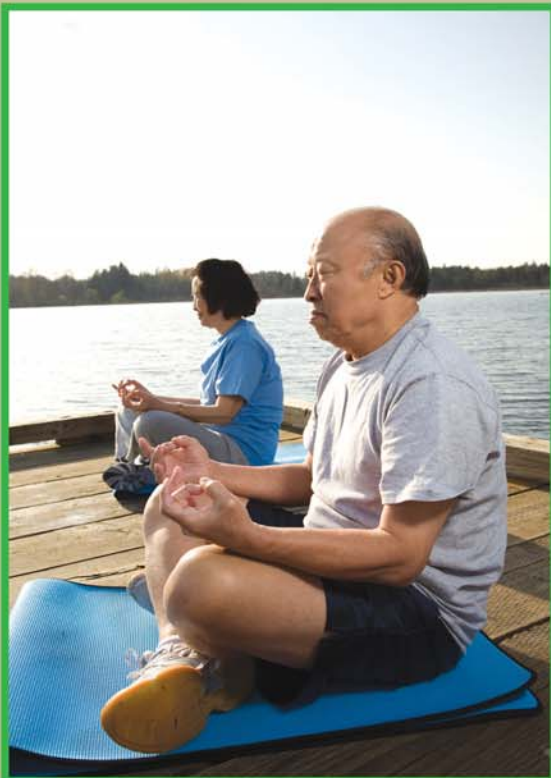


4 Independence



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Good Living



4

Independence: Health/Information

Continuing Education

Center for Healthy Aging.....775-376-3210
11 Fillmore Way Fax: 775-622-3299
Reno, NV 89519
e-mail: larry@addinglifetoyears.com
URL: <http://www.addinglifetoyears.com>

Cooke Elder Care Navigation Services LLC
421 Court St.....775-762-9258
Reno, NV 89501

Continuing Education, University of Nevada
Extended Studies/0048.....775-784-4046
1041 N. Virginia Street
Reno, NV 89557 800-233-8928
URL: <http://www.extendedstudies.unr.edu/>

Division of Health Sciences, UNR.....775-784-4041
Lombardi Bldg., 203, MS 0274
Reno, NV 89557
URL: <http://chs.unr.edu/>

Gerontology Academic Program.....775-784-4774
Center for Molecular Science, Room 150
Mail Stop 146 Fax: 775-784-1814
Reno, NV 89557
URL: <http://www.unr.edu/sanford/programs/gap>

Nevada Geriatric Education Center.....775-327-2285
411 W. Second Street/MS 150 Fax: 775-784-4544
Reno, NV 89503 775-682-8470
e-mail: pswager@medicine.nevada.edu
URL: <http://www.medicine.nevada.edu/ngec/>

Orvis School of Nursing, UNR.....775-784-6841
1664 N. Virginia Street Fax: 775-784-44262
Mail Stop 0134
Reno, NV 89557
URL: <http://www.unr.edu/nursing>

Orvis Nursing Clinic, UNR 775-327-5000
401 W. 2nd Street, Ste. 104 Fax: 775-327-2321
Reno, NV 89503 TTY Access 775-327-5256
URL: http://www.unr.edu/osn/orvis_nursing_clinic.html

Osher Lifelong Learning Institute.....775-784-8053
ElderCollege, UNR Fax: 775-784-8054

Warren Nelson Building, Ste. 235
401 W. Second Street
Reno, NV 89503
URL: <http://www.ulli.unr.edu>

Sanford Center for Aging, UNR.....775-784-4774
Center for Molecular Science, Room 150
Mail Stop 146 Fax: 775-784-1814
Reno, NV 98557
URL: <http://www.unr.edu/sanford/>

Senior Navigations.....775-954-0307
Certified Health Advocate Fax: 775-432-0263
www.seniornavigations.com

Truckee Meadows Community College
Continuing Education.....775-673-7042
Silver College 775-824-8626
7000 Dandini Blvd. Fax: 775-673-7028
Reno, NV 89512

5270 Neil Rd. 775-829-9004
Reno, NV 89502
URL: <http://www.tmcc.edu/contact/>

Health & Wellness

Center for Healthy Aging.....775-376-3210
11 Fillmore Way Fax: 775-622-3299
Reno, NV 89519
e-mail: larry@addinglifetoyears.com
URL: <http://www.addinglifetoyears.com>

City of Reno, Parks, Recreation & Community Services.....775-334-2262
Evelyn Mount Northeast Community Center
1301 Valley Rd. Scholarships 775-334-2260
Reno, NV 89512
Senior Services 775-657-4602
Senior Connect 775-356-3176
SeniorServices@reno.gov

Neil Road Recreation Center 775-689-8484
3925 Neil Rd.
Reno, NV 89502

Teglia's Paradise Pk Com. Center 775-356-3176
2745 Elementary Dr. Fax: 775-356-3175
Reno, NV 89512

Reno California Building 775-321-8316
 1000 Whitmore
 Reno, NV 89509

McKinley Arts & Culture Center 775-334-2417
 925 Riverside Drive
 Reno, NV 89503
 URL: <http://www.reno.gov>

City of Sparks, Parks and Recreation.....775-353-2376
 98 Richards Way 775-232-9709
 Sparks, NV 89431
 URL: <http://www.cityofsparks.us/residents/recreation>

Incline Village Parks & Recreation.....775-832-1300
 980 Incline Way Fax: 775-832-1380
 Incline Village, NV 89451 877-468-4397
 URL: <http://www.inclinerecreation.com/>

Renown Smart Health Connection.....775-982-5400
 Health Management Services Fax: 775-982-5064
 850 Mill Street
 Reno, NV 89502
 Nutrition, weight management, lung rehab, quit smoking,
 diabetes, asthma and heart programs.
 URL: <http://www.renown.org/shc>

Saint Mary's Center for Health.....775-954-0185
 645 N. Arlington Ave., Ste. 100 Fax: 775-770-3812
 Reno, NV 89503
 URL: <http://saintmarysfitness.com/contact-us/>

Housing Safety/Modification

CARE Chest of Sierra Nevada.....775-829-2273
 7910 N. Virginia Street Fax: 775-829-8745
 Reno, NV 89506
 URL: <http://www.carechest.com>

Continuum-MOD Squad NCL.....775-829-4700
 3700 Grant Dr., Ste. A Fax: 775-829-4710
 Reno, NV 89509
 URL: <http://www.thecontinuum-reno.com>

Northern Nevada Center for Independent Living
 (NNCIL).....775-353-3599
 999 Pyramid Way Fax: 775-353-3588
 Sparks, NV 89431 Hotline: 800-552-5588
 URL: <http://www.nncil.org> TTY: 775-353-3599

Notes: _____

Information Assistance

Aging and Disability Resource Centers (ADRC)
 ADSD Regional Office.....775-688-2964
 9670 Gateway Dr. Fax: 775-688-2969
 Reno, NV 89521
 URL: <http://www.nevadaadrc.com>
 Provides citizen-centered "one-stop" entry points into the long-term support system. Serves individuals in need of long-term support, caregivers, and those planning for future long-term support needs.

ADRC COMMUNITY LOCATIONS
 Access to Healthcare Network 877-861-1893
 4001 S. Virginia Street
 Reno, NV 89502
 URL: <http://www.accesstohealthcare.org>

Access to Healthcare Network 877-861-1893
 405 Idaho Street, Ste. 214
 Elko, NV 89801

Churchill County Senior Center 775-423-7096
 310 E. Court Street
 Fallon, NV 89406

Lyon County Human Services 775-577-5009
 620 Lake Ave.
 Silver Springs, NV 89429

Nevada Senior Services 702-364-2273
 901 N. Jone Blvd.
 Las Vegas, NV 89108

Nevada 2-1-1.....211
 Financial Guidance Center 866-535-5654
 Nevada211.org

United Way of Northern NV and the Sierra 775-322-8668
 639 Isbell Rd #460
 Reno, NV 89509 Fax: 775-322-2798

Northern Nevada Center for Independent Living
 (NNCIL).....775-353-3599
 999 Pyramid Way Fax: 775-353-3588
 Sparks, NV 89431 Hotline: 800-552-5588

Notes: _____

Independence: Nutrition

Food Pantry Locations

Adventist Community Services - Center of Influence

1095 E. Taylor Way
Reno, NV 89502

Bethel AME Church.....775-355-9030
2655 N. Rock Blvd.
Sparks, NV 89431

Calvary Chapel NW Reno/Sonrise.....775-746-4567
246 Courtney Ln.
Reno, NV 89523

Catholic Community Services.....775-786-5266
500 E. 4th Street
Reno, NV 89512

Center of Hope Christian Fellowship.....775-345-3081
4690 Longley Ln., Ste. 59
Reno, NV 89502

Church of Jesus Christ Spirit Filled.....775-358-2842
3175 Goldy Way
Sparks, NV 89434

Desert Springs Baptist Church.....775-746-0692
2301 Kings Row
Reno, NV 89503

Destiny Christian Center.....775-770-2145
255 Bell Street
Reno, NV 89503

Faith Alive Christian Center.....775-827-0333
120 Hubbard Way
Reno, NV 89502

Faith Lutheran Church.....775-747-2346
2075 W. 7th. Street
Reno, NV 89503

First United Methodist Church.....775-322-4565
209 West First Street
Reno, NV 89501

FISH Carson City.....775-882-3474
138 E. Long Street

Carson City,
NV 89706

Healthy Communities Coalition-Dayton Food Bank
4 Enterprise Way.....775-246-7834
Dayton, NV 89403

Healthy Communities Coalition-Silver Springs
3595 Ramsey Cutoff.....775-577-9161
Silver Springs, NV 89403

High Sierra Industries.....775-829-7400
555 Reactor Way
Reno, NV 89502

HOPE Church of the Nazarene.....775-673-2700
205 W. Gepford Pkwy.
Sun Valley, NV 89433

HOPES.....775-348-2893
580 West 5th Street, Ste. 1
Reno, NV 89503

Living Faith Christian Fellowship.....775-575-5037
115 W. Main Street
Fernley, NV 89408

Lyon County Human Services.....775-577-5009
1075 Pyramid Street
Silver Springs, NV 89429

New Frontier Treatment Center.....775-423-1412
1490 Grimes
Fallon, NV 89406

New Life Assembly of God.....775-972-1088
11000 Lemmon Dr.
Reno, NV 89506

Our Savior Lutheran Church.....775-358-0743
1900 First Street
Sparks, NV 89431

Rehoboth Holy Temple.....775-823-9711
700 C. Smithridge Dr., Bldg. C
Reno, NV 89502

Reno- Sparks Gospel Mission.....775-323-0386, Ext. 16
2115 Timber Way & 355 Record Street
Reno, NV 89512

Reno Sparks Seventh Day Adventist775-327-4545 1555 Wedekind Rd. Reno, NV 89512	Salvation Army Reno Chapter775-688-4555 1931 Sutro Dr. Reno, NV 89512
Ron Wood Family Resource Center775-884-2269 2621 Northgate Ln., Ste 62 Carson City, NV 89706	Sparks Christian Fellowship775-331-2303 510 Greenbrae Dr. Sparks, NV 89431
St. Francis of Assisi Food Pantry775-507-4555 160 Hubbard Way, Ste. F Reno, NV 89502	The Bridge Church775-323-7141 1330 Foster Dr. Reno, NV 89509
St. Michael Catholic Church775-972-7462 10475 Mt. Vida Street Reno, NV 89506	University Family Fellowship775-359-2222 1125 Stanford Way Sparks, NV 89431
St Pauls Episcopal Church775-331-2303 1135 12th St. Sparks, NV 89431	Valley View Christian Fellowship775-825-4099 1805 Geiger Grade Rd. Reno, NV 89521
Saint Vincent's Food Pantry775-786-5266 500 E Fourth St. Reno, NV 89512	Voice in the Wilderness775-329-2511 513 E. 2nd Street Reno, NV 89502
Salvation Army Carson City Chapter775-887-9120 661 Colorado Street Carson City, NV 89701	Valley View Christian Fellowship775-825-4099 1805 Geiger Grade Rd. Fax: 775-821-0503 Reno, NV 89511



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4

Independence: Nutrition

Nutrition Assistance

CARE Chest.....775-829-2273
 7910 N. Virginia Street Fax: 775-829-8745
 Reno, NV 89506
 URL: <http://www.carechest.com>

Food Bank of Northern Nevada.....775-331-3663
 Don W. Reynolds Regional Food Dist. Center
 550 Italy Dr. Fax: 775-331-3765
 McCarran, NV 89434 877-302-3663
 USDA Commodities Supplemental Food Program
 (CSFP) 775-359-1888
 URL: <http://www.fbnn.org/>

Food Stamp Program.....775-684-7200
 Nevada State Welfare 775-331-3663
 4055 S. Virginia Street
 Reno, NV 89502

Food Stamp Outreach 808-304-SNAP(7627)
 URL: <http://welfare.state.nv.us/>

Washoe County Senior Services.....775-328-2575
Nutrition Program
 1155 E. 9th Street
 Reno, NV 89512 Fax: 775-325-8025

Congregate Meals	775-328-2581
Cold Springs	775-971-8542
Gerlach	775-575-2206
Metropolitan Gardens	775-786-2279
Neil Rd. Co. Center	775-326-6601
Rainbow Bend	775-342-0193
Sierra Manor	775-331-4166
Silverada	775-328-2593
Sparks Center	775-353-3110
Sun Valley	775-673-9417

Home Delivered Meals:
 Cancel/resume meals: 775-328-2575
 URL: <http://www.co.washoe.nv.us/seniorsrv>

Carson City	775-883-4422
Fallon	775-423-7096

Fernley	775-575-3370
Gardnerville	775-782-8267
Silver Springs	775-577-5014

Recreation and Leisure Services

Carson City Community Center.....775-887-2290
 851 E. William Street Fax: 775-887-2256
 Carson City, NV 89701

Carson City, Parks and Recreation.....775-887-2262
 3303 Butti Way, Ste. 9
 Carson City, NV 89701

City of Reno, Parks, Recreation & Community Services.....775-334-2262
 Evelyn Mount Northeast Community Center
 1301 Valley Rd.
 Reno, NV 89512

Neil Road Recreation Center 775-689-8484
 3925 Neil Rd.
 Reno, NV 89502

Reno California Building 775-321-8316
 1000 Whitmore
 Reno, NV 89509

Teglia's Paradise Park Community Center
 2745 Elementary Dr. 75-356-3176
 Reno, NV 89512 Fax: 775-356-3175
 URL: <http://www.reno.gov>

City of Sparks, Parks and Recreation.....775-353-7898
 98 Richards Way
 Sparks, NV 89431 Fax: 775-353-2401

Incline Village Parks & Recreation.....775-832-1300
 980 Incline Way Fax: 775-832-1380
 Incline Village, NV 89451 775-832-1310

Notes: _____

Respite Care

Alzheimer's Association of North.ern Nevada.....775-786-8061
 1301 Cordone Ave., #180
 Reno, NV 89502 Fax: 775-786-1920
 URL: <http://www.alznoornev.org> 800-272-3900

Seniors in Service.....775-358-2322
 Companion Program
 1380 Greg Street, Ste. 212 Fax: 775-358-3633
 Sparks, NV 89431
 Foster Grandparent
 Respite Program
 The elvirita Lewis Respite Program provides cash voucher awards for caregiver support.

Notes: _____

Senior Centers

Carson City Senior Center.....775-883-0703
 911 Beverly Dr. Fax: 775-883-2869
 Carson City, NV 89706
 URL: <http://www.carson-city.nv.us/>

Churchill County Senior Center.....775-423-7096
 310 E. Court Street Fax: 775-423-0405
 Fallon, NV 89406

Dayton Senior Center.....775-246-6210
 320 Dayton Valley Rd./P.O. Box 612
 Dayton, NV 89403

Douglas County Senior Center.....775-783-6455
 2300 Meadow Ln./P.O. Box 218
 Minden, NV 89410
 URL: <http://www.douglascountynv.gov/>

Fallon Paiute Shoshone Senior Center...775-423-7569
 1885 Agency Rd.
 Fallon, NV 89406
 URL: <http://www.fpst.org/socialsvc/eldersvc/>

Fernley Senior Center.....775-575-3370
 1170 W. Newlands Dr./P.O. Box 804
 Fernley, NV 89408
 URL: <http://fernleynews.com/senior.html>

Gerlach Senior Center.....775-557-2206
 Washoe County
 385 E. Sunset Blvd./P.O. Box 69
 Gerlach, NV 89412

Hawthorne Senior Center.....775-945-5519
 975 K. St./P.O. Box 1058
 Hawthorne, NV 89415

Lyon County Food, Fun & Fellowship.....775-463-6550
 117 Tilson Way
 Yerington, NV 89447

Lyon County Senior Services.....775-577-5009
 1050 Pyramid Street/P.O. Box 1141
 Silver Springs, NV 89429
 URL: <http://www.lyon-county.org/>

McGill Senior Center.....775-235-7110
 1 Avenue K
 McGill, NV 89318

Mina Senior Center.....775-573-2344
 821 8th Street/P.O. Box 195
 Mina, NV 89422

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