

## Message from Director

“This month I’m reminded of the power of voice and community. After the tragic accident in Mound House where we lost a young 10-year-old, we witnessed over 100 community members come together alongside NDOT, Department of Traffic Safety, CAMPO, County Commissioners and Lyon County Sheriff’s Office to look for solutions. The voice of the community was not only heard, but it was also empowered with the sharing of ideas and willingness to continue to come together and take action. Serving community is one of the most powerful, and greatest gifts both given and received.”

*Wendy Madson, Director, HCC.*

## Volunteer Spotlight

### Troyanne Cada



Troyanne Cada volunteered with Healthy Communities’ Silver Stage Food Pantry for 12 years. During a recent retirement party for her at the Silver Stage Food Pantry, she was presented with a certificate of special recognition from Senator Jacky Rosen.

**Troyanne Cada** began volunteering because a friend “talked her into it.” First volunteering as a community volunteer,

she later applied to serve at the food pantry as one of Healthy Communities first AmeriCorps members. She enjoyed her service with AmeriCorps, and earned the Education Award for college or technical school that came with the service position. She was “thrilled” to be able to give this award money to her grandson for his education.

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Dental Days

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Cilantro-Lime Black Bean Shrimp & Rice recipe

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RHNI Newsletter



## Volunteer Spotlight Continued



To further help her community, in 2019 Troyanne earned a Nutrition Certificate through the Utah State University National Nutrition Certification Program. She learned things that were useful as a volunteer at the food pantry, including facts about dietary guidelines, nutrition, physical activity, food safety, chronic diseases, culinary skills, and more.

During her years as a volunteer, Troyanne also took training in CPR, suicide prevention, and mental health and completed training with the Nevada Community Health Worker Association.

That training really paid off for the community of Silver Springs. During her time as an AmeriCorps service member and community volunteer, Troyanne literally saved lives.

One of those life saving events happened in 2017. Troyanne recognized that a man visiting the food pantry was showing symptoms of a heart attack. Rather than allowing him to get in his car and continue on with his daily errands, she convinced him to take a seat while she called 911. An ambulance arrived and took him to the hospital. He recovered, and his doctors said Troyanne's training, skills of observation, assertiveness and quick thinking saved his life.

Troyanne said delivering food from the pantry to homebound locals was one of her favorite volunteer tasks. She enjoyed interacting and socializing with the people she delivered food to. Over the years she brought food, but also humor, hope and hugs to folks who were homebound. She noticed if they were experiencing medical episodes, illness or sadness, or facing home evictions, and connected them with help. Even after retirement from the pantry, she says she is still in contact with one of her clients, who calls her on every holiday.

Troyanne's commitment and kindness made a significant positive impact for many people. Healthy Communities Coalition is grateful for Troyanne's dedicated service to her community. Executive Director for Healthy Communities, Wendy Madson, said, "If you look up service in the dictionary, Troyanne's picture will show up. The epitome of hard work, her tough exterior won't fool you long once you get to know her. Troyanne's compassion and love of her community has been shown time and time again through her never-ending gift of giving."



## “Eating Smart, Staying Active”

*participants enjoy friendly classes*

Healthy Communities Coaliton of Lyon and Storey Counties (HCC) offers Eating Smart, Being Active classes throughout the Lyon County region. The free eight week series includes cooking, nutrition and food safety lessons and physical activity tips, plus recipes and prizes.

Denali Casarez, one of the instructors for the course, explained that the classes include “a ton of different prizes that each participant gets to take home at the end of each class. There have been lemon zesters, grocery pad and pens, and cook books as well as canvas grocery shopping bags and small cutting mats. Every time it’s something new. For our next class we will be offering can openers since it goes along with a three can chili recipe. For each class I cook the recipe highlighted in the lesson or chosen by the people from the previous class. After we exercise, we all sit down for the meal and discuss what we will be cooking in the next week.”



HCC first offered the series in Silver Springs during the holiday 2023 season. Participants learned strategies for enhancing their meals without leaving the taste behind. The classes include tips on exercise and participants learned how fun getting active can really be.

Mike Timmerman, a VISTA AmeriCorps member with HCC, interviewed three of the class members to get their input on the series.

All three noted that they enjoyed the course and said that the instructors, Mikala Hazelton and Denali Casarez, were “really nice.”

Maxine Kohler was among the first participants in HCC’s Eating Smart classes. She made new friends and after classes ended, she continued to exercise and cook with her new friends. One of her favorite recipes was stir-fry rice.

Class member Debra Littlejohn said she learned new ideas, including how to save money when grocery shopping. Instructors shared ideas about “how to cook with whatever you have on hand when you’re on a budget.” After the classes ended, Debra continued to talk with other participants and is still doing the exercises that were demonstrated during the series.

Marvett Attia reports that she enjoyed taking the classes with her friends. She appreciated learning about eating and cooking healthy food.

**To locate Eating Smart, Staying Active classes in your area, contact Denali at HCC at [Denali@hcclsc.org](mailto:Denali@hcclsc.org) or (775)-246-7550.**



# Dayton Food Pantry Immunization Clinic

## WALK-IN CLINIC

## Dayton Food Pantry

209 Dayton Valley Rd • Dayton, NV 89403

### TUESDAY, MARCH 26th

### 11:00am — 1:00pm

Immunize Nevada will be offering the following vaccines in partnership with Safeway & Healthy Communities Coalition:

**Flu, Pneumonia, Shingles, and COVID.**

If you have health insurance: including Nevada Checkup and Medicaid, please bring your insurance card.

If you don't have health insurance, Immunize Nevada will cover the cost for all COVID and Flu vaccinations.



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.*

Fernley High School .....	March 18
Dayton Intermediate School .....	March 21
Silver Stage Elementary School	March 25
Silver Stage Middle School .....	March 27
Smith Valley High School .....	April 18
Yerington High School .....	May 23



## HCC's public breakfast meeting



April 11 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, April 11 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.

Topics for April's meeting:

- 1) Medicare options for elders and those with disabilities.
- 2) Dementia Friendly Nevada, a statewide coalition aimed at supporting communities in becoming more respectful, educated, supportive, and inclusive of people living with dementia and care partners.



*Healthy Communities is comprised of dozens of local, state, federal and tribal group partners, community volunteers, and staff members all working together on a common mission to strengthen communities in the Lyon and Storey regions by increasing access to 1) health care and prevention of alcohol, tobacco and other drug use; 2) nutritious food; and 3) sustainable community-based opportunities that serve the common good and strengthen local assets and self-reliance.*

### FUTURE TOPICS:

**Thursday, June 13, 2024 at 9am:**

- 1) Parkinson Support Center of Northern Nevada
- 2) Carson City Health and Human Services Epidemiology Division. They will explain the Division's duties as well as what they are seeing in the local community.

**Thursday, August 8, 2024 at 9am:**

- Mothers Against Drunk Driving, which helps educate elementary, middle, and high school students as well as parents on the topics of alcohol, cannabis, and prescription drug use and prevention.

**Thursday, October 10, 2024 at 9am:**

- 1) Access to Healthcare Northern Nevada
- 2) Empowered, a wrap-around care program for pregnant and postpartum women suffering from substance use.

**DEA NATIONAL Rx  
TAKEBACK**

Turn in unneeded medication  
for safe disposal.

**Saturday April 27, 2024**  
**10 a.m. – 2 p.m.**

Healthy Communities Coalition @ **Smith's**

This event is supported by the Nevada State Department of Health and Human Services through General Fund and Appropriation. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor the State.

## Recipe

# Cilantro-Lime Black Bean Shrimp & Rice

(30-Minute, One-Pan Meal) Delicious cilantro-lime shrimp cooked in olive oil, with garlic and red pepper flakes. Then, it is put on top of cilantro-lime black bean rice. **Pantry items:** Rice, Shrimp and Black Beans

## Ingredients

### CILANTRO LIME SHRIMP

- 2 tablespoons oil
- 1 pound shrimp
- 4 garlic cloves , minced
- ¼ teaspoon salt
- ½ teaspoon red pepper flakes

### CILANTRO LIME & BLACK BEAN RICE

- 2 cups chicken broth or vegetable broth
- 1 cup rice uncooked
- ¼ teaspoon salt
- 2 tablespoons lime juice
- 15 oz black beans from the can, rinsed, drained
- ½ cup fresh cilantro chopped + extra

### Cooking Cilantro Lime Shrimp

- 1 Heat large skillet until hot on medium heat. Add oil - it should run easily but not sizzle or burn. Add shrimp and minced garlic to the skillet, making sure it doesn't crowd, sprinkle ¼ teaspoon of salt and ½ teaspoon of red pepper flakes over shrimp. Cook shrimp, stirring once or twice, on medium heat, about 3-4 minutes total.
- 2 Remove shrimp from the skillet to a plate.

### Making Cilantro Lime and Black Bean Rice

- 1 To the same (now empty) skillet, add broth, uncooked rice, and ¼ teaspoon salt. Bring to boil. Mix everything well. Reduce the heat to low boil simmer. Cover the skillet with the lid. Simmer for 15-20 minutes, covered, until the rice is cooked through. You might need to add ½ cup of water if your rice is not completely cooked through.
- 2 Mix in the lime juice, rinsed and drained black beans (from the can), and fresh cilantro into the cooked rice.
- 3 Add extra lime juice (about 1 tablespoon) and extra chopped fresh cilantro to the plate with shrimp, mix to coat shrimp with lime juice and cilantro. Add the shrimp to the skillet with rice and gently reheat.



### 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).”



## Partner Spotlight

### Silver-Stage Library Presents **SPICE OF THE MONTH CLUB**

**What**  
Try out new spices every month. The monthly spice packet will include that month's spice, a brief history of the spice, and recipes to try (or you can create your own recipe). On the third Tuesday of each month we will meet, share recipes, and even share some of the created dishes from the people willing to share.



**When:**  
Third Tuesday of  
every month  
@ 12:00 PM

**Where:**  
Silver-Stage Library  
3905 Highway 50 West #310  
Silver Springs, NV 89429  
(775) 577-5015

Aware Benefits will be hosting a table and answering questions about Medicare options for seniors and those with disabilities on the following dates (see back page of The Dandelion for locations)



aware benefits

#### MEDICARE POLICY REVIEW

• POLICY REVIEW COMES AT NO COST AND NO OBLIGATION



TOP 5 REASONS TO REVIEW YOUR  
MEDICARE INSURANCE POLICY

- 01 CHANGE IN CIRCUMSTANCES
- 02 NEW FEATURES & SERVICES
- 03 AVAILABLE DISCOUNTS

- 04 INCREASED PREMIUMS OR COVERAGE CHANGES
- 05 SPECIAL ENROLLMENT PERIOD (SEP)

We specialize in Medicare and represent a variety of major insurance carriers. Our goal is to educate you and answer your questions so that you can make informed decisions.

For more information, please contact Kerl Lowrey, Health Insurance Specialist  
Office: (775) 636-8309 Cell: (775) 800-6395 Email: kerl@awarehealthinsurance.com

March 6, 2024 at the Yerington Food Pantry 11-3  
March 27 at the Silver Springs Food Pantry 10-3  
April 2 at the Dayton Food Pantry 11-3

HUNTER GARNER SCHOLARSHIP



# PROJECT YELLOW LIGHT

3 Opportunities

## To take your work national!

**Benefits:**

- Win up to \$8,000 in scholarship money
- Students can use this opportunity to build an impressive resume
- Get your work recognized
- Your work can help bring change and save a life

**How to apply**

Applicants must apply to [www.projectyellowlight.com](http://www.projectyellowlight.com)

**More Information**


Billboard submissions due 03/01  
Video submissions due 04/01  
Radio submissions due 04/01



“Your journey is your own. #MyLifeMyQuit is a free and confidential program to support teens who want to quit vaping for good. Text “Start My Quit” to 36072 for judgment-free support from quit coaches and tips that are proven to help you quit vaping and nicotine.

***What are you waiting for? Make a change today!”***

# MY LIFE MY QUIT™



At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.

The My Life, My Quit Program is for young people under 18 years who want help to quit all forms of tobacco, including vaping. My Life, My Quit Coaches help youth:

- Develop a quit plan
- Manage stress
- Learn about nicotine
- Get ongoing support

**TEXT “START MY QUIT” TO 36072**

My Life, My Quit is always free and confidential.  
[www.mylifemyquit.com](http://www.mylifemyquit.com)



# TAKE DOWN TOBACCO

**NATIONAL DAY OF ACTION April 1st 2024**

On our Day of Action, youth advocates and their communities come together to stand up to Big Tobacco, expose the tricks this industry uses to lure kids into addiction, and call for change.

This year, the stakes couldn't be higher. We are on the cusp of ending the sale of menthol cigarettes and flavored cigars – a monumental step to address health inequity and curtail the tobacco industry's targeting kids and Black Americans. Communities across the country are moving to end the sale of flavored e-cigarettes that are fueling the youth nicotine addiction crisis. And the federal courts have forced tobacco companies to post signs in stores nationwide telling the truth about their deadly products.

But we can't let up now because Big Tobacco is fighting this progress while running PR campaigns claiming they're the good guys! They say they've reformed, that they're "beyond smoking," and that they want a "smoke-free world." But it's the same lie they've been telling for decades.

## *What a joke!*

Here's the truth: Tobacco companies aggressively market deadly and addictive products while raking in billions of dollars in profits. They fight policies that would actually reduce tobacco use. They constantly develop new products to hook kids. In a nutshell, they continue to lie, cheat and fool people into a lifetime of addiction, disease and death.

But we're not fooled. We're going all-in to take down these jokers once and for all.

<https://www.takedowntobacco.org/day-of-action>



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



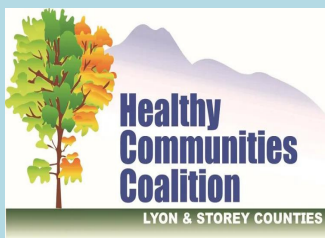
*Atrayendo la  
Adicción*

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

AttractingAddictionNV.com

# RURAL HEALTH & NUTRITION NEWSLETTER

February 2024  
Edition #2



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.**



## DAYTON AND YERINGTON

### >>> Cohort

Last week, with a stunning turn out of individuals, the Dayton Cohort finished up its fourth session of eight. And jackets hit the floor as participants enjoyed and loved the great exercises! Participants learned amazing ways of adding color to their fruits and vegetables to liven up their weekly meals. (see picture on right)

In Yerington, the highlight of the class was undoubtedly the mouthwatering recipes that left everyone craving for more. From the savory and crunchy "Cabbage Stir Fry" to the comforting and cheesy "Stovetop Lasagna with Spinach", each dish was a hit!



### >>> ONGOING CLASSES

Healthy Communities Coalition will be holding classes every Friday at the Dayton Pantry and every Monday at the Yerington Pantry through March 22nd and 25th respectively. Come on by!

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

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

**CALL OR EMAIL:**  
775-246-7550  
Denali@hcclsc.org  
for more information

**NOTE:** This exercise not only helps improve muscles strength inside of your hips and thighs but improves your balance as well. Stomping has also been known to help improve bone density in people suffering from osteoporosis.



### >>> STOMP! (EXERCISE)

- Standing shoulder width apart, start with stomping your feet to the ground. Alternating each foot.
- Do NOT stomp hard enough to feel pain. Only stomp until you hear a noise.
- Stomp 5 times.
- Then march in place for 30 seconds.
- Repeat stomps.



# EXPIRATION DATES *vs.* EAT BY DATES

Sometimes dates on food are confusing! The examples below show how long past the dates that food is still safe to eat.



## What it means

**SELL BY**  
3/15/16  
**ENJOY BY**  
3/15/16

This is a freshness date. Food is freshest by the date on the label, but still safe to eat after that date. Examples are milk (up to 1 week after the sell by date) and eggs (3-5 weeks after the sell by date).

**BEST BY**  
3/15/16  
**BEST IF USED BY**  
3/15/16

This is a quality date. Food has the best quality if eaten by this date. You can eat acidic canned foods 12-18 months after this date. Examples are canned tomatoes or pineapples. You can eat non-acidic canned foods up to 2-5 years after this date. Examples are canned soup or vegetables.

**EXP 3/15/16**  
**USE BY**  
3/15/16

This is a true expiration date. After the expiration date, the food is not safe to eat and must be thrown away. Examples are baby food and infant formula.

### Frozen Food

Frozen foods remain safe indefinitely, though they eventually get freezer burn. Cook immediately after thawing. The cooked food may be refrozen.

### Nothing

If there is no expiration date, use the can within one year from when you got it.

**3/15/2016**  
**or 07516**

This is a manufacturing date. It is not an expiration date. Treat this as a "Best By" date and follow the above guidelines.

**A series of numbers and letters, like W15KA253XJ**

This is a packing code. It is used only by the manufacturer. It is not an expiration date. Use the above guidelines.

Never use a can if it is bulging, leaking, rusty, or if the rim is dented.



**RIVER BEND  
FOODBANK**



**FEEDING  
AMERICA**

## 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



# Naloxone

available at all food pantries

*The Nevada Good Samaritan Act for Drug Overdose.*

*(The law has protections for you.)*

**What it says:** “A person who, acting in good aith and with reasonable care, administers an opioid antagonist to another person whom the the person believes to be experiencing an opioid-related drug overdose is immune from criminal prosecution, sanction under any professional licensing statute and civil liability for such act”

**What it means:** Any person who administers naloxone or calls 911 to assist someone who may be overdosing on opiates may have protection from criminal charges. It also provides immunity to persons seeking medical treatment for an opioid overdosee for themselves or someone else.

**What to do:** If you see someone experiencing an overdose, call 911, administer Naloxone and perform CPR if trained. Stay with the person until help arrives.

***If you suspect an overdose CALL 911***

for more information or to get Naloxone please contact: [Alisha@hcclsc.org](mailto:Alisha@hcclsc.org).

## 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.

