

FREE

By Healthy Communities Coalition of Lyon and Storey Counties

Message from Director

To the communities we so gratefully and passionately serve, As we highlight National Volunteer week, an annual celebration, held in April, to recognize and appreciate the contributions of volunteers, a time to highlight the impact of volunteerism and encourage others to get involved in their communities. HCC has had the privilege of engaging volunteers from all backgrounds, all ages and a multitude of diverse talents for over 30 years. As we find ourselves during a time of transition and uncertainty, particularly when it comes to the power and importance of serving, volunteering, it becomes even more important to recognize the values that truly sustain and uplift our communities. One of those values — perhaps the most powerful — is volunteerism.

Volunteers are the heartbeat of our mission. You show up not for recognition, compensation, or obligation, but out of a deep commitment to service, connection, and shared responsibility. That spirit cannot be bought or mandated — it must be nurtured, respected, and honored. HCC recognizes the transformative value of volunteering in bringing about community change, speaking from my heart, directly to you — our volunteers, our supporters, our neighbors: your contributions matter! Your time, energy, and care have built the foundation we stand on. And no shift in opinion or policy can diminish the truth of that.

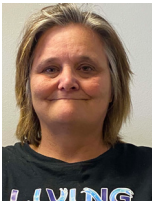
Now more than ever, your presence, your voice, and your actions are vital. Together, we will continue to uphold the values that make our community strong — generosity, compassion, reciprocity, and the willingness to serve.

With more gratitude than you will ever know, on behalf of your HCC staff

Wendy Madson, Director, HCC.

Volunteer Spotlight

STRONGER
together



**Stephanie
Nielsen**

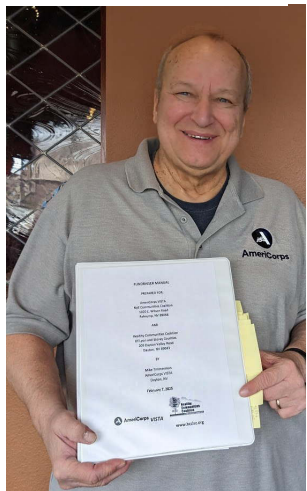
She enjoys volunteering, meeting new people, and seeing her friends.

Thank you, Stephanie, for providing tangible help and serving your community with compassion.

Stephanie Nielsen has been a volunteer at the Yerington Food Pantry for about 6 months.



Service in Action



Mike Timmerman has given more than a decade of service to his Dayton, Nevada community as a community volunteer, AmeriCorps member and VISTA member.

Retiring as District Sales Manager for General Motors Corporation, Chevrolet Motor Division in Fresno, California in 2007, Mike eventually moved to Dayton. By 2012 he began volunteering with Community Roots garden center.

He then went on to become an AmeriCorps member at the Dayton Food Pantry. Mike became part of the hard-

working team of volunteers, staff and other AmeriCorps members showing up again and again to make sure no one goes hungry. As one of the leads at the Pantry, he helped track inventory, document food deliveries, and order food. Mike says he “loved everything about” serving in the Pantry.

Next he began serving Dayton as a Volunteers in Service to America (VISTA) member with Healthy Communities Coalition of Lyon and Storey Counties (HCC). Like other VISTA members across the United States, Mike’s focus is on helping organizations address poverty by building capacity.

During his first two terms as a VISTA member, Mike helped people in our region learn about nutrition and access to healthy food. He helped local organizations learn more about best practices for attracting and managing community volunteers.

Mike is now in his third year serving his Dayton community as a VISTA member with HCC. He continues to build organizational capacity through various projects. For instance, he has developed five very useful manuals for HCC (on fundraising, volunteer recruitment, systems, referrals and capacity building), and has carried out service related to those topics. Mike says he serves because he enjoys the “camaraderie and helping out the community.”

Thank you, Mike, for helping build a healthier, stronger, and more connected community!



NATIONAL VOLUNTEER MONTH



APRIL 27 TO MAY 3, 2025

This National Volunteer Week, we're celebrating the heart of our work—our volunteers! At the Healthy Communities Coalition, our food pantries in Dayton, Yerington, and Silver Springs thrive because of the incredible people who give their time, energy, and love to support their neighbors.



Volunteer Spotlight: Silver Stage Food Pantry
Featured in photo (L-R) Brent, Donald B, Maxine K, Brian G, Debbie L, Lacey B, and Tracy



“I love who I work with—the community, the people. Being able to help and be involved means so much.”

“There are homebound folks who can't get out. We deliver to them, and it's wonderful to talk with them. I love this place—it's my sanctuary.”

From stocking shelves to making meaningful connections, our volunteers provide tangible help and share genuine compassion. It's not just food—it's community, kindness, and fun!

Thank you to all who make our pantries a safe, welcoming, and helpful space for so many. We see you. We appreciate you.

To learn more about becoming a volunteer, please visit <https://www.healthycomm.org/volunteer>

thanks
for your
support

THANK YOU!
Thank you!
Thank you!

Thank you to the Lyon County Board of County Commissioners for the donation of 2 Crown Victoria vehicles and to Jerry Bryant and Wild West Chevrolet in Yerington for fully servicing both cars at no charge. These vehicles have quickly been put to use to transport individuals without reliable transportation to various appointments. HCCs Community Health Workers have been using their personal vehicles to transport, and now thanks to our wonderful partners, we have the 2 reliable vehicles to ensure community members are able to reach their destination.

THANK YOU!
Thank you!
Thank you!

THANK YOU!
Thank you!
Thank you!

Thank you!
Thank you!
Thank you!

**STARTING
JUNE 19TH**
EVERY THURSDAY
3PM-6PM

**DAYTON
FARMERS
MARKET**

HEALTHY COMMUNITIES COALITION
60 2nd Ave. • Dayton, NV 89403

ACCEPTS SNAP!



Partner Spotlight**RURAL NEVADA COUNSELING**

Rural Nevada Counseling (RNC) is a non-profit organization dedicated to providing high-quality mental health services to individuals in rural communities across Lyon County, Nevada. Their mission is to ensure that residents in these areas have access to the support and care they need to lead fulfilling and healthy lives. RNC is committed to making a positive impact by addressing the unique challenges faced by rural populations, such as limited access to mental health resources. Their team of licensed Mental health therapists, Substance Use Counselors, Psychiatric Nurse Practitioners, and Paraprofessionals work tirelessly to deliver personalized care tailored to each client's needs. RNC offers a wide range of services, including Psychiatry, Peer Support, Targeted Case Management, Individual Therapy, Couples Therapy, Family Therapy, and Group Therapy, all provided in a safe and supportive environment. They also focus on educating communities about the importance of mental health through outreach programs, and community events. Additional services include transitional living for substance-use clients, substance use treatment, medication-assisted treatment, and crisis behavioral health support available 24/7. Rural Nevada Counseling embraces a comprehensive approach to mental health care, focusing on the well-being of the whole individual rather than solely addressing their symptoms. By providing personalized support and tailored services, RNC empowers clients to overcome challenges, achieve their aspirations, and cultivate fulfilling, balanced lives. Website: <https://ruralnevadacounseling.org/> Call (775) 463-6597 for an appointment.

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.



Dental Events: Yerington High on May 14, 2025
Yerington Elementary on May 15, 2025.

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

I love you, Kid.

By: *Connie Ruano, Parent Advocate*

Do we say "I love you" to our children enough? But what is enough? Is there ever enough? No, we don't, and no, it's never enough. Telling our children that we love them allows them to grow up happy, builds trust, boosts their self-esteem, brings them great joy, gives the message that it's okay to make mistakes, transmits tranquility and well-being, helps them not be afraid, and brings them hope.

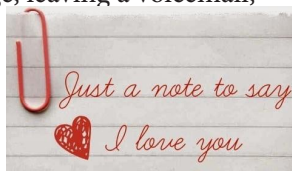
The three most empowering words in any language are "I love you." Understanding the importance of these words and practicing them daily will help us master the single most important element of successful parenting.

Love and affection are the keys to effective communication and discipline and play a vital role in building a child's self-esteem. But what happens when you have a destructive child? Sadly, children often involve themselves in destructive behavior because they do not believe their parents or other caregivers love or care about them. For example, the bumper sticker "Have you hugged your kid today?" was originally developed as a campaign to help prevent children from using drugs and alcohol.

Simply loving children is not enough. Love for children must be expressed, not just felt. Many parents find it difficult to tell those closest to them how they feel. It is essential for children to know they are loved today for who they are, not for what they might become. Children are focused on the present. They seldom think of the future and do not usually hold on to parental messages from one day to the next. For these reasons, most experts agree that love for children should be communicated daily.

When teenagers are having difficulties, expressions of love may not be openly acknowledged by the child. Nevertheless, love must be expressed daily. Hugs, kisses, and pats on the back are great. They all help to show love and affection to a child, but there is no replacement for the meaningful "I love you." These three words can work wonders and are irreplaceable in changing destructive adolescent behavior.

Simple acts like sending a text or email message, leaving a voicemail, placing a sticky note inside their school binder, or writing a message on the bathroom mirror are good examples of showing our children love. So, have you hugged your child with love today? If not, right now is a good time.



By: *Connie Ruano, Parent Advocate*

May is Mental Health Awareness Month. In honor of my daughter Carla G. Ballesteros, who passed away by suicide seven years ago, I would like to share some information on Mental Health Prevention to help you support your child.

Building Strong Foundations for Children's Mental Health emphasizes the importance of early mental health support, resilience, and self-care for children and teens. Supportive families, communities, and resources are crucial for laying the groundwork for lifelong well-being and strong mental health. Teaching coping skills early empowers young people to manage emotions and challenges effectively. Recognizing early signs of mental health concerns can lead to timely support and positive outcomes. Open conversations about emotions help children develop resilience and feel safe seeking help. Regular physical activity can improve children's mental health and enhance their overall well-being. Many children face mental health challenges, and early intervention and support can make a significant difference.

Many mental health issues affecting adults start in childhood and adolescence. This Mental Health Awareness Month, learn how to support children of all ages and stages. **To learn more, visit [samhsa.gov](https://www.samhsa.gov). #MHAM2025 #MentalHealthMatters**





Slow, deep breathing is important... It's like an anchor in the midst of an emotional storm: the anchor won't get rid of the storm, but it will hold you steady until it passes."

Join NAMI's Mental Health Awareness Month Campaign

This May, take action, raise your voice, and help change the conversation around mental health! Since 1949, Mental Health Awareness Month has been a driving force in addressing the challenges faced by millions of Americans living with mental health conditions. Now, more than ever, NAMI needs you to be part of this movement. Whether by sharing your story, spreading awareness, or advocating for change, every action helps break the stigma and build a more supportive world for all.



Turn Your Struggles into Strength—Let's Build Hope Together. Every challenge you've faced has shaped you into who you are today. By embracing and sharing your experiences, you empower others to do the same. Together, we create a movement of courage, healing, and connection. Share your mental health story with us by sending in a video, a message, a quote, or using #MyMentalHealth on social media.

Link and info on how to share your story is at this website. <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month/>



Together, we will make a powerful change in our community. **"Mental Health for All," here we come.**

It's a walk, a very special walk. And it's a lifetime's journey the lifetimes you will change by joining us today.

We invite you to take the walk of your life – with NAMIWalks.

Each participant will stand by you and walk by your side, every step of the way.

May 4 • 9:00am - 1:00pm • Carson City Nugget, 507 N Carson Street

For more information visit: <http://namiwalks.org/nevada>

JUNE RAISE AWARENESS!

ALZHEIMER'S AND BRAIN AWARENESS MONTH

Alzheimer's Symptoms



Go Purple to Raise Awareness

Purple is the official color of the Alzheimer's movement. Wear and share purple throughout June to spread awareness and invite others to join the fight to end Alzheimer's.

WEAR ORANGE FOR A FUTURE FREE FROM GUN VIOLENCE

Join us this year for **Wear Orange Weekend, June 6-8, 2025** to honor survivors and build community with those working to end gun violence.

In 2013, Hadiya Pendleton was shot and killed on a playground in Chicago. Soon after this tragedy, Hadiya's childhood friends decided to commemorate her life by wearing orange, the color hunters wear in the woods to protect themselves and others.

Wear Orange originated on June 2, 2015—what would have been Hadiya's 18th birthday. *Now, it is observed nationally on the first Friday in June and the following weekend each year.*

On June 6, 2025, wear or hold anything Orange (a pin, a scarf, an orange, or be creative and hold up any Orange item in your home that strikes your fancy), take a selfie and share it via social media with the hashtag #WearOrange. Make a dedication: One of the most powerful parts of the campaign are the online dedications users post to share why they're taking part.

Example: "Today, I will #WearOrange..." "*in honor of my beloved child,*

Over recent years, suicide has been the #1 cause of death for secondary school age youth. For years, suicide has been the 2nd leading cause of death for youth 15-24 years old in Nevada. In 2022, 454 Nevadans died from gun violence, and 31 of those deaths were youth under the age of 19.

Protect our community members and youth from gun violence by securing your firearms in a gun safe or with a gun lock.

For questions on how to access free gun locks and resources on how to safely store firearms, reach out to your local HCC community health worker or HCC food pantry.

3 myths about mental health and quitting nicotine



When it comes to nicotine and mental health, there are some common myths that can bring about challenges and questions. Read below to learn more about these myths – and get the real facts.

MYTH: *e-cigarette users with mental health conditions don't want to quit.*

FACT: people with mental health conditions who vape nicotine want to quit just as much as people without mental health conditions.

Why does this myth prevail? Decades of targeted messaging by the tobacco industry has given rise to the idea that tobacco products are “relaxing” and “stress relieving.” In addition, the tobacco industry has funded research that aims to link tobacco use with mental health benefits. The truth is, nicotine use is linked with amplified anxiety and depressive symptoms.

MYTH: *e-cigarette users with mental health conditions can't quit.*

FACT: with the right resources and support, people with mental health conditions who vape nicotine can quit.

Why does this myth prevail? Many people with mental health conditions have other life challenges that may make it harder to quit vaping nicotine. These may include: more proximity to other people who use tobacco, fewer quitting resources available, and stronger dependence on nicotine. While additional challenges may exist for people with mental health conditions, they can quit with the right support and treatment.

MYTH: quitting nicotine can make mental health condition symptoms worse.

FACT: for people who experience depression, anxiety, or stress, quitting nicotine can make you feel better.

Why does this myth prevail? When people who use nicotine try to quit, they often experience withdrawal symptoms including irritability, restlessness, trouble sleeping, or feelings of anxiety or depression. These symptoms are temporary, but they are sometimes misunderstood as worsening symptoms of mental health conditions.



HEALTHY COMMUNITIES COALITION PRESENTS

Eating Smart Being Active- Free Class

PHYSICAL ACTIVITY AND FOOD SAFETY

FOOD PREPARATION AND NUTRITION

FOOD RESOURCE MANAGMENT



JOIN OUR 8 WEEK CLASS

MONDAYS STARTING APRIL 21 THROUGH JUNE 16 @ 1PM

209 DAYTON VALLEY RD, DAYTON NV 89403

WEEKLY TAKE-AWAYS! TASTY FOOD SAMPLES! FREE PROGRAM FOR ALL!



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.

**FOR MORE INFO:
(775)246-7550
MORIGAN@HCCLSC.ORG**

METABOLIC SYNDROME



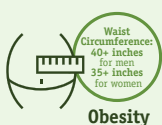
What is METABOLIC SYNDROME?

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



KNOW YOUR NUMBERS

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



How to PREVENT it

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



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

For more information, visit [CardioSmart.org/MetabolicSyndrome](https://www.CardioSmart.org/MetabolicSyndrome)

[@CardioSmart](https://www.facebook.com/CardioSmart)

[Facebook.com/CardioSmart](https://www.facebook.com/CardioSmart)

If you would like to download or order additional posters on various topics, visit [CardioSmart.org/Posters](https://www.CardioSmart.org/Posters)

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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)

Recipe of the Month

Magic Crust QUICHE

*This main dish is magically delicious.
Use whatever vegetables you have on
hand for this fun recipe.*



INGREDIENTS:

1 tablespoon vegetable oil
1/2 cup onion (chopped)
2 cups vegetables,
frozen, no salt added
(or use fresh or leftovers)
1 cup cheddar cheese,
low-fat (shredded)
3 eggs
1 1/2 cups milk, 1%
3/4 cup baking mix (like
Bisquick)

DIRECTIONS:

Wash hands with soap and water.
Cook onion in oil (or cook with
vegetables).
Cook vegetables (or use leftovers). Drain
well.
Grease round pie pan or 8x8 inch baking
dish.
Spread cooked vegetables in pan. Spread
cheese on top of vegetables.
Mix milk, eggs, and baking mix. Pour
over vegetables and cheese.
Bake at 350 °F for 35 minutes, until a safe
internal temperature has been reached
and a knife inserted into the middle
comes out clean.



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).”



Spring is a time of awakening and renewal.

As the frost melts, gardeners are filled with anticipation and hope, and the first green shoots appear. It is the time to clean up the garden, removing debris and dead plant material left from winter. Preparing the soil is crucial; enriching it with compost or other organic matter will provide a nutritious bed for new plantings. Early spring is ideal for planting bare-root perennials and cold-tolerant annuals, setting the stage for the burst of life and colour that will fill the garden in the coming months.



LUNGS BURNING? IS IT YOUR VAPE?

Text "Start My Quit" to 36072 or call 855-891-9989.
Free, confidential help to quit vaping, smoking or chewing. Just for teens.

www.mylifemyquit.com

MY LIFE MY QUIT.



BUSTED 5 Vaping Myths

Myth: Nicotine is just like caffeine.

Fact: Nicotine is highly addictive. It can harm the parts of the brain that control mood and learning.

Myth: Vaping is healthier than smoking cigarettes.

Fact: The chemicals in vape juice are linked to cancer, asthma, wheezing and shortness of breath.

Myth: If I vape, I won't smoke cigarettes.

Fact: Eighth graders who vape are 10 times more likely to eventually smoke cigarettes.

Myth: Vaping doesn't hurt the people around me.

Fact: When you vape, you inhale aerosol into your lungs. Bystanders breathe this in when you exhale into the air.

Myth: E-cigarettes just produce a harmless water vapor.

Fact: Vaping exposes you to diacetyl, a chemical linked to serious lung disease.



1-800-QUIT-NOW

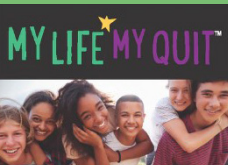
We can help you draw the line.



"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.



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 old 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!™

MAY 31 • WORLD NO TOBACCO DAY

A global campaign to discourage tobacco consumption and raise awareness about the dangers of smoking!

COMMIT TO QUIT



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, 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.

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.

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.

Food Pantries

DAYTON

209 Dayton Valley Rd.
775-246-7834

Tuesday

7am - 6pm

Wednesday-Thursday

10am - 4pm

SILVER SPRINGS

1290 Lahontan St.
775-577-9161

Wednesday & Thursday

8am - 10am (60+ only)

Wednesday – Friday

10am - 4pm

YERINGTON

502 W. Bridge St.
775-344-8109

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.**



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