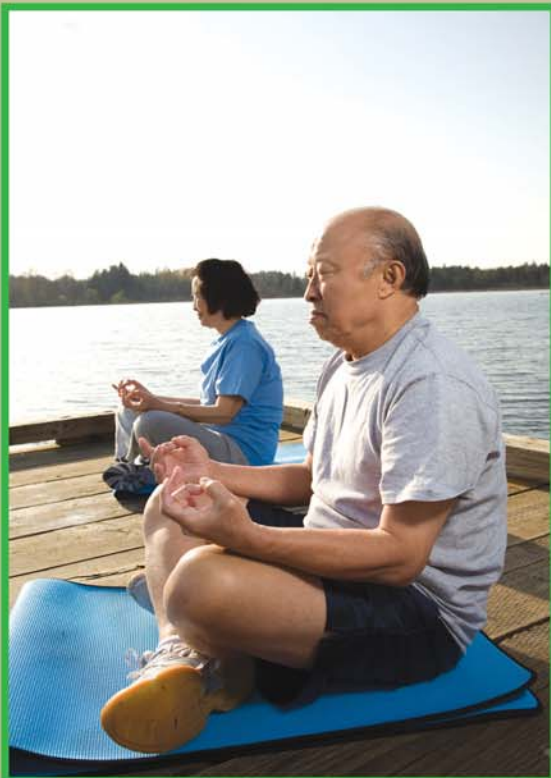


# 4 Independence



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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](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](http://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](mailto: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

<b>Reno Sparks Seventh Day Adventist</b> .....775-327-4545 1555 Wedekind Rd. Reno, NV 89512	<b>Salvation Army Reno Chapter</b> .....775-688-4555 1931 Sutro Dr. Reno, NV 89512
<b>Ron Wood Family Resource Center</b> .....775-884-2269 2621 Northgate Ln., Ste 62 Carson City, NV 89706	<b>Sparks Christian Fellowship</b> .....775-331-2303 510 Greenbrae Dr. Sparks, NV 89431
<b>St. Francis of Assisi Food Pantry</b> .....775-507-4555 160 Hubbard Way, Ste. F Reno, NV 89502	<b>The Bridge Church</b> .....775-323-7141 1330 Foster Dr. Reno, NV 89509
<b>St. Michael Catholic Church</b> .....775-972-7462 10475 Mt. Vida Street Reno, NV 89506	<b>University Family Fellowship</b> .....775-359-2222 1125 Stanford Way Sparks, NV 89431
<b>St Pauls Episcopal Church</b> .....775-331-2303 1135 12th St. Sparks, NV 89431	<b>Valley View Christian Fellowship</b> .....775-825-4099 1805 Geiger Grade Rd. Reno, NV 89521
<b>Saint Vincent's Food Pantry</b> .....775-786-5266 500 E Fourth St. Reno, NV 89512	<b>Voice in the Wilderness</b> .....775-329-2511 513 E. 2nd Street Reno, NV 89502
<b>Salvation Army Carson City Chapter</b> .....775-887-9120 661 Colorado Street Carson City, NV 89701	<b>Valley View Christian Fellowship</b> .....775-825-4099 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. 775-356-3176  
 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: \_\_\_\_\_

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## 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.alznoernev.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 elvrita 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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