

JULY 2024

"Let's Connect"

1



Welcome to the JULY "Let's Connect"

Hello Alpine County!

As we dive into the heart of summer, it's all about finding fun ways to stay cool and enjoy the season. We've lined up a fantastic array of events to help you beat the heat while making the most of July!

Join us for our Create the Good weekly lunches, where you can catch up with friends over delicious, refreshing meals. Teens can look forward to an adventurous day with the Wild Island Water Park Teen trip, promising a splash-tastic escape. For movie buffs, our Movie & Pizza night offers a perfect indoor retreat with a slice of relaxation out of the heat.

The 50+ Club summer picnic is back, bringing together our community for a delightful day in the shade. For those who love the great outdoors, don't miss the Park RX hike to Scott's Lake from the Luther Pass Trailhead, a serene escape into nature. Bear Valley will host their Create the Good event on 7/17, adding a great dinner to your summer calendar.

Experience the rich heritage of our area at the Washo Cultural Festival at Meeks Bay in Lake Tahoe, a perfect way to stay cool by the water while enjoying cultural festivities. And let's not forget the continuation of our Summer Camp for kids, packed with cool activities and endless fun.

In addition to these events, we have ongoing activities to keep you engaged. Enjoy the Sr. Soak at Grover Hot Springs, which also features a cold pool for a refreshing dip. The Alpine Senior Swim at the Swim Center is a fantastic way to stay active. Discover the Washo names for special places in our area, enhancing your local knowledge. Also, be sure to check out our Narcan education page and an insightful article on BIPOC mental health, providing valuable information for our community's well-being.

Stay cool, stay active, and make the most of July with these Alpine community events and activities!!



Create the Good

*Lunch * Presentations * Creations * Conversations*

July 5th

MENU: BLACKBERRY APRICOT CHICKEN AND ARUGULA PESTO POTATO SALAD

ACTIVITIES: SADIE WITH CSS

July 12th

MENU: BABY BACK RIBS WITH GRILLED PEACHES AND PORTILLO'S CHOPPED SALAD

ACTIVITIES: EWA WITH SPN

July 19th

MENU: BRUSCHETTA CHICKEN, MASSAGED KALE SALAD WITH LEMON AND PARMESAN, BLUEBERRY PARFAIT

ACTIVITIES: KARI WITH PUBLIC HEALTH

July 26th

MENU: FRENCH DIP SANDWICHES AND CAESAR SALAD

ACTIVITIES: EDIBLE BREAD ART WITH DAWN

Every Friday 12-2p.m.

Hung-A-Lel-Ti Firehouse



Live Healthy!

ALPINE COUNTY Health & Wellness COALITION



**Suicide
Prevention
Network**



WILD ISLAND TRIP FOR TEENS



Teens entering 8-12th grades! Prepare yourself for an adventure unlike any other, full of sun, thrills, and cooling splashes!

WE'LL MEET AT THE HUNG-A-LEL-TI FIREHOUSE ON MONDAY, JULY 8TH AT 12P.M. AND RETURN TO THE FIREHOUSE BY 7P.M. LET US KNOW IF YOU NEED TO BE PICKED UP/TAKEN BACK HOME.

TRANSPORTATION IS LIMITED SO MAKE SURE TO RSVP TO DAWN RIDDLE -TEXT OR CALL (530) 721 1261.

LUNCH AND SNACKS WILL BE PROVIDED.



RSVP Dawn
(530) 721 1261



July 8th
12-7p.m.



Firehouse

ALL ALPINE KIDS ARE INVITED!

MOVIE & PIZZA



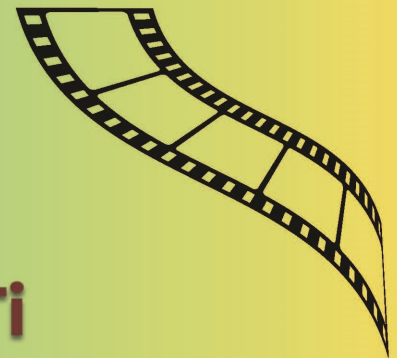
PG, 1h 42min, 2021, Adventure, Animation, Fantasy, Kids & Family, Musical

Walt Disney Animation Studios' "Encanto" tells the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. The magic of the Encanto has blessed every child in the family with a unique gift from super strength to the power to heal—every child except one, Mirabel. But when she discovers that the magic surrounding the Encanto is in danger, Mirabel decides that she, the only ordinary Madrigal, might just be her exceptional family's last hope.



JULY 9TH
5:00-7:30 PM

Hung - A - Lel - Ti
Firehouse



50+Club SUMMER PICNIC

AT GROVER HOT SPRINGS DAY USE AREA

Date: Thursday, July 11, 2024

Sr. Soak 9:30-11:00am @ Pool Lunch from Noon-2:00pm @
Grover Hot Springs Day Use Area (right of the kiosk)

A Variety of Sandwiches, fruit salad & watermelon will be provided. Please bring a side dish or dessert to share.



To receive a map to the day use area, call or text Dawn (530) 721-1261 or email driddle@alpinecountyca.gov

Questions? Call Kate (530)721-2472

We look forward to hosting and visiting with you at our annual Summer Picnic at the beautiful Grover Hot Springs State Park in Markleeville!

ALL DIAMOND VALLEY STUDENTS WELCOME!

ALPINE **Summer** **CAMP**

**GET READY FOR A
GREAT ADVENTURE!**

2024

Monday through Wednesday, 9am to 12pm

Hung-A-Lel-Ti Firehouse

(96 Washo Blvd., Markleeville, CA 96120)

FREE Breakfast at 9AM
Activities start at 10AM

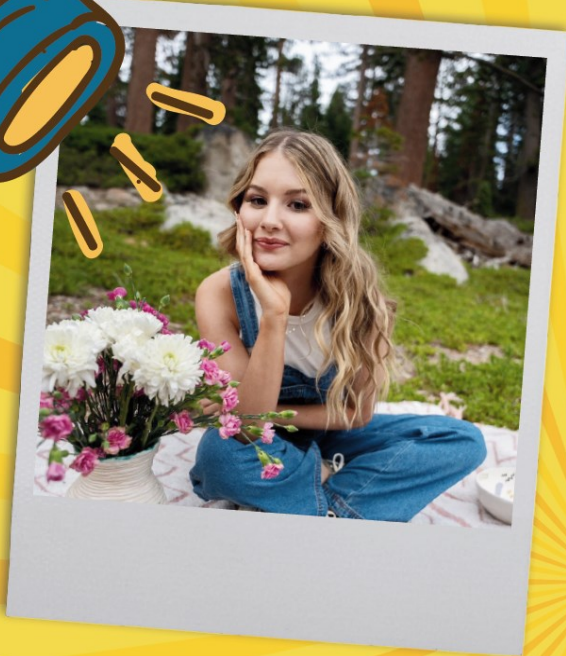
**DHS and DVES teens who
attend this camp and
help out get a gift card!**



FOR MORE INFORMATION, CONTACT US : 775-783-1510



MEET YOUR 2024 CAMP COUNSELORS!



Ava Wilson just graduated from Douglas High. She loves pottery, the outdoors, and PINK!

Fun Fact: Ava loves slime & singing every Taylor Swift song!



Kenzie Nevius goes to Arizona State University. She loves dogs, hiking, and having fun in the sun!

Fun fact: Kenzie knows every lyric to every track in Frozen!

Week 1: June 24 – 26

Week 2: July 1 – 3

Week 3: July 8 – 10

Week 4: July 15 – 17

Week 5: July 22 – 24

Week 6: July 29 – 31

This year, we will be traveling around the world! Camp activities will include TONS of games, lessons, and crafts.



Community Service Solutions



July Group Hike

ParkR 

- Meet at Scotts Lake Luther Connector Trailhead (off Luther Pass)
- Tues. July 16th @ 10 am
- Snacks & water provided!

Contact Sadie:
sadiegcss@gmail.com

Need transportation?

- Call 530.694.1816 to reserve



BEAR VALLEY JULY 2024

CREATE THE GOOD

Date: Wednesday, June 17, 2024

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

*Dinner with Alpine County
Behavioral Health Services*



STAY TUNED FOR THE MENU & activities



32nd Annual • July 27 & 28, 2024

WAŠÍ•ŠIW ʔITDÉʔ

Indigenous Culture and Arts Festival
Hosted by the Washoe Tribe
of Nevada & California



Meeks Bay Resort
7941 Emerald Bay Road
Tahoma, CA 96142

ARTS & CRAFTS VENDORS • CULTURAL ACTIVITIES
BASKET WEAVING COMPETITION • RAFFLE PRIZES
INDIGENOUS DEMONSTRATIONS • FOOD VENDORS
OPEN TO THE PUBLIC

Visit www.WashoeTribe.us for more information

Alpine County Behavioral Health presents



Alpine County Senior Soak & Outdoor Wellness Program

NO SENIOR SOAK ON THURSDAY, JULY 4TH, 2024.

FEDERAL HOLIDAY

Free for Alpine County residents 50+ years old

Availability is limited to 15 spaces only each Thursday

and allocation will be based on a first-come, first-served basis.

**Senior Soak: Each Thursday: Hot Spring Soak Session 9:30-11a
& Grover State Park Parking Pass: Valid each Thursday, all day!**

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/j/81837132484?pwd=ZDNqMWd5U3ZjeEZFcVJsU09BT3p2QT09>

Meeting ID: 818 3713 2484

Passcode: 278663



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 CLASS ON THURSDAY, JULY 4, 2024 HOLIDAY

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=cklISlFlcmpVSE5lWG5aOURKbGVlUT09>

Meeting ID: 827 2872 2590

Passcode: 064928

NO CLASS ON THURSDAY, JULY 4, 2024 HOLIDAY



Guided Meditation Classes

Now Monday, Wednesday & Friday

Guided Meditation 8:00-8:45am

Join Zoom Meeting:

<https://us06web.zoom.us/j/745311872?pwd=YVJhRXZjbVFIUG1lYytDRnpRNkF4Zz09>

Meeting ID: 745 311 8727 Passcode: 11111

July Meditations

- This month we will be tuning our practices into Mindfulness-Based Stress Reduction and Strengthening our lungs through breathing.
- We will also explore Tapping for Stress Relief using Emotional Freedom Techniques.

Meditation Practices with Dawn
Certified Meditation Teacher



Come on in to the quiet

Meditation is not passive
sitting in silence.
It is sitting in awareness,
free from distraction,
and realizing the clear
understanding that arises
from concentration.

Thich Nhat Hanh



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

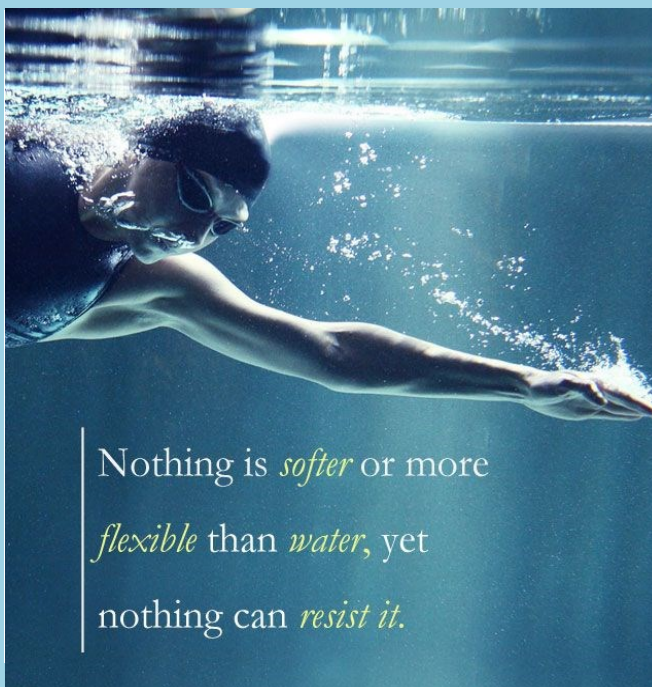
What: a 15 session swim pass: free use of open pools, therapy pool & Water Aerobics class

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



Nothing is *softer* or more
flexible than *water*, yet
nothing can *resist it*.



Helps You Burn Calories
Works all the major muscles
Helps tone your entire body
Puts less stress on your joints

Swimming Is Good For You

MotiveWeight-Blogspot.com



WASHOE TRIBE CULTURE



wayasan gum di-be? - the hot moon (July)



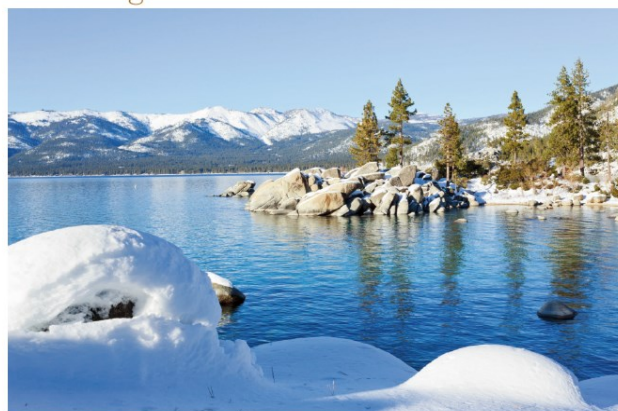
De ek wadapush - Cave Rock



Welganuk - Truckee Meadows



Mutsum yagada det deyi - Sierra Valley



Da ow aga - Lake Tahoe



Watahshemu - Carson River



Tzatlee tosh - Emerald Bay





NARCAN SAVES LIVES

No time to sit idly by. More and more people are dying of overdose from the likes of heroin, fentanyl, and prescription pain medications like oxycodone and hydrocodone. These are all examples of opioids.

Opioids are drugs derived from the opium poppy plant or made in the lab. They can treat pain, cough, and diarrhea. But opioids can also be addictive and even deadly.

The number of opioid overdose deaths has escalated more than 400% since the turn of the century, with tens of thousands of lives now being lost every year. But many deaths can be prevented with a life-saving treatment: Narcan/naloxone.

When given right away, narcan can work in minutes to reverse an overdose. Narcan is safe, has few side effects, and some forms can be administered by friends and family.

When is narcan used?

You can save a life. First, recognize signs of overdose:

- ✦ Limp body;
 - ✦ Pale, clammy face;
 - ✦ Blue fingernails or lips;
 - ✦ Vomiting or gurgling sounds;
 - ✦ Inability to speak or be awakened;
- Slow breathing or heartbeat.

If you see these symptoms, call 911 immediately and consider the use of NARCAN if available.

Resource: <https://nida.nih.gov/>

If you would like individual training on the use of Narcan, please contact Alpine County BHS to set up a (30) minute appointment with Misty Dee- LAADC. After watching the training video a (2) use box will be provided to you.

530-694-1816

BREAKING DOWN MENTAL HEALTH STIGMA IN BIPOC COMMUNITIES

Mental health stigma is a negative or discriminatory attitude someone holds about mental health. Learn more about how to break down stigma in BIPOC communities and create spaces where everyone feels comfortable sharing their experiences with mental health.



Factors that may contribute to negative beliefs about mental health:

Communities of Arab and Middle Eastern Descent: In this community, mental health challenges can be considered a personal failure. People from communities of Arab and Middle Eastern descent may fear being labeled as someone with a mental health condition because it could potentially alienate them from their friends and families. They may also be influenced by religious beliefs that a mental health condition is a form of spiritual punishment.

Communities of Asian/Pacific Islander Descent: The pressure of the “model minority myth” can contribute to stigma for communities of Asian/Pacific Islander descent. People from this community may believe that they need to live up to expectations of achievement and success, and that experiencing mental health challenges would deem them incapable of doing so. Sharing their mental health challenges with someone outside of the family might also be considered a betrayal and bring shame to the family.

Communities of Black/African American Descent: In this community, seeking mental health care can be seen as a sign of spiritual or moral weakness. Some people may think that if their ancestors survived slavery and segregation, their mental health struggles seem insignificant in comparison.

Communities of Indigenous Descent: Communities of Indigenous descent may fear being perceived as weak if they are experiencing mental health challenges. Because of their close family ties and collectivist worldview, they may worry that seeking help would bring shame to their family and impact their family’s status within the community.

Communities of Latine/Hispanic Descent: In this community, people may tend to be more private, keeping them from discussing mental health concerns with others. Many people in the Latine/Hispanic community are familiar with the phrase “la ropa sucia se lava en casa,” similar to the phrase, “don’t air your dirty laundry in public.” Because of their religious affiliations, some people may also believe that demons or sinful behavior are the cause of mental health conditions.

Communities of Multiracial Descent: Multiracial individuals may have to navigate different types of stigma from the multiple ethnic communities they are a part of. They may also experience alienation from communities they are a part of if they are not perceived as “enough” of a given race/ethnicity. This isolation can make it more difficult to speak up about mental health challenges.

How to normalize conversations about mental health in your community:

Tailor your approach:

Different generations may have different comfort levels when it comes to talking about mental health.

Older generations may prefer face-to-face conversations where they can share stories and connect with others. Adults may appreciate resources and workshops that provide strategies for managing mental health. Young people may gravitate towards [digital platforms because they feel more relatable](#).

Get creative with your wording:

Are there words that people in your community use to talk about mental health without saying the words “mental health?” Some examples of this might be words like: wellness, health, spirit, soul, or mind. For example, asking “how are you feeling spiritually?” or “how are you feeling – *really*?”

Instead of the word “anxiety,” you could use terms like: nervous, nerves, jittery, on edge, jumpy, or irritable. For example, telling someone, “Wow, I feel really on edge today” can normalize talking about feelings.

Alternatives for the word “depressed” could be: tired, down, low, or not feeling it. For example, someone telling you, “I’m just not feeling it today” may be their way of asking for emotional support.

If you speak another language, there may also be words in that language you can consider.

Make connections to physical health:

Sometimes mental health challenges can show up as physical symptoms. For example, [people experiencing anxiety and/or depression may also experience headaches, stomach aches, or pain in their joints, limbs, or back](#).

People may be more comfortable talking about physical health than mental health. This could be a good entry point to help you start a conversation about mental health.

For example:

- If someone shares that they have a bad headache, you could try saying something like, “I’m so sorry you’re dealing with that. Do you know what might have caused it?”
- You could also ask, “Have you been feeling stressed lately? Sometimes I get a headache when I am feeling that way.”

Share Your Story:

When people who live with a mental health condition share their stories, it can help others feel less alone and reduce any shame they may have when talking about their own mental health.

Sometimes, it can be helpful to [create a plan](#) before talking to your loved ones about your mental health. This can help you think through how you want to share and how they might respond.

You can share your story in an informal setting while chatting with friends and family. You can also share your story in a more public way. Whatever method you choose, this can be a powerful way to stop the stigma from spreading in your community.

If you are struggling with your mental health, visit mhascreening.org to take a free and private mental health test. It only takes a few minutes, and after you are finished you will be given information about the next steps you can take based on the results.

Visit mhanational.org/bipoc to learn more about mental health in BIPOC communities.



SHARING GENERATIONAL WISDOM

In BIPOC communities, younger and older generations may hold different sets of cultural values and beliefs. Each age group also has their own unique wisdom to share when it comes to taking care of their own mental health and advocating for mental wellness in their communities.



Mental Health Challenges Across Generations

Younger people may face:

Assimilation Difficulties: Young immigrants or children of immigrants may have difficulty [assimilating to American culture](#). They may also be more likely to experience [discrimination and isolation at school](#). These experiences can lead to increased feelings of isolation and make it [more likely](#) to develop a mental health condition.

Responsibilities and Expectations: Younger generations may be responsible for translating for older family members, taking care of younger children, and/or working to help their family financially. Their parents may have high academic expectations of them because of all they sacrificed to create a life that offers more opportunity than in their native country. The combination of these stressors [can impact mental health](#).

Discrimination: The racism BIPOC youth experience can have a [negative and long-lasting impact](#) on their mental health and development. This is especially true in schools, where BIPOC youth are [more likely to be suspended](#) than their white peers. This systemic racism younger generations experience at school [leads to higher incarceration rates](#) which negatively affects [youth development](#). BIPOC youth may also experience [cyber-racism](#), or race-related online bullying, which their elders likely will not experience.

Older people may face:

Generational Trauma: Many older generations in BIPOC communities may have lived through forms of [racial trauma](#) such as segregation in the U.S., wars that caused them to flee their home countries, forced assimilation, etc. These painful experiences can [cause symptoms of post-traumatic stress disorder \(PTSD\)](#). Even if they did not live through this trauma themselves, the trauma their parents and ancestors experienced [may also make older generations more vulnerable to depression](#).

Medical Mistreatment: The medical field has a long history of [mistreating people of color](#). As recent as the 20th century, Black men were subjected to non-consensual medical experimentation in the [Tuskegee Study](#). Around the same time, Black, Native American, and Puerto Rican women were [targeted for involuntary sterilization](#). Even today, Black people receiving medical care who express [physical pain are often underestimated and undertreated](#). The history of medical mistreatment in the U.S. can lead older generations in BIPOC communities to be less trusting of the medical system, making them less likely to seek out support for their mental health from a medical professional.

Discrimination: BIPOC adults are more likely to face discrimination at work. In a [recent study](#), one in four Black and Hispanic employees reported experiencing discrimination in their workplace. In addition to their mental health, this can have a negative impact on older generations' financial well-being, leading to increased anxiety.

AUGUST
 BARBECUE
 BASEBALL
 BEACH
 BIKE
 BOAT
 CAMP
 FAMILY
 FISHING
 FLIGHT
 FLIP FLOPS
 FLOWERS
 FRIENDS
 GARDEN
 HEAT
 HOLIDAYS
 HOT
 HUMID
 ICED TEA
 INSIDE
 JULY
 JUNE
 LEMONADE
 OUTSIDE
 PARK
 PICNIC
 PLAY
 POOL
 RELAX
 SANDALS
 SHORTS
 SKATEBOARD
 SOCCER
 SUNSCREEN
 SUNSET
 SWIMMING
 TAN
 TANK TOPS
 TENT
 THEMEPARK
 TOUR
 TRAVEL
 TRIP
 VACATION
 WATERPARK

HUGE SUMMER

WORD SEARCH PUZZLE



F	R	I	E	N	D	S	O	C	C	E	R	U	I	F	F	L	S	L	T
C	H	O	T	D	K	F	A	M	I	L	Y	X	V	S	O	K	E	E	S
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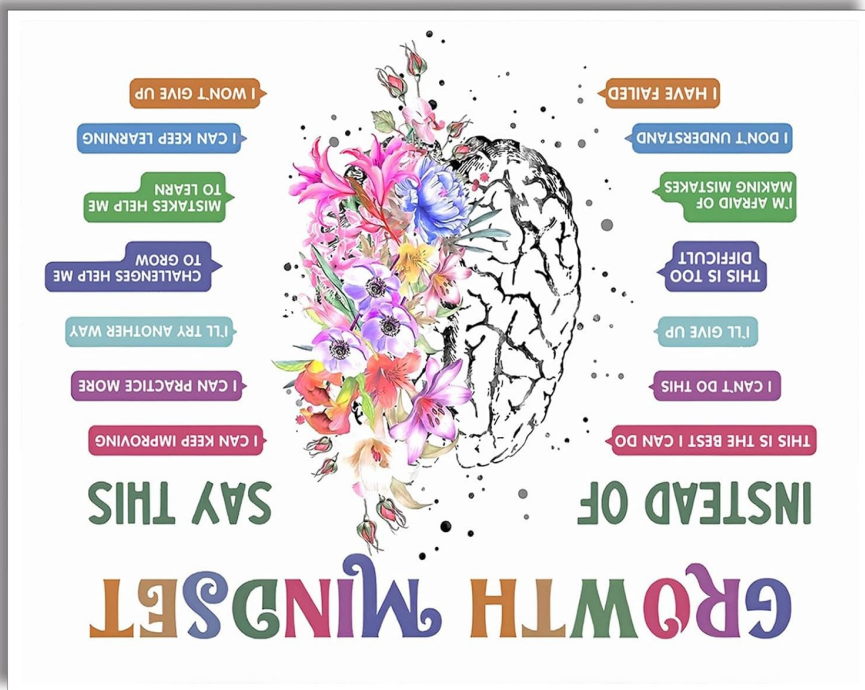
The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



July 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Summer Camp Meditation 8am Yoga with Alex 5-6pm	2 Summer Camp Holistic Health 11am Yoga with Aimee 5:30-6:30pm	3 Summer Camp Meditation 8am Yoga with Alex 5-6pm	4 HOLIDAY NO BHS PROGRAMS	5 Meditation 8am Create the Good	6
7	8 Summer Camp 9 Meditation 8am Wild Island Teens Yoga with Alex 5-6pm	9 Summer Camp Holistic Health Yoga with Aimee 5:30-6:30pm Movie & Dinner night	10 Summer Camp Meditation 8am Yoga with Alex 5-6pm	11 Sr. Soak Holistic Health 11am 50+Club Potluck Yoga with Aimee	12 Meditation 8am Create the Good	13
14	15 Summer Camp Meditation 8am Yoga with Alex 5-6pm	16 Summer Camp Holistic Health Park RX Hike Yoga with Aimee	17 Summer Camp Meditation 8am Yoga with Alex BV Create the Good	18 Sr. Soak Holistic Health 11am Yoga with Aimee 5:30-6:30pm	19 Meditation 8am Create the Good	20
21	22 Summer Camp Meditation 8am Yoga with Alex 5-6pm	23 Summer Camp Holistic Health 11am Yoga with Aimee 5:30-6:30pm	24 Summer Camp Meditation 8am Yoga with Alex 5-6pm	25 Sr. Soak Holistic Health 11am Yoga with Aimee 5:30-6:30pm	26 Meditation 8am Create the Good	27 Wa She Shu It de
28 Wa She Shu It de	29 Summer Camp Meditation 8am Yoga with Alex 5-6pm	30 Summer Camp Holistic Health 11am Yoga with Aimee 5:30-6:30pm	31 Summer Camp Meditation 8am Yoga with Alex 5-6pm			



40 Diamond Valley Road
Markleeville, Ca 96120

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



“Let’s Connect” newsletter

JULY 2024

Postal Customer

Markleeville, CA 96120