Reno-Sparks Indian Colony Tribal Health Center

Health Highlights

A Circle of Care for the Community

November 2026



November Awareness:

- Native American Heritage Month
- National Alzheimer's Disease Month
- National Diabetes Month
- Movember
  - (Men's Health—prostate/testicular cancer, mental health)
- Lung Cancer Awareness Month
- Epilepsy Awareness Month
- Pancreatic Cancer Awareness Month
- National COPD Awareness Month
- Diabetic Eye Disease Month
- Bladder Health Month
- National Healthy Skin Month
- National Stomach Cancer Awareness Month
- Prematurity Awareness Month
- National Family Caregivers Month
- Worldwide Bereaved Siblings Month
- National Adoption Month
- National Military Family Month
- National Rad Tech Week (11/8-14)
- National Nurse Practioner Week (11/8-14)
- Anti-Bullying Week (11/16-20)
- Transgender Awareness Week (11/8-14)
- National Hunger & Homeless Awareness Week (11/15-21)
- National Bison Day (11/7)
- Diwali (11/8)
- International Men's Day (11/19)
- World Pneumonia Day (11/12)
- World Prematurity Day (11/17)
- Giving Tuesday (12/1)

Director's Note

Michael F. Jackson, MHR

A Message from Your Health Center Director: Putting You First with Our Patient Advocacy Program

At the Reno-Sparks Tribal Health Center, our mission extends beyond clinical care. We are dedicated to lifting up the physical, mental, social, and spiritual health of our community. To truly fulfill that promise, we must ensure that every single patient feels heard, respected, and supported every time they walk through our doors.

That is why I want to put a special spotlight this month on our **Patient Advocacy Program**, led by our Patient Advocate, **Tamara Skeets**.

Navigating healthcare can sometimes feel overwhelming. Whether you are trying to understand a complex referral, facing a communication gap with a provider, or experiencing a frustrating delay in your care, you do not have to figure it out alone. Tamara is here to stand in your corner.

How Tamara Skeets Can Help You

Think of Tamara as your personal guide and voice within the health center. She is here to:

- **Investigate and resolve concerns:** If you experience an issue with wait times, billing, or the quality of your care, she will look into it directly.
- **Bridge communication gaps:** She helps facilitate clear, respectful conversations between you and your healthcare team.
- **Explain your rights:** She ensures you fully understand your patient rights, your treatment options, and the clinic's policies.
- **Drive quality improvements:** Every piece of feedback you share with Tamara is brought directly to leadership so we can actively fix systemic issues and serve you better.

Your Voice Matters

We know we aren't perfect, and we recognize that bottlenecks in referrals or administrative follow-ups can cause stress. We are actively working behind the scenes to streamline these processes. However, we cannot fix what we do not know is broken. Your candid feedback is the most powerful tool we have to improve our services.

If you ever feel that your care did not meet the high standards you deserve, please do not hesitate to reach out. Reaching out to our Patient Advocate will never negatively impact your care; instead, it helps us build a stronger, healthier community together.

How to Reach Tamara

You can connect with Tamara Skeets directly by calling **(775) 329-5162, extension 1969**. You can also request to speak with her by visiting the administration desk or asking any staff member to connect you during your next visit.

Thank you for trusting us with your health and well-being. We are honored to serve you.



Reno-Sparks Indian Colony Tribal Health Center

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RSIC THC Health Highlights



Fasting Before Your Blood Test: Patient Instructions

Did you know... a Nurse Practitioner is a graduate-level advanced practice registered nurse (APRN) who can evaluate, diagnose, order and interpret tests, and prescribe medications independently in Nevada?

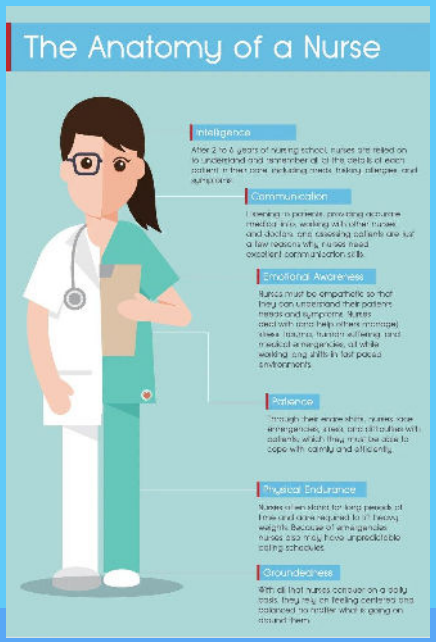
We want to celebrate and appreciate our NP's here at the Tribal Health Center! **Ariadna Valdez** and K**ristin Steed** are valued providers who work hard to provide the best care for patients. Thank you both so much for your contributions!

A little more about one of our APRN's...

Ariadna Valdez, MSN, APRN, FNP-C:
I'm a family nurse practitioner, board-certified by the American Academy of Nurse Practitioners. I obtained my Master of Science in Nursing from Frontier Nursing University. My nursing background includes inpatient care in medical-surgical, telemetry, interventional radiology, critical care, and emergency nursing. Before becoming an NP, I was an emergency room nurse here in Reno.



One fun fact about me is that I like to roller skate.



What does "fasting" mean?

Fasting means you do not eat or drink anything except water for a set number of hours before your blood test. Food and drinks are absorbed into your blood and can change your test results.
Your care team will tell you exactly how long to fast, usually 8 to 12 hours.

Why do I need to fast?

Some blood tests only give accurate results if your stomach is empty. The most common ones are blood sugar (glucose) tests for diabetes and prediabetes, triglycerides and certain cholesterol (lipid) tests, and a few other specialized tests your provider may order to monitor your health.
Many blood tests do not need fasting. Always ask your provider whether your specific test requires it-- fasting when you don't need to can also affect some results.

What can I have during my fast?

You CAN:
• Drink plain water-- and you should! It keeps you hydrated and makes it easier to draw blood.
• Take your usual prescription medicines, unless your provider tells you otherwise. Do not stop any medicine on your own.

You should NOT:
• Eat any food
• Drink juice, coffee, tea, soda, milk, or alcohol
• Chew gum
• Smoke or use tobacco
• Exercise before your test

Helpful tips

• Schedule your test for early morning so most of your fasting happens while you sleep.
• Tell your provider about all vitamins and supplements you take.
• Bring a snack to eat right after your blood is drawn.

What if I accidentally ate or drank something?

Tell the lab or your provider. You may need to reschedule the test so your results are accurate.

Questions?

If you are unsure whether to fast, or for how long, contact your provider at least a day before your test.



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RSIC THC Health Highlights



November 8th we celebrate **Radiology Technician Week**, those impressive professionals who can operate X-ray, CT, MRI, ultrasound, and DEXA scan! RSTHC's rad tech is Harpreet "Happy" Hayer, who lives up to her nickname!

My name is Harpreet Hayer (Happy), I have been an ARRT registered rad tech since 2014. My favorite part of my work is connecting with patients and helping them feel at ease. I strive to listen, offer reassurance, and make sure each person feels cared for and respected.

I come from a Sikh/Punjabi household where family, community, and sewa (selfless service) are deeply valued. These values inspire me to care for others with kindness and to appreciate the shared importance of community and belonging. I am grateful for the opportunity to serve our Tribal patients and families, and I look forward to learning more about tribal history, culture and traditions.

I also want to sincerely thank the amazing staff at RSTHC for welcoming me with warmth and kindness and making me feel like a valued part of the team.



Thank you for all you do, Happy!









Shadows of Light: Quick Facts of the X-Ray



The first X-Ray-- radiograph of Anna Bertha Rontgen's hand.

- In 1895, a German physicist named Wilhelm Conrad Röntgen discovered a strange, invisible force that could pierce solid wood, cardboard, and human flesh.
- He called it an X-ray, using the algebraic 'X' to represent an unknown mathematical variable.
- Colleagues later tried to rename them 'Röntgen Rays,' but the mysterious, minimalist 'X' stuck.
- Before the danger of radiation was discovered, X-rays became a cultural obsession-- X-ray studios, X-ray-proof underwear, and shoe-fitting fluoroscopes were all the rage until decades of advocacy established modern protection protocols.
- In 1952, British biophysicist Rosalind Franklin captured 'Photo 51'—a historic X-ray crystallography diffraction pattern that provided the structural evidence for other scientists, Watson and Crick, to deduce the double-helix geometry of DNA.
- Orbiting observatories like NASA's Chandra X-ray Observatory can peer through stardust to view high-energy cosmic emissions such as black hole accretion disks and colliding galaxies.
- Using high-resolution Computed Tomography (CT) scans, archeologists can digitally unwrap fragile Egyptian mummies layer by layer. This reveals hidden amulets, skeletal defects, and exact causes of death without damaging the artifacts.
- Aerospace engineers and pipeline inspectors use heavy industrial X-ray systems to scan thick metal structures, jet engine turbines, and infrastructure welds in order to find hidden internal micro-fractures that could trigger structural failure under pressure.
- National Radiologic Technology Week honors the rigorous training, strict safety protocols, and daily patient empathy demonstrated by certified Radiologic Technologists.
- Behind every life-saving diagnosis, intricate surgical alignment, and oncology mapping session is a skilled technologist operating at the intersection of human compassion and complex applied physics.

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RSIC THC Health Highlights

WELCOME!
New Staff:

Dr. Dalton-- Medical
Ethan-- 3NWC
Alexis-- Patient Reg.
Sara-- Patient Reg.





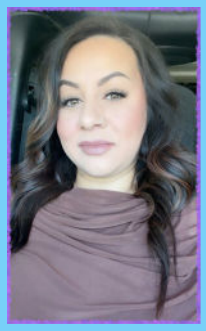
I am Dr. Dalton. I attended Touro University Nevada in Las Vegas and I am also a graduate of UNR and Benedictine University with a Master's in Public Health. I have taught high school in Washoe County, served in the US Army and was a Sergeaint in the Nevada National Guard.
I spent the last 2.5 years working with the Fallon Tribal Health Clinic which gave me a heart to serve the native people and in so doing have returned to Reno for what is next (and a much shorter commute from Carson City!) I look forward to new relationships and getting to know the people of the tribe and patients of the clinic.

Hi everyone! My name is Ethan, I'm the new 3NWC Events Assistant! I was born and raised in Las Vegas, Nevada and moved to Reno in 2020. I graduated from UNR with a Bachelor's in Criminal Justice in 2023. For the past couple of years, I was a Muay Thai coach at Hard Times Muay Thai, and developed the junior's program that has competed across the US.
I'm excited to be a part of the team that makes a difference for the community and I look forward to meeting everyone!



Hi everyone! My name is Alexis. I started in patient registration in early October. I'm excited to be a part of the team and I look forward to growing with the team.

Hello everyone, thank you for giving me this time to introduce myself. My name is Sara, I've been working in the medical field for about 6 years now doing workers comp.
Now I'm happy to be part of this Team and take this opportunity in patient registration. It'll be nice to get to know everyone and learn as much as possible. I am pleased to be here!





9
- Carlos Bautista, MD (Medical)

10
- Dominic Nardini III, LMFT (Behavioral Health)

13
- Hank Johnson (Facilities)

3
- Michael McConnell, PhD. (Behavioral Health)

7
- Felicia Johnson (Referral Dept. Manager)



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RSIC THC Health Highlights

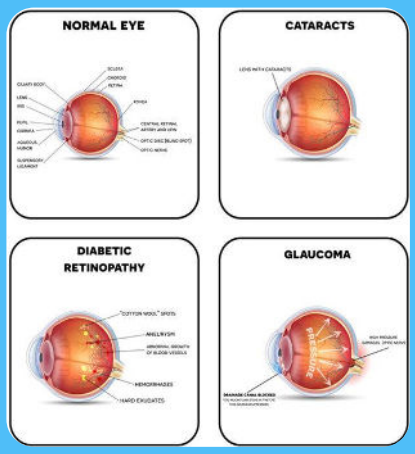




You may be familiar with diabetes from other doctor's specialties, such as Primary Care and Endocrinology-- it's a disease that interferes with the body's ability to use and store sugar.

However, too much sugar in the blood can cause damage throughout the body, including the eyes!

What is diabetic eye disease?



Diabetic eye disease refers to a group of eye problems that people with diabetes may face as a complication of diabetes. Without early detection and treatment, these conditions can cause vision loss.

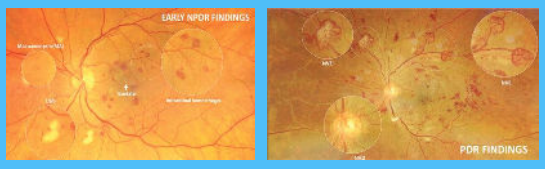
Diabetic eye disease may include:

- Diabetic retinopathy—damage to the blood vessels in the retina, which contains light-sensitive cells necessary for good vision.
- Cataract—clouding of the eye's lens. Cataracts develop at an earlier age in people with diabetes.
- Glaucoma—increase in fluid pressure inside the eye that leads to optic nerve damage and loss of vision. A person with diabetes is nearly twice as likely to get glaucoma as other adults.
- Blurred vision—prolonged periods of high blood sugar can lead to the accumulation of fluid in the lens inside the eye that controls eye focusing.

What is diabetic retinopathy?

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. The longer a person has diabetes, the more likely they are to develop diabetic retinopathy.

If you have diabetic retinopathy, at first you may not notice changes to your vision. But over time, diabetic retinopathy can get worse and cause vision loss. Diabetic retinopathy usually affects both eyes.



How is diabetic retinopathy treated?

Treatment of diabetic retinopathy varies depending on the extent of the disease. During the early stages of diabetic retinopathy, no treatment is needed.

In more advanced cases, laser surgery to seal leaking blood vessels or to discourage new leaky blood vessels from forming may be required. Injections of medications into the eye may also be needed to decrease inflammation or stop the formation of new blood vessels.

What can I do to protect my vision?

If you want to prevent diabetic retinopathy or control its progress:

- Keep blood sugar within normal limits
- Monitor blood pressure and cholesterol
- Take your prescribed medications
- Maintain a healthy diet
- Exercise regularly
- Do not smoke

Above all, get a comprehensive dilated eye exam at least once a year!





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RSIC THC Health Highlights



RSTHC Health Fair 2026



RSTHC held its annual Health Fair/Flu Vaccination Day on October 7th and it was a tremendous success on a beautiful, **hot** day! While the amazing Medical team administered a record-breaking **165** vaccinations, and administrative staff offered raffles and swag indoors...

Referrals







Administration







Billing







Medical

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RSIC THC Health Highlights

The other departments set up 11 tables outside to offer information about their services to the 265 community members who attended. Huge thanks to our 32 vendors and community partners who also tabled to offer great information, services, and swag to our community!











Community Health



Patient Registration



Behavioral Health



Health Information Management



3 Nations Wellness



NV Urban Indians



Division of Welfare/Supportive Services



NV Health Authority



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WHAT a great day

RSIC THC Health Highlights





November is National Diabetes Month and Native American Heritage Month, a time to focus on the health of ourselves, our families, and our community.

To everyone living with diabetes: managing it takes daily effort. Checking your numbers, taking medications, staying active, and making healthy choices all add up. Every step matters, and this month we want to recognize that work!

Whether you're managing diabetes or working to prevent it, healthy habits help protect your eyes, kidneys, nerves, feet, and heart. Our ancestors' ways of eating, moving, and caring for one another are part of that path.



Know your risk
Ask your provider how often you should be screened for diabetes. If you're at higher risk, you may need testing earlier or more often. You can also take the CDC's 1-minute prediabetes risk test online to find out where you stand. An A1c test is a simple blood test that shows your average blood sugar over the past few months, so ask about it at your next visit. Genes play a role, but healthy habits can lower your risk and help bring high blood sugar back into a healthy range.

Know your ABCs
If you have diabetes, keeping these three numbers in range helps protect your heart, eyes, kidneys, and nerves: "A" is for A1c, your average blood sugar. "B" is for blood pressure. "C" is for cholesterol. Ask your care team what your goals should be. Everyone's goals are different.



Build healthy habits, one step at a time
You don't have to change everything at once. Pick one thing and build from there.



1. Eat healthy. What you eat affects your blood sugar. Our registered dietitians can provide nutrition education and help you set goals that work for you.



2. Stay active. Walking, dancing, gardening, or playing with your kids all count. Aim for about 30 minutes a day, five days a week. Our exercise specialists can help you get started safely.

3. Get enough rest. Most adults need 7 or more hours of sleep a night, and good sleep helps keep your blood sugar and heart healthy.

4. Build strength. Resistance training 2 to 3 days a week, like bands, light weights, or bodyweight exercises, helps your body use insulin better.



Take your medicines as prescribed
Keep taking your medicines, even when you feel fine. If you have trouble remembering doses or have questions about side effects, talk with our pharmacy team.





Work toward a healthy weight
For people at risk, losing 5 to 7% of your starting weight can help prevent or delay type 2 diabetes. For someone who weighs 200 pounds, that's about 10 to 14 pounds. Healthy eating and regular physical activity are the foundation, and our team can help you set a goal that works for you.

Take care of your mind and spirit
Living with diabetes can feel overwhelming at times. Talking with someone you trust helps, whether a family member, friend, or one of our Behavioral Health providers. Feeling down can make it harder to take care of your diabetes, and that's a good reason to reach out.

Lean on your care team
Managing diabetes takes a team, and you don't have to do it alone! At the Reno-Sparks Tribal Health Center, your team can include your primary care provider, pharmacist, eye doctor, dental provider, and the 3 Nations Wellness Center (3NWC).

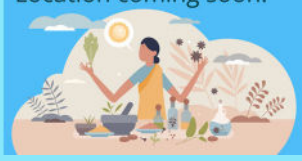
At the 3NWC, our approach centers on healthy eating and physical activity. We offer:

· Nutrition education and diabetes management appointments with our registered dietitians
· One-on-one personal training appointments
· Group exercise for Elders
· Open Gym
· Cooking classes with Nothing To It!
· Nutrition demonstration classes led by our registered dietitians
· Activities like rock climbing at Mesa Rim and aquacise at the Alf Sorensen Community Center



Call us at (775) 329-5162 or stop by to get started.

Save the date! Join us for our Diabetes Prevention & Awareness Gathering on Saturday, November 21, from 11 AM to 2 PM, with speakers, resource tables, lunch, and giveaways. Bring your family! Location coming soon.



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Tribal Exemption

Medicaid Eligibility Rule Change

January 1, 2027, some medicaid members will be required to show they work, volunteer, or go to school to keep their Medicaid benefits. **If you are American Indian or Alaska Native (including Indian, Urban Indian, California Indian, or have been determined eligible as an Indian for Indian Health Services), you are exempt from Medicaid work requirements and six-month renewals.** You will continue to renew your Medicaid once a year.

How Will Nevada Medicaid Know I Am Exempt?

To be exempt from these requirements, the Division of Social Services (DSS) needs to know that you are a Tribal member. DSS will use the information already in your Medicaid application. If your Tribal status is not already listed, you can report it to DSS or include it in your Medicaid renewal packet under the question, 'Do you have any additional changes that need to be reported?'

What Do I Need To Do?

Make sure your contact information and Tribal affiliation are up to date with the Division of Social Services (DSS). You can update your information at any time with DSS before receiving your renewal packet by using any of the following methods:

- **Email:** welfare@dss.nv.gov
- **Mail:** P.O. Box 15400, Las Vegas, NV 89114
- **In-Person:** Visit a DSS office
  Find locations at: dss.nv.gov/Contact/
- **Access Nevada:** Upload the documents securely at accessnevada.nv.gov
- **Phone:**
  Southern Nevada 702-486-1646
  Northern Nevada 775-684-7200, toll free 800-992-0900

Scan this code for more information about Medicaid changes

NevadaMedicaid.nv.gov/WorkRequirements

Nevada Medicaid

Behavioral Health

NOVEMBER

2026

MON	TUE	WED	THU	FRI
November 2nd Candy Swap Drive-Thr RSTHC 5:30pm				
2 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers RSTHC 5:30PM	3 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	4 Outpatient Level 1 Group 10-11am Community Pantry RSTHC 5:30PM	5 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm Community Pantry HV Lower Gym 6PM	6 Red Road to Wellbriety 4-5PM
9 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	10 Anger Management Group 4-5:30PM	11 Veteran's Day RSTHC Closed	12 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	13 Red Road to Wellbriety 4-5PM
16 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers HV TLC 6:00PM	17 Anger Management Group 4-5:30PM Chair Volleyball 10AM Reno Rec Gym Youth Talking Circle RSTHC 5:30PM	18 Outpatient Level 1 Group 10-11am Narcan Training RSTHC 1:30PM	19 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	20 Red Road to Wellbriety 4-5PM
23 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	24 Anger Management Group 4-5:30PM	25 Outpatient Level 1 Group 10-11am	26 Thanksgiving RSTHC Closed	27 Day After Thanksgiving RSTHC Closed
30 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM				

Notes

November 7th
Tribal Claims Clinic
9am-3pm
Reno Recreation Gym



Notice!

The Tribal Health Clinic will be **CLOSED** on the following dates:

Wednesday 11/11: Veterans Day

Thursday 11/26: Thanksgiving/Indigenous Foods Day

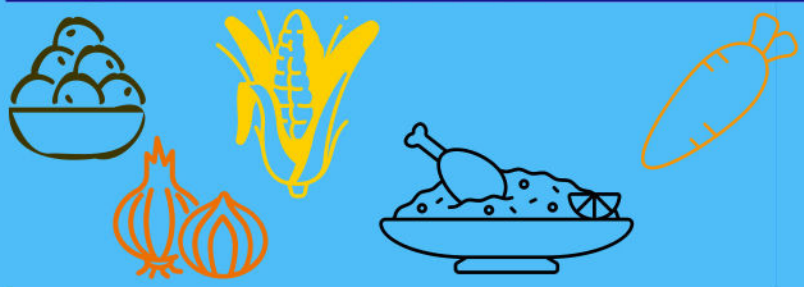
Friday 11/27: Family Day

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EVENTS





Healthy Living Community Pantry

November 4th-----5:30pm
Reno-Sparks Tribal Health Center 1st Floor Conference Room
November 5th-----6:00pm
Hungry Valley Community Center Lower Level Gym

Join us at the Reno-Sparks Tribal Health Center where we will have FREE personal hygiene items for the entire family. Receive education on the importance of how personal hygiene stops the spread of harmful germs that can cause illness.
Also, meet some of our community collaborators and learn about the services that they offer.



Mon. 11/2 5:30P

Candy Swap for Dragon Lights

RSIC Tribal Health Center Front Entrance
1715 Kuenzli St.
RSTHC patients, fill our bucket with Halloween candy for one ticket to Dragon Lights! More buckets=more tickets!

Weds. 11/4 5:30P

Community Pantry

RSIC Tribal Health Center
1st Floor Conference Room
FREE personal hygiene items for the family, education on germ prevention, and community resources!

Thurs. 11/5 6P

Community Pantry

Hungry Valley Community Center
Lower Level Gym
FREE personal hygiene items for the family, education on germ prevention, and community resources!

Sat. 11/7 9A-3P

Veterans Tribal Claims Clinic/ Resource Fair

Get answers to claims questions and find more resources. Veterans invited to post colors; tribes invited for dance and drums showcases!

Weds. 11/11 All Day

RSTHC Closed-- Veteran's Day

RSIC Tribal Health Center
Thanks and gratitude to our veterans!

Thurs. 11/12 11-2P

Lung Cancer Awareness

RSIC Tribal Health Center
Education with giant inflated lungs and more!

Tu. 11/17 10A

Chair Volleyball

Reno Recreation Gym
34 Reservation Road
Find your balance of mind, body, spirit, and presence with play and community!

Thu-Fri. 11/26-27 All Day

RSTHC Closed-- Thanksgiving/Family Day

RSIC Tribal Health Center



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SATURDAY, NOVEMBER 7, 2026
0900-1500
RSIC RECREATION GYM
34 RESERVATION RD, RENO, NV 89502

Reno-Sparks Indian Colony,
U.S. Department of Veteran Affairs & Nevada Department of Veteran Services
cordially invite you to

DRAWINGS

FOOD

NEVADA VETERANS TRIBAL CLAIMS CLINIC & RESOURCE FAIR

Join us as we work together to increase care, strengthen support for Veterans and their family members, build stronger transitions between services, and gain access to resources for loss of suicide (postvention). RSIC, VA staff and community partners will be on-site to share resources, answer questions, and provide direct assistance through a dedicated Claims Clinic.

We are honored to extend an invitation to Nevada Tribes to showcase your loyalty, dance groups, and/or drum groups during the event. Your cultural presence will enrich the day, celebrate Nevada's tribal heritage, and help foster unity among our Nations and community.

For more information contact:
Vanessa Williams- vwilliams@rsicclinic.org (775) 329-5162 ext. 2009
Kim Donohue- Kim.Donohue@va.gov (775) 899-2878

November is LUNG CANCER AWARENESS

Know the risks. Take action.

Early detection saves lives.

Lung cancer is the leading cause of cancer death in the U.S., but it can be detected early and treated. This November, let's raise awareness, support those affected, and learn how to protect our lung health.

LUNG CANCER 101
What You Should Know

THE RISK IS REAL
Smoking is the leading cause of lung cancer, but it can also happen in non-smokers. Other risk factors include secondhand smoke, radon, pollution, and family history.

REDUCE YOUR RISK
- Quit smoking (it's never too late).
- Avoid secondhand smoke.
- Test your home for radon.
- Limit exposure to harmful chemicals and air pollution.

KNOW THE SIGNS
Early lung cancer often has no symptoms. Later signs can include a persistent cough, shortness of breath, chest pain, hoarseness, and unexplained weight loss.

SUPPORT YOUR LUNGS
- Stay active.
- Eat a balanced diet with fruits, vegetables and whole grains.
- Maintain a healthy weight.
- Get regular checkups.

SCREENING CAN SAVE LIVES
If you're 50–80 and have a history of smoking, talk to your healthcare provider about low-dose CT screening.

Healthy Lungs. Stronger Tomorrows.

Join us on

NOVEMBER 12TH
11 AM – 2 PM

for the Inflatable Lungs and an Educational Booth for

LUNG CANCER AWARENESS

Hosted by the Nevada Cancer Coalition



AWARENESS • PREVENTION • EARLY DETECTION • MORE TOMORROWS

CAR SEAT CHECK EVENT

BRING YOUR KIDS! 0-12

NOV 14, 2026



9AM - 12PM

Protect your child's safety!

We will provide new car seats (and boosters), check for proper installation, and check for recalls on seats.

Questions? (775) 329 5162 ext 1923 or alyssa.cooper@rsicclinic.org

RSIC BEHAVIORAL HEALTH PRESENTS

CHAIR VOLLEYBALL

NOVEMBER 17, 2026

10AM

RENO RECREATION GYM
34 RESERVATION ROAD RENO, NV 89502



BALANCING THE MENTAL, SPIRITUAL, EMOTIONAL AND PHYSICAL NEEDS THROUGH CHAIR VOLLEYBALL. PARTICIPANTS WILL ASSESS THEIR OVERALL BALANCE OF MIND, BODY, SPIRIT AND RELATION TO THE PRESENT BEFORE AND AFTER THE ACTIVITY TO SEE WHICH PARTS OF THEIR LIVES MAY NEED EXTRA ATTENTION.

MORE INFO: VWILLIAMS@RSICCLINIC.ORG (775) 329-5162 EXT 2009

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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

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

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 5:30m), 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

SAMHSA native CONNECTIONS

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

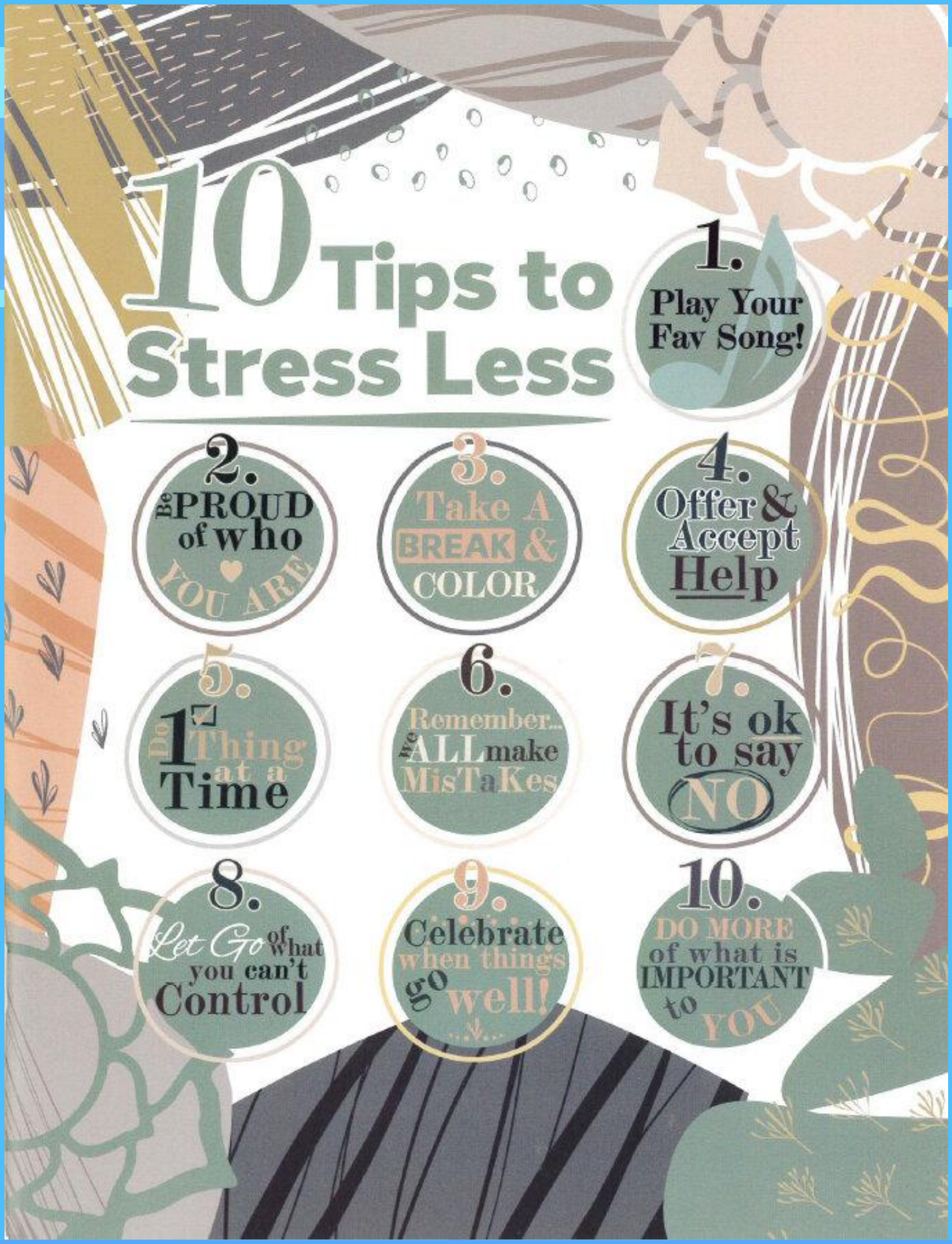
Joseph Cano
jocano@rsicclinic.org
775-329-5162 Ext 7972

SAMHSA

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

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.



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