

FREE

By Healthy Communities Coalition of Lyon and Storey Counties

Message from Director

What a beautiful reminder we've been given of the power of community.

As we learn of SNAP benefits pausing during the shutdown, changes in healthcare, and government employees facing missed paychecks, our team has been meeting to prepare, focusing especially on food security and our local food pantries. We've discussed volunteer recruitment, food drives, and extended pantry hours, anticipating the growing needs we may face.

But as we sat planning, we realized that our communities were already two steps ahead of us.

Neighbors, schools, and local businesses had already begun organizing food drives on their own; haunted houses asking for canned goods for entry, Halloween parties collecting food donations, and countless others stepping forward quietly, simply because they care.

It was a powerful reminder that we, as an organization, do not carry this load alone. We are surrounded by entire communities who lift alongside us, who see the need, step up, and remind us that we've got each other.

From all of us at HCC, thank you for standing together, for giving so generously, and for showing once again the strength and heart of our communities.

Wendy Madson, Director, HCC.

HAPPY
Holidays!

-COMMUNITY ROOTS & SHOOTS-

209 Dayton Valley Road • Dayton, NV

Open 7 days a week • 9am-5pm

775-350-9250 • Roots Floral Department: 775-720-3664

www.healthycomm.org/community-roots-shoots



New items in our gift shop
just in time for holiday shopping!

Arriving by the end of November,
Fragrant Christmas Trees!

All proceeds go back into our food pantries to help the community

Volunteer Spotlight



Lea Bingeman-Shanahan

Lea Bingeman-Shanahan grew up on her parents' ranch at the north end of Bybee Lane. She recently celebrated the Class of '75's 50th reunion. Lea is back in Nevada after 24 years in Idaho to help her mother who just celebrated her 94th birthday. She and her mother Joyce share a love of gardening and sewing/quilting, reading history and getting out in the country. Outside of her profession and raising children, Lea volunteered in several capacities especially in regard to advocacy for children and adults with different abilities and providing adaptive sports opportunities. While serving with Judy during the last election she was gently lured into volunteering with the Yerington Food Pantry. Bottom line - Lea likes helping folks.

Thank you, Lea, for all you do in the community!



Coalition Meeting
December 11, 2025
Everyone is Welcome

Breakfast and coffee are part of the public meetings.

Healthy Communities Coalition of Lyon and Storey Counties
meets every other month on the second Thursday

Dec. 11, 2025 • 9am-11am

Silver Springs Community Center

2945 Fort Churchill Street, Silver Springs NV



MAP

Guest Speakers

Thursday, December 11, 2025

- Managed care organization Caresource
- Nevada Office of Suicide Prevention



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.



Healthy Communities Coalition (HCC) is grateful for the kindness and generosity of every group and individual leading fundraisers and donating. Their contributions directly support our efforts to fight hunger and nourish community members in need.

Thank you, **Yerington Brotherhood of Electrical Workers (BEW)** retirees for your generous and thoughtful donation to the Yerington Food Pantry! Your support helps us provide nutritious food to our community. We're so grateful for your partnership in fighting hunger.



The Dayton Food Pantry received a generous, much-needed donation this September of 173 pounds of food from the **Lyon County Democrats** for our weekend food backpack program for students. *Thank you,* Your support makes a real difference, helping children thrive with the food they need to grow and learn.



Broken Bit Ranch in Wellington hosted an October fundraiser for HCC that resulted in \$3,750 through a silent auction and raffle. In addition, they collected 400 pounds of food for HCC's food pantries! Each year, in conjunction with their Dia de los Muertos Working Equitation schooling show, Broken Bit Ranch also holds a raffle, silent auction and food drive to benefit Healthy Communities Coalition. This year, some of the event's auction donors included **High Desert Barns, Christelle and Rémon Zamalis, Pinenut Farming, and Laxague Feed & Supply.**

Thank you to everyone who made this possible!

Upcoming Events

Craft Fair and Food Drive, Saturday, November 8, 2025

10am-5pm • Tuf Luck Ranch Supply • 6995 US Hwy 50 East

• Dayton, NV 89403. Vendor Booth fees will be donated to the Dayton Food Pantry, and there will be barrels on site for donating canned food to the pantry as well.

Food Drives: The following businesses are welcoming canned food donations at their locations to benefit HCC's Lyon County food pantries this holiday season.

- Dayton Elementary Student Leadership**
- Grocery Outlet at 7 Dayton Village Pkwy, Dayton**
- Louie's Ace Home Center at 3 Flowery Avenue, Dayton**
- Smiths 2200 US Hwy 50 E, Dayton**
- Sunny's Cafe at 801 Overland Loop Suite 103, Dayton**



Lyon County **DRUG TAKE BACK DAY RESULTS:**

On National Prescription Drug Take Back Day on October 25, 2025, Healthy Communities Coalition (HCC) joined the Lyon County Sheriff's Office, the Yerington Police Department and the Storey County Sheriff's Office to host drop off locations for unneeded medications in Dayton, Silver Springs, Virginia City and Yerington. During the events, **a total of 295.24lbs of unneeded medications were collected for safe disposal.** With funding through the Nevada Opioid Response Program and Funds for a Resilient Nevada, Healthy Communities distributed a total

of 8 medication lock boxes, 14 safe medication disposal bags, and 7 naloxone kits during the October 25th events. The Nevada State Department of Health and Human Services supports HCC's promotion of Take Back events through a Substance Abuse Prevention, Treatment and Recovery Block grant. Drug Take Back Day is part of the nationwide federal initiative, with nearly 5,000 collection sites across the U.S. Since its inception in 2010, the U.S. Department of Justice Drug Enforcement Administration's National Prescription Take Back Day has removed millions of pounds of unneeded medications from communities across the country.

Partner Spotlight



COMMUNITY CHEST, INC.

A Center for Resources ... A Catalyst for Change.

For the past 35 years, Community Chest has been engaged in a very thoughtful and diligent undertaking with a specific focus on seeing how the lives of rural families could thrive if provided readily accessible health and human services that were aspirationally delivered. In addition, how might rural communities transform for the better if provided the supports needed to do so.

To this end, Community Chest has expanded the services it provides so that today its service profile matches, if not exceeds, what would traditionally be provided by several different agencies. This includes comprehensive youth programs, infant care, early childhood education, mobile pre-K programs, in-home case management for families of kiddos ages 0 to 5, comprehensive mental health and addiction treatment counseling, domestic violence advocacy, basic needs assistance, community library services, community development assistance, and more.

It also means that Community Chest staff strive to provide the absolute best version of each of these services. This is important to everyone at Community Chest because those who use our services are our friends, family members, and fellow rural residents. This high quality also means that each and every service provided has the potential to transform the lives of those receiving the services for the better, sometimes radically so.

And, it means that Community Chest is invested in each of the communities that is gracious enough to allow us to call it home. Each rural community, while sharing similarities, is uniquely distinct from its neighbors. Taking time to understand these differences -- and what is important to the residents -- is what allows Community Chest to be a helpful partner by providing services and supports identified by those communities as important and valuable.

2026 is officially Community Chest's 35th year, and the organization is collecting stories from folks whose lives were made better by support they received from Community Chest.

Anyone who wants to share their stories can email Erik Schoen at erik@communitychestnevada.net.

NOVEMBER NATIONAL AWARENESS MONTH



DECEMBER NATIONAL AWARENESS MONTH



Talking
is the
first
step to
preventing
suicide



FUEL YOUR **RECOVERY** WITH THINGS



THAT GIVE YOUR LIFE **MEANING AND JOY.**



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



The Great American Smokeout 2025 is an annual event that encourages individuals across the United States to quit smoking and start a healthier, smoke-free life. Organized by the American Cancer Society, this event provides support, resources, and motivation

to help people overcome the addiction to tobacco and reduce the harmful health effects associated with smoking.

What is The Great American Smokeout?

The Great American Smokeout is a nationwide campaign aimed at raising awareness about the dangers of smoking and inspiring smokers to quit. It emphasizes the benefits of quitting, such as improved health, increased life expectancy, and a reduced risk of cancer and other diseases.

When is The Great American Smokeout 2025?

The Great American Smokeout is observed on the third Thursday of November each year. In 2025, it will take place on November 21st, providing a platform for individuals, communities, and organizations to come together in the fight against tobacco addiction.

How to Participate in The Great American Smokeout 2025?

Participating in The Great American Smokeout involves taking steps to quit smoking and supporting others in their efforts to quit. Here's how you can get involved:

Quit Smoking: If you smoke, use The Great American Smokeout as an opportunity to quit. Seek support from friends, family, or quit-smoking programs.

Support Quitters: Encourage and support friends or family members who want to quit smoking. Offer assistance, understanding, and encouragement.

Spread Awareness: Share information about the harmful effects of smoking and the benefits of quitting on social media and within your community.

Organize Events: Communities, workplaces, and schools can organize events, workshops, or educational sessions to raise awareness about smoking cessation.

Access Resources: Utilize resources provided by the American Cancer Society, such as quit-smoking guides and helplines.

Share Success Stories: Celebrate the success stories of individuals who have quit smoking and are enjoying a smoke-free life.

Flavored e-cigarettes pose dire threat to youth and public health

Keeping candy- and fruit-flavored e-liquids and e-cigarettes out of the hands of young people will help prevent a lifetime of nicotine addiction. The facts are clear: Tobacco products cause cancer. Overwhelming evidence demonstrates that multiple types of cancer are linked to tobacco products, including e-cigarettes, and that the longer someone uses these products the greater their health risks become. That's why it is critically important that we prevent candy- and fruit-flavored e-liquids and e-cigarettes from being marketed to young people, as evidence shows early use of these addictive products is more likely to trigger long-term or lifetime use.



Appeal to teens, young adults

The introduction of e-cigarettes—aka vapes, vape pens or electronic nicotine delivery systems—in the early 2000s proved particularly popular with young people. Spurred by their manufacturers' market research, newer e-cigarettes offer a greater variety of liquid and flavor options and sleek, highly colorful product designs that appeal to youthful users.

The manufacturers in this case produce and sell a range of flavored e-liquids under teen-friendly names such as “Chewy Clouds Sour Grape,” “Killer Kustard Blueberry,” “Juice Man Crème Brûlée” and “Vapetasia Pink Lemonade.” Do these sound like products targeted to help current adult smokers quit, or to tempt youths to start vaping?

Worse yet, these products include more concentrated nicotine-delivery systems. The threat that nicotine addiction poses to young people is as grave as it is undeniable. People under 25 are at greater risk from nicotine due to its effects on the

developing brain, particularly in the areas of impulse control, attention span and the ability to learn.

The U.S. surgeon general has determined that nicotine use during adolescence can prime the brain for further addiction to other drugs. The FDA tells us that making flavored tobacco and nicotine-bearing e-liquids available to teens and young adults encourages initial use while setting the stage for lifetime nicotine addiction, disease and death.

The AMA and our amicus brief partners believe the FDA acted properly to ban these and other products marketed by the defendants, and did so by following the 2009 law's directive to remove products that threaten the health and well-being of young people without a sufficient countervailing benefit to adult.

<https://www.ama-assn.org/about/leadership/flavored-e-cigarettes-pose-dire-threat-youth-and-public-health>

Nurturing Gratitude and Compassion During the Holidays

By Connie Ruano, HCC Parent Advocate

As the holiday season approaches, many children feel the excitement of celebrations, treats, and time off from school. It's a joyful time — but also a great opportunity to help kids discover the deeper meaning behind the season.



While gift-giving is a cherished tradition, the holidays can also be a time to teach values like gratitude and compassion. These values help children grow into thoughtful, caring individuals — and they make the season even more meaningful.

Here are five gentle ways families can nurture these values together:

- 1. Lead by Example** Children learn best by watching us. Show appreciation, kindness, and generosity in everyday moments. Talk about why giving matters and how it feels to help others.
- 2. Focus on Others** Encourage children to think about how others might be feeling during the holidays. Whether it's donating toys, helping a neighbor, or writing a kind note, small acts of care go a long way.
- 3. Set Realistic Gift Expectations** It's okay to enjoy giving and receiving gifts — but keep the focus on thoughtfulness, not quantity. Talk about what makes a gift meaningful and why give it.
- 4. Serve Together** Volunteering as a family builds empathy and connection. Whether it's helping at a local event or making cards for seniors, community service helps children see the joy in giving.
- 5. Create Space to Talk** Holidays can bring big feelings. Let children share openly — whether they're excited, disappointed, or overwhelmed. Listening builds trust and emotional safety.

Ask your child:

- “What makes the holidays special for you?”
- “What can we do to make the holidays special for someone else?”

These simple questions can spark meaningful conversations and help children connect with the true spirit of the season. Wishing you a joyful, peaceful holiday season filled with love, connection, and care.

METABOLIC SYNDROME



What is METABOLIC SYNDROME?

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



**HEART
ATTACK**



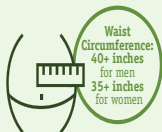
STROKE



**TYPE 2
DIABETES**

KNOW YOUR NUMBERS

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



Obesity



HIGH Triglycerides



LOW HDL or "Good" Cholesterol



**HIGH
Blood
Pressure**

How to PREVENT it

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



Lose weight

**Commit
to a regular
exercise program**



Eat better:

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



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.



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

► For more information, visit **CardioSmart.org/MetabolicSyndrome**



@CardioSmart



Facebook.com/CardioSmart

If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters

December is National Impaired Driving Prevention Month

Weekends and holidays can be dangerous times on our roadways. Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the most deadly. That's why December has been recognized as National Impaired Driving Prevention Month. Taking personal responsibility for a safe ride saves lives.

HAVE A PLAN

Before Taking that First Drink

Having a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home just might save a life.

Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment.



TIPS FOR AVOIDING THE HOLIDAY BLUES

To learn more: <http://www.nami.org/holidayblues>

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise - even if it's only taking a short walk.
- Make a to-do list. Keep things Simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.



REMEMBER

The holiday blues are short-term. Be patient.
Take things week by week or day by day.

Call the NAMI WN CARES Warmline at 775-241-4212

In a crisis, call or text 988 (24/7)



HCC Food Pantries Hours



DAYTON 209 Dayton Valley Rd. • 775-246-7834

Tuesday
10am - 4pm

Wednesday
7am - 10am Golden Groceries (60+)
10am - 6 pm

Thursday
10am - 4pm

SILVER SPRINGS 1290 Lahontan St. • 775-577-9161

Wednesday
8am-10am Golden Groceries (60+)
10am - 5 pm

Thursday
8am - 5pm



YERINGTON 502 W. Bridge St. • 775-344-8109

Wednesday 9am - 5pm

Thursday 9am - 4pm

Did you know.....

- Medication lock boxes
- Deterra® safe medication disposal pouches
- Narcan
- Fentanyl test strips

.....All these items and support for quitting smoking are available at all three of our Food Pantry locations. Subject to availability.

Dayton Pantry 209 Dayton Valley Rd.

775-246-7834

Silver Stage Pantry 1290 Lahontan St.

775-577-9161

Yerington Pantry 502 W. Bridge St.

775-344-8109



Visit us at Healthycomm.org
Like us on Facebook:
Healthy Communities Coalition of
Lyon & Storey Counties

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.’

SAVE A LIFE
CARRY NALOXONE