

From: Rayleen D. Earney Earney@SNHD.ORG
Subject: Clark County Diabetes Group Weekly Updates July 24 2026
Date: July 24, 2026 at 12:34 PM
To:

RE



Hello Everyone,

Happy Friday!

SNHD Community Calendars and Healthcare Resources:

1. 

Get Healthy Events Calendar: Find free blood pressure checks at participating barber and beauty salons, community events, and more!

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



2. **Viva Saludable Events Calendar (Spanish)**

<https://vivasaludable.org/calendario/>



3. **5210 Store: Free materials**

Healthcare providers may order **free 5210 materials posters and activity books, lanyards, etc.:** (Shipped to Nevada residents only):

<https://gethealthyclarkcounty.org/about/>

COMMUNITY EVENTS

NEW

4. Dignity Health Nevada Health Link Insurance Assistance



Affordable health insurance through Nevada Health Link

Designed for individuals and families who don't have employer health coverage and don't qualify for Medicaid or Medicare, Nevada Health Link is the marketplace for health insurance that can provide you with tax credits and subsidies to help cover the cost of your insurance.

Recent life changes may qualify you for a Special Enrollment Period. Qualifying life changes include: recent marriage or divorce, moving, change in job or income, birth or adoption, loss of health insurance, loss of Medicaid, turning 26 and gaining US legal status.

Call to speak with one of our Certified Enrollment Counselors or email for assistance NevadaHealthLink@commonspirit.org | 702.616.4904

Dignity Health Community Wellness Center Locations:

Green Valley

2651 Paseo Verde Parkway
Suite 180
Henderson, NV 89074

Henderson

102 E Lake Mead Parkway
Henderson, NV 89015

West Flamingo

9880 W Flamingo Road,
Suite 220
Las Vegas, NV 89147

Sahara

4980 W Sahara Avenue
Suite 220
Las Vegas, NV 89146

West Las Vegas

7220 S Cimarron Road
Suite 195
Las Vegas, NV 89113

Blue Diamond

4855 Blue Diamond Road
Suite 220
Las Vegas, NV 89139

North Las Vegas

1550 W Craig Road
Suite 250
North Las Vegas, NV 89032

El Mercado at

Boulevard Mall
3528 S Maryland Parkway
Suite 410
Las Vegas, NV 89169
(by appointment)

Dolores Huerta

Resource Center
1737 Hunkins Avenue
North Las Vegas, NV 89030
(Fridays from 12 to 4 p.m.)



Scan to Email

Dignity Health is a
member of CommonSpirit



Seguro médico accesible a través de Nevada Health Link

Para personas y familias que no tienen cobertura de salud de parte de su empleador y no cumplen los requisitos para recibir Medicaid o Medicare, Nevada Health Link es la tienda de seguros médicos que puede proporcionarle créditos fiscales y subsidios para ayudarlo a cubrir el costo de su seguro.

Los cambios de vida recientes pueden darle derecho a un Periodo de Inscripción

Especial. Ejemplos de cambios de vida que califican incluyen matrimonio o divorcio reciente, mudanza, cambio de trabajo o ingresos, nacimiento o adopción, pérdida del seguro médico, pérdida de Medicaid, cumplir 26 años y obtener estatus legal en los USA. Llame para hablar con uno de nuestros asesores certificados de inscripción o envíe un correo electrónico a NevadaHealthLink@commonspirit.org | 702.616.4904 para solicitar ayuda.

Ubicaciones de Dignity Health Community Wellness Center:

Green Valley
2651 Paseo Verde Parkway
Suite 180
Henderson, NV 89074

Henderson
102 E Lake Mead Parkway
Henderson, NV 89015

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North Las Vegas
1550 W Craig Road
Suite 250
North Las Vegas, NV 89032

**El Mercado en la
Boulevard Mall**
3528 S Maryland Pkwy,
Local #410
Las Vegas, NV 89169
(con cita)

**Dolores Huerta
Resource Center**
1737 Hunkins Avenue
North Las Vegas, NV 89030
(Viernes de 12 a 4 p.m.)



Escanear para mandar
correo electrónico

Dignity Health is a
member of CommonSpirit

NEW

November 10

5. Cooperative Extension Workshop



Shared Responsibility: Navigating, Supporting and Empowering Through Life's Final Journey

Hosted by the University of Nevada, Reno Extension at our Paradise Campus
8050 Paradise Road, Las Vegas, NV 89123

**REGISTER HERE: <https://tinyurl.com/SREOL26>
Tuesday, November 10, 2026 8:30 a.m. to 4:30 p.m.**

Shared Responsibility: Navigating, Supporting and Empowering Through Life's Final Journey is a community summit dedicated to compassionate conversations and collaborative action around end-of-life care. Bringing together healthcare professionals, caregivers, faith leaders and community members, the event explores how we can collectively support individuals and families through life's final chapter. Join us for meaningful dialogue, shared resources and practical tools to foster dignity, comfort and connection at life's end.

Community resources will be available for additional discussion and networking opportunities.

Six continuing education units (CEUs) will be submitted to the Nevada State Boards of Examiners for long-term care administrators and social workers. Extension will approve continuing professional education for

certified health education specialists, marriage and family therapists and nurses. In addition to CEUs, the \$50 registration will include free parking, continental breakfast, handouts and a catered lunch.

For additional information, please contact Natalie Mazzullo at 702-948-5911 or email nmazzullo@unr.edu.



Shared Responsibility: Navigating, Supporting and Empowering Through Life's Final Journey

Agenda

Tuesday, Nov. 10, 2026

Time	Session Title	8050 Paradise Rd., Las Vegas, NV 89123
8 to 8:30 a.m.	Registration & Continental Breakfast	
8:30 to 8:35 a.m.	Welcome	
8:35 to 8:40 a.m.	Housekeeping and Introductions	
8:40 to 9:40 a.m.	End of Life Conversations Cheryl Johnston, Ph.D., MSM, retired, UNLV School of Social Work faculty	
9:40 to 9:45 a.m.	Thank you, Housekeeping & Introduction	
9:45 to 10:45 a.m.	Hospice vs. Palliative Care & Advanced Care Planning Alyson Blight, APRN, FNP-BC, Director of Elaine Wynn Palliative Care Program at Nathan Adelson Hospice	
10:45 to 11:00 a.m.	Break & Networking	
11:00 a.m. to 12:00 p.m.	Housekeeping & Introduction End-of-Life Doula and Death Cafes Christine Ruggiero, Holding Space Las Vegas	
12:00 to 12:40 p.m.	Lunch	
12:40 to 12:45 p.m.	Housekeeping & Introduction	
12:45 to 1:45 p.m.	Grief and Bereavement Brenda Freeman, Ph.D., Professor, state specialist, Extension, College of Agriculture, Biotechnology & Natural Resources, University of Nevada, Reno	
1:45 to 1:50 p.m.	Thank you, Housekeeping & Introduction	
1:50 to 2:50 p.m.	Suicide in Older Adults Shonda Richburg, Area Director, American Foundation for Suicide Prevention, Nevada Chapter	
2:50 to 3:05 p.m.	Break	
3:05 to 3:10 p.m.	Housekeeping and Introduction	
3:10 to 4:20 p.m.	Interfaith Panel Ryan Creelman, Chaplain and Spiritual Director, WestCare Foundation Inc. Shirley Lindsay, Retired Chaplain Brian Scroggins, Chaplain, Las Vegas Metropolitan Police Department and Las Vegas Fire Department	
4:20 to 4:25 p.m.	Evaluation, CEU and Certificate Instructions	
4:25 to 4:30 p.m.	Thank you & Close	



6. [American Diabetes Association - Advocacy](#)

Your voice is making a difference!

Thanks to the efforts of advocates across the nation, the **Improving Needed Safeguards for Users of Lifesaving Insulin Now (INSULIN) Act** has passed the Senate Health, Education, Labor, and Pensions (HELP) Committee with bipartisan support and with enough support, can be voted on by the full Senate.

The INSULIN Act limits the **out-of-pocket costs at \$35 per month** for individuals

the program determine the cost of prescription drugs for individuals with private or employer-sponsored insurance.

We need your help to increase momentum and keep this bill moving! Even if you've already contacted your senators, they need to hear from you again! Every senator will hold the fate of affordable insulin in their hands. Let them know why this **lifesaving** legislation is paramount.

Write Your Senators Today

Thank you for your continued advocacy in the fight for affordable insulin. This truly takes all of us.

Lisa Murdock
Chief Advocacy Officer
American Diabetes Association

https://www.votervoice.net/DIABETES/campaigns/137121/respond?lid=ycbka6tt7z8q&utm_medium=email&utm_source=appeal&utm_campaign=260722_advocacy_actionalert_insulinact_senate_ecr4085-variant1&user_id=ba5db2748326178f450a8bcf144fc94154931141ba0d4070ed49ad417f8f1c80&utm_term=NOND
[INSULIN Act | American Diabetes Association](https://diabetes.org/advocacy/insulinact#insulinactpetition)
<https://diabetes.org/advocacy/insulinact#insulinactpetition>

NEW

7. Additional Prescription Coverage Assistance:

- www.TrumpRx.gov
- Novo Cares
<https://www.novocare.com/diabetes/help-with-costs/pap.html>
Needy Meds
- <https://needy meds.org/>
- **Freestyle Libre 3**
https://www.freestyle.abbott/us-en/products/freestyle-libre-3.html?gclid=aw.ds&&utm_source=Google&utm_medium=SEM&utm_campaign=Brand&utm_content=Brand&utm_term=RSA&gclid={msclkid}&gclid=3p.ds&gad_source=1&gad_campaignid=23492642330&gbraid=0AAAAADGna8VvE5SmtHC8M8VXYmyC51ur6&gclid=EAlaIqObChMlxp3tvpXnlQMVLiVECB2BkDfQEAYASAAEgJOs_D_BwE
- **Dexcom Savinas Center**

<https://www.dexcom.com/savings-center>

- **ASP Cares Pharmacy Las Vegas (includes delivery service)**

<https://www.aspcares.com/location/lasvegas/>

- Check with prescription drug manufacturers or ask your pharmacist for discount cards (too many to list).

NEW

8. **American Kidney Fund**

Kidney Health Coach Training (Free, course offered through December 31, 2026)

<https://www.kidneyfund.org/get-involved/kidney-health-coach>

<https://akf.lms.ethosce.com/node/10760#group-tabs-node-course-default2>

Find kidney-friendly recipes at: <https://kitchen.kidneyfund.org/find-recipes/>

kitchen.kidneyfund.org

<https://akf.lms.ethosce.com/node/10830>

En español



9. **Adriana Fitness**
Healthy Kids Gym
702-502-5535



NEW

10. **Las Vegas HEALS**



[Magazine_JULY_2026_digital.pdf](https://www.lasvegasheals.org/wp-content/uploads/2026/07/Magazine_JULY_2026_digital.pdf)

https://www.lasvegasheals.org/wp-content/uploads/2026/07/Magazine_JULY_2026_digital.pdf
Mental Health/Behavioral Health Articles and More

11. **Dignity Health**
Heart Healthy Program





Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes.

Mondays, August 3 - 24, 1:30 - 2:30 pm

GREEN VALLEY FREE

2651 Paseo Verde Pkwy Suite 180 Henderson NV, 89074

Call, text, or email Angel at **702.616.4932** or
angel.garciasaavedra@commonspirit.org

12. Hats Off

Back to School and Community Event

5625 S Rainbow #C

5-8 pm

Call: 702-845-2265

While supplies last!



WITH SUPPLIES, WHILE SUPPLIES LAST!

AGES!

FREE HAIRCUTS | HAIR SERVICES FOR THE GIRLS! | GAMES | FOOD | VENDORS | MUSIC & FUN!

SATURDAY AUGUST 8TH 2026 | **5:00 PM UNTIL 8:00 PM**

FOR ADDITIONAL INFORMATION CALL **702.845.2265** | **CLICK QR CODE TO REGISTER!**

INDEPENDENT KIDS | **Thomas Nelson Abdella, MD FOUNDATION THE BOUNDLESS JOY OF GIVING** | **WASH STATE BARBER SCHOOL** | **ROYAL BRIDGE STRONGER FAMILIES. BRIGHTER FUTURES. BETTER SECURE CAREERS.** | **Kimmyfab**

5625 S RAINBOW BLVD #C LAS VEGAS, NV 89118

September 21 and 28 (attend both days to complete your class)

13. **Spanish Diabetes Self-Management Education Class at SNHD**

280 S Decatur Blvd

Sign up online: vivasaludable.org/csd

Call: 702-759-1270

CLASES GRATUITAS

CONTROLE SU DIABETES

21 Y 28 DE SEPTIEMBRE | **Distrito de Salud del Sur de Nevada 280 S. Decatur Blvd.**

10:00AM-12:00PM

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







ESCANEE ESTE CÓDIGO PARA SUSCRIBIRSE A NUESTRA LISTA DE INTERESADOS



*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 1N801PW000098-01, 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.

October 20 and 27

14. **Spanish Diabetes Self-Management Education Class at SNHD**
280 S Decatur Blvd
Sign up online: vivasaludable.org/csd
Call: 702-759-1270



CLASES GRATUITAS

CONTROLE SU DIABETES



20 Y 27 DE OCTUBRE **Distrito de Salud del Sur de Nevada**
10:00AM-12:00PM **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 Maple Currículo de Educación y Autocontrol de la Diabetes.

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- Recetas saludables
- Bandas elásticas
- Más



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September 23 and 30 (attend both days to complete the class)

15. **English** Diabetes Self-Management Class at SNHD

10 am – 12 noon

Sign up online: gethealthyclarkcounty.org/myd

Call: 702-759-1270

FREE CLASS

MANAGE YOUR DIABETES

SEPT 23 & 30
10:00AM-12:00PM

Southern Nevada Health District
280 S. Decatur Blvd.

YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THIS CLASS. Classes are taught by Health Educators who are trained facilitators in the Conversation Maps Diabetes Self-Management & Education curriculum.

BENEFITS OF OUR CLASSES:

- Learn how to better self-manage your condition
- Reduce risk of diabetes-related complications
- Improve healthy lifestyle behaviors

PARTICIPANTS IN OUR INTERACTIVE CLASSES ARE PROVIDED WITH RESOURCES INCLUDING:

- Portion plates
- Healthy recipes
- Stretch bands
- More

LEARN MORE

☎ (702) 759-1270
✉ gethealthy@snhd.org
🌐 gethealthyclarkcounty.org/myd

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

SCAN THIS CODE TO SIGN UP

American Diabetes Association
*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

This material was supported by the Coats or Cooperative Agreement Number 1A03PM000056-02 funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

October 21 and 28 (attend both days to complete the class)

16. **Diabetes Class at SNHD**

English Diabetes Conversation Maps

Sign up online: gethealthyclarkcounty.org/myd

Call: 702-759-1270

FREE CLASS

MANAGE YOUR DIABETES

DIABETES

OCTOBER 21 & 28
10:00AM–12:00PM

Southern Nevada Health District
280 S. Decatur Blvd.

YOU MUST ATTEND BOTH SESSIONS TO COMPLETE THE CLASS. Classes are taught by Health Educators who are trained facilitators in the Conversation Map® Diabetes Self-Management & Education curriculum.

BENEFITS OF OUR CLASSES:

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LEARN MORE

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gethealthyclarkcounty.org/myd

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GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.

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17. Comagine Health Tool to Find Workshops



Access to Healthcare Nevada and other community partners list classes including but not limited to:
Diabetes Prevention, DPP and DSME, Chronic Disease Self-Management classes, etc.:

<https://comagine.org/program/compass-programs>

New classes are added as they become available. Check back often!

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





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Office of Chronic Disease Prevention and Health Promotion
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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.



Mail Attachment.eml
55 KB



NHLFlyerRed July 22 26.pdf
593 KB



Back to School _ Final Flyer
V.3RED.pdf
834 KB



SEPT 23 and 30 Diab Class
FlyerRED ENG.pdf
596 KB



Spanish-PHHSBG-Oct 26 ED
SNHD.pdf
598 KB



Spanish-PHHSBG-Sept 26 SNHD
Red.pdf
598 KB



Flyer EoL 2026 compressed.pdf
380 KB



Dental_Patient_Brochure_2022R
ED.pdf
501 KB



Adriana Fitness 702-502-5535

FITNESS

Certified Nutritionist and Fitness
Trainer, RBT training, provider
of Acumen, Respite.



adriana@healthykidsgym.com



www.healthykidsgym.com



5310 W. Sahara Ste B
Las Vegas, NV 89146