

## Message from Director

This month, we took time to celebrate the people who show up every day to strengthen our communities through education, connection, and service.

In the midst of meetings, reporting, budgets, and planning, it's easy to lose sight of the bigger picture. But when we pause and look up, we're reminded of the incredible work happening all around us, and the dedicated individuals behind it. From substance use prevention to food security, from mental health and wellness to the simple yet powerful act of connection, this work touches every corner of our communities.

It's truly inspiring to see what these teams accomplish, in our schools, food pantries, and neighborhoods across the county, often with limited resources, but with unwavering commitment and belief in what's possible.

Coming together at the ballpark to celebrate this work was more than just a moment of fun, it was a meaningful reminder of the people behind the mission. The energy, passion, and perseverance they bring each day are what make real change possible.

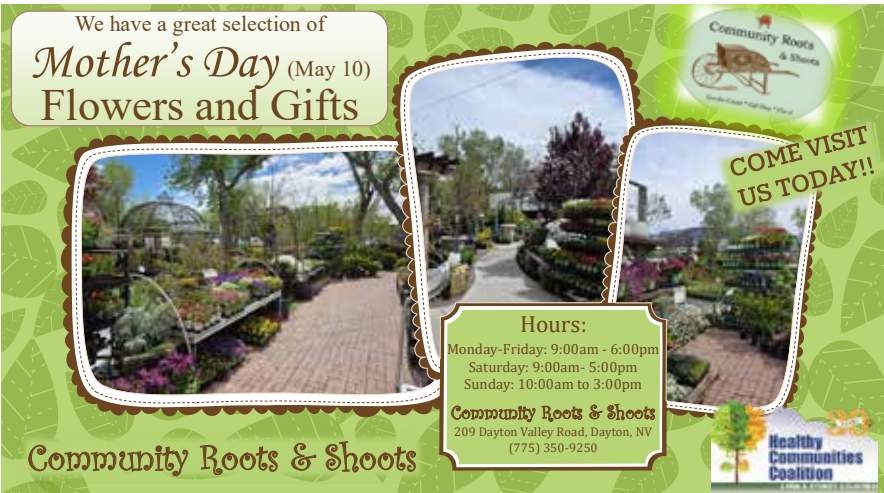
They embody the spirit of the George Bernard Shaw quote:

"Those who say it can't be done should not interrupt those who are doing it."

***And every day, they are doing it.***

*Wendy Madson, Director, HCC.*

We have a great selection of  
**Mother's Day** (May 10)  
**Flowers and Gifts**



**Hours:**  
Monday-Friday: 9:00am - 6:00pm  
Saturday: 9:00am- 5:00pm  
Sunday: 10:00am to 3:00pm

**Community Roots & Shoots**  
209 Dayton Valley Road, Dayton, NV  
(775) 350-9250

**Community Roots & Shoots**

**Healthy Communities Coalition**

## Volunteer Spotlight



### Dave Skroch

Dave Skroch is a Nevadan who spent his early adult years serving in the Marine Corps with a total of 11 years served, including three combat tours and one humanitarian deployment. After exiting the Marine Corps,

he started a company in Reno and successfully ran it for ten years before moving to Yerington. He then became part of the local Motorcycle Club ARCANE which donates to multiple charitable organizations in the area. About ten months ago Dave started volunteering at the Yerington Food Pantry to help and be of service to the pantry and the community. He usually volunteers three days a week at the pantry. He is also involved with a local church where he helps out with the youth group and is part of the church's worship team. One of the young people from the youth group has followed Dave's lead and has started volunteering at the pantry as well.

*Thank you, Dave, for volunteering with your community!*

## Free Blood Pressure Monitoring

In a partnership with the American Heart Association, Healthy Communities' food pantries in Yerington, Silver Springs and Dayton all have tabletop blood pressure units available to clients at no cost.

Even if you do not have a history of blood pressure issues, keeping an eye on your blood pressure can help you spot other health issues early. Each food pantry has Community Health Workers (CHWs) who can help clients with resources, access to education and support for lifestyle changes. CHW's can also connect with a client's primary care physician to help create and support a healthy living plan and set goals.

### 5 Main Blood Pressure Ranges



Ranges are in millimeters of mercury

180+	120+	Hypertensive Crisis or Emergency
140+	90+	Stage 2 Hypertension
130-139	80-89	Stage 1 Hypertension
120-129	< 80	Elevated Blood Pressure
< 120	< 80	Normal Blood Pressure



# Self Management and Recovery Training

*Life beyond addiction*

# SMART Recovery

SMART Recovery

meetings are coming to our area in May 2026! Information about

meeting times and locations can be found below. SMART Recovery meetings are free support groups designed to help people overcome addictive behaviors (substances like alcohol or drugs, as well as behaviors like gambling or overeating).

For more information, please visit [smartrecovery.org](http://smartrecovery.org).

**Join us for new in-person meetings starting in May 2026:**

*All are welcome to explore this secular, science-driven pathway to recovery.*

## Dayton Meeting

*Beginning May 11, 2026*

Mondays • 1:00 PM

*Dayton Food Pantry*

*209 Dayton Valley Road*

## Silver Springs Meeting

*Beginning May 12, 2026*

Tuesdays • 10:00 AM

*Silver Springs Food Pantry*

*1290 Lahontan Rd*

*Coming soon to Yerington, watch for more info on Facebook*

**Discover the power of choice.**

*This funding was provided through Department of Health and Human Service by Fund for a Resilient Nevada, established in Nevada Revised Statutes 433.712 through 433.744*

# 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).

Dental Days will come to the following schools in April and May:

- Yerington Elementary School 5/12/2026
- Fernley, East Valleys Elementary School 5/13/2026





# Coalition Meeting June 11, 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**



**MAP**

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

Contact us at  
**info@healthycomm.org**  
or call **775-246-7550**

*if you would like for us to come  
to your event.*

## June 11, 2026 Guest Speakers

- **Rural Regional Center and the Nevada Disability Advocacy & Law Center.**

The Rural Regional Center provides a variety of supports to individuals with a variety of intellectual and developmental disabilities to individuals in frontier communities. The Nevada Disability Advocacy & Law Center serves as Nevada's federally-mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities. Services provided by NDALC include, but are not limited to: information and referral services, education, training, negotiation, mediation, investigation of reported or suspected abuse/neglect, legal counsel, technical assistance, and public policy work.

# Solidarity Garden DAYTON, NV

Healthy Communities Coalition has a community garden at Highway 50 and Second Avenue called the Dayton Solidarity Garden. You can apply for a free garden plot during the summer months. The garden is managed by Healthy Communities Coalition’s Community Roots. Contact Morigan at Community Roots to sign up: (775) 350-9250.



## DAYTON FARMER’S MARKET



Summer will be here before you know it! The Dayton Farmers Market opens on June 18, 2026 and will be open each Thursday afternoon from 3:30pm-6:30pm through September 17, 2026.

For more details, visit our Facebook page or <https://www.healthycomm.org/farmers-market>

At HCC food pantries, support goes beyond food assistance. We believe in empowering individuals and families to make informed choices about their health, ensuring they have access to the resources they need to plan for their futures effectively.

*Following is a schedule of upcoming health and wellness outreach events*



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 March through May, 2026:

**Dayton Food Pantry:**

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

5/20/2026

**Silver Stage Food Pantry:**

*Every 4th Wednesday of the month 9am-11am*

5/27/2026

**Yerington Food Pantry:**

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

5/21/2026

## Partner Spotlight



University of Nevada, Reno

# Sanford Center for Aging

School of Medicine

Become the champion of your health!

Sanford Center for Aging is dedicated to supporting the health and well-being of older adults through education and free health and wellness programs. In Lyon County, take part in the upcoming workshop that starts Wednesday, May 13, 2026 called Living Well with Chronic Conditions.

This workshop will teach you self-management techniques and skills for any ongoing health condition. Offered at Silver Springs Senior Center (2945 Ft. Churchill Road, Silver Springs), this workshop begins May 13 and runs 1:30pm-4pm each Wednesday until June 24, 2026.

Topics and skills covered include navigating difficult emotions; falls prevention; healthy eating; communication with oneself; communication with friends, family and the health care system; appropriate exercise for maintaining and improving strength and endurance; as well as action- planning, problem-solving and decision-making.

Future workshops include both in-person at the Silver Springs Senior Center or online via Zoom. These topics include Health Coaches For Hypertension Control, Powerful Tools For Caregivers, Diabetes Prevention Program and Diabetes Self-Management Program.

Interested in taking control of your health? Register by visiting [bit.ly/SanfordSpring26Lyon](https://bit.ly/SanfordSpring26Lyon), or contact Sanford Center for Aging at (775) 784-4774, Option 2.

Sanford Center is able to provide free health and wellness workshops and other services thanks to funding from federal and local grants and community support.

# MAY NATIONAL AWARENESS MONTH



# JUNE NATIONAL AWARENESS MONTH



## MENTALLY Healthy

MEN FEEL TOO.  
BREAK THE SILENCE.  
SEEK SUPPORT.



June is Men's Mental Health Awareness Month  
Ask about the well-being of the men in your life.

[mhaiaakeshore.org](http://mhaiaakeshore.org)

# WHAT WOULD YOU GAIN IF YOU QUIT VAPING?



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

MY LIFE  MY QUIT™

# 1-800-QUIT-NOW



We can help you draw the line.

**Dandelion Parent Corner***By Connie Ruano, HCC Parent Advocate***National Children's Mental Health Awareness Week Shines a Light on Hope, Healing, and Community**

The first full week of May marks National Children's Mental Health Awareness Week, a time dedicated to recognizing both the triumphs and challenges faced by children and youth experiencing mental health concerns. The week also highlights the critical role families, caregivers, and young people themselves play in shaping effective and compassionate mental health systems.

The National Federation of Families for Children's Mental Health encourages communities across the country to use this week to promote positive mental health, emotional well being, and healthy social development for all children and youth.

At the heart of this national observance are several important messages:

- Mental health is a vital part of overall health and well being.
- Mental and emotional health challenges in children and youth are real and treatable.
- Children and families deserve access to services that are family driven, youth guided, and culturally responsive.
- Acceptance, dignity, and inclusion should be valued in every community.
- Family and youth voices are essential in determining the right services and supports.

***Turning Awareness Into Action***

Awareness is more than knowledge, it is the bridge from understanding to action. Children's Mental Health Awareness Week invites individuals and organizations to move beyond simply knowing the issue exists and to actively support children and families through education, advocacy, and community engagement.

***Why Green Matters***

During Awareness Week, communities are encouraged to wear or display green ribbons. Green represents growth, renewal, and new beginnings. Displaying a green ribbon is a powerful way to show support for children and youth with emotional and behavioral health challenges and the families who stand beside them.



## Dandelion Parent Corner

By Connie Ruano, HCC Parent Advocate

### ***A Growing National Movement***

Mental Health advocacy has a long history. In 1949, May was first declared Mental Health Month. Over the decades, the focus expanded from state hospitals to community based care. In 1991, a group of parents in Missouri sparked the Children’s Mental Health Awareness Week movement to combat stigma and build understanding. By 2004, the National Federation officially recognized the first full week of May as Children’s Mental Health Awareness Week nationwide.

Today, the effort continues to grow, supported by families, schools, healthcare providers, community organizations, and national partners such as the Substance Abuse and Mental Health Services Administration (SAMHSA).

### ***How Communities Can Get Involved***

Communities celebrate Awareness Week in many creative and meaningful ways, including:

- Educational workshops for families, caregivers, and professionals
- School discussions led by students
- Mental health fairs and screenings
- Art, essay, and poster contests for youth
- Family events, concerts, and movie nights
- Public service announcements, proclamations, and local news features



*These activities help spark conversations, reduce stigma, and connect families with resources.*

### ***Why This Week Matters***

Mental health disorders affect approximately one in five children in the United States, yet many do not receive the care they need. Early identification and supportive services can make a lasting difference, improving school success, strengthening families, and reducing long term challenges.

By coming together during National Children’s Mental Health Awareness Week, communities send a powerful message of hope: children and youth are not alone, help is available, and mental health truly matters.

**Show your support, wear green, start a conversation,  
and help build a healthier future for every child.**



## Men's Mental Health Deserves the Same Attention as Physical Health

When conversations turn to men's health, the focus often lands on physical fitness, routine checkups, and heart health. These are all important, but mental well-being matters just as much. Mental health is health, and caring for emotional well-being is just as vital as caring for the body.

Yet across the country, many men continue to struggle in silence. A quiet but serious mental health crisis is affecting men of all ages, often going unnoticed or unspoken. Tragically, men are nearly four times more likely than women to die by suicide, highlighting the urgent need for awareness, understanding, and support.

Recent data from 2023 shows the scope of the challenge among U.S. men age 18 and older. Nearly one in five men experienced a mental illness, while more than 21 percent dealt with a substance use disorder. About 4.3 percent faced a serious mental illness, and 4.5 percent had serious thoughts of suicide within the past year. Encouragingly, nearly half of men living with mental illness did receive treatment, proof that support can make a difference. These numbers tell an important story: no one facing mental health challenges is alone.

Talking openly about mental health is not a sign of weakness. In fact, strength comes from facing difficulties head-on rather than pushing them aside. Even small steps, checking in with someone, sharing a resource, or offering a safe place to talk, can lead to meaningful change.

### *How We as a Community Can Help*

Everyone has a role to play in supporting men's mental health:

- Start a conversation. A simple check-in with a father, brother, uncle, friend, coworker, or neighbor can open the door to healing.
- Share resources. Let others know that mental health services, hotlines, and local support organizations are available and effective.
- Create safe spaces. Whether at home, work, school, the gym, church, or in the community, environments free of judgment encourage men to open up.

Together, our communities can break the stigma surrounding men's mental health and ensure that no one struggles alone.

To learn more about recognizing the signs of mental distress and finding support, visit [NAMI.org/mensmentalhealth](https://www.nami.org/mensmentalhealth).

*Data from SAMHSA and NIMH reflects individuals assigned male sex at birth.*

Community Chest  
Inc.



**WOMANS EMOTIONAL  
SUPPORT GROUP**

**WEDNESDAYS 3:30PM-4:30 PM  
(VIA TELEHEALTH)**

The overall goal of the group is to provide a safe, supportive, and trauma-informed space focused on emotional support for victims of crime.

Contact Faith for more  
information

775-315-6858

**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



## WORKSHOP DETAILS

**Date:** Tuesdays, May 5<sup>th</sup>, 12<sup>th</sup>  
and 19<sup>th</sup> 2026

**Time:** 12-2pm

**Location:** Virtual



Scan to register or email [pbisnv@unr.edu](mailto:pbisnv@unr.edu) for  
assistance



University of Nevada, Reno

## Healthy Home Life

Nevada PBIS Technical Assistance Center

Healthy Home Life aims to help improve the quality of life of children and their families by teaching parents/caregivers how to create more nurturing, positive home environments and increase cooperative child behaviors

We invite you to join us for a 3 week series

## HEALTHY HOME LIFE

### VIRTUAL SERIES

Participants will learn:

- Overview on parenting styles
- How to set appropriate expectations for your home
- Strategies to support, reinforce, and strengthen appropriate behaviors

This workshop is FREE to Nevada residents! Parents, caregivers, family members, and professionals who support families are welcome to attend!

# Mental Health, Drug and Alcohol: Support for Teens and Young Adults

Summer break is a great chance to talk with your kids about alcohol, substance use and mental health and provide them the information, support and guidance they'll need.



Find resources to help here:

[www.samhsa.gov/find-support/how-to-cope/teens-young-adults](http://www.samhsa.gov/find-support/how-to-cope/teens-young-adults)

## Alcohol Use Among Girls and Young Women:

### A WORRYING TREND

In the past, boys were thought to be more likely to drink alcohol than girls. But in recent years, this is no longer true. Recent Nevada data shows that 48.3% of high school age girls drank alcohol in 2025 compared to 39.6% of boys that age.

**Don't wait  
for the "right time"  
Start the conversation  
today, your voice  
is their most  
powerful influence.**

## Not Talking About Alcohol and Other Drugs Still Sends Kids a Message

Kids don't always have all the facts when it comes to alcohol and other drugs. If parents don't talk about the risks of underage drinking and substance use, their kids might not see any harm in trying alcohol and other substances. Having a conversation allows parents to set clear rules about what they expect from their kids when it comes to alcohol and other drugs.

## It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs

If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs.

## Mindful Gardening: Fun Weekend Activities for Families

Gardening can be a fun and relaxing way for parents and kids to spend time together. Simple tasks like watering plants or pulling weeds can help children slow down, use their senses, and connect with nature.

Gardening together builds healthy habits, encourages outdoor play, and creates lasting memories.

### Here are a few easy ways to make it fun:

*Start with a Sensory Check-In* Use the 5-4-3-2-1 method:



This helps kids feel calm and focused before starting.

**Make Weeding Fun:** Turn weeding into a game—count weeds, pretend each one is a worry, or plant something new in its place.

**Prepare Soil Together:** Let kids dig and mix soil. Talk about how healthy soil helps plants grow strong.

**Water Slowly:** Take turns watering and notice how plants absorb water. This teaches patience and care.

**Plant Seeds with Purpose:** Explain that seeds need time and attention to grow—just like people. Let kids choose what to plant.

**Prune with Care:** Show kids how trimming plants helps them grow better.

**Enjoy Lawn Care:** Slow down and notice the smell, sounds, and patterns while caring for the lawn.

**Build a Bug Hotel:** Use sticks, leaves, and bark to create a home for insects. It's a fun way to learn about nature.

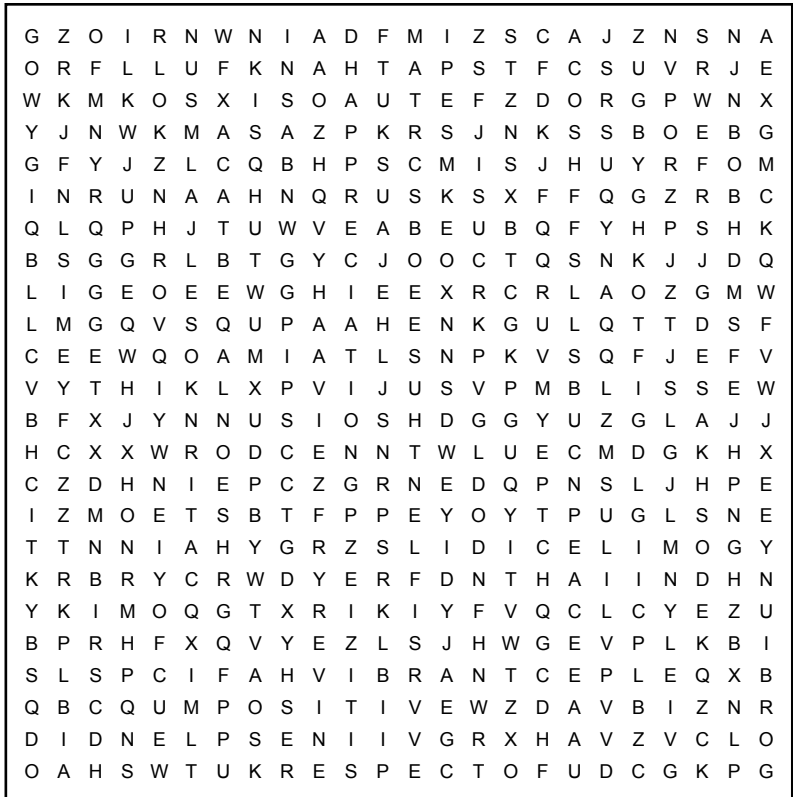
In Summary, Mindful gardening helps families relax, learn, and connect. With a little creativity, your garden can become a place to grow together and make happy memories.

*For more ideas, visit [www.builtkids.com](http://www.builtkids.com).*

## What Positive Thinking Means

Positive thinking is not about ignoring problems or pretending everything is fine. Instead, it involves noticing your automatic thoughts, especially negative ones, and gently steering them toward a more balanced and constructive perspective. This approach, sometimes called cognitive flexibility, allows you to pause, assess situations, and respond thoughtfully rather than reacting impulsively. It encourages resilience by helping you acknowledge challenges while maintaining hope and optimism for positive outcomes.

### WORD SEARCH: FIND THE BELOW POSITIVE WORDS



appreciation	positive	genuine	peace	smile
thankful	vibrant	enthusiasm	laugh	happy
spirited	success	energy	bliss	kind
splendid	respect	sunny	heart	love

**Positive thinking is the practice of focusing on the good in situations while maintaining a realistic and balanced perspective, which can improve mental, emotional, and physical well-being.**

# 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.’

**SAVE A LIFE**  
**CARRY NALOXONE**

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