

From: Rayleen D. Earney Earney@SNHD.ORG
Subject: Clark County Diabetes Group Weekly Updates August 14 2026
Date: August 14, 2026 at 2:53 PM
To:

RE



Happy Friday Everyone!

CCDG Updates:

1. A very warm welcome to our new manager, Becky Johnson, and newly promoted supervisor, Malcolm Ahlo!
 - **Congratulations** to you both! 😊
2. SNHD plans to make changes to the Partners for a Healthy Nevada and CCDG coalitions
 - (details to come).
3. Through August 28th, you may continue to email your updates to me to share with others.
 - I am retiring. My last day working at SNHD will be September 1

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://getthehealthyclarkcounty.org/shop/>

COMMUNITY EVENTS/CLASSES/MORE

NEW

September 1 and 8

4. **Pop Up Produce Stands**
SNHD/Bonneville Transit Center
101 E. Bonneville Ave, Las Vegas, NV



BONNEVILLE TRANSIT CENTER

101 E. BONNEVILLE AVE.
LAS VEGAS, NV 89101

SEP.
1 & 8

OCT.
6 & 13

NOV
3 & 10

NOON - 3PM
OR UNTIL SOLD OUT

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



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



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

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

SEP.
1 Y 8

OCT.
6 Y 13

NOV.
3 Y 10

12 DEL MEDIODÍA - 3PM
O HASTA QUE SE AGOTE

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



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

NEW



5. Access to Healthcare Workshops and Events

- [Events - Access To Healthcare Network](#)
- <https://www.accesstohealthcare.org/events/>

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

6. 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



www.vivasaludable.org





*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 1NB01PW000098-01, 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 (attend both days to complete the class)

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CONOZCA MÁS

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

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VIVA Saludable
www.vivasaludable.org

SNHD
Southern Nevada Health District

NEVADA HEALTH

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

8. English Diabetes Self-Management Class at SNHD

8. English Diabetes Self-Management Class at SNHD

10 am – 12 noon

Sign up online: gethealthyclarkcounty.org/myd

Call: 702-759-1270

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

9. Diabetes Class at SNHD

English Diabetes Conversation Maps

Sign up online: gethealthyclarkcounty.org/myd

Call: 702-759-1270

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:

- 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

SNHD Southern Nevada Health District
NEVADA Wellness



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

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9. Sanford Aging Center
Virtual Online DSMP Diabetes Self-Management Class
Zoom
Thursdays from 12-2:30PM and begins on August 27th with an introduction session.

SANFORD CENTER FOR AGING

DIABETES SELF-MANAGEMENT PROGRAM

For people living with type 2 diabetes who want to learn tools to better manage their condition.

When: Sessions meet **Thursdays** from 12 to 2:30 p.m. beginning on **September 3** through **October 8**
*There is an introductory session on **Thursday, August 27** and all are encouraged to attend!*

Where: **Online via Zoom**
Link sent upon registration

Cost: FREE!

Register: <https://bit.ly/SanfordDSMPFall26>



**SCAN
ME**

More info: Call (775) 784-4774 or email wellness.sca@unr.edu

Class size is limited, so register early.

These classes are free to participants due to funding in part by the State of Nevada Division of Public and Behavioral Health and the Jean Sanford Endowment.



University of Nevada, Reno
Sanford Center for Aging
School of Medicine



FIND US ON FACEBOOK
@UNRSCA

med.unr.edu/aging
(775) 784-4774
sanford@unr.edu

A flyer is attached, and anyone can self-enroll through our online program,
Compass: <https://www.compasshp.org/workshops/registration/19084>

Hannah Linden

Health & Wellness Director
Sanford Center for Aging
1664 North Virginia St
Mail Stop 0146
Pronouns: She/her

Work-phone: [7757841809](tel:7757841809)
hlinden@unr.edu
<https://med.unr.edu/sanford-center>



September 4

10. **Dignity Health**
Chronic Disease Self-Management Program
Class Series
Call: 702-616-4940
Email: heidi.phelon@commonspirit.org





Living a Healthy Life with Chronic Pain

Are you interested in ways to improve your Quality of Life while managing Chronic Pain?

The Living a Healthy Life with Chronic Pain workshop is an evidence-based, 6-week program designed to help you take control of your daily living while managing chronic pain. This free workshop is available in-person, Zoom or by telephone.

During the program you will learn:



To express your needs with family and friends



5 ways to reduce pain through healthy eating



How thoughts, emotions and stress affect pain levels



To identify and prioritize important tasks for daily living



How to partner with your health care provider



Ways to reduce pain through the mind/body connection



About pain medications and how they help



To set goals for self-care and pain management



Dignity Health.
St. Rose Dominican

Starting September 4 to October 9 from 1pm to 3:30pm
2651 Paseo Verde Parkway, Suite 180, Henderson, NV 89014

Interested in joining or need more information? Please call or text 702.616.4940 or email heidt.phelon@commonspirit.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



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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.



Fall 2026 Pop Up Market Flyer
with bleedsRed.pdf
842 KB



CPSMP ENG GV Sept 2026Red
.pdf
997 KB



SANFORD CENTER FOR AGING

