



SENIORS

CITY OF LAS VEGAS

NEWSLETTER

We wanted to share resources available for seniors at this time.

Parks Remain Open

Social distancing doesn't mean social isolation. Head out to park near you to take a walk and get some exercise.

<https://www.lasvegasnevada.gov/Residents/Parks-Facilities>

Tips To Avoid Scams

Nevada Attorney General Aaron Ford warns of scams to avoid during this time of vulnerability.

<https://youtu.be/Ytx3mWsmwxs>

Nextdoor Launches Help Map

Join Nextdoor and learn about their help map to offer help or get help from your neighbors

<https://blog.nextdoor.com/2020/03/18/nextdoor-launches-help-map-and-groups-to-bring-neighbors-together/>

Elderly Shopping Hours

Albertsons

Tuesdays and Thursdays,

7 to 9 a.m.

Dollar General

Daily

7 to 8 a.m.

Target

Wednesdays

First hour of shopping. Check your local store for opening times.

Smith's Food & Drug

Mondays, Wednesdays and Fridays

7 to 8 a.m.

Whole Foods

Daily

Hour before opening. Check your local store for opening times.

Keep checking this article for updates: <https://www.ktnv.com/news/list-las-vegas-stores-with-special-shopping-hours-for-seniors>

Helping Hands

Helping Hands of Vegas Valley, 3640 N. 5th St., Suite 140, is giving food to seniors 60+ Monday to Wednesday, 8 a.m. to 12 p.m. Photo ID required. They are also delivering emergency food bags to housebound senior citizens 60+; call 702-633-7264 to make arrangements.

Three Square

Please call Three Square at 702-765-4030 if you need assistance finding food or are a senior (60+) in need of home-delivered groceries. You can also visit <https://www.threesquare.org/help>.

Southern Nevada Health District

The Health District has extended hours for its information line at (702) 759-INFO (4636) for people to ask questions about Coronavirus. The hours are Monday through Friday 7 a.m. to 7 p.m.

Information from the Nevada Department of Veteran Services

EVENTS POSTPONED:

March 24th Veteran of the Month ceremony

March 28th Veterans Legislative Symposium in Las Vegas

April 18-19th NVA workshop in Reno

CLAIMS: For those seeking the assistance of a Veterans Service Officer (VSO), please call 702-830-2000 and a VSO telephone call will be arranged.

CEMETERIES: For those seeking interments at either the Northern or Southern Veterans Memorial Cemetery, we are asking families if they will agree to postpone interments.

Arrangements are being made for some scheduled casket interments, but ceremonies will be limited to immediate family members only. (Spouse, sibling, children)

HOMES: “Virtual visits” are now being offered at both the Northern and Southern Nevada State Veterans Homes to reduce Coronavirus exposure risk to our residents and team members.

COMMUNITY BASED OUTPATIENT CLINIC (CBOC): Providing services as usual with added screening procedures before entering the building. CBOC locations are serving as a point of entry for anyone who is currently experiencing homelessness, about to experience homelessness or is chronically homeless.

[Read Our Coronavirus Update](#)