

DISTRICT

2025 SUMMER

DISH

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It's my go-to fast food—
quick, comforting, and
always hits the spot.

Cynthia Robles' favorite lunch spot is Roberto's Taqueria. See where other team members head for lunchtime bites or coffee cravings on page 5.



4

PPC and
OPHP train
staff members
for medical
emergencies.



8

Level up your
desk lunch
with these
healthy tips.



CYNTHIA ROBLES

Program Project Coordinator, SHOP

I have always liked helping people get better.

Let's get acquainted with Cynthia Robles, a Program Project Coordinator in the Vaccine Management Team. An Arizona native, Cynthia has been with the Southern Nevada Health District for 20 years.

When you were a child, what did you want to be when you grew up?

A nurse. I have always liked helping people get better.

What was your first job?

Taco Bell

What is your dream job?

Labor and Delivery Ward – watching life come into this world is a blessing.

Favorite movie?

Grease

Favorite TV shows?

ID Investigate, a show about police cases. I also enjoy watching the History Channel.

What actor or actress would you like to portray you in a movie about your life?

Maya Angelou

What's the best concert you've ever attended?

Daddy Yankee (recent) and Menudo (as a young girl)

What's a hobby or skill you've always wanted to learn?

Carpentry and sewing

What is your hidden talent?

I make tamales.

If you could travel anywhere, where would you go and what would you do?

A year-long world cruise, to see the world!

Best vacation ever?

When I took my children to Disneyland.

Who is your hero?

My mother. She has shown me what it is to be a strong woman.

What's the best compliment you've ever received?

"You are not as mean as you look."

DD



HEALTH ON CALL

There is no rest for the Health District's main switchboard and the FQHC call center, which collectively field thousands of calls each month. The main switchboard receives calls on a wide spectrum of topics, including immunizations,

primary care, birth and death certificates, health cards, sexual health, family planning and food operations. The FQHC call center handles calls about topics such as primary care, family planning, Ryan White and behavioral health. Four people staff the FQHC call center, while the main switchboard has one operator. Now, here's a trivia question for you:

How many incoming calls did Health District switchboard operators answer in the 4th quarter of 2024 on the main line, (702) 759-1000?

*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! **DD***

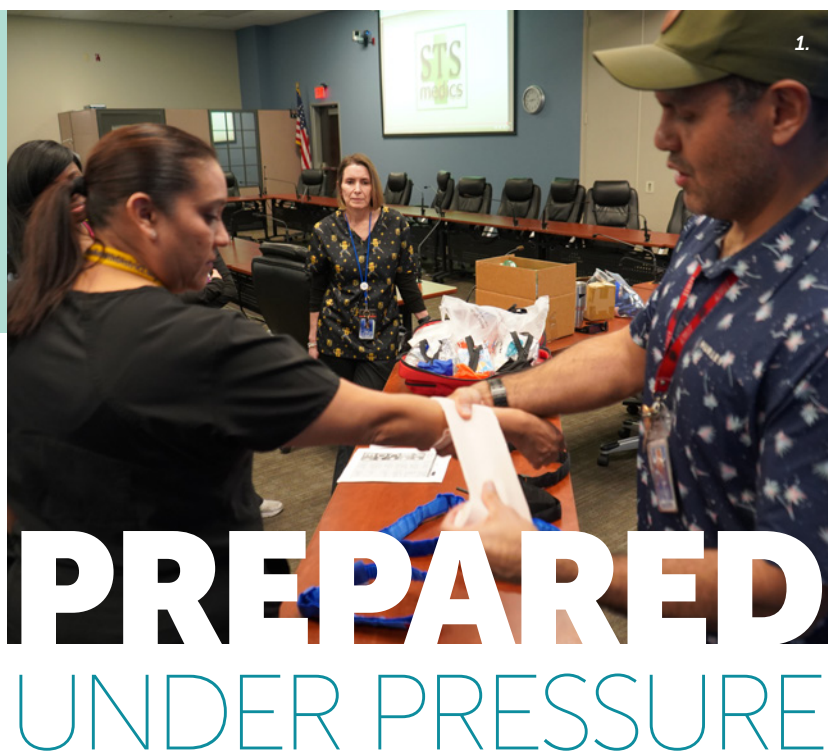
OCDPHP OFFERS NUTRITION EDUCATION THROUGH GROCERY STORE TOURS

The Office of Chronic Disease Prevention and Health Promotion has partnered with Marketon, a local grocery store chain, to offer free grocery store tours to members of the Spanish-speaking community. The burden of chronic diseases like diabetes and heart disease in this community makes good nutrition particularly important. The tours, offered in Spanish, provide tailored nutrition education to help individuals make healthier food choices when grocery shopping.

Guided by a registered dietitian, the tours are designed around key departments where shoppers can boost their intake of healthy foods such as fruits and vegetables, dairy, whole grains and more. At the end of the tour, participants receive a goodie bag filled with promotional and educational items.

For more information about grocery tours, email David Barragan at barragan@SNHD.ORG **DD**





Staff prepare for emergency interventions

The Public Health and Preventive Care Division (PPC) and the Office of Public Health Preparedness (OPHP) are collaborating to provide specialized training to members of the Medical Emergency Response Team (formerly called Dr. Bluebird) to ensure they feel confident and prepared, especially during what can be a very stressful situation. Team members are coached on and practice emergency interventions including client assessment, emergency cart supplies, medication administration, vital signs and managing traumatic injuries and bleeding.

Instructors include Delaney Chastain, Employee Health Nurse; John Slykas, Public Health Preparedness Trainer; Eric Gil, PHP Trainer; and Mariam Zarret, Community Health Nurse.

“The health and safety of our clients, community and employees are of utmost importance,” said Chastain. “We provide this opportunity so staff can feel more comfortable while responding to a person in need.”

The training is being run once a month through June and currently prioritizes the Medical Emergency Response Team. However, the course may eventually be open to all Health District staff. Topics and techniques covered may vary depending on the employees’ scope of practice at the Health District.

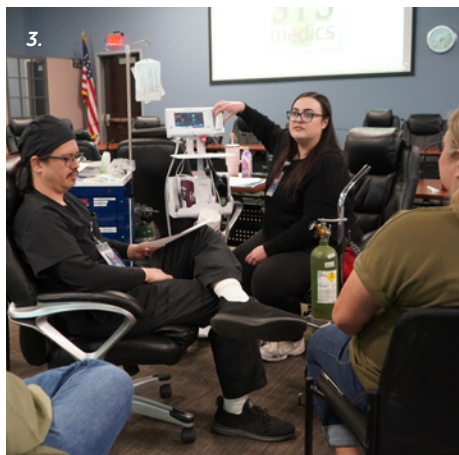
If you are interested in participating in a skills fair, email Delaney Chastain at employeehealthnurse@SNHD.org. **DD**

1: Eric Gil demonstrates a bandage wrap on Mayra Villa.

2: Mayra Villa practices injury management on Grace Purugganan.

3: Mariam Zarret explains the components of a medical cart.

4: Eric Gil shows an emergency medical equipment kit.



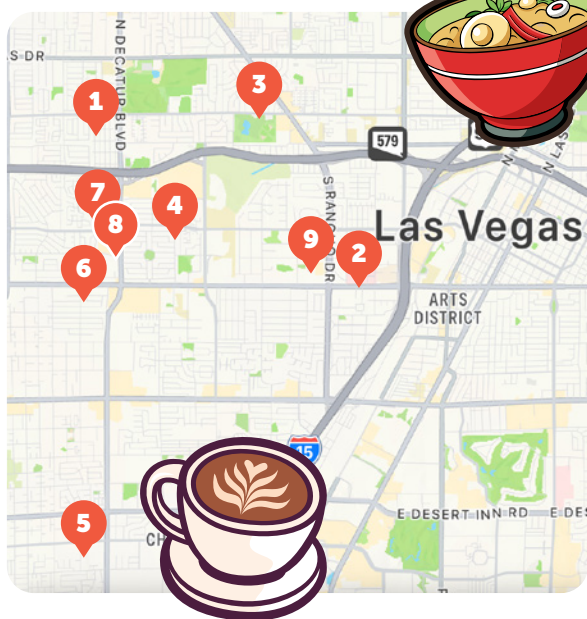
OUR LOCAL GUIDE TO

FAVE
EATS
&
DRINKS

Looking for
great spots
near your
workplace?

Based on survey results from our staff, here's where to grab a quick bite and the best drinks to energize your day! From fast and flavorful lunch options to the perfect coffee or tea, we've got you covered.

Main Must-Haves



LUNCH

1. KoMex Fusion ▶

Fusion Tater Tots, Bulgogi Rice Bowl and Cheesesteak.

2. Le Thai 2

Famous for Cream Cheese Wontons.

3. Yaquesito Seafood Truck

Staff recommends Shrimp and Fish Tacos and Pupusas.



"Quick service and friendly atmosphere."

4. Onzon Thai Restaurant

Their Red Curry Chicken is packed with flavor.

5. Zen Curry A local favorite for Japanese curry.



"A must-try!"

COFFEE AND DRINKS

◀ 6. Coffee Religion

Try the Lavender Latte or strong espresso.

7. Dutch Bros

Their Cold Brew Butter Pecan, Golden Eagle and Iced Chai are always a hit.

8. Starbucks

Grab your go-to Iced Coffee, Caramel Macchiato, or Iced Tea.

9. Tea Bar

Perfect for a refreshing cup of tea.

Fremont Favorites

LUNCH

1. Yukon Pizza ▶

Satisfy your pizza cravings with their unique pies.

2. Kinnara

Don't miss the Jade Crispy Chicken!

3. Island Deli & Smoothie Bar

A great spot for a fresh, healthy bite.

COFFEE AND DRINKS

4. Vesta Coffee Roasters

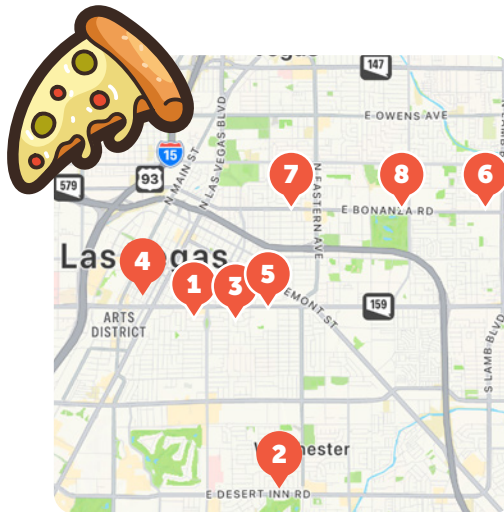
Enjoy the chill atmosphere with strong, flavorful espresso.

5. Starbucks

A go-to for your Caramel Macchiatos and Iced Lattes.



"Unique pies!"



Bonanza Bites

LUNCH

6. Panda Express

A quick and healthy fast food option.

7. Carnitas y Tortas Ahogadas Guadalajara

Known for their tacos and sauces.

COFFEE AND DRINKS

8. Tropical Smoothie Café

For a refreshing smoothie or light bite.

Lab Loves

LUNCH

1. Greens & Grills

The Spicy Chicken Wrap is a hit.

2. The Great Greek

Known for their tasty Kabobs, Banh Mi, and Gyros.

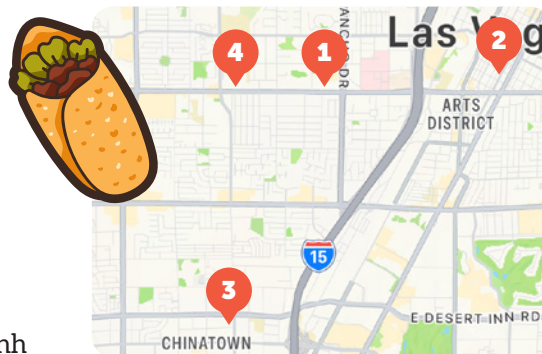
COFFEE AND DRINKS

3. 7 Leaves

For your Matcha Tea fix or refreshing Iced Coffee.

4. Dunkin' Donuts

For iced coffee and donuts.



"Must-visit!"

Buffalo Breakouts

LUNCH

5. Windy City Beef and Dogs ▲

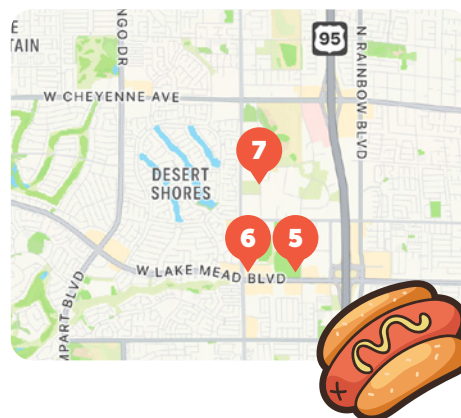
Known for Chicago-style hot dogs.

6. Bronze Café

The David Special Salad is a staff favorite.

7. Café Zupas

Fresh and quick options for lunch.



Mesquite Musts

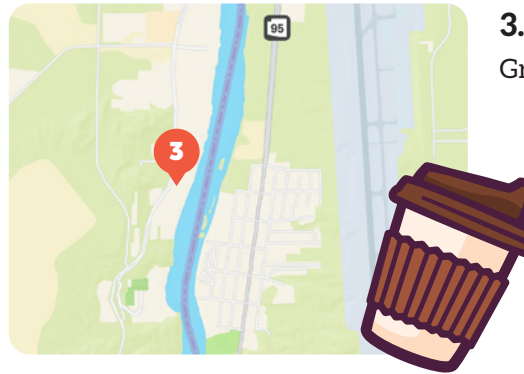
LUNCH

1. Table of Contents

Their homemade soups and Real Crab & Cheddar Quiche are always satisfying.

COFFEE AND DRINKS

2. Dutch Bros.



Laughlin Loves

LUNCH

Home cooking

Nothing beats a comforting meal from home.

COFFEE AND DRINKS

3. Starbucks

Grab your favorite Latte.

TOP PICKS for your NEXT CRAVE



KoMex Fusion

Known for friendly service and quick, tasty meals!



Carnitas y Tortas Ahogadas Guadalajara

Taco lovers can't miss this spot!

Le Thai 2

Their Cream Cheese Wontons are a must-try!



Yukon Pizza

Unique pies to satisfy your pizza craving!



PRO TIP:

Wondering whether the new spot you want to try is a-okay? Environmental Health conducts unannounced inspections of food establishments at least once a year. You can check the inspection record of any restaurant in Clark County at **[SNHD.info/restaurant-inspections](https://snhd.info/restaurant-inspections)**



HEART-HEALTH IN THE BAG

Packing your own lunch is a great way to eat heart healthy.

While it's not uncommon for Health District staff to eat out at lunchtime, many of them pack a lunch to enjoy at their desk or in a break room. Those who hunger for heart-healthy lunches should include a variety of lean proteins, whole grains, fruits, vegetables and fat-free/low-fat dairy or fortified soy alternatives. Consider the following options from the American Heart Association:

- *Low-sodium turkey, skinless chicken, canned tuna or canned salmon (try it in a salad or on a sandwich with whole-wheat bread).*
- *Unsalted seeds and nuts.*
- *Whole-grain or whole-wheat pasta.*
- *Easy-to-eat fruit like berries, grapes or sliced apples or pears.*
- *Veggie sticks.*
- *Low-fat string cheese.*
- *Fat-free yogurt.*

Fruits and vegetables are an important part of a healthy diet. The Centers for Disease Control and Prevention recommends adults eat a minimum of 1.5–2 cups of fruits and 2–3 cups of vegetables every day for optimal health.

Check out the Nutrition Challenge, a free 8-week online program to help people increase the number of fruits and vegetables they eat each day. To take the challenge, visit [Nutrition Challenge - Get Healthy Clark County](#). For additional information about healthy eating, visit [Eat Better - Get Healthy Clark County](#). **DD**



EMPLOYEES OF THE MONTH

SUPERVISORS/ MANAGERS
OF THE QUARTER

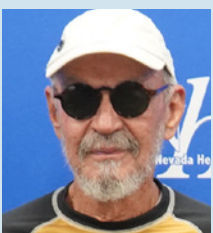
FEB

Leslie Carpenter, Community Health Nurse, PPC**Sandi Saito**, Administrative Secretary, ODS

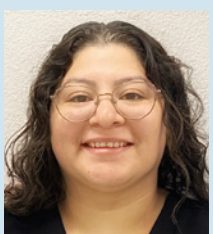
Q1

Erin Buttery, Laboratory Supervisor, SNPHL**Elizabeth Adelman**,
Communicable Disease Supervisor, ODS

MAR

Regena Ellis, Community Health Nurse, PPC**Sarah Humphreys**, Community Health Worker, FQHC

APR

Maria Calito, Medical Assistant, FQHC**Keanu Medina**, Community Health Worker, FQHC

MAY

Chris Cooper, Community Health Worker, FQHC**Yolanda Villalobos**, Medical Assistant, FQHC

Health District staff laced up this spring for the third annual Walk Around Nevada Employee Challenge. The first place small team, Phoenix, included **Blanca Martinez, Daniel Isler, Brittany Lewis, and Nami Kremer** (**Jacob Billings** not pictured). The first place large team, Geek Squad, included **Michael Castelo, Greg Tordjman, Gabriella Floresca, Julio Rivera, Kimberly Noches, Luis Ruiz, Nolen Nanbu** and **Seth Knowlton** (**Joseph Yumul and Anna Voeva** not pictured). The first place individual participant was **Jackie Southam** (not pictured). Get Healthy Clark County's popular Walk Around Nevada program celebrated its 20th year in 2025!





Brandon Delise, Danielle Jamerson, Maria Cristina Servando and Angel Stachnik were recognized for Certification in Infection Control by the National Association of County and City Health Officials (NACCHO).

Dr. Erick López, Dr. Anil Mangla, Zuwen Qiu-Shultz, Rebecca Topol, Tamera Travis and Lei Zhang were recognized for co-authoring Identifying Factors Associated with Vaccination Status and Mortality Among Older Adults in Nevada During the COVID-19 Pandemic in the Nevada Journal of Public Health.

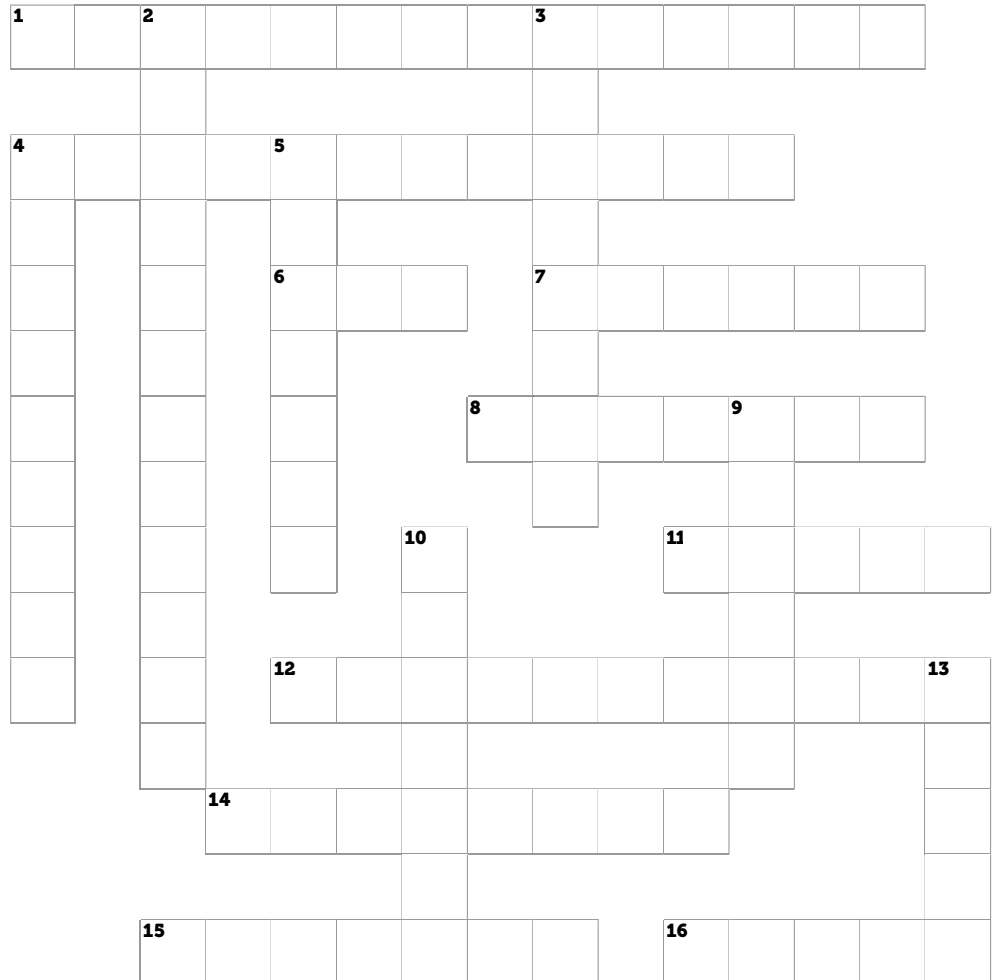
Dr. Cassius Lockett, Dr. Erick López, Dr. Anil Mangla, Zuwen Qiu-Shultz, Rebecca Topol, Tamera Travis and Lei Zhang were recognized for co-authoring Factors Associated with Hospital Length of Stay and Intensive Care Utilization Among Pediatric COVID-19 Patients in Southern Nevada: A Multivariate Analysis in the MDPI (formerly the Multidisciplinary Digital Publishing Institute).



Minnie Wood, Senior Lecturer, University of Nevada, Las Vegas, School of Nursing was recognized as a Public Health Hero.

HEALTHY EATING CROSSWORD

Test your
nutrition
knowledge
on this
crossword.



Across

1. Healthier type of fat from plant sources
4. Substances protecting cells from damage
6. Genetically modified organism
7. Mineral that can raise blood pressure
8. Sugar found in milk
11. Diet excluding all animal products
12. Grains containing all parts of the kernel
14. Inorganic substances needed for body functions
15. Eating a variety of foods in moderation
16. Indigestible plant material promoting digestive health

Down

2. Type of fat mainly from animal sources
3. Unhealthy fat often found in processed foods
4. Substances added to food for preservation or flavor
5. Food grown without synthetic pesticides or fertilizers
9. Essential fatty acids for brain and heart health
10. Macronutrient for building and repairing tissues
13. Simple carbohydrate providing quick energy