

2024 WINTER

DISTRICT DISH

4

*Open an issue full
of holiday surprises!*

Recipes, vacation memories, movies, music
and staff hot takes on their holiday faves.



9

*Health District
employees
show some
Halloween spirit*



MAYRA AVALOS

Community Health Nurse, Southern Nevada Community Health Center

My work makes a difference in the health of a patient today and helps them avoid getting sick in the future.

Mayra Avalos is a Community Health Nurse with the Southern Nevada Community Health Center (FQHC). A native of Las Vegas, she has a degree in public health from UNLV and joined the Southern Nevada Health District in 2018.

Your role at the Health District has evolved. Tell us about that.

I was first hired at the Health District as an Administrative Assistant in the Family Planning Program. It was my first job out of college, and I was trying to get my foot in the door in the field of public health. Working at the Health District introduced me to different roles and I really liked what community health nursing did for patients. I went back to school to pursue nursing and that is what I am doing today.

Why do you like working in public health?

Public health focuses on health promotion and prevention. I would like to think that my work makes a difference in the health of a patient today and helps them avoid getting sick in the future or produces better health outcomes.

What do you like about working at Fremont?

Fremont has grown so much as a health center in the last year, but it still feels like a close, supportive work family. I love the people I work with, and the patients are so appreciative of the work we do.

If you weren't working in public health, what kind of work would you consider doing?

My dream job would be to work in global health, providing care in developing countries. I also think I would be a really good professional organizer or event planner.

As a Las Vegas native, what do you enjoy about living here?

Las Vegas has a lot to offer. There is plenty to do outdoors with all the hiking trails and Mt. Charleston less than an hour away. I love the diversity the city has in dining options and there's unlimited entertainment options when it comes to concerts or shows.

What are some of your hobbies or interests?

I watch an unhealthy amount of reality television, collect mugs, and I've been trying my best at keeping my collection of houseplants alive.

Do you have any pets?

I have two poodle-mix dogs, Puppy and Chiquis.

You spent three weeks in Mexico this past September. Where will you go next?

Hopefully somewhere in a tropical area with a relaxing beach.

What do you like best about the holidays?

I feel like people are kinder and more generous around the holidays. I also love all the holiday lights, traditions, food, music and seasonal treats that come around once a year. **DD**

EDUCATING FOR HEALTH

Diabetes is the eighth leading cause of death in the U.S. and the primary cause of kidney failure, lower limb amputations and blindness. People with diabetes also face a higher risk of developing serious complications from flu and COVID-19. To help address the diabetes epidemic, the Health District's Office of Chronic Disease Prevention and Health Promotion offers free self-management education and support classes for people who have diabetes, and a free online program for people who have prediabetes. For more information, call (702) 759-1270 or visit the Get Healthy Clark County website.

Now, here's a trivia question for you:

How many people participated in Health District diabetes education classes during FY 2024?

Please send your answer to DishEditor@SNHD.org. The first three staff members to submit the correct answer will receive a prize. Winners will be notified by email and announced in the next edition of the Dish!

We are happy to announce the winners from our October District Dish Trivia Contest!

The question was: **How many birth certificates did the Health District issue in 2023?**

The correct answer was: 47,600.

First Prize went to Cory Burgess.
Runners-up were Rabea Sharif and Sandi Saito.

Congratulations! And thank you to everyone who participated. **DD**

FILL 'ER UP

Every minute, more than 1 million bottles of water are sold around the world. The bottled water industry generates about 600 billion plastic bottles and containers per year, resulting in 25 million tons of plastic waste, most of which is not recycled and ends up in landfills.

That's a good reason to use reusable water bottles, and doing so is now easier than before with the addition of two chilled filtered bottle filling stations in the Main Public Health Center. These eco-friendly amenities provide fresh, cold, filtered water to fill your bottle at the push of a button.

One of the bottle filling stations was installed near Human Resources in October, while the other is near the back entrance in August. There are plans to install three more throughout the building. The Fremont Public Health Center already had two such amenities.

Fast Facts:

- The barrier-free filling station features a green display indicating how many 20 oz. plastic water bottles are being re-used and not ending up in a landfill.
- The station has a touchless sensor activation for sanitary re-filling of bottles.

- For users who prefer not to use the bottle feature, it has a drinking fountain that provides eight gallons of chilled water per hour.
- Drinking water can prevent dehydration, which may cause a variety of issues including mood change, overheating, constipation and kidney stones.
- Since water has no calories, replacing sugary drinks with plain water can help reduce caloric intake. **DD**



HOLIDAY CHEER

A collection of yuletide treasures to enjoy. Happy Holidays, Health District!



THE SOUTHERN NEVADA COMMUNITY HEALTH CENTER STAFF CELEBRATED WITH FUN AND GAMES. SCAN TO SEE A **VIDEO OF MUSICAL FLIP CUPS**.



1: Xcelza Manaloto, Joannah Delarmente and Vreneli Custodio bring the bling.

2: Caitlin Parker and Ina Fincher compete at ball toss while **Tonia Atencio** referees.

3: Marial Marcos, Cassandra Major and Merylyn Yegon get a little bit country.

4: Sarah Humphreys and Desiree Petersen in a rustic winter wonderland.

5: Justin Levinsky and Dr. Michelle Jordan face off in a "Price Is Right" showdown.



Happy Sinterklaas!

A holiday story from Nancy Hall, Environmental Health Specialist

My favorite holiday story was getting to travel to see my family in the Netherlands and being there for Sinterklaas, otherwise known as "Sint-Nicolaas," who came to the house with his helpers, the Sooty "Pieten," which is the plural for Piet, the chimney sweeps with ashes on their faces, who assist him. This was on Sinterklaas-eve, or "pakjesavond" which literally translates to "presents evening," December 4, 2022.

The last time I was there, I was a young girl of 10 years. Getting to see my cousins and their children and grandchildren and the unmitigated joy of being a little one when "de Sint" comes to call was so amazing! They sing traditional songs with the children and Sinterklaas has a book, in which each child's name is written. The children's entries have special information about them, like their favorite hobbies, the names of their friends, things they love, and Sint has each child come over and he asks them about those things. Every child feels special around Sinterklaas. And as an adult, it was magical to watch that youthful exuberance and the magic of belief!

The Pieten, with the fireplace smudges, are the masters of ceremony for the children to sing songs and they tell the children stories. They are Sint's helpers in every way and are just as beloved as the Sint himself. All the children were dressed up as "Pieten" for the party! It was a beautiful memory I will always treasure.

Nancy Hall, née, van den Berg-Vardiman

P.S.: I want to acknowledge that the former tradition of Pieten wearing full blackface was changed in the Netherlands to remove the stigma and racism associated with blackface. This was a very welcome change to most Nederlanders! I like the Sooty Pieten and they better represent the multiculturalism that is modern Nederland! DD

The holidays are the perfect time

to whip up snacks that are as adorable as they are delicious!

These **Snowman Snacks** and **Santa Banana Treats** are a fun and easy way to add some healthy festive cheer to your table. Whether you're planning a holiday party, crafting with kids or just looking for a creative snack idea, these treats are sure to bring smiles all around. Best of all, they're simple enough to make with just a few ingredients and a lot of holiday spirit. Let's get started!

HEALTHY FESTIVE TREATS



INGREDIENTS/SUPPLIES:

Mozzarella cheese sticks
(individually wrapped)

Black Sharpie

Colored paper or cardstock
(for the top hat)

Ribbon or string
(for the scarf)

Scissors and tape/glue

SNOWMAN SNACKS

INSTRUCTIONS:

1. **Draw the Snowman's Face:** Use the black Sharpie to draw two eyes, a smile, and buttons on the plastic wrapper of each cheese stick. Add an orange nose if you like (with another marker or small sticker).
2. **Make the Top Hat:** Cut out small top hats from colored paper or cardstock. Tape or glue the hats to the top of each cheese stick.
3. **Wrap the Scarf:** Tie a small piece of ribbon or string around the "neck" of each cheese stick, securing it into a bow or knot for the snowman's scarf.
4. **Display Your Snowmen:** Arrange them in a cute "snowy" setting, like a white platter or bowl filled with cotton balls, shredded paper or marshmallows.



INGREDIENTS/SUPPLIES:

Bananas

Strawberries

Small marshmallows

Red M&M's

Chocolate sprinkles

Wooden sticks or
lollipop sticks

SANTA BANANA TREATS

INSTRUCTIONS:

1. **Prepare the Bananas:** Peel the bananas and cut them in half. Push a stick through the flat end of each banana half so it stands upright.
2. **Add the Santa Hat:** Place a small banana slice on top of the standing banana as the hat's base. Add a strawberry (pointed side up) on top, and finish with a small marshmallow.
3. **Decorate the Face:** Stick two chocolate sprinkles for eyes and a red M&M for the nose onto the front of the banana using a dab of melted chocolate or peanut butter as glue.
4. **Assemble & Serve:** Arrange your Santa Bananas on a festive platter for a fun and healthy holiday snack!

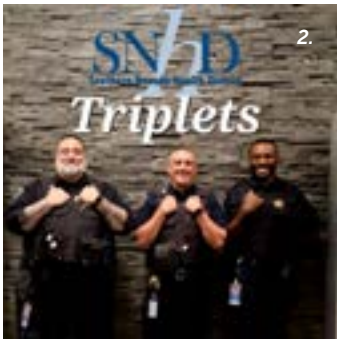
Holiday Watchlist

Top Holiday Picks: Just for you



WE'VE GOT SPIRIT

Health District staff showed off their twinning-est, retro-est, spookiest looks for this year's Spirit Week!



DOUBLE UP

1: *Jocelyne Duarte*, Patient Service Representative; and *Daysi Andrade*, Medical Assistant

2: *Nathan Sterling*, Security Aide; *Dan Vuksanovic*, Security Supervisor; and *Chris Thompson*, Security Aide

3: *Carmen Hua*, Health Educator; *Belen Campos-Garcia*, Health Educator; *Jessica Johnson*, Health Education Supervisor; and *Samantha Morales*, Health Educator

4: *Korie Northam*, Training Officer; and *Brian Northam*, EH Manager

5: *Gaby Villafuerte*, Administrative Analyst; and *Susan Crutchfield*, CHN Manager

6: *Nolen Nanbu*, Program Systems Specialist; and *Michael Castello*, Program Systems Specialist

1: Yolanda Villalobos, Medical Assistant; and **Azalia Martinez** Administrative Assistant

2: Gabrielle Bivans, HR Assistant; and **Rashida Alvarez**, HR Assistant

3: Jocelyne Duarte, Patient Service Representative;
and **Yolanda Villalobos**, Medical Assistant

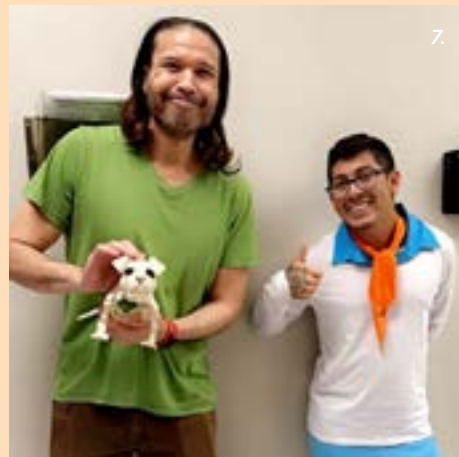
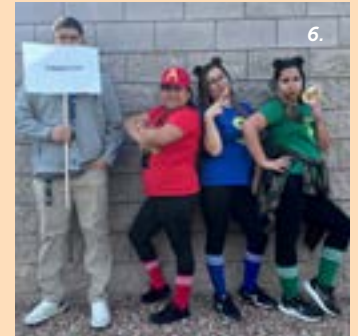
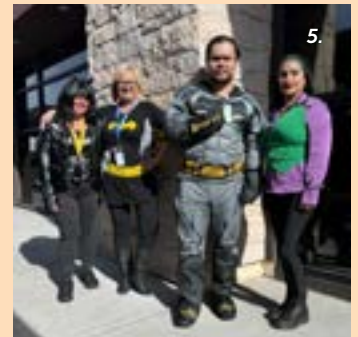
4: Azalia Martinez, Administrative Assistant; **Maita Young** Community Health Nurse;
Jessica Johnson Community Health Nurse; **Yolanda Villalobos**, Medical Assistant;
Grace Purugganan, Community Health Nurse; **Consuelo Miranda**, Patient Services
Representative; and **Denise O'Toole**, Administrative Assistant

5: Chantel Nyberg, Medical Assistant; **Jina Fernandez**, Community Health Worker;
Dennis Morala Community Health Nurse; and **Michelle Diaz**, Medical Assistant

6: Sergio Henriquez, Patient Service Representative; **Valeria Medina**,
Administrative Assistant; **Krystal Camarena**, Administrative Assistant;
and **Juanita Moya**, Patient Service Representative

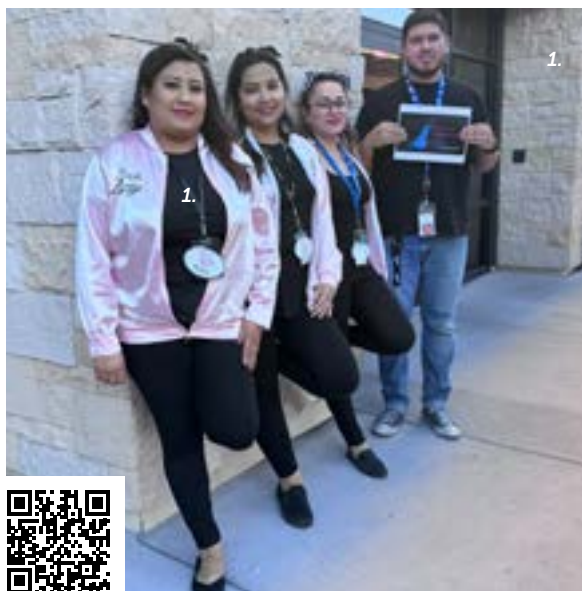
7: Kris Jerry Relph, Community Health Worker;
and **Grisly Guerrero**, Licensed Practical Nurse

8: Cosette Colmines, Health Records Assistant;
and **Cory Burgess**, Health Cards Supervisor



BOO WHO?

THANK YOU TO
EVERYONE WHO
SENT IN PHOTOS—
WE COULDN'T FIT
THEM ALL IN THE
DISH! SCAN TO SEE
**LOTS MORE SPIRIT
WEEK PHOTOS.**



WAYBACK!



SUPER FANS



1: Valeria Medina, Administrative Assistant;
Juanita Moya, Patient Service Representative,
Krystal Camarena, Administrative Assistant; and
Sergio Henriquez, Patient Service Representative

2: Michelle Diaz, Medical Assistant;
and **Chantel Nyberg**, Medical Assistant

3: Neleida Pelaez, Health Educator;
Amineh Harvey, Health Educator;
Maria Azzarelli, CDPHP Manager;
Nicole Bungum, Health Education Supervisor;
Sandy Luckett, Administrative Secretary;
Rayleen Earney, Health Educator;
and **Jacqueline Ayala**, Administrative Assistant

4: Danielle Jamerson, Communicable Disease
Supervisor; and **Susan Crutchfield**, CHN Manager

5: Maria Calito, Medical Assistant;
Krystal Camarena, Administrative Assistant;
Michelle Diaz, Medical Assistant;
Esther Romero, Lab Assistant;
and **Juanita Moya**, Patient Service Representative

EMPLOYEES OF THE MONTH

SUPERVISORS/ MANAGERS
OF THE QUARTER

SEPT

Lisa Falkner, Administrative Specialist,
Public Health and Preventive Care

Joseph Yumul,
Systems Administrator, IT



Q3

Shannon Pickering, CHN Manager

Susan Zannis, Vital Records Supervisor



OCT

Henry Ines, Security Aide, Security

Zac Griggs, Environmental Health Specialist,
Environmental Health



Q4

Tamara Giannini, Environmental Health Supervisor

Candice Humber, Environmental Health Supervisor



NOV

Matthew Bonello, Clinical Staff Physician,
Southern Nevada Community Health Center

Mariel Marcos, Community Health Worker,
Southern Nevada Community Health Center



DEC

EMPLOYEE
OF THE YEAR

Desiree Petersen, Community Health Worker,
Southern Nevada Community Health Center

MANAGER
OF THE YEAR

Kimberly Franich, Communicable Disease Manager,
Disease Surveillance and Control



Veralynn Orewyler was recognized by the Centers for Disease Control and Prevention (CDC) for the Health District's Contracts Program

Kimberly Franich, Danielle Jamerson and Dr. Cassius Lockett were recognized for co-authoring Equitable COVID-19 Testing Access for Underserved Communities: The Success of Vending Machines in the publication American Journal of Public Health.



The Disease Surveillance Program Team was recognized for CDC National Disease Intervention Specialists (DIS) Recognition Day (October 4, 2024)



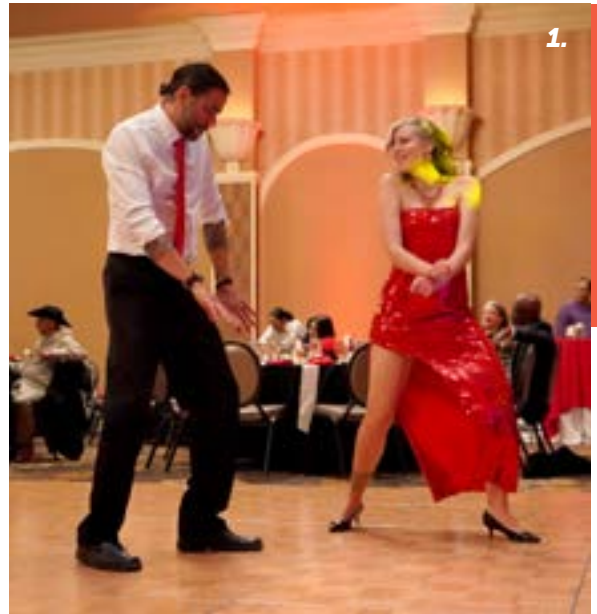
The Southern Nevada Community Health Center was recognized with 2024 HRSA Community Health Quality Recognition (CHQR) Badges – (i) Access Enhancer, (ii) Health Disparities Reducer and (iii) Advancing Health Information Technology for Quality



Revelers dressed to the nines
and brought their best moves to
the 2024 Service Awards Gala

A License To CHILL

SCAN TO SEE A VIDEO OF THE GALA



1.

GOOD TIMES



2.



3.



4.



5.



6.

Dashing gents and femmes fatale danced the night away in celebration of our service award recipients.

1. Vivek and Devin Raman dazzled on the dance floor.

2. Dr. Anilkumar Mangla, Cynthia Robles, Jessie Donnel and Devin Raman watch **Rebecca Reyes** show off her moves.

3. Lourdes Yapjoco and Christine Sylvis (center) were recognized for 25 years of service by the leadership team.

4. Brittney Lewis steps out in style.

5. Victoria Hodge, Imelda Suppe, Liezl Gaviola, Beverly Antonio and Alona Nihipali strike a pose.

6. Maria Azzarelli, Sandy Luckett, Nicole Bungum, Lisa Archie and Cheryl Radloff dressed to impress.