


From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: CCDG Weekly Update 11/26/25 FW: St. Rose Diabetes Lifestyle Training and Nutrition December Newsletter
Date: November 26, 2025 at 11:05 AM
To:

RE



Hi Everyone,

The **Southern Nevada Health District** will be **closed** from 12 noon today (**11/26/25** through Friday **11/28/25**) due to the Thanksgiving Holiday!

I'm sharing West Henderson's First Friday event December 5th, Dignity Health's newsletter below and attached so you can click links from their newsletter. Also, a new ADA online diabetes support group (English).

SNHD Community Calendars:

- **Get Healthy Events Calendar:**
<https://gethealthyclarkcounty.org/community-calendar/>
- **Viva Saludable Events Calendar (Spanish):**
<https://www.vivasaludable.org/calendario/>

COMMUNITY UPDATES

December 5

1. **West Henderson Hospital Family First Friday**



Family First Friday
5 - 8 P.M.

You and your family are invited to join us the first Friday of the month for games, music, refreshments and more!

Event dates:

- October 3, 2025
- November 7, 2025
- December 5, 2025
- January 2, 2026

WEST HENDERSON HOSPITAL
A Member of The Valley Health System
1155 Raiders Way | Henderson, NV 89052
725-235-2000

Discover where **HEALTH HAPPENS** at
VALLEYHEALTHSYSTEMLV.COM

Physicians are independent practitioners who are not employees or agents of West Henderson Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 252076606-407300 6/25

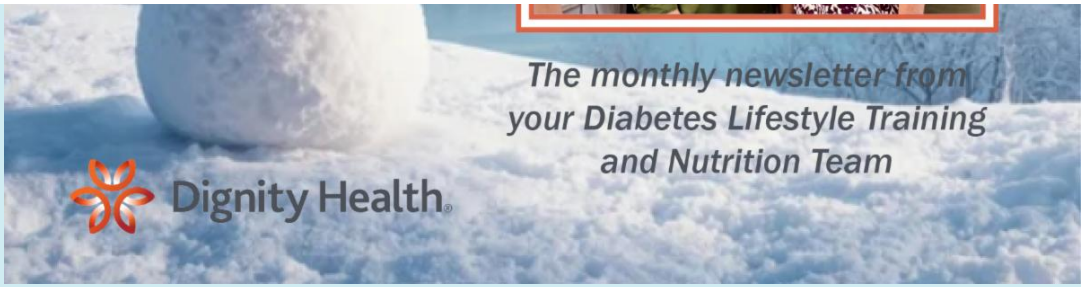
2. Dignity Health Newsletter

From: Angel Garcia Saavedra NV-HENDERSON <angel.garciasaavedra@commonspirit.org>

Sent: Wednesday, November 26, 2025 9:24 AM

Subject: St. Rose Diabetes Lifestyle Training and Nutrition December Newsletter

Decoding Diabetes
with Dignity



The Team: Sherry Poinier, *RDN, CDCES*, Rhonda Nofoa, *Administrative Assistant*, Pam Wagner, *RDN, CDCES*, Angel Garcia Saavedra, *MPH, Program Manager*



December 2025



Monthly Diabetes Support Group





This Month's Topic: Holiday Season Eating for People with Diabetes

Come join us for the annual holiday party to discuss eating during the holidays. We will explore strategies to help you maintain your blood sugar levels and enjoy the parties and gatherings along with everyone else. Yummy snacks and drinks will be served.

Wednesday, December 3, 10 to 11 a.m.

(The first Wednesday of every month)

GREEN VALLEY FREE

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

No Registration Required.

For more information, please call Rhonda at 702-616-4975.



Special Announcements!

Nevada Medicare Assistance Program



Your way through Medicare!

MEDICARE OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 7

**Save money and get the best coverage!
It is worth taking time to compare**

A local Medicare counselor can:

- Help you compare your current Medicare health or drug plan with other Medicare plan choices
- Help you sign up for a new plan
- Provide free and unbiased assistance and information

For unbiased FREE Medicare counseling assistance, call the Nevada Toll Free Hot-line at 800-307-4444.

To dial direct for Southern Nevada

To dial direct for Southern Nevada,
call 702-616-4926.



This program is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,108,172.12 with 100 percent funding by ACL/HHS and the Nevada Department of Human Services (DHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

Take Advantage of Your Insurance Benefits

The time to use your insurance benefits for 2025 is ending soon for most plans. Take advantage of your benefits especially if you've met your deductible for the year.

Facts about Medicare coverage:

- Up to 10 hours the first time you access diabetes education and
- 3 hours of MNT (Medical Nutrition Therapy) with a Registered Dietitian that first year. But it's use-it-or-lose-it!
- After that, 2 hours of diabetes education and 2 hours of MNT **EVERY** year.



Call us at **702-616-4975** for more information.

Hope to see you soon!

Winter Reach is Coming!

Check out the other free and low cost classes available to help support your healthy lifestyle. Share with your family and friends to help us improve the health of our community. Class locations are available throughout the Valley and on-line!

[View Our Current Catalog](#)



Tips to Stay on Track with your Diabetes

During the Holidays



From [Diabetes.org](https://www.diabetes.org)

The holidays are a time to eat, drink, and be merry! However, eating and drinking sugary foods and drinks can make it challenging to manage weight and blood glucose (blood sugar)—which might not leave you feeling merry. Here are seven tips you'll need to survive this holiday season and stay on track with your diabetes management.

[Click to Read the Article](#)

dStigmatizing Holiday Meals with Diabetes

By [Diatrube.org](https://www.diatrube.org)



Managing diabetes and confronting diabetes stigma around the holidays

can be especially challenging and stressful. Consider some simple adjustments – like making recipe swaps and incorporating time in range – to your diabetes management plan to feel more prepared for the holidays.

[Click to Read the Article](#)

Recipe of the Month

Butternut Squash Baked with Cream and Thyme

By Diatribe.org



A savory butternut squash gratin makes for a filling and meat-free fall meal or side dish. Opt to use pre-cut butternut squash cubes instead of prepping your own to cut down prep time by 90%.

[Click for the Recipe](#)

Contact Us - Our Emails have been updated!

[Email Rhonda](#)

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702-616-4975

Email Sherry

Email Pam

Email Angel

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3. American Diabetes Association Online Support Group (English)



Your Questions **ANSWERED**

Be among the first to experience our new
American Diabetes Association® (ADA)
Community Support Network.

PEER SUPPORT • INSPIRATION • BETTER LIVING



Join the
Conversation
Today!



It takes



ALL
OF US

to end diabetes.

PEER SUPPORT ▸ INSPIRATION ▸ BETTER LIVING

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earney@snhd.org

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Thanks!

Rayleen

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SNHD @ Decatur is closed Fridays.

I work remotely Mon and Fri.



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