

Reno-Sparks Indian Colony Tribal Health Center



Health Highlights

A Circle of Care for the Community

August 2026

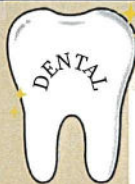


August Awareness:

- National Immunization Awareness Month
- National Breastfeeding Month
- Children's Eye Health and Safety Month
- Digestive Tract Paralysis/Gastroparesis Awareness Month
- Psoriasis Action Month
- Spinal Muscular Atrophy Awareness Month
- 8/1: World Lung Cancer Day
- 8/1-8/7: World Breastfeeding Week
- 8/2-9: National Health Center Week
- 8/17-23: Contact Lens Health Week
- 8/31: International Overdose Awareness Day

Director's Note

Michael F. Jackson, MHR



Why Having One Primary Care Doctor Matters

Your primary care doctor is your main partner in health. Sticking with one doctor instead of switching around makes a big difference for your well-being. Here's why:

They Know Your Story. When you see the same doctor regularly, they learn your medical history, lifestyle, and preferences. This helps them make better decisions for your care.

• **Better Care, Fewer Surprises.** Your doctor can spot changes in your health early because they know what's normal for you. This means problems can be caught before they become serious.

• **One Point of Contact.** Your primary care doctor coordinates everything—specialists, tests, medications—so nothing gets missed or duplicated. It's like having a health "home base."

• **Saves Time and Stress.** No need to repeat your history at every visit. Your doctor already knows you, which makes appointments smoother and less stressful.

• **Focus on Prevention.** Regular checkups with the same doctor help you stay healthy, not just treat illness. They'll keep track of screenings, vaccines, and lifestyle advice.

Bottom line. Having one primary care doctor means better communication, safer care, and peace of mind. It's one of the easiest ways to take control of your health.

Contact the Reno-Sparks Tribal Health Center to establish your care.

Smile-Safe Back to School Lunches

These smart swaps are a low-effort way to pack lunches that are delicious, healthy, and better for your children's teeth.

1. Crunchy, Fresh Produce:

Carrot sticks, celery, apples, and cucumber slices act like natural toothbrushes, scrubbing away midday plaque and stimulating saliva flow, which defends mouths naturally against cavities.

2. **Cheese & Yogurt:** Low-sugar dairy products strengthen enamel with calcium and phosphates and neutralize acids in the mouth which could degrade teeth.

3. **Whole Grains, Not Refined Carbs:** Whole grain wraps, crackers, or bread add fiber and keep energy levels steady, but white bread releases sugar and feeds bacteria that cause cavities.

4. Water Bottles!

Water rinses away food particles and keeps the mouth hydrated. Pack a reusable bottle with your child's name. Even "100% juice" can be high in natural sugars, and sugary drinks are better as occasional treats.

5. Crunchy Over Sticky Snacks

Dried fruit, chewy granola bars, and gummy treats cling to teeth and contain added sugar, feeding bacteria which produce more harmful acids. Try crunchy snacks such as nuts and seeds. Sugar-free gum with xylitol reduces bacteria, if it's permitted at your child's school.

Final Bite

Keep a list of your child's favorite school snacks and let them pick which ones to add to the grocery list before you go shopping for less lunchtime drama.

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.

RENO SPARKS TRIBAL HEALTH CENTER
MEDICAL TRANSPORTATION



MEDICAL
TRANSPORTATION &
MEDICATION
DELIVERIES



RSTHC is happy to announce that we are open for patient transport to your scheduled appointments.

Transport is limited to persons residing in Reno, Sparks, North Valleys, and Hungry Valley without other means of transportation.

To schedule a ride or medication delivery please call
(775) 329-5162
ext. 7714

We require a minimum of 24 hrs notice but encourage you to schedule as soon as you can.

Wheelchair accessible.

RSIC THC Health Highlights



Hi! I'm Alyssa, the Injury Prevention Coordinator and we are excited to provide car seats!

Introducing Reno-Sparks Tribal Health Center's Car Seat Distribution Program

By Alyssa Cooper, Injury
Prevention Coordinator

Hello from the Community Health Department! As the Injury Prevention Coordinator, my focus is on Elder Fall Prevention and Child Passenger Safety for RSIC Tribal members and RSTHC patients. This month we're highlighting our Car Seat Distribution Program for families here!

Child Passenger Safety focuses on making sure children 12 and younger are safely secured in a car seat that is appropriate to their age, weight, height, and developmental level. At the Community Health Department, we provide IHS-eligible children car seats **free of cost**.

If your child is in need of a car seat, you can contact the Injury Prevention Coordinator (me!) to schedule an appointment to receive a car seat **and** have it installed in your vehicle, so you know it's placed correctly and learn how to reinstall it if you need to. Our department houses 6 Child Passenger Safety Technicians who work with caregivers to provide education on proper installation, advise them when to come back to receive a new car seat to meet children's growth, and demonstrate proper installation in vehicles.

Those who come in to our office vary-- from soon-to-be parents looking for infant car seats, to kids who outgrew their car seats, to those replacing a car seat after a motor vehicle crash.

In addition to car seat services, we also provide infant and postpartum resources and educational material which includes **baby kits for safe sleep**, Cribettes (**portable cribs**), **breast pumps**, and **postpartum kits**!

Along with our day-to-day services, in July we partnered with REMSA, (Regional Emergency Medical Services Authority) who provides emergency medical services for Washoe County, and hosted a car seat inspection and installation event aimed to provide community members with new car seats and to make sure that the car seats they have are properly installed. Collaborations are also in the works with the RSIC Head Starts, Tribal Police, and Tribal Fire Department to train staff in child passenger safety and to support car seat distribution and check events in the future-- stay tuned!

Reach out to **Alyssa Cooper** at the Community Health Department for more information or to set up an appointment! Call **775-329-5162 ext 1923** or email at alyssa.cooper@rsicclinic.org. We look forward to seeing you!!



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.



New Service Available: Medication Therapy Management (MTM)

Did you know your pharmacist can do more than fill prescriptions? The Reno-Sparks Tribal Health Center Pharmacy is excited to offer **Medication Therapy Management (MTM)**—a one-on-one service with our pharmacists designed to help you get the most benefit from your medications.

During an MTM visit, your pharmacist will review all of your medications, including prescriptions, over-the-counter products, vitamins, supplements, and herbal remedies. We can educate on how your medications work and how to optimize your medication therapy. You can ask questions, bring up concerns, discuss side effects, and better understand how your medications support your health.



MTM may be especially helpful if you:

- Take multiple medications
- Fill prescriptions at more than one pharmacy
- Have chronic conditions such as diabetes, high blood pressure, heart disease, asthma, or chronic pain
- Recently started or changed medications
- Experience side effects or are confused about your medications
- Want more agency in your medication choices

Your pharmacist, primary care provider, and other members of your healthcare team can all work with you to identify opportunities to optimize your medication therapy. If there are any needs or suggestions to change your medication, we will get your permission to communicate directly with your provider so your medications are safe, effective, and aligned with your health goals.

MTM can help:

- Reduce medication-related problems such as unbearable side effects or harmful drug interactions
- Improve medication safety
- Support better management of chronic conditions
- Give you greater confidence in managing your medications and your health

To schedule your MTM appointment, please contact our pharmacy staff at 775-329-5162, ext. 2004.



Behavioral Health Events Calendar

AUGUST

MON	TUE	WED	THU	FRI
3 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	4 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	5 Outpatient Level 1 Group 10-11am	6 Domestic Violence Group 4-5:30PM	7 Red Road to Wellbriety 4-5PM
10 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers RSTHC 5:30PM	11 Anger Management Group 4-5:30PM	12 Outpatient Level 1 Group 10-11am Elder Chair Volleyball Reno Rec Gym 10am	13 Domestic Violence Group 4-5:30PM	14 Red Road to Wellbriety 4-5PM STI/HIV Awareness L&L RSTHC 12PM
17 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	18 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	19 Outpatient Level 1 Group 10-11am	20 Domestic Violence Group 4-5:30PM	21 Red Road to Wellbriety 4-5PM
24 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers HV TLC 6PM	25 Anger Management Group 4-5:30PM JTNN Overdose Awareness Nat'l Automobile Museum 11am	26 Outpatient Level 1 Group 10-11am	27 Domestic Violence Group 4-5:30PM Diaper Giveaway RSTHC 5:30PM	28 Red Road to Wellbriety 4-5PM Diaper Giveaway HV Lower Level Gym 5:30PM
31 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM				

2026



Schedule in some
self-care today!



RSIC THC Health Highlights

PATIENT REGISTRATION



Our patient registration team continues to make a difference by helping patients access the care and resources they need.

July by the numbers:

- **41 new patients** were welcomed to our health center.
- **166 patients** were registered for the Intelichart Patient Portal, helping more patients stay connected to their healthcare.



We're committed to making your visit as smooth as possible. To help us serve you efficiently, please remember to:

- **Arrive 15 minutes prior to your scheduled appointment** to complete the registration process.
- **Bring your ID and current insurance card to every visit**, even if your information has not changed.



Stay connected with Intelichart!



The Intelichart Patient Portal gives you convenient, secure access to your healthcare. You can complete your forms before your appointment, communicate with your care team, view lab results, current medication list, and more. Next time you're in the health center, be sure to **ask** patient registration or our schedulers for more information on **how to register** for the Intelichart Patient Portal.

Did you know?

If you have a Medicaid Managed care plan, such as Anthem or Molina, you are eligible for value-added benefits beyond your regular health coverage. The next time you're in, ask our patient registration team or benefits coordinator about the extra benefits available through your plan.



Do you have our Patient Portal?

Our new Patient Portal makes it easier than ever to access your medical records and manage your health.

With our Patient Portal, you can:



Request appointments online



Receive reminders to your cell and email



Send secure messages to your provider



Decrease in-office wait time by completing forms online



Download the App

Scan the QR codes to easily download the app and access our Patient Portal on-the-go! You can also search "Intelichart" in either store to find the app.



Download the App

Visit us at www.intelichart.com



Do you have our Patient Portal?

Our new Patient Portal makes it easier than ever to access your medical records and manage your health.

With our Patient Portal, you can:



Request appointments online



Receive reminders to your cell and email



Send secure messages to your provider



Decrease in-office wait time by completing forms online



Download the App

Scan the QR codes to easily download the app and access our Patient Portal on-the-go! You can also search "Intelichart" in either store to find the app.



Download the App

Visit us at www.intelichart.com

Reno-Sparks Indian Colony Tribal Health Center

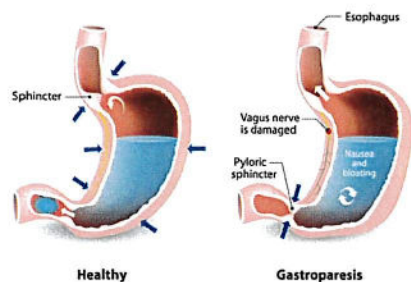
Our Mission: To raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives (AI/AN) to the highest level.



RSIC THC Health Highlights

AUGUST IS **GASTROPARESIS**
AWARENESS MONTH

GASTROPARESIS



Gastroparesis is a long-term condition where the stomach empties food into the small intestine too slowly because the stomach muscles work poorly. It happens most often when the vagus nerve gets damaged by diabetes or surgery, though many cases have no clear cause.

Common Symptoms:

- Feeling full very fast when eating
- Nausea and vomiting
- Stomach bloating and upper belly pain
- Throwing up whole pieces of old food
- Trouble keeping blood sugar levels steady

Main Causes:

- **Diabetes:** High blood sugar harms the vagus nerve over time.
- **Surgery:** Operations on the stomach or esophagus can damage nerves.
- **Idiopathic:** Many cases have no known cause.
- **Medications:** Certain pain pills like opioids slow down digestion.

Management and Treatment:

- Eating five or six small meals a day instead of three large ones
- Choosing foods low in fat and fiber to help the stomach empty easier
- Eating soft or well-cooked foods and chewing thoroughly
- Taking medicines to control nausea or help the stomach move food
- Working with your care providers for individualized treatments.

If you have concerns about your digestion, schedule an appointment with your RSTHC provider.



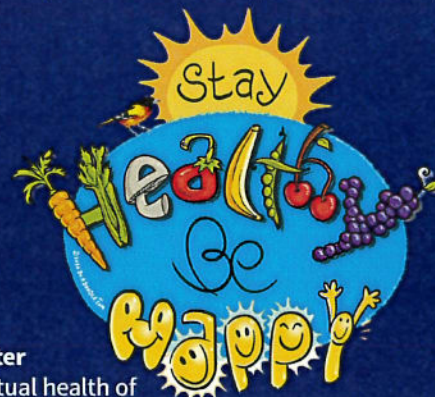
Patient Portal Challenge Winners!

May: Stacey
(Patient Reg.)

June: Emily
(Scheduler)



Congratulations Stacey and Emily! Your hard work, consistency, and dedication to enrolling patients in the Intelichart portal makes a meaningful difference in helping patients communicate with their care team, complete forms, access test results, and stay informed about their care in order to improve their health and healthcare experience. Thank you for all that you do!



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.

RENO SPARKS TRIBAL HEALTH CENTER



Free items
at no
additional
cost



HEALTH PRODUCTS VENDING MACHINE

How to Use Kiosk:

Step 1 – Choose product
Step 2 – Enter Demographics
(Age, Ethnicity, and Gender)
Step 3 – Scan QR Code using
your cell phone camera
Step 4 – Enter your phone
number

- * Sexual Health
- * Personal Health
- * General Health

Some of the items available
are:

- * Diapers
- * Baby Rash Cream
- * Hygiene Kits
- * First Aid Kits
- * Condoms
- * Narcan
- * Feminine hygiene products
- * Test My Drink
- * Glucose tablets
- * Rapid HIV/STI Kits
- * Over the counter Pain Reliever
- * UTI Test Strips
- * Pregnancy Tests

For assistance please call Reno Sparks Tribal Health Center
Behavioral Health

775-329-5162



RSIC THC Health Highlights



Moving Through Stress: Body Awareness from The Inside Out

Vanessa Williams

Prevention Outreach Coordinator

Have there been recent changes in your life? Have you been struggling to focus and get tasks done? Being aware of your body's reactions to changes in your life is very important. Everyday physical discomforts can actually be your body's way of telling you that you may need to work on your mental wellness.

Headaches and neck tension are more common when we are experiencing **stress**. Our body's muscles naturally tense up, and this can be one of the reasons why you are having more frequent headaches, neck pain, or body pains.

A **rapid heartbeat, tightness** in your chest, or feeling **dizzy** can happen more often when you have **intense panic**, worry, or stress. Your body will often go into "flight or fight" mode and will start moving more oxygen to your organs by way of your cardiovascular system. A rapid heartbeat creates a boost in your oxygen. Blood vessels restrict in areas of your body that are not necessary to keep you alive. This can cause you to feel dizzy because blood pressure increases with vessel restriction.

Along with the blood vessel restriction you may also experience **stomach issues**. The heart, lungs, and major skeletal muscles are getting the blood flow and slow the stomach from emptying into the intestines. The intestines may start to contract faster, which can cause **heartburn, cramping, nausea**, or the sudden urge to need to use the **bathroom**.

So, what can you do?

- First and foremost, **take notice**; is what you're feeling coming from an emotional situation?
- Drink **water**.
- **Limit caffeine and alcohol**. These can make you feel worse, increasing stomach problems, dehydrating you, and intensifying headaches as your blood thickens and your heart works harder to get it through your system.
- **Warm showers or heat packs** may relieve body aches.
- **Cold compresses** may help with headaches.
 - (Do those seem contradictory? If you're not sure, imagine what a hot pack or cold pack would feel like, and which seems like a better choice. Your body knows and will tell you what it needs!)
- **Dark, quiet rooms** may help relax your nervous system.
- Deep, calm **breathing**, meditating, or praying can help slow down a racing mind and heart.
- **Connecting** with a trusted friend or family member and talking about a stressful situation may help you feel better, and you can discuss and/or develop a plan on how to move forward. Or, they can help provide a distraction from your distressing thoughts so your body has time to step down from fight-or-flight mode.

It may take a combination of things to reduce your stress. Trying things that stimulate your sensory systems like **listening** to music or nature sounds, **smelling** scents that make you feel better, **smudging**, going **outside**, taking your **shoes off** or **changing** clothes, **cleaning**, **laying down**, **watching** a movie, **eating** a healthy snack, taking a **walk**, or **crafting** can all be beneficial.



If you feel like nothing is helping, please consider reaching out for professional help. There are 24/7 crisis lines, like 9-8-8, or you can contact the Reno-Sparks Tribal Health Center's Behavioral Health Department at (775) 334-4307.



Back-to-School Vision: Helping Students See Their Best

Dr. Taira Enewold

As students head back to the classroom, don't forget one of the most important tools for learning—**healthy vision**. Because much of classroom learning depends on seeing clearly, an undetected vision problem can make reading, writing, using computers, and participating in social activities more difficult.

Unfortunately, some children may not realize they have a vision problem because they assume everyone sees the way they do. That's why **regular comprehensive eye exams** are an important part of back-to-school preparation.

Signs Your Child May Need an Eye Exam

Watch for these common signs:

- **Squinting** or tilting the head to see
- Frequent **headaches** or tired eyes
- Holding books or devices **very close** to the face
- **Losing their place** while reading
- Complaints of **blurry** or **double vision**
- **Difficulty concentrating** on schoolwork

Why a Comprehensive Eye Exam Matters

School vision screenings can identify some vision concerns, but they **do not replace a comprehensive eye exam**. An eye exam evaluates more than just visual clarity. It also checks **how well the eyes work together**, focus, track across a page, and **assesses overall eye health**. Healthy vision helps children learn and enjoy the activities they love.

Healthy Vision Tips for the School Year

- **Follow the 20-20-20 Rule**: Every 20 minutes, look at something 20 feet away, for at least 20 seconds.
- **Encourage outdoor play** and take regular breaks from screen time.
- **Use good lighting** for reading and homework.
- **Wear protective eyewear** during sports and other activities that could cause eye injuries.
- **Eat a balanced diet** with plenty of fruits, vegetables, and foods rich in omega-3 fatty acids to support eye health.
 - **Examples**: Salmon, mussels, chia and flax seeds, walnuts, soybeans/edamame, avocado, brussels sprouts, and spinach.

Protect Your Eyes. You Only Get One Pair!



Schedule an Eye Exam

The Optometry Department is here to help support your family's eye health.

If your child is due for an eye exam or you have noticed changes in their vision, **contact us to schedule an appointment at (775)329-5162, press 5 or dial ext 1979.**



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

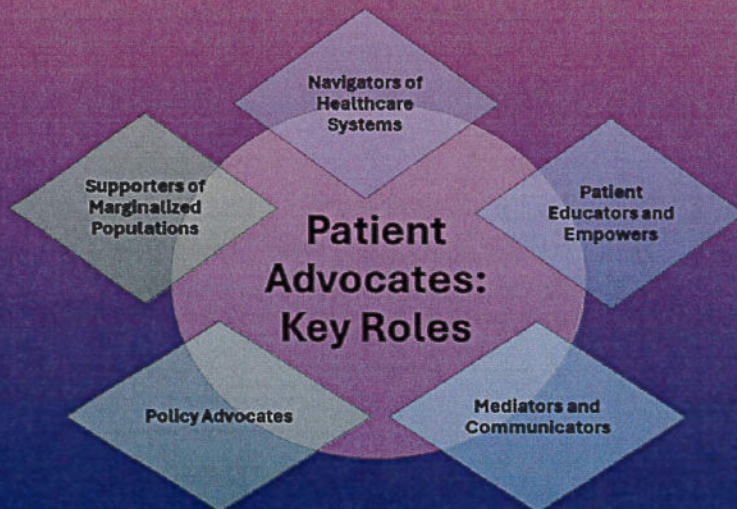
Manahuu, "hello!"

My name is Tamara Skeets and I am the Patient Advocate at the Reno Sparks Tribal Health Center. I'd like to explain a few key things that I am responsible for:



- **Listen** to patient complaints, concerns, or questions.
- Act as a **liaison** between patients and healthcare providers to **clarify** issues, **explain** medical information and the referral process, **advocate** for patient's needs, or **de-escalate** behaviors or conflicts.
- When necessary, work with appropriate staff to **address concerns**, attempt to **resolve issues** at the lowest administrative level, and **provide** timely **feedback** to the patient.
- When necessary, assist patients with **completing Complaint Forms**, Medicaid **enrollment** forms, Patient **Registration** forms, or other clinic **forms** that may be required or requested.

If you are ever in need of any assistance, **I am here to help you.** My office is located in the Medical Department next to Radiology. I can be reached via phone at **775-329-5162 ext.1969**. My office hours are **Monday – Friday 8am – 5 pm and Wednesday 8 am -12pm.**



THANK YOU
THANK YOU
THANK YOU
THANK YOU

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

World Breastfeeding Week 2026:

Celebrating every drop of strength and love.



Breastfeeding has long been a shared Indigenous tradition that also supports a mother's recovery.



The benefits of breastfeeding include...



Reduced child mortality



Reduced maternal mortality



Cognitive development



Higher education



Increased productivity



Stronger economies



Lower healthcare costs



Scaling up breastfeeding interventions to **75% coverage** in high-burden countries over the next decade could lead to:



224-263 THOUSAND child deaths averted



\$276-357 BILLION in economic benefits

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.

EVENTS

NATIONAL IMMUNIZATION MONTH PROTECT YOUR FUTURE! GET THE FACTS ON HPV VACCINES

JOIN US & THE AMERICAN CANCER SOCIETY
August 13th • THURSDAY
12:00 PM - 2:00 PM

FREE GOODIE BAGS! **ASK US ABOUT HPV VACCINE RECOMMENDATIONS!**



- LEARN HOW THE HPV VACCINE PREVENTS CANCERS
- WHO SHOULD GET VACCINATED?
- VACCINE SCHEDULES
- CANCER PREVENTION IS KEY!

WE ARE HERE TO ANSWER YOUR QUESTIONS!

**Reno-Sparks Tribal Health
Center Front Lobby**



CHAIR VOLLEYBALL VS.



August 12, 2026
10am-1pm
Reno Recreation Gym

34 Reservation Road Reno, NV 89502

Get ready to dig deep and compete in our high-energy chair volleyball match. Physical exercise lowers anxiety and stress by releasing endorphins. Being a part of a team increases our social connection and protects us against depression symptoms. Join us in taking care of our mental wellness. Open to RSTHC eligible patients 55 years and older.

Questions? Volunteer?

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

Weds. •
8/12
10A-1P

Chair Volleyball-- RSIC vs. Washoe Tribe

Reno Recreation Gym-- 34 Reservation Rd.
Open to RSTHC patients 55+ to play and anyone to cheer!

Thurs. •
8/13
12-2P

HPV Vaccine Info Session

RSIC Tribal Health Center Front Lobby
Information, vaccine scheduling, Q&A, and goodie bags!

Fri. •
8/14
12-1P

STI/HIV Awareness

RSIC Tribal Health Center

Learning, testing, support, and food!

Tues. •
8/25
11A-2P

Overdose Awareness Day

National Automobile Museum
1 Museum Dr., Reno 89501

Grief counseling, grounding and stress management, photo collage, lunch, and keynote speaker Daniel Fred.

Weds. •
8/26
945-1030A

Nutrition Demo Class

RSIC Tribal Health Center
1st Floor Conference Room

Family friendly, learn recipes and cook healthy at home, nutrition Q&A, and free bag of ingredients!

Weds. •
9/2
945-1030A

Diaper Giveaway

RSIC Tribal Health Center
1st Floor Conference Room

Thurs. •
8/27
5:30-7P

Fri. •
8/28
6-8P

Hungry Valley Lower Level Gym
9075 Eagle Canyon Dr. Sparks, 89441

Community resources for families and diapers sizes newborn to 5T

Fri. •
8/28
5:30-7:30 P

Chalk For Hope

RSIC Tribal Health Center
International Overdose Awareness Day
Sidewalk chalk art-- draw love and encouragement, prizes for individual or team art contest!

Sat. •
9/5
8A

Warrior Run

Hungry Valley Community Center
9075 Eagle Canyon Dr. Sparks, 89441
7.5 mile run or family friendly 5k/3 mile walk/run. Snacks/drink, shirts for participants, Run finishers get a hat!

EVENTS



STI/HIV Awareness

AT RENO-SPARKS TRIBAL HEALTH CENTER



**Knowledge. Prevention. Health.
Stronger Together.**

Join us for an informative and empowering session on HIV and STI prevention, testing, treatment, and support.

- ✓ Learn the facts
- ✓ Know your risks
- ✓ Get tested
- ✓ Stay healthy
- ✓ Support our community



PRESENTER:

Jane Fox

Director of UNR StreetReach
School of Public Health (SPH)



- GET INFORMED
- GET TESTED
- GET SUPPORTED
- GET INVOLVED

**Your health matters.
Our community matters.**

*Let's break the stigma
and build a healthier
future together.*

**FRIDAY
AUGUST 14TH**
12:00 PM - 1:00 PM
Food Provided!



SPONSORED BY:
Community Health Department
&
Behavioral Health Department



**International Overdose Awareness Day 2026
IOAD 2026 25 YEARS ON. STILL NEEDED.**



**International Overdose Awareness Day 2026
IOAD 2026 25 YEARS ON. STILL NEEDED.**



Overdose Awareness Day

In honor of International Overdose Awareness Day, join us for this free community event featuring a keynote speaker and additional speakers from CrossRoads. Together, they'll share stories of overcoming substance use challenges, healing journeys, and finding hope for a brighter future.

**TUESDAY AUGUST 25TH, 2026
11:00 AM - 2:00 PM**

**THE NATIONAL AUTOMOBILE MUSEUM
1 MUSEUM DR, RENO, NV 89501**



Quest Counseling will be offering grief support, creating a compassionate space to reflect, heal, and find support.



KEYNOTE SPEAKER

Daniel Fred is the Director of Nevada's Recovery and Prevention (NRAP) at the University of Nevada, Reno. A person in long-term recovery, Daniel is an author, educator, and recovery advocate dedicated to helping students and communities build lives beyond substance use.

GROUNDING TOGETHER: BUILDING SKILLS FOR WELLNESS



Reno-Sparks Indian Colony will lead an interactive session on grounding techniques, sharing practical tools for managing stress, navigating challenging moments, and supporting emotional well-being.



We are creating a digital photo collage for Overdose Awareness Day to honor and remember those we have lost and to recognize all who have been affected by overdose. If you would like to include a photo of someone you wish to honor, please submit it by the deadline so it can be included in this special tribute.



**Lunch will be provided by
The Life Change Center!**



To learn more about this event scan the QR code below or by visit <https://bit.ly/3RpKpT0>



This publication was supported in whole or part by the Nevada State Department of Health and Human Services through Grant #18CA7080209-01 from Substance Abuse Prevention & Treatment Block Grant. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor Substance Abuse Prevention & Treatment Block Grant.

www.jtnn.org 775.324.7557 outreach@jtnn.org

To learn more about this event scan the QR code below or by visit <https://bit.ly/3RpKpT0>



This publication was supported in whole or part by the Nevada State Department of Health and Human Services through Grant #18CA7080209-01 from Substance Abuse Prevention & Treatment Block Grant. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor Substance Abuse Prevention & Treatment Block Grant.

www.jtnn.org 775.324.7557 outreach@jtnn.org



Reno-Sparks Indian Colony
Tribal Health Center

Presented by:
Diabetes Program

NUTRITION DEMO CLASS



FAMILY FRIENDLY!

WEDNESDAY, AUGUST 26TH & SEPTEMBER 2ND
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



Diaper Giveaway

& Community Resources for Families

AUG 27 | 5:30PM-7:00PM

Reno-Sparks Tribal Health Center
1st Floor Conference Room
1715 Kuenzli Street Reno, NV 89502

AUG 28 | 6:00PM - 8:00PM

Hungry Valley Lower Level GYM
9075 Eagle Canyon Drive Sparks, NV 89441

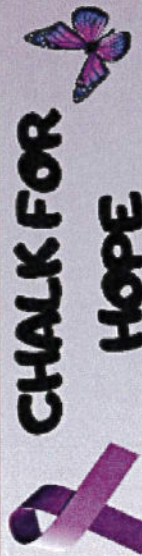
Diapers available in sizes
newborn-5T

Questions & Sign-Ups

vwilliams@rsicclinic.org gfeatherstone@rsicclinic.org

(775) 329-5162 ext. 2009 (Vanessa) 1949 (Gina)





CHALK FOR HOPE

INTERNATIONAL OVERDOSE
AWARENESS DAY

Friday, August 28, 2026
5:30-7:30 pm

Lunch will be provided
Reno Sparks Tribal Health Center
1715 Kuenzli Street, Reno, NV 89502

Draw:

- Hearts
- Purple ribbons
- Butterflies
- Flowers
- Words of encouragement
- Messages honoring loved ones.

Sidewalk Chalk Art
Contest for
Individual or team
participation.
(prizes will be
awarded)

Help us turn our sidewalks into
messages of remembrance, hope, and
healing.

To register please Call

Charla Rush in Behavioral Health at
775-329-5162 ext 1987 or by email
crush@rsiclinic.org



Presented by
Diabetes Program

WARRIOR RUN

SATURDAY, SEPTEMBER 5TH, 2026



HUNGRY VALLEY COMMUNITY CENTER

7.5 MILE RUN 5K WALK/RUN

Registration prior to race-day is required this year. Scan the QR code
or see website below to sign up and select your shirt size!

Pick your race! Warrior Run (7.5 miles) for die-hards, or the 5K (3 miles)
for a family-friendly challenge. All participants get a shirt. Warrior Run
finishers also get a hat! Snacks and drinks provided.

Start Time: 8:00 AM

(Check-in opens at 7:00am and closes at 7:40am)

Website: <https://runsignup.com/Race/NV/Sparks/WarriorRunAnd5k>

Questions? Email jnwc@rsiclinic.org

