

February



HAPPY CHINESE NEW YEAR



BLACK HISTORY MONTH



February is American Heart Month



"Let's Connect"

Welcome to February in Alpine County!

At Behavioral Health Services, we're dedicated to supporting you with an array of programs, activities, and celebrations that foster connection within our community. This month, we're excited to delve into various topics including American Heart Month, Black History Month, Kindness Week, continued Goal Setting, Nutrition Education, and crafting heartfelt Valentine's gifts at Create the Good lunches. Our 50+ Club Potluck will ring in the Chinese New Year with lively Year of the Dragon festivities and delectable cuisine. Meanwhile, families can enjoy a cozy evening at the Markleeville Library with dinner and the movie "Treasure Planet," and join us for lunch and exhilarating Archery Tag at the Hung A Le Ti gym.

For those in Bear Valley, our Create the Good event will feature fresh Chinese dishes followed by Bingo for an evening of laughter and camaraderie. Douglas High students are invited to join Ewa, Dawn, and Jackie for a delightful Italian lunch this February.

Inside our "Let's Connect" newsletter, you'll find schedules for Yoga, Meditation, and Holistic Health sessions, insights into Washoe Tribe Culture, a "Dare to Share" segment with Cindy Heikes, our Administrative Assistant III, and fun activities like a Super Bowl word search, a savory Chicken Soup recipe, and a Valentine's page to color and share with someone special. Additionally, we've included valuable tips from clinicians to support your mental well-being during the Valentine's holiday.

We eagerly anticipate your participation and hope you'll discover meaningful experiences within our program offerings. See you soon!

CREATE THE GOOD

Every Friday 12-2p.m.
Hung-A-Lel-Ti Firehouse

Lunch * Presentations * Creations * Conversations

FEBRUARY 2ND

MENU:

OVEN BBQ CHICKEN, SMASHED BROCCOLI WITH PARMESAN & GARLIC, CAULIFLOWER TOTS

ACTIVITIES:

CSS NUTRITION ED WITH SADIE; HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 9TH

MENU:

BAKED SALMON WITH LEMON DILL SAUCE, COCONUT RICE, ARUGULA CAPRESE SALAD

ACTIVITIES:

SPN VALENTINE GIFT BASKETS WITH EWA; HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 16TH

MENU:

CHINESE ORANGE CHICKEN & GREEN BEANS, EGG FLOWER SOUP, SPRING ROLLS

ACTIVITY:

HEALTH & WELLNESS GOALS WITH CHERYL

FEBRUARY 23TH

MENU:

BEEF & VEGGIE STIR FRY, JASMINE RICE

ACTIVITIES:

NATIONAL EATING DISORDER AWARENESS MONTH DISCUSSION WITH BHS; HEALTH & WELLNESS GOALS WITH CHERYL



**Fridays at 1:00pm
following Create the Good lunch
beginning January 5th**

**Hung-A-Lel-Ti
Firehouse**

8-Week Health & Wellness Goal Setting Class

Wellness goals can be: improving your diet, your fitness levels, stress management, or just trying new things to enhance your personal success and well-being. Working together with others in this class will help support your success in achieving your goals.

**Led by Cheryl Morris. For more information or
questions, contact Cheryl at (775) 781-7876**

Sponsored by ACBHS & the Washoe Tribe





50+ Potluck

February 8th, 2024 at BHS

Join us for Chinese New Year:
Year of the Dragon activities!

Broccoli Beef with Quinoa Fried Rice
& Chinese Chicken Salad will be provided.

Please bring a dessert to share.



NOW SHOWING:
**TREASURE
PLANET**

Friday, February 16th, 2023

5:00 pm-7:00 pm

**Alpine County Library
270 Laramie St. Markleeville, CA**

Dinner, Snacks, and Drinks Provided




Be Tobacco Free ~ Alpine County

Bear Valley

February Create the Good

Date: Wednesday, February 21, 2024

Time: 5:30-7:00pm

Place: Bear Valley School

Dinner with Alpine County Behavioral Health Services

Chinese Chicken Salad (or veggie version)

Egg Flower Soup, Veggie Fried Rice,

Fortune Cookies & Mandarin Delight Dessert



After dinner get ready to play BINGO in celebration of Chinese New Year 2024 Year of the Dragon!



ARCHERY

TAG

FEBRUARY

21st

LUNCH

PROVIDED

12:00-2:00



**Hung-A-Le-Ti
Gym**



DHS Students!

JOIN DAWN AND EWA

IN DHS CONFERENCE ROOM

FOR ITALIAN LASAGNA, GARLIC BREAD

AND GREEN SALAD.



February 27th



**Suicide
Prevention
Network**

DARE TO SHARE!

Alpine County residents and employees share about their mental health hygiene



I love being outside and feeling the fresh air. I feel like it settles me in so many ways. I feel at peace when I hear the birds, or the leaves wrestling in the wind. I have always enjoyed working out and exercising but I especially love doing it outdoors. Hiking with my dogs, snow skiing, kayaking, and horseback riding are just a few of my favorite things to do.

I grew up in Southern California and was just used to always being around a lot of people, houses, cars, and the hustle and bustle down there. In 1999 I moved to Northern California and bought a house on 10 acres at the end of a dirt road. That was the best move I have ever made. I got to raise my kids out in the country with all the different farm animals they could have. My kids got to run free and didn't have to worry about cars hitting them or strangers coming down the street. After living in the country, I don't think I could live in a tract house again. I just love having an open space with no one right on top of you. That is complete freedom for me.

Cindy Heikes

Administrative Assistant III, Behavioral Health Services



Alpine Senior Soak Program at Carson Valley Swim Center!



Indoor & Outdoor Summer Swimming for fitness & 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 for your choice of free use of open pools & hot pool OR Senior 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

YOGA Classes

Bear Valley: Monday & Wednesday 5-6pm with Alex Mannos

**IN PERSON AT THE LIBRARY CONFERENCE ROOM
AND ON ZOOM. There WILL be yoga on 2/12 & 2/19 holidays!!**

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 STAY TUNED FOR A START DATE

**IN PERSON AT Behavioral Health building 40 Diamond
Valley Road & on ZOOM**



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

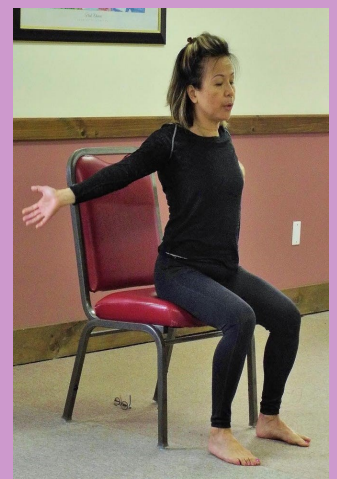
or email: driddle@alpinecountyca.gov

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISIFlcmpVSE5lWG5aOURKbGVlUT09>

Meeting ID: 827 2872 2590

Passcode: 064928



Guided Meditation Classes

for Health & Wellness

Now Monday, Wednesday & Friday

Guided Meditation 8:00-8:45am_ (No meditation on 12/25/23)

Join Zoom Meeting:

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

Meeting ID: 745 311 8727 Passcode: 11111



February Meditations

- How to Train Your Dragons
- Messages from Your Body
- Brainwaves
- Softening SAD (seasonal affective disorder)
- Breathwork: Your Internal Pharmacy
- Upgrade Your Emotional Intelligence

Meditation Practices with Dawn
Certified Sura Flow Meditation Coach
Beginners & all levels are welcome!

“

You are the sky.
Everything else —
it's just the weather.

Pema Chödrön



SLOWW.CO

LIGHTER LIVING • HIGHER PURPOSE



WASHOE TRIBE CULTURE



Dewyuli? gum di-be? (February - the ghost moon)

Today let's learn about Washoe marriage and rites-of-passage.

Marriage. In the past almost all marriages were arranged. Gift exchanges took place and the engagement would last for a year. During this time the parents watched the couple very carefully. Several variations of marriage customs took place. One account is that after the engagement period was over the parents allowed the couple to live together. Another account is of a custom where the couple danced side by side and a rabbit skin blanket was draped over their shoulders, whereby they became one in marriage. The Washoe traditionally practiced bilateral descent and bilocal residence, meaning that there was no set rule or preference about which of the married couple's family they would live with. Property was passed down through both the mother and the father.

Girl's Rite-of-passage. One of the most important ceremonies was the "girls dance", the celebration of when a girl became a woman. This ceremony is still practiced today as it has been for thousands of years. Gifts were thrown into the crowd who attended. At the end of four days of ritual she was recognized as an adult. Feasting took place.

Boy's Rite-of-passage. A boy became a man when he killed his first full-grown buck. From an early age his father, uncles and grandfather taught him the ways of hunting. The hunter is required to follow traditions that insure good hunting and unselfish sharing of the harvest.

-The Washoe Cultural Resources Office



Happy Valentine's Day!

LICENSED CLINICAL PSYCHOLOGISTS' TAKE ON HOW TO MAKE THIS VALENTINE'S DAY A GOOD ONE.

What Advice Would You Give To Someone Who Is Feeling Anxious About Valentine's Day?

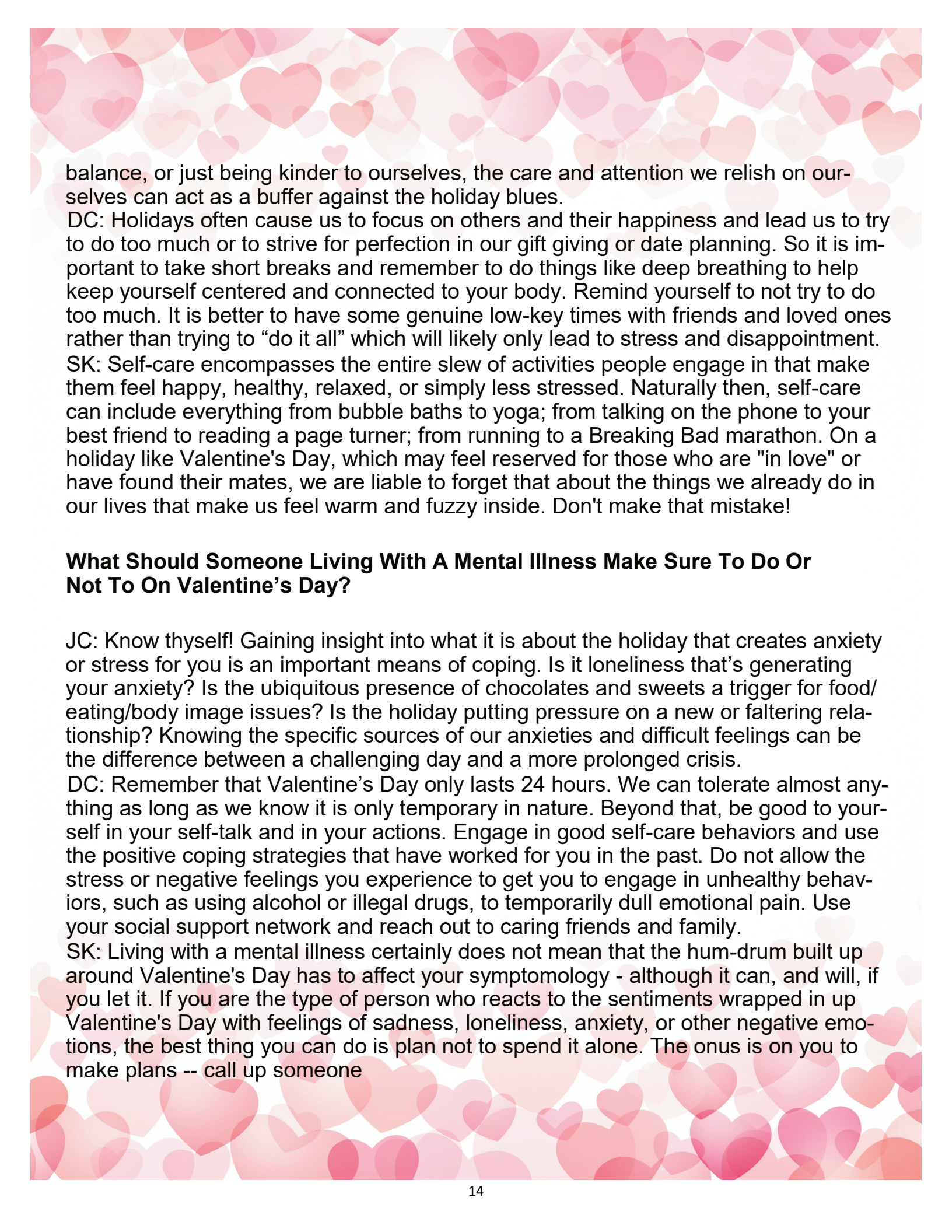
Dr. Jocelyn Charnas, Ph. D. - I encourage people to make a plan. Anticipation can be a very healthy defense. Whether it's in conjunction with your significant other or deciding how to spend the time solo, if you know Valentine's Day is anxiety-provoking for you, schedule coffee with a friend, make an appointment for a haircut, plan a Netflix marathon, buy ingredients and cook a favorite meal. Often anxiety is the result of uncertainty, so making a plan in advance is a great way to take some control.

Dr. Dave Canter, Ph. D. - Remind yourself that holidays cause nearly everyone to feel some anxiety. If you are not in a relationship, you may feel some sadness about this. If you are in a relationship, you may worry about buying the perfect card or gift or planning the perfect romantic evening. Or you may worry that your significant other may forget you or not put enough thought into their gift for you. So, it is "normal" to feel some anxiety on holidays like Valentine's Day.

Dr. Sonia Kahn, Psy. D. - Take a moment to be introspective and process your anxiety; this requires spending a few minutes thinking more deeply about what you are feeling. Begin by taking deep breaths. Then ask yourself: What exactly about Valentine's Day is making you feel anxious? Why is this holiday in particular upsetting you? Take a moment to sit with these uncomfortable thoughts and feelings, and then imagine them floating away. After a few minutes, but before this exercise becomes completely overwhelming, utilize one or more of the healthy coping and self-care strategies you already use—or try a new one—so you can reduce the impact the anxiety is having on your body and mind.

Why Is It Important For Everyone To Practice Self-Care, Especially During Holidays Like This?

JC: Holidays can be a vulnerable time for everyone, not just those living with mental illness. It's easy to use them as a marker for what we feel is missing from our lives. But they also present an opportunity to look inward and make some positive change. Whether it's about being more mindful of our physical health, creating a more manageable work/life

A decorative background of various sizes of pink hearts scattered across the page.

balance, or just being kinder to ourselves, the care and attention we relish on ourselves can act as a buffer against the holiday blues.

DC: Holidays often cause us to focus on others and their happiness and lead us to try to do too much or to strive for perfection in our gift giving or date planning. So it is important to take short breaks and remember to do things like deep breathing to help keep yourself centered and connected to your body. Remind yourself to not try to do too much. It is better to have some genuine low-key times with friends and loved ones rather than trying to “do it all” which will likely only lead to stress and disappointment.


SK: Self-care encompasses the entire slew of activities people engage in that make them feel happy, healthy, relaxed, or simply less stressed. Naturally then, self-care can include everything from bubble baths to yoga; from talking on the phone to your best friend to reading a page turner; from running to a Breaking Bad marathon. On a holiday like Valentine's Day, which may feel reserved for those who are "in love" or have found their mates, we are liable to forget that about the things we already do in our lives that make us feel warm and fuzzy inside. Don't make that mistake!

What Should Someone Living With A Mental Illness Make Sure To Do Or Not To On Valentine's Day?

JC: Know thyself! Gaining insight into what it is about the holiday that creates anxiety or stress for you is an important means of coping. Is it loneliness that's generating your anxiety? Is the ubiquitous presence of chocolates and sweets a trigger for food/eating/body image issues? Is the holiday putting pressure on a new or faltering relationship? Knowing the specific sources of our anxieties and difficult feelings can be the difference between a challenging day and a more prolonged crisis.

DC: Remember that Valentine's Day only lasts 24 hours. We can tolerate almost anything as long as we know it is only temporary in nature. Beyond that, be good to yourself in your self-talk and in your actions. Engage in good self-care behaviors and use the positive coping strategies that have worked for you in the past. Do not allow the stress or negative feelings you experience to get you to engage in unhealthy behaviors, such as using alcohol or illegal drugs, to temporarily dull emotional pain. Use your social support network and reach out to caring friends and family.

SK: Living with a mental illness certainly does not mean that the hum-drum built up around Valentine's Day has to affect your symptomology - although it can, and will, if you let it. If you are the type of person who reacts to the sentiments wrapped in up Valentine's Day with feelings of sadness, loneliness, anxiety, or other negative emotions, the best thing you can do is plan not to spend it alone. The onus is on you to make plans -- call up someone

The page features a decorative background of numerous overlapping pink hearts of various sizes and shades, ranging from light pink to a deeper magenta. The hearts are scattered across the entire page, creating a soft, romantic atmosphere.

you love and trust and ask them if they can spend the day with you.

How Can I Help A Friend Or A Loved One Who May Be Struggling On Valentine's Day?

JC: Often the impulse is to try to “undo” the negative thoughts and feelings of loved ones. It can be difficult to see our friends and family members sad or lonely, so we try to cheer them up, tell them it's not so bad, to focus on the positive. Sometimes though, it can be important to allow others (and ourselves, too) to sit with negative thoughts and feelings, rather than sweep them under the rug. Giving voice to things like loneliness, isolation, or the wish for a supportive partner often proves to be an important first step towards addressing those issues in our lives. Sometimes offering your ear, rather than cheer, is the best medicine.

DC: The first step is to ask your friend or loved one how they are feeling. Do it in a way to indicate you genuinely care. Once you reach out to open up a dialogue, be willing to be a patient listener. If you have the time, offer to do something with the person you care about, even if that is just hanging out or watching TV together. Your caring and willingness to spend time with them will mean a lot to them and help them to cope on a day that may be difficult for them.

SK: Support them in the best way you can. If that means canceling dinner with your husband to stand in line for a movie premier, I'm sure he will understand. Many people find their way to therapy when they realize they do not know how to ask others to meet their needs. If your friend or loved one is struggling on Valentine's Day, it is likely that they have not yet figured out how to satisfy their relationship cravings. Don't expect they will always be able to tell you what they need -- do your best to intuit what that may be, offer whatever support you can, and help them find their way to working with a professional who can help them learn to advocate for themselves and meet their personal goals - including finding love.

Taking Care of Your Heart and Your Mind

<https://www.nami.org>

Anti- Inflammatory Turmeric Chicken Soup

1/4 cup olive oil

- 1 medium onion, diced
- 1 large leek, white and light green parts only, halved lengthwise, and thinly sliced
- 3 large carrots, thinly sliced
- 3 stalks celery, thinly sliced
- 1 teaspoon kosher salt
- 3 cloves garlic, chopped
- 1 teaspoon turmeric
- 1 teaspoon poultry seasoning
- 6 cups chicken broth
- 1 13.5 ounce can coconut milk
- 1 1/4 pounds boneless skinless thighs or breasts
- 1 10 ounce bag frozen peas (optional)
- 1/4 cup chopped fresh parsley
- 1 teaspoon kosher salt, or to taste
- 1/2 teaspoon black pepper



INSTRUCTIONS

1. **Cook onions, leeks, carrots, and celery.** Heat olive oil over medium heat in a large soup pot. Add onions, leeks, carrots, celery, and 1 teaspoon kosher salt and sauté, stirring occasionally, until leeks are soft and starting to caramelize, for 14-16 minutes.
2. **Add aromatics.** Add chopped garlic, turmeric, and poultry seasoning and continue to sauté for another 2-3 minutes, stirring frequently, until spices and garlic are fragrant.
3. **Add broth, coconut milk, and chicken.** Add broth and raw chicken to the pot, scraping up any stuck-on bits, and bring to a simmer. Make sure the chicken is submerged beneath the broth and partially cover. Simmer on low until the chicken is cooked through and veggies are tender – about 15-20 minutes.
4. **Shred chicken and add remaining soup ingredients.** Take off the lid from the soup and remove the chicken to a cutting board to cool slightly. Cut into bite sized pieces or shred using two forks. Return chicken to the pot along with frozen peas (if using) and fresh parsley. Bring back to a slow simmer and allow chicken to warm through and peas to cook – just until bright green and soft.
5. **Season and serve.** Season to taste with salt and pepper and serve garnished with some extra parsley if desired. Enjoy!

Super Bowl Word Search

Find the hidden words going up, down, left and right.

L L D B C N J Z V N W F U O S R B
 U U H M H K W Z U H Y Z D U U P L
 M D A R E P U S U U T M T J N C B
 Y B T V E F P G U D O K P Q D A L
 J A C V R F I A G X Y J N Q A R P
 F F R I L O G O R B S B Z M Y Z Y
 P D I U E K S K Y D D T Z U I Q J
 E C U T A C K P O L B Z H J H U Y
 I X M Z D I I D B W H Z Y Q F A T
 N K L P E K N G N I N N U R I R R
 N D X Q R Q E X I T H E L M E T A
 J O V M S H R M M N G B O W L E P
 C Q W G A M E R V D R K I R D R W
 X X K A B E Z P O S E S D E B B I
 C P P B X S M U I D A T S K H A K
 U E L I N E M A N G O U E K V C W
 L L A B T O O F T B K L K E E K Z



FOOTBALL
 FIELD
 QUARTERBACK
 GAME
 SUPER

SUNDAY
 HELMET
 STADIUM
 LINEMAN
 BOWL




CHEERLEADERS
 PIGSKIN
 RUNNING
 KICKOFF
 PARTY





February 2024



	Mon	Tue	Wed	Thu	Fri	Sat
				1 Holistic Health 11am	2 Meditation 8am Create the Good 12p Wellness Goals 1pm	3
4 SOS ski/ride day	5 Meditation 8am Yoga with Alex 5-6pm	6 Holistic Health 11am	7 Meditation 8am Yoga with Alex 5-6pm	8 Holistic Health 11am 50+Club Potluck	9 Meditation 8am Create the Good 12p Wellness Goals 1pm	10
11 SOS ski /ride day	12 COUNTY HOLIDAY Yoga with Alex 5-6pm	13 Holistic Health 11am	14 Meditation 8am Yoga with Alex 5-6pm	15 Holistic Health 11am	16 Meditation 8am Create the Good 12p Wellness Goals 1pm Movie & Dinner @ Markleeville Library	17
18	19 COUNTY HOLIDAY Yoga with Alex 5-6pm	20 Holistic Health 11am	21 Meditation 8am Yoga with Alex 5-6p Archery Tag Noon-2 BV Create the Good	22 Holistic Health 11am	23 Meditation 8am Create the Good 12p Wellness Goals 1pm	Alpine County Behavioral Health Services 40 Diamond Road, Markleeville, CA 96120 For more Information on any of our programs, please call 694-1816 or email driddle@alpinecountyca.gov
25 SOS ski/ride day	26 Meditation 8am Yoga with Alex 5-6pm	27 Holistic Health 11am DHS Lunch	28 Meditation 8am Yoga with Alex 5-6pm	29 Holistic Health 11am		



40 Diamond Valley Road
Markleeville, Ca 96120

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

“Let’s Connect” newsletter
February 2024



Postal Customer
Markleeville, CA 96120