



Health Highlights

A Circle of Care for the Community

September 2026



September Awareness:

- National ADD/ADHD Awareness Month
- National Audiology Awareness Month
- Breast Cancer Awareness Month
- National Bullying Prevention Month
- National Chiropractic Health Month
- National Dental Hygiene Month
- National Depression Education/Awareness Month
- National Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Eat Better, Eat Together Month
- Emotional Wellness Month
- Home Eye Safety Month

- National Liver Awareness Month
- Long-term Care Planning Month
- Organize Your Medical Information Month
- National Orthodontic Health Month
- National Physical Therapy Month
- National Pregnancy/Infant Loss Awareness Month
- National RSV Awareness Month
- National SIDS Awareness Month
- National Spina Bifida Awareness Month
- National Sudden Cardiac Arrest Awareness Month
- Talk About Prescriptions Month
- World Blindness Awareness Month
- World Menopause Month

- Mental Illness Awareness Week (October 3-9)
- Malnutrition Awareness Week (October 4-8)
- World Cerebral Palsy Day (October 6)
- National Depression Screening Day (October 7)
- World Sight Day (October 8)
- World Homeless Day (October 10)
- World Mental Health Day (October 10)
- National Coming Out Day (October 11)
- World Hunger Day (October 16)

Director's Note

Michael F. Jackson, MHR

Protecting Our Community: What You Need to Know About Measles

A Message from the Reno-Sparks Indian Tribal Health Center

Our community's health and well-being are always our top priorities. Public health officials continue to monitor measles cases regionally and nationally. Because measles is one of the most highly contagious viruses known, the Reno-Sparks Indian Tribal Health Center wants to ensure all our families have the facts to stay safe and protected.

Why is Measles a Concern?

Measles is not just a simple rash. It is a serious respiratory virus that spreads easily through the air when an infected person coughs or sneezes. The virus can linger in the air or on surfaces for up to two hours after an infected person has left the room. For those who are unvaccinated, the risk of catching it after being exposed is roughly 90 percent. Measles can lead to severe complications, such as pneumonia or dehydration, especially for young children, elders, and individuals with weakened immune systems.

Recognizing the Symptoms

Symptoms typically appear 7 to 14 days after exposure and usually begin with:

- A high fever
- Cough, runny nose, and red, watery eyes
- Small white spots (Koplik spots) that may appear inside the mouth a few days later
- A characteristic red, blotchy rash that spreads from the face down to the rest of the body 3 to 5 days after symptoms start

The Best Defense: The MMR Vaccine

The absolute best way to protect your children, your elders, and your neighbors is through vaccination. The MMR (Measles, Mumps, and Rubella) vaccine is incredibly safe and highly effective.

- Children should receive their first dose at 12 to 15 months of age, and a second dose between 4 and 6 years old.
- Adults who have not been vaccinated or haven't had measles should also ensure they are protected.

How the Health Center Can Help

If you or your children are behind on your vaccines, or if you are unsure of your immunization status, please reach out to us. We are here to review your records and provide the necessary shots to keep your family safe.

If you suspect that you or a family member has been exposed to measles or is exhibiting symptoms, please call the health center before coming in. Calling ahead allows our staff to prepare and take steps to protect other patients in the clinic from potential exposure.

Don't wait.
VACCINATE!

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



How to Survive Halloween Without the Cavity Creeps!



Halloween is just around the corner, and while your little ghouls and goblins are dreaming of a candy jackpot, you might be sweating the impending sugar overload.

The good news? You don't have to play the neighborhood Scrooge and ban the sweets. By using a little dental wizardry, you can let your kids enjoy the treats without welcoming any real-life horror stories. Here is your ultimate playbook to beating the cavity creeps this year!

1. Timing is Everything: No Grazing!



Here is a weird dental fact: It is actually not about how much candy you eat; it is about how long it takes you to eat it. Every time a piece of sugar hits your mouth, the "sugar bugs" throw an acid party on your enamel that lasts for 20 minutes. You keep eating and the acid never stops.

- The Trick: Eat Halloween candy right after lunch or dinner as dessert. Your mouth is already pumping out extra saliva from the meal, which acts like a natural way to rinse away the sticky stuff. Avoid letting kids snack on candy throughout the day, or that acid party will never end!

2. The Good, the Bad, and the Downright Spooky



Not all sweets are created equal in the eyes of a dentist. Some are sweet angels, and others are absolute dental nightmares.

- The Good Guy (Chocolate): Good news, chocoholics! Chocolate melts quickly and washes off teeth easily. Dark chocolate is the ultimate winner because it has less sugar.
- The Bad Guys (Gummies & Caramels): Sticky, chewy treats like taffy and starbursts are tooth traps. They glue themselves into the grooves of teeth and refuse to leave, keeping the sugar stuck there for hours.
- The Spooky Crew (Lollipops & Jawbreakers): Hard candies are dangerous because they take forever to dissolve, keeping your mouth acidic for way too long. Plus, one bad crunch can literally break a tooth!

3. Wash it Down with Water



You can't always whip out a toothbrush while you're counting candy on the living room floor.

- The Trick: Make a house rule that every treat gets chased by a glass of water. Swishing water around helps knock loose the hidden sugar bugs until you can get to a toothbrush.

4. Don't Skip the Bedtime Spell



After a long night of trick-or-treating, it is incredibly tempting to let the kids crash straight into bed. Resist the urge!

- The Trick: Halloween night is the most important night of the year to brush for a full two minutes and floss. When we sleep, our mouths dry up, leaving teeth completely defenseless against any leftover sugar. Clean them up before they hit the pillow!



Hi everyone! I'm Brandalyn but go by Brandy. I recently joined the team as a Fiscal Intermediate. My background is in healthcare administration and I'm excited to learn more about the fiscal side of healthcare and get to know everyone here. I'm happy to be here and looking forward to being part of the team!

Hi everyone! My name's Aidan, I'm the new Exercise Specialist in the wellness center! I'm a personal trainer with an academic background, so if you ever want to learn anything about exercise come swing by and say hi! I've worked with powerlifters and geriatric clients, so my experience hits the whole breadth. Outside of work I'm also a trainer and rock climbing coach over at Mesa Rim. I'm excited to meet everyone, and I am looking forward to my time at the wellness center!



Kristen is a board-certified Psychiatric-Mental Health Nurse Practitioner (PMHNP) providing evidence-based psychiatry for children, adolescents, and adults. She approaches medication management and psychotherapy with empathy and humor. Her passion is supporting others in identifying their strengths to build resilience. She believes in working collaboratively with her patients from a space of nonjudgment. Her practice is grounded in neurodiversity-affirming, gender-affirming, trauma-informed, and recovery-oriented care. Kristen earned her Doctor of Nursing Practice (DNP) from the University of Nevada, Reno in 2024 after completing her Bachelor of Science in Nursing in 2021 and her Master of Social Work in 2020. Since 2015, she has served the Reno community in a variety of healthcare settings, with experience in psychotherapy, home health nursing, and psychiatric case management. She is also a Licensed Clinical Social Worker (LCSW) with training in Cognitive Behavioral Therapy (CBT) and is currently pursuing certification in Eye Movement Desensitization and Reprocessing (EMDR).



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RSIC THC Health Highlights



PROSTATE CANCER: *What you need to know*

Prostate cancer is the most commonly diagnosed cancer in men.

Getting screened can lead to an earlier diagnosis and more options for treatment. Talk to your doctor about prostate cancer screening.



NEVADA CANCER
COALITION

www.NevadaCancerCoalition.org

SIGNS & SYMPTOMS

Prostate cancer has symptoms similar to other prostate concerns, which may include:

- » Difficulty urinating, including a weak stream or dribbling
- » Frequent nighttime urination
- » Pain / burning when urinating or ejaculating
- » Pain in the spine, hips, genital, or pelvic area
- » Blood in the urine or semen



KNOW YOUR RISK

AGE

60% of prostate cancers are diagnosed in those over age 65.

RACE

African Americans have a 75% increased risk vs. those who are white.

FAMILY HISTORY

Nearly 60% of prostate cancers are due to genetic factors. Those who have a close relative diagnosed with prostate cancer may be twice as likely to also be diagnosed.

DIET & EXERCISE

Other risk factors include being overweight or obese, sedentary, or eating a diet low in vegetables and high in processed meat and saturated fats.



SCREENING FOR PROSTATE CANCER

Most prostate cancer is found with screening tests, such as a blood test that checks your levels of Prostate Specific Antigen (PSA) or a Digital Rectal Exam (DRE) to feel the prostate for signs of cancer, such as lumps or hardness.

PSA levels in the blood can be a general predictor of prostate cancer. Your doctor may monitor your PSA levels over time, as PSA levels vary from person to person.

Discuss the pros and cons of screening with a doctor to make an informed decision if and when screening is right for you. Those who are Black or have a family history of prostate cancer should talk to their doctor starting at age 40-45. For others at average risk, start the conversation at age 50. Together, you can develop a plan that's right for you.

Sources: American Cancer Society, Prostate Cancer Foundation, American Society of Clinical Oncology, Comprehensive Cancer Centers of Nevada. This material supported by Nevada Division of Public and Behavioral Health through Grant #1 NH75OT000092-01-00 from the CDC.

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RSIC THC Health Highlights



Keeping Our Community Safe This Fire Prevention Month

October is National Fire Prevention Month, a good time for all of us to think about fire safety at home. Taking a few simple steps can help protect our homes, our families and our community.

Check Your Smoke Alarms

Take a few minutes this month to test the smoke alarms in your home. Make sure everyone in your household knows what the alarm sounds like and what to do if it goes off. A working smoke alarm can give your family valuable time to get outside safely.

Have a Family Escape Plan

Talk with everyone in your home about what to do if there is a fire. Know how you will get outside and choose a safe meeting place away from the house. Practice the plan with children so they know what to do too.

Remember: Get out, stay out and call 9-1-1. Never go back inside a burning building for belongings.

Watch for Everyday Fire Hazards

As the weather gets cooler, we may start using heaters and spending more time cooking indoors. Keep space heaters away from blankets, furniture, curtains and other items that can burn. Never leave food cooking on the stove unattended and make sure candles are completely out before leaving the room or going to bed.

We All Play a Part

Keeping our community safe starts at home. When each of us takes a few simple steps, we help protect our families, our neighbors and our entire community.



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KEEP YOUR HOME & FAMILY FIRE SAFE

STRONG FAMILIES. SAFE HOMES. A STRONGER COMMUNITY.

1

CHECK SMOKE ALARMS

Test them and make sure everyone in your household knows what they sound like.

TEST MONTHLY!

2

KNOW TWO WAYS OUT

Plan how your family will safely leave the home if there is a fire.

3

PICK A MEETING PLACE

Choose a safe spot outside where everyone will meet.

A SAFE PLACE BRINGS US TOGETHER.

4

GET OUT & STAY OUT

Once you are outside, stay outside and call 911. Never go back inside for belongings.

GET OUT. STAY OUT. CALL 911.

Fire safety starts at home.

Together, we can help keep our community safe.

PEOPLE • CULTURE • COMMUNITY • SAFER TOGETHER



RSIC THC Health Highlights

Team Training Prizes

On 9/16, our awesome Leadership team organized an inspiring all-staff training on teamwork and collaboration by Cathy Norris of Sensational Leadership. Staff were also awarded raffle prizes for attending and appreciation for their hard work. Meet some of our staff with their winnings-- congratulations to all!



Adriana H-- Patient Reg.
Grill



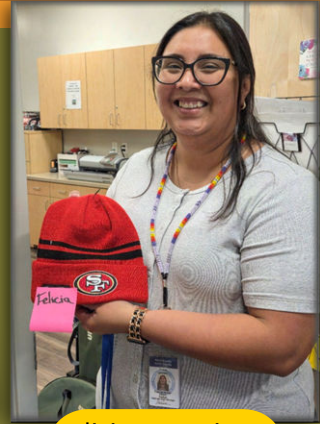
Alexis R-- Medical
Tripod Umbrella



Amanda T-- Medical
Salt-Pepper Grinders



Edgar L-- Admin
Air Fryer



Felicia J-- Business
49ers Beanie



Gina F-- Comm. Health
Griddle Toolkit



Joseph C-- Bx Health
O-G Love Seat



Joseph R-- Pharmacy
Boogie Board



Kevin T-- Optometry
Backpacking Chair



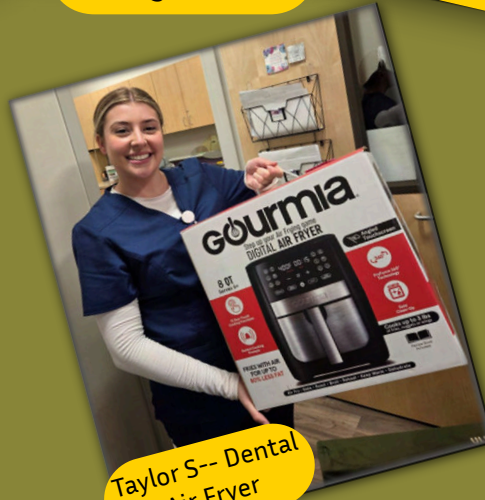
Laura L-- Dental
Magic Bullet



Mari D-- Admin
Trunk Organizer



Dr. Natarajan-- Medical
Camp Chair-Table



Taylor S-- Dental
Air Fryer



Tony S-- Admin
Outdoor Tent

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RSIC THC Health Highlights

World Mental Health Day October 10, 2026



This year's World Mental Health Day theme, "Lived Experiences Heard: Real Voices, Real Change," highlights the importance of listening to the people and communities most affected by mental health challenges. For Native Connections, this means listening to youth, young adults, families, elders, and community members and allowing their experiences to help shape the work we do.

Understanding the Need

American Indian and Alaska Native (AI/AN) youth and young adults continue to experience disproportionately high rates of suicide in the United States. This is part of the reason tribal suicide prevention efforts, including SAMHSA's Native Connections program and its successor initiatives, place a strong emphasis on supporting tribal communities experiencing significant suicide-related disparities.

Research has identified several factors associated with suicide risk among Native youth, including stressful life events, depression, substance use, and the effects of historical trauma, including forced relocation and cultural disruption.

At the same time, research shows that prevention cannot focus only on risk. Protective factors, relationships, culture, and connection are central to supporting Native youth well-being.

Culture and Connection Matter

Cultural connectedness has been identified as an important protective factor for Native youth and has been associated with lower levels of depression, substance use, and suicide risk. Research also suggests that strengthening protective factors can be particularly important in Native communities rather than focusing exclusively on reducing individual risk factors.

Strong relationships with caring adults at home, at school, and within the community are also associated with lower rates of suicide attempts. For Native youth, those relationships can be strengthened through opportunities to connect with culture, community, family, and other Native people.

Programs and activities that create those connections can make a meaningful difference. Cultural programming such as Gathering of Native Americans (GONA) has been shown to increase cultural connectedness among participating youth. Culturally grounded prevention approaches, including the American Indian Life Skills curriculum, also provide evidence-informed approaches for supporting Native communities.

What This Looks Like at the Reno-Sparks Indian Colony

Within Native Connections, prevention means creating opportunities for Native youth and young adults to build relationships, strengthen protective factors, connect with culture, and feel supported by their community.

Our work includes opportunities such as Talking Circles, the Wind Talkers Native Flute Group, cultural activities, youth and family events, prevention education, and community-based programming. We also work with youth and community partners to better understand the needs, interests, strengths, and experiences of Native people in Northern Nevada.

These efforts reflect an important principle: Native youth are not defined by statistics or risk factors. They are connected to families, cultures, communities, strengths, and traditions that can help support their well-being.

On World Mental Health Day, we recognize the importance of making space for those voices and continuing to build programs alongside the community, not simply for the community.

If you or someone you know is struggling, experiencing a mental health crisis, or having thoughts of suicide, **call or text 988** to reach the Suicide & Crisis Lifeline.

Reaching out for support is a sign of connection, and connection can be an important part of healing.

References

- American Psychiatric Association. (2023). *Suicide Prevention: Native American Youth*.
- Mohatt, N. V., Fok, C. C., Burket, R., Henry, D., & Allen, J. (2011). Assessment of awareness of connectedness as a culturally based protective factor for Alaska Native youth. *Cultural Diversity and Ethnic Minority Psychology*, 17(4), 444–455.
- SAMHSA. (2026). *Tribal Behavioral Health: Suicide Prevention (TBH-SP), Notice of Funding Opportunity SM-26-024*.
- World Health Organization. (2026). *World Mental Health Day 2026*.
- University of Oregon Suicide Prevention Lab. Klamath County research-practice partnership.
- Stanford Center for Continuing Medical Education. (2023). Presentation on culturally grounded suicide prevention and the American Indian Life Skills curriculum.



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988 | SUICIDE & CRISIS
LIFELINE

Behavioral Health Events Calendar



OCTOBER

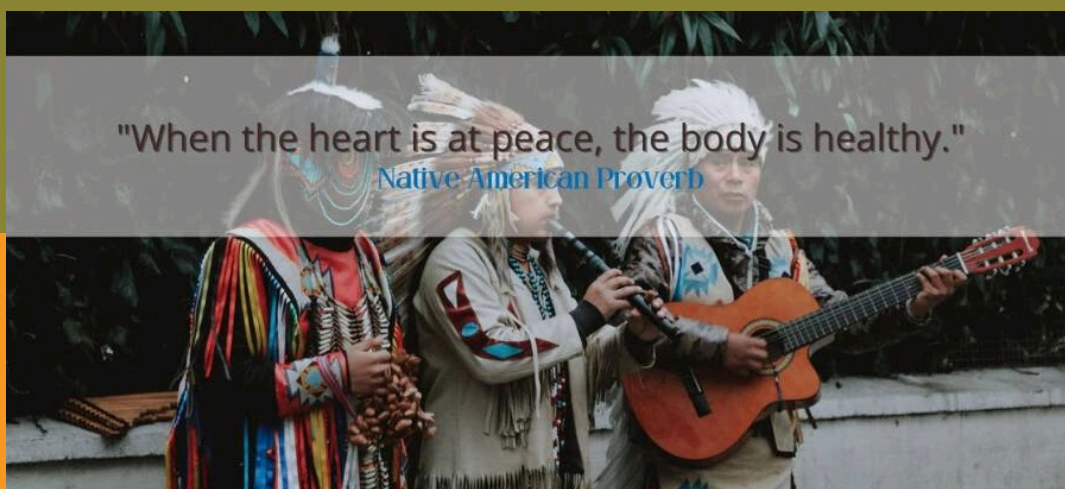
2026

MON	TUE	WED	THU	FRI	SAT
			1 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	2 Domestic Violence Group 4-5:30PM	3
5 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers RSTHC 5:30PM	6 Anger Management Group 4-5:30PM HS Trick or Treat 10AM Reno Rec Gym Youth Talking Circle RSTHC 5:30PM	7 Outpatient Level 1 Group 10-11am RSTHC Health Fair 10AM RSTHC	8 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	9 Domestic Violence Group 4-5:30PM	10
12 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	13 Anger Management Group 4-5:30PM	14 Outpatient Level 1 Group 10-11am Chair Volleyball 10AM Reno Rec Gym	15 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm HS DV Event 11:30AM RSTHC	16 Domestic Violence Group 4-5:30PM	17
19 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM Wind Talkers HV TLC 6:00PM	20 Anger Management Group 4-5:30PM Youth Talking Circle RSTHC 5:30PM	21 Outpatient Level 1 Group 10-11am	22 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	23 Domestic Violence Group 4-5:30PM	24 RX TAKE BACK 10am-2pm Spanish Springs Smoke Shop
26 DUI Group 3-4PM Adult Talking Circle RSTHC 4PM	27 Anger Management Group 4-5:30PM	28 Outpatient Level 1 Group 10-11am	29 Domestic Violence Group 4-5:30PM Positive Indian Parenting 12-1pm	30 Nevada Day RSTHC Closed	31 

Notes



"When the heart is at peace, the body is healthy."
Native American Proverb



RSIC THC Health Highlights



Celebrating RSTHC Staff



Milestones are more than just dates on a calendar; they reflect the incredible staff who are dedicated, willing to grow, and work as a team to provide the best care to our patients. We want to highlight and appreciate the staff who started at RSTHC on this month in the last year to 12 years!

1

- Hans Vargas (Information Technology)
- Denis Williams, PMHNP (Behavioral Health)
- Dr. Adam York, DDS (Dental Director)

2

- Maritza Sanchez (Patient Registration)

3

- Dr. Shih-Hsuan (John) Huang, RPH (Pharmacy)

4

- Ricardo Hernandez, CADC (Behavioral Health)

5

- Emily Carrillo, MA (Scheduling)
- Georgia "Faye" Floyd (3 Nations Wellness)
- Anthony "Tony" Smokey (Administration)

8

- Diane Phipps (Administration)

10

- Darryl Howcroft (Security)

12

- Dallas Stephens, CPO (Optometry)
- Mikey Caguiat, CPT-I (Laboratory)

Did you receive a Doctor Bill in the mail?

Do you want RSTHC to pay it?

If so, make sure you bring your doctor statements and bills to the Reno-Sparks Tribal Health Center (RSTHC)'s Referral Department, Fiscal Intermediary, to determine if your bill qualifies for payment! All patients must meet eligibility requirements before RSTHC can pay.

It is important to bring in your statements because:

- **The provider may not have your insurance information, or has incorrect insurance information, which makes you responsible for payment.**

FYI: Patients are responsible to provide healthcare insurance information to the provider's office at the time of the visit/hospital stay. RSTHC Referral Coordinators send over the insurance information with the referral for the visit, **only if you have** provided the insurance to Patient Registration. This is why it is so important to keep your demographics and insurance up to date with Patient Registration.

- **Your Emergency Room (ER) visit/Hospital stay will generate multiple bills and insurance information is not always forwarded by the hospital to all providers.**

FYI: If you have an emergency room visit or hospital stay you may receive services from Lab, Radiology, Physicians, Specialty doctors, and facility fees as well. **Report your visit to RSTHC Referral Coordinator within 72 hours.**

- **You should not receive bills in the mail if you have Medicaid coverage, unless it is a non-covered service.**

FYI: Payment made by the Medicaid program is considered final payment, unless it is not a covered service. Make sure you give your insurance information to the provider/hospital to bill, **it is your responsibility**. Know that the paperwork you sign at the hospital/provider's office makes you responsible for payment of non-covered services if you do not provide insurance and/or RSTHC information.

- **RSTHC does not have a referral for the visit, or a 72 notification may not have been given to RSTHC for the ER visit/Hospital stay and RSTHC is unaware of the bill.**

FYI: RSTHC cannot authorize payment for bills that do not fall under the eligibility requirements of the RSTHC & Code of Federal Register sections 36 and 36a. A Fiscal Intermediary (FI) can look up your visit if you want a status of payment. (Elders are given 30 days to notify RSTHC of an ER visit/Hospital stay)

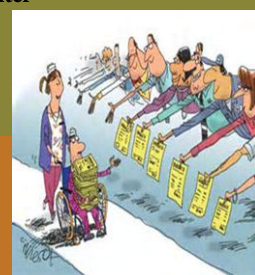
TIP: To keep your charges from going to collections...You can call the provider with the account number located on the statement. Provide your health insurance information and remember to mention RSTHC as your "payer of last resort." Give the provider our billing information:

Reno-Sparks Tribal Health Center
1715 Kuenzli St.
Reno, NV 89502
Policy #
Patient's date of birth

Thank you

FOR YOUR
SERVICE

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Cybersecurity Awareness Month



DID YOU KNOW?

- ☒ Last year, 343,338,964 people were impacted by cyberattacks.
- ☒ On average, a data breach costs \$4.88 million dollars around the world.
- ☒ Email is the most common vector for malware.
- ☒ In 2023, there was a 72% increase in data breaches.



Tips and Resources

Essential Cyber Hygiene

- Strong Credentials: Use a password manager to create unique, long passphrases for every single account.
- Multi-Factor Authentication (MFA): Turn on app-based MFA or security keys instead of relying on vulnerable text message codes.
- Software Updates: Install system, browser, and app updates immediately to patch known security flaws.

Threat Prevention

- Cautious Clicking: Pause before clicking links, opening attachments, or scanning QR codes from unknown senders to avoid phishing.
- Network Safety: Avoid using public Wi-Fi networks for sensitive tasks like banking, or use a trusted Virtual Private Network (VPN).
- Data Backups: Follow the 3-2-1 rule (three copies of data, two different media types, one offsite) to protect against ransomware

Remember: Stop. Look. Think – and then Act. Remembering these four simple words when encountering suspicious communications could make all the difference in protecting your information.

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EVENTS

RENO-SPARKS TRIBAL HEALTH CENTER ANNUAL

ANDELIN FARMS

8100 Pyramid Way/ Sparks, NV 89436

PUMPKIN PATCH VOUCHERS

HAYRIDES • MINI ZIPLINES • JUMP PAD • BARREL TRAIN RIDES

Open to all eligible patients of the Reno-Sparks Tribal Health Center.

Must have recent Influenza vaccination or be willing to sign a waiver (declination).

SIGN-UPS REQUIRED
Vouchers are good until October 31st
Limited number of ZOMBIE PAINTBALL for anyone 12 years and older.

VERIFICATION WILL BE COMPLETED WHEN SIGNING UP FOR THE EVENT.
E-MAIL OR CALL VANESSA
VWILLIAMS@RSTHCCLINIC.ORG (775) 329-5162 EXT. 2009

Fall Into WELLNESS

COMMUNITY HEALTH FAIR & FLU SHOT CLINIC

YOUR HEALTH. OUR COMMUNITY. OUR FUTURE.

WEDNESDAY
OCTOBER 7, 2026
10:00 AM – 6:00 PM

RENO-SPARKS TRIBAL HEALTH CENTER
1715 KUENZLI ST.
RENO, NV 89502

Free Flu Shots
Protect Yourself This Flu Season!
Get your FREE flu shot inside while enjoying our Community Health Fair.

Free shirts while supplies last!
Something for the whole family!

FOOD TRUCKS & REFRESHMENTS
Food trucks for community members and vendors.

FUN FOR ALL AGES
Photo booth, face painting, raffles, music and more!

RAFFLE PRIZES
Visit vendors and enter for a chance to win exciting prizes!

BUILDING A HEALTHIER COMMUNITY TOGETHER

Want to be a Vendor?
Contact Gina Featherstone to get involved!
gfeatherstone@rsicclinic.org

Everyone Welcome!
Let's come together to celebrate health, culture, and community.
WE LOOK FORWARD TO SEEING YOU THERE!

Weds. ●
10/7
10A-6P

RSTHC Health Fair

RSIC Tribal Health Center

Flu shots, snacks, fun booths, and raffle! Bring the whole family.

Mon. ●
10/12
4-6:30P

RSIC Indigenous People's Day Celebration

Reno Gym

34 B Reservation Rd.

Native Pride march, food, shirts, contests, and special performance-- Tony Louie!

Weds. ●
10/14
10A

Chair Volleyball

Reno Recreation Gym

34 Reservation Rd.

Find your balance of mind, body, spirit, and presence with play and community!

Mon. ●
10/19
6P

Wind Talkers

Hungry Valley

Native Youth Flute Group-- learn to play the Native American Flute. For youth aged 12-24-- parents/families welcome.

Sat. ●
10/24
11A-6P

Yerington Social Powwow

Yerington Paiute Tribe Gymnasium

32 W. Loop Rd. Yerington, NV

Vendors, dances, and raffle with great prizes!

Sat. ●
10/24
10A-2P

Rx Drug Take Back

Multiple locations

Come to select Raley's, Smith's, Safeway, Reno Elk's Lodge, or the RSIC Smoke Shop to properly dispose of old medications and protect your family and the environment.

Fri. ●
10/30
All Day

RSTHC Closed-- Nevada Day

RSIC Tribal Health Center

Mon. ●
11/2
5 PM

Wind Talkers

RSIC Tribal Health Center

Native Youth Flute Group-- learn to play the Native American Flute. For youth aged 12-24-- parents/families welcome.



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OCTOBER IS AMERICAN ARCHIVES MONTH

Happy Archives Month from the RSIC Tribal Archives

Since April 8, 1992, the Reno-Sparks Indian Colony Tribal Archives has been preserving the history of our community. Our mission is to safeguard historical materials that tell the story of the RSIC's origins, progress, and accomplishments.

What We House & Offer:

- Research Collections: Historical and contemporary photos, early government and Indian Agency correspondence, census records, The Native Nevadan periodicals, RSIC newsletters, and oral histories. All collections are open for research.
- Monthly Exhibits: Stop by 34 Reservation Road to see what's new in our monthly display case.
- Community Events: Join us for upcoming educational workshops on historic preservation and archival resources.

Help Us Preserve Our History: We are always seeking donations of photographs, documents, or cultural items related to the Reno-Sparks Indian Colony and the Great Basin people of Nevada.

Archives Office is open Monday-Friday 8am-5pm
We encourage you to make an appointment before coming by.

If you have any questions please contact our office.
Phone: 775-785-1335 E-mail: rsicarchivesandrecords@rsic.org

Archives & Records Staff:
Trisha Calabaza-Tribal Archives, Johni Bill-Records Manager
Lydia Morris-Archives Technician, and Emily Bowman-Archives Technician

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

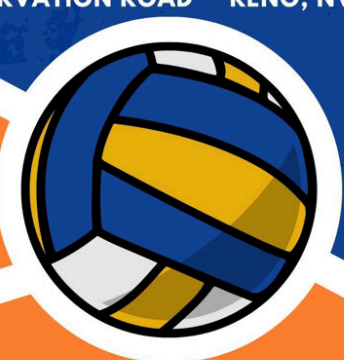
RSIC BEHAVIORAL HEALTH PRESENTS

CHAIR VOLLEYBALL

OCTOBER 14, 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

HOSTED BY RSIC LANGUAGE & CULTURE/LLGP

Reno-Sparks Indian Colony

INDIGENOUS PEOPLES DAY

Celebration

MONDAY, OCTOBER 12TH
RENO-SPARKS INDIAN COLONY RENO GYMNASIUM

DOORS OPEN 4PM
CONTESTS OPEN 4:30PM
NATIVE PRIDE MARCH 5:00PM
CONTESTS CLOSES 5:30
COMMUNITY FEED 6PM
FOOD PROVIDED BY SENIOR CENTER
TONY LOUIE PERFORMANCE 6:30PM

NATIVE PRIDE MARCH
NATIVE DAY T-SHIRTS

Contests
LONGEST HAIR YOUTH & ADULT
BIGGEST MEDALLION
BIGGEST AUNTIE EARRINGS
PAN BREAD
HAND DRUM YOUTH & ADULT

VOLUNTEERS NEEDED (775) 785-1338 SBURNS-RSIC.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.

 **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 mkatnay@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

 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



Northern Nevada Rx Drug Take Back



About Rx Drug Take Back

Proper disposal of medications protects teens, children, pets & the environment. Visit a participating location to properly dispose of unused or expired prescription medications, prescription liquids, pet medications, and over-the-counter pills.

 **Sat. October 24th 2026**

 **10:00 AM - 2:00 PM**

 **Questions? Call JTNN at (775) 324-7557**

Reno Locations

Raley's - 18144 Wedge Parkway, Reno
Raley's - 1630 Robb Drive, Reno
Raley's - 3310 S. McCarran Blvd, Reno
Reno Elks Lodge - 597 Kumle Lane, Reno
Smith's - 175 Lemmon Drive, Reno
Smith's - 750 S. Meadows Parkway, Reno

Sparks Locations

Smith's - 1255 Baring Blvd, Sparks
Safeway (in partnership with Sparks Elks) - 2858 Vista Blvd, Sparks

Spanish Springs Location

Reno Sparks Indian Colony Smoke Shop - 7655 Pyramid Way, Sparks

MORE INFORMATION: (775) 324-7557 | www.jtnn.org

SOCIAL Powwow

HOSTED BY
YERINGTON PAIUTE TRIBE



SPECIALS

- WOMEN'S JINGLE
- MEN'S GRASS
- TINY TOTS
- GOLDEN AGE

MASTER OF CEREMONIES
HANK JOHNSON

ARENA DIRECTOR
ART MARTINEZ

HOST DRUM
RED HOOP

GRAND ENTRIES
11 AM ♦ 6 PM

AT THE YPT GYMNASIUM

VENDORS
Needed!

DANCERS
Welcome!

RAFFLE PRIZES
Needed!

OCTOBER 24, 2026

EVERYONE WELCOME
♦ ALCOHOL & DRUG-FREE EVENT ♦
♦ YPT-NSN.GOV ♦

Proudly Sponsored by
YPT HEALTH CLINIC

RAFFLE PRIZES!

SUPPORT THE 2027 SOCIAL POWWOW

Hosted by
YERINGTON PAIUTE TRIBE

AMAZING PRIZES!

PENDLETON® CHIEF JOSEPH BLANKET
IN THE STONE COLOR



4 TICKETS TO WILD ISLAND COCONUT BOWL



INCLUDES:
BOWLING • GO-KARTS • MINIGOLF
INDOOR PLAY GYM

UNIVERSITY OF NEVADA, RENO BASKETBALL TICKETS



STEAMBOAT HOTSPRINGS

YOUR CHOICE OF:
♦ SINGLE MINERAL BATH
♦ COUPLES MINERAL BATH
♦ SINGLES INFRARED SAUNA
♦ GIFT CARD



CAESARS REPUBLIC SOUTH TAHOE

♦ 2 NIGHT STAY
♦ PLUS \$100 MEAL CREDIT

Experience luxury and world-class hospitality!



MANY MORE PRIZES!

DRAWING WILL BE HELD DURING THE 2ND SESSION OF THE POWWOW
YOU DO NOT NEED TO BE PRESENT TO WIN

VENDORS
Needed!

DANCERS
Welcome!

RAFFLE PRIZES
Needed!

TICKETS \$5 EACH

TO PURCHASE TICKETS, CONTACT ANY POWWOW COMMITTEE MEMBER, THE ELDER CENTER, OR EDUCATION DEPARTMENT.

OCTOBER 24, 2026

EVERYONE WELCOME
♦ ALCOHOL & DRUG-FREE EVENT ♦ YPT-NSN.GOV ♦

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

RSIC RECREATION DEPARTMENT PRESENTS

ZUMBA

RENO GYM

TUESDAYS & WEDNESDAYS

EVERYONE INVITED, INCLUDING EMPLOYEES

TUESDAYS - RENO GYM 6:30 PM TO 7:30 PM
WEDNESDAYS - RENO GYM 12:30 PM TO 1:00 PM



For questions, please, call 775-785-1327

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