

FREE

By Healthy Communities Coalition of Lyon and Storey Counties

Message from Director

As I watched our community today, I was reminded that healthy communities are not built one program at a time. They are built one relationship at a time. One act of kindness. One shared purpose. One person choosing to see the gifts in another. When we create spaces where people discover purpose, where the community heals itself, and where the lines between volunteer, client, staff member, and neighbor begin to disappear. That is the community we have always dreamed of creating, a place where inclusion is lived rather than spoken, where opportunity is shared rather than distributed, and where innovation isn't found in a new program but in believing that every person has gifts worth discovering. The healthiest communities are not built by perfect programs. They are built by people who care enough to show up for one another. Thank you to our community for always showing up, you are the change makers who create our healthy communities.

Wendy Madson, Director, HCC.



DAYTON FARMER'S MARKET

**THURSDAYS
3:30pm-6:30pm.**

60 2nd St. Downtown Dayton

(across from Pizza Factory,
in front of Dayton Solidarity Garden)



Volunteer Spotlight



Delmer Vigil has volunteered with the Dayton Food Pantry for five years. Among many good things, Del stocks inventory, picks up donations, and is part of the team that unloads delivery trucks. Del says he enjoys helping out in the community.

Delmer Vigil

Thank you, Del, for many years of volunteer work.

Your volunteer service is essential for the smooth operation of the pantry and has a deep impact on people experiencing hunger.



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.



Self Management and Recovery Training

Life beyond addiction

SMART Recovery

SMART Recovery

meetings are now happening in
Lyon County! 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). SMART stands for Self-Management and Recovery Training. SMART Recovery brings a new path toward hope, growth and lasting recovery.

Join us for new in-person meetings:

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

Dayton Meeting

Mondays • 1:00 PM

Dayton Food Pantry

209 Dayton Valley Road

Silver Springs Meeting

Tuesdays • 10:00 AM

Silver Springs Food Pantry

1290 Lahontan Rd

Coming soon to Yerington, More details TBA (watch for more info on Facebook)

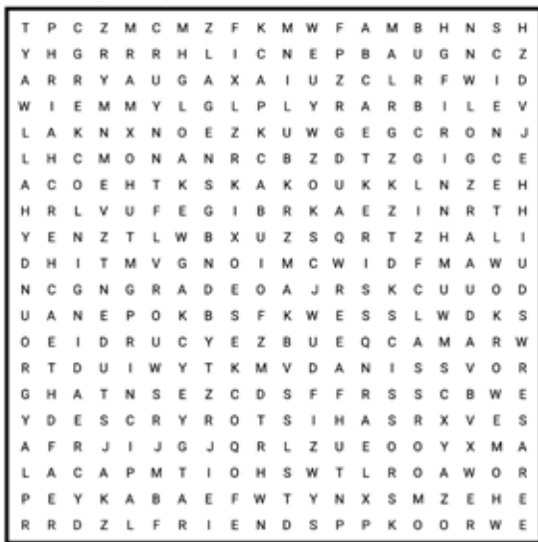
Discover the power of choice.

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



BACKPACK
PENCIL
CRAYON
SCISSORS
GLUE
ERASER
RULER
NOTEBOOK
TEACHER
STUDENT
CLASSROOM
DESK
CHAIR
CHALKBOARD
LOCKER

HALLWAY
CAFETERIA
PLAYGROUND
GYMNASIUM
HOMEWORK
READING
WRITING
MATH
SCIENCE
HISTORY
FRIENDS
LEARN
GRADE
PRINCIPAL
LIBRARY





Coalition Meeting August 13, 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**



August 13, 2026 Guest Speakers

During HCC's Thursday, August 13, 2026 meeting, we have a special treat. Maria Basaca Fuentes of Yerington High will recite poetry to kick off our summer gathering. Mari is the 2026 statewide Poetry Out Loud champion, and she traveled to Washington, D.C. to participate in the National Competition this year. Poetry Out Loud is a national recitation competition that encourages high school students to learn about poetry through memorization and performance.

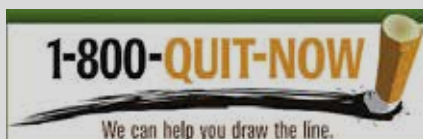
The guest speaker for the August meeting will give an overview of **Nevada Legal Services**, particularly workers' rights and services NLS offers. NLS serves every part of Nevada, providing self-help clinics, legal seminars, and providing direct assistance to individual clients.



National Nonprofit Day – August 17, 2026 celebrates a little known yet special day for charities across the U.S.

On this day do something meaningful like thanking Nonprofit staff members or volunteers who are all around us, but also recognize that Nonprofits deserve our respect, admiration and support 365 days a year.

The sentiment can be summed up in this simple but powerful truth: When Nonprofits do well, we all do well. There is no part of the quality of life they don't enrich and make better. They embody the best spirit and values of our nation. Since the pandemic, we have seen nonprofits turn up the volume and do even more to help those who are struggling.



Five Reasons Why Calling a Quitline Can Be Key to Your Success

1. You can get help to stop smoking—free, with no judgment.
2. Quit coaches help create a plan that can work for you.
3. Quit coaches can help you get quit-smoking medicines.
4. You can get helpful tips on:
 - How to deal with cravings and withdrawal.
 - How to get the right kind of help from your friends and family.
 - What websites, apps, and texting programs might help you quit.
 - Whether to use quit-smoking medication and how to use it.
5. **And the best reason of all to use a quitline**
you're more likely to stay quit!

Call to Talk to a Quit Smoking Coach Today!

1-800-QUIT-NOW
(1-800-784-8669)

1-855-DÉJELO-YA
(1-855-335-3569)

World Lung Cancer Day – August 1

On World Lung Cancer Day, join the Lung Association to raise awareness and defeat the stigma associated with the disease.

What Causes Lung Cancer?

Anyone can get lung cancer. Lung cancer happens when cells in the lung mutate or change. Various factors can cause this mutation (a permanent change in the DNA sequence of a gene) to happen. Most often, this change in lung cells happens when people breathe in dangerous, toxic substances. Even if you were exposed to these substances many years ago, you are still at risk for lung cancer. Talk to your doctor if you have been exposed to any of the substances listed below and take steps to reduce your risk and protect your lungs.

Smoking - Smoking is the number one cause of lung cancer. It causes about 90 percent of lung cancer cases. Tobacco smoke contains many chemicals that are known to cause lung cancer. If you still smoke, quitting smoking is the single best thing you can do for your lung health.

Individuals who smoke are not the only people affected by cigarette smoke. If you are someone who used to smoke, your risk is decreased but has not gone away completely—you can still get lung cancer. Those who never smoked can also be negatively impacted by smoking. Breathing in secondhand smoke puts you at risk for lung cancer or other illnesses.

Radon - Radon exposure is the second-leading cause of lung cancer. Radon is a colorless, odorless radioactive gas that exists naturally in soil. It comes up through the soil and enters buildings through small gaps and cracks. One out of every 15 homes in the U.S. are subject to radon exposure. Exposure to radon combined with cigarette smoking significantly increases your lung cancer risk.

Hazardous Chemicals

Exposure to certain hazardous chemicals poses a lung cancer risk. Working with materials such as asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products is especially dangerous. If you think you may be breathing in hazardous chemicals at your job, talk to your employer and your doctor to find out how to protect yourself.



JULY NATIONAL AWARENESS MONTH



AUGUST NATIONAL AWARENESS MONTH



International Overdose Awareness Day: August 31



Opioid use disorder and overdoses are preventable when we act early, we can prevent illegal substance use, including illegal opioids, and misuse of prescription medications, like opioids, that can lead to substance use disorders.

Substance use disorders, like opioid use disorder (OUD), impact communities across America. Prevention activities help educate and support individuals, families, and communities and are critical for maintaining both individual and community health.

Opioid Use Disorder (OUD), sometimes referred to as "opioid dependence" or "opioid addiction," is a problematic pattern of opioid use that causes significant impairment or distress. OUD is a medical condition that can affect anyone – regardless of race, sex, income level, or social class. Like many other medical conditions, evidence-based treatments are available for OUD, but seeking treatment remains stigmatized. Stigma can be a major barrier to how well prevention and treatment programs work amid the opioid crisis.

Keep in mind - Stigma or the fear of stigma may stop someone from sharing their health condition with partners or family members. Stigma may come from a specific person, including a loved one or clinician, or from the larger community. People seeking treatment for OUD may find that some clinicians have stigmatizing attitudes about OUD. Stigmatizing attitudes toward people with OUD among clinicians can create barriers for those seeking the health services they need. People who experience health-related stigma may also experience less access to treatment or reduced adherence to treatments.

To learn more or help support visit:

<https://www.cdc.gov/overdose-prevention/prevention/index.html>

Dandelion Parent Corner

By Connie Ruano, HCC Parent Advocate

Back to School Season Puts Spotlight on Children's Mental Health



As families gear up for a new school year, it's important to remember that back to school prep isn't just about supplies, it's about supporting our children's mental health, too. The transition from summer to the classroom can bring excitement, nerves, and big emotions for kids of all ages.

Talking openly about their feelings, rebuilding routines, visiting the school ahead of time, and reconnecting with friends can make a huge difference in easing those first day jitters. Educators also play a key role by creating safe spaces, recognizing early signs of stress, and helping students feel seen and supported.

A Shared Commitment to Healthy, Resilient Students

As the new school year approaches, Healthy Communities Coalition of Lyon & Storey Counties encourage families, educators, and communities to make mental health a central part of back to school planning. By supporting children's emotional well being, adults help create the foundation for a successful, confident, and fulfilling year ahead. This year, let's make mental wellness part of every child's school readiness plan. When we prioritize emotional health, we set students up for confidence, resilience, and a successful year ahead.

For more information on back to school and mental health please visit: [Back to School and Mental Health: Supporting Our Children for a Successful Year Ahead | SAMHSA](#).

Dandelion Parent Corner

By Connie Ruano, HCC Parent Advocate

A Community Call for Kindness and Prevention

August is designated as "Don't Be a Bully" Month, serving as a community-wide initiative to promote kindness and prevent bullying in all its forms, including online, social, and physical, to combat long-term impacts like depression and low self-esteem in youth. The campaign encourages proactive measures such as modeling empathy, supporting victims, and advocating for safe environments in schools and communities.

How You Can Participate

- **Learn the signs.**

Understanding the types of bullying and how they show up helps adults and peers intervene early.

- **Model kindness.**

Small acts of empathy can shift the tone of a classroom, playground, or neighborhood.

- **Be an upstander.**

Encourage youth to safely speak up or seek help when they witness bullying.

- **Support those affected.**

Listen without judgment and connect young people with trusted adults who can help.

- **Advocate for safe spaces.** Schools and youth programs benefit from strong policies, staff training, and community involvement.



Partner Spotlight

“The only thing you absolutely have to know, is the location of the library” Albert Einstein.



Lyon County Libraries: MORE THAN JUST BOOKS

Wynne Prindle, Library Director

Fortunately, Lyon County has five public libraries that offer a variety of materials, programs, and services that are mostly free.

Of course we have books, lots of books, for every member of your family. We also offer DVDs, audio books, and e-books and e-audio books, all accessible using your library card. We have take-home activity kits for kids on a variety of topics including mechanics, food and nutrition, and the night sky, to name a few. **We have Nevada State Park passes to lend and blood pressure kits.**

The Libraries also offer amazing programs. Right now, all branches are presenting ***Unearth a Story, a summer reading program featuring dinosaurs, archaeology, and paleontology.***

Each branch also offers a variety of ongoing programs including **Storytime, Book Clubs, Family Bingo, Chess Club, Spice Club, Chair Yoga, Movie Matinees, and more.**

Libraries also offer free WiFi available 24/7, and access to the internet using our public computers. For a nominal charge you can also print, copy and fax documents.



Most locations also offer meeting rooms that are available for use by non-profit groups by reservation.

Please contact each branch directly for more information regarding locations, schedules, and offerings.

Dayton 775-246-2612 • Fernley 775-575-3366

Silver-Stage 775-577-5015 • Yerington 775-463-6645

Smith Valley 775-465-2369

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

How Parents Can Model Responsible Drinking During Summer Activities

Summer gatherings often include alcohol, and children notice how adults handle it. Parents can set a positive example by:



Practice moderation: If you drink, do so responsibly and avoid becoming intoxicated. Alternate alcoholic drinks with water or other non-alcoholic beverages.

Put safety first: Never drink and drive. Keep alcohol out of children's reach and separate from kid-friendly drinks.

Choose non-alcoholic options: Enjoy mocktails, sparkling water, or iced tea to show that fun doesn't depend on alcohol.

Focus on family and connection: Make gatherings about food, games, music, and spending time together—not drinking.

Have honest conversations: Answer children's questions about alcohol in simple, age-appropriate ways, emphasizing health, safety, and responsibility.

Impaired Driving: Talk With Your Kids

Don't Wait for the "Right" Time: It's always a good time to talk to your kids about the dangers of impaired driving.

Here are some common situations you can take advantage of to discuss drunk and drug impaired driving: When your child asks to borrow the car; When you're at the dinner table together; When your child asks if he or she can ride with a friend to school/a concert/a party; When you're running weekend errands; When you're at the grocery store; When you and your child are in the car together.



UNR Rural Outreach Clinics:

The UNR School of Medicine is holding a Rural Outreach Clinic. These clinics provide free medical services such as general physicals, sports physicals, laboratory services, breast exams, and more! Schedule an appointment by calling 775-391-6209 or by emailing RuralOutreachClinic@med.unr.edu. Walk-in's are also welcomed. The last walk in will be accepted any time before noon. Translators are present at every clinic.

YERINGTON

Aug 16, 2026

213 S. Whitacre St.

9:00 AM - 1:00 PM

SILVER SPRINGS

Sept. 12, 2026

395 Hwy 50, Suite 1

9:00 AM - 1:00 PM

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 July 2026:

Dayton Food Pantry:

7/15/2026

Silver Stage Food Pantry:

7/22/2026

Yerington Food Pantry:

7/16/2026



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)**

July is UV Safety Month, and it's the perfect reminder to protect your skin while enjoying the sunshine! UV rays are strongest this time of year, which means a higher risk of sunburn, premature aging, and even skin cancer.



Let's Practice Safe Sun all month long and keep our skin healthy for the future.

A few other simple habits that make a big difference:

- Wear sunscreen (SPF 30+)
- Skip tanning beds
- Rock those UV blocking sunglasses
- Choose protective clothing
- Seek shade during peak hours (10 AM–4 PM)

Understanding UV Rays: UV radiation comes in two main forms:

UVA Rays: Penetrate deep into the skin and contribute to premature aging, wrinkles, and age spots.

UVB Rays: Primarily cause sunburns.

Both types of UV rays can lead to skin cancer, the most common cancer in the United States. Even small amounts of daily exposure add up over time, increasing the risk of serious health issues.

Health Risks of UV Exposure

Experts warn that prolonged or unprotected exposure to UV radiation can result in:

- Skin cancer, including basal cell carcinoma, squamous cell carcinoma, and melanoma;
- Premature aging, caused by the breakdown of collagen and elastin;
- Eye damage, such as cataracts, macular degeneration, and photokeratitis;
- Weakened immune function, making the body more vulnerable to illness;

By staying informed and taking simple precautions, individuals and families can enjoy the outdoors safely while protecting their long term health.



Our partners with the Food Bank of Northern Nevada are excited to bring monthly outreach events to all 3 of the Healthy Communities Food Pantries to help people navigate the SNAP process. The individuals coming to help with this outreach are able to help community members apply for SNAP benefits, check their status and answer questions regarding eligibility and SNAP guidelines.

We also have a wonderful outreach opportunity with the Nevada Department of Social Services with the FBNN SNAP outreach events. The Department of Social Services (DSS) will be available to help people apply for Medicaid, TANF, and SNAP. Individuals may be able to get an immediate response regarding their eligibility and status.

The goal is to have both organizations on site at the same time to maximize the number of people they can assist. The following dates are confirmed for our FBNN SNAP partners, and we are hopeful that DSS will be able to join them at those times. If not, please keep an eye out or ask your pantry staff about any upcoming outreach events with DSS.

Dayton Food Pantry:

8/5/2026

1pm-3pm

Silver Stage Food Pantry:

8/5/2026

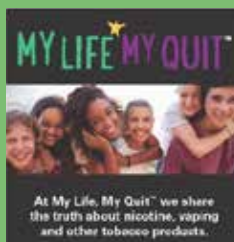
10am-12pm

Yerington Food Pantry:

8/19/2026

9am-12pm

“Your journey is your own.
#MyLifeMyQuit is a free and confidential program to support teens who want to quit vaping for good. Text “Start My Quit” to 36072 for judgment-free support from quit coaches and tips that are proven to help you quit vaping and nicotine.



The My Life, My Quit Program is for young people under 18 years who want help to quit all forms of tobacco, including vaping. My Life, My Quit Coaches help you:

- 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!”

Food Pantry Hours



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

Tuesday
10am - 4pm

Wednesday
7am - 6pm

Thursday
10am - 4pm

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

Wednesday
8am-5pm

Thursday
8am - 5pm

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

Wednesday
9am - 5pm

Thursday
9am - 4pm



SAVE A LIFE CARRY NALOXONE

Did you know.....

- Medication lock boxes
- Deterra® safe medication disposal pouches
- Narcan
- Fentanyl test strips
- Condoms and Pregnancy tests

.....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.’