

## Message from Director

“As we enter the new year here at HCC, we find ourselves in need of a couple of tents. The weather is getting colder and those out in the elements are struggling. If anyone has the ability to donate tents, blankets, warm socks, or gloves, please drop them off at the Dayton Food Pantry/Community Roots at 209 Dayton Valley Road. As always we are so grateful to those who can help.”

*Wendy Madson, Director, HCC.*

## Volunteer Spotlight

# Marje Hopkins



Marje has volunteered with the Silver Stage Food Pantry in Silver Springs for six months. She enjoys helping people and giving back to her community. Thank you, Marje! Your volunteer work makes a positive difference for Silver Springs.

## Food Pantries

### DAYTON

209 Dayton Valley Rd.  
775-246-7834

#### Tuesday

7am - 10am (60+ only)  
10am - 6pm

#### Wednesday-Thursday

10 am - 4pm

#### Saturday

9am - 1pm  
2nd Saturday each month

### SILVER SPRINGS

1290 Lahontan St.  
775-577-9161

#### Wednesday & Thursday

8am - 10am (60+ only)

#### Wednesday – Friday

10am - 4pm

### YERINGTON

502 W. Bridge St  
775-350-4597

#### Wednesday & Thursday

9am - 4pm

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# HCC's public breakfast meeting



February 8 at 9am

MAP



Healthy Communities Coalition of Lyon and Storey Counties (HCC) hosts a public breakfast meeting every other month at the Silver Springs Community Center. Each meeting includes introductions and updates from all attending, special guest speakers, and discussion and updates about collaborative efforts to increase access to health care; nutritious food; workforce development; and prevention of alcohol, tobacco and other drug use. The next meeting is Thursday, February 8 at 9am at the Silver Springs Community Center. The Silver Springs Community Center is on the left side of the Senior Center building at 2945 Fort Churchill Street, Silver Springs, NV 89429.

The meeting will include two presentations.



Robert Hernandez, director of the Veterans Upward Bound at Truckee Meadows Community College, will describe

the program which helps veterans prepare for success in college and other post-secondary training.



Alisha Moss of Healthy Communities Coalition will explain the benefits of smoke-free public parks, and

the reasons that many communities are adopting smoke-free parks policies.



## Employee Focus

# Congratulations Jesus Santos



Jesus Santos is our Data Coordinator with Healthy Communities Coalition!

Jesus tackled an intense program in professional web development called Full Stack Web Development and earned 24 continuing education credits. After the 6-month program with Berkeley Extension, he's armed with even more knowledge about the front and back end of web development.

Jesus says he looks forward to using the skills in further developing HCC's data collection and management. This helps the nonprofit accurately track and illustrate the measurable outcomes of its work with communities.

## Smoke-free Parks



Smoke-free policies for outdoor spaces can lower tobacco consumption and reduce exposure to secondhand smoke among occupants, contributing to enhanced respiratory and mental health. There are many additional reasons that parks are becoming smoke-free. Tobacco bans in parks result in environmental and cost-savings benefits. Smoke-free policies reduce tobacco litter. Discarded cigarettes can cause fires by igniting dry vegetation or flammable materials. E-cigarette and cigarette waste contaminate soil and waterways, polluting water, air and land with toxic chemicals, heavy metals and residual nicotine. Discarded tobacco products also create a consumption risk for children, pets, and wildlife. The cost of cleaning up tobacco waste in parks and recreation areas makes up more than 31% of the total litter collected in U.S. parks. Creating smoke-free parks and recreational areas is a way for communities to make outdoor spaces even more conducive to healthy living and an important step to encourage healthy behaviors and make parks places where people can expect to be free from secondhand smoke.

Healthy Communities Coalition is proud to partner with Community Health Nurses to provide schools with Dental Days. At these events, fluoride and sealants are provided.



# DENTAL DAYS

*Taking care of student smiles*



*If your child attends a school in Lyon County, be on the lookout for sign-ups.*



Cottonwood Elementary .....	Jan. 29, 2024
Dayton Intermediate .....	Jan. 31, 2024
Yerington Elementary .....	Feb. 1, 2024
Dayton High .....	Feb. 1, 2024



## Vaccine Informational Sessions



**We rely on the strength of this herd to keep us all well.** The support of hundreds of businesses, individuals, and other organizations allows us to work together toward achieving our goal of eradicating vaccine-preventable diseases throughout Nevada.

Immunize Nevada is a 501C3 nonprofit that receives educational grants and funding from a number of resources that are committed to improving the health of our community. We do not accept funding to promote sell or advocate for any specific company or their products

### **WATCH FOR IMMUNIZE NEVADA DATES AT YOUR LOCAL FOOD PANTRY**

Please join us to promote health and wellness on vaccines and grab some *free* swag prizes



**Dayton Food Pantry**  
209 Dayton Valley Rd

**Yerington Food Pantry**  
502 W. Bridge St.

**Silver Springs Food Pantry**  
1290 Lahontan St.

For more vaccine information: [immunizenevada.org](http://immunizenevada.org) or call (775)624-7117

## Partner Spotlight

### The Veterans Upward Bound Program

Truckee Meadows Community College helps veterans prepare for success in college and other post-secondary training. Funded by the U.S. Department of Education, the Veterans Upward Bound (VUB) Program is a free educational program for qualified, honorably discharged veterans who need support in preparing for success in their post-secondary education and training. VUB offers a wide range of services and activities designed to help you locate and maximize your success at TMCC. Some services include tutoring for math and English skills improvement, application assistance for financial aid and veterans' education benefits, GED/HiSET assistance, individualized career assessment and planning, and much more.



Director of Veterans Upward Bound, Robert Hernandez, will be speaking at HCC's Coalition meeting on February 8 @ 9:00 (Open to the public).

Learn more about the services offered and if you qualify by using the QR code.



## HCC food pantries have Naloxone



Healthy Communities' food pantries in Dayton, Silver Springs and Yerington have a stock of Naloxone kits. SAMHSA notes that "Naloxone is designed to rapidly reverse opioid overdose. It is an opioid antagonist—meaning that it binds to opioid receptors and can reverse and block the effects of other opioids, such as heroin, morphine, and oxycodone. Administered when a patient is showing signs of opioid overdose, naloxone is a temporary treatment and its effects do not last long. Therefore, it is critical to obtain medical intervention as soon as possible after administering/receiving naloxone.

Come in for a free kit and instructions on how to use it.



## Recipe

# Lentil Pasta Soup

### Directions

In a large soup pot, heat 2 tablespoons of oil over low heat. Add the minced garlic and onion and saute for 5 to 6 minutes until vegetables begin to soften. Add the carrots, dices tomatoes tomato paste, lentils, stock, garlic salt, and italian seasoning blend. Bring to a boil and reduce to a simmer. Cover and simmer over low heat for 20 minutes.

Add the kidney beans, spinach, and cooked pasta and stir well to combine.

Ladel 2 cups of soup into a blender with the remainder of the oil. Blend and add back to the soup pot.

*Serve with bread and enjoy!*

### Ingredients

- 1/2 cup oil divided
- 6 cloves garlic minced
- 1 onion diced
- 3 carrots diced
- 1 28 ounce Diced Tomatoes
- 3 tablespoons Tomato Paste
- 1 cup lentils
- 8 cups Stock
- 1 teaspoon Italian seasoning blend
- 1 teaspoon garlic salt
- 1 14 ounce can kidney beans
- 1 cup frozen chopped spinach
- 4 cups cooked pasta

### Food Assistance (SNAP):

A federally funded program to help low-income families buy nutritious food from authorized retailers, also known as “Food Stamps” or “Supplemental Nutritional Assistance Program”.



Apply for SNAP is online through Access Nevada

“This organization is an equal opportunity provider; material funded by USDA’s Supplemental Nutrition Assistance Program (SNAP).”

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Edition #1

# RURAL HEALTH & NUTRITION NEWSLETTER



Healthy Communities Coalition of Lyon and Storey counties continues to help communities in different ways. This includes teaching Eating Smart Being Active in all pantries, assisting schools in their gardens, and bringing farmers markets to food deserts.

**..ROOTED IN HEALTH, GROWING IN NUTRITION.**



## SILVER SPRINGS

### »»» 1st Cohort

HCC's first successful course of the Eating Smart Being Active class happened this holiday season for a total of 8 weeks. People all over Silver Springs came to learn amazing ways to enhance their diet without leaving the taste behind! With a focus on exercise as well participants-

-were able to raise their expectations on how fun getting active could really be. Weekly take-aways steal the show and help fill your kitchen with handy tools to make your cooking experience easier. One of the major recipe hits being "chicken fried rice" using brown rice instead of white, for a healthy way of adding in fiber!



## FUTURE CLASSES

### »»» 2nd and 3rd Cohort

Starting on January 29th (for Yerington Food Pantry) and February 2nd (for Dayton Food Pantry) there will be 2 cohorts starting up. Starting time for both days is 10:00 am with classes running 1 and a half hours long typically.

**Dayton Pantry information-**  
209 Dayton Valley Road, Dayton, NV

**Yerington Pantry Information-**  
502 Bridge Street, Yerington, NV

**CALL or EMAIL :**  
775-246-7550  
Denali@hccisc.org  
for more information

**NOTE:** This warm-up helps strengthen balance, encourages blood flow, and helps get your body ready for further movement! Doing this warm-up twice a day, once in the morning and once at night, is a great way to sneak in some exercise.



## »»» REACH FOR THE SKY

- Start with reaching your arms out to your side, lifting them up and over your head.
- Take a deep breath in through your nose as you raise your arms.
- Release out through your mouth as you lower your arms.
- Repeat 5 times.



*This institution is an equal provider; material funded by USDA's supplemental Nutrition Assistance Program*

# Family Planning

Healthy Communities Yerington, Silver Springs and Dayton food pantries have family planning supplies including condoms and pregnancy tests. Simply ask a volunteer for what you need.



# Menthol cigarettes are a significant risk to public health.

Menthol cigarettes are a significant risk to public health. Menthol in cigarettes makes it more likely that youth and young adults will try smoking. In 2023, more than 4 in 10 US middle and high school students who smoked cigarettes reported using menthol cigarettes. Its use increases the chances that young people who start smoking will continue to smoke on a regular basis. Menthol can also make it harder to quit smoking. Tobacco companies add menthol to commercial tobacco products to



make them seem less harsh and more appealing to young people and to people who have never used tobacco

products. Menthol also enhances the effects of nicotine, which is the addictive drug in cigarettes and other tobacco products. In recent years, tobacco companies have increased the amount of nicotine in some menthol cigarettes.

Facts from the CDC at [https://www.cdc.gov/tobacco/basic\\_information/menthol/state-menthol-fact-sheets.html](https://www.cdc.gov/tobacco/basic_information/menthol/state-menthol-fact-sheets.html)

## Nevada Tobacco Quitline

Connect with your personal coach today  
**1-800-QUIT-NOW**  
(784-8669)



Atrayendo la Adicción

EL TRUCO MÁS ANTIGUO DEL LIBRO DE TABACO, SE ESCONDE EN PLENA VISTA

AttractingAddictionNV.com