

Calendar of Events

March 2024

S	M	T	W	T	F	S
Vitality Mobile Therapy Van					Sober Life Peer Support Activities Sen. Rosen Staff Visit	2
Ruby Mountain CoDA meeting	4	Rural Providers Meeting (online) Horizon Hospice Grief Support Group	Sober Life Peer Support	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities	Survivors of Suicide Attempts Support Group Global One Media Health & Fitness Fair
DAYLIGHT SAVINGS TIME BEGINS Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group	Bariatric Educational Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Sr. Ctr. Bingo	Sober Life Peer Support Activities Community Drum Circle	16
ST. PATRICK'S DAY Ruby Mountain CoDA meeting	18	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group Horizon Hospice Grief Support Group	Sober Life Peer Support Spring Creek Bingo	NAMI Connection Recovery Support Group Dementia Friendly Elko County	Sober Life Peer Support Activities Type 1 Diabetes Education Group	23
Ruby Mountain CoDA meeting	25	26	27	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities	30
EASTER Ruby Mountain CoDA meeting						



Calendar of Events

April 2024

S	M	T	W	T	F	S
	1	Rural Providers Meeting (online)	Sober Life Peer Support	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities	6
Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group	Horizon Hospice Grief Support Group Bariatric Educational Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Senior Center Bingo	Sober Life Peer Support Activities	Survivors of Suicide Attempts Support Group
Ruby Mountain CoDA meeting	15	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group	Sober Life Peer Support Spring Creek Bingo	NAMI Connection Recovery Support Group Dementia Friently Elko County	Sober Life Peer Support Activities Community Drum Circle Hospice Souper Bowl	20
Ruby Mountain CoDA meeting	22	Horizon Hospice Grief Support Group	24	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities Type 1 Diabetes Education Group	Bikinis & Babes Gala
Ruby Mountain CoDA meeting						
28	29	30				

Cal	lenda	r of	Event

S	M	T	W	T	F	S
			Sober Life Peer Support	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities	4
Ruby Mountain CoDA meeting	6	Rural Providers Meeting Horizon Hospice Grief Support Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Sr. Ctr. Bingo	Sober Life Peer Support Activities	Survivors of Suicide Attempts Support Group
MOTHER'S DAY Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group	Bariatric Educational Group	Sober Life Peer Support Spring Creek Bingo	NAMI Connection Recovery Support Group Dementia Friently Elko County	Sober Life Peer Support Activities Community Drum Circle	18
Ruby Mountain CoDA meeting	20	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group Horizon Hospice Grief Support Group	22	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities Type 1 Diabetes Education Group	25
Ruby Mountain CoDA meeting	MEMORIAL DAY	28	29	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities	



Calendar of Events

June 2024

S	M	Т	W	Т	F	S
						1
Ruby Mountain CoDA meeting	3	Rural Providers Meeting (online)	Sober Life Peer Support	NAMI Connection Recovery Support Group Zero Suicides Elko County Elko Senior Center Bingo	Sober Life Peer Support Activities	Survivors of Suicide Attempts Support Group
Ruby Mountain CoDA meeting	Zero Suicides Elko County Grief Support Group	Bariatric Educational Group	Healthy for Life Compassion Coalition	NAMI Connection Recovery Support Group	FLAG DAY Sober Life Peer Support Activities	15
FATHER'S DAY Ruby Mountain CoDA meeting	17	NAMI Online Family Support Group NAMI Rural/Frontier Nevadans Type 2 Diabetes Education Group	Sober Life Peer Support Spring Creek Bingo	NAMI Connection Recovery Support Group Dementia Friently Elko County	Sober Life Peer Support Activities Community Drum Circle	22
Ruby Mountain CoDA meeting	24	25	26	NAMI Connection Recovery Support Group	Sober Life Peer Support Activities Type 1 Diabetes Education Group	29
Ruby Mountain CoDA meeting						

National Alliance on Mental Illness (NAMI)

Online Meeting for Rural/Frontier Nevadans
Third Tuesday of the month, 5 p.m.
Contact Haley Ragland at haley@naminenv.org.

Learn more at https://naminevada.org/.

Online Family Support Group - Third Tuesday of the month. Starts at 5:30 p.m.

Contact: Crystal - crystal.namiwnv@gmail.com or 775.350.7977

Online NAMI Connection Recovery Support Group - Every Thursday.

Starts at 5:30 p.m.

Contact: Julie - julie.namiwnv@gmail.com

RUBY MOUNTAIN CoDA MEETING

WHEN Every Sunday 1pm-2pm

WHERE Club 164

2140 Idaho St., Elko, NV 89801

Am I Codependent?

Personal crises or unbearable, chronic, emotional pain brought many of us to CoDA. We came to our first meeting feeling hopeless and helpless. We wondered why our efforts to fix ourselves and others were not working, no matter how hard we tried. We had come to a crossroad: continue our old ways of coping or look for a new way out of our pain.

Co-dependents Anonymous

CODA - A PROGRAM OF RECOVERY FROM CODEPENDENCE, WHERE EACH OF US MAY SHARE OUR EXPERIENCE, STRENETH, AND HOPE IN OUR EFFORTS TO FIND FREEDOM WHERE THERE HAS BEEN BONDAGE, AND PEACE WHERE THERE HAS BEEN TURNOLIN OUR RELATIONSHIPS WITH OTHERS AND QUIESTIVES.

WHAT IS A MEETING?

A CoDA meeting is comprised of a group of people who come together around their shared desire for healthy and loving relationships. The group uses the Twelve Steps and **Twelve Traditions of Co-Dependents Anonymous** as the basis for working toward recovery. It is a place to find sponsorship and fellowship as well as the sharing of experience, strength, and hope. A strong sense of acceptance and community makes a meeting attractive to both the newcomer and old-timer.

FOR MORE INFO ABOUT CODA:

www.coda.org info@coda.org Phone: 888-444-2359 Elko: 970-209-4061

Zero Suicides Elko County

Suicide Prevention Group

Meetings are the second Thursday of each month from 11:00 a.m. - noon at Northeastern Nevada Regional Hospital (Go through the cafeteria)

Attend in person or by Zoom Call Lynette Vega, (775) 397-1911, for information. Zero Suicides Elko County Grief
Support Group
Time: 6pm
2nd Monday of every month.

Join Zoom Meeting

Meeting ID: 860 3182 4037

Passcode: 502352

Questions? Call 775 340-3490



Rural Providers Meeting

In Person and On Zoom

AGENDA: Tuesday, March 5th, 2024, at the Elko County Library, 720 Court Street, in Elko and on Zoom.

https://us02web.zoom.us/j/89642360916?pwd=WIFDSIY2NDZ2RmFmSEICdFRsYmZ4Zz09

8:00 a.m.

- I. Introduction Facilitated by Laura Oslund
- II. Presentation Marcia Blinn, New Start Recovery Solutions
- III. Provider Updates/Success Stories

Upcoming meeting:

The next meeting will be Tuesday, April 2nd.

Upcoming Speakers:

April 2nd: Margaret Marcucci, RSVP, Dementia Friendly Elko County, Java Music Club

May 7th: Katarina Frankoski, Shriners Children's

The public is welcome to attend these meetings.



Connect with other service providers, organizations, and agencies to share information, make announcements, introduce programs, coordinate efforts, and boost your impact. Open to all.





Get the support you need, you are not alone:

Join us for our new program for those in recovery from drugs, alcohol, etc. to get support from others new and old to sobriety.

Every 1st & 3rd Wednesday - meetings Every Friday - activity night 7:00-8:00 pm



PERKS:

- Meet other people in recovery
- · Continue personal growth
- Fun sober activities and experiences

LEARN MORE

9 775-753-7352

331 7th Street, Elko, NV 89801 www.elkofrc.org



COMMUNITY HEALTH

2023

Community Wellness Monthly Event Schedule



Bariatric Educational Group

Every Second Tuesday

5:00-6:00 PM

Healthy for Life Class

Every Second Wednesday

5:30-6:30 PM





Diabetes Education Group (Type 2)

Every Third Tuesday

5:30-6:30 PM

Diabetes Education Group (Type 1)

Every Fourth Friday

5:30-6:30 PM



Starting March 2023

Sign up with the QR codes above to join our **free** health groups! Monthly meetings will be held in the community room at Elko Community Health Center: 2098 Idaho St

Elko, NV, 89801

Questions? Email Brittney Plaisted at brittney.plaisted@elkochc.com



\$ CASH PRIZES \$

Game Packets \$10 each
Each Packet - 10 games/3 cards per game
Bingo Daubers Available for Purchase
Must be 21 or older to play
Please NO outside FOOD

Snack & Beverage Purchases Available

Elko 2nd Thursday

of Each Month

Doors open at 5 pm – Game starts at 5:30 pm The Terrace at Ruby View 1795 Ruby View Dr. -

For more information please call us at 775-738-3030



Spring Creek 3rd Wednesday,

of Each Month

Doors open at 5:30 pm –
Game starts at 6 pm
SCA Boardroom
401 Fairway Blvd. – S.C.



We invite you to connect with:

Dementia Friendly Elko County!

Everyone has a role to play in this community effort!

Community Group Meetings:

Third Thursday of every month 1:00 PM - 3:00 PM Terrace at Ruby View 1795 Ruby View Dr., Elko



Help support your whole community in becoming more respectful, educated, supportive, and inclusive of people living with dementia and their care partners.



For more information, contact Co-Facilitator Kristen Roe: 775-385-5045

Compassion Coalition

Second Wednesday of Each Month 2 p.m.

St. Paul's Episcopal Church 777 Sage Street in Elko

Free

Contact: therevjulievice@gmail.com

S.O.S.A. SUPPORT GROUP

SURVIVORS OF SUICIDE ATTEMPTS

For individuals who have survived a suicide attempt & are seeking emotional support

HOW WOULD YOU BENEFIT?

Connecting with other survivors who understand what you are going through.

Could empower SOSA participants to feel less isolated and to work through their issues.

INFORMATION TO ATTEND:

PEOPLE WHO ARE INTERESTED WILL
NEED TO CONTACT CYNDI (# BELOW)
FOR A BRIEF SCREENING TO
REGISTER.

CYNDI ARNETT, MA (775) 927-0233



SECOND SATURDAY OF EACH MONTH

AGE GROUPS: ADULT 18 & OVER TEENS 12-17 (with parental consent)

FREE OF CHARGE



LifeQuest Elko (775) 299-3738

Nevada Teen Peer Support Text Line (775) 296-8336

National Alliance on Mental Illness (NAMI)

(775) 388-8432

Adult Crisis Care Team

(775) 688-1670

National Suicide Prevention

Call or Text 988



2023-2024 Grief Support Group Dates:

- October 3rd & 17th
- November 7th
- December 5th
- January 16th
- February 6th & 20th
- March 5th & 19th
- April 9th & 23rd
- May 7th & 23rd

6:00pm 1250 Lamoille Hwy Suite 413 Elko, NV

You may join this group at any time

We at Horizon Hospice offer support groups through our Horizon Center during the school year, once or twice a month for anyone that would like support through their grief.

We welcome anyone who has experienced the loss of a loved one. We have groups for children ages 3 to 18, their parents, and/or caregivers.

There is no cost for this service to the community.

A light snack and dessert will be provided.

HORIZON HOSPICE

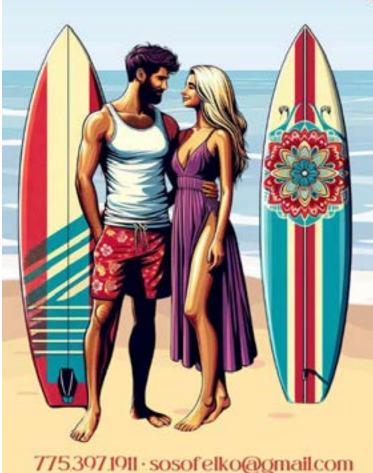
1250 Lamoille Hwy Suit 413 Elko, NV 89801

Phone: 775-778-0612 Fax: 775-777-3648 horizonhospiceinc@frontiernet.net www.horizonhospiceelkonv.org

Bikinis & Babes Gala

Zero Suicides Elko County

April 27th. 2024 · 6-9PM Elko Basque House



Evening includes Food, Drinks, Costume Contests, Raffles, Games and Entertainment!





Scan QR code to purchase tickets

Disclaimer: Flashback to the phrase, "He's such a babe!" Join us for a beach-themed gathering that's both fun and informative, focusing on suicide prevention and mental health awareness. Remember, this isn't an actual bikini contest, so feel free to get imaginative with your beach attire.

Come Celebrate a WAVE of HOPE with us!

Vitality Mobile Therapy Van March 2024 Locations



If you are facing stress, grief, addiction, relationship problems, depression, anxiety, or other concerns, you may be struggling with your behavioral health.

Services Provided

- Intakes
- Crisis Interventions
- Peer Support Targeted Case Management
- Telehealth Appointments

Location addresses

- Humanitarian Camp: Hot Springs Road, Elko
- FISH: 821 Water Street,
- Carlin Senior Center: 320 Chestnut St., Carlin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
2		-		_	0	0
3	4	5	6	7	8	9
					1-3 p.m. FISH	
10	11	12	13	14	15	16
			11 a.m1 p <mark>.m.</mark> Carlin Senior Center			
17	18	19	20	21	22	23
					1-3 p.m. FISH	
24	25	26	27 2-4 p.m.	28	29	30
			Humanitarian Camp			
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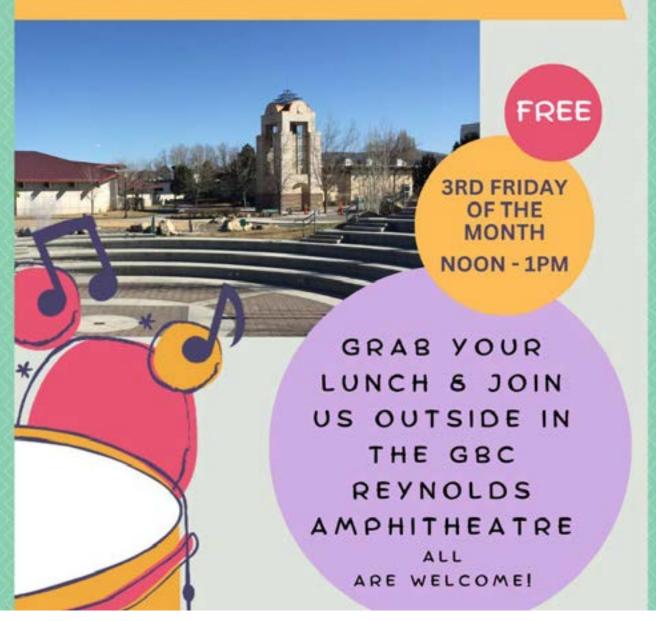
Vitality staff respond to crisis calls even when the CCBHC is closed.





775-777-8477 Crisis Line





Elko Alzheimer's Support Group Elko Caregivers Support Group Beginning soon!

Caring for loved ones is a challenging responsibility. Watching someone move from independence to dependence can be overwhelming as there are so many decisions, so many possibilities to face and to overcome.

This "All-in-One Support Group" is designed to help you navigate the difficulties and joys of this 24/7 job. Sharing with and learning from one another is one of our goals. A second is beating the stigma of Alzheimer's and other dementias. A third is connecting participants with services and resources.

Please join us!

The Terrace at Ruby Vista 1795 Ruby View Drive

1st Wednesday of Each Month
1-3pm
Join us during the time that fits your schedule. I know lives are hectic!

Organizational Meeting Wednesday, February 7th, 2024 Book Club discussion may be added.

For more information contact:
Gini Cunningham ginilc25@gmail.com

Or

U.S. Senator Jacky Rosen's office hosts

STAFF OFFICE HOURS

Meet with members of my team and learn about the services we offer to assist you with federal agencies.



For a list of services, visit: ** rosen.senate.gov/services

Please note: Senator Rosen will not be present, but her staff will be there to help.





Friday, March 1, 2024



This is a special invitation to our annual Horizon Hospice Benefit

Benefit: "Hospice Souper Bowl"

<u>Date:</u> April 19th 2024 <u>Time:</u> 6:30 p.m. - 9:30 p.m.

<u>Location:</u> Elko Convention Center Dinner: Hosted by local chefs

Entertainment: Troy Eden and David Lockie

6:30 p.m.-7:00 p.m. No host bar, "Silent Auction Bids" & "raffle ticket sales"

7:00 p.m.-8:30 p.m. Dinner & Entertainment

8:30 p.m. - 9:30 p.m. Heart of Hospice Awards, raffle, and Silent Auction

The Horizon Hospice Benefit will:

- Raise funds for operating costs
- Educate the community regarding end-of-life issues
- Recognize the Horizon Hospice Volunteers
- Recognize corporations for their philanthropy
- Entertain the community

Horizon Hospice is a community hospice and provides all services free of charge. The community funds all operating costs of Horizon Hospice through private, corporate donations and The Newmont Legacy Fund.

YOU CAN HELP BY SPONSORING THE EVENT OR PURCHASING TICKETS.

Sponsorship opportunities:

• Gold Sponsor—a donation of \$10,000

Your business or corporation will be featured in the media, a **full page** in the hospice benefit program; annual giving reports and receives 10 <u>tickets</u> to the benefit.

• Silver Sponsor—a donation of \$5,000

Your business or corporation will receive **three quarters** of a page in the benefit program, recognition in annual giving reports and will receive 8 <u>tickets</u> to the benefit.

• Bronze Sponsor—a donation of \$3,000

Your business or corporation will receive **half** a page in the benefit program; will be listed in annual giving reports. And receive 8 tickets to the benefit.

• Table Sponsor—a donation of \$1,000

Your business or corporation will receive a name card at a benefit table, will be listed in annual giving reports, and receive 8 tickets to the benefit.

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• Individual Sponsor—a donation of \$65.00/ ticket

Enclosed is my	donation for	tickets.
I cannot attend.	but please accept n	ny tax-deductible donation.