

Veterans Resource Guide

Reno – Sparks



In support of the “**No Wrong Door**” initiative for Veterans, their families and caregivers to provide a single point of entry where everyone can find objective information for one-on-one assistance and streamlined access to community services and supports.

EMERGENCY NUMBERS

***9-1-1-
Emergency
Dispatch
Services**

Report a fire, an immediate threat to life, imminent danger from suicide, Post-Traumatic Stress Disorder (PTSD), Substance Use Disorder (SUD), medical emergencies, endangered missing persons (those with mental disabilities), missing children. Report a crime occurring now OR within a 5-minute time lapse and suspect is on the scene.

9-1-1

1-775-221-7600

IF YOU ARE IN DANGER, CONSIDERING SUICIDE, OR NEED EMERGENCY HELP, CALL 911 NOW

All Crisis Hotlines are FREE and available 24/7, 365 days a year to help all in any degree of crisis. Feeling anxious or alone and thinking about suicide are some of the signs that a Veteran may be in crisis. Service Members/Veterans family and/or friends call for immediate emergency telephone counseling, confidential emotional support, and referral to local mental health services for prevention and crisis resources.

TO GET HELP



Suicide Prevention is Everyone's Business.

1. Call 911
2. Go to the nearest Emergency Room
3. Call the Veterans Crisis Line

1-800-273-TALK
1-800-273-8255 Veterans press 1
 Send a text to 838255
 Deaf: 1-800-799-4889
Confidential Veterans Chat:
<https://www.veteranscrisisline.net/>

*Crisis Support Services of Nevada (CSSNV)	https://cssnv.org/about/contact-us/	1-800-273-8255 Text 839863
*National Suicide Prevention Lifeline	https://suicidepreventionlifeline.org	1-800-273-8255
*Post-Traumatic Stress Disorder (PTSD)	https://www.ptsd.va.gov/gethelp/crisis_help.asp	1-800-273-8255 Press "1"
*Substance Abuse National Helpline (SAMHSA)	https://www.samhsa.gov/find-help/national-helpline	1-800-662-HELP 1-800-662-4358
*Sexual Assault National Hotline Rape, Abuse & Incest National Network	https://www.rainn.org/about-national-sexual-assault-telephone-hotline	1-800-656-HOPE 1-800-656-(4673)
*2-1-1 Nevada Crisis Hotlines * Non-VA Resources	https://www.nevada211.org/crisis-hotlines/	Call 2-1-1 or 1-866-535-5654



Prepared by Walt Ratchford and Dr. Sina Ward and Staff, Senior Outreach Services,
 a Direct Service program of the Sanford Center for Aging, University of Nevada, Reno
 The information contained in this guide is current through January 2020
 Please email updated contact information and corrections to sinaw@unr.edu

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Melissa Ramos	Congressman Steven Horsford (4th District) melissa.ramos@mail.house.gov	702-963-9366

VETERAN COORDINATORS and CONTACTS

Program	Contact	Telephone	Page
Veteran Service Officers (VSO)	Todd Conner and Associates	775-321-4880	3
N NV Veterans Memorial Cemetery	Eric Grimes	775-575-4441	4
Northern NV State Veterans Home	Sandi TenBoer	775-418-5010	4
<u>Reno Medical Center</u>	975 Kirman Ave, Reno	775-575-4441	5
	<i>Bereavement Support -</i> Chris Davis, MSW, CSW	775-326-2643	6
	<i>Bereavement Support -</i> Kirsten Hudson MSW, CSW	775-785-7108	6
	<i>Hospice and Palliative Care -</i> Sara McGill, LCSW	775-785-7118	6
	<i>LGBT Care -</i> Tiffany Scott LCSW	775-786-7200x3500	6
	<i>LGBT Care -</i> Taimur "TK" Khan, LCSW	775-324-6600x6420	6
	<i>Woman Veterans Program Manager -</i> Frances Mahoney, MSW, LCSW	775-786-7200x7225	7
	<i>Woman Veterans OB/GYN Medical Director -</i> Kristina McCain, MD OB/GYN	775-786-7200x3570	7
	<i>Women Veterans Health Ambulatory Care -</i> Pamela Schueler, RN, MSN	775-326-2611	7
	<i>Women Veterans Military Sexual Trauma -</i> Amanda Turner, LCSW	775-786-7200x2961	7
	<i>Health Care for Homeless -</i> Elizabeth Pope	775-786-7200x6414	7
	<i>Caregiver Support -</i> Byron Parks LCSW	775-328-1461	7
	<i>Caregiver Support -</i> Lucia Garces RN	775-326-5775	7

CONTENTS

Programs	Page
Benefits and Services	
Disability	3
Veterans Advocacy and Support (VAST)	3
Veterans Service Officers (VSOs)	3
Direct Services (Veterans Home, Cemetery)	4
Transportation	4
Health Care Programs	
Reno Medical Center Programs	5
Mental Health	6
Homeless Veterans Health Care	7
Women Veterans Health Care	7
Caregiver Programs	8
Dental Care	9
Community Based Outpatient Clinics	9
Medical Equipment for Veterans	9
Health and Wellness Programs	
Nutrition Programs	9
Sanford Center for Aging Programs	10
Nevada Care Connection	10
Assistance Programs	
Women Veterans Assistance	10
Homeless Veterans Assistance	11
Housing Assistance	11
Employment Assistance	12
Legal Assistance	12

Rural Outreach for Veterans Enrichment & Resources Program	VA Medical Center, 975 Kirman Ave., Reno The <u>ROVER VSO</u> helps veterans apply for benefits earned. Monday & Tuesday 9 am-2 pm	775-321-4880
Veterans of Foreign Wars	VA Reno Regional Office, 5460 Reno Corporate Drive, Room 103, Reno War veterans service organization, providing vital assistance and support to America's service members, veterans and their families. Monday – Friday 8 am – 3 pm (Walk- In's)	775-321-4885
Disabled American Veterans (DAV)	VA Reno Regional Office, 5460 Reno Corporate Drive, Reno Provides rides for veterans attending medical appointments, assists with benefit claims and connects veterans with meaningful employment. Mon, Tue, Thu, Fri 8 am – 3 pm; Wed 8:30 am to 11 am (no Walk-In's)	775-321-4895
Paralyzed Veterans of America	Delivers holistic recovery and transition for severely disabled veterans through integrative programs and services that fulfill all needs. Advocates for quality health care, spinal cord research, VA benefits and civil rights for veterans and all people with disabilities.	775-321-4789
*Transition Assistance Program NV National Guard	Provides rehabilitative care management needed to help soldiers return to a normal lifestyle. helps locate soldier's medical records, DD214s and other needed documents	775-384-5837
*Veterans in Need of Services Project WC Senior Center	1155 East Ninth St. Reno Veterans, regardless of age, including veterans without war-time service, not injured or disabled may receive benefits, education and advocacy and help with completing their paperwork.	775-328-2575
DIRECT SERVICES		
Northern Nevada State Veterans Home (NNSVH) Sparks, NV	36 Battle Born Way, Sparks Skilled Nursing Facility (short-term rehabilitation/long-term care) for active service Veterans honorably discharged, spouses and surviving spouses of eligible veterans; Gold Star parents. Sandi TenBoer, Sandra.tenboer@nnsvh.com	775-418-5010
Northern Nevada Veterans Memorial Cemetery (NNVMC)	14 Veterans Way, Fernley Burial benefits include free veteran's burials, cemetery plot, and opening and closing, concrete vault, headstone and perpetual care. \$450 fee for burial of spouse or eligible dependent. Mortuary fees not included. Eric Grimes Monday - Friday 8 am–5 pm	775-575-4441
TRANSPORTATION		
VA Voluntary Service Office Transportation	Medical Center, Building 1, #44, 975 Kirman Ave, Reno. Provides case by case pick-up rides for outpatients receiving chemotherapy, dialysis, radiation therapy, and other outpatient appointments. Medical Appointments must be Monday - Friday between 9 am-1 pm	775-829-5660
*Nevada 211 Transportation programs	Find links to resources providing for non-emergency medical transportation to medical appointments for individuals who are unable to use other forms of transportation. https://www.nevada211.org/transportation/	1-866-535-5654 Chat: Nevada 2-1-1
*RTC ACCESS Transportation for Disabled Persons	600 Sutro Street, Reno. Door-to-door, prescheduled transportation for people with disabilities preventing them from <u>independently</u> : getting to/from a bus stop or through major transfer points or boarding, riding, and exiting an RTC RIDE bus or recognizing the correct bus stops and key landmarks. Fares: Base Fare \$3; Will-Call Fare \$6; Companion Fare \$3; 10-trip Ticket Book \$30; Authorized Attendant FREE.	Reservations: 775-348-5438 To apply call: 775-348-0477
*RTC Lower Bus Fare for Veterans	WC Regional Transportation Commission, 200 E 4th Street, Reno Reduced fare rates: Qualifications needed include the following: <u>Military Veterans:</u> Driver's license or state ID <u>Veterans:</u> Veteran ID card and service connected disability. Day Passes expire at midnight of the same day of activation. Day Pass: \$2.50 to \$1.50 (reduced cost) 7-Day Pass: \$9.75 to \$6.00 (reduced cost) 31-Day Disabled Pass \$32.50. Single trip for disabled \$0.75 https://www.rtcwashoe.com/public-transportation/	775-348-0477 RTC Customer Service Representative

*Washoe Senior Ride (WSR) Subsidized Taxi Program	<p>RTC's WSR provides alternative, reliable and affordable transportation to <u>all Washoe County residents</u> who are:</p> <ul style="list-style-type: none"> •60 and older with government issued photo ID, •WC Veterans (any age) with current Veteran ID card, •RTC ACCESS client (any age) with current ACCESS card <p>RTC WSR reloadable card:</p> <ul style="list-style-type: none"> •Purchase monthly up to \$60 of taxi fares for \$15. •Pay any part of a taxi fare. Maximum accrued taxi fare is <u>\$180.</u> •Only you can use your RTC WSR <i>CardONE</i> card. •Card is non-transferable, non-refundable and cannot be used to tip driver. <p>Purchase Rides 775-348-RIDE (7433) Mon-Fri: 9am – 4pm</p> <ul style="list-style-type: none"> •RTC 4th Street Station, 200 E 4th Street, Reno. •RTC Centennial Plaza, 1421 Victorian Ave. Sparks. 	<p>Call for Rides:</p> <p><u>Reno/Sparks Cab Co</u> 775-333-3333</p> <p><u>Whittlesea Taxi Co</u> 775-322-2222</p> <p><u>Yellow Cab Co</u> 775-355-3555</p> <p>Service: 24h/day</p>
*Non-Emergency Medical Transportation	<p>Access to Healthcare Network, 4001 S Virginia St. Suite F, Reno</p> <p>Free for WC residents who are either disabled, 60 years and older, or low income. FREE drives to medical appointments, home from hospital, outpatient procedures, physical therapy, collect medications/groceries.</p> <p>https://www.accesstohealthcare.org/services-for-individuals/non-emergency-medical-transportation/</p>	<p>1-844-469-4932</p>
*MTM Non-emergency Transportation	<p>Provides FREE rides for eligible Nevada Medicaid members attending a covered Medicaid service with no other way to get there. https://www.mtm-inc.net/nevada/</p> <p>Schedule Rides 5 days ahead: Mon - Fri from 7 am to 5 pm</p>	<p>1-844-879-7341</p>
*Disabled American Veterans – DAV Transport Service	<p>Reno VA Medical Center, 975 Kirman Ave, Reno</p> <p>Offers FREE transportation to VA medical facilities for injured and ill veterans. Contact the DAV Hospital Service Coordinator to schedule a ride.</p> <p>https://www.dav.org/veterans/i-need-a-ride/</p>	<p>775-789-6659</p>
*N4 Connect! Shared Ride Project	<p>Neighbor Network of Northern Nevada N4, 999 Pyramid Way, Sparks</p> <p>For persons with a disability or over the age of 60 who cannot access affordable transportation or use public transportation.</p> <p><i>Smartphone option:</i></p> <ul style="list-style-type: none"> \$40 co-payment provides \$80 worth of Lyft rides (twice per month) \$80 co-payment provides \$160 worth of Lyft rides (once a month) <p><i>Concierge Option:</i> additional \$5-\$10 dispatching fee applies to co-payments.</p> <p>Monday-Friday 9 am to 5 pm http://neighbornv.org/n4-connect/</p>	<p>775-453-4774</p>
*Volunteer Mobility Program Sanford Center for Aging UNR	<p>Volunteers provide rides for persons 60 and older to/from medical appointments health/wellness programs and social activities. Receive home visit assessment before riding. Need two weeks' prior notice for ride. Program not ADA compliant.</p> <p>mobility@unr.edu</p>	<p>775-784-7557</p>
*Assistance League Veterans Outreach	<p>1701 Vassar Street, Reno</p> <p>Provides bus passes and home supplies to both homebound veterans and women veterans and household items for apartments.</p>	<p>775-329-1584</p>
*Kiwanis's Bikes	<p>5302 Mill Street, Reno (Take Bus 14). Donates limited refurbished bikes for veterans. Bikes can also be exchanged for volunteer hours worked. Program teaches bike safety and repair.</p> <p>Contact: Ellen M Jacobson</p>	<p>775-337-1717</p>

VETERAN HEALTH CARE

SIERRA NEVADA MEDICAL CENTER

My Health-e-Vet



Online gateway to the personal health and wellness record system for veterans, active duty service members, dependents, and caregivers. Provides resources to help manage their continued medical care (*Pharmacy Rx* for refills/list of meds; tracks *Appointments*; *Messages* online; *Health Records* print and download. <https://www.myhealth.va.gov/mhv-portal-web/home>

VA Mobile Health

Transforms clinical care beyond the traditional office visit through up-to-date technology to improve health care coordination between Veterans and their care teams. <https://mobile.va.gov/about>

VA Mobile App Store

Multiple FREE Health Apps (Android and Apple) designed specifically for Veterans and their Health Care providers. Includes self-help and treatment apps while in therapy. Select from: *All Apps* (Airborne hazards/Exposure ED/ Caring4Women, etc.) *Veterans* (Mobile Kidney/Mindfulness/PTSD-, Pain-, Anger-, Mood-, Stay Quit- Coach Apps, etc.) <https://mobile.va.gov/appstore/health>

Ioannis A. Lougaris VA Medical Center	Sierra Nevada Health Care, 975 Kirman Ave. Reno. Inpatient and outpatient care to Northern Nevada and Northeastern California.	775-786-2920
VA Telephone Care Line	To make or reschedule an appointment. 8 am to 4 pm and 24 hours/day for inpatients	1-888-838-6256
VA Urgent Care Emergency Department	Veterans <u>must</u> have been seen in the VA system or by a VA community care provider in the last 24 months to use this benefit. Open 24 hours a day, 7 days a week.	775-786-7200
VA Mental Health Department	Veterans with VA health care benefit from <i>mental health</i> services and for some mental health problems without VA health care.	775-326-2920
VA Bereavement Support	Chapel (2nd floor) Support is available to veterans and their family or friends who have experienced the loss of a loved one or who are anticipating the loss. 2nd and 4th Tuesday of every month 11 am to 12 Noon	
Bereavement Support Coordinators	Social Work support: Chris Davis MSW, CSW - Kirstin Hudson, MSW, CSW - Individual Support: Sara McGill, LCSW -	775-326-2643 775-785-7108 775-785-7118
VA Hospice and Palliative Care	Enrolled Veterans with advanced, life-limiting illness who meet clinical criteria are eligible for care. Can help with Outpatient Care, Referral to Home Hospice, and Bereavement Support. Monday - Friday 8:00 am - 4:30 pm Palliative Care Coordinator : Sara McGill, LCSW-	775-785-7118
VA Lesbian, Gay, Bisexual and Transgender Veteran Care (LGBT)	Promotes health, welfare, and dignity of LGBT Veterans and their families. Staff is trained in culturally and clinically competent care. LGBT Care Coordinators: Tiffany Scott LCSW - 775-786-7200x3500 (alternate)Taimur "TK" Khan LCSW - 775-324-6600x6420	775-326-5775
VA Pharmacy	<u>Mail-In Refills:</u> Sierra Nevada Health Care System Pharmacy Service, 119 Building D, 975 Kirman Avenue, Reno NV 89502 <u>Online Refill Requests:</u> Create My HealtheVet online account. Monday - Friday 7:30 am to 5:30 pm. Closed weekends/Federal holidays	1-855-339-0376 https://www.reno.va.gov/services/pharmacy.asp
Good Rx Discount Drug Coupons	Downloaded or mailed discount coupons are accepted at most pharmacies to help pay less than cash price for prescription drugs. GoodRx is free and no personal information is required. On the website, type drug name in search field to find lowest price in your area. https://www.goodrx.com/how-goodrx-works	
VETERAN MENTAL HEALTH CARE		
*National Suicide Prevention Lifeline	Support for persons in distress, with prevention and crisis resources for Veterans and their families. https://suicidepreventionlifeline.org	1-800-273-8255 Veterans Press 1
Reno Vet Center	5580 Mill St. Suite 600, Reno Community based readjustment counseling centers for <i>combat veterans, who experienced military sexual trauma; provided medical care/mortuary service and unmanned aerial vehicle crew operations support, Vietnam vets prior to Jan 2004.</i> Offers mental health support including, PTSD treatment, marriage counseling. Veterans attend Support Groups, Health and Wellness classes, Meditation for Stress/Anxiety. Also, for family members when aiding in the readjustment of the veteran. https://www.vetcenter.va.gov/eligibility.asp Monday 8 am – 6 pm 2nd Saturday: 8 am - 4:30 pm Tuesday - Friday: 8 am – 7 pm Sunday: Closed	1-877-WAR-VETS 1-877-927-8387 775-323-1294
National Center for PTSD (Post- Traumatic Stress Disorder)	PTSD is a mental health problem some develop after experiencing/witnessing a life-threatening event (combat/natural disaster/car accident/sexual assault) with symptoms lasting longer than a few months. https://www.va.gov/directory/guide/state_PTSD.cfm?STATE=NV	1-800-273-8255 Veterans Press 1 Text: 83 8255 775-786-7200
PTSD Family/friend support	Call to get info and tips for encouraging a Veteran you care about to get the support they need.	1-888-823-7458
VA Substance Use Disorder (SUD)	Veterans experiencing problems with the use of alcohol, tobacco, street drugs, and prescription medicines. If in imminent danger call 911 or the VA Crisis Line for immediate assistance. Contact the Reno VA Medical center for treatment options. https://www.va.gov/health-care/health-needs-conditions/substance-use-problems/	1-800-662-HELP 1-800-662-4358 775-786-7200
VA Mobile App Store	Multiple FREE Mental Health Mobile Apps available. https://mobile.va.gov/appstore/mental-health	


HOMELESS VETERANS HEALTH CARE

National Call Center for Homeless Veterans	Free help for Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—to make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.	1-877-4AID-VET 1-877-424-3838
Reno Community Based In-home Treatment, Housing for Homeless Veterans	VA Medical Center, 975 Kirman Ave., Reno NV Contract with providers for community-based in-home treatment. Hub for housing and other services to reach and assist homeless Veterans. Homeless Veteran Program Coordinator: Elizabeth Pope <i>Elizabeth.Pope@va.gov</i>	775-786-7200 x6414
Health Care for Homeless Veterans (HCHV) Program OR AT	VA Medical Center, 975 Kirman Ave., Building 1, Room 438, Reno HCHV offers outreach, exams, treatment, referrals, and case management to Veterans who are homeless and dealing with mental health issues, including substance use. Trained, caring VA specialists provide tools and support needed for Veterans to get their lives on a better track.	775-328-1401
Veterans Outreach Center Capitol Hill Building	350 Capitol Hill Ave, Reno. HCHV offers resources for outreach, exams, treatment, referrals, and case management to Veterans who are homeless and dealing with mental health issues, including substance use.	775-334-6600
Behavioral Health Center (BHC) for Homeless Veterans	Northern Nevada Veterans Resource Center, 419 W. Plumb Lane Reno <i>Washoe County Veteran Service Officer (VSO) Program and the VA Supportive Services for Veteran Families (SSVF) for Homeless Veterans</i> has the ability to rapidly rehouse homeless veterans and prevent at-risk veterans from becoming homeless. Offers in-house assistance with benefits to claims. Provides residential, inpatient treatment to homeless veterans with co-occurring disorders. Houses up to 24 eligible veterans. Residents are provided with various group classes on site, as well as individualized wrap-around services.	775-248-8387 https://veterans.nv.gov/resources/northern-nevada-veterans-resource-center-nnvr/

VA WOMEN'S HEALTH CARE

Women Veterans Program Manager	VA Medical Center 975 Kirman Ave, Reno Advises & advocates for women veterans. Coordinates all needed services: from primary care to specialized care for chronic conditions to reproductive health. Frances Mahoney MSW, LCSW <i>frances.mahoney@va.gov</i>	775-786-7200 Ext. 7225
Women Health Medical Director	Specializes in women's healthcare including cervical cancer screens (Pap smears), breast cancer screens (mammograms), birth control, preconception counseling, Human Papillomavirus (HPV) vaccine, menopausal support Kristina McCain MD OB/GYN <i>kristina.mccain@va.gov</i>	775-786-7200 x 3570
Coordinator, Women's Health Ambulatory Care	Specializes in women's ambulatory care including care of patients who receive treatment on an outpatient basis. Pamela Schueler RN, MSN <i>pamela.schueler@va.gov</i>	775-326-2611
Coordinator, Military Sexual Trauma (MST)	Special services for women who have experienced Military Sexual Trauma. VA provides free, confidential counseling & treatment for mental and physical health conditions of MST. Amanda Turner, LCSW <i>Amanda.Turner5@va.gov</i>	775-786-7200 x 2961

CAREGIVER PROGRAM

VA National Caregiver Support Line	Caring licensed professionals staffing the support line can connect you with VA services, a Caregiver Support Coordinator at your nearest VA medical center, or just listen if that's what you need right now. Support line serves as a primary resource/referral center to assist caregivers, Veterans, and others seeking caregiver information. Monday - Friday 5 am to 8 pm and Saturday 7:30 am to 3 pm PT	1-855-260-3274 
Program of General Caregiver Support Services	Reno VA Medical Center, 975 Kirman Ave., Reno, NV 89502 For eligible Veterans all eras. Information/Referral to in-home or support services, support groups and other resources. Education, training and peer support on caregiver self-care and Veteran loved one. Mental health counseling (if related to the Veteran's condition).	
Caregiver Support Coordinators	Byron Parks, LCSW, LADC Lucia Garces, RN	775-328-1461 775-326-5775

VA Quick links: Shared Decision-Making Resources	The website includes an overview of Veteran Directed Care and tools to help you figure out what services best meet your needs. https://www.va.gov/geriatrics/guide/longtermcare/Print_Worksheets_And_Handouts.asp	
Veteran Directed Care	Provides worksheets and handouts available for print/download related to long term services, supports, and home and community-based services. https://www.va.gov/GERIATRICS/pages/Veteran-Directed_Care.asp	
Post-9/11 Veterans VA Services for Family Caregivers	Program of Comprehensive Assistance for Family Caregivers Caregivers may be eligible for additional services through the VA (stipend payments, comprehensive training and medical coverage).	1-877-222 VETS 1-877-222-8387 
VA Caring for Seriously Injured Post-9/11 Veterans	Eligible Veterans with sustained/aggravated serious injury (traumatic brain injury, psychological trauma/other mental disorder) in the line of duty, on or after September 11, 2001, and in need of personal care services to perform one or more activities of daily living, need supervision and protection based on symptoms or residuals of neurological impairment.	
*Washoe Caregivers Resources	Washoe County database of resources for family caregivers to seniors. Monday – Friday 8 am – 5 pm https://washoecaregivers.org/	775-333-5499
*Daybreak Adult Day Health Care	Washoe County Adult Service, 1155 E. Ninth Street, Reno A licensed adult day health care program provides social and health services and support the needs of <i>frail, disabled and cognitively impaired adults 18 years and above</i> . Provides support, offers respite for caregivers, is supported by full time nurses and serves as an alternative to institutional care. Entrance: Completion of medical forms, TB testing, intake interview, program agreement packet. Waitlists occur due to space limitations and funding sources. Client Services: Case Management Certified case manager, and licensed social worker conduct assessments/evaluations, develop care plans, discharge planning, and provide information/referral, caregiving. Nursing observes/monitors health status, administers/monitors medication management and care coordination with physician. Psycho-Social Intervention: Social intervention (participant and family) with individuals/group counseling and follow-up. Rehabilitation: Occupational, physical, specialized exercises and speech therapy are available. Activity Programs: planned social and recreational activities, along with daily activities for mental and physical stimulation. Nutritional Program serving a midday meal and snacks. Monday to Friday 8 am – 5 pm; 7:30 am - 5:30 pm; Closed weekends and WC holidays www.daybreak@washoecounty.us	775-328-2591
*The Continuum ReGenerations Adult Day Club https://continuumreno.com/	3700 Grant Drive, Suite A, Reno Daytime program for adults 18 and older provides respite for caregivers. Specialized care for Alzheimer’s disease, Dementia, Traumatic Brain Injuries, Stroke Recovery, Parkinson’s disease, and M.S. Activities enhance functional capabilities/independence, support mental, emotional and physical wellbeing in a friendly and secure environment. ReGenerations Director: Christina Reynolds Monday to Friday 7:30 am – 5:30 pm	775-829-4700
*More to Life Day Care Program	1963 East Prater Way, Sparks Approved Medicaid and VA Provider. Group day care program for dependent adults 18 years and older. Provides respite for caregivers and activities in an environment that extends independence for the recipient and caregiver. Includes those with Traumatic Brain Injuries, Alzheimer’s or Dementia. Jeff Dold www.AdultDayCareReno.com	775-358-1988
*Seniors in Service Respite Voucher Program	1380 Greg Street, Suite 212, Sparks A State funded respite voucher service for live-in caregivers who need a break. Clients are persons over the age of 60 who need assistance in most activities of daily living and are a safety risk if left alone. For those who qualify, a voucher of \$1000 may be available. Application available at Jewel@seniorsinservicenevada.org	775-358-3914


DENTAL CARE

*Adopt a Vet Dental Program (AAVD)	Cordone Ave., Suite 100, Reno FREE dental treatment to qualifying veterans. Dental services donated by volunteer dentists and provided free. For eligibility contact: Jim Snyder , Veteran Advocate Jim.Snyder@aaavdp.com Charlotte Worthley , Community Dental Manager Charlotte.Worthley@aaavdp.com	775.470.8707x1 775.470.8707x2
VA Homeless Veterans Dental Program	VA Medical Center, 975 Kirman Ave., Reno NV Assist homeless Veterans with dental health by offering entry to VA care. Homeless Veteran Program Coordinator: Elizabeth Pope	775-786-7200 x6414
*Compassion Community Clinic	Free adult dental care in Nevada. Available one Friday and two Saturdays each month by appointment. Contact: info@nvccclinic.org	775-358-8913
*Community Health Alliance Dental Centers	335 Record Street, Reno, and 2244 Oddie Blvd, Sparks Not a free clinic, flexible payment plans, discount programs, sliding scale payments based on income and family size.	775-329-6300
*Salvation Army Vision, Dental, Rx Program	1925 Sutro St, Reno Emergency Basis Only for those without Insurance and those who have exhausted other resources. Bring ID, proof of address and income.	775-688-4555 Select option 2
COMMUNITY BASED OUTPATIENT CLINICS (CBOCs)		
Outpatient Health Clinics	Provide the most common outpatient services, including health and wellness visits, making access to care closer to home.	775-786-7200
VA Medical Center	975 Kirman Avenue, Reno NV Mental Health	775-786-7200 775-326-2920
Capitol Hill VA Clinic	350 Capitol Hill Avenue, Reno, NV 89502-2923	775-324-6600
North Reno VA Clinic	1140 Selmi Drive, Reno, NV 89512-4780	775-786-7200
Kietzke VA Clinic	2295 Kietzke Lane, Reno, NV 89502-3604	775-786-7200
Virginia St. VA Clinic	3674 South Virginia Street, Unit E4, Reno, NV 89502	775-786-7200 x2995
Reno East VA Clinic	1201 Corporate Boulevard, Ste. 100, Reno, NV	775-786-7200
MEDICAL EQUIPMENT AND SUPPLIES		
*N NV Wheelchair Program	Vietnam Veterans of America Chapter 338 http://www.vva388.com/resources	775-530-7351
*Care Chest of Sierra Nevada	7910 N. Virginia Street, Reno Distributes free durable medical equipment, diabetic testing supplies, and liquid nutrition to qualified Northern Nevadans Victor Sanchez, Community Outreach Coordinator	775-829-2273 775-829-2273 x 107
HEALTH and WELLNESS PROGRAMS		
NUTRITION PROGRAMS		
*NEVADA 211	Online list helps you connect to services you need. Find food resources at https://www.nevada211.org/search-food-services/	Dial 2-1-1 or 1-866-535-5654
*Salvation Army Reno Corps Community Center	1931 Sutro Street, Reno Free emergency basic needs: food, clothing, vouchers, kitchen starter kits, furniture, hygiene supplies. Adults need Photo ID, proof of residency/income. 7 days/week 9 am - 3:30 pm	775-688-4555
*St. Vincent's Dining Room	325 Valley Road, Reno Free hot meal served Monday – Saturday: 10:30 am	775-329-5363
*St. Vincent's Food Pantry	500 East Fourth Street, Reno Offers non-perishable, canned and packaged food products to individuals and families in need at no cost. Monday - Thursday 9 am - 4 pm; Friday 12:30 pm - 4 pm	775-786-5266
*Supplemental Nutrition Assistance Program (SNAP)	Apply at Welfare District Office for SNAP benefits. With no money for food, request help from Welfare Office to receive SNAP benefit within 7 days. If eligible, will receive Electronic Benefit Transfer (EBT) card. https://dwss.nv.gov/SNAP/Food/ Reno District Office , 4055 South Virginia Street, Reno Sparks District Office , 630 Greenbrae Drive, Sparks	775-684-7200 775-824-7400



*WC Senior Services Meals on Wheels	1155 E. 9th St. Reno, NV 89512. Home Delivered Meals for homebound seniors at high nutritional risk. Participants are certified for eligibility: must be 60 years or older, homebound due to illness, disability or geographic isolation and unable to attend a congregate meal site. Eligible clients receive up to 7 home delivered meals per week and may be eligible for Second Home Delivered Meal Program and may receive an additional 7 meals per week. Find referral form here: https://www.washoecounty.us/seniorsrv/files/Registration/Referral%20Form%20Senior%20Services%2010132017.pdf	775.328.2575
*WC Senior Services Nutrition Programs <i>Reservation not required</i>	Washoe County Senior Center , 1155 E. 9th St, Reno Congregate Meal Sites Free or with a voluntary donation. Soup is \$1 per bowl - soup changes daily except Friday. Lunch served - 11:15 am - 12:30 pm	775.328.2575
<i>Reserve your meal by 8:30 am on the day the meal is served</i>	Neil Road Recreation Center , 3925 Neil Rd, Reno Monday to Friday 11 am - 1 pm	775.326.6601
	Sparks Senior Citizens Center , 97 Richards Way, Sparks Monday to Friday 8 am – 5 pm (Lunch served - 11:30 am)	775.353.3110
	Sun Valley Center , 115 W. 6th Ave., Sun Valley Monday to Friday 9 am - 1 pm	775.673.9417
	Spanish Springs Center , 7100 Pyramid Highway, Lazy 5 Regional Park, Tuesday to Friday 9 am - 1 pm	775.328.2786
*Clarity Card Catholic Charities of Northern Nevada	325 Valley Road Reno, NV For those living in poverty a <i>Photo ID system</i> is used for easier access to food pantries, emergency shelters and other community support resources	775-322-7073 775-329-5363
*SAVE Protect Foundation	Delivers groceries to veterans, disabled veterans, and housebound older and homeless persons. Provides needed necessities to disaster victims and displaced from their homes. https://saveprotect.org/what-we-do	775 881-8207
HEALTH and WELLNESS CENTERS		
*Sanford Center for Aging, UNR School of Medicine	Offers free and low-cost programs for health and wellness, including telemedicine services to older persons living in Washoe County, Carson City and rural areas. https://med.unr.edu/aging	775-784-4774
*Geriatrics Specialty Clinic	Specialized clinical team (geriatrician, social worker and pharmacist) provides a Comprehensive Geriatrics Assessment for persons 65 and older. A Geriatrician provides an annual Wellness Assessment.	775-784-6377
*Medication Therapy Management	Geriatric Pharmacist offers a FREE Comprehensive Medication Review for persons 60 years and older taking 5 or more medications	775-784-1612
*Community Wellness Programs	Offers FREE <i>Healthy Living Workshops</i> and <i>Self-Management Workshops</i> (Chronic Disease, Diabetes, Diabetes Prevention, Cancer, and Chronic Pain); <i>Improve your strength</i> (Fit and Strong); <i>Prevent Falls</i> (Tai Ji Quan, Stepping On); and <i>Reduce Stress</i> (Introduction to Mindful Living). Join Dementia Friendly Nature Walks.	775-784-1583
*Volunteer Programs	Senior Outreach Services' volunteers help older persons live independently in their homes. RSVP offers many volunteer opportunities.	775-784-7506
*Nevada Geriatric Education Center	Offers educational and training opportunities for care partners to enhance their knowledge in the field of caregiving and health care.	
*Aging & Disability Resource Centers ADSD Nevada Care Connection	Access to Healthcare Network, 4001 S. Virginia Street, Suite F, Reno Serves as a single point of entry into the long-term services and supports (LTSS) system for older adults, people with disabilities, caregivers, veterans and families. Helps older persons and those with disabilities connect to: <i>In-home services</i> (Access to Healthcare Network Resource Center); <i>Facilities</i> (assisted living, group homes, nursing); <i>Community supports</i> (chronic disease self-management, transportation and meal services, Senior Center activities, adaptive recreation programs, job training/ coaching).	1-877-861-1893

ASSISTANCE for VETERANS

WOMEN VETERANS

NDVA Benefits and Assistance Reno Regional Office	6880 S McCarran Blvd., Bldg. A Suite12 Reno, The designated <u>Women Veterans Coordinator</u> specifically helps women veterans apply for VA benefits and assistance programs. Monday to Friday 8 am - 4 pm https://www.reno.va.gov/services/women/index.asp	775-688-1653
Women Veterans National Call Center	Women Veterans may be eligible for a wide-variety of benefits including disability compensation, pension, education and training, health care, home loans, insurance, vocational rehabilitation and employment, and burial. Monday to Friday 8 am - 4 pm https://www.womenshealth.va.gov/WOMENSHEALTH/ProgramOverview/	1-855-829-6636 
Homeless Women Veterans VA National Coalition for Homeless Veterans	VA Medical Center. 975 Kirman Ave, Reno If you are experiencing or are at risk of homelessness, the VA will assist you connect with programs designed specifically for women. Homeless women veterans who are seeking employment assistance can also coordinate with the following community-based programs: The Ridge House, Inc. 900 W 1st St # 102, Reno Bristlecone Family Resources, 1725 S McCarran Blvd, Sparks http://nchv.org/index.php/employment/employment/women_veterans_employment	1-800-VET-HELP 1-800-838-4357 775-322-8941 775-954-1400

HOMELESS VETERANS

VA Homeless Veterans Resources https://veterans.nv.gov/benefits-and-services/homeless-veterans-resources/	Federal toll-free call center limited to veterans who are homeless or at risk of homelessness and their dependents. Homeless programs with aggressive outreach to veterans living on streets and in shelters who would not seek assistance; Clinical assessment and referral to needed medical treatment for physical and psychiatric disorders, substance abuse; Long-term sheltered transitional assistance, case management, rehabilitation, employment assistance, linkage with available income supports and supported permanent housing.	1-877-222-VETS 1-877-222-8387 
National Call Center Help for Homeless Veterans	Free Help, 24 hours a day, 7 days a week Veterans who are homeless or at imminent risk of becoming homeless and their families call or visit their local VA Medical Center or Community Resource and Referral Center where VA staff are ready to help.	1-887-424-3838 
Northern Nevada Veterans Resource Center (NNVRC)	419 Plumb Lane, Reno NV <i>Supportive Services for Veteran Families (SSVF)</i> provides extensive donations (food, clothing, hygiene, household goods). Capability to rapidly re-house homeless veteran families and individuals. Prevents veteran families from entering homelessness (assists with utility bills, rental payments, issues of stability). A Resource Room with internet and printing available and a VSO Program for referrals and information. https://veterans.nv.gov/resources/northern-nevada-veterans-resource-center-nnvrc/	775-284-8387
*National Coalition for Homeless Veterans	Resource and technical assistance center providing emergency and supportive housing, food, health services, job training, placement assistance, legal aid, and management support.	1-877-424-3838

HOUSING ASSISTANCE

HUD-VA Supportive Housing (VASH) Program. National Call Center for Homeless Veterans	VA services for homeless/at-risk Veterans 24/7 Chronically Homeless Veterans with severe mental or physical health problems and/or substance use disorders, frequent emergency room visits, multiple treatment attempts, diminished functional capacity, limited access to other social supports are eligible but <i>must need case management</i> . Vouchers allow these Veterans and their families to live in market rate rental units supported by a housing subsidy, Veteran pays the difference. https://www.va.gov/homeless/hud-vash_eligibility.asp	1-877-4AID-VET 1-877-424-3838
Veterans Guest House	880 Locust Street, Reno Overnight stays with Continental breakfast. Located on bus routes, with proximity to hospitals. https://www.veteransquesthouse.org	775-324-6958
*Mountain Group Property	Single occupancy units with preference toward homeless veterans living temporarily or indefinitely.	1560 Mill St, Reno

*The Village on Sage Street	Housing option for low income individual earning minimum wage, or social security or disability. Must be 18 or older with income of \$1,320 and not more than \$2,735 per month. https://www.voa-ncnn.org/	775-499-5198
EMPLOYMENT		
VA Homeless Veterans Community Employment Services	HVCES aims to improve employment outcomes for Veterans who have experienced homelessness. https://www.va.gov/HOMELESS/HVCES.asp Community Employment Coordinator: Daniel Marcy Daniel.Marcy@va.gov	
Employment Resources online	Federal Employment Resources www.veterans.nv.gov/158.html State Employment Resources www.veterans.nv.gov/open-positions.html Employment benefits information www.veterans.nv.gov/employment_benefits.html <i>Civil Service Jobs:</i> VetSuccess on Campus (VSOC) http://www.benefits.va.gov/vocrehab/vsoc.asp Veterans Opportunity to Work http://www.benefits.va.gov/vow/ Veterans Employment Center https://www.ebenefits.va.gov/ebenefits/jobs	
*Work for Warriors Northern Nevada Employment Coordinators	Plumb Lane Armory, 685 E. Plumb Lane, Reno A free federally funded employment program to assist through the employment process all National Guardsmen, Reservists and their immediate family, as well as Gold Star families and Veterans. Hours: Monday to Friday 8 am- 4:30 pm https://www.workforwarriorsnv.org/	775-384-5848
*Work Opportunity Tax Credit (WOTC)	500 East Third St. Carson City Nevada Department of Employment, Training & Rehabilitation NV State WOTC Coordinator Nastaskia "Kia" Galindo N-Galindo@nvdetr.org	775-684-0321
*Careeronestop Veteran and Military Transition Center	Call for employment or training help. Register online for free on state job banks. Search for job openings, post resume for employers to find, request to be notified when jobs that meet your criteria are posted. Employers post jobs at no charge. https://www.careeronestop.org/Veterans/default.aspx	1-877-US2-JOBS 1-877-872-5627
*Nevada Job Connect Career Centers	Reno Center: Reno Town Mall, 4001 South Virginia Street, Reno Sparks Center: 2281 Pyramid Way, Sparks Job listings, job placement, work registration, career information and guidance, assessment, information about education and training opportunities, unemployment insurance information, information on filing for unemployment insurance, resume preparation, and more. Find hiring events and local jobs at https://nevadajobconnect.com/	775-284-9600 775-284-9520
*University of Nevada, Reno Veteran Services	1664 N Virginia St, Fitzgerald Student Services, Rm 217, Reno Offers programs to assist veterans with academic integration, and other services to advance students toward graduation while building professional opportunities. https://www.unr.edu/veteran	775-682-5929
*Truckee Meadows Community College	Veterans Resource Center, Red Mountain, 7000 Dandini Blvd, Reno Assist student veterans in their transition from military service to academia. https://www.tmcc.edu/veteran-services	775-337-5612
LEGAL ASSISTANCE		
*Nevada Attorney General - Office of Military Legal Assistance	Reno VA Medical Center, 975 Kirman Ave, Reno Provides FREE legal assistance to Veterans and representation to active duty, reserve and National Guard service members in a wide area of civil law matters, offering military communities access to pro bono civil legal service. Check-in by noon nvagomla@ag.nv.gov	775-684-1100
*Washoe Legal Services	299 S Arlington Ave., Reno A non-profit legal aid organization in cooperation with other legal service providers whereby private attorneys agree to provide limited free legal services.	775-329-2727
*Washoe Senior Legal Center	Washoe County Senior Center, 1155 East 9th Street, Reno Attorneys assist Washoe County residents at least 60 years of age with legal issues regarding housing, public benefits, simple estate planning, elder abuse and consumer fraud. https://washoelegalservices.org/senior-legal-center/	775-332-0606