

## September 2017

S	M	Т	W	T	F	S
					1	2
3	LABOR DAY	Rural Providers Meeting	6	NAMI Connections	8	Walk in Memory, Walk for Hope
10	PATRIOT DAY	ZERO Suicides Reception ZERO Suicides Presentation	NAMI Library Group Alzheimer's Elko Support Group	NAMI Connections	15	16
<b>1</b> 7	18	NAMI Family-To- Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.	NAMI Connections	Stephanie's Softball Tournament	Stephanie's Softball Tournament
Stephanie's Softball Tournament	25	26	NAMI Library Group	NAMI Connections	29	30



## October 2017

S	M	T	W	T	F	S
1	2	Rural Providers Meeting	4	NAMI Connections	6	7
8	COLUMBUS DAY	10	NAMI Library Group  Alzheimer's Elko Support Group	NAMI Connections	13	14
15	16	NAMI Family-To- Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.	NAMI Connections	20	21
22	23	24	NAMI Library Group	NAMI Connections	27	28
29	30	HALLOWEEN 31				



## November 2017

S	M	T	W	T	F	S
			1	NAMI Connections	3	4
DAYLIGHT SAVING	6	Rural Providers Meeting	NAMI Library Group  Alzheimer's Elko Support Group	NAMI Connections	10	VETERANS' DAY
12	13	14	15	NAMI Connections	17	18
19	20	NAMI Family-To- Family Support	NAMI Library Group	THANKSGIVING DAY	24	25
26	27	28	29	NAMI Connections		



## December 2017

S	M	Т	W	Т	F	S
					1	2
3	4	Rural Providers Meeting	6	NAMI Connections	8	9
10	11	HANUKKAH BEGINS	NAMI Library Group Alzheimer's Elko Support Group	NAMI Connections	15	16
17	18	NAMI Family-To- Family Support	HANUKKAH ENDS	NAMI Connections	22	23
24	CHRISTMAS 25	KWANZAA BEGINS	NAMI Library Group	NAMI Connections	29	30
31	KWANZAA ENDS					



January 2018

S	M	T	W	T	F	S
	NEW YEAR'S HOLIDAY	Rural Providers Meeting	3	NAMI Connections	5	6
7	8	9	NAMI Library Group Alzheimer's Elko Support Group	NAMI Connections	12	<b>1</b> 3
14	MARTIN LUTHER KING DAY	NAMI Family-To- Family Support	17	NAMI Connections	19	20
21	22	23	NAMI Library Group	NAMI Connections	26	27
28	29	30	31			



February 2018

S	M	T	W	T	F	S
				NAMI Connections	2	3
4	5	Rural Providers Meeting	7	NAMI Connections	9	10
11	12	13	VALENTINE'S DAY  Alzheimer's Elko Support Group	NAMI Connections	16	17
18	PRESIDENT'S DAY	NAMI Family-To- Family Support	NAMI Library Group	NAMI Connections	23	24
25	26	27	28	NAMI Connections		



**March 2018** 

S	M	T	W	T	F	S
				NAMI Connections	2	3
4	5	Rural Providers Meeting	7	NAMI Connections	9	10
11	12	13	NAMI Library Group Alzheimer's Elko Support Group	NAMI Connections	16	ST. PATRICK'S DAY
18	19	NAMI Family-To- Family Support	21	NAMI Connections	23	24
25	26	27	NAMI Library Group	NAMI Connections	30	31



**April 2018** 

S	M	T	W	T	F	S
EASTER	2	Rural Providers Meeting	4	NAMI Connections	6	7
8	9	10	NAMI Library Group Alzheimer's Elko Support Group	NAMI Connections	13	14
15	16	NAMI Family-To- Family Support	18	NAMI Connections	20	21
22	23	24	NAMI Library Group	NAMI Connections	27	28
29	30					



May 2018

S	M	T	W	T	F	S
		Rural Providers Meeting		NAMI Connections		CINCO DE MAYO
		1	2	3	4	5
			NAMI Library Group	NAMI Connections		
6	7	8	Alzheimer's Elko Support Group	10	11	12
MOTHER'S DAY		NAMI Family-To- Family Support		NAMI Connections		ARMED FORCES DAY
<b>1</b> 3	14	<b>1</b> 5	16	17	18	<b>19</b>
			NAMI Library Group	NAMI Connections		
20	21	22	23	24	25	26
	MEMORIAL DAY					
27	28	29	30	31		



**June 2018** 

S	M	Т	W	Т	F	S
					1	2
3	4	Rural Providers Meeting	6	NAMI Connections	8	9
10	11	12	NAMI Library Group Alzheimer's Elko Support Group	FLAG DAY NAMI Connections	15	16
FATHER'S DAY	18	NAMI Family-To- Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Svcs.	NAMI Connections	22	23
24	25	26	NAMI Library Group	NAMI Connections	29	30



**July 2018** 

S	M	T	W	T	F	S
1	2	Rural Providers Meeting	INDEPENDECE DAY	NAMI Connections	6	7
8	9	10	NAMI Library Group  Alzheimer's Elko Support Group	NAMI Connections	13	14
15	<b>1</b> 6	NAMI Family-To- Family Support	Northeastern Nevada Radiation Oncology Ctr. Nutrition Sycs.	NAMI Connections	20	21
22	23	24	NAMI Library Group	NAMI Connections	27	28
29	30	<b>31</b>				



August 2018

S	M	T	W	T	F	S
Elko County Library			1	NAMI Connections	3	4
5	6	Rural Providers Meeting National Night Out Against Crime	NAMI Library Group Alzheimers Caregiv- ers Support Group	NAMI Connections	10	11
12	13	14	15	NAMI Connections	17	18
19	20	NAMI Family-To- Family Support	NAMI Library Group	NAMI Connections	24	25
26	27	28	29	NAMI Connections	31	

#### PACE Coalition Rural Providers Meeting

<Back

First Tuesday of each month.\*

8 a.m. - 9 a.m.

Elko County Library 720 Court St., Elko, NV

Free

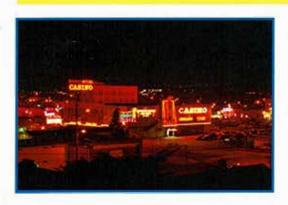
\*Unless falling on a state or federal holiday.

(775) 777-3451



# **NAMI** Elko County Support

## Elko's NAMI Support Groups



- NAMI Connections are free recovery support groups for adults living with mental health challenges living here in Elko County or other areas in Northeastern Nevada.
- NAMI offers a casual and relaxed approach for sharing the challenges and successes of mental health issues.
- All groups are confidential and participants can share as much or as little personal information as they see fit.

We have three totally free NAMI support groups in Elko, Nevada!

Peer-To-Peer Support

Date: Every Thursday Time: 5:30 - 7:00 P.M.

Location: 1559 Sewell Ave in Elko

Room: Parlor Room

Call us at (775)-385-7833 or (775)-397-3648 for more information about the weekly group.

Family-To-Family Support

Date: 3rd Tuesday of The Month

Time: 6:00 - 7:30 P.M.

Location: 720 Court Street in Elko

Room: Bruce Memorial Room

Call us at (775)-389-0828 or (907)-209-4061 for information about family to family monthly group.

Peer-To-Peer Support

Date: 2nd/4th Wednesday of The Month

Time: Noon - 1:30 P.M.

Location: 720 Court Street in Elko Room: Bruce Memorial Room

Call us (775)-388-8432 or email us at nlsdpt@gmail.com for more information about the every other Wednesday group.







Support groups are **free** and open to **all adults** in need, regardless of diagnosis.

Everyone is a valued participant at NAMI!

### **Nutrition Services**

### O&A with the Dietitian

Join us the 3<sup>rd</sup> Wednesday of every month as we host two local registered dietitians to answer questions regarding nutrition needs. This is a FREE volunteer program, to provide those directly affected by cancer with the tools for a healthy diet.

What: Q&A with Registered Dietitians/Live Demo

When: 3<sup>rd</sup> Wednesday of Every Month

January 18<sup>th</sup>

February 15<sup>th</sup>

March 15<sup>th</sup>

April 19<sup>th</sup>

May 17<sup>th</sup>

June 21<sup>th</sup>

July 19<sup>th</sup>

August 16<sup>th</sup>

September 20<sup>st</sup>

October 18th

Where: Northeastern Nevada Radiation Oncology Center

Time: 4:00 p.m. to 5:00 p.m.

Please RSVP no later than the second Friday of the month with Shila Morgan at (775)748-HOPE.

We hope to see you there!





## Elko Support Group

The Alzheimer's Association's Caregiver Support Groups are designed to provide emotional and social support for caregivers through regularly scheduled meetings. They help participants develop methods and skills to solve problems. The groups encourage caregivers to maintain their own personal, physical and emotional health, as well as optimally care for the person living with Alzheimer's disease or a related form of dementia.

Our support groups are free of charge and walk-ins are welcome. Open discussion with a trained facilitator. Call 800.272.3900 for more information.

### Date:

2nd Wednesday of the month

**Time**: 1 – 2 pm

### Location:

The Terrace at Ruby View, "Elko's Senior & Active Lifestyle Center"

1795 Ruby View Drive

Elko, Nevada 89801

### **Faciliator:**

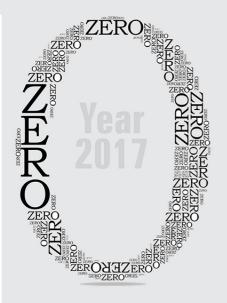
**Ginger Perry** 

Contact: 800.272.3900



### <Back

# **Elko County Save Lives!**





The public is encouraged to attend!

Sat Sept 9

# 12th Annual Walk in Memory, Walk for Hope This is a walk in memory for those who have died by suicide and in

This is a walk in **memory** for those who have died by suicide and in **hopes** of stopping more suicides. Registration begins at 8:00 a.m., Memory-Walk begins at 8:45 a.m. **Anyone is welcome to attend.** 

Elko City Park, Horizon Hospice Memorial Rose Garden, Elko, NV





## Saves Lives! ZERO Suicides Reception

The ZERO Suicide reception will be held from 3-5 p.m. Food and drink will be served plus music entertainment outside in the amphitheatre. Entertainment by **POE with Steezy Boy Records**, songs include "Courage", "No More, " etc. For more information, contact the GBC Library at 775.753.2222.

Great Basin College, Library, 1500 College Parkway, Elko, Nevada



## Saves Lives! ZERO Suicides Presentation

Suicide Attempt Survivors Document. Guest speakers will hold their presentations from 5:30-7:30 p.m. Speakers include: Marianne McKown, CADV; Jill Tingey, UNR Cooperative Extension; Stormy Remington, SOSL; Lynette Vega - SOSL; Brian Gomez, Vitality Integrated Programs; Flora Boyer, NAMI; and a representative from the Veterans Resource Center. For more information, contact: Lynette Vega at 775.397.1911 or Stormy Remington at 775.385.6569.

Great Basin College, Theatre 1500 College Parkway, Chilton Circle, Elko, Nevad



### MAIN CONTACTS FOR ALL EVENTS

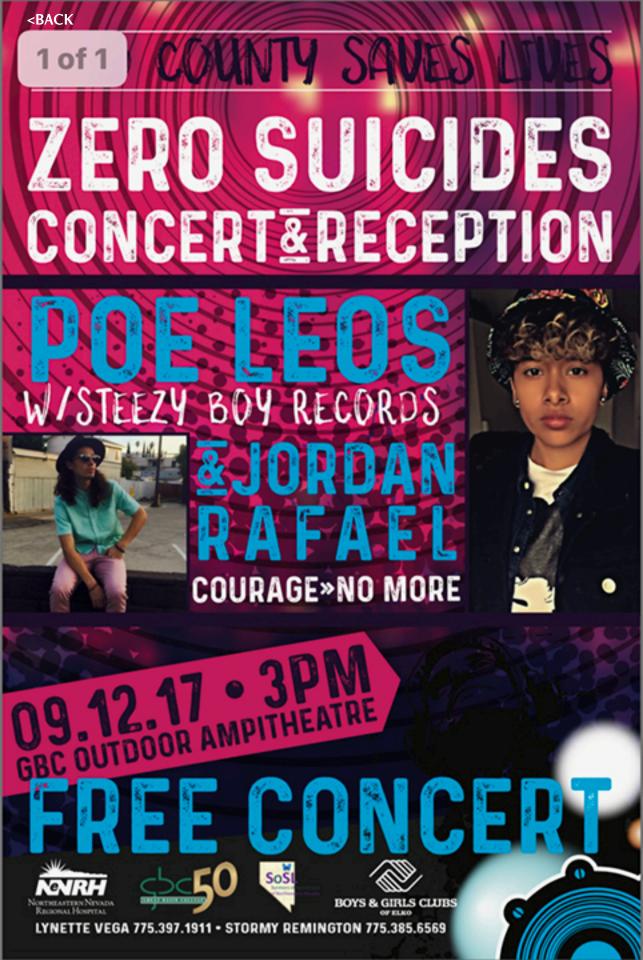
Lynette Vega 775.397.1911

Stormy Remington 775.385.6569

GREAT BASIN COLLEGE

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Great Basin College (GBC) does not discriminate on the basis of race, religion, color, age, sex, sexual orientation, military status, disability, national origin, gender identity or expression, or genetic information. For inquiries, 775.738.8493.





MEN'S & CO-ED · ASA SANCTIONED SEPTEMBER 22 - 24, 2017 Herrera Softball Complex

Team Fee: \$275.00
Fees & roster due before first game
First Pitch - Friday September 22, 6:00 pm
Registration deadline: Friday, September 15
\*a portion of the proceeds will be donated to Justice for Stephanie\*









For more information email elkoadultsoftball@yahoo.com or call 775-777-7260