



SEASONS

SEPTEMBER 2019

Renown[®]
HEALTH

Eye on Vision Health

Do you find yourself reaching for your glasses more often for close reading? Do you have difficulty seeing in dim lighting or when there is a glare? These examples are a few, normal, age-related vision changes. However, aging eyes can make daily activities such as reading, cooking, walking and driving difficult.

Learn how to maximize your vision and review available, effective treatments for your eyes by attending this lecture. Mitchell Strominger, MD, registered ophthalmologist with Renown Health will teach us about eye health and common concerns to watch for, including double vision. For those unable to attend in-person, secure video attendance from home is available.

Eye Health Lecture

Sponsored by a Community Fund Grant from the Community Foundation of Western Nevada

Tuesday, Sept. 24, 11 a.m. – noon
Renown Regional Medical Center
1155 Mill St., Reno
Mack Auditorium

Refreshments provided. RSVP required by calling **775-982-7787** or by visiting [renown.org/SterlingSilver](https://www.renown.org/SterlingSilver).

September Kicks Off With Senior Fest

The 24th annual Senior Fest is back by popular demand! Senior Spectrum hosts this free event connecting our community members and caregivers to resources and vital services. Senior Fest's purpose is to encourage aging in place. The U.S. Centers for Disease Control and Prevention defines aging in place as "the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level."

On-site resources include health insurance, healthcare, assisted and independent living, assistive technology, parks and recreation programs, Washoe County Senior Services, advocacy and more. Senior Fest is not all business though, it will feature live music, food and fun socializing.

In addition to the more than sixty businesses, Renown Health and Senior Care Plus will be there offering a wide range of health and wellness information.

Join us for the largest senior outreach event in Northern Nevada to receive health screenings, blood pressure checks, and Medicare and benefits information.

Senior Fest 2019

Tuesday, Sept. 3, 9 a.m. – 2 p.m.

Reno Town Mall, 4001 S Virginia St, Reno

Parking available at the Reno Town Mall and the Atlantis Resort parking lot, with shuttle service provided by Lakeside Manor. Transportation by RTC is available nearby on Route 1: South Virginia Street and Route 6: Peckham Lane. For more information, visit SeniorsFestReno.com.





Senior Care Plus Benefit Information

If you are a current member of Senior Care Plus, Member Meetings start October 1. This is your chance to get a sneak peek of 2020 Benefit Information.

Member meetings will help you understand changes and enhancements to Senior Care Plus plans effective for the calendar year of 2020.

Current Member Meetings

Oct. 1, 2, 3, 4, 7, 8, 9, 10, 11 and 14
Choose From: 11 a.m. – noon, or 2 – 3 p.m.

Two Locations:

Hometown Health
10315 Professional Cir., Reno

Senior Care Plus (Carson City)
911 Topsy Ln. #230, Carson City

No reservation needed. Walk-ins welcome.

Interested in Senior Care Plus plans?

If you are not currently insured by Senior Care Plus and want to learn the benefits, attend one of our free ABC's of Medicare seminars. Our Medicare specialists will answer questions and help you better understand Medicare.

ABC's of Medicare

Wednesday, Sept. 4
6 – 7 p.m.

Two Locations:

Hometown Health
10315 Professional Cir., Reno

Senior Care Plus (Carson City)
911 Topsy Ln. #230, Carson City

RSVP by visiting SeniorCarePlus.com.

Dates to Remember

DIABETES PREVENTION PROGRAM

Thursday, Sept. 12, 3 – 4 p.m.
Renown Regional Medical Center
1155 Mill St., Reno
Artisans 108 (near Starbucks)

Renown offers a Diabetes Prevention Program for those with pre-diabetes or are at risk of getting Type 2 diabetes. Attend this free informational session to see if you qualify for the program. Participants of this program are able to learn how to eat better, shop smarter, exercise more and build supportive relationships. RSVP required by calling **775-982-7787** or visiting renown.org/events.

MANTRAS & MEDITATION

Tuesday, Sept. 18, 11:30 a.m. – noon
Renown Regional Medical Center
1155 Mill St., Reno
Spiritual Center, Sierra Tower

All are welcome to come chant healing mantras and find peace through meditation. This monthly event is offered by Rev. Shelley Fisher of Reno Buddhist Center. No RSVP necessary however space is limited.

EYE HEALTH LECTURE

Tuesday, Sept. 24, 11 a.m. – noon
Renown Regional Medical Center
1155 Mill St., Reno
Mack Auditorium

Learn how to maximize your vision and review available, effective treatments for your eyes by attending this lecture. For those unable to attend in person, secure video attendance is available. RSVP required by calling **775-982-7787** or visiting renown.org/SterlingSilver.

SENIOR FALL PREVENTION

Tuesday, Sept. 24, 11 a.m. – noon
Teglia's Paradise Park Activity Center
2745 Elementary Dr., Reno

City of Reno Senior Services presents this workshop in partnership with Renown. More than one out of every four people 65 and older falls each year. Come learn strategies to reduce the risk of falling. No RSVP needed. Lunch included. \$1 drop-in fee required. Information at **775-356-3176**.

FLU AND PNEUMONIA VACCINES

Wednesday, Sept. 25, 9 a.m. – noon
Renown Regional Medical Center
1155 Mill St., Reno
Mack Auditorium

For those 65 years and older, come get a high dose flu and pneumonia vaccine. Pneumococcal 23 and Prevnar 13 vaccines will be offered – these pneumonia vaccines are administered a year apart. We can look up your vaccine history at this event. First-come, first-served while vaccines last. **Insurance coverage:** for high dose flu shots, no out-of-pocket costs for Senior Care Plus fully insured HMO, PPO plans and Medicare beneficiaries (Part B), if it is your primary insurance. For pneumonia vaccine, no out-of-pocket costs for Medicare (Part B) and Senior Care Plus members who meet CDC criteria. If you do not have a qualifying plan listed above, or have questions, call **775-982-5433**.

WALKING FOR WELLNESS

Friday, Sept. 27, 10 – 11 a.m.
Greater Nevada Field (Aces Ballpark)
250 Evans Ave., Reno

Join us for an hour of walking for your health. Meet at the main entrance of the stadium. Free parking located at the Freight House parking lot (across from the stadium). Please bring water, a hat, SPF and sturdy shoes. No RSVP required.