

FREE

By Healthy Communities Coalition of Lyon and Storey Counties

Message from Director

As we all prepare for the onset of Spring, and all that it brings, we're reminded of the excitement around renewal and growth and the beauty that can emerge even in the midst of uncertainty. As we navigate the changing landscape, we will remain hopeful in its unpredictability and look forward to what can be, the Crocus beginning to emerge, the sunshine faces of the Daffodil that will soon be showing off, even after the coldest winter there is always hope in what lies ahead. Spring is our reminder that no matter how long or hard the winter is, change is inevitable, a natural path that moves us collectively forward, bringing new opportunities, the hope of new perspectives and what is possible. As a community, I will remain hopeful in what renewal can mean, planting seeds of kindness, a helping hand, resilience and optimism. Cheers to all that Spring can bring!

Wendy Madson, Director, HCC.

Volunteer Spotlight

Russ Shaffer

Russ Shaffer served at the Silver Stage Food Pantry with AARP for five years. He is now continuing to volunteer his time at the Pantry because he likes to help his community.



Thank you Russ!

INSIDE:

- HCC Meeting
- LiveBetterLyon.org
- Dental Days
- March/April Awareness
- Spring Garden Preparation
- Americorps Week
- Youth Vaping
- Cherished Memories
- Recipes

*We ♥ Our
Volunteers*

**CELEBRATE
NATIONAL VOLUNTEER WEEK
APRIL 20-26, 2025**

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



Future Guest Speakers

Thursday, June 12, 2025

- 1) Jorge Rojas of Nation's Finest will describe the organization which serves veterans throughout Northern Nevada with programs such as the VA's Supportive Services For Veteran Families (SSVF) Program..
- 2) Shelby Riley, Nevada's Rural Foster Care Recruiter with the Nevada Department of Health and Human Services, will speak about opportunities to become a foster parent.

Guest Speakers

Thursday, April 10, 2025

- 1) Shaunte Ibarra-Beltrami, Director of Community Services at Community Chest, Inc, will speak about services for those who've experienced domestic violence as well as other CCI services.
- 2) Alisha Moss of HCC will give an overview of tobacco use prevention efforts in our region.

Thursday, August 14, 2025:

- 1) Jack Minshew, Nevada Care Connection's Outreach and Community Partner Manager, will give an overview of NVCC, which is administered by the Nevada Aging and Disability Services Division with the purpose of improving access to services and supports such as Medicare.

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.

Partner Spotlight

Lyon County Human Services

“Live Better Lyon” is Lyon County’s new campaign designed to raise awareness of programs and services available to residents. Spearheaded by Lyon County Human Services, the campaign empowers individuals by providing the information and resources to lead healthier, safer, and more fulfilling lives.



Learn more about “Live Better Lyon” and explore available services by visiting the website LiveBetterLyon.org.

More than just a slogan, “Live Better Lyon” is an initiative to build community connections and make meaningful impacts in the lives of those who call Lyon County home. Whether it’s traffic safety education, senior services, or mental health resources, “Live Better Lyon” aims to connect individuals and families with a wide range of resources.

The campaign is made possible by public health appropriation funding from Senate Bill 118 of the 2023 Nevada Legislature, which allows local governments to develop programs and services to address the unique needs of the communities they serve.

Get Involved

Lyon County Human Services is providing free posters, window clings, and yard signs to residents and businesses that wish to participate in the campaign.

DENTAL DAYS IN LYON COUNTY SCHOOLS

Taking care of student smiles



Healthy Communities Coalition is continuing our partnership with Lyon County School District and our dental partners Dayton Pediatric Dentistry, Sagebrush Dental, Community Dental Connections, and the State of Nevada Community Health Nurses to bring sealants and/or fluoride treatments to students (with parent permission).

Be on the lookout for more information throughout the school year on these free dental events, coming to a school near you!

Dayton Elementary on March 10, 2025

Sutro Elementary on March 31, 2025.



MARCH AWARENESS



This annual observance aims to increase public awareness about developmental disabilities and promote inclusivity, acceptance, and understanding for individuals with these conditions.

This year's theme is *"A World of Opportunities"*, celebrating the achievements of people with developmental disabilities and working together to remove obstacles. Throughout the month, various activities and events will take place, including:

Awareness Campaigns: Utilizing social media, posters, and other promotional materials to raise awareness and reduce stigma.

Collaborations and Partnerships: Communities working with local businesses, government agencies, and healthcare providers to create supportive environments.

Education and Information Sessions: Workshops and seminars to educate the public about different types of developmental disabilities and effective ways to support those with these conditions.

Inclusive Events: Celebrations showcasing the talents and achievements of individuals with developmental disabilities, such as dances, art exhibitions, sports competitions, and talent shows.

A time dedicated to raising awareness about this challenging autoimmune disease that affects the central nervous system. Throughout the month, various events and activities are organized to support those living with MS and to educate the public about the condition

1. One key event during this month is MS Awareness Week, which will take place from March 9-15, 2025
2. During this week, the National MS Society encourages people to share their experiences and raise awareness through social media and community events.

An infographic titled "Multiple Sclerosis Risk Factors". It features a blue banner at the top with the title. Below it, a white ribbon says "Risk Factors". The infographic is divided into several colored boxes with icons and text. A green box says "This condition can occur at any age however people between 16 to 55 are at higher risk." with an icon of a brain. A light blue box says "People who smoke are at higher risk" with an icon of a person smoking. An orange box says "Women are twice more at risk than men." with a female symbol icon. Another orange box says "European-American is at higher risk." with an American flag icon. A green box says "People with close biological relatives having multiple sclerosis are at higher risk." with a family icon. A yellow box says "People with low levels of vitamin D and with low exposure to sunlight are at higher risk." with a sun icon. A light blue box says "People who have a thyroid disorder or diabetes or inflammatory bowel disease are at higher risk." with a thyroid and stomach icon. At the bottom, it says "#becauseyourhealthmatters" and has the National MS Society logo.

APRIL AWARENESS



APRIL IS
ALCOHOL AWARENESS
MONTH

April is National Alcohol Awareness Month, a time dedicated to raising awareness about the potential risks and dangers associated with alcohol use and abuse. Established in 1987, this month-

long observance encourages individuals to talk openly about their own drinking habits and to remember that alcohol can have serious consequences if not used responsibly. It's also an opportunity for health care professionals, educators, and parents to come together to discuss ways of preventing underage drinking and promoting healthier lifestyles.



RAISE AWARENESS!

METABOLIC SYNDROME

What is METABOLIC SYNDROME?

It is a **CLUSTER OF RISK FACTORS** that can increase your risk of having:

HEART ATTACK

STROKE

TYPE 2 DIABETES

KNOW YOUR NUMBERS

People with metabolic syndrome have **AT LEAST 3 OF THE FOLLOWING:**

Obesity

Waist circumference:
40+ inches for men
35+ inches for women

HIGH Fasting Blood Glucose

Greater than or equal to 100 mg/dL

LOW HDL or "Good" Cholesterol

Less than 40 mg/dL for men
50 mg/dL for women

HIGH Blood Pressure

Greater than or equal to 130 mmHg/85 mmHg

HIGH Triglycerides

Greater than or equal to 150 mg/dL

How to PREVENT it

The best ways to **PREVENT – EVEN REVERSE** – metabolic syndrome:

Lose weight

Eat better:

- Eat fewer simple carbohydrates
- Increase fiber
- Consume healthy fats

Commit to a regular exercise program

Affects **1 OUT OF 3** adults in the U.S.

Becomes much more **COMMON AS WE AGE**. Nearly **HALF OF ADULTS** 60+ years old have it.

85% OF PEOPLE WITH DIABETES have it.

It's closely linked to **OBESITY**.

For more information, visit CardioSmart.org/MetabolicSyndrome

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

If you would like to download or view additional guides on various topics, visit CardioSmart.org/Topics

NATIONAL

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

988

SUICIDE & CRISIS LIFELINE



SPRING GARDEN PREPARATION

Greetings gardeners! Spring is rapidly approaching, and we are all eager to start playing in the dirt. Mother Nature likes to tease us here in Northern Nevada with false starts and wildly fluctuating temperatures and weather patterns. We often get tempted to plant starts when it's warm and then wind up disappointed because the weather turns cold and freezes our new babies.

One way to fulfill our need to get gardening is to take the time to properly prepare your yard/garden. We all know how challenging our growing conditions are here on the Comstock. A well-prepared garden gives you a better chance at success.

Here's a basic what-to-do list to help you get a jump start on your gardening:

PLAN – What do you want to plant, where do you want to plant, order seeds & starts as desired.

TOOLS – Clean, disinfect, sharpen, repair or replace your tools. Sharpen your pruners & saws, tighten loose screws and bolts, then be sure to clean and disinfect your tools. A spray disinfectant is an easy way to get tools clean and prevents the spread of any disease carrying organisms that could be hiding in your tools.

PRUNE --appropriate trees & shrubs. It's a good idea to learn about your plants and find out the best time and methods to prune them. Some plants fruit or blossom on the previous years' growth, this is a good opportunity to learn more about your plants.

The 3 "C"s of pruning are **Crowded**, **Crossing**, and **Competing**—these are the branches to remove. Be sure to prune branches at the collar of the branch, do not leave stumps and try not to cut in to the main cross branches.

CHECK – pruning gives you the opportunity to get a close look at your plants. Watch for any signs of insect damage or disease. This is the best time to get ahead of any potential problems. Now is the time to treat for any issues you find.

CLEAN/CLEAR --yards, beds, planting areas. Test soils, determine what might need to be amended, aerated or supplemented. Whenever you start a new garden it's always a good idea to get your soil tested so you can address anything that might need to be treated or amended. There are several local organizations that can test your soil and recommend any treatment to improve your soil.

DIVIDE PERENNIALS—If you're fortunate to have bulb, tubers, or perennials that have gotten crowded and need thinning now is the time to do so. There are some local organizations that have plant/bulb swaps (usually in May). It's a fun activity and a good way to make new friends and learn more about what works best for a beautiful garden. If you don't have enough to share or swap it's still a fun way to see what's doing in our local gardens. There are often growers that will offer starts at very reasonable prices if you don't have anything to swap.

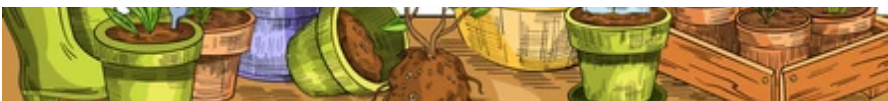
FERTILIZE, AERATE --While you're out pruning, dividing, & inspecting your gardens is a good time to check your soil conditions. You can aerate areas that have compacted over the winter, and to introduce the appropriate fertilizers to any areas that need supplementing

CHECK, REPAIR/ADD ON TO IRRIGATION SYSTEMS. Now is the time to inspect your irrigation systems. Repair or replace emitters, shore up tree wells etc.

MULCH-- Now that you've got your garden cleaned up and ready to go it's time to put down mulch. Compost is a wonderful mulch, but you there are many other materials you can use to create a barrier of top of your soils. Mulching helps suppress weeds and keeps moisture in your soil longer.

STARTS – Yayy! Finally we can get indoor seeds started, plant cool season plants such as cabbage, broccoli, lettuce and much more.

Happy Gardening!



MARCH 9TH - 15TH IS AMERICORPS WEEK!



AmeriCorps Nevada

AmeriCorps service is a National Service that benefits local communities throughout the country and more specifically our own community. AmeriCorps service is performed by volunteers at non-profit organizations that seek to make a difference in their community.

Healthy Communities Coalition AmeriLIFT Program is focused on teaching and expanding Financial Literacy within our communities. Among teaching Financial Literacy workshops to youth and adults, our AmeriCorps members support The Boys & Girls Club of Mason Valley, HCC Dayton Food Pantry, HCC Silver Springs Food Pantry, HCC Yerington Food Pantry and Nye Communities Coalition in Pahrump, Nevada.

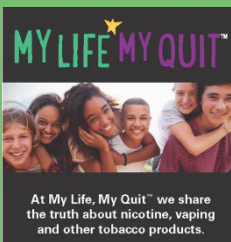
All of our AmeriCorps members also strive to become Community Health Workers within their communities during their time in service. This training helps members to share resources and facilitate access to resources and services that community members need help navigating.

As the HCC AmeriLIFT program, our members have contributed over 5300 volunteer hours to their communities this term (started 9/2024). With the members' dedication, ingenuity, and support host sites have been able to expand their mission and increase the effectiveness of their scope. The HCC AmeriLIFT members deserve a shout out of gratitude and support for the service they give!

Thank You!



“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.



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

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

THERE ARE MANY REASONS youth might start or continue to vape.

Tobacco advertising... Widespread advertising for e-cigarettes has contributed to youth vaping. Tobacco companies use the same advertising themes and tactics that have been shown to increase youth initiation of cigarettes and other tobacco products. They also place ads on television and in other media where ads for other tobacco products, like cigarettes, are not allowed.



In 2021, 7 in 10 U.S. middle and high school students reported exposure to e-cigarette marketing. Most students reported seeing e-cigarette ads or promotions in retail settings. Students also reported seeing ads on the Internet, television, streaming services, or movies, or in print media. In addition, about three in four (74%) students who used social media had seen e-cigarette–related posts or content.

Some e-cigarettes cost less than regular cigarettes, which may also contribute to youth vaping

Availability of flavored products... Most U.S. middle and high school students who vape use flavored products. Vapes come in a variety of youth-friendly flavors, including fruit, candy, mint, and menthol.

A study from 2013–2015 showed that most youth who use e-cigarettes first start with a flavored variety. Availability of flavored vapes is among the top 10 reasons youth report ever trying an

e-cigarette. In 2024, nearly 9 out of 10 middle and high school students who currently used e-cigarettes used a flavored product. The most commonly used flavors reported by these students were fruit, candy, and mint.



Cherished Memories will last a lifetime & build strong bonds

By Connie Ruano, Healthy Communities Parent Advocate

Spending quality time with your children is essential for their growth and development. It's a chance to bond, create memories, and impart valuable life lessons. But sometimes, life gets busy and we forget to prioritize this crucial aspect of parenting.

Every moment you spend with your children is a precious opportunity to strengthen your bond and create unforgettable memories. As little as fifteen minutes of unscripted play with a parent imbues children with a long-lasting feeling of security, wholeness, and self-worth. Don't let these moments slip away – cherish each second and make the most of the time you have together.

As parents, we have the power to shape our children's memories. Make sure the memories they have of you are filled with love, joy, and happiness. Be present in their lives and make each moment count. Remember it's not about how much time you spend with your children, but about the quality of the time you spend together. Make every moment count – put away your distractions, be fully present, and engage with your children in meaningful ways. Your undivided attention will create long lasting memories.

The time spent doing these activities serves as a gentle reminder that time spent with your children is irreplaceable and deeply meaningful. You will build strong bonds and help shape them into good, responsible adults. It will improve their mental health, develop strong core values, promote social-emotional, cognitive, language, and self-regulation skills. So put down your phone, turn off the TV, and actively engage with your kiddos. Treasure these moments, for they will become cherished memories that will last a lifetime. ***Remember, the best thing you can give to your children is time.***

Here are 15 activities to build long lasting memories together as a family:

1. Create a meal plan and make dinner, or have a family baking day
2. Read a book together
3. Have a backyard campout and count the stars and roast s'mores
4. Use sidewalk chalk to create driveway art
5. Have a family game night
6. Build a puzzle together
7. Have a family movie night
8. Play charades
9. Blow bubbles
10. Play hide and seek
11. Break out markers, crayons, paints and paper for an arty party
12. Have a dance party, Karaoke, and sing your favorite songs
13. Play Dress-Up and host a fashion show
14. Wash the car together
15. Have a water balloon fight

Recipe of the Month

LENTIL and RICE BAKE



INGREDIENTS:

½ cup uncooked rice
 2 ½ cups water
 1 cup lentils
 1 tsp oil
 1 chopped onion
 3 cloves of garlic minced
 1 tomato chopped
 1/3 cup chopped carrots
 1/3 cup chopped celery
 1 8oz can tomato sauce
 1 tsp of basil
 1 tsp dried oregano
 1 tsp ground cumin
 salt and pepper to taste.

DIRECTIONS:

Place the rice and 1 cup water in a pot and bring to a boil. Cover then reduce heat to low and simmer 20 minutes.

Place lentils in a pot with the remaining 1 1/2 cups water and bring to a boil. Cook 15 minutes, or until tender.

Preheat oven to 350 degrees.

Heat the oil in a skillet over medium heat and stir in the onion and garlic let cook for a few mins. Mix in tomato, celery, carrots and 1/2 the tomato sauce. Season with 1/2 the basil, 1/2 the oregano, 1/2 the cumin, salt, and pepper. Cook until vegetables are tender.

In a casserole dish, mix the rice, lentils, and vegetables. Top with remaining tomato sauce, and sprinkle with remaining basil, oregano, and cumin. Bake for 30 mins.



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).”



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

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.



Healthy Communities Coalition is proud to be Certified as a **Recovery Friendly Workplace.**

