


From: Rayleen D. Earney Earney@SNHD.ORG 
Subject: Clark County Diabetes Group Weekly Updates April 3 2026
Date: April 3, 2026 at 12:35 PM
To:

RE



Happy Friday Everyone!

SNHD Community Calendars:

- **Get Healthy Events Calendar:**

<https://gethealthyclarkcounty.org/community-calendar/>

- **Online Store Free Healthcare Provider materials:**

- Shop 5210: <https://gethealthyclarkcounty.org/shop/>
- Tobacco Materials Store: <https://gethealthyclarkcounty.shop/product-category/health-care-providers/>

COMMUNITY UPDATES

NEW

1. Nevada Talking Book Services Southern Nevada

We loan audio books and audio magazines completely free of charge to all Nevadans that have a print impairment.

A print impairment may be a vision issue, the inability to hold books or turn pages, and perceptual or reading disorders such as dyslexia.

See attached brochure for more info.

OUTREACH

Staff are available for presentations in many southern and northern Nevada communities to explain and demonstrate the program and its many services.



Contact Us

By Phone

(775) 684-3354

(800) 922-9334

By Email

NEVADA TALKING BOOK SERVICES

That All May Read



4-2025

nvtalkingbooks@admin.nv.gov

By Mail or In Person
 Nevada Talking Book Services
 100 N. Stewart Street
 Carson City, NV 89701

On the Web
<https://nsla.nv.gov/ntbs>



**Nevada State Library,
 Archives & Public
 Records**
Talking Book Services

This brochure is printed
 with funds from the
 Library Services
 Technology Act through:



WHO QUALIFIES?

Nevada Talking Book Services is FREE to Nevada residents of all ages whose low vision, blindness, or physical disability makes it difficult to read regular print.

Eligibility: those with a *temporary* or *permanent* condition such as

- Legally blind
- Visual disability
- Physical disability
- Reading disability



WHAT DO WE OFFER?

24/7 Access to Over 150,000 Audio Books and Magazines and 20,951 E-braille Titles: from the Braille and Audio Reading Download (BARD) site.

Magazines: Free to download or subscribe to get them through the mail.

Reader's Advisory: Staff will help you select books based on your personal preferences.

Free Loans: Audio books, magazines, and digital players.

No Waitlists: Books and magazines are **always** available.

Print Braille: Available on request.

HOW IT WORKS

- Receive braille or audio magazines through the mail.
- Return one book cartridge to receive another.
- Keep BARD downloads as long as you like.

HOW CAN YOU READ?



Audio books and magazines can be downloaded directly to your Apple, Android, or Kindle device Or loaded onto a cartridge for playback on the provided player.

MACHINES AVAILABLE

- Electronic braille e-reader
- Digital Standard Player
- Digital Advanced Player with navigation and bookmark
- High Volume Audio Player
- Digital Advanced Player 2 with Wi-fi capability (limited availability)

Link for the Spanish speakers:

<https://www.loc.gov/nls/es/>

Brett Silver
 Outreach and Public Awareness Coordinator
 Nevada Talking Book Services/Southern Office
 Phone: 702-486-3737

Website: <http://nsla.nv.gov/ntbs>

Listen to our new **podcast** The Silver Lining by going here:

https://www.youtube.com/playlist?list=PLb7P4pq6Tpz3HWNYI7_SMeF1uDOjJLY-M

The Institute for Museum and Library Services (IMLS) provides funding for this Talking Book Program.



2. REACH

<https://www.facebook.com/share/1CaknCqCZg/>



CONSULADO GENERAL DE EL SALVADOR
EN LAS VEGAS, NEVADA

JORNADA DE SALUD

VIERNES 17 DE ABRIL

1 pm - 4 pm

- Consultas médicas
- Exámenes de la vista
- Información mamografía
- Programa Dentistas
- Pruebas de VIH
- Seguros médicos

SERVICIOS GRATIS

CONSULADO GENERAL DE EL SALVADOR
765 N. Nellis Blvd suite #5 Las Vegas , NV 89110


May 26

3. Cooperative Extension/UNR

Training Opportunity

Disrupt Aging

Some CEUs available (see flyer below and attached Disrupt Aging for details)



University of Nevada, Reno

Sanford Center for Aging and
Frontier Area Health Education Center
School of Medicine

Extension
College of Agriculture,
Biotechnology & Natural Resources

DISRUPT AGING

Tuesday, May 26, 2026 | 2 - 4 p.m. PDT

Get the details on this event from Register by Thursday, May 21, 2026



<https://bit.ly/DisruptAging2026>

This **FREE** program is in celebration of Older Americans Month! Demographic trends in aging will be described, as well as recognizing older adults as multi-generational individuals, examining your personal stake in the aging trend and identifying aging trend opportunities.

Speakers:
Natalie Mazzullo, M.Ed.
Coordinator, Healthy Aging Extension
Patti Swager, M.Ed.
Director, Nevada Geriatric Education Center, Sanford Center for Aging

Continuing Education Units (CEUs): This program has been submitted to the Nevada State Boards of Examiners for Long-Term Care Administrators for 2.0 ethics CEUs and Social Workers for 2.0 diversity, equity and inclusion CEUs. The University of Nevada, Reno School of Medicines' Sanford Center for Aging approves this program for 2.0 hours of CEUs for Nurses. You will need to attend and complete an evaluation within 7 days to receive CEUs. Check the NGECE website for updates to [our policies](#).

This Disrupt Aging training is adapted from AARP's Disrupt Aging Classroom. Zoom™ video conferencing is provided through a partnership with University of Nevada, Reno Frontier Area Health Education Center.

For more information, please contact healthyaging@unr.edu or NGECE@unr.edu.

The University of Nevada, Reno is committed to providing a place of work and learning free of discrimination on the basis of a person's age (40 or older), disability, whether actual or perceived by others (including service-connected disabilities), gender (including pregnancy-related conditions), military status or military obligations, sexual orientation, gender identity or expression, genetic information, national origin, race (including hair texture and protected hairstyles such as natural hairstyles, afro, bantu knots, curls, braids, locks and twists), color, or religion (protected classes). Where discrimination is found to have occurred, the University will act to stop the discrimination, to prevent its recurrence, to remedy its effects, and to discipline those responsible.



April 3

4. Family First Friday West Henderson Hospital 5-8 pm

FAMILY FIRST FRIDAY
Presented By West Henderson Hospital

First Friday of Every Month!
5 - 8 PM

You and your family are invited to join us the first Friday of the month for live music, local food trucks, socializing, shopping, kids crafts, and more!

UPCOMING DATES:
FEB 6 • MAR 6 • APR 3 • MAY 1

WEST HENDERSON HOSPITAL
A Member of The Valley Health System

1155 Raiders Way | Henderson, NV 89052
725-235-2000

ALL AGES WELCOME

HELD OUTDOORS
Dress for the weather!

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

5. Diabetes Class at SNHD (Spanish)
Free
April 8 and 15
3-5 pm

CLASES GRATUITAS

CONTROLE SU DIABETES

8 Y 15 DE ABRIL
3:00PM-5:00PM

Distrito de Salud del Sur de Nevada
280 S. Decatur Blvd.

DEBES ASISTIR A AMBAS FECHAS PARA COMPLETAR LA CLASE. Las clases son enseñadas por educadoras de la salud que son facilitadoras capacitadas en el Conversation Map® Currículo de Educación y Autocontrol de la Diabetes.

BENEFICIOS DE NUESTRAS CLASES:

- Aprenda como autocontrolar su condición
- Reduzca el riesgo de complicaciones relacionadas con la diabetes
- Mejore las conductas del estilo de vida

LOS PARTICIPANTES EN NUESTRAS CLASES INTERACTIVAS CUENTAN CON RECURSOS QUE INCLUYEN:

- Platos de porciones
- Recetas saludables
- Bandas elásticas
- Más

CONOZCA MÁS

(702) 759-1270

vivasaludable@snhd.org

vivasaludable.org/csd

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS

www.vivasaludable.org

Comagine Health

La Asociación Americana de la Diabetes reconoce que este Programa de Educación cumple con los Estándares Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

Este material fue apoyado por la subvención o acuerdo cooperativo número NUSBDP007382-01, financiado por los Centros para el Control y la Prevención de Enfermedades. Su contenido es responsabilidad exclusiva de los autores y no representa necesariamente las opiniones oficiales de los Centros para el Control y la Prevención de Enfermedades o el Departamento de Salud y Servicios Humanos.

6. Heart of the Community Block Party
Sponsored by Several Community Partners (see flyers)



BLOCK PARTY



Spring is here, and it is time to celebrate community, connection, and healthy living.

Featuring a live DJ, health screenings, heart-healthy food, yoga, sound healing, free haircuts, gardening 101, kids' activities, and much more!

JOIN US

Sat, April 11 | 11:00am – 2:00pm
Obodo Collective
 1300 C Street, Las Vegas, NV 89106



Visit gethealthyclarkcounty.org/block-party to learn more.



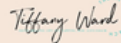
www.gethealthyclarkcounty.org



Dignity Health
St. Rose Dominican



Intermountain Health



This publication (journal, article, etc.) was supported by the Nevada State Department of Health and Human Services through Grant # NU58DP007464-03 from The National Cardiovascular Health Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department nor The National Cardiovascular Health Program.

¡CELEBRA LA SALUD DE TU CORAZÓN!



¡Dale la bienvenida a la primavera y celebra la Salud de Tu Corazón!

¡Disfruta de un DJ en vivo, exámenes de salud gratuitos, comida saludable para el corazón, yoga, cortes de pelo gratis, información sobre jardinería, actividades infantiles y mucho más!

ÚNETE A NOSOTROS! **Sábado 11 de Abril | 11:00am – 2:00pm**
Obodo Collective
 1300 C Street, Las Vegas, NV 89106

Visita gethealthyclarkcounty.org/block-party para obtener más información.




www.gethealthyclarkcounty.org

















Esta publicación (revista, artículo, etc.) fue apoyada por el Departamento de Salud y Servicios Humanos del Estado de Nevada a través de la Subvención # NUS8DP007464-03 del Programa Nacional de Salud Cardiovascular. Su contenido es únicamente responsabilidad de los autores y no representa necesariamente las opiniones oficiales del Departamento ni del Programa Nacional de Salud Cardiovascular.

7. May 4 and 11
Diabetes Class Spanish at SNHD

CLASES GRATUITAS

CONTROLE SU DIABETES



4 Y 11 DE MAYO
10:00AM-12:00PM

Distrito de Salud del Sur de Nevada
 280 S. Decatur Blvd.

DEBES ASISTIR A AMBAS FECHAS PARA COMPLETAR LA CLASE. Las clases son enseñadas por educadores de la salud que son facilitadores capacitados en el Conversation Map® Currículo de Educación y Autocontrol de la Diabetes.

BENEFICIOS DE NUESTRAS CLASES:

- Aprenda como autocontrolar su condición
- Reduzca el riesgo de complicaciones relacionadas con la diabetes
- Mejore las conductas del estilo de vida

LOS PARTICIPANTES EN NUESTRAS CLASES INTERACTIVAS CUENTAN CON RECURSOS QUE INCLUYEN:

- Platos de porciones
- Recetas saludables
- Bandas elásticas
- Más

CONOZCA MÁS

(702) 759-1270
vivasaludable@snhd.org
vivasaludable.org/csd




www.vivasaludable.org

ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS



Comagine Health



La Asociación Americana de la Diabetes reconoce que este Programa de Educación cumplió con los Estándares Nacionales de Educación y Apoyo para el cuidado personal de la diabetes.

Este material fue apoyado por la subvención o acuerdo cooperativo número NUS60P007382-01, financiado por los Centros para el Control y la Prevención de Enfermedades. Su contenido es responsabilidad exclusiva de los autores y no representa necesariamente las opiniones oficiales de los Centros para el Control y la Prevención de Enfermedades o el Departamento de Salud y Servicios Humanos.

8. Virtual Diabetes Class offered by SNHD
Free
April 30, May 7 and 14 (attend all 3 to complete the class)

April 7 & 14
9. RTC/SNHD Pop-Up Produce Stands
@ Bonneville Transit Center



SNAP/EBT Accepted • Double Up Food Bucks Available

BONNEVILLE TRANSIT CENTER
101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101

MARCH 3 & 10 APRIL 7 & 14 MAY 5 & 12
NOON - 3PM
OR UNTIL SOLD OUT

Come shop for a variety of affordable fruits & vegetables at the Spring Pop-Up Produce Stands. Use your SNAP/EBT card to bring home healthy nutritious foods.


www.gethealthyclarkcounty.org



Made possible with funding from the Centers for Disease Control and Prevention.

10. Spanish Flyer Pop-Up Produce Stands
 7 y 14 de abril

PUESTOS DE PRODUCTOS AGRÍCOLAS

Aceptamos SNAP/EBT * Duplique sus beneficios de SNAP con Double Up Food Bucks

BONNEVILLE TRANSIT CENTER
101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101

MARZO 3 Y 10 ABRIL 7 Y 14 MAYO 5 Y 12
12 DEL MEDIODÍA - 3PM
O HASTA QUE SE AGOTE

Venga a comprar una variedad de frutas y verduras a precio asequible en el evento de Primavera de los Puestos de Productos Agrícolas. Use su tarjeta SNAP/EBT para llevara casa alimentos nutritivos y saludables.



www.vivaklark.org



Hecho posible con fondos de los Centros para el Control y la Prevención de Enfermedades.

11. Dignity Health Diabetes Prevention Program Starts April



Diabetes Prevention Program

You can reduce your risk of developing diabetes by as much as 58% (71% if you are over age 60)

If you have been diagnosed with prediabetes, or are at risk of developing type 2 diabetes, you may qualify for this program. Join us in this CDC-approved 12-month program, given in 16 weekly sessions, followed by monthly maintenance sessions.

This lifestyle change program offers:

- A certified lifestyle coach to guide and encourage you
- The skills you need to be more physically active and promote healthy eating habits
- Group support from other participants in the program
- Stress management and problem solving

Take charge of your health and make the commitment now.

Interested in joining in or need more information? Please call 702.616.4975 or email rhonda.nofoa@commonspirit.org



Classes Start in April

Take advantage of our class discount.
\$40 to enroll, \$10 per session.

Thursdays, 3:00-4:00 pm

*Dignity Health Green Valley
Community Center
2651 Paseo Verde Pkwy, Ste 180
Henderson, NV 89074*

2026 Sessions

April 16, 23, 30
May 14, 28
June 4, 11, 25
July 9, 30
August 13, 27
September 10, 24
October 8, 15, 29
November 12, 19
December 3, 17

2027 Sessions

January 7, 14, 28
February 11, 25
March 11

12. Walking Together: Preventing Diabetes

Free Online Diabetes Prevention Program SNHD



WALKING TOGETHER
Preventing Diabetes

Walking Together: Preventing Diabetes is a **free, online program** designed to reduce your risk of type 2 diabetes and build healthy habits that last a lifetime.

TOPICS INCLUDE:

- UNDERSTANDING DIABETES
- HEALTHY EATING
- PHYSICAL ACTIVITY
- SLEEP & STRESS MANAGEMENT
- LOCAL RESOURCES
- AND MORE

GET STARTED TODAY
Scan the QR code, go to www.gethealthyclarkcounty.org/dp or call (702) 759-1270

SNHD
Southern Nevada Health District

www.gethealthyclarkcounty.org
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

The program is for educational purposes and does not replace the advice of a doctor or health care provider.

13. Spanish Walking Together: Preventing Diabetes Online Program Flyer Free SNHD



CAMINANDO JUNTOS
Previniendo la Diabetes

Caminando Juntos: Prevención de la Diabetes es un **programa gratuito en línea** diseñado para reducir tu riesgo de diabetes tipo 2 y crear hábitos saludables que duren toda la vida.

LOS TEMAS INCLUYEN:

- COMPRENDED LA DIABETES
- ALIMENTACIÓN SALUDABLE
- ACTIVIDAD FÍSICA
- SLEEP & STRESS MANAGEMENT
- LOCAL RESOURCES
- AND MORE



14. T1D Family Meetup

- Join us for a fun T1D Family Meetup at the Hub Park! Come explore the exciting playground with other families impacted by type 1 diabetes (T1D).
- **Date:** Saturday, April 11, 2026
- **Time:** 2:00 pm – 4:00 pm
- **Location:** The Hub Park, 11511 North Desert Foothills Drive, Las Vegas, NV 89138
- For more information and to RSVP: BreakthroughT1D.org/nevada/familymeetup

15. Type 1 Adult Connection – Game Night

- Join us for Type 1 Adult Connection – a free social group for **adults (18+) with type 1 diabetes!** We'll have favorites like Uno and Phase 10, and you're welcome to bring a game you love to share with the group.
- **Date:** Thursday, April 23, 2026
- **Time:** 6:00 pm – 7:30 pm
- **Location:** Dignity Health Wellness Center, 9880 West Flamingo Road, Suite 220, Las Vegas, NV 89147
- For more information and to RSVP: BreakthroughT1D.org/nevada/adultconnection

Please let me know if you have any questions or if there is anything I can do to help!

Thank you,
Cynthia



Cynthia Cross (*she, her, hers*)

Operations Coordinator, working remote in Las Vegas
Southwest Territory, serving the Nevada and Desert West (AZ/NM) Chapters
o: 702-418-3116
m: 702-305-7075
ccross@BreakthroughT1D.org
BreakthroughT1D.org
To unsubscribe from this list, email “unsubscribe” to: earney@snhd.org

Have a friend or colleague who would like to receive updates? Email “subscribe”:
earney@snhd.org



Rayleen Earney, M.Ed., CHES
Senior Health Educator/Diabetes Program
Office of Chronic Disease Prevention and Health Promotion
280 S Decatur Blvd., Las Vegas, NV 89107
www.getthehealthyclarkcounty.org
www.snhd.info
www.vivasaludable.org
Phone: 702-759-1271
Email: earney@snhd.org
SNHD @ Decatur is closed Fridays.
I work remotely Mon and Fri.



TBBrochure 4-2025 qr code Red .pdf
328 KB



CSD Comagine-May 26 Red.pdf
174 KB



Virtual Diabetes Class Eng April May 2026 (002)Red.pdf
175 KB



97702_ValleyHealth_FamilyFirst-8.5x11 Red.pdf
1 MB



**SNHD DPP Online Program Eng Sp
Red.pdf**
307 KB



**DisruptAging_May2026_Approve
d.pdf**
225 KB

