a.m. - 7:00 p.m.

Tuesday - Thursday - Saturday 6:30 a.m. - 3:00 p.m.

NOCTURNAL: Sunday-Tuesday-Thursday 6:00 p.m. - 4:00 a.m. next day.

EMAIL: heidi.estrada@davita.com

DAVITA SPARKS DIALYSIS CENTER(775) 356-3978

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

HOURS: M-W-F 5:30 a.m. - 6:00 p.m. T-Th-Sat. 5:30 a.m. - 5:00 p.m.

EMAIL: kristy.arnold@davita.com



DIALYSIS (CONTINUED)

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

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

MEDICAL DIRECTOR: Jusmin Patel, Sierra Nevada Nephrology

SERVICES: Provides hemo dialysis for kidney failure & peritoneal dialysis & home dialysis.

Dialysis available: M-Sat. 6 a.m. – 4 p.m.

EMAIL: carla.butler@dcinc.org

EMAIL: sarah.russell@dcinc.org

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

ADDRESS: 1281 Kimmerling Rd., Unit A-1, Gardnerville, NV 89460**Fax (775) 265-1649**

MEDICAL DIRECTOR: Dr. Jusmin Patel

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

HOURS: Monday – Saturday 6:00 a.m. – 4:00 p.m.

EMAIL: Karen.homsy@dcinc.org

LIBERTY DIALYSIS CARSON CITY(775) 461-7250

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

MEDICAL DIRECTOR: Robert Quigley

HOURS: M-F. 6 a.m. - 7 p.m.

DOCTOR: Robert Quigley, D.O., Sierra Nevada Nephrology Consultants

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

EMAIL: elaine.mcneill@fmc.na.com

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

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

MEDICAL DIRECTOR: Soni Dhanireddy

SERVICES: In service dialysis

HOURS: Monday – Saturday 6 a.m. – 7 p.m.

EMAIL: clinic7410@tmc-na.com

LIBERTY DIALYSIS RENO HOME CLINIC(775) 829-9961

ADDRESS: 601 Sierra Rose Dr., Ste. 201, Reno, NV 89511**Fax (775) 829-9964**

MEDICAL DIRECTOR: James Sullivan

SERVICES: Peritoneal & home dialysis.

HOURS: Monday – Friday 8 a.m. – 4:30 p.m.

EMAIL: varinia.delarosa@fmc-na.com



DIALYSIS (CONTINUED)

LIBERTY DIALYSIS SOUTH RENO.....(775) 624-8055

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

MEDICAL DIRECTOR: James Sullivan

SERVICES: in-center hemo dialysis.

HOURS: Monday – Saturday 6 a.m. – 7 p.m.

EMAIL: Kathleen.miller@fmc-na.com

LIBERTY DIALYSIS SPARKS.....(775) 200-0108

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

MEDICAL DIRECTOR: Jusmin Patel

HOURS: M-W-F 2 a.m. to 7 p.m. Tues.-Thursday.-Sat. 7a.m. to 4 p.m.

DOCTOR: Jusmin Patel, D.O., Sierra Nevada Nephrology Consultants

SERVICES: Provides home hemo dialysis for kidney failure & outpatient dialysis.

EMAIL: ana.hernandez@fmc-na.com



FINANCIAL

AARP TAX AID SERVICE.....(775) 883-0703

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

SERVICES: Free tax returns for seniors. February through April 13th each year.

HOURS: M & W 12:00 to 4:00 p.m. Appointments required, call Senior Center.

For other locations contact information go to: **www.aarp.org/findtaxhelp**

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

ADDRESS: 411 W. Third St., Ste. 1, Carson city, NV 89703

OWNER: Collette Teuscher

SERVICES: Wills, trusts, Deed Upon death, Deed changes, divorces, friendly & affordable non-attorney, court-ready document preparation. 10% discount for seniors & veterans.

Email: aplusdocumentslll@gmail.com

www.aplusdocuments.net

MONEY MANAGEMENT, INTERNATIONAL.....By apt. only call: (702) 364-0344

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

www.moneymanagement.org

SERVICES: A Non-Profit HUD certified housing counseling agency. It provides financial counseling; debt management plan; bankruptcy counseling & financial literacy, housing & 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.



FINANCIAL (CONTINUED)

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

ADDRESS: 1625 Hwy. 88, Ste. 304, Minden, NV 89423

SERVICES: Practicing primarily in guardianships, elder law, estate planning, trusts, wills, powers of attorney, probates & trust administration.
Planning for Abundant Life, Passing Rich Legacies. ...www.heritagenevada.com

MY BEST FRIEND.....(775) 772-6315

PROPRIETOR: Maureen O. Collins..... **Email:** Maureen.O.Collins@gmail.com

SERVICES: Bookkeeping & bill paying, budget preparation, organization, correspondence, research, advocacy & liaison services, medical history & legal document binders, estate services to include downsizing, reorganization, relocation & dispersal. Licensed in Carson City & Washoe Counties.

NEVADA INVESTMENT MANAGEMENT.....(775) 826-8122

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

Timothy L. Kinsinger, CFP.....**Email:** timothy.kinsinger@lpl.com
.....www.nvinvmgt.com

SERVICES: Northern Nevada's Retirement Income Specialists, working with seniors & retirees to help protect their hard-earned savings to maximize their income & ensure they don't run out of money or become a burden to their children. We host regular workshops on topics such as tax planning, estate planning, retirement planning, investing for income & safety, understanding fixed income investments, & investing for potential growth. Serving Northern Nevada for over 25 years. Securities offered through LPL Financial Member FINRA/SIPC.

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

ADDRESS: 720 Robb Dr., Ste. 102.....**Fax (800) 691-2407**

Reno, NV 89523.....**Cell (775) 857-9016**

E-mail: William.palmer@edwardjones.com

SERVICES: We offer numerous investments & services to help you reach your financial goals, including smart spending & borrowing options, retirement, paying for education, estate consideration & protecting your assets. Please contact me for more information. Meetings available in evening & weekends by appointment. Will travel to your work or home if within 40 miles of Reno; WebX or phone meetings also available for further distances.



HOSPICE

A PLUS HOSPICE CARE(775) 329-0900

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

Email: info@aplushospicecare.com www.aplushospicecare.com

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

BARTON HOSPICE (Affiliated with Barton Memorial Hospital)

Nevada Office Call:(775) 782-1510

S.L. Tahoe Office

ADDRESS: 2092 Lake Tahoe Blvd., Ste. 500 **1 (530) 543-5581**

South Lake Tahoe, CA 96150.....**Fax 1 (530) 541-2653**

SERVICES: Medicare certified and state licensed. A home-based hospice service which provides comfort & symptom management to terminally ill patients. The hospice team of registered nurses, a medical director physician, social worker, chaplain, home health aides & trained volunteers all work with the patient & family to meet physical, emotional & spiritual needs.

OFFICE HOURS: M-F 8:00 a.m. - 4:30 p.m.

Serves: South Lake Tahoe, Markleeville, NV Lake Tahoe area

CIRCLE OF LIFE COMMUNITY HOSPICE(775) 827-2298

ADDRESS: 1575 Delucchi Lane, Ste. 214.....**Fax (775) 824-3860**

Reno, NV 89502**www.colhospice.com**

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

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

MEDICAL DIRECTORS:

MEL MAGBOO, MD – RENO



HOSPICE (CONTINUED)

COMPASSION CARE HOSPICE(775) 409-3995

ADDRESS: 3785 Baker Lane, Ste. 201, Reno, NV 89509**Fax (775) 409-3879**

www.compassioncarehospice.com

SERVICES: With the support & assistance of our team – RN's, medical director physician, social worker, chaplain, home health aides & trained volunteers – CCH provides comfort & symptom management to those who have decided to discontinue curative treatments. Hospice treats the person, not the disease.

Pain management & comfort, medical supplies & equipment, emotional & spiritual support, caregiver respite care & bereavement services throughout. Nurses on call 24/7. Serving Reno/Sparks, Fernley, Carson City, Minden/Gardnerville & outlying areas.

EDEN HOSPICE

ADDRESS: 907 Mountain St., Carson City, NV 89703(775) 841-6123

www.eden-health.com **Fax (775) 501-8491**

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

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

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

ADDRESS: 5538 Longley Lane, Ste. B, Reno, NV 89511**Fax (775) 852-6028**

www.infinityhospicecare.com

Infinity Hospice Care is a certified 4 star We Honor Veterans hospice proudly serving veterans & non-veterans in Northern & Southern Nevada. We are family owned & operated provider of hospice services focusing on physical, spiritual & 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 & 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 & emotional support. We proudly service Reno/Sparks, Carson City, Minden/Gardnerville, Yerington, Fallon, Fernley, Silver Springs & Round Mountain.



HOSPICE (CONTINUED)

KINDRED HOSPICE(775) 825-5008

ADDRESS: 5345 Reno Corporate Drive, Reno, NV 89511**Fax (775) 853-4593**

PROGRAM DIRECTOR: Christy Prouty.....**www.KindredHospice.com**

ADDRESS: 710 W. Washington St., Carson City, NV 89703.....**(775) 882-5735**

Fax (775) 882-0664

EXECUTIVE DIRECTOR: Christy Prouty

SERVICES: Provides comprehensive physical, emotional & spiritual care for patients & 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 is provided anywhere a patient calls "home". Hospice services, including medications & equipment related to the hospice diagnosis, are covered at 100% by Medicare, Medicaid & most private insurance. Services are provided throughout the Carson City, Minden, Gardnerville, Reno, Sparks, & *Portions of Storey County.

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

ADDRESS: 690 Sierra Rose Dr., Reno, NV 89511**Fax (775) 525-5255**

MEDICAL DIRECTOR: Ileana Deftu**www.saintmarysreno.com**

SERVICES: Medicare certified & state licensed. A home-based hospice which focuses on the special physical, emotional & spiritual needs of the patient & his/her family or support system as they deal with life limiting illness. These needs are met by the interventions of multi-disciplinary team consisting of registered nurses, a medical director physician, social workers, chaplains, home health aides & trained volunteers.

SUMMIT VIEW HOSPICE..... **24 hour phone (775) 636-9598**

ADDRESS: 800 S. Meadows Pkwy., Ste. 200**Fax (775) 737-9730**

Reno, NV 89521**www.summitviewhospice.com**

SERVICES: Summit View Hospice is Northern Nevada's only family & locally owned hospice with National Accreditation status, certified by Medicare & Medicaid. Founded by a Hospice nurse with over 30 yrs. Experience. Our goal is to make a meaningful difference in the lives of patients & families who are navigating terminal illness, providing the expertise & kindness we would want for our own loved ones. Each plan of care involves the support of our medical team, counselors, medications, medical supplies & equipment. Our Certified Hospice & Palliative Care Nurses are available 24/7.



HOSPITALS AND URGENT CARE FACILITIES

BANNER CHUCHILL COMMUNITY HOSPITAL(775) 423-3151

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

SERVICES: Primary Care, Infusion Center, Physical Therapy, Laboratory Services, Radiology, Internal Medicine, General Surgery, Orthopedic Surgery. Full EMS services – 24 hr. ER.

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

Have an active hospital volunteer group.

BARTON MEMORIAL HOSPITAL(530) 541-3420

ADDRESS: 2170 South Avenue, South Lake Tahoe, CA 96150..... www.bartonhealth.org

CARSON NURSING & REHABILITATION CENTER(775) 882-3301

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

SERVICES: Specializing in short-term rehabilitation therapy.....www.covenantcare.com

CARSON TAHOE HEALTH (CTH)

Please see Community Services Section for Carson Tahoe Health Services

CARSON TAHOE REGIONAL MEDICAL CENTER.....(775) 445-8000

Emergency Services available 24 hrs. a day/365 day a year.....**Website:** carsontahoe.com

ADDRESS: 1600 Medical Parkway, Carson City, NV 89703**Emergency (775) 445-8005**

CARSON TAHOE SIERRA SURGERY.....(775) 445-6471

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

CARSON TAHOE CONTINUING CARE HOSPITAL.....(775) 445-7795

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703**Fax (775) 888-6238**

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.

CARSON TAHOE EMERGENT CARE.....(775) 445-7800

.....**Fax (775) 782-2967**

ADDRESS: Minden Medical Center, 925 Ironwood Dr., Minden, NV 89423

SERVICES: Out-patient lab, imaging & therapy available at this location. Refer to:
www.carsontahoe.com or the Community Services Section of this guide.

CARSON TAHOE URGENT CARE.....(775) 445-7330

CARSON CITY FACILITY: 1201 S. Carson St., Carson City, NV 89701.....**Fax (775) 841-1139**

HOURS: 8 a.m. – 8 p.m. daily including weekends & holidays (closed Thanksgiving & Christmas)

DAYTON FACILITY: 901 Medical Center Dr., Ste. 101, Dayton, NV 89403(775) 445-7210

HOURS: M – F 8 a.m. – 6 p.m.; Saturday & Sunday 9 a.m. – 5 p.m.....**Fax (775) 246-9002**

MALLORY BEHAVIORAL HEALTH CRISIS CENTER.....(775) 445-8889

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703

SERVICES: Mallory Behavioral Health Crisis Center is for adults (age 18 & over) experiencing a mental health, substance use or other functional problem of a non-medical nature requiring Emergency Room services. Open 24 hrs./7 days a week/365 days a year.

**+ Carson Valley Medical Center (CVMC) Services Available +
PLEASE ALSO SEE COMMUNITY SERVICES SECTION FOR
CARSON VALLEY MEDICAL CENTER (CVMC)**

CARSON VALLEY MEDICAL CENTER(775) 782-1500

ADDRESS: 1107 Highway 395, Gardnerville, NV 89410

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

CARSON VALLEY MEDICAL CENTER INFUSION CENTER(775) 782-1658

ADDRESS: 1107 Highway 395, Gardnerville, NV 89410

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

Hours: Mon-Fri 8:00 a.m. - 5:00 p.m. everyday, including holidays. Call for additional information

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

ADDRESS: 1649 Lucerne St, Minden, NV 89423

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

HOURS: Monday - Friday 8:00 a.m. - 5:30 p.m.

SAME DAY APPOINTMENTS AVAILABLE ON A LIMITED BASIS.

CARSON VALLEY MEDICAL CENTER URGENT CARE.....(775) 782-1610

ADDRESS: 897 Ironwood Dr., Minden, NV 89423

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

NORTHERN NEVADA MEDICAL CENTER(775) 331-7000

ADDRESS: 2375 E. Prater Way, Sparks, NV 89434

SPECIALIZED CLINICS: Internal medicine family medicine, etc.**Dr.'s Office (775) 352-5300**
www.nnmc.com

NORTHERN NEVADA MEDICAL GROUP.....(775) 352-5300

ADDRESS: Multiple locations: **NNMC.com**

PERSHING GENERAL HOSPITAL & NURSING HOME.....(775) 273-2621

ADDRESS: 855 Sixth St., P.O. Box 661, Lovelock, NV 89419**Fax (775) 273-3213**



HOSPITALS AND URGENT CARE FACILITIES (CONTINUED)

RENO CYBERKNIFE.....(775) 348-9900

ADDRESS: 645 N. Arlington Ave., Ste. 120.....**Fax (775) 770-3599**

Reno, NV 89503 **Email: renocyberknife.com**

SERVICES: Reno Cyberknife offers a revolutionary new way to treat tumors & 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.

RENO ORTHOPEDIC CLINIC.....(775) 786-3040

ADDRESS: 555 N. Arlington Ave., Reno, NV 89503

ADDRESS: 1365 Medical Parkway, Carson City, NV 89703

WEBSITE: www.renoortho.com

SERVICES: Services to benefit Seniors & their caregivers: Joint replacement specialists, hand & upper extremity specialists, foot & ankle specialists, spine & pain care specialists.

ROC EXPRESS – Walk-in Orthopedic Clinic – no appointment necessary

RENOWN REGIONAL MEDICAL CENTER(775) 982-4100

ADDRESS: 1155 Mill St., Reno, NV 89502.....**TDD (775) 982-5200**

WEBSITE: renown.org

RENOWN REHABILITATION HOSPITAL(775) 982-3500

ADDRESS: 1495 Mill Street, Reno, NV 89502**TDD (775) 982-5200**

SERVICES: Provider of comprehensive rehabilitative healthcare.

INPATIENT SERVICES: Stroke, orthopedics, spinal cord injury, brain injury, pulmonary, wound treatment, oncology & amputee.

RENOWN - SOUTH MEADOWS MEDICAL CENTER(775) 982-7000

ADDRESS: 10101 Double R Blvd., Reno, NV 89521

SERVICES: An acute care hospital that provides a 24-hour ER, medical & surgical care, intensive care, telemetry, inpatient & outpatient surgical & lab services, & imaging services. Assisted Living units are available at Monaco Ridge Assisted Living.

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**

SERVICES: Family practice. Sliding fee scale available for uninsured, underinsured, Medicare, Medicaid and insured.....**www.nvhealthcenters.org**

HOURS: Monday - Friday 7:00 a.m.– 6:00 p.m.

Closed 12:00 p.m. - 1:00 p.m.



HOSPITALS AND URGENT CARE FACILITIES (CONTINUED)

SIERRA NEVADA SURGICAL ASSOCIATES(775) 783-3020

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

1470 Medical Parkway, Ste. 280, Carson City, NV 89703..... (775) 882-8848

SERVICES: General Surgery, advanced laparoscopic procedures, including hernia repair.

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

ADDRESS: On the campus of Northern Nevada Medical Center..... **Fax (775) 355-5603**

2375 E. Prater Way, Sparks, NV 89434..... **www.lifecarehealthpartners.com**

Tahoe Pacific Hospitals have been serving Northern Nevada & 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 & complex wound care services. The treatment team includes physicians, nurses, wound team, pharmacists, dieticians & therapists across a range of disciplines - physical speech, occupational & respiratory therapy. Both facilities are accredited by the Joint Commission & Medicare certified.

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

ADDRESS: 3919 Carter Drive, Wellington, NV 89444

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

HOURS: Monday, Tues, Thurs, Fri. 8:30 a.m. - 4:45 p.m. Closed Wednesdays
Closed Monday - Friday 12:00 p.m. - 1:00 p.m.

VA SIERRA NEVADA HEALTH CARE SYSTEM.....(775) 786-7200

CARSON VALLEY OUTPATIENT CLINIC.....(775) 782-5265

ADDRESS: 1330 Waterloo Ln., Ste. 101, Gardnerville, NV 89410

SERVICES: Primary outpatient care for veterans

HOURS: Monday - Friday 8:00 a.m. - 4:00 p.m. **www.reno.va.gov**

CareLine Scheduling: M-F 8:00 - 4:00(775) 829-5685

VA SIERRA NEVADA HEALTH CARE SYSTEM - RENO DIVISION(775) 786-7200

ADDRESS: 975 Kirman Ave, Reno, NV 89502 **Toll Free 1 (888) 838-6256**

..... **Fax (775) 328-1464**

..... **www.reno.va.gov**

Veterans Crisis Line **1 (800) 273-8255**

.....(Press 1)



INTERNET RESOURCES FOR GERIATRIC RESEARCH & CAREGIVERS

AARP..... **www.aarp.org**

Brief gathering of health stories from AARP's Modern Maturity magazine, plus other informative pieces aimed at senior's healthcare interests.

AARP - COPING WITH GRIEF & LOSS.....www.aarp.org/griefandloss

This website has valuable resources & information for widows & widowers, as well as helping a parent or loved one & information for professionals.

ADMINISTRATION ON AGING.....www.aoa.gov

Internet Information Notes range from Ageism to Workforce & Aging. The site includes information on Alzheimer's, care giving, disability, elder abuse, Medicare rights, & nutrition.

ALZHEIMER'S ASSOCIATION CAREFINDERwww.alz.org/crf

Planning ahead, care options, coordinating care, support and resources.

AMD TELEMEDICINE.....www.amdtelemedicine.com

Supplier of telemedicine, telehealth services, and equipment.

AMERICAN GERIATRICS SOCIETYwww.americangeriatrics.org

A professional organization of health care providers dedicated to improving the health & wellbeing of older adults.

ASSOCIATION FOR PET LOSS & BEREAVEMENT, INC. (THE)www.aplb.org

The APLB is a compassionate non-profit organization dedicated to helping people during the loss of a pet.

BENEFITS CHECKUP.....www.benefitscheckup.org

Connect to government programs that can help pay for prescription drugs, health care, utilities and other needs.

CARE FACILITY.....www.medicare.gov/nursinghomecompare/search.html?

Provides detailed information about the past performance of every Medicare and Medicaid certified nursing home in the country.

CAREGIVER SURVIVAL RESOURCES.....www.caregiver911.com

This resource offers information & encouragement to caregivers coping with the significant demands of providing constant, vital care to a loved one.

CARSON TAHOE REGIONAL HEALTHCAREwww.carsontahoe.com

INCLUDES: In-depth information on health related conditions such as cancer, cardiology, orthopedics /rehabilitation. Site map to all current medical facilities.

CONSUMER HEALTH ASSISTANCE.....www.RxHelp4NV.org

Pharmaceutical Co. assistance designed to help low-income, uninsured Nevada residents obtain free or discounted brand-name medicines.

ELDERCARE LOCATOR..... 1 (800) 677-1116

SERVICES: Connects older Americans and their caregivers with sources of information on senior

services www.eldercare.acl.gov

EPEC PROJECT, GENERAL INTERNAL MEDICINE.....(312) 503-3732 Fax 1 (312) 503-5868

Developed in 1997, with major goals to educate practicing physicians across the United States about the essential clinical competencies in end-of-life care. www.epec.net



INTERNET RESOURCES FOR GERIATRIC RESEARCH & CAREGIVERS (CONTINUED)

- FAMILY CAREGIVER ALLIANCE** www.caregiver.org
Free online help for caregivers featuring support groups, a resource guide, & more for families coping with Alzheimer's disease, stroke, Parkinson's, ALS, & other disorders.
- FIRSTGOV FOR SENIORS** www.usa.gov/Topics/Seniors.shtml
Senior citizen's resources on money, housing, health, consumer protection & more. Federally funded program that provides support to needy low-income households for utility bill payments.
- GROWTH HOUSE, INC.** www.growthhouse.org
An international gateway to resources about life-threatening illnesses & end-of-life issues, including hospice & home care, palliative care, pain management, death with dignity & bereavement.
- HEALTHCENTRAL** www.healthcentral.com
Offers brief news reports on health topics.
- INSTITUTE OF GERONTOLOGY** www.iog.wayne.edu
A "virtual library on aging" for geriatric researchers, practitioners & educators
- MAYO CLINIC—ALZHEIMER'S DISEASE**
www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447
Information covering symptoms, causes, complications, lifestyle & home remedies, coping & support.
- MEDLINE PLUS** www.medlineplus.gov
HEALTH INFO: A service of the National Library of Medicine.
- NATIONAL ASSOCIATION OF AREA AGENCIES ON AGING** www.n4a.org
Help older persons & persons with disabilities live with dignity & choices in their homes & communities for as long as possible.
- NATIONAL FAMILY CAREGIVERS ASSOCIATION** www.nfcacares.org
NFCA is a national, charitable organization dedicated to making life better for all of America's family caregivers. Family caregivers focus on their loved one's needs. NFCA focuses on family caregivers.
- NATIONAL INSTITUTE ON AGING** www.nia.nih.gov/health/publication
Resource Directory for Older People. It provides information or help for older people from government agencies, professional associations & private groups **1 (800) 222-2225**
- NATIONAL HOSPICE & PALLIATIVE CARE ORGANIZATION** www.nhpco.org
The National Hospice & Palliative Care Organization is one of the largest non-profit membership organizations representing hospice & palliative care programs & professionals in the United States. They are committed to improving end-of-life care & expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying & their loved ones.
- NEEDY MEDS** www.needymeds.org
Information on assistance in obtaining medications, financial assistance, state and local programs.



INTERNET RESOURCES FOR GERIATRIC RESEARCH & CAREGIVERS (CONTINUED)

NEVADA CARE CONNECTION RESOURCE CENTERS (NCCRCs)..... www.NevadaCareConnection.org

Nevada Care Connection works with Nevadans one-on-one to support individuals in knowing their options, planning for care & accessing services to meet their goals. Streamlines access to community services & supports both publicly & privately to meet the individual's goals to stay healthy & in their homes as long as possible.

NEVADA CAREGIVERS RESOURCES & INFORMATIONwww.nvelder.org

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.

NEVADA DIVISION FOR AGING SERVICESwww.nvaging.net

This is the official website of the Nevada Division for Aging Services. It includes information about everything from Medicare to Elder Protective Services. Those seeking funding through the Division will find grant applications, service specifications and program instructions to view and download. There are also links to valuable information such as Nevada demographics.

NEVADA GOVERNOR'S COUNCIL ON DEVELOPMENTAL DISABILITIES.....(775) 684-8619<http://www.nevadadddcouncil.org/>

This is the official website of the Nevada Governor's Council on Developmental Disabilities. The Council engages in advocacy, capacity building, & systemic change activities that contribute to a coordinated consumer & family centered comprehensive system of community services, individualized supports, & other forms of assistance that enable individuals with intellectual/developmental disabilities to exercise self-determination, be independent, productive, integrated, & included in all facets of community life. We do not provide direct support services.

PARENTGIVING.....www.parentgiving.com Senior care & products..... 1 (888) 746-2107

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE..... Toll Free 1 (888) 477-2669

SERVICES: Gives tips on how to get free or discounted medications directly from drug companies. The National Conference of State Legislatures website: www.pparx.org offers information on state drug assistance programs for older people. The Pharmaceutical Research & Manufacturers of America has information on drug assistance programs.

QUACKWATCH.....www.quackwatch.org

Quackwatch will help protect you from the countless attempts to sell unproven, unsafe, illegal or worthless treatments & products.

SHARE THE CAREwww.sharethecare.org www.strengthforcaring.com

Several sites on resources for caregiving and caregivers.



INTERNET RESOURCES FOR GERIATRIC RESEARCH & CAREGIVERS (CONTINUED)

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

ADDRESS: 10580 N. McCarran Blvd., Ste. 115, PMB 233, Reno, NV 89503

www.SpecializedCareManagement.com

SERVICES: Our care Managers are Nationally Certified Registered Nurses who coordinate the support services, medical management & socialization of older adults & persons with disabilities, to attain their maximum functional potential.

THIRD AGE.....**www.thirdage.com/health/**

HEALTH A – Z: Health issues including Alzheimer's, caregiving, diabetes, osteoporosis, stress.

TODAY'S SENIORS.....**www.todaysseniors.com**

Retirement tips and advice: including financial organizers, senior discounts for auto insurance, dental, diabetes, health and fitness, and prescription drug interactions.

VETERAN'S HEALTH ADMINISTRATION.....**www.va.gov**

Shares information about benefits and services of medical, surgical and rehab care.



LEGAL ASSISTANCE

CARELAW (Call R.S.V.P.).....**(775) 687-4680**

ADDRESS: 2621 Northgate Ln., Ste. #6, Carson City, NV 89706**Fax (775) 687-4494**

MAILING ADDRESS: P.O. Box 628, Carson City, NV 89702

CONTACT: Lora Myles**Email: lora@carelaw.org**

SERVICES: Legal advice for persons age 60 & up in all counties except Washoe & Clark.
R.S.V.P. Transportation, Home companions, Install Lifeline, Provide Respite care, Supply
Volunteers for other non-profits. Veterans Service Program.

LAW OFFICES OF JOHN C. SMITH**(775) 324-9100**

ADDRESS: 499 W. Plumb Ln., Ste. 202, Reno, NV 89509.....**Fax (775) 871-4844**

SERVICES: Practicing primarily in Medicaid planning, Elder Law, guardianships, Probate.
Helping Nevadans Age with Dignity.....**ElderlawReno.com**

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

MAILING ADDRESS: 1625 Hwy. 88, Ste. 304, Minden, NV 89423

SERVICES: Practicing primarily in guardianships, elder law, estate planning, trusts, wills, powers of attorney, probates & trust administration.

Planning for Abundant Life, Passing Rich legacies....**www.heritagenevada.com**



LEGAL ASSISTANCE (CONTINUED)

NEVADA BUREAU OF HEALTH CARE QUALITY & COMPLIANCE (HCQC)(775) 684-1030
ADDRESS: 727 Fairview Dr., Ste. E, Carson City, NV 89701
 **DPBH.NV.GOV**

NEVADA DISABILITY ADVOCACY & LAW CENTER(775) 333-7878
ADDRESS: 1875 Plumas St., Ste. 1, Reno, NV 89509 **E-mail:** reno@ndalc.org www.ndalc.org
SERVICES: Statewide free legal services provider for individuals with disabilities, handling matters involving access to health care & disability-related services, disability discrimination, & investigation of abuse & neglect. Also provides training & information/referral services.

NEVADA LEGAL SERVICES, RURAL PROGRAM(775) 284-3491 / or
ADDRESS: 209 North Pratt Ave., **883-0404**
 Carson City, NV 89701 Mon. - Thurs. 9:00 a.m. - 5:00 p.m. Fri. 9:00 a.m.-1:00 p.m.
RENO: 204 Marsh Ave., Ste. 101, Reno, NV 89509
 Mon. - Thurs. 8:00 a.m. - 4:00 p.m. Fri. 8:00 a.m.-12:00 p.m.
ELKO: 285 10th St., Elko, NV 89801(775) 753-5880
 Mon. - Thurs. 8:00 a.m. - 4:00 p.m. Fri. 8:00 a.m.-12:00 p.m.
YERINGTON: 720 S. Main St., Unit A, Yerington, NV 89447(775) 465-1222
 Mon. - Thurs. 9:00 a.m. - 5:00 p.m. Fri. 9:00 a.m.-1:00 p.m.
 **www.nslaw.net Fax (775) 284-3497**
SERVICES: Legal/advocacy services, free civil and legal services including housing, consumer issues, health care, public benefits, estate planning, wills, guardianship & other matters not criminal in nature. 60+ years of age and income eligibility may be required.

SENIOR LEGAL HELPLINE **Toll Free 1 (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 & other matters not criminal in nature. The assistance is available to all people statewide who are 60 years of age & older and helpful to those Nevada senior citizens living in the rural counties where free legal service is difficult to find.
WEBSITE: nevadalawhelp.org

TELEMARKETING /or/ OTHER SALES SCAMS
SERVICES: Complaint reviewing for State of Nevada. Handles deceptive trade practices, auto repair and warranty issues, etc.
NEVADA ATTORNEY GENERAL OFFICE(775) 684-1100
ADDRESS: 100 N. Carson St., Carson City, NV 89701
WEBSITE: www.ag.nv.gov



LEGAL ASSISTANCE (CONTINUED)

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

SERVICES: Responsible for investigating & prosecution: (1) Medicaid provider fraud; (2) patient abuse or neglect in medical facilities; and (3) misappropriation of patient trust funds. Through aggressive prosecution, the Unit seeks to reduce costs of fraud to the taxpayers and to protect the elderly.

WEBSITE: www.ag.nv.gov

VOLUNTEER ATTORNEYS FOR RURAL NEVADA(775) 883-8278

ADDRESS: 904 North Nevada St., P.O. Box 365..... **Toll Free 1 (866) 448-8276**
Carson City, NV 89702-0365.....**Fax (775) 883-7211**

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

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 (DVVAP) provides free civil legal services for domestic violence survivors. Immigration assistance Free lawyer in the lobby available for 20 minute consultations. Call for appointment.

WASHOE LEGAL SERVICES.....(775) 332-0606

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

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

HOURS: Mon. – Fri. 8:30 am to 4:30 pm (closed for lunch 12 to 1 pm)

WEBSITE: www.washoelegalservices.org



MEDICAL EQUIPMENT

A+ OXYGEN & DME(775) 329-0101

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

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 & much more. We serve Carson City, Fernley, Reno, Sparks, & Gardnerville/Minden. Available 24/7. Accepting Medicare & Medicaid.

ACADIAN REHABILITATION(775) 333-6600

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

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



MEDICAL EQUIPMENT (CONTINUED)

ACCELLENCE HOME MEDICAL

ADDRESS: 5450 Mill St., Ste. 101(775) 352-9539
Reno, NV 89502Fax (775) 352-9333

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

OFFICE HOURS: Mon - Fri 8:00 a.m. - 5:00 p.m. **Services offered 24-hours a day on call.**

ADT HEALTH SERVICES(877) 971-6879

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

Suzanne Mortenson, Special Services RepresentativeCell (916) 417-3135

SERVICES: ADT's Personal Medical Alert System with 24/7 monitoring. Emergency responders can be called. Family members & caregivers can also be notified. No traditional phone service needed.

WEBSITE: www.adt.com

AMADOR MEDICAL LLC(702) 724-1734

Donald: Client Care Coordinator.....(702) 908-5274
.....Fax: (702) 834-8490

SERVICES: Incontinence supplies (Pull-ups, Briefs, Liners, Male Guards & Chux), blood pressure monitors, canes, commodes, grab bars, raised toilet seats & walkers, orthotic braces and diabetic shoes, wheelchairs, power wheelchairs, Hoyer lifts & hospital beds. Accepting Medicaid, Medicare & private pay. We service throughout Northern Nevada. Available on call 24/7.

EMAIL: infoamadormedical.com

APRIA HEALTH CARE.....(775) 352-7744

ADDRESS: 1395 Greg St., Ste. 113, Sparks, NV 89431..... or (775) 352-7742

SERVICES: Medical equipment, oxygen, tube feeding, & cpap machines. Will accept Medicare & most respiratory insurances.

WEBSITE: www.apria.com

BENNETT MEDICAL SERVICES

ADDRESS: 2600 Mill St., Ste. 600, Reno, NV 89502.....(775) 329-0799
.....Fax (775) 329-9682

.....www.bennettmedical.com

SERVICES: Home oxygen & medical equipment company providing a full range of products & services including respiratory equipment, home oxygen, nebulizers & sleep apnea equipment. Sick room & 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 hours a day 7 days a week.



MEDICAL EQUIPMENT (CONTINUED)

EB HOMES

Home Accessibility

Call Eric Barry.....(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..... **Email: ebhomes9@gmail.com**

Nevada License #0056470

HANGER PROSTHETICS & ORTHOTICS

ADDRESS: 403 W. Nye Ln., Ste. B.....(775) 882-2232

Carson City, NV 89706.....**Fax (775) 882-4047**

ADDRESS: 961 Matley Ln., Ste. 100,(775) 323-8118

Reno, NV 89502**Fax (775) 323-1234**

..... **Email: 052000@hanger.com**

..... **www.hangerclinic.com**

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

LINCARE

ADDRESS: 3427 Goni Road #106, Carson City, NV 89706(775) 882-0333

& Minden**Fax (775) 882-5206**

ADDRESS: 1380 Greg St. #201, Sparks, NV 89431(775) 359-6262

.....**Fax (775) 359-7577**

Services: Respiratory home care company providing specialized oxygen, unit dose medication therapy, sleep apnea therapy & DME.

WEBSITE: www.lincare.com

MEDTECH SERVICES, INC.....(775) 826-2022

ADDRESS: 555 Gentry Way, Reno, NV 89502.....**Fax (775) 826-6040**

CONTACT: Victoria Rosales, Office Manager..... **Email: vrosales@medtechmail.com**

SERVICES: Provides power & manual wheelchairs, scooters, vans, lifts, ramps & home medical equipment.

ORTHOPRO OF CARSON CITY, INC.....(775) 841-0660

ADDRESS: 415 W. Sophia St., Ste. 200.....**Fax (775) 841-0606**

Carson City, NV 89703..... **www.orthoprocarson.com**

SERVICES: Artificial arms & legs, microprocessor knees, ankles & feet. Orthotics, Custom & off the shelf bracing for the body, i.e., bracing for the back, knee, ankle, foot, arm. Diabetic shoes & inserts; mastectomy bras & forms.

Approved provider for Medicare, Medicaid, Saint Mary's, Blue Cross/Anthem & most private insurances.

Services are offered Mon.– Fri.: 9 a.m. – 5 p.m., closed from 12 to 1 pm.



MEDICAL EQUIPMENT (CONTINUED)

OXYTECH, LLC.....(775) 284-8890

ADDRESS: 1544 Pittman Ave #B, Sparks, NV 89431**Fax (775) 284-8893**

.....**Email: oxytechreno@yahoo.com**

SERVICES: Durable medical equipment, orthotic supplies, CPAP, Supplies, nebulizers, cath kits, beds, walkers, wheelchairs, pulse oximeters, tubing, cannulas & rollators and repair, power chairs & scooters. Medical equipment service & repair dept. specializing in oxygen concentrators, CPAP units. Accept Medicare, Medicaid, Triwest & other insurance providers. Available to patients 24/7, including holidays.

SIERRA OXYGEN SERVICE(775) 884-1234

ADDRESS: 200 Bath St., Ste. 2, Carson City, NV 89703**Fax (775) 884-1241**

SERVICES: Provides oxygen and durable medical equipment.

EMAIL: cindy@sierraoxygen.com

WEBSITE: sierraoxygen.com

VITAL CARE HEALTH SYSTEM.....(775) 829-2224

ADDRESS: 1360 Greg St., Ste. 104..... **Fax (775) 829-7286**

Sparks, NV 89431

SERVICES: Respiratory care, hospital beds, CPAPS and supplies. All equipment to enable patients a better quality of life at home. **WEBSITE: www.rotech.com**



Senior Discount

AARP DRIVER SAFETY PROGRAM

SERVICES: A refresher course program designed for defensive driving for motorists.

Classes are by reservation only & pre-registration is required. **Car Fit.**

Helping mature drivers find their safest fit. Promotes continued safe driving & mobility among older drivers by focusing attention on the fit between driver & vehicle by American Society on Aging with AAA, AARP & American Occupational Therapy Association by appointment only.

FEE: \$20 for AARP members. \$25 Non Members. Upon completion of the course, persons may be eligible for a discount on their automobile insurance.

CLASS SCHEDULING: Open to all drivers.

PRE-REGISTRATION..... **www.AARP.org**

COORDINATOR - Carol Brody..... **(775) 851-4550**

CARSON CITY RECREATION.....(775) 887-2290

ADDRESS: 841 N. Roop St., Carson City, NV 89701**Fax (775) 887-2256**

SERVICES: Senior discount available for swimming pool & weight room.

Water classes. Call for hours.

Multipurpose Athletic Center (MAC)

ADDRESS: 1860 Russell Way, Carson City, NV 89706

SERVICES: Senior discount for indoor walking track & sport courts, including pickleball.

Call for information.

WEBSITE: www.carson.org/ccpr



Senior Discount (Continued)

CARSON CITY SENIOR CENTER(775) 883-0703

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

SERVICES & HOURS: Meals Monday - Friday from 11:00 a.m. to 12:30 p.m.

SUGGESTED DONATION: \$2.25 for those 60 & over with a current free membership form (yearly).
Under 60, there is a \$6.00 fee.

WESTERN NEVADA COLLEGE(775) 445-3000

ADDRESS: 2201 West College Parkway.....**Admission & Records (775) 445-3277**
Carson City, NV 89703

Douglas Co. Campus: 1680 Bentley Parkway South, Minden, NV 89423.....(775) 782-2413
..... **www.wnc.edu**



SENIOR LIVING -- INDEPENDENT RETIREMENT COMMUNITIES

RESIDENTIAL COMMUNITIES FOR ACTIVE OLDER ADULTS:

Following are residential communities for active older adults who are totally independent & 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, & access to health & shopping facilities. Nursing care services are usually not offered. Cost & services vary widely.

ATRIA SUMMIT RIDGE.....(775) 787-3000

ADDRESS: 4880 Summit Ridge Dr., Reno, NV 89523.....**Fax (775) 746-3765**
.....**www.atriasummitridge.com**

SERVICES: Independent & Assisted Living community located in northwest Reno with magnificent views of the Sierra Nevada mountains. The 2-story, pet-friendly community offers personalized support services available for medication assistance along with help with activities & needs throughout the day & night. The well-trained staff are supervised by a registered nurse & available 24 hours each day, 7 days a week. Monthly rental rates include 3 meals a day along with the 24-hr. Anytime Café, maintenance, weekly housekeeping & linen service, scheduled transportation, emergency call system & a wonderful schedule of activities & social opportunities.
Atria Summit Ridge - Helping older people make a better life.

BROOKDALE SPARKS(775) 359-7700

ADDRESS: 1900 East Prater Way, Sparks, NV 89434**Fax (775) 359-6266**

SERVICES: Independent Living.



SENIOR LIVING INDEPENDENT RETIREMENT COMMUNITIES (CONTINUED)

CARSON PLAZA INDEPENDENT RETIREMENT COMMUNITY(775) 883-1221

ADDRESS: 2120 East Long St., Carson City, NV 89706.....**Fax (775) 883-0815**

SERVICES: Independent Living. All amenities included. 24 hr. manager service, emergency call system, weekly housekeeping & linen service, pet friendly.

Three meals a day. Travel program available. Scheduled transportation & a wide variety of activities in the community. Awarded the 2019 "Best Senior Living in Carson City" by Caring.com

CASCADES OF THE SIERRA(775) 424-5400

ADDRESS: 275 Neighborhood Way.....**Fax (775) 424-5401**

Spanish Springs, NV 89441**www.cascadesofthesierra.com**

CONTACT: Jim Cox, Executive Director**Email: jimc@cascadeliving.com**

Mark Regan, Director of Sales & Marketing and Community Relations Associate.

.....**Email: markr@cascadeliving.com**

SERVICES: Very active Independent Living, 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; & on-site Wells Fargo Bank. 249 total apartments. Licensed nurses in the building, 24/7 in Assisted Living & Memory Care. Short term respite stays available with all three levels of service & no minimum stay required. On-site physical, occupational & speech therapy also available. Hospice apartments on-site also.

THE CHATEAU AT GARDNERVILLE(775) 782-3100

ADDRESS: 1565A Virginia Ranch Road, Gardnerville, NV 89410**Fax (775) 783-0071**

.....**www.pegasuseniiorliving.com**

SERVICES: Includes active retirement, assisted living & memory care.

FERNLEY ESTATES ASSISTED LIVING & MEMORY CARE(775) 372-8625

ADDRESS: 1130 Chisholm Trail, Fernley, NV 89408.....**Fax (775) 546-6049**

.....**www.fernleyestates.net**

SERVICES: Fernley Estates has 50 Assisted Living Apartments ranging in size from studios to large two bedroom apartments & 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/your loved one might need help with showers, medications, meals, transportation, housekeeping & much more.

FIVE STAR PREMIER RESIDENCES OF RENO(775) 829-1050

ADDRESS: 3201 Plumas St., Reno, NV 89509..... **www.fivestarpremier-Reno.com**

SERVICES: Provides independent living & 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 & our city's most popular attractions.



SENIOR LIVING INDEPENDENT RETIREMENT COMMUNITIES (CONTINUED)

HIGHLAND VILLAGE

SENIOR LIVING – CONTINUING CARE RETIREMENT COMMUNITY

HIGHLAND VILLAGE OF FALLON(775) 423-7800

ADDRESS: 550 N. Sherman St., Fallon, NV 89406 **Fax (775) 423-7660**

CONTACT: Heather Deitrick, Director of Marketing & Sales **marketing@highlandvillageoffallon.com**

SERVICES:

Highland Estates: Independent living apartment complex featuring studio, one bedroom & two bedroom apartments. Rent includes 2 meals per day, all utilities with the exception of the telephone, it does include wireless internet, satellite television, weekly housekeeping, maintenance staff, on-site laundry, various activities & the use of any of the facility common areas.

Highland Inn: Assisted living facility offering medications administration & some assistance with activities of daily living. Studio, deluxe studio & two bedroom units are available. Rent includes 3 meals per day & snacks, all utilities with the exception of a private telephone, wireless internet, satellite television, housekeeping & laundry services, maintenance staff, various activities & the use of any facility common areas.

Highland Manor: Skilled nursing facility. Offers short term rehabilitation, long term care & memory care. Residents are provided 3 meals per day & snacks, all utilities, except a private telephone, wireless internet, satellite television, housekeeping & laundry services, maintenance staff, various activities & the use of any of the facility common areas. Transportation to medical appointments scheduled by our facility is included.

LA CASA DE LA VOIE.....(775) 629-9195

ADDRESS: 9340 Mustang Trail, Stagecoach, NV 89429
Home for Individual Residential Care

DIRECTOR: Jacqui La Voie **Email: lifeatlacasa@msn.com**

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 & tell me your needs or request a brochure.

LAKESIDE MANOR (775) 827-3606

ADDRESS: 855 Brinkby Avenue, Reno, NV 89509..... **Fax 775 827-3608**

CONTACT: Ashley, Executive Director **Email: ashleyr@lakesideretirement.com**

SERVICES: Studios, 1 bedroom & 2 bedroom; 3 meals daily; weekly housekeeping & laundry. Full activities schedule & shopping/doctor transportation. Utilities included.

THE LANDER STUDIO SUITES(775) 882-3046

ADDRESS: 907 S. Carson St., Carson City, NV 89701..... **Email: thelanderstudiosuites@gmail.com**

CONTACT: Executive Director **http://www.thelanderstudiosuites.com**

SERVICES: Newly renovated studio suites for seniors 55+. Independent Living, all-inclusive utilities, cable & internet. For additional information call during the hours of:

Monday – Friday 9:00 am – 5:00 pm

Saturdays – 10:00 am – 2:00 pm (Offices are located in Gardnerville_



SENIOR LIVING INDEPENDENT RETIREMENT COMMUNITIES (CONTINUED)

MORNING STAR SENIOR LIVING(775) 626-5665

ADDRESS: 2360 Wingfield Hills Rd., Sparks, NV 89436**Fax (775) 626-7665**

CONTACT: Amanda Jenkins, Executive Director

.....**Email: Sparks.ED@MorningStarSeniorLiving.Com**

CONTACT: Catherine Hurt, Director of Community Relations

.....**Email: Sparks.dcr@morningstarseniorliving.com**

SERVICES: Independent & Assisted Living Community as well as secure Memory Care Unit.

Wonderful activities program, scheduled transportation, emergency call system, pet friendly & restaurant style dining. Movie theater, gym, medical transportation & respite stays; active life-style & 2 on-site beauty salons; utilities, cable, telephone & housekeeping included. Diabetic & continence care programming. Adult day care, secure, coming soon. Chronic illness certified.

PROMENADE ON THE RIVER(775) 786-8853

ADDRESS: 525 Court St., Reno, NV 89501**Fax (775) 786-8863**

SERVICES: Independent retirement community. Dining, transportation, housekeeping, activities, secured covered parking.

SIERRA PLACE OF CARSON CITY(775) 841-4111

ADDRESS: 1111 West College Parkway, Carson City, NV 89703**Fax (775) 841-5820**

Inclusive for independent and assisted living.....**www.cascadesierraplace.com**

SERVICES: No minimum stay required. Registered nurse & licensed dietician on staff full time. 24 Hour Care.

SKY PEAKS SENIOR LIVING.....(775) 747-9555

ADDRESS: 1520 Sky Valley Dr., Reno, NV 89523.....(775) 747-9551

SERVICES: Independent living, all inclusive.

STEWART STREET INN(775) 883-6607

ADDRESS: 323 N. Stewart St., Carson City, NV 89701

CONTACT: Executive Director**http: www.stewartstreetinn@gmail.com**

Email: stewartstreetinn@gmail.com

SERVICES: Studio Suites for seniors 55+, single unit living, all-inclusive utilities, cable & internet.

OFFICE HOURS: For additional information call during the hours of 9:00 am – 5:00 pm, Monday – Friday
10:00 am – 2:00 pm Saturday (Offices are located in Gardnerville)



SENIOR LIVING INDEPENDENT RETIREMENT COMMUNITIES (CONTINUED)

SUMMIT ESTATES SENIOR LIVING & MEMORY CARE(775) 434-1880

ADDRESS: 222 E. Patriot Blvd., Reno, NV 89511 www.summitestatesl.net

SERVICES: Summit Estates Community offers choices that enhance each resident's life while providing the support they need. Summit Estates has 92 Independent & Assisted Living apartments. Social & recreational areas are throughout the community including an exercise room, relaxing fireside library, theatre, bistro, card & billiards room, family dining, meeting rooms & a full-service Beauty/Barber shop. Personalized support services providing assistance with medications & 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 & outings, weekly housekeeping with personal laundry & linen service. Cable & all utilities except phone, 24 hour emergency response system & state of the art fire detection system. We are PET friendly. Summit Estates Senior Living & Memory Care: Caring People, Enhancing Lives.

SENIOR LIVING -- ASSISTED LIVING FACILITIES

LICENSED RESIDENTIAL CARE FACILITIES:

Following are licensed Residential Care Facilities which provide services to a large number of individuals. They offer a broad range of amenities & activities designed to stimulate social contact. A basic monthly rental fee is charged with additional costs for the amount of supervision & personal care assistance required. Except for facilities established specifically to care for low-income & subsidized care, cost is generally higher than the cost of care in Licensed Residential Care Homes, especially if the amount of supervision & personal care assistance required is high.

ATRIA SUMMIT RIDGE.....(775) 787-3000

ADDRESS: 4880 Summit Ridge Dr.....**Fax (775) 746-3765**
Reno, NV 89523 www.atriasummitridge.com

SERVICES: As listed under Independent Retirement Communities on page 60.

GOLDEN YEARS CASTLE HOME OF LOVELOCK.....(775) 273-2246

ADDRESS: 685 Amherst Ave., Lovelock, NV 89419

SERVICES: Assisted living, home healthcare 24/7.

THE SEASONS OF RENO.....(775) 787-8200

ADDRESS: 5165 Summit Ridge Court, Reno, NV 89523.....**Fax (775) 787-8227**

EXECUTIVE DIRECTOR: China West

SERVICES: Provides Assisted Living. Secured Memory Care Community. Spouses and pets welcome. Month-to-month and/or permanent.

WEBSITE: www.pegasuseniiorliving.com

CONTACT: Jessica Culbertson **EMAIL:** jculbertson@pegasuseniiorliving.com

BROOKDALE RENO.....(775) 828-5000

ADDRESS: 3105 Plumas St., Reno, NV 89509.....**Fax (775) 828-5001**

SERVICES: Assisted living for memory care.....www.brookdale.com



SENIOR LIVING – ASSISTED LIVING FACILITIES (CONTINUED)

BROOKDALE VISTA(775) 359-7733
ADDRESS: 2000 East Prater Way, Sparks, NV 89434.....**Fax (775) 359-3308**
SERVICES: Assisted living.....**Email: karen_hall@brookdale.com**

CARSON VALLEY SENIOR LIVING.....(775) 265-1400
ADDRESS: 1189 Kimmerling Road, Gardnerville, NV 89460.....**Fax (775) 265-9152**
.....**www.carsonvalleyseniorliving.net**
SERVICES: Assisted living, Memory Care.

CASCADES OF THE SIERRA(775) 424-5400
ADDRESS: 275 Neighborhood Way.....**Fax (775) 424-5401**
Spanish Springs, NV 89441**www.cascadesofthesierra.com**
CONTACT: Jim Cox – Executive Director.....**Email: jimc@cascadeliving.com**
Mark Regan, Director of Sales & Marketing and Community Relations Associate.
.....**Email:markr@cascadeliving.com**
SERVICES: Very active Independent Living, Assisted Living, as well as Secure Memory Care. Help with sale of home/moving, 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; & on-site Wells Fargo Bank. 249 total apartments. Licensed nurses in the building 24/7 in Assisted Living & Memory Care. Short term respite stays available with all three levels of service & no minimum stay required. On-site physical, occupational & speech therapy also available. Hospice apartments on-site also.

THE CHATEAU AT GARDNERVILLE(775) 782-3100
ADDRESS: 1565 Virginia Ranch Road, Gardnerville, NV 89410.....**Fax (775) 783-0071**
.....**www.pegasus seniorliving.com**
EMAIL: jmaidlow@pegasus seniorliving.com
SERVICES: Includes active retirement, assisted living & memory care.

EAGLE VALLEY CARE CENTRE.....(775) 883-4449
ADDRESS: 1807 East Long St., Carson City, NV 89706.....**Fax (775) 883-4403**
SERVICES: Assisted Living, accepts Medicare.....**Email: dsy1807@aol.com**

FIVE STAR PREMIER RESIDENCES OF RENO(775) 829-1050
ADDRESS: 3201 Plumas St., Reno, NV 89509
https://www.fivestarseniorliving.com/communities/nv/reno/five-star-premier-residences-of-reno
SERVICES: Provides independent living & 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 & our city's most popular attractions.



SENIOR LIVING – ASSISTED LIVING FACILITIES (CONTINUED)

HOMESTEAD, THE(775) 428-2428

ADDRESS: 365 West A St., Fallon, NV 89406.....**Fax (775) 428-6782**

The Homestead is a comforting, professional community offering Assisted Living

Memory Care Community.**www.fallonhomestead.com**

SERVICES: Units provide a home-like environment & individualized health & personal care services including medication management, meals, housekeeping & linen service, emergency call system, transportation to shopping & Dr. appointments & 24-hr access to attentive staff. Respite care is \$150 per day and stays may range between 7 & 30 days & include the services listed above. We are committed to make our residents feel at home & well cared for.

LODGE, THE(775) 283-9888

ADDRESS: 2200 E. Long St., Carson City, NV 89706.....**Fax (775) 283-9890**

.....**www.thelodgeassistedlivingandmemorycarecommunity.com**

SERVICES: An assisted living & memory care community. Creating environments where moments of joy, independence & wellness are the focus each & everyday.

MONACO RIDGE ASSISTED LIVING(775) 982-7065

ADDRESS: 10101 Double R. Blvd., Reno, NV 89521

.....**www.renown.org/find/monaco-ridge-assisted-living**

SERVICES: Assisted living units include personal care, medication management, emergency call system, meals, housekeeping, laundry services & scheduled activities. FAMILY CARE features primary-care physicians who accept advance & same day appointments.

CALL:(775) 982-7055

MORNING STAR SENIOR LIVING(775) 626-5665

ADDRESS: 2360 Wingfield Hills Rd. Sparks, NV 89436**Fax (775) 626-7665**

CONTACT: Amanda Jenkins, Executive Director

Email: Sparks.ED@MorningStarSeniorLiving.Com

CONTACT: Katherine Hurt, Director of Community Relations

Email: Sparks.dcr@morningstarseniorliving.com

SERVICES: Independent & Assisted Living Community as well as secure Memory Care Unit. Wonderful activities program, scheduled transportation, emergency call system, pet friendly & restaurant style dining. Movie theater, gym, medical transportation & respite stays; active life-style & 2 on-site beauty salons; utilities, cable, telephone & housekeeping included. Continence care programming. Adult day care, secure, coming soon. Chronic illness certified.

WEBSITE: **www.morningstarseniorliving.com**

PARK PLACE ASSISTED LIVING(775) 746-1188

ADDRESS: 2305 Ives Ct., Reno, NV 89503**Fax (775) 746-1189**

EXECUTIVE DIRECTOR: Jeanne Bishop-Parise

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 & family style dining in comfy cottage setting. Incontinence care & catheter care with chronic illness & MI endorsements. Respite & transitional stays with on-site outpatient rehab therapy room. WI Fi.



SENIOR LIVING – ASSISTED LIVING FACILITIES (CONTINUED)

SIERRA PLACE OF CARSON CITY(775) 841-4111

ADDRESS: 1111 West College Parkway, Carson City, NV 89703**Fax (775) 841-5820**

Inclusive for independent and assisted living.....**www.cascadesierraplace.com**

SERVICES: No minimum stay required. Registered nurse & licensed dietician on staff full time. 24 Hour Care.

SKYLINE ESTATES SENIOR LIVING.....(775) 885-9223

ADDRESS: 2861 Mountain St., Carson City, NV 89703**Fax (775) 885-8050**

SERVICES: Senior Care & Respite Care & Secure Memory Care.....**www.skylinecarsonciy.net**
Quality care without outrageous price.

SUMMIT ESTATES SENIOR LIVING & MEMORY CARE(775) 434-1880

ADDRESS: 222 E. Patriot Blvd., Reno, NV 89511.....**www.summitestatesl.net**

SERVICES: Refer to Summit Estates Senior Living under Independent Living, assisted and memory care.

CONTACT: Nicole Ashton **EMAIL:** nashton@summitestatesl.net



SENIOR LIVING – MEMORY CARE

ARBORS, MEMORY CARE COMMUNITY.....(775) 331-2229

ADDRESS: 2121 E. Prater Way, Sparks, NV 89434.....**Fax (775) 331-2207**

SERVICES: Residential facility for memory care & short term respite memory care.
.....**www.arborsmemorycare.com**

BROOKDALE RENO.....(775) 828-5000

ADDRESS: 3105 Plumas St., Reno, NV 89509.....**Fax (775) 828-5001**

SERVICES: Assisted living for Memory Care & Alzheimers.....**www.brookdale.com**

THE SEASONS OF RENO.....(775) 787-8200

ADDRESS: 5165 Summit Ridge Court, Reno, NV 89523.....**Fax (775) 787-8227**

EXECUTIVE DIRECTOR: China West

SERVICES: Provides Assisted Living, spouses and pets welcome, month-to-month and/or permanent. Secured Memory Care Community.

WEBSITE: www.pegasus seniorliving.com

CONTACT: Jessica Culbertson **EMAIL:** jculbertson@pegasus seniorliving.com

CARSON TAHOE EXPRESSIONS MEMORY CARE(775) 443-4900

ADDRESS: 1001 Mountain St., Carson City, NV 89703

CARSON TAHOE EXPRESSIONS MEMORY CARE is specifically designed to care for individuals living with Alzheimer’s disease, memory loss & other forms of dementia. The community offers our award-winning Expressions Memory Care Program. Using innovative care techniques & life enrichment programming, Expressions provides people with dementia & their families an environment in which the individual can live a productive & active life & be treated with dignity & respect.



SENIOR LIVING – MEMORY CARE (CONTINUED)

CASCADES OF THE SIERRA(775) 424-5400

ADDRESS: 275 Neighborhood Way.....**Fax (775) 424-5401**
Spanish Springs, NV 89441**www.cascadesofthesierra.com**

CONTACT: Jim Cox, Executive Director**Email: jimc@cascadeliving.com**
Mark Regan, Director of Sales & Marketing and Community Relations Associate.
.....**Email: markr@cascadeliving.com**

SERVICES: Very active Independent Living, 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; & on-site Wells Fargo Bank. 249 total apartments. Licensed nurses in the building, 24/7 in Assisted Living & Memory Care. Short term respite stays available with all three levels of service & no minimum stay required. On-site physical, occupational & speech therapy also available. Hospice apartments on-site also.

THE CHATEAU AT GARDNERVILLE(775) 782-3100

ADDRESS: 1565A Virginia Ranch Road, Gardnerville, NV 89410**Fax (775) 783-0071**
.....**www.pegasus seniorliving.com**

SERVICES: Includes active retirement, assisted living & memory care.

FERNLEY ESTATES ASSISTED LIVING & MEMORY CARE(775) 372-8625

ADDRESS: 1130 Chisholm Trail, Fernley, NV 89408.....**Fax (775) 546-6049**
.....**www.fernleyestates.net**

SERVICES: Fernley Estates has 50 Assisted Living Apartments ranging in size from studios to large two bedroom apartments & 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/your loved one might need help with showers, medications, meals, transportation, housekeeping & much more.

HOMESTEAD, THE(775) 428-2428

ADDRESS: 365 West A St., Fallon, NV 89406.....**Fax (775) 428-6782**
The Homestead is a comforting, professional community offering Assisted Living and
Memory Care Community.**www.fallonhomestead.com**

SERVICES: Memory Care units include secure living space & enclosed courtyard, skilled Caregivers providing personalized care services, medication management, meals, housekeeping & linen service, specialized social & recreational activities, transportation to Dr. appointments, emergency call system 24-hrs. a day, attentive 24/7 staff trained in dementia care in a home-like comforting atmosphere. Respite care is \$150 per day and stays may range between 7 & 30 days & include the services listed above. We are committed to make our residents feel at home & well cared for.

LODGE, THE(775) 283-9888

ADDRESS: 2200 E. Long St., Carson City, NV 89706.....**Fax (775) 283-9890**

SERVICES: Assisted living & memory care community.

EMAIL: www.thelodgeassistedlivingandmemorycarecommunity.com



SENIOR LIVING – MEMORY CARE (CONTINUED)

MOUNTAIN VIEW HEALTH & REHABILITATION CENTER.....(775) 883-3622

ADDRESS: 201 Koontz Lane, Carson City, NV 89701..... **Fax (775) 883-3744**

SERVICES: Secured Dementia Unit. Medicare & Medicaid certified. Provides long term, skilled nursing care and respite care..... **www.mountainviewhealth&rehab.com**

STONE VALLEY ALZHEIMER’S SPECIAL CARE CENTER(775) 746-2200

ADDRESS: 6155 Stone Valley Dr., Reno, NV 89523**Fax (775) 746-2205**

SERVICES: Gracious living specially designed for Alzheimer’s & Dementia care in a warm, caring environment. 24 hour care, personalized assistance, family education & support, specially trained caregivers. **www.stonevalleyret.com**

SUMMIT ESTATES SENIOR LIVING & MEMORY CARE(775) 434-1880

ADDRESS: 222 E. Patriot Blvd., Reno, NV 89511..... **www.summitestatesl.net**

SERVICES: Summit Estates Senior Living & 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 & support. Residents enjoy a home like setting with their own intimate dining room, sun room, activity areas & 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 providing assistance with medications & 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 & outings, weekly housekeeping with personal laundry & linen service. Cable & all utilities except phone, 24 hour emergency response system & state of the art fire detection system. We are PET friendly. Summit Estates Senior Living & Memory Care: Caring People, Enhancing Lives.



SENIOR LIVING – SKILLED NURSING FACILITIES

LARGE FACILITIES:

Following are large facilities which provide lodging, meals, therapy, & 24-hour skilled nursing supervision & care under the direction of a physician in a medical setting. Medicare pays for short-term skilled nursing care &

therapy. Extended care is paid for privately as long as financial resources are available. Public assistance pays for extended care after personal financial resources are depleted.

BARTON MEMORIAL HOSPITAL 1 (530) 543-5885
ADDRESS: 2170 South Avenue, So. Lake Tahoe, CA 96150.....**Fax 1 (530) 544-2605**
MAIL: P.O. Box 9578, So. Lake Tahoe, CA 96158..... **www.bartonhealth.org**

CARSON NURSING & REHABILITATION CENTER(775) 882-3301
ADDRESS: 2898 Hwy. 50 East, Carson City, NV 89701**Fax (775) 882-6360**
SERVICES: Specializing in short-term rehabilitation therapy.....**www.covenantcare.com**

CARSON TAHOE CARE CENTER(775) 443-4800
ADDRESS: 1001 Mountain St., Carson City, NV 89703
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 & return to your active lifestyle. Services include short-term skilled nursing care as well as physical, occupational & speech therapies.

GARDNERVILLE HEALTH & REHAB. CENTER(775) 782-6620
ADDRESS: 1573 Muller Parkway, Gardnerville, NV 89410**Fax (775) 782-6945**
SERVICES: Skilled nursing facility and rehabilitation
CONTACT: Carolyn Davis, Admissions **EMAIL:** cdavis2@empres.com
EXECUTIVE DIRECTOR: Jeff Strepanski

LIFE CARE CENTER of RENO.....(775) 851-0123
ADDRESS: 445 Holcomb Ranch Ln., Reno, NV 89511.....**Fax (775) 851-3754**
WEBSITE: www.lifecarecenterofreno.com
SERVICES: Private in-patient skilled nursing & rehabilitations; wound care, restorative nursing, physical & occupational therapy & speech therapy.

LAKESIDE HEALTH & WELLNESS SUITES(775) 829-7220
ADDRESS: 2350 Wingfield Hills Dr., Sparks, NV 89436.....**Fax (775) 414-3388**
 3101 Plumas St., Reno, NV 89504
SERVICES: Skilled Nursing & Rehabilitation & long term care.



SENIOR LIVING — SKILLED NURSING FACILITIES(CONTINUED)

MOUNTAIN VIEW HEALTH & REHABILITATION CARE CENTER.....(775) 883-3622
ADDRESS: 201 Koontz Lane, Carson City, NV 89701**Fax (775) 883-3744**
SERVICES: Secured Dementia Unit. Medicare & Medicaid certified. Provides long term, skilled nursing care and respite care..... **www.mountainviewhealth&rehab.com**

ORMSBY POST-ACUTE REHABILITATION CENTER(775) 841-4646
ADDRESS: 3050 North Ormsby Blvd., Carson City, NV 89703.....**Fax (775) 841-4650**
SERVICES: Short term post acute rehab, therapy & long term care.

ALTA SKILLED NURSING AND REHABILITATION CENTER(775) 828-5600
ADDRESS: 555 Hammill Lane, Reno, NV 89511
SERVICES: Skilled nursing facility providing physical & occupational rehabilitation, specialized medical services & long term/respite care.
WEBSITE: www.altanursingandrehab.com

ROSEWOOD REHABILITATION CENTER(775) 359-3161
ADDRESS: 2045 Silverada Blvd., Reno, NV 89512.....**Fax (775) 331-2878**
SERVICES: Unit of long term care, and a unit of rehab.



HIRC – HOMES FOR TWO

AMY’S EDEN SENIOR CARE.....(775) 884-3336

ADDRESS: Carson City, NV

AMY’S RENO LOCATION:(775) 884-3336

Home for Individual Residential Care (HIRC)..... **Email: amyseden.com**

Limited to 2 seniors, in private neighborhood homes, they allow for exceptional service.

SERVICES: Assisted bathing, dressing & grooming, medication management; housekeeping, laundry services, colostomy care, gastric tube, dementia care, diabetic management, pet therapy, short term or respite & much more.

THE CABIN

SERVICES: 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. Of all the licensed facilities, this venue is the closest to actually being home.

Call us at (775) 884-3336 for individualized personalized services in our Cabin like home in North Carson City.

1. GREEN ACRES ASSISTANCE

SERVICES: Our Home for Individual Residential Care (HIRC) is the smallest, most versatile & private of all residential care facilities. Located in a licensed private residence & limited to 2 beds, allows exceptional attention to the needs & desires of our residents. **Call (775) 884-3336** today for a tour of this unique style of senior living.



HIRC-HOMES FOR TWO (CONTINUED)

2. THE BEACH HOUSE

SERVICES: Individualized, personalized service for a wide variety of conditions not limited to dementia, ambulatory and non-ambulatory. **Call (775) 884-3336 For Information.**

MEMORY LANE SENIOR CARE(775) 884-3336

SERVICES: We want to bring our elderly back to life, back to a life worth living in every way possible. No longer is it okay to forget, exclude or simply misunderstand the ever-growing needs & desires of our aging elders.

AUTUMN LIVING SENIOR CARE(775) 884-3336

SERVICES: When older senior take the turn from independence, their residence options are typically limited to inadequate house-bound care or placement at large, impersonal facilities. Seniors grow lonely & bored when placed into a lonely house or over-sized facility, then their mental & physical health decline. We are addressing this at both Autumn & Memory Lane Senior Care where needed personal assistance is personalized.

GOLDEN MANOR

ADDRESS: 580 Beckfield Ct., Reno, NV 89521

SERVICES: This is a lovely 2-bed care facility with 24 hour care. We provide lodging, meals, personal care & support services & medication management.

Please contact for either location at: Ernesto/Administrator/Owner.....(775) 762-2162
Lely Beltejar.....(775) 501-4000



HIRC – HOMES FOR THREE OR MORE

Following are homes for three or more individuals in a residential setting. They are required to comply with state regulations standardizing care. They provide non-medical 24-hour supervised living. Lodging, meals, personal care, & support services are provided. Costs vary. Subsidized care is limited & eligibility is regulated by strict income & asset requirements. Price is established by charging a basic rate for room & board with an additional charge for the amount of supervision & personal care assistance required. Most residential care is paid for privately.

CORINTHIAN PLACE LLC(775) 762-3681

Fax (775) 787-0914

ADDRESS: 2630 Sunray Dr., N/W Reno, NV 89508 **Email: mylenes@charter.net**

SERVICES: Group home for elderly (ambulatory, wheelchair or bed-bound) patients. We provide a home-like atmosphere, 7 days a week, Medication management; meals & laundry are included; other services can be arranged. **www.corinthianplace.com**

GRACEFUL LIVING(775) 857-7514

ADDRESS: 2690 Trail Rider Dr., Reno, NV 89521

SERVICES: Residential Group Home for the Elderly licensed for 8 residents. We have an A rating from the State & from Medicaid. We provide 24 hr. care for ambulatory & non-ambulatory residents with services including lodging, meals, personal care & support services & medication management.

We have an activities coordinator on staff. **www.gracefullivingreno.com**



HIRC – HOMES FOR THREE OR MORE (CONTINUED)

ORMSBY HEIGHTS RESIDENTIAL CARE(775) 445-0214

ADDRESS: 210 S. Ormsby Blvd., Carson City, NV 89703**Fax (775) 883-3116**

615 W. Fifth St., Carson City, NV 89703 **(775) 461-3628**

.....**Fax (775) 461-3629**

.....**Email: ormsbyheights210@yahoo.com**

SERVICES: Licensed residential care home for 10 people. 24-hr. Care, meals, medication assistance, laundry, incontinence & personal care, bathing assistance, daily activities.

The home is located in a quiet neighborhood on the west side of Carson City.

SPIRIT OF HOPE, INC(775) 315-0121

OFFICE ADDRESS: 4628 Hillview Dr., Carson City, NV 89701

OWNER: Ellen Jackson

SERVICES: Transportation for all needed medical appointments & shopping. We offer assistance with medication management & keeping their room clean. Each person has the opportunity to have their own room. (Some shared rooms are available.) These homes are clean & 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 \$550 per mo. This includes: cable tv, gas, electric, water, & our services. Each individual must be able to care for themselves & take their own medication. We do not bill Medicaid or Medi-Cal. We do not have 24-hr. care & we are not a direct care home. **EMAIL: jjnellen2@yahoo.com**

WHISPERING HEIGHTS ASSISTED LIVING FOR SENIORS.....(775) 885-8242

ADDRESS: 2397 Empire Ranch Road, Carson City, NV 89701**Fax (775) 461-0679**

OWNER/ADMINISTRATOR: Frederick Davidson

SERVICES: Assisted living for eight adults.

EMAIL: relivnica@yahoo.com



SUPPORT GROUPS

12 STEP MEETINGS Sponsored by Carson Tahoe Behavioral Services(775) 445-7350

ADDRESS: 775 Fleischmann Way, Carson City, NV 89703 Enter Emergency Entrance

MEETINGS:

- Sunday 7 to 7:45 p.m. (A.A.) Sunday Night Step Study Group
- Monday 12:00 to 1:00 p.m. (A.A.) "Joe & Charlie"
- Monday 6:00 to 7:00 p.m. (A.A.) "Women in Sobriety"
- Monday 7:15 to 8:15 p.m. (N.A.)
- Monday 6 to 8 p.m. 7 to 8 for Inpatients (ACOA) Held at BHS "B" Bldg.
- Tuesday 12 to 1 p.m. (A.A.) "Living Sober"
- Wednesday 12 to 1 p.m. (A.A.) "Living Sober"
- Wednesday 6 to 7 p.m. (A.A.) "The Way Out"
- Wednesday 7:15 to 8:00 p.m. (N.A.)
- Wednesday 6:00 to 7:30 p.m. (NAMI)
- Thursday 12 to 1:00 p.m. (A.A.) "As Bill Sees It"
- Thursday 6 to 7 p.m. (A.A.) "The Way Out" 12 X 12
- Friday 12 to 1:00 p.m. (A.A.) "Big Book Study"
- Friday 5:45 - 7:00 p.m. (A.A.)
- Saturday 10:15 - 11:45 a.m. "Cocaine Anonymous" "Morning Madness Meeting"
- Saturday 12 to 1:00 p.m. "Chronic Pain Anonymous" Held at BHS "B" Bldg.
- Saturday 10:00 a.m. "Overeaters Anonymous" held at BHS "B" Bldg.

Please call first as times may change.

AAAA 24-hr. Hotline (775) 355-1151

ADDRESS: 436 S. Rock Blvd., Sparks, NV 89431

SERVICES: Recovery center for AA. Call for more information.

MEETING LOCATION: See www.NNIG.org or call:(775) 355-1151

ADVOCATES TO END DOMESTIC VIOLENCE(775) 883-7654

ADDRESS: P.O. Box 2529, Carson City, NV 89702
32 Sierra Avenue, Carson City, NV 89702 - office

SERVICES: Domestic violence support

MEETINGS: Tuesdays 10 a.m.–11 a.m.
Wednesdays 5:00 p.m. – 6:00 p.m. & Thursdays 12:00 p.m. – 1:00 p.m.

ALANO CLUB(775) 882-0443

ADDRESS: 1800 E. William St. #5, Carson City, NV 89701

DAILY MEETINGS: At noon and 5:30 p.m. 7 Days a week, including holidays.

Please see website for additional meetings:.....www.carsoncityalanoclub.org



SUPPORT GROUPS (CONTINUED)

ALZHEIMER'S ASSOCIATION OF NORTHERN NEVADA (775) 786-8061/or/
ADDRESS: 639 Isbell Rd., Ste. 240, Reno, NV 89509..... Help Line 24/7 -- 1 (800) 272-3900
**Fax (775) 786-1920**

PURPOSE: To provide support services for individuals and their families affected by Alzheimer's Disease.

SERVICES: Support group services. See listings below. Not for profit. Helpline, one-on-one counseling, safe return, respite care, education & training programs, newsletters, family resource video/print library & speaker's bureau.

HOURS: Monday - Friday 9:00 a.m. to 5:00 p.m. (NO FEES)

MEETINGS: Spousal Support Group
 3rd Wednesday of the month 1-2 p.m.

ADDRESS: Renown Regional Center
 Sierra Tower, Meeting room 101 (close to Mack Auditorium)
 1155 Mill St., Reno NV 89502

MEETINGS: Renown Support Group
 3rd Friday of the month 1:30-3 p.m.

MEETINGS: Virtual Connection Available – <https://bit.ly/2cuf6r1>

ADDRESS: Carson Tahoe Cancer Center
 Conference Room 1535 Medical Parkway, Carson City, NV 89703

MEETINGS: 2nd Wednesday 1 – 2:30 p.m.

ADDRESS: Coventry Cross Episcopal Church
 1631 Esmeralda place, Minden, NV 89423

MEETINGS: 2ND Thursday each month 2 – 3:30 p.m.

ADDRESS: Carson City Senior Center
 911 Beverly Dr., Carson City, NV 89706.....www.alz.org

MEETINGS: 4TH Wednesday 2:30 – 4 p.m.

To confirm support group times & additional rural locations in Elko, Fallon, Winnemucca & South Lake Tahoe Call 1-(800) 272-3900

AMERICAN PARKINSON DISEASE ASSOCIATION (775) 328-1715
INFORMATION & REFERRAL: 975 Kirman Ave., Reno, NV 89502**Fax (775) 784-7951**
**Toll Free: (888) 838-6256 ext. 1715**

ADDRESS: Sierra Place
 1111 W. College Pkwy.
 (3rd Floor Meeting Room)
 Carson City, NV 89703

.....www.apdaparkinson.org/nevada

APDA COORDINATORS: Nicole Mueller.....**Email: nicole.mueller2@va.gov**

FACILITATOR: Brian Reedy **EMAIL: Reedy_teach@yahoo.com**

MEDICAL DIRECTOR: John Peacock, M.D., Ph.D.

SERVICES: A support group for individuals with or caring for people with Parkinson's Disease.

HOURS: Meetings 2nd Tuesday of each month 1:30 p.m. – 3:00 p.m.



SUPPORT GROUPS (CONTINUED)

CAREGIVERS EXCHANGE SUPPORT GROUP(775) 882-1534

ADDRESS: St. Peter's Episcopal Church, 314 N. Division St., Carson City, NV 89703

FACILITATOR: Dr. Deb Cash.....**Email:** nvdebcash41@yahoo.com

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.

MEETINGS: 1st & 3rd Thursday of each month: 5:30-7:00 p.m.

In the Parish Hall at St. Peter's Episcopal Church.

Enter Telegraph St. entrance.

CARSON CITY SENIOR CENTER.....(775) 883-0703

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

SERVICES: Alanon.

MEETINGS: Tuesday noon - 1:00 p.m.

Wednesday 6:15 - 8:15 p.m.

Thursday noon - 1:00 p.m.

CARSON TAHOE CANCER SERVICES(775) 445-7500

ADDRESS: 1535 Medical Parkway, Carson City, NV 89703

CONTACT: Terra Maddox or Jackie Rew **EMAIL:** jacklyn.rew@carsontahoe.org

SERVICES: ALL GROUPS MEET AT THE CARSON TAHOE CANCER RESOURCE CENTER

- Prostate Cancer Support Group2nd Thursday of each month @ 7:00 p.m.
In partnership with US Too International
- Ostomy Support Group3rd Wednesday of each month @ 4:00 p.m.
Support for all patients with ostomies
- Women's Group 1st & 3rd Thursday of each month @ 4:30 p.m.
- Men's Cancer Support Group..... 2nd Wednesday of each month @ 5:30 p.m.
- Multiple Myeloma Support.....3rd Tuesday of each month @ 10:00 a.m.
- Alzheimer Support Group.....2nd Tuesday of each month @ 1:00 p.m.
- One-on-one support is always available to cancer patients on a daily basis at the Cancer Resource Center.

CARSON TAHOE DIABETES SUPPORT GROUP.....(775) 445-8607

ADDRESS: 1470 Medical Parkway, Ste. 250, Carson City, NV 89703 **EMAIL:** wellness@carsontahoe.org

SERVICES: FREE Monthly diabetes Support Group. Meets 2nd Thursday of each month from 5 – 6 p.m. at the Carson Tahoe Health & Wellness Institute.

MEETINGS: 3rd Thursday of each month from 10:30 -11:30 a.m.

At the Douglas County Community/Senior Center

1329 Waterloo Ln., Gardnerville, NV 89410 **(775) 782-5500**

EMAIL: wellness@carsontahoe.org



SUPPORT GROUPS (CONTINUED)

CVMC BREAST CANCER RESOURCE CENTER(775) 265-0266

ADDRESS: 1107 Highway 395 South, Gardnerville, NV 89410

BREAST CANCER SUPPORT GROUP MEETINGS: 1ST Tuesday of each month at 1:00 p.m. at the Carson Valley Medical Center, 1107 Highway 395 South, Gardnerville.

CONTACT: Irene Gutierrez.....(775) 265-0266

EMAIL: igut@aol.com

CVMC PARKINSON'S SUPPORT GROUP(775) 783-6455

MEETINGS: 3rd Tuesday of each month, 1:00 p.m. at the Douglas County Community Center, in the "Carson Valley Medical Center Room."

ADDRESS: 1329 Waterloo Lane, Gardnerville, NV

CVMC/VITALITY FOR LIFE(775) 782-1599

ADDRESS: 1107 Hwy. 395, Gardnerville, NV 89410

SERVICES: 1. Grief & Loss Support Group.

MEETINGS: Every Tuesday at 2:30 at Carson Valley Medical Center
Every 2nd & 4th Wednesday 9:30 at Douglas County Community Center
Call for more information.

SERVICES: 2. Coping with Change **EMAIL:** jjarvis@cvmchospital.org

MEETINGS: Call for more information.

SERVICES: 3. Alzheimers

MEETINGS: 3rd Wednesday in Vitality Room, CVMC @ 2:30 p.m. (Starting in March)

COMPASSIONATE FRIENDS OF NO. NEVADA, THE

CONTACT: Tom Schwartz.....(775) 461-0362

ADDRESS: Salvation Army Church
911 E. Second Street.

SERVICES: Grief support group only for the loss of a child.

MEETINGS: Last Tuesday of each month at 7:00 - 8:30 p.m. Call for more information.

COMPULSIVE EATERS ANONYMOUS -- HOW.....Contact (775) 400-0098

SERVICES: Recovery from compulsive eating. Everyone is welcome.www.ceahow.org

ADDRESS: Carson City: St. Peters Episcopal Church, 314 N. Division St.

MEETINGS: Mondays 5:15 p.m.; Tuesdays 10 a.m.; Thursdays 5:15 p.m.

ADDRESS: Sparks: Sparks Christian Fellowship, 510 Greenbrae Blvd.

MEETINGS: Mondays 6 p.m.; Saturdays 9 a.m.

ADDRESS: Reno: 421 Hill St., Suite #3

MEETINGS: Thursdays 12:30 p.m.

For more information: **EMAIL:** sobersue1@icloud.com



SUPPORT GROUPS (CONTINUED)

DIABETES SUPPORT GROUP WITH CARSON VALLEY MEDICAL CENTER(775) 782-1637

MEETINGS: 1st Wednesday of each month, 9:30 a.m. at the Douglas County Community Center.

ADDRESS: 1329 Waterloo Lane, Gardnerville

CONTACT: Daphne **EMAIL:** dhillyer@cvmchospital.org

FAMILY & FRIENDS SUPPORT GROUP(775) 782-3100

ADDRESS: The Chateau at Gardnerville, 1565 Virginia Ranch Rd., Gardnerville, NV 89410
(Community Room (2nd floor))

SERVICES: As a caregiver for a loved one with Alzheimer's or dementia you are all too familiar with the frustrations & heartache that come from trying to stir the memory of someone you love. When you attend our support group you can discuss the challenges you face, meet others with similar experiences & find solutions that improve the quality life for you & your loved one.

WHEN: Last Tuesday of every month from 5:30 – 7:00 p.m.

EMAIL: jmaidlow@pegasusliving.com

GAMBLERS ANONYMOUS Hotline: (775) 882-8222

Nevada Council on Problem Gambling. Recording gives time & location of meetings.

GRIEFSHARE SUPPORT GROUP

SERVICES: A Christ-based grieving support group for those who have lost a loved one through death. Our group is led by caring people who have experienced grief & have successfully rebuilt their lives. We walk with you on the long path through grief toward healing & provide practical tools to give hope for the future. GriefShare meets weekly at High Sierra Fellowship, 1701 Lucerne St., Minden.

MEETINGS: Mondays: 1/27-4/20 & 8/24 – 11/16/20 from 10:00 a.m. to 12:00 noon.

GriefShare recently introduced "Loss of a Spouse," a 2-hour seminar on 1/25 & 8/22/20 from 2:00 – 4:00 p.m. For information call: Peggy (775) 400-6437 or Darlene (775) 781-4783. GriefShare is currently holding meetings at the Hilltop Church, 3588 Romas Rd., Carson City, Mon. from 6:00 p.m. to 8:00 p.m. Call Jerry at (775) 292-9058. There is a \$15.00 charge to cover the cost of the workbook "Mourning to Joy" Scholarships are available if this is a hardship.

HEAD INJURY ASSOCIATION OF NORTHERN NEVADA (HIANN).....(775) 830-4261

ADDRESS: P.O. Box 19314, Reno, NV 89511.....www.hiann.org

SERVICES: HIANN has two support groups, one in Reno/Sparks & one for Carson City/Gardnerville/Minden/Lake Tahoe geographic areas. Our mission is to be the voice of advocacy for brain injury survivors, their families & caregivers & to help brain injury survivors that have conditions resulting from concussions, TBI, strokes & 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, by providing TBI related resource information & raising public safety awareness programs. You can find us on Facebook.

CONTACT: Jeff McDaniel for more information at (775) 830-4261.

JOURNEY TOGETHER(775) 882-1968

ADDRESS: St. Teresa's Catholic Church, 3000 N. Lompa Lane, Carson City, NV 89706

PASTORAL ASSOCIATE: Sister Marie McGloin, S.A.

SERVICES: Support group for lost friends & loved ones. **HOURS:** By appointment only



SUPPORT GROUPS (CONTINUED)

LIFE BEYOND LOSS(775) 825-5008

ADDRESS: 5345 Reno Corporate Dr., Reno, NV 89511

SERVICES: Bereavement support for those who have lost a loved one.
Call for more information.

RENO - MEETS: 2nd & 4th Thursdays 10:30 a.m. to 12 p.m. at 5345 Reno Corporate Dr.,
Reno, NV 89511

CARSON CITY - MEETS: 2nd & 4th Thursdays 10:00 - 11:30 a.m. at Kindred Hospice
710 W. Washington St. Carson City, NV 89703

MULTIPLE SCLEROSIS SUPPORT GROUP(775) 827-4257

CALL FOR INFORMATION..... **National 1 (800) 344-4867**

NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS)

The national grassroots organization dedicated to improving the lives of individuals & families living with mental illness.

For information & support, call: Northern Nevada based in Reno serving Washoe County..... (775) 433-1470
Western Nevada Based in Carson City rural counties.....(775) 350-7977

Note: Local NAMI contacts are for general mental health information – they are not crisis call lines.

NAMI: State Office:..... (775) 470-5600

NEVADA DIABETES ASSOCIATION.....(775) 856-3839

DIABETES INFORMATION: CAMP PROGRAM, EDUCATION & EMERGENCY MEDICAL

Family Support Group.....www.diabetesnv.org

Meetings the 2nd Wednesday of the Month 6:30 – 7:30 p.m.

Discovery Museum 490 S. Center St., Reno, NV 89501

ONE DAY AT A TIME.....(775) 882-1968

ADDRESS: St. Teresa’s Catholic Church, 3000 North Lompa Lane, Carson City, NV 89706

PASTORAL ASSOCIATE: Sister Marie McGloin, S.A.

SERVICES: Support group for cancer patients & their caregivers. By Appointment Only.

REACHING OUT IN HOPE: Survivors of Suicide.....(775) 783-1510

ADDRESS: 1625 Hwy. 88 #203, Minden, NV 89423.....www.SPNAwareness.org

SERVICES: The purpose of the support group is to help those who have lost a loved one to suicide resolve their grief & 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 & friends of survivors to share their struggle & pain & offer comfort & understanding to others who have experienced a similar loss.

MEETINGS: Suicide Loss Support Group, 1625 Hwy. 88, #203, Minden

1st Thurs. of every month: 6:00 p.m. – 7:30 p.m.

PTSD Support Group, Douglas County Library

2nd & 4th Tues: 6:30 p.m. – 8:00 p.m.

Survivor Loss Group, Lake Tahoe Library (South Shore)

1st Tuesday: 3:30 p.m. – 5:00 p.m.

Meetings are free & confidential

EMAIL: Debbie@SPNAwareness.org



SUPPORT GROUPS (CONTINUED)

TEARS & RAINBOWS BEREAVEMENT GROUP(775) 525-6700

ADDRESS: Saint Mary's HospiceFax (775) 525-5755

MEETINGS: 2nd & 4th Wednesday from 7:00 p.m. to 8:30 p.m.

ST. PAUL'S LUTHERAN CHURCH

ADDRESS: 1201 N. Saliman Rd., Carson City, NV 89701

MEETINGS: 1st & 3rd Wednesday from 6:00 p.m. to 7:30 p.m. - also on the
2nd & 4th Wednesday from 1:00 p.m. - 2:30 p.m.
at the Carson Senior Center, 911 Beverly Dr., Carson City.

MEETINGS: Faith Lutheran Church Library, 2020 W. 7th St., Reno, NV(775) 525-6400
1st & 3rd Tuesdays from 10:00 a.m. to 11:30 a.m.
690 Sierra Rose Dr., Reno, NV 89511
2nd & 4th Wednesdays from 6:30 to 8:00 p.m.

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 & to plan for a recovery that allows for hope for the future.

TOPS (WEIGHT LOSS SUPPORT GROUP)Marcia Kaster (775) 783-7620

ADDRESS: 1329 Waterloo Lane (Community Center)
Gardnerville, NV 89410

MEETINGS: Thursdays 9:00 a.m. to 10:00 a.m. Weigh in 8:30 a.m.-9:00 a.m.

Visitors Welcome.

TOPS (WEIGHT LOSS SUPPORT GROUP)Andrea (775) 443-0303

ADDRESS: 2100 California St., Carson City, NV 89701 (Club House)

MEETINGS: Mondays 5:00 p.m. to 6:00 p.m. Weigh in 4:30 p.m.-5:00 p.m.

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NEW ENTRIES AND CHANGES TO EXISTING
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Shirley B. Whitcome

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