



Welcome!

The Truth about Untapped Resources

Hosts/Moderator:

- Annette & Brett Junell, Downsizing Coaches & Realtors, Junell Realty Group – Retired Moves Division @ Keller Williams (775) 432-6300

Panelists:

- Briana Morrow, Prominence Health Plan (800) 880- 7457
- Debbie Wood, Mason-McDuffie Mortgage (775) 225 1111
- Kerry McKinney, Mutual of Omaha Mortgage (775) 313-6396

As we age, our needs in life change and as a result so do the resources we may need. We are very fortunate to have many amazing resources within our community; however many are not widely known.

During the webinar (www.junellgroup.com/rfts/untapped-resources), local experts and attendees shared resources others may not know about probably should.

Untapped Resources

Education

- Sanford Center for Aging (Wellness Programs)
(775) 784-4774 | <https://med.unr.edu/aging/outreach/community-wellness>
 - Diabetes Prevention & Management, Chronic Pain Self-Management, Fit & Strong, Caregivers Workshop, Preventing Falls
- UNR Osher Lifelong Learning Institute (OLLI)
(775) 784-8053 | <https://olli.unr.edu/>
- Truckee Meadows Community College
(775) 501-6333 | <https://www.tmcc.edu/>
- Washoe Library: Electronic Book & Audio Book Download
(775) 327-8327 | <https://www.washoecountylibrary.us/>
- Retired Living Truth Seminar Series (www.RetiredLivingTruthSeries.com)
 - Past topics online - www.junellgroup.com/category/rfts/



Finance & Legal

- Medicare + Medicaid Dual Eligibility
- LIS (low income subsidy) “extra help”
<https://nevadaadrc.com/low-income-subsidy>
- Reverse Mortgage
 - Kerry McKinney, Mutual of Omaha Mortgage (775) 313-6396 or
Debbie Wood, Mason-McDuffie Mortgage (775) 225 1111
- Veterans Aid & Attendance
(866) 584-7191 | <https://www.veteranaid.org/veterans-benefits-nevada/>
- Community Services Agency
(775) 786-6023 | <https://www.csareno.org/index.php>
 - Weatherization program in Washoe county
 - Income tax preparation
- Senior Law Project
(775) 334-3050 | <https://www.washoesherriff.com/wandering/DISC/NLS%20brochure.pdf>
- Nevada Legal Services
(775) 284-3491 | www.nlslaw.net
 - free legal services to low income Nevadans
- Community Foundation of Western Nevada
(775) 333-5499 | <https://nevadafund.org/>
 - Family Estate Planning Series

Food

- Meals on Wheels
(775) 328-2575 | https://www.washoecounty.us/seniorsrv/nutrition/home_delivered_meals.php
- Food Bank of Northern Nevada
(775) 331-3663 | www.fbnn.org
- City of Reno - Social Services (Meal programs at Neil Rd)
(775) 689-8484 | <https://www.reno.gov/community/seniors/social-services>
- Food Pantries
 - St. Vincent's Food Pantry
(775) 786-5266 | <https://ccsnn.org/pages/food-pantry>
 - Reno-Sparks Assistance League Food Pantry
(775) 329-6658 | <https://www.assistanceleague.org/reno-sparks/>

Health & Medical

- Care Chest of Sierra Nevada
775-829-CARE (2273) | <https://carechest.org/site/programs-2020/>
 - wheelchairs/scooters, oxygen, co-pay for inhalers, diabetic supplies
- Nevada Department of Health & Human Services Aging and Disability Services Division
(775) 688-1341 | <http://adsd.nv.gov/>
 - Adult Protective Services (APS)
 - Advocate for Elders
 - Adult Daycare
 - Aging and Disability Resource Centers – ADRC
 - Communication Access Services (CAS)
 - Community Options Program for the Elderly (COPE)
 - Home and Community Based Services (HCBS)
 - Personal Assistance Services (PAS)
 - Senior Medicare Patrol (SMP)
 - Senior Tax Assistance Program (STAR)
 - State Health Insurance Assistance Program (SHIP)
 - State Pharmacy Assistance Program (SPAP) - Senior Rx
 - Taxi Assistance Program (TAP)
- Sanford Center for Aging – Medication Therapy Management
(775) 784-1612 | <https://med.unr.edu/aging/outreach/mtm>

Social & Entertainment

- Nevada COVID-19 Aging Network (CAN)
DIAL 2-1-1 or 1-866-535-5654 | www.nevada211.org
- Meetup - www.Meetup.com
- Silver Sneakers and Silver & Fit
(866) 584-7389 | <https://tools.silversneakers.com/> & <https://www.silverandfit.com/>
 - Gym discounts, Medicare advantage plans might have free gym options
- Newcomers Club
775-881-2040 | <https://www.newcomersclubofreno-sparks.org/>
- Continuum – Adult Day Club (respite for caregiver)
(775) 829-4700 | <https://continuumreno.com/regenerations-adult-day-club/>
- Senior Service/Recreation Centers
- Senior Discounts: be sure to ask!!!
<https://www.newtoreno.com/senior-discounts-reno-sparks-nevada.htm>
 - National Automobile Museum
 - Nevada Museum of Art, Fleischmann Planetarium and Science Center
 - Wilbur D. May Museum at Rancho San Rafael Park
 - State & National Parks, Casino Restaurants, and Movie Theatres

Transportation

- RSVP for rural Nevada, needs some notice
(775) 687-4680 | <https://nevadaruralrsvp.org/>
- RTC Washoe
(775) 348-0477 | <https://www.rtcwashoe.com/>
 - Washoe Senior Ride Program (subsidized taxi program)
 - New pilot project called RTC Washoe-Uber Rides - subsidize 75% of the cost of 5 rides a month (max subsidy \$9/ride) on Uber in Washoe County. They are looking for 50 qualified individuals to participate. They must be: a Washoe County resident; 60 years and older, RTC ACCESS client (any age) or Washoe County Veterans (any age); use a smartphone and be willing to download and use the Uber app to order their rides; have or create an Uber account and connect a credit or debit card to the account. RTC will deposit \$45/month into your account each month for one year.
- Capitol Cab and Reno Sparks Cab have wheelchair accessible vehicles
- Ask your primary care if they have free transportation programs available
- Medicare advantage plans with transportation benefits

Volunteering

- Food Banks, Care Chest
 - Look for what interests you and there is probably a company looking for individuals to help with community outreach and events.
- Assistance League
(775) 329-6658 | <https://www.assistanceleague.org/reno-sparks/>
- Dog Walking (Animal Shelters)
- UNR Osher Lifelong Learning Institute (OLLI)
(775) 784-8053 | <https://olli.unr.edu/>
- Retired & Senior Volunteer Program (RSVP), home companion program
(775) 784-4774 | <https://med.unr.edu/aging/outreach/rsvp>
 - Volunteers provide music and art opportunities, emotional support, socialization, and human contact that is necessary for homebound elders, helping them to maintain their independence.
 - RSVP volunteers provide a variety of services to Federal, State, local government and other non-profit service organizations and health care facilities. RSVP matches the talents of individuals with the needs of our community.
- Sanford Center for Aging
 - Senior Outreach Services (SOS)
(775) 784-7506 | <https://med.unr.edu/aging/outreach/sos/get-involved>
 - RSVP
(775) 784-4774 | <https://med.unr.edu/aging/outreach/rsvp>

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