#### **November 2024**

# \* THANK YOU \* VETERANS







## "Let's Connect"

As November unfolds before us, we are presented a unique opportunity to celebrate the rich tapestry of American culture, service and gratitude.

This month holds special significance as we commemorate Native American Heritage Month, pay tribute to our veterans on Veteran's Day, and take a moment to reflect on the power of gratitude during National Gratitude Month. We will celebrate Native American Month every Friday at Create the Good lunches with native nutrition education, a presentation by Tribal Law & Policy Institute, a conversation with Alpine County Library staff about all the books related to native culture available at the library and a mini documentary showing the collaboration between the Washoe Tribe and national Forest Foundation, starring some of our locals residents.

We are also proud to partner with the Washoe Tribal Healing Center in beginning a support group for residents who love someone struggling with addiction. Join us on November 7th at the Hung A Lel Ti Firehouse for dinner, discussion, story sharing and resources.

Tuesdays are for repairing clothing or working on projects at the Firehouse, too, with our new "Sew it Off" program from 10am-1pm. There will also be a special class to create your own sewing kit on November 12th, and all the supplies will be provided.

Wednesdays in November, Dale and Patti Bennett will be teaching a beading class. Choose between beading a small bottle and working on a loom. All supplies will be provided for the classes and the classes will be held at the Firehouse. Bear Valley BHS will host its Create the Good dinner on Wednesday, November 13th with an autumn dinner and craft activity. Also, Bear Valley, save the date for a Crochet class coming on December 5th!

50+Club will share a potluck meal on November 14th to honor our Alpine County veterans and military families. On November 25th, join BHS, the Healing Center and Washoe Tribe Elder Center for a Thanksgiving lunch and Bingo at the Hung A Lel Ti gym, starting at 11am. Remember to check Yoga, Meditation, Holistic Health & Grover's Sr. Soak dates for Holidays. There will be no classes on those days. We look forward to connecting with you at our November events and activities!

# Create the Good

Lunch, Presentations, Creations, Conversations

Hung A Lel Ti Firehouse Noon –2pm (no luncheon on Nov. 29th)

Friday, November 1st

Elderberry Glazed Pork Loin

Steamed Green Beans

Chopped Autumn Salad

Nutrition Education:

Sadie & Marissa with

Community Service Solutions

Friday, November 15th

Lasagne

Garlic Bread

Caesar Salad

Presentation: Alpine County

Library-Native American

Books

Friday, November 8th

White Bean Bison Chili

Veggie Chili with Lentils

Cornbread

Fall Fruit Salad

Presentation: Tribal Law

& Policy Institute

Friday, November 22nd

Mexican Street Corn Soup

Carne Asada Street Tacos

Salsa & Guacamole

Mini Documentary:

Washoe Tribe &

National Forest Foundation



## YOU ARE NOT ALONE



# A support group for those who love someone struggling with substance abuse.

Open discussion about addiction crisis
Share your story, listen to others, gain resources, and
support one another.



In partnership with Alpine Behavioral Health

Dinner will be provided November 7th, 2024 Hungaleti Fire house Starting at 5:30PM Discussion starting @6:00

ASAPESPACE

FOR MORE INFORMATION PLEASE CONTACT CAMIELL SIMPSON:
CELL: (175) 781-9840 EMAIL: CAMIELL SIMPSON@WASHOETRIBE.US
FACEBOOK: WASHOE TRIBAL HEALING CENTER
This is a drug and alcohol free event!

# 'Sew it Off'

Markleeville Craft Club
Tuesdays 10am - 1pm
Behavioral Health Wellness Center
Hung-A-Lel-Ti Firehouse
With Kathy and Kari
Bring clothes that need repairs or
projects you are working on!





## **Sewing Class**

November 12th, 10am -1pm

Join us for a special meeting to make your own sewing kit on November 12th!

Contact Kari -

kmoore@alpinecountyca.gov or 530.721.6041 to reserve your spot!

"Sewing is a way to quiet the mind, to relax the body, and to feed the soul."



# Beading Class

With Dale & Patti Bennett
All Wednesdays in November
From 10am-1pm
At the BHS Wellness Center in
the Hung A Lel Ti Firehouse



Choose between beading a small bottle or working on a loom.
All supplies will be included. Class limited to 8 students.
Beginners welcome! All Alpine County residents are invited.
Instruction & supplies are sponsored by Alpine County
Behavioral Health Services.

RSVP to Dawn Riddle-MHSA Programs by phone/text or email 530-721-1261 or driddle@alpinecountyca.gov



# Bear Valley NOVEMBER 2024 Create the Good

Date: Wednesday, November 13th, 2024

Time: 5:30-7:00pm Location: Perry Walther Bldg.

Autumn Dinner and Craft Activity



FOR OTHER BV NOVEMBER ACTIVITIES SPONSORED BY ALPINE COUNTY BEHAVIORAL HEALTH SERVICES, EMAIL NATHAN GRANADOS AT

NGRANADOS@ALPINECOUNTYCA.GOV & LOOK FOR FLYERS AROUND TOWN.



# November 50+ Club Potluck Thursday, November 14th







BHS & 50+Club will provide:

Spiral Cut Ham
Au Gratin Potatoes
Green Beans

Please bring a side dish or dessert to share

Honoring Alpine County Veterans. We invite you to join us for lunch, as we celebrate those who have served our country and the military families that also sacrifice so much when loved ones choose to join the military and deploy.



Please join us for an Elder



# THANKSGIVING

BINGO

LET'S BE THANKFUL TOGETHER!





## 25 NOVEMBER

Start at 11:00am Woodfords Gym 96 Washo Blvd. Markleeville, CA 96120

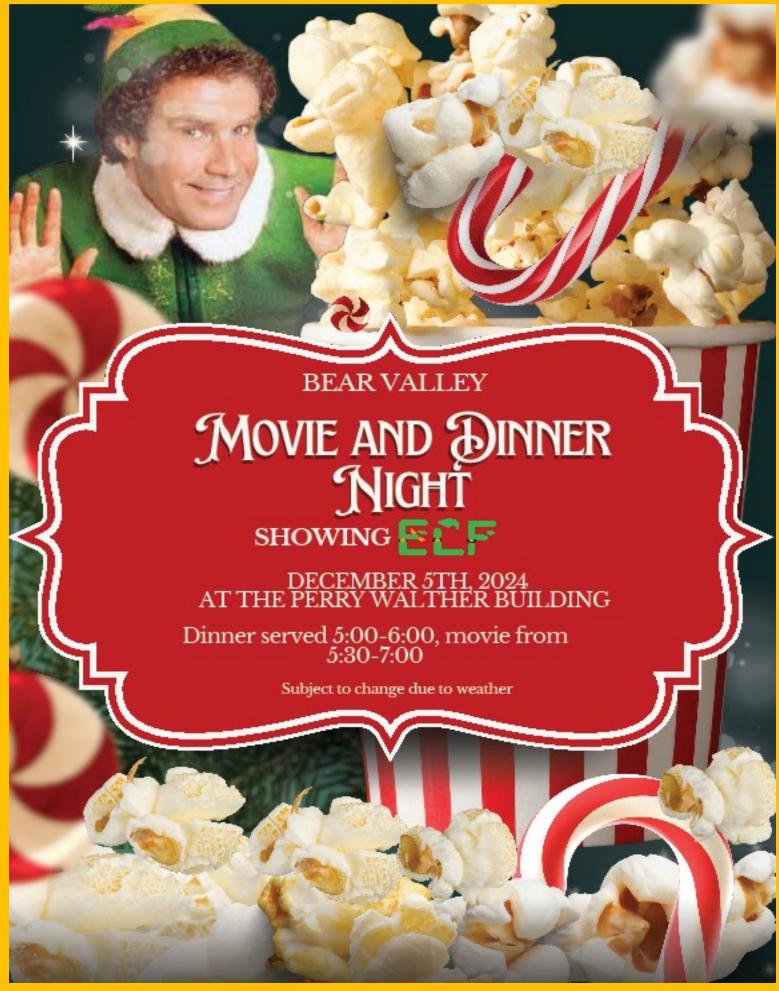
IN PARTNERSHIP WITH ALPINE BH &

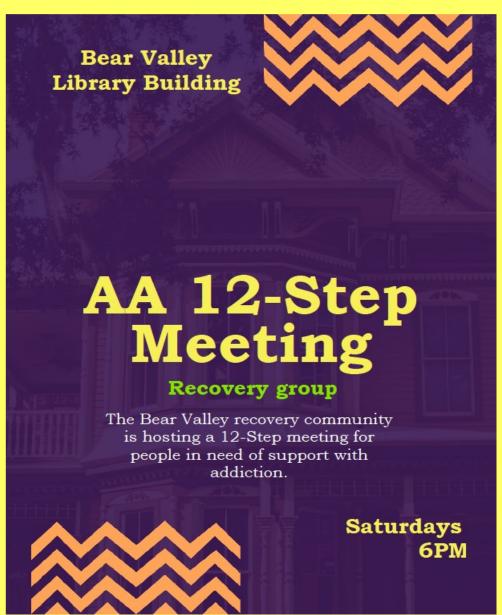
WASHOE TRIBE ELDER CENTER

Transport will be available upon request!

WASHOE TRIBAL HEALING CENTER
CAMIELL SIMPSON: (775) 781-9840
EMAIL: CAMIELL.SIMPSON@WASHOETRIBE.US
FACEBOOK: WASHOE TRIBAL HEALING CENTER









# WELLBRIETY TALKING CIRCLE

**HUNG-A-LEL-TI FIREHOUSE** 

**MONDAYS AT 5:30PM** 



# Guided Meditation

# Now Monday, Wednesday & Friday

8:00-8:45am

Join Zoom Meeting:

https://us06web.zoom.us/j/83717964547?pwd=LkJsJxLrlkYzuvBMZhGvHyPnKtEltd.1 Meeting ID: 837 1796 4547 Passcode: 570024

## November Meditations

- Prime Meridian Meditation
- Gratitude Practices Around the World
- Reflections & Gratitude to Our Veterans & Military Families
- Honoring Native American Wisdom
- 5 Benefits of Kindness #WorldKindnessWeek
- · How to Have Better Conversations
- · The Fibonacci Sequence
- Breathwork and EFT tapping continued Meditation Practices with Dawn

Meditation is a lifelong gift. It's something you can call on at any time." – Paul McCartney



# Alpine County Behavioral Health presents



# Alpine County Senior Soak & Outdoor Wellness Program

SENIOR SOAK EVERY THURSDAY 9:30-11:00AM
GROVER STATE PARK PARKING PASS VALID ALL DAY
NO SENIOR SOAK THURSDAY 11/28/24

Free for Alpine County residents 50+ years old
Availability is limited to 10 spaces only
and allocation will be based on a first-come,
first-served basis.

Email driddle@alpinecountyca.gov to reserve your card

#### **YOGA Classes**

Bear Valley: Monday & Wednesday 5-6pm

with Alex Mannos

IN PERSON LIBRARY CONFERENCE ROOM AND ON ZOOM.

Join Zoom Meeting:

https://us06web.zoom.us/i/81837132484?pwd=ZDNgMWd5U3ZjeEZFcVJsU09BT3p2QT09

Meeting ID: 818 3713 2484 Passcode: 278663

**NO YOGA MONDAY 11/11/24 VETERANS DAY** 

YOGA Classes

Woodfords/Markleeville: Tuesday & Thursday 5:30-6:30pm

with Aimee Scherbak

IN PERSON AT Behavioral Health building 40 Diamond Valley Road

NO YOGA THURSDAY, 11/28/24 THANKSGIVING DAY

## Online HOLISTIC HEALTH Classes

Tuesday & Thursday 11am-Noon with Cheryl Morris

You need a computer or laptop with a camera, a firm upright chair with no arms and room to move your arms and legs. The focus of this class is improving joint range of motion, balance and strength-building combined with breath work, imagery and self-care. The foundation of the program has ties in both Yoga and Qigong/Tai Chi.

For required forms please call or text Dawn at 694-1314 or email: driddle@alpinecountyca.gov

Join Zoom meeting:

https://us06web.zoom.us/j/82728722590?pwd=ckllSIFlcmpVSE5IWG5aOURKbGVLUT09

Meeting ID: 827 2872 2590 Passcode: 064928







NO HOLISTIC HEALTH CLASS THURSDAY, 11/28/24 THANKSGIVING DAY



## Alpine Senior Swim Program at Carson Valley Swim Center!

#### Swimming for fitness, socialization & fun!

BHS is providing Alpine County residents 50 years and older a renewable

15 swim session membership pass to Carson Valley Swim Center

Who: Alpine County residents 50 years and older

What: a 15 session swim pass: free use of open pools, therapy pool & Water Aerobics class

When: Classes are Tuesdays & Thursdays 9:45-10:45am; Free Swimming any day

Carson Valley Swim Center, 1600 SR-88, Minden, NV 89423

Register for your swim pass at the Behavioral Health Services Office at 40 Diamond Valley Road Monday-Friday 8am-5pm.

Bring proof of Alpine County residency and your ID.

For more information call 694-1816 ext. 259



## No Judgement No Shaming No Preaching JUST LOVE!

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

1(877)696-1996 www.NeverUseAlone.com





#### How can I help my child avoid alcohol-related problems?

Build trust with your child on the topic of alcohol and have ongoing conversations. It's normal to feel nervous about discussing substance use with your child, but the more you empower yourself with information, the better equipped you'll be to support your child to make positive choices.

- 1 Talk early and often about alcohol, its health impacts, and why it's only for adults aged 21 and over.
- 2 Set a good example by not binge drinking, if you choose to drink.
- 3 Send a clear message that underage drinking is not allowed. Never provide alcohol to anyone under 21.
- 4 Be approachable so your child can come to you with questions.
- 5 Be judgement-free if your child tells you about using substances.
- 6 Keep conversations light by avoiding scare tactics and lectures.
- 7 Provide tools so your child can learn how to refuse alcohol, avoid peer pressure, and develop healthy coping mechanisms.
- 8 Make sure there's no alcohol at your child's social gatherings.
- 9 Get to know your child's friends and their parents or guardians.
- 10 Get involved using CDC's proven community strategies to reduce underage drinking.

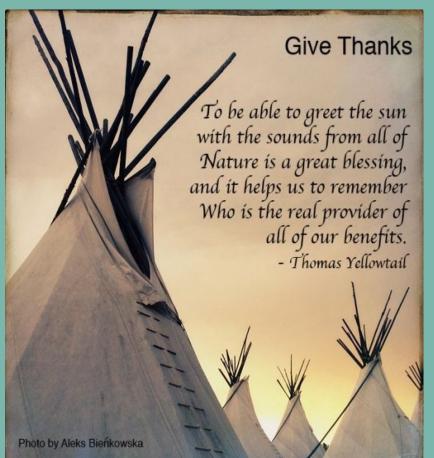
#### What are potential signs my child may be drinking?

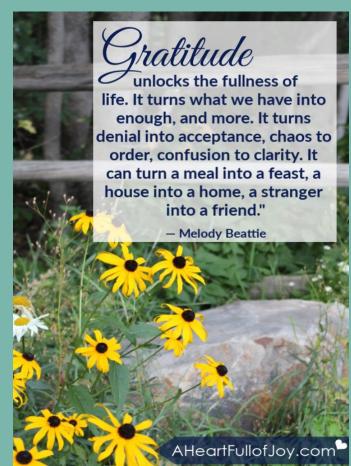
Some of these signs may be due to other challenges or struggles that require conversation and support, and some may reflect normal youth behavior. Keep an eye out for these signs, especially if you notice several at the same time, if they occur suddenly, or if some of them are extreme.

Flare-ups of temper, irritability, or defensiveness Bloodshot eyes, lack of coordination, sudden weight loss, unexplained injuries Memory lapses, poor concentration, or slurred speech "Careless" appearance, a lack of involvement in former interests, or low energy. Poor school attendance, low grades, or disciplinary issues Switching friends and a reluctance to let you get to know new friends Finding alcohol in your child's room or backpack, smelling alcohol on their breath Breaking family rules If you believe your child is drinking alcohol or using other substances, it's important to address the matter promptly and with care and honesty.

It's never too early or too late to start talking with your child about not drinking alcohol. If you need resources, or would like assistance from a trained counselor, please contact Alpine County BHS for more assistance.

530-694-1816







#### WASHOE TRIBE HISTORY

The Washoe Cultural Resources Office

Hunga mi' heshi! Hello! Today let's learn about O' osh which means "Fall."

During the fall, mountain whitefish started their spawning and Washoe were able to harvest the fall spawning runs before the deep snows of winter came. Washoe began to focus on the plant harvesting that would feed them through the winter months. At this point the families living in the mountains began to move back down to the valleys east of the Sierras. A few groups headed west to the Sierra foothills to wait for the ripening of the Black Oak acorns and to trade with the Californian Indians. They sometimes went as far as the Pacific Ocean to collect shells. Some of these families would not return to the east side before the snow, and would either winter alone or join a Miwok village for the season. The families that had descended to the Great Basin now began gathering and saving grass seeds as the plants gradually ripened.

The culmination of the gathering season was the <u>tah gum</u> (Piñon Pine nut) harvest. When the nuts were ripe, all the people were called for a special ceremony, called the <u>goom sa bye</u> (...) People congregated at the pine trees and the celebration lasted for four or five days. They prayed and gave thanks to the Maker, danced, and shared food with each other.

Suicide Prevention Network



MI				
Name:				

Date:



# Taces Word Search



The taco ingredients are all mixed up, and it's time to find them! Search the puzzle for each tasty word and circle it once you find it. Don't forget to cross them off the list as you build the perfect taco!

						0100											
T	T	Ν	N	K	K	T	Α	C	0	S	Н	Ε	L	L	Z	R	AVOCADO
0	T	Z	F	R	L	R	Ν	G	0	R	Т	Ν	Α	L	1	С	BEANS
R	С	D	Н	Н	0	0	F	Υ	L	С	Н	Т	L	Α	S	M	BURRITO
Т	K	L	R	R	I	С	F	K	K	Z	Н	L	X	М	Ν	Н	CHEESE
1	С	M	Т	Ν	Н	0	Т	S	Α	U	С	Ε	K	٧	Ε	Υ	CHILI
L	Н	J	0	Т	С	X	Ν	J	Ρ	Z	D	J	Ε	L	X	Т	CHIPOTLE
L	1	M	Н	Н	Н	Q	L	Α	Α	С	J	W	0	S	С	В	CILANTRO
Α	L	В	U	R	R	1	Т	0	С	L	Ε	М	٧	Н	E	Υ	CORN
R	1	P	S	M	M	W	J	0	S	1	Α	С	1	٧	Q	M	<b>FAJITA</b>
L	Н	Α	0	E	С	Q	X	Ν	M	C	Χ	P	U	M	L	K	GUACAMOLE
Ε	L	Т	Н	L	D	U	Α	R	Α	Α	0	Ε	Ε	Α	Z	0	HOT SAUCE
Т	R	1	С	Т	Α	Ε	M	U	S	Т	Т	М	М	Ν	S	D	JALAPEÑO
Т	Μ	J	Α	R	В	S	G	Α	L	Р	L	0	F	Ε	0	Α	LETTUCE
U	L	Α	Ν	0	R	0	L	Ε	L	G	1	L	F	С	Κ	С	LIME
С	K	F	C	F	G	S	R	K	Н	Н	В	C	F	1	Р	0	MEAT
Ε	K	Α	Н	M	Α	E	R	С	R	U	0	S	0	Ρ	W	V	MEXICAN
М	T	N	Р	Ε	P	P	Ε	R	R	L	L	L	L	S	Т	Α	NACHOS
TACO							Í	SALT					-		ONION		
						A	THE RESERVE							THE RESERVE OF	The second second	The state of the s	

TACO SHELL TOMATO TORTILLA



SAUCE SOUR CREAM SPICE

© 2024 WordsAreFun.com, All Rights Reserved.

PEPPER

PICO

QUESO

SALSA







40 Diamond Valley Road Markleeville, Ca 96120



Standard Rate U.S. Postage Paid Permit No. 3 Markleeville, CA 96120

"Let's Connect" newsletter

**NOVEMBER 2024** 

**Postal Customer** 

Markleeville, CA 96120