

**FREE**

By Healthy Communities Coalition of Lyon and Storey Counties

## Message from Director

Cheers to the new year with a gentle reminder of how important it is to slow down and take care of ourselves. Rest matters. Time matters. And so does recognizing the good we already have around us.

Our friends, families, and work family play such a big role in keeping us healthy and grounded. Leaning into the people who support us helps us recharge, stay connected, and remember we're not doing this alone.

Let's try to notice and appreciate the small things, the quick check-ins, shared laughs, and moments of kindness. That's often where real joy shows up.

Cheers to the spirit of taking care of yourselves and each other.

*Wendy Madson, Director, HCC.*

## Volunteer Spotlight



## Lorry Peterson White

Lorry has volunteered with the Dayton Food Pantry for three years. Lorry explains that she loves to help other people and finds volunteering to be immensely satisfying. Each week she makes either chili or spaghetti and brings it to the pantry to share with the food pantry team. Thank you, Lorry, for your dedication to serving your community!

*Thank you, Lorry,  
for all you do in the community!*

**Valentine's Day is Fast Approaching!!**

It's time to think about flowers for that special someone in your life!

**FLOWERS  
AND  
GIFTS**

Available at  
**Community Roots**  
209 Dayton Valley Rd.

# COMMUNITY ROOTS AND SHOOTS

NURSERY AND GIFT SHOP



209 Dayton Valley Road, Dayton, NV

775-350-9250 • Floral: 775-720-3664

[www.healthycomm.org/community-roots-shoots](http://www.healthycomm.org/community-roots-shoots)

**Open Tuesday-Friday • 10am-5pm**

**Now is the time for dreaming: Now is the time to start planning your 2026 garden!** Community Roots will have new seed varieties arriving in January, including vegetable, herb and flower seeds. Winter is a great time to sit by the fire, browsing seed catalogs and planning what to plant next year. Prepping planting areas with compost in preparation for planting an also be done on warmer days when the soil isn't frozen and is workable.

**Tip:** *It's been a rather dry winter so far. If there isn't at least an inch of rain or snow soon, it's a good idea to go out on a warmer day and give all of your landscaping plants a good drink.*

## Valentine's Day

**Community Roots' floral department can create beautiful arrangements for your Valentine's Day**

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

### **Growing Up Strong: Helping Youth Make Healthy Choices**

Raising kids has always been a community effort, and when adults show up with care and consistency, young people thrive. Alcohol prevention doesn't have to be heavy or serious all the time—it can be rooted in encouragement, shared values, and everyday moments that matter.

Youth who stay alcohol-free are better able to focus on school, friendships, and the activities they love. Simple things go a long way: family meals, clear expectations,

trusted mentors, and opportunities to belong. These time-tested approaches continue to shape confident, capable young people. Looking ahead, prevention is about keeping what works and building on it. When families, schools, and community partners work together, we create spaces where youth can grow, have fun, and make choices that set them up for a healthy future. That's a tradition worth carrying forward.



# Coalition Meeting February 12, 2026

*Everyone is Welcome*  
*Breakfast and coffee are part of the public meetings.*

HCC meets every other month  
on the second Thursday 9am-11am  
**Silver Springs Community Center**  
**2945 Fort Churchill Street**  
**Silver Springs NV**



## Guest Speakers

- Christina Cervi, Sr. Case Manager with Lyon County Human Services (LCHS) Children’s Services Division, will give an overview of family support and home visiting services offered through LCHS.
- Alisha Moss, Prevention Coordinator for HCC, will give an overview of current tobacco use prevention strategies in our region.

*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.*

# 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, and Nevada Community Health Nurses to bring dental exams and fluoride treatments to students (with parent permission). We are excited to be kicking off our School Dental Days with the following schools:

- Fernley Elementary School 1/27/2026
- Cottonwood Elementary School 2/3/2026
- Sutro Elementary School 2/19/2026
- Dayton Elementary School – 2/17/2026
- Riverview Elementary School – 2/20/2026
- Silver Stage Elementary School 4/28/2026
- Yerington Elementary School 5/12/2026



## Make Fitness Fun for the Whole Family



KIDS eat right.

Children who are physically active can develop a variety of physical, mental and social skills in fun, playful ways. Children and teenagers need 60 minutes of moderate to vigorous physical activity every day, or most days. This might seem like a lot of time, but small amounts throughout the day also add up!

Parents can model healthy habits by finding fun ways to be active in their daily routines and making activity a household priority. Put Action in Your Lifestyle Regular physical activity is just as important to a healthful lifestyle as smart eating. Apply the same principles of variety and balance to both your food choices and your physical activities.

**Variety.** Enjoy many different activities to move different muscles, such as power walking for your heart and leg muscles, gardening for arm muscles and sit-ups for abdominal muscles. Try activities you can do together as a family, including bicycle rides, nature walks or a game of basketball.

**Balance.** Because different activities have different benefits, balance your physical activity pattern. For overall fitness, choose activities that build cardiovascular endurance, muscular strength, bone strength, balance and flexibility.

Here are 10 ways parents and caregivers can encourage active play:

1. Balance sedentary play (such as reading together or board games) with an activity that requires movement such as tag, jumping rope or hopscotch.
2. When and if children attend a child care center, choose one that makes safe, active play a priority.
3. Set aside time each day for active play together, perhaps tossing a ball, having a dance party or taking a walk after a family meal.
4. When possible, designate an inside and an outside area that's safe, where your child can freely jump, roll and tumble.
5. Consider having your child join a playgroup.
6. Encourage children to try a new physical activity.
7. Give children toys that encourage physical activity such as balls, kites, hula hoops, Frisbees and jump ropes.
8. Limit screen time on TVs, computers, tablets and phones.
9. Plant a garden. Kids love to water plants, and they'll get excited weeks later when they see their flowers bloom or vegetables grow.
10. Instead of catching a movie or watching TV, pick an activity that requires moving together, such as hiking or skating.

Don't forget to fuel your activity! Once you get your family moving, remember to fuel up for activities or sports. Drink plenty of water before, during and after activities. Children need to drink at least six 8-ounce cups of water per day. Add another 8 fluid ounces for every half hour of strenuous activity.

For a snack before or after physical activities, focus on nutritious options, such as whole-grain crackers and cheese, peanut butter and jelly sandwiches on whole-grain bread, trail mix, fruit and unsweetened yogurt and sliced vegetables with hummus or a yogurt-based dip.



Most people know quitting tobacco is an important step in protecting their health and the health of their loved ones. But fewer than 1 in 10 people are able to quit for good without the help of coaching or nicotine quit medications.

The Quitline is here to help you be successful in your quit journey! Our free tobacco cessation program is based on proven strategies that have helped more than 1.5 million people quit tobacco. Our professional quit coaches and online community provide the support you need. Plus, we connect you to resources like nicotine quit medications.

Whether you're ready to quit today, are just curious about quitting, or you're supporting a loved one who uses tobacco, the Quitline can help. Quitting tobacco takes courage, time, and energy. It can take several attempts to quit for good. The Quitline helps you with the physical, emotional, and behavioral factors that make quitting so hard.

**We'll help you:** • Set a quit date

- Tell other people about your quit
- Anticipate and prepare for triggers
- Get back on track after setbacks
- Remove tobacco from your life
- Commitment is Everything!

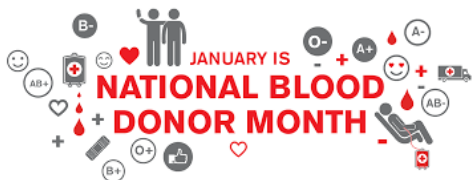
### **Phone Coaching & Quit Medications**

People who use phone coaching and quit medication are twice as likely to successfully quit tobacco. Our custom program is designed to give you the tools and support you need to quit for good.

- Work with a coach to design a quit plan that's right for you
- Receive encouragement through the ups and downs of quitting
- Order free quit medication such as gum, patches, or lozenge

<https://nevada.quitlogix.org/en-us/about-the-program/explore-our-programs/>





JANUARY  
NATIONAL  
AWARENESS  
MONTH



SUBSTANCE USE DISORDER  
TREATMENT MONTH

*SAMHSA*



Children's Dental  
Health Month



FEBRUARY  
NATIONAL  
AWARENESS  
MONTH

**SAMHSA'S**  
**22<sup>nd</sup>**  
**PREVENTION DAY**  
February 2, 2026

**TELLING THE  
PREVENTION STORY**

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



## **Rural Community Health Services**

Did you know that your local Community Health Nurse Program provides essential public health and nursing services, including: immunizations (birth through adult), school health services, well-child services (exams, fluoride varnish for teeth, blood lead testing), cancer screenings (breast, cervical and testicular), sexually transmitted disease prevention and treatment, HIV/AIDS services (counseling, education, testing, referrals), communicable disease treatment, and family planning services for both men and women (education and birth control methods such as oral contraceptives, condoms, Depo-Provera, IUD, etc.).

Program fees are on a sliding scale basis.

### ***Lyon County Locations and hours:***

#### **Dayton Community Health Nurse**

5 Pinecone Rd., Ste. 103  
Dayton, NV 89403  
(775) 246-6211

#### **Hours:**

Monday – Thursday,  
8am-5pm

**Call to make an appointment**

#### **Fernley Community Health Nurse**

555 E. Main St.  
Fernley, NV 89408  
(775) 575-3363

#### **Hours:**

Monday – Thursday,  
7am-Noon & 1pm-5:30pm

**Call to make an appointment**

#### **Yerington Community Health Nurse**

26 Nevin Way  
Yerington, NV 89447  
(775) 463-6539

#### **Hours:**

Monday – Friday,  
8am-4:30pm

**Call to make an appointment**

## **Need to talk?**

*Here are some amazing organizations who provide immediate support over the phone.*

### **24/7 Support for ALL:**

- **Rural Nevada Counseling** 775-431-0211
- **NV Rural Clinics** 877-283-2437
- **9-8-8** (Call or text)

### **Additional Youth Support:**

#### **LCSD's Hazel Health**

<https://getstarted.hazel.co/district/lyoncsd>

#### **NAMI Western Teen Text Line**

Noon-Midnite, 7 days/week 775-296-8336

#### **CareSolace**

<https://caresolace.com/site/lyoncsd> • 888-515-0595

#### **Lyon County Human Services C3 for youth**

Call M-F 8am-5pm • 775-430-0324

# 2026 New Year, New Family Resolutions

By *Connie Ruano, HCC Parent Advocate*

The start of a new year is the perfect opportunity to help our kids build positive habits. Setting New Year's resolutions can make this process fun and engaging!

As a busy single mom of six, I know how important it is to set healthy, realistic goals with kids. When expectations are achievable, everyone wins! Children love having something to work toward, and watching their progress can be so much fun. Whether it's a colorful sticker chart, heartfelt words of praise, or age-appropriate rewards for reaching milestones, these little steps make a big difference.

## *Setting Goals/Resolutions as a Family*

Take some time to sit down with your kids and choose one or two goals they'd like to work on for the New Year. If the word "resolution" feels too big, simply call them "goals" and keep the conversation light and fun.



## *Make It Enjoyable*



Turn goal-setting into something exciting! For example, if your 8-year-old sticks to reading every day for a week, let them pick the family movie for the weekend. If your preschooler wants to eat more veggies, try blending them into tasty smoothies

everyone can enjoy. When kids are involved in the decision-making and the process feels fun for the whole family, these goals are more likely to become lasting habits.

**Care for Mental Health**

**Eat Well**

**Be Kind**

**Sleep Better**

**Stay Active**

**Be Helpful**

**Limit Screen Time**

## Ideas to Get Started

According to the great read *Healthy New Year's Resolutions for Children and Teens* by Dr. Falusi with [HealthyChildren.org](https://www.healthychildren.org) here are a few healthy, positive goal-setting ideas you can suggest to your children based on their age:

### *New Year's resolution ideas for preschoolers:*

- I will try hard to clean up my toys by putting them where they belong.
- I will learn how to help clear the table when I am done eating. · I will do my best to be nice to other kids who need a friend or look sad or lonely.

### *New Year's resolution ideas for kids (5 to 12 years old)*

- I will drink water every day and healthy beverages like milk with meals. I will keep soda and fruit drinks only for special times.
- I will try to find a physical activity (like playing tag, jumping rope, dancing or riding my bike) or a sport I like and do it at least three times a week! · I promise that I'll do my best to follow our household rules for videogames and internet use.

### *New Year's resolution ideas for teens (13 years old and older)*

- I will do my best to take care of my body through fun physical activity and eating the right types and amounts of foods.
- When I have some down time for media, I will try to choose educational, high-quality non-violent TV shows and video games that I enjoy. I will spend only one to two hours each day — at the most — on these activities. I promise to respect our household rules for video games and internet use.
- When I feel angry stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.

Remember to make sure to consult your child's pediatrician about additional healthy habits that can help create a safe, happy, and healthy start to the new year. For a full list of age appropriate goal-setting ideas and additional information please visit: [Healthy New Year's Resolutions for Children & Teens - HealthyChildren.org](https://www.healthychildren.org)



## Clean Air Act

Cheers to a New Year  
and how we can  
Support the Clean Air Act

The Clean Indoor Air Act (CIAA) is a significant piece of legislation aimed at protecting public health by prohibiting smoking in most public places and workplaces. The act includes several provisions to ensure compliance and enforcement, such as the establishment of a complaint form for reporting non-compliance and the Division of Tobacco Prevention and Control as the contact point for such complaints. The CIAA also outlines exceptions to the ban, such as private residences and certain social functions, and provides a process for applying for exceptions. The act is a crucial step in reducing the health risks associated with secondhand smoke and promoting a healthier environment for all.

How to support the Cleaner Air Spaces Act of 2025, which aims to provide clean air to the public during wildland fire smoke events and includes educational materials, clean air centers, and air filtration systems for certain households.

- Advocate for increased federal funding for state and local air pollution control agencies to implement the Clean Air Act effectively.
- Participate in community-based programs that focus on reducing air pollution and improving air quality, which can include smoking cessation programs and public health initiatives.
- Stay informed about the latest developments and recommendations from organizations like the National Association of Clean Air Agencies (NACAA) and the American Lung Association, which provide guidance on how to support clean air initiatives.

By taking these actions, individuals can contribute to the ongoing efforts to protect public health from air pollution and support the Clean Air Act's goals for 2026 and beyond.



SilverSummit Healthplan will visit the Dayton and Yerington Food Pantries this winter to offer information

about its expansion into rural Nevada, including Lyon County communities. SilverSummit Healthplan is expanding Medicaid coverage to all 17 counties across the state — starting January 1, 2026. Medicaid is a critical coverage option for people living in rural areas who would otherwise not be able to afford insurance. SilverSummit HealthPlan is also offering new free benefits to members in rural Nevada, such as merit-based scholarships. **Learn more:** *SilverSummitHealthplan.com*

**Schedule:** January 8 – Dayton Food Pantry @ 11:30 AM  
 January 15 – Yerington Food Pantry @ 10:30 AM  
 January 22 – Yerington Food Pantry @ 10:30 AM  
 January 29 – Dayton Food Pantry @ 10:00 AM

**WHAT WOULD YOU**

**GAIN IF YOU**

**QUIT VAPING?**

Text "Start" to 36072  
 Free, confidential help.  
 Just for teens.



MY LIFE MY QUIT

**Text "Start My Quit" to 36072 for instant support**

My Life, My Quit™ is the free and confidential way to quit smoking or vaping.

We are here for you every step of the way. It's YOUR LIFE and we're here to help you live it YOUR WAY.

### 1 Create your plan

Complete activities and create a plan to help you quit.

### 2 Track your progress

Check ins help you track your progress and get support when needed. Reach Milestones by checking in!

### 3 Achieve your goals

Earn badges by completing activities, checking in, and more.

<https://nv.mylifemyquit.org/en-us/>



Wellcare, a Medicare Advantage Company, will be at HCC's food pantries this year to offer information for those interested in learning more about Medicare. Below are the dates for January through May, 2026:

**Dayton**

**Food Pantry:**

*Every 3rd Wednesday of the month 7am-10am*

- 1/21/2026
- 2/18/2026
- 3/18/2026
- 4/15/2026
- 5/20/2026

**Silver Stage**

**Food Pantry:**

*Every 4th Wednesday of the month 8am-10am*

- 1/28/2026
- 2/25/2026
- 3/25/2026
- 4/22/2026
- 5/27/2026

**Yerington**

**Food Pantry:**

*Every 3rd Thursday of the month 9am-Noon*

- 1/22/2026
- 2/19/2026
- 3/19/2026
- 4/16/2026
- 5/21/2026



Healthy Communities staff can come to your event to share health, wellness, prevention and local resources information.

Contact us at [info@healthycomm.org](mailto:info@healthycomm.org) or call 775-246-7550 if you would like for us to come to your event.

Healthy Communities Coalition LYON & STOREY COUNTIES is proud to be Certified as a Recovery Friendly Workplace.



**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)**

# Exciting News for Nevada Medicaid Members!

Starting January 1, 2026, Nevada Medicaid is expanding managed care across the entire state. This means families everywhere will have access to coordinated health plans with extra benefits!

To make things easy, Nevada Medicaid has released a helpful FAQ guide: Managed Care Health Plans: Questions and Answers that explains:

- How to choose the right health plan
- What happens if you're assigned a plan

**YOUR HEALTH PLAN IS GETTING BETTER!**

Questions? Point your smartphone camera at the QR code to send an email.

**IN JANUARY 2026, MOST MEDICAID MEMBERS LIVING IN RURAL NEVADA WILL HAVE MANAGED CARE**

**Staying healthy can feel like a sport.**  
Managed Care health plans are like a team of doctors, nurses, & coaches on your side. The health plans share the latest information with you to pick the best players (doctors and treatments). They also get advice from experts to make sure everything is done at the right time and place for the best outcome for your health. **You will have a big team to work with to keep you healthy and in the game.**

**HOME RUN!**

**WHAT do I need to do?**

1. **Update** your address & watch the mail for more info in fall of 2025.
2. **Stay informed** with the NVMedicaid App.
3. **Learn more:** Website
4. **Contact** to ask questions: [StatewideMCO@DHCFP.nv.gov](mailto:StatewideMCO@DHCFP.nv.gov)

**WHO will be affected?**  
Medicaid members except:  

- children in foster care;
- youth in juvenile justice systems;
- people with certain disabilities;
- members 65 & older;
- people in Home & Community-Based Waiver programs;
- Katie Beckett members

**WHY is this good?**

**In a 2024 survey, Medicaid members asked for:**

- more preventive health;
- easier appointments;
- more doctors & providers

**We Listened**  
Managed Care health plans will:

- Focus on preventive health by offering incentives for those services.
- Be held accountable for meeting appointment standards.
- Work to bring more rural doctors & providers.
- Offer free extra benefits.

1. Update your address → 2. Stay informed NVMedicaid App → 3. Learn more Statewide website → 4. Contact us with questions: StatewideMCO@NVHA.nv.gov

NEVADA HEALTH AUTHORITY

## Tip for keeping your current providers

**IMPORTANT:** Update your address if you or your children are enrolled in Medicaid.

## WANT TO LEAN MORE?

*Healthy Communities Coalition's Community Health Workers at our food pantries in Dayton, Silver Springs and Yerington can help answer questions related to the change and guide community members to information.*

## Partner Spotlight



**U.S. Department  
of Veterans Affairs**  
VA Sierra Nevada Health Care System

Did you know that the VA Sierra Nevada Health Care System serves Veterans in a 20-county area of Nevada and California? They're dedicated to improving the lives of Veterans and their families.

**RURAL OUTREACH:** The VA connects Veterans with outreach through their Mobile Medical Unit, a mobile clinic that brings healthcare services to Veterans who lack transportation or face other barriers to accessing traditional VA facilities. The Mobile Medical Unit sometimes visits Healthy Communities food pantries. Ask our volunteers about dates for upcoming visits from the mobile clinic.

They also connect Veterans with primary and mental health care services via technology, reducing travel burdens in rural areas like Lyon County. They are improving access by delivering care via telehealth, ensuring rural Veterans get vital services like mental health support, primary care, and specialty care closer to home.

The VA Sierra Nevada Health Care System offers telehealth for rural Nevada Veterans, including virtual appointments (VA Video Connect) for primary/specialty care, mental health (PTSD, depression, Substance Use Disorder), chronic disease management (diabetes, heart failure, COPD, hypertension), and remote monitoring for conditions like Kidney Disease or MS, all accessible via phone/tablet/computer, bridging distance gaps with secure video or phone calls for consistent care.

**PRIMARY CARE:** Find out more about the VA Sierra Nevada Health Care System at <https://www.va.gov/sierra-nevada-health-care/health-services/> Call 775-829-5685 to make an appointment for primary care services.


**BEHAVIORAL HEALTH CARE:** If you're struggling with stress, anxiety, depression, anger, or other issues, the VA can help. They offer mental health (also called behavioral health) counseling, psychiatric care, and treatment for problems with alcohol and other substances. Call the behavioral health call center at 775-326-2920 to make a mental health care appointment.

**Veterans Crisis Line:** Dial 988, then press 1, if you are a Veteran in crisis or concerned about a Veteran. You do not have to be enrolled in VA benefits or health care to call the free, confidential support line any time, 24 hours a day, 365 days a year. You will be connected with a real person qualified to support Veterans.

The year '2026' is displayed in a large, bold, blue font with an orange shadow. The zero is replaced by a stylized globe with a grid of latitude and longitude lines. The background is white with scattered blue and orange dots.

2026


**NEW YEAR, NEW BEGINNINGS.**

A white dotted line starts at a location pin icon at the top left and winds down to another location pin icon at the bottom left. Two wavy lines, one orange and one blue, cross the path.

Treatment works!  
Find the path that works for YOU!

A white location pin icon with a white dot inside, positioned to the left of the text.

**FINDTREATMENT.GOV**

A white dotted line starts at a location pin icon at the bottom left and winds up to another location pin icon at the top left. Two wavy lines, one orange and one blue, cross the path.

Offers resources for anyone  
seeking treatment or support  
for substance use disorders.



**SUBSTANCE USE DISORDER  
TREATMENT MONTH**

*SAMHSA*

# 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
- Condoms

.....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](http://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.’

