



## Message from Director

2024, Oh, what a year it's been! HCC staff continues the mission of collaboration for health so that everyone has opportunity to grow, live, and learn. From becoming recognized as a Recovery Friendly Workplace, expanding school-based dental services to middle and high school students, increased substance use prevention education and behavioral health supports, expanded funding for our Comstock Youth Works workforce development summer program, new financial literacy classes through our AmeriCorps, expansion of Drug Take Back Days to three locations and an increase in number of pounds of unused prescription drugs collected, partnered with Nevada Health Centers to bring the mobile medical van to Dayton and Silver Springs and the VA medical van to the Dayton food pantry, hosting an international advocate, trainer, and organizational coach on using trauma informed approaches in communities, and expanded work in jail diversion efforts. We are ever grateful for the opportunity to serve, innovate, and collaborate with such a diverse network of individuals who care, and most importantly, we celebrate our community members who stand up every day in support of a healthy community. Cheers to all that can be in 2025!

*Wendy Madson, Director, HCC.*



### Volunteer Spotlight

## Jim Winans

Jim has volunteered with the Dayton Food Pantry for four years.

He enjoys the camaraderie at the food pantry and helping others.



***Thank you Jim!***

## Everyone is Welcome at HCC’s Breakfast Meeting

Healthy Communities Coalition of Lyon and Storey Counties meets every other month on the second Thursday from 9am-11am at the Silver Springs Community Center 2945 Fort Churchill Street, Silver Springs NV 89429. Hot breakfast and coffee are part of the public meetings.



MAP



### Guest speaker Topics Thursday, 2/13/2025

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

*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.*

## JANUARY IS NATIONAL POVERTY IN AMERICA AWARENESS MONTH

To raise awareness and support solutions to end poverty in the United States

Boys & Girls Club

Senior Centers

Advocates to end Domestic Violence

CASA OF LYON

### HOW TO GET INVOLVED

- Collect and donate necessity items like food, clothing, toiletries, first-aid items, diapers, and blankets to local organizations.
- Donate to or volunteer at a local food bank, soup kitchen, or homeless shelter.

Dayton Food Pantry

Silver Springs Food Pantry

Yerington Food Pantry

Living Faith Fernley Food Pantry

## Partner Spotlight

### Nevada Humanities

Nevada Humanities is a nonprofit that creates and supports public programs and projects to connect Nevadans and explore issues that matter to them. Nevada Humanities offers a variety of programs, including educational and cultural events, outdoor walks and creative workshops, exhibitions, and book clubs.

Founded in 1971, today Nevada Humanities shares and promotes the humanities in the Silver State through cultural events, diverse programs and partnerships that connect Nevadans, and grants that fund humanities projects statewide.



In October of 2024, Nevada Humanities brought award-winning author Kim Foster to Dayton and Silver City, Nevada, for free, public events in partnership with Healthy Communities Coalition (HCC).

Kim Foster made her signature ratatouille and pozole dishes and spoke about her book *The Meth Lunches*, which explores some of the root causes of hunger in the U.S. Foster's book talks' attracted audience members from the whole region. Afterward, she wrote an essay called "Intentional Social Capital: When Someone Will Be There to Hold You Up." Foster writes, "The first thing you notice about HCC is the built-in reciprocity and equity... HCC feels like a living, breathing entity that adapts and changes to meet the needs of the community, while trying to attack the root causes of why people are poor or in crisis to begin with."



If you'd like to find out how to bring free book events, exhibitions, or other programs to your town, or if you'd like to contribute to Nevada Humanities "Double Down Blog," call (775) 784-6587 or email [info@nevadahumanities.org](mailto:info@nevadahumanities.org)

Nevada Humanities is one of 56 independent state and territorial humanities councils affiliated with the National Endowment for the Humanities (NEH). The mission of Nevada Humanities is to "connect and transform communities by sharing and amplifying the stories, ideas, experiences, and traditions of the diverse people of Nevada. Nevada Humanities envisions a Nevada where people thrive in just and healthy communities, where connection and participation are part of everyday life, and where diverse perspectives are welcomed and valued." For more details, go to their website at [www.nevadahumanities.org](http://www.nevadahumanities.org) where you can sign up for their newsletter or follow them on social media to learn about upcoming events and ways to be involved.

## Participating in Dry January? Here are tips for success.



There are many reasons why people choose to participate in Dry January—a time when people take a break from drinking and examine their relationship with alcohol. For some people, it may be part of a New Year’s resolution to incorporate healthy behaviors into their routine.

Identify why you choose to drink alcohol—for example, is it to have fun, to deal with stress and anxiety, or to fall asleep? Think about ways you could accomplish those objectives without alcohol,

such as doing yoga, taking a walk, meeting friends for a hike, or playing games instead of drinking at a party.

Let friends and family know about your plan to participate in Dry January. Consider asking them to join you and support each other throughout the month. Make sure alternative non-alcohol-containing beverages are available at parties and gatherings.

Have a polite, assertive “no, thanks” ready for when you are offered a drink.

As the month progresses, pay attention to how you feel. Are you sleeping better? Do you have more energy? When you notice benefits, make note of them. It will help you keep your momentum going.

Have a plan in place for when the month ends. As is the case with dieting, without a long-term plan it’s easy to resume old patterns.



## NAMI HelpLine

The NAMI HelpLine provides the one-on-one help and information necessary to tackle tough challenges that you, your family or friends are facing.

Call the NAMI WNC CARES Warmline at 775-241-4212 to get support  
**In a crisis, call or text 988 (24/7)**



**American Heart Association®**  
*Learn and Live*

Thank you for your donation

We wouldn't be able to do what we do without the support of partners like you

*Thank you*

February is  
**American Heart Health Awareness Month**



Do your part to prevent heart disease-  
Visit **American Health Center** for a  
Blood Pressure & Cholesterol check

Heart disease is the leading cause of death in the U.S. but impacts some communities disproportionately. Join efforts around the country to promote heart health in your community.

***Celebrate National Wear Red Day Feb. 7, 2025***

National Wear Red Day is the first Friday in February. Wear red and encourage others to do the same. Help raise awareness that heart disease is the leading cause of death in the U.S. and largely preventable.

**National Wear Red Day®**



# DENTAL DAYS

## IN LYON COUNTY SCHOOLS

***Taking care of student smiles***



Dental Days in Lyon Schools: Healthy Communities Coalition is continuing our partnership with Lyon County School District and our dental partners Dayton Pediatric Dentistry, Sagebrush Dental and Community Dental Connections, to bring sealants and fluoride to students. Dayton Elementary School will send home Dental Day registration packets for parents to review in March 2025. Be on the lookout for more information throughout the school year on these free dental events, coming to a school near you!





KIDS ARE WATCHING:

## MODEL RESPONSIBILITY

### Kids are Watching: Model Responsibility

*Parents are the number one influence on their kids' decision to drink—or not drink—alcohol, and this influence goes beyond just having those important conversations about the dangers of underage drinking. As kids develop and learn to make decisions for themselves, what they see from parents, caregivers, and other trusted adults matters. This is especially true when it comes to alcohol and modeling responsibility for future decision making.*

### Modeling responsibility looks like this:

**If you choose to drink, always be responsible, and don't hide it...** Show that alcohol can be enjoyed responsibly by those of legal drinking age. Talk openly about the effects of alcohol, the importance of being mindful, and the legal drinking age. Explain why you make certain choices regarding alcohol and always be responsible. Mystifying alcohol consumption can lead kids to be curious to experiment, so hiding it may have a negative effect.

**Never drive drunk...** Always have a plan for a safe ride home if you plan to consume alcohol, such as using a designated driver, public transportation, or a ride-sharing service. Openly discuss the options for getting to and from a location safely, and make sure your kids know to NEVER get into a car with someone who may be drunk or impaired.

**Watch your language...** Be mindful of the language you use when choosing to drink by using phrases such as “I’m going to enjoy a cocktail” as opposed to “I need a drink.” You don’t want to set an example that alcohol is a means to cope with stress or negative emotions.

**Model saying “NO” and respecting others’ decisions...** Peer pressure doesn’t stop when you become an adult and if you choose not to drink, model appropriate refusal strategies and ways to say “NO.” It’s important to respect the values of others and uphold your own.

**Demonstrate that fun does not have to include alcohol...** Promote and engage in activities that do not involve alcohol, emphasizing that socializing and having fun do not require drinking.

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**Handle stress responsibly...**Show healthy ways to cope with stress and emotions, such as exercising, talking things out, or engaging in hobbies. Invite kids or other friends to join you.

**Address consequences...**Discuss real-life examples and current events that highlight the consequences of irresponsible drinking, including health risks and legal issues.

**Set clear expectations...**Establish and communicate clear family rules about alcohol consumption, especially regarding the intolerance of underage drinking.

**Model responsibility...** When hosting a gathering, make sure that your guests know that you will never turn a blind eye to underage drinking and you expect them to do the same. There is no excuse for it, and the consequences can be life changing.

**Lead responsibly...** Make sure that other adults understand your stance on responsibility and your intolerance for serving or supplying alcohol to anyone under the legal drinking age. Working together, parents can normalize that most kids don't drink.

*It is important to be aware that your kids are watching and your behavior can influence their actions when it comes to making future decisions about drinking. Keep these strategies in mind as you model responsible behavior and empower your kids to say "YES" to a healthy lifestyle and "NO" to underage drinking.*



## HCC Food Pantries

During the 2024 School year, HCC provided 5400 Backpacks filled with food for children in need to take home on weekends and holidays.

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Individual visits for assistance between Dec. 1, 2023 and Dec. 1, 2024	
Dayton	29,075
Silver Springs	31,150
Yerington	30,293

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1,697 Individuals were provided with Thanksgiving food in 2024.

*Thank you* ❤️

Thank you to all the volunteers who helped us during this time.

We were blessed with 7,476 hours of your kindness.

We appreciate you all!

**A TIP FROM A FORMER SMOKER**

**LET YOUR KIDS INSPIRE YOU TO QUIT.**

Beatrice, Quit at age 37  
New York

Nick age 11  
Dear Mom Smoking  
Thank you mom for  
I know you consider  
hard thing to do but  
because you are saving  
I'm lucky to have parents  
and Daddy cause my  
parents would probably say  
just a kid" but you are  
in the world!!

Don't Smoke!

There are a lot of reasons to quit smoking. Don't stop trying until you find yours. Beatrice did it. You can too. For free help, call 1-800-QUIT-NOW

U.S. Department of Health and Human Services  
Center for Disease Control and Prevention  
CDC.gov/tips

**NATIONAL SUICIDE PREVENTION LIFELINE**

1-800-273-TALK (8255)  
suicidepreventionlifeline.org

**988 SUICIDE & CRISIS LIFELINE**

## Now Recruiting

**Literacy in Financial Thinking (LIFT)**  
Dayton • Silver Springs • Yerington



Healthy Communities Coalition is recruiting for part time (approximately 25 hours per week) AmeriCorps members to serve in Virginia City before and after school care program during the 2024-2025 term.

AmeriCorps members will make a difference by teaching financial literacy to youth. Members will receive training related to their service activities as well as personal and professional development, a living allowance, and an education award for future higher education or to pay off existing higher-education debts. Part time members will serve approximately 25 hours per week.

For more about this AmeriCorps opportunity, and how to apply, contact Sara Ross, HCC's AmeriCorps Program Director, at (775) 230-2815





# Eating Smart Being Active Newsletter.

Your Bi-monthly SNAP Bulletin!

## This Time On ESBA...

Happy new year! As the holidays have passed once again its time to get back into the eating right mindset! So join us at your local library for our ESBA classes. We will be discussing everything from getting more fiber into your diet to awesome ways to stay active during the day! Everyone is welcome so stop on by!

## What Is ESBA..?

Eating Smart Being Active is an Eight week class focused on exercise and healthy eating habits! Class info posted below!



## Upcoming Classes!

Yerington Library	Dayton Library
January 7th - February 4th	January 9th - January 30th
10:00am to 11:00am	12:00pm to 1:00pm
Yerington Public Library	Dayton Public Library

## Healthy Habit

This months Healthy Habit is maintaining social connection! The new year is a wonderful time to spend with family and friends. This can help boost emotional health!

Email Us For More Information!

[Denali@hcclsc.org](mailto:Denali@hcclsc.org)



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LITON & STOREY COUNTRIES

## RESPITE CARE GRANT NEVADA

Offered by the Alzheimer's Association® and the State of Nevada Aging and Disability Services Division



**Are you a caregiver for someone living with Alzheimer's or another form of dementia?**

Do you live in Nevada?

Do you need a break from caregiving?

If so, the respite care grant may be able to help. Everyone needs a break. Respite care provides caregivers a temporary break from caregiving while the person living with Alzheimer's or another form of dementia is cared for in a safe environment.

- » Person living with dementia and primary caregiver must live in the same residence
- » Must live in Nevada
- » Person living with dementia must have a diagnosis of Alzheimer's or another form of dementia
- » Primary caregiver must be in need of financial assistance for respite

**Please call 800.272.3900 for more information about the Nevada Respite Care Grant**

*The Alzheimer's Association is very grateful to the State of Nevada, Aging and Disability Services Division, for making this grant program possible.*

alzheimer's  association®



**A TIP FROM A FORMER SMOKER**

**The time you want to spend together is pulled out from under you.**  
— Stephen B.

#CDCtips  
You can quit smoking. For free help call 1-800-QUIT-NOW.  
CDC  
CDC.gov/Tips



**talk**  
they hear you®

**BEFORE THEY GET BEHIND THE WHEEL...**

**Make sure they understand the risks of drunk and drugged driving.**

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how—and when—to begin the conversation, visit

[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)

#TalkTheyHearYou PEP20-03-01-063



**SAMHSA**  
Substance Abuse and Mental Health Services Administration

E-cigarette and nicotine pouch use among U.S. middle and high school students in 2024  
**E-Cigarettes 5.9% • Nicotine Pouches 1.8%**



Lyon County / Storey County / Mineral County  
**34.1% Middle School • 28.6% highSchool**

Nevada Statewide use...17.6% Middle School • 13.7% High School  
*students who have vaped nicotine in the past 30 days (2023 yrbs results)*

## Recipe of the Month

### One-Dish Roasted Potatoes and Apples with Chicken Sausage

*A scrumptious and easy one-dish baked meal that's perfect for chilly fall and winter evenings*



#### Ingredients

3 red potatoes or your favorite potato variety (about 1 pound)

1 tablespoon canola oil

2 red apples (Fuji, Pink Lady, Honeycrisp, Gala, etc.)

1 yellow onion

4 chicken herb link sausages (12 oz.)

2 tablespoons cider vinegar

1/2 teaspoon ground mustard

1 tablespoon honey

#### Directions

Preheat oven to 425 °F.

Cut potatoes into chunks, place in 2-quart baking dish.

Drizzle with canola oil. Toss to coat. Roast potatoes in oven for about 20 minutes.

While potatoes are roasting, cut apples and onions into chunks, and sausage into 1/2-inch slices.

Remove baking dish from oven and reduce heat to 375 °F. Add all remaining ingredients to baking dish and toss.

Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.

### Spice of the Month Club

“January and February, the Silver Stage Branch Library in Silver Springs will encourage patrons to choose their “own spice adventure” and share their favorite recipes for the holidays. This is part of the library’s Spice Club programming. For more details, call (775) 577-5015.



#### **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).”

## Food Pantries

### DAYTON

209 Dayton Valley Rd.  
775-246-7834

#### Tuesday

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

#### Wednesday-Thursday

10 am - 4pm

### 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 Kits:** “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.’



## Family Planning

HCC Yerington, Silver Springs and Dayton food pantries have family planning supplies including condoms and pregnancy tests.



*Simply ask a CHW for what you need.*

# JANUARY IS

## SUBSTANCE USE DISORDER TREATMENT MONTH

Find treatment options and resources for substance use disorders.

STAND UP TO STIGMA. TREATMENT WORKS.  
SUPPORT OTHERS. RECOVERY IS POSSIBLE.



**SAMHSA**

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