

Reno-Sparks Indian Colony Tribal Health Center



Health Highlights

A Circle of Care for the Community

September 2026



September Awareness:

- National Recovery Month
- National Atrial Fibrillation Awareness Month
- Childhood Cancer Awareness Month
- Healthy Aging Month
- National Food Safety Education Month
- Sepsis Awareness Month
- National Traumatic Brain Injury Awareness Month
- Sexual Health Awareness Month
- National Emergency Preparedness Month
- Self-Care Awareness Month
- National Childhood Obesity Awareness Month
- World Alzheimer's Month
- 9/9-15: National Suicide Prevention Week
- 9/10: World Suicide Prevention Day
- 9/13: National Celiac Disease Awareness Day
- 9/18: National Aging Awareness Day
 - National HIV/AIDS Day
 - Get Ready Day
- 9/22: Falls Prevention Awareness Day
- 9/24: Family Health & Fitness Day USA
- 9/24-28: Malnutrition Awareness Week
- 9/26: National Women's Health and Fitness Day
- 9/28: Sport Purple for Platelets Day
 - World Rabies Day
- 9/29: World Heart Day

Director's Note

Michael F. Jackson, MHR

Important Notice to Our Patients: The Impact of Missed Appointments

Every scheduled appointment at the Reno-Sparks Tribal Health Center is a valuable opportunity for healing, prevention, and wellness. When a patient misses a visit without notice, it impacts our entire community.

What is a "No-Show"?

A "No-Show" occurs when a patient misses their scheduled medical appointment without prior notice.

Why It Matters to Our Community

- **Delayed Care:** A missed slot means another sick community member must wait longer to see a provider.
- **Poorer Health Outcomes:** Missing regular check-ups interrupts your personalized care and treatment plan.
- **Operational Strain:** No-shows cause lost clinic revenue, stretching our shared community resources thin.

How You Can Help: Our 48-Hour Notice Policy

We understand that life happens and plans change. We simply ask that you look out for your neighbors by letting us know when you cannot make it.

- **Schedule Your Own Reminder:** Although RSTHC offers automated appointment reminders, it's helpful to add your appointment to your phone calendar, a physical calendar, or even set an alarm to remind you that it's coming up. Add it to your current time management routine or start a new one to keep all of your appointments on your weekly to-do list. You can also verify appointments on the Patient Portal.
- **Give Notice:** Please call the Reno-Sparks Tribal Health Center at (775) 329-5162 at least 48 hours before your appointment.
- **The Result:** We can immediately give that slot to a patient who needs urgent or routine care.

Thank you for your partnership in keeping our community healthy, strong, and supported.

Reno-Sparks Indian Colony Tribal Health Center

Our Mission: To raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives (AI/AN) to the highest level.



RSIC THC Health Highlights



WELCOME!
New Staff:

Amanda - Laboratory Supervisor
Catherine - Referral Coordinator
Edgar - Emergency Coordinator/ Safety Officer
Kelli - Pharmacy Technician
Naomi - Dental Hygienist

Hi everyone! My name is Edgar, and I'm excited to join the team as the Emergency Coordinator/ Safety Officer. I recently earned my bachelor's degree in Emergency Management and look forward to using my experience to help support a safe and prepared workplace.

Osiyo! My name is Amanda, and you may remember me as your Medical Assistant at RSTHC. I am excited to be in my new role as the Laboratory Supervisor. I have over 16 years of experience and knowledge and I'm looking forward to serving you in a broader capacity!



Hello my name is Catherine & I am the new referral coordinator! I also have been a medical assistant for about 10 years & recently certified to perform in office liver scans. I have a lot of experience with endoscopy procedures & many other digestive exams. In my free time I love to travel & explore new places as much as possible, especially with my family. I look forward to meeting you all & to be a part of this team.



My name is Naomi. I am a native Nevadan and in my free time, you'll catch me rock climbing, hiking, playing video games, watching anime, or trying new food places.

As a dental hygienist, I aim to educate patients on proper oral hygiene practices, provide thorough cleanings, and offer personalized care to ensure that they understand the importance of oral health in their overall well-being.

I aspire to help and educate my patients to maintain their oral health, overcome any dental fears they may have and ultimately help them live longer and healthier lives!



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RSIC THC Health Highlights



Meet Your RSTHC Billing Team



Behind every patient visit is a dedicated team working to ensure the Reno-Sparks Tribal Health Center (RSTHC) can continue providing high-quality care to our community. We'd like to introduce our in-house Billing Team: **Carla Chagolla, Letisha Barlese, and Carolyn Chavez.**

The Billing Team plays an important role in helping RSTHC secure reimbursement for the healthcare services we provide. **Third-party revenue from insurance companies helps fund clinic operations, including medical supplies, staff salaries, and many of the programs our patients rely on every day.**

When a patient visits the clinic, our Billing Team processes claims based on the patient's insurance coverage, benefits, and the services provided. These services may include medical, dental, behavioral health, laboratory, optical, nutrition, and pharmacy care. Using the documentation and billing codes submitted by providers, the team prepares and submits claims to commercial (private) insurance plans, Medicare, or Medicaid.

Once a claim is received, the insurance company reviews it according to the patient's benefits and coverage. **Some claims are paid in full, while others may be adjusted or denied** if, for example, a deductible has not been met or a service is not covered under the patient's plan. After processing, the insurance company sends an **Explanation of Benefits (EOB)** to both the patient and RSTHC. The EOB outlines the services billed, the amount paid by the insurance company, and any adjustments or denials.

It's important for patients to know that RSTHC does not bill patients for services provided at our facility, even if an insurance company denies a claim. While an EOB may list a patient responsibility amount, RSTHC does not collect those charges as long as the EOB lists RSTHC or one of our providers as the service provider.

Because third-party revenue is essential to supporting the services we offer, our front desk staff will continue to ask patients to provide current contact information and insurance coverage at each visit. If a patient does not have insurance, our State representatives, Benefits Coordinator and Patient Advocate are available to assist with Medicaid or Health Insurance Marketplace applications and help identify other available resources.

We appreciate your cooperation in keeping your insurance information up to date. Together, we can help ensure that RSTHC continues to provide exceptional care to our community.

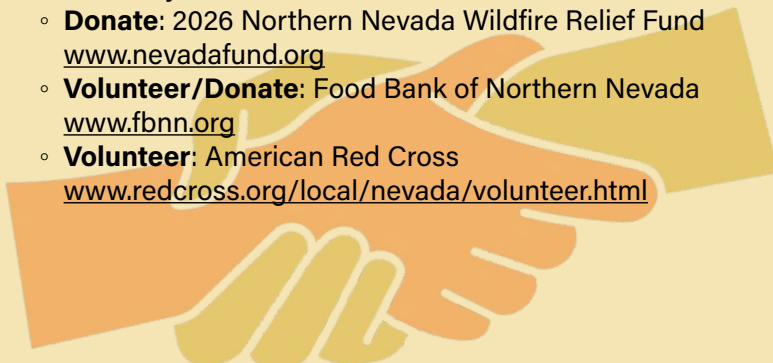
Stress, Empathy, and Gratitude in Emergency Seasons

Although Northern Nevada is no stranger to wildfire season, each year can be a surprise of where, when, and what will happen as we monitor the news and scroll social media for the latest updates.

This year we grieve the loss of homes and displacement for 58 of our neighbors across Reno. Even in our gratitude that Hungry Valley was spared that loss, it's important to recognize that the evacuation, uncertainty, and disruption brought emotional and financial stress to RSTHC patients, staff, and tribe members.

If you are still struggling with the aftermath of the fires, feeling overwhelmed or anxious, or experiencing survivor's guilt, please remember and try to practice self-care for coping with stress:

- **Basic needs**-- drink water, eat when you can, and get sleep or quiet rest as needed to support your body.
- **Give yourself grace**-- you may not be able to do everything you normally would, and that's okay.
- **Give others grace**-- everyone experiences and responds to stress in their own way, and may need more or less time or resources for their own healing.
- **Check in**-- kindness, "thinking of you," or asking how someone is doing can go a long way in their own recovery.
- **Reach out**-- crisis and counseling options are available if needed so that you don't have to carry it all yourself.
 - **CDC Disaster Distress Helpline:** 1-800-985-5990
 - **Crisis Support Services of Nevada:** 988 or 1-800-273-TALK
 - **Make an appointment** with RSTHC Behavioral Health: 775-329-5162
 - **Other counseling resources:** <https://www.psychologytoday.com/us/therapists>
- **Help others:** Extending our hands can help our whole community heal.
 - **Donate:** 2026 Northern Nevada Wildfire Relief Fund www.nevadafund.org
 - **Volunteer/Donate:** Food Bank of Northern Nevada www.fbnn.org
 - **Volunteer:** American Red Cross www.redcross.org/local/nevada/volunteer.html



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RSIC THC Health Highlights

September is Recovery Month: Celebrating Hope, Healing, and Recovery



This is a time to celebrate the strength and resilience of individuals who are living in recovery from substance use and mental health challenges. Recovery Month also provides an opportunity to raise awareness, reduce stigma, and remind individuals and families that recovery is possible.

Recovery is not the same journey for everyone. It can include treatment, support from family and friends, community resources, cultural connections, and many other forms of support. Those moving towards a healthier and more fulfilling life is an accomplishment worth recognizing and supporting. People in recovery cannot do this alone.

For families and community members, Recovery Month is also a reminder that we all have a role to play. By listening without judgment, sharing resources, encouraging healthy choices, and supporting those in recovery, we can help create a community where individuals feel supported rather than stigmatized.

Recovery is possible, and no one should have to walk the journey alone. This month lets us celebrate those in recovery, honor their accomplishments, support their continued journey, and continue working together to build healthier and stronger community.

If you know someone who is struggling with addiction, mis-use of substances or mental health challenges please contact Reno Sparks Tribal Health Center Behavioral Health at 775-329-5162.

NATIONAL RECOVERY MONTH

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September is Paraoptometric Appreciation Month

September is a special time to recognize and celebrate the dedicated paraoptometric professionals who play an essential role in helping to provide quality eye care. From patient care and clinical support to keeping our offices running smoothly, paraoptometrics make a meaningful difference every day.

Who are paraoptometric staff?

All Optical staff who support the Optometrists:

-Optician (an eye care technician who works directly with patients to design, fit, and dispense eyeglasses and contact lenses based on prescriptions from an eye doctor.)

-Optical Technician (a skilled professional who makes, fits, and repairs prescription eyeglasses, contact lenses in the back-end laboratory)

-Front office (administrative staff who greets patients and checks them in/out, verifies insurance, updates documentation, schedules appointments, and answers questions.)

-Optical Assistant (along with front office duties, can also perform simple optical tests, help with frame selection and repair, and educate on contact lens use.)

We are grateful for their hard work, compassion, and commitment to our patients. Thank you to our amazing paraoptometric team members: **Dallas, Sierra, and Kevin!**



Behavioral Health Calendar

SEPTEMBER

MON	TUE	WED	THU	FRI
	1 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	2 Outpatient Level 1 Group 10-11am Movie Night Nat'l Automobile Museum 6PM	3 Domestic Violence Group 4-5:30PM	4 Red Road to Wellbriety 4-5PM
7  RSTHC Closed	8 Anger Management Group 4-5:30PM	9 Outpatient Level 1 Group 10-11am Movie Night Nat'l Automobile Museum 6PM	10 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	11 Red Road to Wellbriety 4-5PM
14 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	8 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	16 Outpatient Level 1 Group 10-11am Movie Night Nat'l Automobile Museum 6PM	17 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm Caregiver Presentation Part 1 RSTHC 5:30PM	18 Red Road to Wellbriety 4-5PM
21 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers RSTHC 5:30PM	22 Anger Management Group 4-5:30PM	23 Outpatient Level 1 Group 10-11am Chalk for Hope Event RSTHC 5:30PM	24 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm Caregiver Presentation Part 2 RSTHC 5:30PM	25 National Indian Day RSTHC Closed 
28 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	29 Anger Management Group 4-5:30PM	30 Outpatient Level 1 Group 10-11am		

2026

Notes

Weekly Suicide Awareness Social Media Challenge.
Each participation post will enter you into a drawing.

 @rsicBH



Notice!

The Tribal Health Clinic will be **CLOSED** on the following dates:
Wednesday 9/16: Staff Training
Friday 9/25: National Indian Day (celebrate!)

Reno-Sparks Indian Colony Tribal Health Center

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RSIC THC Health Highlights



National Suicide Prevention Month

By Vanessa Williams

B.S. Community Health Sciences
Prevention Outreach Coordinator



September is National Suicide Prevention Month.

The purpose of World Suicide Prevention Month is to remember those affected by suicide, raise awareness, and focus efforts on directing treatment to those who need it most. The theme for this year is *"Changing the Narrative on Suicide"*. We are asking people to have open and honest discussions about mental health and suicide. Culturally, silence is the path that we chose when it comes to mental health struggles. Asking for help is still seen as a sign of weakness and it is not!

Community Loss

I would like to introduce you to a word that we do not hear very often: **POSTVENTION**. When a community has lost someone to suicide, we call the efforts that promote recovery and healing among those affected by the death (suicide) postvention. Postvention can help prevent any negative effects of suicide exposure, such as complicated grief and suicide contagion.

RSTHC Behavioral Health Response Plan

The main goal of postvention is to; support survivors, prevent other vulnerable individuals from attempting or dying by suicide, and reducing stigma about mental health. We are asking that people have open and honest conversations about their feelings and mental health.

The Behavioral Health Department has one-on-one counseling/therapy, group support, talking circles for both youth and adults, and family counseling. Priority is given to those in crisis, so please reach out to if you'd like to schedule an appointment, the direct line to the Behavioral Health Department is (775) 334-4307.

If you are seeking support outside of the Reno-Sparks Tribal Health Center (RSTHC), the Office of Suicide Prevention has a Survivors of Suicide Loss Group. Individuals coping with losing someone to suicide can share experiences and connect with others who understand their journey. The meetings are held on the second Monday of each month at 6:00 pm. Please contact renososlosp@gmail.com or 775-684-2236. *They will first contact you, then reply to your email with the group meeting dates, times, and location.*

Do not be afraid to reach out to a crisis hotline: **988** (call or text) and **741741** (text). These are both great resources. There are also online resources that allow you to chat with a peer support person or counselor. **RENOWN CRISIS CARE CENTER** (480 Galletti Way Unit 25C Sparks, NV 89431) is open 24/7 for walk-in mental health crisis care.

Steps To Take in A Crisis

If you are with someone who is in crisis here are the steps to keep them safe:

1. ASK: "Are you having thoughts of suicide?" This is not an easy question to ask, but studies show that asking at-risk individuals if they are suicidal does not increase suicidal ideations or suicides.

2. KEEP THEM SAFE: Ask the person if they have a plan. If they do, you can remove items and stay with this person, do not leave them alone. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.

3. BE THERE: Listen and let them talk without judgment. Do not make them feel guilty, and don't make it about you. Listen and be as understanding as possible. You will learn what the individual is thinking and feeling. Research shows that accepting and talking about suicide may reduce rather than increase suicidal thoughts.

4. HELP THEM CONNECT: Get them help. Be the warm, caring handoff. The National Suicide Prevention Lifeline's **988 (call or text)** and the Crisis Text Line's number (**741741**). Text "**NATIVE**" to **741741** and you will be connected to someone that is culturally trained for the native population. You can also help them by making a connection with a trusted family member, friend, spiritual advisor, or mental health professional. Ask them about their support network or if they have a safety plan. Local crisis centers offer immediate counseling to everyone and can connect the individual to local services. **RENOWN CRISIS CARE CENTER** (480 Galletti Way Unit 25C Sparks, NV 89431) is open 24/7 for walk-in mental health crisis care, for those 18 years of age and older.

5. STAY CONNECTED: Check in with the person who was in crisis. Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with an at-risk person.

YOU ARE NEVER ALONE. WE ARE HERE FOR YOU

If you need to make a behavioral health appointment, please call us (775) 334-4307 and we will be more than happy to schedule an appointment. If you need more resources on mental health services in the Reno/Sparks area please call (775) 329-5162 ext. 2009 and we can get you connected.

RENO SPARKS TRIBAL HEALTH CENTER
BEHAVIORAL HEALTH DEPARTMENT



Reno-Sparks Indian Colony Tribal Health Center
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RSIC THC Health Highlights

DID YOU KNOW?



AMERICAN INDIAN/ALASKA NATIVES MAY BE EXEMPT FROM CERTAIN MEDICAID AND SNAP REQUIREMENTS?

Are you an enrolled member of a **federally recognized tribe**?

You may qualify for exemptions from certain new **Medicaid and SNAP work/community-engagement requirements**.

Under recent federal changes American Indian and Alaska Native individuals are specifically exempt from these work requirements. This exemption is intended to recognize the unique circumstances and needs to Tribal Communities.

IMPORTANT: Make sure your AI/AN status is reported. When applying for or renewing Medicaid/SNAP, make sure you **mark that you are AI/AN**.

- Identify yourself as American Indian/Alaska Native
- Provide Tribal enrollment information when requested
- Make sure your Tribal membership is documented with the appropriate agency
- If you are completing a renewal or updating your application, check that your AI/AN information is still listed correctly.



WHAT DOES THIS MEAN FOR YOU?

- You may not have to meet the new work-hour requirements to maintain eligible Medicaid coverage
- You may be exempt from the SNAP work requirements.
- You must still meet other program eligibility requirements, such as income and household requirements.

PATIENT REGISTRATION



If you have questions about your Medicaid or SNAP benefits, come to the Reno-Sparks Tribal Health Center and speak to a State Family Services Specialist or speak to our Benefits Coordinator, Gaby Arroyo.

GABY ARROYO - BENEFITS COORDINATOR 775-329-5162 EXT 7965

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RSIC THC Health Highlights



Presented By:
Diabetes Program



PICKLEBALL

Health Benefits of Pickleball for Older Adults

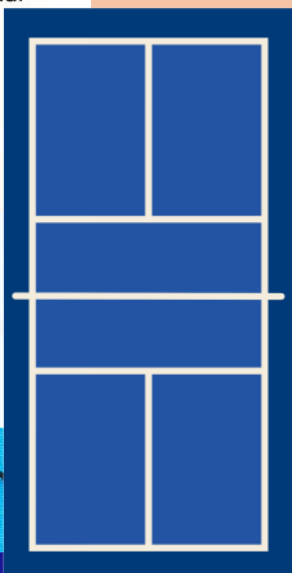
This isn't just feel-good messaging. The research on pickleball and aging is growing fast, and it's actually interesting.

Cardiovascular: That 2018 Journal of Aging and Physical Activity study measured heart rate in 28 adults (average age 62.5) playing recreational pickleball — average heart rate hit 109 bpm, landing squarely in moderate-intensity aerobic exercise. Equivalent to brisk walking, but with strategic engagement that makes players forget they're working out.

Balance and fall prevention: Pickleball requires lateral movement, quick directional changes, and weight transfers that directly train the stabilizer muscles involved in fall prevention. A 2022 study in the Journal of Aging Research found improvements in balance scores in adults 65+ after 6 weeks of regular pickleball play.

Bone density: Weight-bearing activity on a hard court (the load from movement, not just standing) stimulates bone mineral density — important for postmenopausal women and men over 60 where osteoporosis risk increases.

Cognitive engagement: Pickleball requires shot selection, positioning, opponent reading, and score-keeping under pressure. That combination of social interaction and cognitive demand is associated with reduced cognitive decline risk — the social factor matters as much as the physical one.



Questions? Email 3nwc@rsicclinic.org or call (775) 329-5162 ext. 1941

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RSIC THC Health Highlights



Presented By:
Diabetes Program

DIABETES SHOE VOUCHER



**\$200
VALUE**

ELIGIBILITY

To qualify you must have:

- ✓ A diabetes diagnosis
- ✓ A diabetic foot exam in 2026
- ✓ A diabetes checkup with labs in the past 3 months

****To receive a voucher visit the 3 Nations Wellness Center
located on the first floor of the RSTHC***

Questions? Email 3nwc@rsicclinic.org or call (775) 329-5162 ext. 1941

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EVENTS

Suicide Prevention Intervention & Postvention Grant Presents

Suicide Awareness Challenge



Week 1: September 1-6 Week 2: September 7-13
Week 3: September 14-20 Week 4: September 21-28

Week 1: Support-Who is your favorite person to talk to? Tell us or post a picture of you and your favorite person/people you talk to.

Week 2: Social Connection- What do you like to do outside of your home with other people? Tell us or post a picture of a sport, hobby, gathering that you attend that connects you to other people.

Week 3: Coping Skills- How do you calm yourself down? Is it deep breathing, taking a walk, or listening to your favorite song? Tell us or post a picture of how you calm down.

Week 4: Safe Environment- Where do you feel safe to be yourself? Tell us or post a picture of your safe place.



Vanessa 775-329-5162 ext. 2009
vwilliams@rsicclinic.org



NICWA

Positive Indian Parenting Classes

Starting: September 10, 2026

Thursdays, 12pm-1pm

Reno-Sparks Tribal Health Center
Behavioral Health Conference Room

OPEN TO: ALL PARENTS, GUARDIANS, CAREGIVERS, AND FOSTER PARENTS OF NATIVE CHILDREN

Note: If you need a virtual access, please call us so that we can send you the information. Children will not be allowed in the classroom. No new participants after the September 17th session.

September 10: Traditional Parenting

September 17: Lessons of the Storyteller

September 24: Lessons of the Cradleboard

October 1: Harmony on Child-rearing

October 8: Traditional Behavior Management

October 15: Lessons of Mother Nature

October 22: Praise in Traditional Parenting

October 29: Choices in Parenting

Lunch will be provided for in-person participants

SIGN-UPS REQUIRED
(775) 329-5162 ext. 2009

-or-

vwilliams@rsicclinic.org



Tues.
9/15
6-8P

Rock Climbing

Mesa Rim Reno

970 Harvard Wy., Reno

Open to RSTHC patients of all ages and skill levels-- no experience needed.

Head Start Car Seat Checks

Reno-- 34 Reservation Rd. Multipurpose Room

Hungry Valley-- 9055 Eagle Canyon Dr, Sparks

Head Start Families-- connection with other parents, presentations, car seat inspections/ installations and raffle! Car Seats and dinner provided.

Tues.
9/15
5:30P

Thurs.
9/17
12-2P

Weds.
9/16
All Day

RSTHC Closed

RSIC Tribal Health Center

Closed for staff training-- call to schedule appointments.

Thurs.
9/17
6-8:30P

Family Photo Album Transfer

Hungry Valley Rec Center-- Lower Level

Community Residents and RSIC members-- bring in older photos/albums to learn how to safely handle/ care for older photographs and trade in an old album for a new one. Sign up before the event and receive dinner!

Tues.
9/22
12P

Elders (55+) Lunch Meeting

RSIC Tribal Health Center

1st Floor Conference Room

Share your thoughts on fall prevention, fitness, and staying independent. Lunch provided!

Weds.
9/23
12-12:30P

Fall Prevention Do's and Don'ts

RSIC Senior Center

34 Reservation Rd. Bldg. F

Come connect with other elders and learn about ways to prevent falls!

Weds.
9/23
5:30-7P

Chalk For Hope

RSIC Tribal Health Center

Sidewalk chalk art-- draw remembrance, hope, and healing, enter the individual or team art contest! Dinner Provided.

Fri. 9/25
All Day

RSTHC Closed

Closed to honor National Indian Day.

Caring For Loved Ones With Mental Health Challenges

RSIC Tribal Health Center

1st Floor Conference Room

Thurs.
9/17
5:30-7:30P

Informational series for caregivers-- when loved ones need help, intake at RSTHC, evaluation and medication processes, and support available.

Thurs.
9/24
5:30-7:30P

Behavioral Health Provider panel-- bring your questions!

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Reno-Sparks Indian Colony Head Start



15
SEPTEMBER
5:30pm

Parent MEETING

Connect with Other Parents and Learn How to Support Your Child's Growth! As parents, we all want the best for our children.

Location: Multipurpose Room
34 Reservation Road
Car Seats will be provided



- Special presentation on Car Seat Safety by Alyssa Cooper, Injury Prevention Coordinator.
- Special Presentation by Waterford SmartStart
- Car seat inspections and Installations will be provided!

- Raffle and Dinner provided
- Child care provided



Reno-Sparks Indian Colony
Hungry Valley Head Start



17
SEPTEMBER
6:00pm

Parent MEETING

Connect with Other Parents and Learn How to Support Your Child's Growth! As parents, we all want the best for our children.

Location: Hungry Valley Head Start

Car Seats will be provided



- Special presentation on Car Seat Safety by Alyssa Cooper, Injury Prevention Coordinator.
- Special Presentation by Waterford SmartStart
- Car seat inspections and Installations will be provided!

- Raffle and Dinner provided



Caring for Loved Ones with Mental Health Challenges

RENO-SPARKS TRIBAL HEALTH CENTER
1715 Kuenzli Street 1st Floor Conference Room
5:30PM-7:30PM

September 17th : Part 1- Presentations

September 24th: Part 2- Behavioral Health Provider Panel. Ask them your questions

Recognize when loved ones may need professional help.

Common steps to take to start seeking professional help

Support offered for caregivers at the Reno-Sparks Tribal Health Center and surrounding community



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RENO-SPARKS INDIAN COLONY
ARCHIVES & RECORDS

FAMILY PHOTO ALBUM TRANSFER EVENT

Do you have older photographs that need to be protected?
Do you have photographs that are in old albums?
We can help.

We invite you to come and learn:

- How to safely remove from older photographs albums
- How to take care of your photographs
- Come and receive a new photograph album

SEPTEMBER 17TH 2026
6:00PM-8:30PM
HV REC CENTER LOWER LEVEL

To participate you must:

- You must start a Family Collection or already have a Collection started at the Tribal Archives.
- You must be a Community Resident or RSIC Member.
- Must bring in photos or album you would like to trade in for a new album.

*Sign-ups are required for this event. One album per household.
Dinner will be provided for participants that have signed up prior to event.

If you would like to sign up or have questions contact:
Emily Bowman- ebowman@rsic.org
Lydia Morris- lmorris@rsic.org
Office Phone: 775-785-1335 x7726

Fall Prevention Week
September 21-25, 2026

Elders 55+

LUNCH Meeting

Share your thoughts on fall prevention,
elder fitness, and staying independent
over a complimentary meal!

**Tuesday September
22, 2026 12:00 PM**

Reno-Sparks Tribal Health Center
Conference Room



Confirm attendance:
(775) 329 5162 ext 1923
alyssa.cooper@rsicclinic.org



CHALK FOR HOPE

SUICIDE
AWARENESS
MONTH

RECOVERY
MONTH

Wednesday, September 23, 2026
5:30pm-7:30pm

Reno-Sparks Tribal Health Center

Sidewalk chalk art contest. Enter as a
team or individual.

Bring the family down to get creative
and turn our sidewalks into messages
of remembrance, hope and healing.

Dinner will be provided.

SIGN-UPS REQUIRED

Charla Rush (775) 329-5162 ext. 1967
crush@rsicclinic.org

Vanessa Williams (775) 329-5162 ext. 2009
vwilliams@rsicclinic.org



prizes

education

fun



COMMUNITY HEALTH PRESENTS

FALL PREVENTION Do's and Don'ts

September 23,
12:00- 12:30 PM



September 21-25 is Fall Prevention Week.
Come learn about ways to prevent falls!

RSIC Senior Center

Reno-Sparks Indian Colony Tribal Health Center

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Talking Circle

MONDAYS

4:00 PM---Reno-Sparks Tribal Health Center

w/ MICHELLE JIM-KATENAY
CADC-S, LMSW, CSW-I

Support, deep listening, and healing. Join others with shared experience for connection and understanding.



For more information please call (775) 329-5162 ext. 2014 or e-mail mkatenay@rsicclinic.org



NATIVE CONNECTIONS PROGRAM

YOUTH TALKING CIRCLE



TUESDAYS| 4:00-5:00 PM

RENO-SPARKS TRIBAL HEALTH CENTER
MAIN CONFERENCE ROOM (1ST FLOOR)

FIRST TUESDAY OF EACH MONTH: YOUTH TALKING CIRCLE (AGES 14-17)
THIRD TUESDAY OF EACH MONTH: YOUNG ADULT TALKING CIRCLE (AGES 18-24)

Topics We Explore:

- Cultural identity & belonging
- Coping skills and stress management
- Healthy relationships & communication
- Goal-setting and personal strengths
- Community values & wellness
- Open sharing and peer support

CONTACT

Joseph Cano
jocano@rsicclinic.org
775-329-5162 Ext 7972



Reno-Sparks Indian Colony
Tribal Health Center

Presented by:
Diabetes Program

NUTRITION DEMO CLASS

SNACKS WITH ALISA & HADEAL

Held twice a month
9:45 AM-10:30 AM

Location: RSTHC Conference Room

Learn simple, healthy recipes
you can make at home

Pick up easy tips for cooking
healthier at home

Get your nutrition questions
answered

Take home a free bag of
ingredients

*Registration required to receive ingredients bag (limited to 20 per class)



REGISTER TODAY!

Scan the QR code or register at 3NWC front desk.
Questions? Email 3nwc@rsicclinic.org

1715 Kuenzli St. Reno, NV 89502

Reno-Sparks Indian Colony Tribal Health Center

Our Mission: To raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives (AI/AN) to the highest level.

COMMUNITY

is about doing something

TOGETHER

that makes belonging

MATTER



WIND TALKERS

A NATIVE YOUTH FLUTE GROUP
NATIVE CONNECTIONS PROGRAM



LEARN TO PLAY THE NATIVE AMERICAN FLUTE. DINNER PROVIDED. AGES 12 - 24. PARENTS/FAMILIES ARE WELCOME

Flute Session Schedule (2026)

January: 1/12 (Reno 5:30pm), 1/26 (HV 6:00pm)
February: 2/9 (Reno 5:30pm), 2/23 (HV 6:00pm)
March: 3/9 (Reno 5:30pm), 3/23 (HV 6:00pm)
April: 4/6 (Reno 5:30pm), 4/20 (HV 6:00pm)
May: 5/4 (Reno 5:30pm), 5/18 (HV 6:00pm)
June: 6/1 (Reno 5:30pm), 6/15 (HV 6:00pm)
July: 7/13 (Reno 5:30pm), 7/27 (HV 6:00pm)
August: 8/10 (Reno 5:30pm), 8/24 (HV 6:00pm)
September: 9/7 (Reno 5:30pm), 9/21 (HV 6:00pm)
October: 10/5 (Reno 5:00pm), 10/19 (HV 6:00pm)
November: 11/2 (Reno 5:00pm), 11/16 (HV 6:00pm)
December: 12/14 (Reno 5:00pm), 12/28 (HV 6:00pm)



For sign-ups, contact
Joseph:
jocano@rsicclinic.org
775.329.5162 Ext. 7972



Reno-Sparks Indian Colony
Tribal Health Center

Presented by:
Diabetes Program

Rock Climbing

Mesa Rim Reno



RSTHC PATIENTS

Take on the walls at Mesa Rim in a fun, supportive session where all ages and skill levels are welcome. No experience needed.

WHEN:

TUESDAY, SEPTEMBER 15TH
6:00-8:00 PM



REGISTER TODAY!

Scan the QR code or register at 3NWC front desk.

Website: linktr.ee/3nwc

Mesa Rim Location: 970 Harvard Way, Reno, NV 89502

Questions? Email 3nwc@rsicclinic.org

1715 Kuenzli St. Reno, NV 89502

Thanks for reading our
new and updated
newsletter!
Any comments or
suggestions?
Please email
mari.demers@rsicclinic.org

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