

FREE

By Healthy Communities Coalition of Lyon and Storey Counties



*Help us fill the shelves,
Donations are
Appreciated!*

New Dayton Food Pantry/Regional Food Hub **GRAND OPENING**

Friday, October 16th • 4:00-700 pm

209 Dayton Valley Road, Dayton NV

Please join us for great food, fun and music as we officially open our doors and begin this exciting new journey together.

We cant wait to celebrate and thank everyone who helped us get here.

Message from Director... Keeping the Faith

The work of building healthier communities requires us to keep the faith. As we continuously seek funding to bring programs, opportunities, and support to our communities, the challenges can sometimes feel overwhelming. But when we keep our eyes on the why and recognize the incredible gifts and talents of the people around us, we are reminded of the power of believing in what is possible. When we come together, lead with love, and simply keep doing the good work, good things happen. Recently, HCC has been blessed with generous support from funders and partners who believe in this work and in the communities we serve. Their belief is a beautiful gift, not only to our organization, but to the people doing the work and, most importantly, to those who receive it. We are deeply grateful, and we will keep the faith.

Wendy Madson, Director, HCC.

THE STARS OF NEVADA

Governor's Points of Light Awards



Len Rothman, a Veteran of the U.S. Air Force who served in the Korean War, has been a dedicated volunteer with the Dayton

Food Pantry for the last five and a half years. Len is a finalist in the Veterans/Military/First Responders category for the 2026 statewide Stars of Nevada – Governor's Points of Light Awards! Veterans, Military and First Responders finalists include those who have continued to answer the call by giving their time, talents, and compassion to strengthen communities across Nevada. Remarkable individuals like Len exemplify a lifelong commitment to serving others and making a meaningful difference. Thank you for your continued dedication to serving others, Len. We are grateful for your extraordinary commitment and the lasting impact you make every day.

Cheryl Jo

Frair, who has volunteered with the Dayton Food Pantry for more than 16 years, was nominated for



a Stars of Nevada award by three of the organizations she volunteers with, including the DFP! Congratulations, Cheryl Jo, for being named a finalist in the National Service Member category for the Stars of Nevada Awards. National Service Member finalists have dedicated their time and talents to strengthening communities across Nevada through service, demonstrating that volunteering can create a lifetime of impact. Remarkable individuals like Cheryl Jo embody the spirit of service and inspire others to get involved. We are proud of your extraordinary service!

CONGRATULATIONS

AWARDS CEREMONY: The 2026 awards ceremony and reception will be at The Paris Las Vegas on Thursday, October 1 from 2pm-5pm. Tickets are available at: <https://bit.ly/2026StarsTicket>

Volunteer Spotlight



Brent Kuss

Brent Kuss has volunteered with the Silver Stage Food Pantry for three and a half years. Brent volunteers to pay it forward and give back. He says the food pantry “helped me, so I help them now.” Thank you, Brent, for being part of the team that makes the pantry thrive! The time you give so generously helps increase access to nutritious food in Silver Springs.

Community Roots & Shoots **FALL SALE** **September 25-27**



Community Roots annual end-of-summer sale on outdoor plants, including trees, shrubs, roses, and more, is September 25-27!

**All outdoor nursery plants will be 40% off,
with the exception of 4" and 6 pack annuals \$2 each.**

Soil and fertilizer will be 25% off.

Fall is a good time for planting because as the weather begins to cool, some plants will start to grow or root again. Cooler temps also make it a lot easier to make sure plants are getting enough water after being transplanted. When transplanting during the hottest months, plants will frequently use up water as fast as they are getting it. Our hot dry winds can make plants use up water even faster. Autumn's cooler weather keeps plants from drying out so quickly, and that's important because roots will only grow into moist soil. During the fall, plants tend to start putting energy into rooting and trunk growth so planting during the fall aligns with natural processes.



Healthy Communities Coalition (HCC) extends our deepest gratitude to Wavedance Fund for their belief in HCC's work and their extraordinarily generous gift! Because of their remarkable donation, we can expand our work with Nevadans to nurture thriving, healthy communities. Thank you, Wavedance, for being a true champion of our mission to support community initiatives and capacity-building systems that address all parts of a healthy community for every person!



DAYTON FARMER'S MARKET

**THURSDAYS
THRU SEPT. 17
3:30pm-6:30pm.
60 2nd St. Downtown Dayton**

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

HCC's Comstock Youth Works' interns, and teen volunteers were a big help at our Dayton Farmer's Market this year! Thank you to everyone who helped make it a success!



Coalition Meeting

Everyone is Welcome

Breakfast and coffee are part of the public meetings.

HCC meets every other month on the second Thursday

October 8, 2026 • 9:00 am - 11:00 am

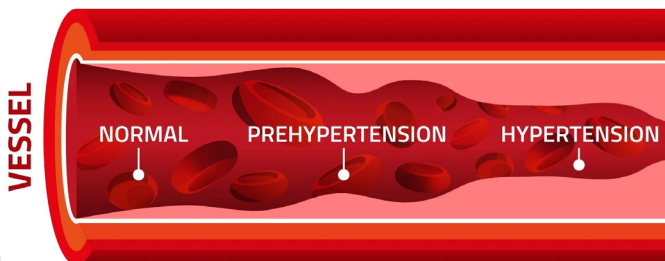
Silver Springs Community Center



MAP

2945 Fort Churchill Street, Silver Springs NV

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.



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



YOUTH MENTAL HEALTH CORPS

Youth Mental Health Corps (YMHC) is coming to our area soon! Healthy Communities Coalition of Lyon and Storey Counties is joining forces with Nevada Volunteers to recruit, train, and deploy Nevada’s first Youth Mental Health Corps to help teens access mental health resources.



YMHC will bring young people to schools and communities as peers and near-peers. This initiative addresses not only the need for mental health resources, but also creates pathways for Nevada’s young adults to develop skills in this career field. Youth Mental Health Corps will make a tangible difference in the lives of Nevada’s young people, empowering them to navigate the challenges they face with resilience and hope while addressing shortages in the behavioral health workforce. Healthy Communities is proud to be part of this groundbreaking effort.

For more information, please contact info@healthycomm.org

DEA NATIONAL ^{Rx}
TAKEBACK



Smith's
FOOD & DRUG STORES
2200 Hwy 50 Dayton, NV

Dollar General
1105 Lake Ave. Silver Springs, NV

**Storey County
Sheriffs Office**
To be determined
**Turn in unneeded medication
for safe disposal.**



October 24th 2026
10am to 2pm



This flyer is supported by the Nevada State Department of Health and Human Services through General Fund and Appropriation. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor the State.

The image shows the logo for the 988 National Suicide Prevention Line. It features a stylized ribbon forming the number '988' in shades of purple and teal. Below the number, the text 'NATIONAL SUICIDE PREVENTION LINE' is written in blue capital letters.

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. The 988 Lifeline is comprised of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices.



SEPTEMBER NATIONAL AWARENESS MONTH

Every voice matters.

Every story matters.

Every life matters.

If you're struggling, please reach out.

Call, text, or chat 988

anytime for immediate support.

Healthy Communities Coalition observes National Suicide Prevention Awareness Month this September by sharing hope, compassion, and connection. We are working to raise awareness, support healing, and remind our community that no one has to face their struggles alone.

Local Resources that provide support over the phone:

Rural Nevada Counseling: 775-431-0211 • Nevada Rural Clinics: 877-283-2437

Lyon County Human Services C3 for Youth: Call M-F 8am-5pm, 775-430-0324.

Healthy Communities Coalition encourages our communities to participate in awareness efforts; community members can play a vital role in saving lives and fostering hope. Communities are encouraged to promote the 988 Suicide and Crisis Lifeline through outreach events and public engagement activities.



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)**

OCTOBER NATIONAL AWARENESS MONTH



Promoting Understanding, Support, and Strengths. October is dedicated to raising understanding, reducing stigma, and celebrating the strengths of people living with Attention-deficit/hyperactivity disorder. ADHD affects millions of children and adults, yet it's still widely misunderstood. This month reminds us that ADHD is a real neurodevelopmental condition — not a lack of discipline — and that many individuals with ADHD bring creativity, resilience, and innovative thinking to the world.

Throughout October, Healthy Communities Coalition encourages communities to share personal stories, host educational events, partner with local organizations, and advocate for better support and resources. Even a simple post can help spread awareness and compassion.

Together, we can build a more informed, supportive, and inclusive community for everyone with ADHD.

Red Ribbon Week

How To get involved and support

Go to <https://www.redribbon.org/pledge> and Sign the Pledge:



Take the National Red Ribbon Campaign Pledge now and be a part of the creation of a drug free America.

PARENT PLEDGE

- As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
- We will set clear rules for our children about not using drugs.
- We will set a good example for our children by not using illegal drugs or medicine without a prescription.
- We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
- We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

YOUTH PLEDGE

- I pledge to grow up safe, healthy and drug free by:
- Understanding the dangers of drug use and abuse.
- Respecting myself and being drug free.
- Spreading the word to family and friends about the importance of being healthy and drug free.



SPREAD KINDNESS LIKE
Wildflowers



Partner with Healthy Communities Coalition for Your Event



If you'd like Healthy Communities Coalition to come to your event with information on prevention, health, and emotional-wellness, plus resources such as free naloxone kits and medication lock boxes.

please contact us at
info@healthycomm.org

DENTAL DAYS

Expanding Access to Dental Care in Our Communities



Healthy Communities Coalition is excited to share that our Rural Oral Health Program will continue working with local schools and communities throughout the year to help make dental care more accessible for children and adults in our rural communities.

Through partnerships with our local schools and community organizations, our program will provide opportunities for dental screenings, preventive services, oral health education, referrals, and access to additional dental care when needed.

For students: We will be partnering with participating schools to bring dental services and oral health education directly to students, helping families access care in a convenient and familiar setting.

For adults: Our mobile dental program will be visiting communities throughout Lyon, Storey, Pershing, and Mineral Counties, helping bring dental services closer to the people who need them.



Our goal is simple: reduce barriers to dental care and help build healthier smiles throughout our rural communities.

More information about upcoming school events, mobile dental clinics, available services, and how to participate will be shared throughout the year. We are excited to work alongside our schools, families, providers, and community partners as we continue to grow this program and expand access to oral health care!

Stay tuned for upcoming dates and locations.

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Workforce Spotlight

What is a Community Health Worker (CHW)?

You may have CHWs in your community, and not even know it!

Community Health Workers (CHWs) are:

- Frontline public health workers who improve health outcomes by serving as a bridge between communities and health systems.
- Trusted community members who understand the needs and stresses of the community they live in.



CHWs meet people where they are—connecting people, resources, and communities.

Did you know what a CHW was before today?



CHWs can help:

- Build trust between individuals, communities, and healthcare systems!
- Connect people to healthcare and community resources!
- Provide health education and information!
- Follow up and provide ongoing support!
- Advocate for individuals and communities!
- Help make services more accessible and culturally responsive!



U.S. Department of Veterans Affairs



1-800-QUIT-NOW



We can help you draw the line.

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:

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



YERINGTON FOOD PANTRY

VOLUNTEERS NEEDED

Tuesdays 8-11:30am

Mt View Park
for food delivery & stocking
(heavy lifting involved)

**Wednesdays
& Thursdays**

9am - 4pm

502 W. Bridge St.
Food distribution,
stocking, checking clients in

ANY QUESTIONS:
sunshine@hcclsc.org



AARP YFP position openings

Stop by the Yerington Food Pantry and ask for Sunshine or Nevaeh to learn more about this opportunity with AARP.

Below are more details:

Are you 55+ and looking for work? The AARP Foundation Senior Community Service Employment Program (SCSEP) helps older adults get back to work by offering paid, part-time training and real-world job experience.

There are currently two openings here at the Yerington Food Pantry!

- Earn income while you learn
- Build new skills with on-the-job training
- Get personalized job coaching & support
- Gain experience at nonprofits such as the Yerington Food Pantry
- **Who can apply?**

If you're 55 or older, unemployed, and meet income guidelines, you may qualify.



**NEVADA
988**

**Mental & emotional
health support.
Anytime.**

Nevada 988 is the no-cost, anonymous service where you can talk to someone about anything causing you mental or emotional distress.

**Call or Text 988
Online chat at
Nevada988.org**



**DOES VAPING
HAVE YOU
ON THE SIDELINE?**

Text "Start My Quit" to 36072 or call 855-891-9989.

Free, confidential help to quit vaping, smoking or chewing. Just for teens.

WWW.MYLIFEMYQUIT.COM

MY LIFE MY QUIT.

FIGHT THE FLU!

MARK TWAIN FOOD PANTRY

**FRIDAY
SEPTEMBER 25, 2026**

10:30 - 12:00 PM

500 SAM CLEMENS AVE, DAYTON



INFORMATION

Access the Vaccine Information Statement (VIS) and Notice of Privacy Practices at www.gethealthycarsoncity.org.



AVAILABILITY

High-dose vaccines for those 65 and older are available in limited quantities.



PRICING

Please bring your insurance card. Uninsured or underinsured individuals can get a flu shot for \$20, however no one will be turned away if they are unable to pay!



Have questions or want more information?
775-887-2190

QuadPHP@CarsonCity.gov



COHHS



GetHealthyCarsonCity



GetHealthyCarsonCity.org

CENTRAL

LYON FIRE

FALL GREEN WASTE COLLECTION DAYS

PREPARE YOUR PROPERTY. REDUCE WILDFIRE RISK. PROTECT OUR COMMUNITY.

Dispose of yard vegetation safely. Reduce wildfire risk in our community.

SILVER SPRINGS FIRE STATION 32 September 12th & October 10th 10 AM – 3 PM	DAYTON 71 ENTERPRISE WAY September 26th & October 24th 10 AM – 3 PM
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ACCEPTED MATERIALS - Tree limbs & branches - Brush & shrubs - Leaves & pine needles	NOT ACCEPTED - Trash or household waste - Dirt, rock, or construction debris - Lumber
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REDUCE FIRE RISK. REMOVE TUMBLEWEEDS. PROTECT YOUR COMMUNITY.

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
TBA
Dayton Food Pantry
209 Dayton Valley Road

Silver Springs Meeting
Tuesdays • 10:00 AM
Silver Springs Food Pantry
1290 Lahontan Rd

Yerington Meeting
Thursdays at 1:00 PM
Community United Methodist Church
221 North Main Street

Discover the power of choice.

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



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

“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.

***What are you waiting for?
Make a change today!”***

MY LIFE MY QUIT

At My Life, My Quit™ we share the truth about nicotine, vaping and other tobacco products.

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

- Develop a quit plan
- Manage stress
- Learn about nicotine
- Get ongoing support

TEXT “START MY QUIT” TO 36072

My Life, My Quit is always free and confidential.
www.mylifemyquit.com

NATIONAL NETWORK OF TOBACCO CESSATION QUITLINES

15th Anniversary

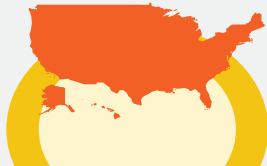
The National Network of Tobacco Cessation Quitlines connects people who want to quit using tobacco to free resources. Regardless of where they live, people can get individual counseling, information on medications, and other quitting assistance just by making a call.



2004

CDC and the National Cancer Institute (NCI) partner to launch the National Network of Tobacco Cessation Quitlines.

CDC recommends supporting state quitline capacity as a major goal of comprehensive state tobacco program cessation activities.



2006

All 50 states and the District of Columbia now offer quitline services.

XIN CHÀO

NI HAO

ANN-YEONG

2012

CDC funds the University of California, San Diego to provide nationwide quitline services in Chinese, Korean, and Vietnamese languages.

The first CDC *Tips From Former Smokers*® campaign generates over 207,000 additional calls to **1-800-QUIT-NOW**.

**TIPS FROM
FORMER
SMOKERS®**



2019

1-800-QUIT-NOW turns 15 years old!

1,000,000

2007

1-800-QUIT-NOW reaches 1 million calls!

¡HOLA!

Quit-Vet

2013

CDC and NCI establish **1-855-DÉJELO-YA** ("quit now") to link callers to state-based Spanish-language services.

NCI and the Veterans Health Administration establish **1-855-QUIT-VET** to serve eligible Veterans.

10,000,000

2019

1-800-QUIT-NOW reaches 10 million calls!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Print only

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 - 4pm

Thursday
9am - 4pm



SAVE A LIFE CARRY NALOXONE

Did you know...

- Medication lock boxes
- Detera safe medication disposal pouches
- Narcan

...All of 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.’