

Welcome to the August "Let's Connect"!

Hello Alpine County!

As we embrace the final full month of summer, August is filled with opportunities to stay cool, connect, and celebrate. We have an exciting lineup of events to keep you engaged and refreshed!

Our Create the Good events this month are extra special. Join us for a medicinal tea elixir bar brought by Ember, and celebrate the International Day of World Indigenous People watching a great documentary. We will also have a dedicated day for discussions on grief awareness. The 50+ Club will celebrate National Happiness Happens Day and National Ice Cream Sandwich Day with a salad bar potluck and a healthy twist on ice cream sandwiches.

In Bear Valley, we'll have a Create the Good dinner and offer learn-to-sew classes, perfect for picking up a new skill. This month's Park RX hike will take us to Grover Hot Springs waterfall, followed by a picnic lunch—a fantastic way to enjoy nature. Our Movie & Pizza night will feature the film "IF," providing a cool indoor retreat. Teens, don't miss the DHS high school lunch featuring Minden Meat & Deli as we move into the new school year.

Please note that the Sr. Soak is temporarily moving to Fridays, providing a relaxing end to your week. Enhance your mental and physical health with our yoga and meditation classes, and get fit by joining our Sr. swim program. Learn about important places in Washoe Culture to deepen your local knowledge of our beautiful indigenous residents.

We're also excited to feature a Dare to Share interview with Kimball Pier, our new BHS Deputy Director. Our DVS 5-8 grade SEL classes continue to support our younger members' emotional learning. For a bit of creative relaxation, do some coloring and challenge your brain with a picnic-themed word search.

Stay cool, stay connected, and make the most of August with by joining in our late summer programs!

Create the Good

✿ Lunch ✿ Presentations ✿
✿ Creations ✿ Conversations ✿

AUGUST 2ND

MENU: GROUND BISON TACO SALAD
WITH SPANISH BROWN RICE AND
BEANS

ACTIVITIES: NUTRITION EDUCATION

AUGUST 16TH

MENU: SUMMER SWEET CORN
GAZPACHO & SPINACH SALAD
WITH EGGS & BACON

ACTIVITIES: ELIXIR BAR: Ember

AUGUST 30TH

MENU: CHINESE CHICKEN SALAD & VEGGIE SPRING ROLLS

ACTIVITIES: NATIONAL GRIEF AWARENESS DAY

AUGUST 9TH

MENU: CHICKEN CAESAR
SALAD & WATERMELON SALAD
WITH FETA CHEESE & MINT

ACTIVITIES: INTERNATIONAL
DAY OF THE WORLD'S
INDIGENOUS PEOPLE
DOCUMENTARY

AUGUST 23RD

MENU: ITALIAN MEATBALL
SLIDERS & FARMER'S MARKET
SALAD

ACTIVITIES: EWA WITH SPN

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



Live Healthy!

ALPINE COUNTY Health & Wellness COALITION



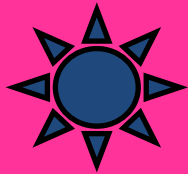
**Suicide
Prevention
Network**

August 50+ Club Salad Bar Potluck



Thursday August 8, 2024

Noon-2pm at Alpine County BHS



50+Club & BHS will provide a big bowl of healthy salad greens & salad bar items along with rotisserie chicken for some protein.

It's National Ice Cream Sandwich Day, so we'll follow our healthy lunch with healthier than usual ice cream sandwiches!! Please bring your favorite salad bar item to share at the salad bar.

NATIONAL
HAPPINESS HAPPENS DAY
ACTIVITIES
DURING & AFTER LUNCH

**DON'T
WORRY,
BE
HAPPY!**

BEAR VALLEY JULY 2024

CREATE THE GOOD

Date: Wednesday, August 14, 2024

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

*Dinner with Alpine County
Behavioral Health Services*

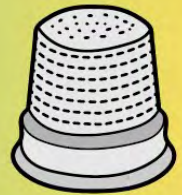


STAY TUNED FOR THE MENU & activities

FOR OTHER BV AUGUST ACTIVITIES
SPONSORED BY ALPINE COUNTY
BEHAVIORAL HEALTH SERVICES,
EMAIL NATHAN GRANADOS AT
NGRANADOS@ALPINECOUNTYCA.GOV



BEAR VALLEY SEWING CLASSES



AUGUST 20 & 27, 2024 - 1:00 PM
SPACE IS LIMITED, PLEASE RESERVE YOUR SPOT
EMAIL NATHAN-
NGRANADOS@ALPINECOUNTYCA.GOV OR CALL 5
30-721-2342



**Suicide
Prevention
Network**

Contact Us: 775.783.1510
1625 State Route 88, Suite 101
Minden, NV 89423

SPN is not a 24-hour Crisis Center.

If you, or someone you know is in crisis, you can call the **NEW** Suicide and Crisis Hotline at: **988** (call, text or chat) OR our office during regular hours.

Office hours: 8:00 am - 5:00 pm Monday - Thursday

**Suicide Awareness, Prevention and Support Services
Through Education, Advocacy & Intervention**

Donate

CALENDAR

[Home](#) [About Us](#) [Events 2024](#) [Trainings](#) [Alpine County](#) [Douglas County](#) [PTSD](#) [Resources](#) [Blog](#)

**ACTIVITIES
NEWSLETTERS**

NEWSLETTERS

Flyers & Resources

[CLICK HERE for Alpine County Resources](#)

[CLICK HERE](#) for an informational flyer on the Suicide Loss Survivors Support Group Douglas County

[CLICK HERE](#) for an informational flyer on the PTSD Support Group Douglas County

[CLICK HERE](#) for Suicide Prevention Network brochure (English)

[CLICK HERE](#) for Suicide Prevention Network brochure (Spanish)

[CLICK HERE for Douglas County Resources](#)

Alpine County

SPN supports Alpine County Behavioral Health Services in five distinct communities: Hung A, Lei Ti, Bear Valley, Woodfords, Markleeville, and Kirkwood. By organizing and/or participating in many wonderful activities and events, SPN helps reduce the stigma around mental health.

We strive to improve understanding of mental health issues of all types and how to address them. That education will allow Alpine County residents to recognize signs of depression and/or suicide, and know how to get help when needed through the many resources available. Keep your eyes peeled for services and activities that promote wellness, recovery and resilience in people of all ages. We're very excited to see you around!

SPN provides grief, peer and PTSD support groups; prevention and educational resources to service providers, educators, service clubs, health professionals, public officials, faith communities and community members; coordinated services and referrals for individuals and families; resources for law enforcement and first responder personnel when working with families afflicted by suicide; as well as community events to support our mission.



Explore SPN's website to discover upcoming events and activities, and don't miss out on our "Let's Connect" Newsletter. Visit [spnawareness.org](https://www.spnawareness.org) and select Alpine County, or access the following links directly:

<https://www.spnawareness.org/alpinecounty>
<https://www.spnawareness.org/alpinecountyactivities>
<https://www.spnawareness.org/alpinecountynewsletters>

AUGUST HIKE

Hosted by: Alpine County Behavioral Health

Grover Hot Springs Waterfall Trail

- Meet at the Grover Hot Springs State Park Day Use Area parking lot at **9:00am**
- BHS will provide a picnic lunch at the Day Use Area after the hike
- Length 2.3 mi. with 91 ft. elevation gain. Considered an easy trail. Out & Back
- BHS will pay for parking fees for all

Transportation available!

Email:
driddle@alpinecountycal.gov to sign up for transportation, for a map & any other questions

Tuesday
August 20th
9am



FAMILY MOVIE & PIZZA NIGHT



After discovering she can see everyone's imaginary friends, a girl embarks on a magical adventure to reconnect forgotten imaginary friends with their kids. (PG - 2024 - 1h44min)

TUESDAY, AUGUST 20TH, 5-7 PM

Hung - A - Lel - Ti Firehouse



WELCOME TO SCHOOL, DHS STUDENTS!



Join Dawn and Ewa for lunch in the DHS Conference Room

ON TUESDAY, AUGUST 27TH.

We're looking forward to seeing you!



Alpine County Behavioral Health presents



Alpine County Senior Soak & Outdoor Wellness Program

SENIOR SOAK HAS BEEN TEMPORARILY MOVED TO FRIDAYS DUE TO NEW STAFFING, STARTING 7/26/24

Free for Alpine County residents 50+ years old

Availability is limited to 15 spaces only each Friday

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

Senior Soak: Each Friday: Hot Spring Soak Session 9:30-11a

& Grover State Park Parking Pass: Valid each Friday, 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



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



Guided Meditation Classes

Now Monday, Wednesday & Friday

Guided Meditation 8:00-8:45am

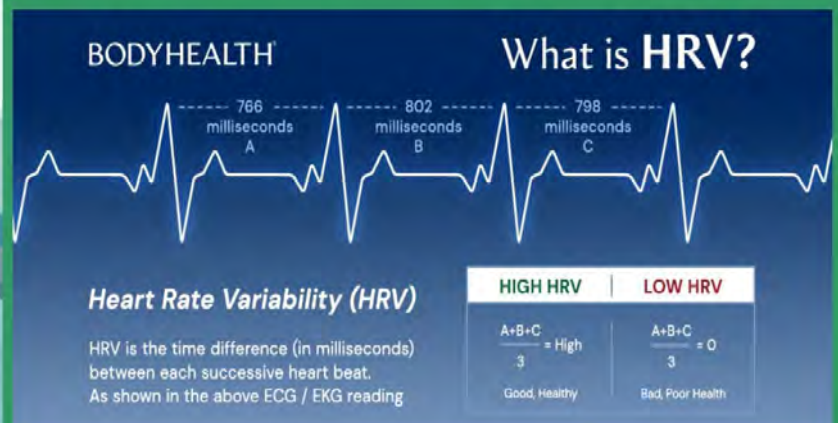
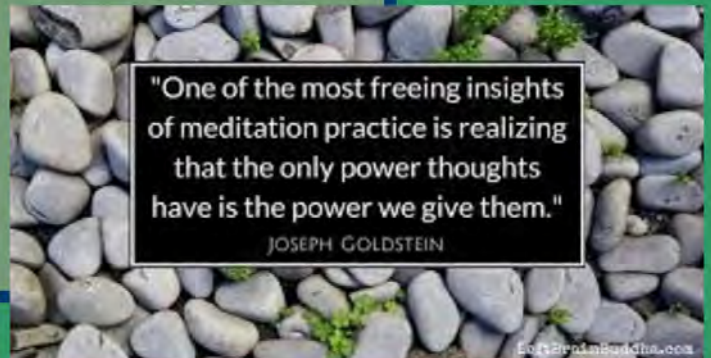
Join Zoom Meeting:

<https://us06web.zoom.us/j/81660431682?pwd=Z7DIQymTtpIxRJyYiGm2UEatZIwduj.1>

Meeting ID: 745 311 8727 Passcode: 11111

August Meditations

- Emotional Freedom Technique Tapping Practices (EFT)
 - Thought Field Therapy Practices (TFT)
 - Heart Rate Variability Meditations
 - Breathwork continued
 - Theta Wave Meditation continued
- Meditation Practices with Dawn
Certified Meditation Teacher





dicom.bins.com

123456789101112131415161718192021222324252627282930313233343536373839404142434445464748495051525354555657585960616263646566676869707172737475767778798081828384858687888990919293949596979899100

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

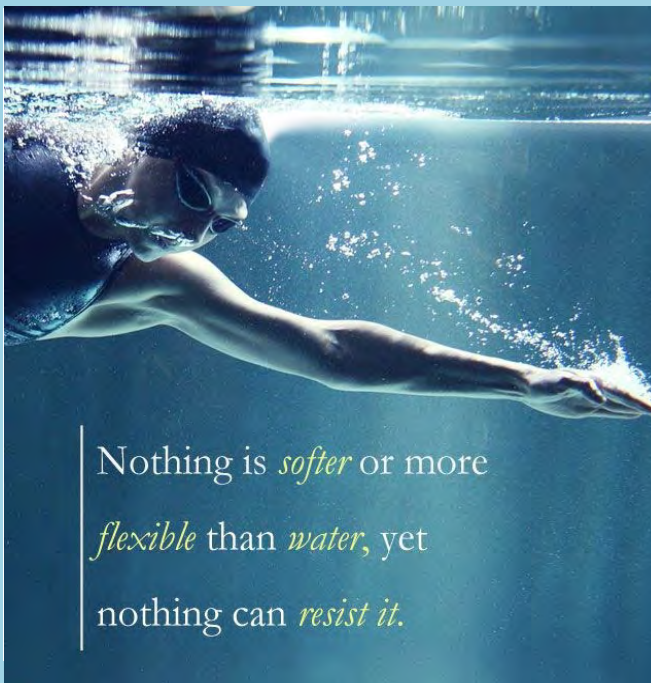
What: a 15 session swim pass: free use of open pools, therapy pool & Water Aerobics class

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 (August)



A' waku wa'ta - Truckee River at Pyramid Lake (top right).

A' waku da ow - Pyramid Lake (top left).

Dewbeyumewe - Truckee River at Tahoe City (middle).

Datsa' shut - Donner Lake (bottom right).



DARE TO SHARE!

Alpine residents & employees share about their mental health hygiene



Hello! My name is Kimball Pier, and I am the new Deputy Director of Behavioral Health for Alpine County. I have been in the field of mental health or what I prefer to call mental and emotional wellness or “soul tending” for about thirty years. I am a licensed marriage and family therapist with special training in divorce and family mediation, and trauma healing. Somatic Experiencing is a trauma healing practice of teaching people awareness of how trauma expresses itself through the nervous system and the body.

When people have experienced chronic and acute trauma, their nervous systems may be stuck on “high alert,” which is why trauma survivors are often extremely sensitive to environmental cues including certain places or people.

For me, the trauma I experienced as a child and in my teens, included my mother’s illness, addiction to narcotics and alcohol which resulted in her death by suicide just after I turned sixteen. Those experiences caused me to be fearful of being left behind and of getting too close to people. What a conundrum, right? I had to learn awareness of how that trauma expressed itself as severe anxiety and swings of depression. I managed those feelings by avoiding situations where the fear of being left behind overwhelmed me and engaging in behaviors that were self-destructive or that gave me relief, including using substances that gave me relief or a way to escape. Fortunately, in my late teens, I discovered that trail running gave me relief and a feeling of having some power over the feelings that seemed to toss me around like a tumbleweed. I learned that when I can engage in rhythmic activities such as running, cycling, or swimming, I feel safe in my skin, and I can soothe my nervous system. I also have a spiritual practice and a connection with the Creator that I know lives right in my heart all the time.

For my clients and my loved ones, I know that I need to be regulated and calm so that I can be fully present and in the moment with them. When I get "activated," I can recognize it and take a breath, slow down, and let go of thoughts that cause me to be in the "what ifs" (future) and "I should have," (past). I can just be here now and take one little step at a time.

Just a little about me: I have been in this region all my life, mostly in the Truckee-Tahoe area, and have always loved coming to this area to connect with Nature. I was once a professional runner and had the privilege of racing all over the United States and the world. I have a doctorate in Depth Psychology which is the study of the human soul and the soul of the world. I am married and I have two adult children and two grandchildren.

I look forward to getting to know you!

Kimball Pier
Deputy Director of Behavioral Health



Photo: Trailrunnermag



CredibleMind: The One Stop Shop for Mental Wellbeing Resources

CredibleMind is the free online platform that brings together expert rated and vetted videos, podcasts, apps, books and articles all in one easy to use place.

Confidential and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment and browse our library of thousands of mental wellbeing resources.

CredibleMind covers over 100 topics including:

- Stress
- Burnout
- Anxiety
- Depression
- Relationships
- Mindfulness
- Resilience
- Coping with Medical Diagnosis
- Time-Management
- Happiness
- Sleep
- Parenting
- Grief and Loss
- Flourishing
- Substance Use
- Aging

Get started today by signing up and taking a mental health assessment. Some assessments you'll find on CredibleMind are:

- Is it Job Stress or Burnout?
- What's your Mental Health Profile?
- How Strong is Your Resilience Network?
- Is Caring for Others Taking a Toll on You?
- Is Your Mind Full or Are You Mindful?
- What's Your Meditation Style?

By signing up, you will have access to: past assessment results to track improvement over time, your favorite resources, and handpicked CredibleMind resources right to your email!

No matter what you are going through, CredibleMind has resources to help with science-backed evidence you can trust.

Visit alpinecounty.crediblemind.com to get started



SUICIDE PREVENTION NETWORK & DIAMOND VALLEY SCHOOL
ARE DELIGHTED TO ANNOUNCE A PARTNERSHIP DURING
2024-25 SCHOOL YEAR!

SOCIAL-EMOTIONAL LEARNING CLASSES

FOR GRADES 5-8TH

Presentations and activities will include:

- Suicide awareness and prevention,
- Depression identification,
- Bullying prevention,
- Coping skills,
- Kindness,
- Gratitude,
- And more!



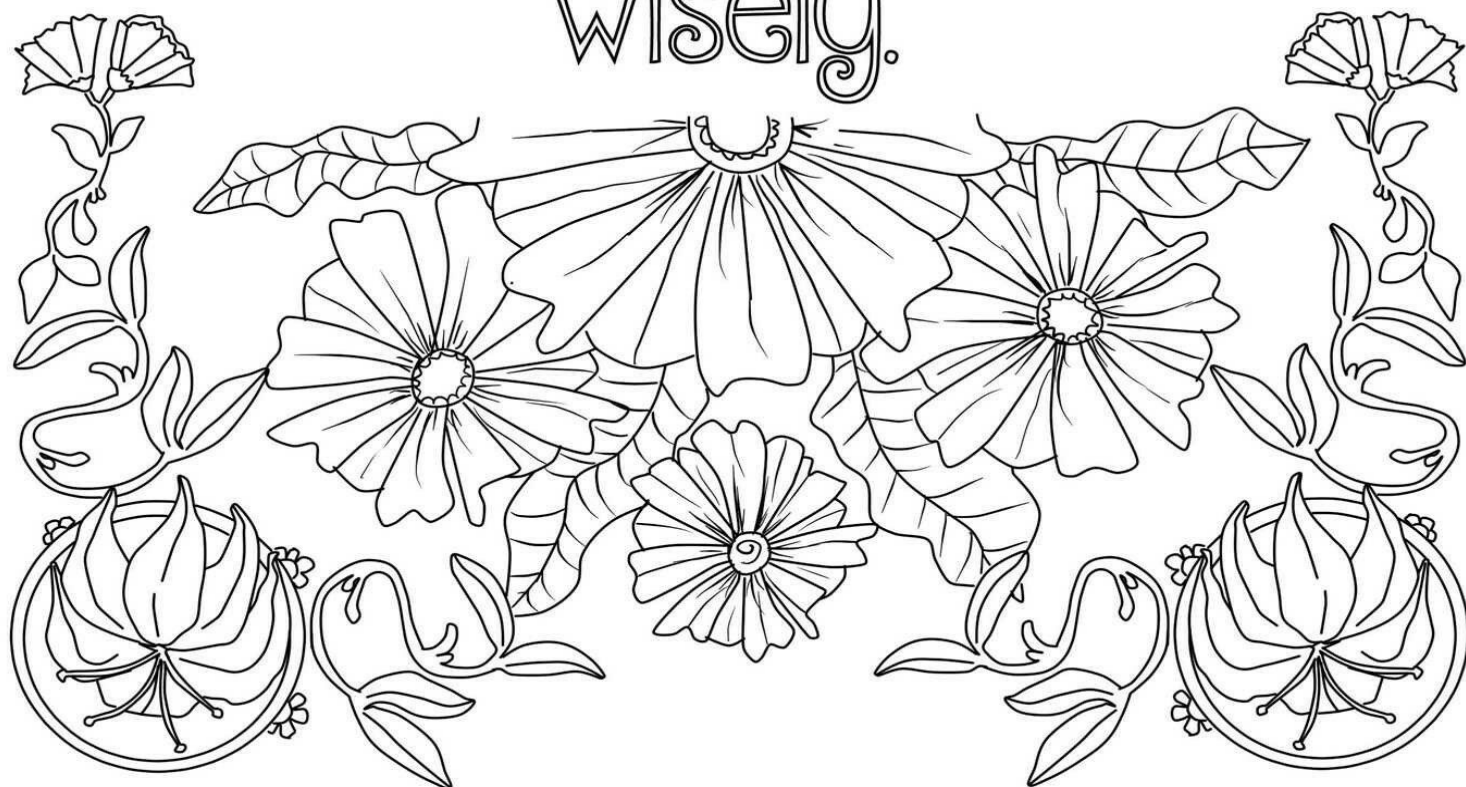
EMPOWERING
KIDS' MINDS
WITH CARE.



Suicide
Prevention
Network



You're the author
of your own story.
Choose the characters
wisely.



PICNIC TIME

Word Search Puzzle



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



ANTS	GRASS	POTATO SALAD
BASKET	HOT DOGS	SANDWICH
BLANKET	ICE CREAM	SODA POP
CAKE	KETCHUP	SUMMER
CHICKEN	LEMONADE	SUNSHINE
COLESLAW	NAPKINS	TABLECLOTH
FRUIT	OUTING	THERMOS
GRAPES	PLATES	WATERMELON

Free printable puzzles at www.FreePuzzles.com

August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
4	5 Meditation 8am Yoga with Aimee 5-6pm 12 Meditation 8am Yoga with Alex	6 Holistic Health Yoga with Aimee 5:30-6:30pm 13 Holistic Health Yoga with Aimee	7 Meditation 8am Yoga with Alex 5-6pm 14 Meditation 8am Yoga with Alex	8 Holistic Health 50+Club Potluck Yoga with Aimee 15 Holistic Health Yoga with Aimee	9 Sr. Soak Meditation 8am Create the Good 16 Sr. Soak Meditation 8am	3 Create the Good
11						
18	19 Meditation 8am Yoga with Alex 5-6pm 26 Meditation 8am Yoga with Alex 5-6pm	20 Holistic Health Park RX Hike Yoga with Aimee BV Sewing Class 27 Holistic Health DHS Lunch Yoga with Aimee BV Sewing Class	21 Meditation 8am Yoga with Alex 5-6pm 28 Meditation 8am Yoga with Alex 5-6pm	22 Sr. Soak Holistic Health Yoga with Aimee 29 Sr. Soak Holistic Health Yoga with Aimee	23 Meditation 8am Create the Good 30 Meditation 8am Create the Good	31
25						



40 Diamond Valley Road
Markleeville, Ca 96120

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



"Let's Connect" newsletter
AUGUST 2024

Postal Customer
Markleeville, CA 96120