

# “Let’s Connect”



If you concentrate on  
*finding*  
whatever is good

in every situation,  
you will discover  
that your life will

*suddenly*  
be filled with gratitude,

a feeling that  
nurtures the soul.

- Rabbi Harold Kushner

[AHeartFullOfJoy.com](http://AHeartFullOfJoy.com)

## Happy New Year, Alpine County!

As we usher in the promise of a new year, filled with untapped possibilities and renewed hope, we find ourselves standing at the threshold of a remarkable journey—one that invites us to prioritize our mental well-being with unwavering commitment and compassion.

In a world that constantly demands our attention and resilience, caring for our mental health becomes an essential act of self-love. As we embark on this transformative year, let's collectively embrace the power of mindfulness, self-reflection, and intentional self-care. The past year has taught us the significance of resilience, adaptability, and the importance of finding balance amidst life's complexities. This year, let's carry forward the lessons learned, and carve out moments for ourselves—moments that allow us to recharge, reflect, and foster a deeper connection with our inner selves. In this edition of our newsletter, we're excited to share programs, events, presentations and information that aim to guide you on your journey to mental well-being. We're committed to providing resources that empower you to prioritize your mental health throughout the year.

All Markleeville Create the Good lunches will be held at the Hung A Lel Ti Firehouse Wellness Center this month and will be followed by a special 8-week Health & Wellness Goal Setting workshop series led by Cheryl Morris. 50+ Club potluck will include an interactive presentation by the Alpine County Library staff on how to access and use their many new resources, as well as showcasing their “Library of Things” to check out. We also invite you to “The Weight of a Feather” Movie & Dinner, a story of how people, nature & culture are connected. Alpine DHS students can look forward to Chinese lunch this month, and Bear Valley Create the Good dinner will feature an Acrylic Pour Painting workshop.

As we gather together, let's create a community that values open conversations about mental health, breaking down stigmas, and fostering a supportive environment where each of us feels seen and heard. May this new year be a canvas for self-discovery, growth, and the cultivation of a resilient mind.

Thank you for being part of our community. Here's to a year filled with kindness, self-compassion, and the collective pursuit of mental well-being.

Wishing you a joyous New Year!



BHS, SPN and WIEC invite all kids!

**WEDNESDAY**

**3**

**JANUARY**

**LUNCH & MOVIE  
"FANTASTIC MR. FOX"**

**ED CENTER  
12-3 PM**

**KIDS COZY WINTER**



**FUN**



**THURSDAY**

**4**

**JANUARY**

**LUNCH, BOARD  
GAMES & CRAFTS**

**ED CENTER AND GYM  
12-3 PM**



**Live Healthy!**

ALPINE COUNTY Health & Wellness COALITION



**Suicide  
Prevention  
Network**



# Create the Good



Lunch \* Presentations \* Creations \* Conversations  
Every Friday 12-2pm



## JANUARY 5TH

**MENU:**  
GRILLED  
PANINI BAR



**ACTIVITIES:**  
CSS NUTRITION  
EDUCATION **AND** WELLNESS  
GOAL SETTING CLASS #1, 1-2PM

## JANUARY 12TH

**MENU:**  
ITALIAN  
FRITTATA  
W/ BACON



**ACTIVITY:** WELLNESS GOAL  
SETTING CLASS #2, 1-2PM

## JANUARY 19TH

**MENU:**  
CHICKEN PICATTA  
& CAESAR SALAD



**ACTIVITIES:**  
SUICIDE PREVEN-  
TION NETWORK **AND** WELLNESS  
GOAL SETTING CLASS #3, 1-2PM

## JANUARY 26TH

**MENU:**  
AUSTRALIAN  
MEAT PIE  
& SPINACH  
SALAD



**ACTIVITY:** WELLNESS GOAL  
SETTING CLASS #4, 1-2PM

All of the January luncheons will be hosted in  
Hung-A-Lel-Ti Firehouse



**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

## *Presents*

Mediterranean Baked Salmon  
& Roasted Winter Vegetable Salad.  
Please bring an appetizer or dessert to share.

Alpine County Library will present their “Library  
of Services and things” for check out.

---

### 11 January, 2024

---

BHS Building



YOU ARE INVITED TO  
**MOVIE & DINNER**



2022 - Documentary - PG 13 - 56min

“The Weight of a Feather’ is the story of how nature, people and culture are linked, and we hope that this inspires viewers to reflect on their own connection to the environment and how they can protect the planet.” -  
*Arizona PBIS*

**JANUARY 17** | **PIZZA , SALAD**  
**5:30-7:00 PM** | **& CHICKEN WINGS**

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



# Bear Valley

## January Create the Good

Date: Wednesday, January 17, 2024

Time: 5:30-7:00pm

Place: Bear Valley School

*Dinner with Alpine County Behavioral Health Services  
Choose your Chili (Meat or Vegan) with a Baked Potato &  
Sweet Potato Bar and Mediterranean Salad*

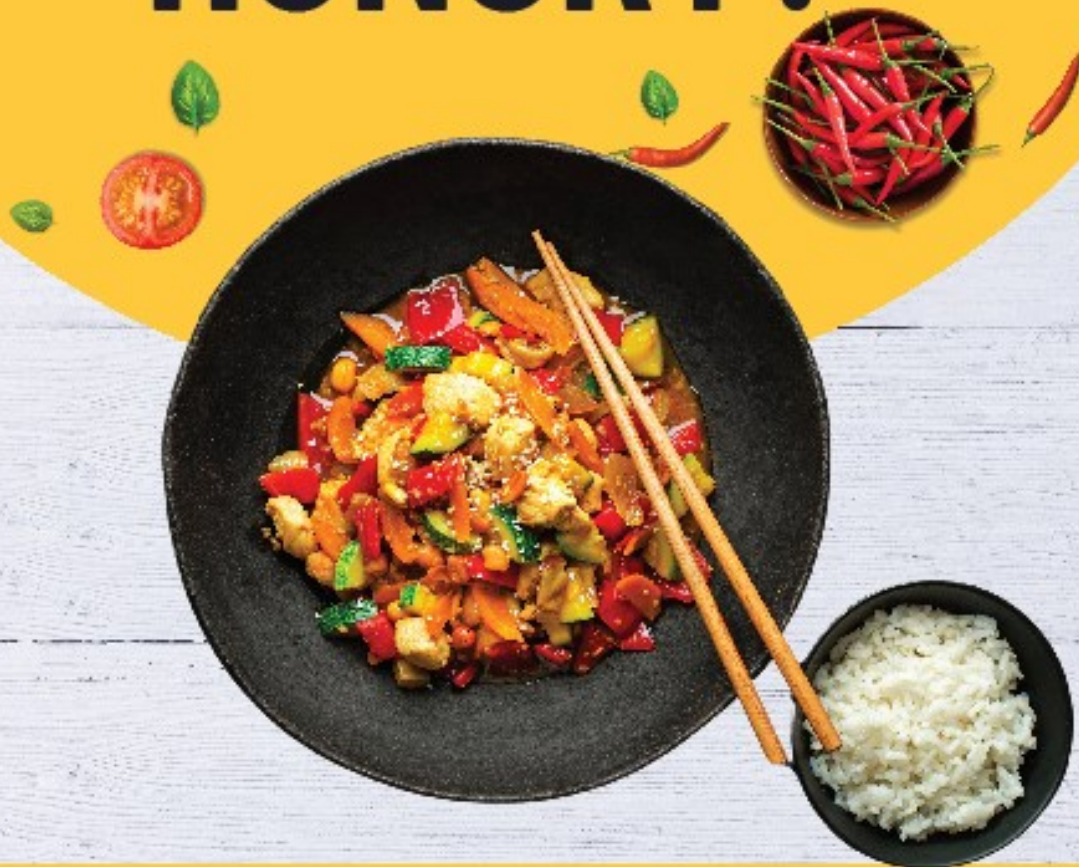


*After dinner join us to create your own  
**Acrylic Pour Painting Masterpiece!***

Behavioral Health will provide all the supplies and teach you this simple, satisfying technique to create beautiful abstract art pieces.

*Wear clothing that you won't care if a little paint finds its way off the canvas, or bring an old apron to wear.*

# WHO'S HUNGRY?



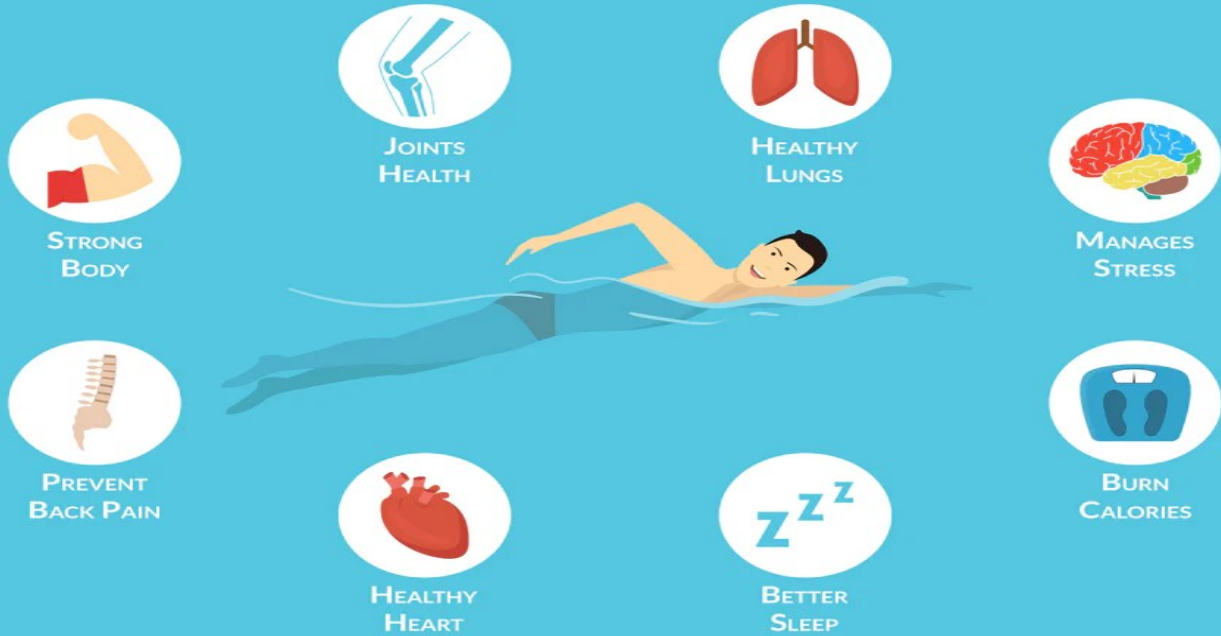
## DHS STUDENTS!

JOIN DAWN AND EWA  
FOR LUNCH IN THE DHS CONFERENCE  
ROOM ON **TUESDAY, JANUARY 30TH.**  
HOW ABOUT CHINESE FOOD?  
WE'RE LOOKING FORWARD  
TO SEEING YOU!





# BENEFITS OF SWIMMING



## 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. NEW WINTER SCHEDULE!!**

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 beginning Tuesday, December 5th!**



## 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](mailto:driddle@alpinecountyca.gov)

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISIFlcmpVSE5IWG5aOURKbGVLU09>

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 1/15/24)

Join Zoom Meeting:

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

Meeting ID: 745 311 8727 Passcode: 11111

### January Meditations

- The Art of Being & Doing
- Blue Zones Longevity Meditations
- The Anatomy of Stress
- The Sparkle Technique
- Breathwork: Pranayama Practices
- Happiness 101

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



Happiness is  
an ATTITUDE.  
WE either make  
ourselves miserable,  
or happy and  
strong. The amount  
of work is the  
same.

© Share Inspire Quotes - <http://shareinspirequotes.blogspot.com/>





# WASHOE TRIBE CULTURE



**De?eš šemu gum di-be?** (January - the moon that really snows)

Today let's learn about importance of a Washoe family.

Family is the core of the Washoe because these are the people that lived and worked together and relied on each other. In the past, families are recorded as rarely fewer than five individuals and only occasionally exceeding twelve in size. A family was often a married couple and their children, but there were no distinct rules about how marriages and families should be formed and households were regularly made up of the parents of a couple, the couple's siblings and their children, more than one husband or wife, or non-blood related friends. Generally, a family was distinguished by whoever lived together in the **galais dungal** (winter house) during the winter months.

Winter camps were usually composed of four to ten family groups living a short distance from each other in their separate galais dungal. These family groups often moved together throughout the year. The Washoe practiced sporadic leadership, so at times each group had an informal leader that was usually known for his or her wisdom, generosity, and truthfulness. He or she may possess special powers to dream of when and where there was a large presence of rabbit, antelope and other game, including the spawning of the fish, and would assume the role of "Rabbit Boss" or "Antelope Boss" to coordinate and advise communal hunts.

*-The Washoe Cultural Resources Office*



*A group of Washoe eating lunch at Dressler Ranch on their way on foot from Alpine County to Gardnerville, early 1900s.*



# \* Here's what's behind your holiday and post-holiday blues \* \* - and how to cope with loneliness this winter. \*

Do you ever feel lonely in a room full of people? Disconnected at a long-awaited reunion? Feel at a loss for meaningful connections?

Well, you're not alone. And odds are, if you - or someone you care about - is experiencing that feeling, it could get worse around the holiday season, when what one needs may not be available and disappointment can be overwhelming.

Loneliness has become epidemic and the isolation we all endured during the height of the Covid-19 pandemic exacerbated it.

Don't ignore the warning signs of loneliness. We are wired to experience loneliness as a "signal" that one needs more meaningful connection to others, or to our community. It is healthy to recognize the feeling of loneliness and to seek to resolve it. While everyone feels lonely at times, chronic loneliness is more than just a bout of melancholy - it can have real consequences to your health. New research has demonstrated how loneliness can actually shorten your lifespan by over a year and a half. One startling analysis showed loneliness can have the same impact on your body as smoking 15 cigarettes a day. It has also been linked to depression, dementia, high blood pressure and obesity.

Symptoms to watch for include:

- Difficulty connecting with others, including on a more intimate level.
- Feeling you have no close or best friends.
- Feeling isolated regardless of where you are or who you are with.
- Negative feelings of self-doubt or self-worth.
- Feeling burned out when trying to engage with others.

There is ample evidence that Americans are getting lonelier: widespread loneliness has become a modern-day problem. We often associate loneliness with aging, but it can afflict people at all ages. While roughly half of all adults over the age of 80 experience loneliness, 71 percent of adolescents and young adults are also affected. In contrast with today's estimates, in the 1970s, just 11 percent of people reported feeling lonely.

There are small but effective ways to address loneliness in ourselves and the people we care about:

## **Understand why you feel lonely**

Feeling alone in a room full of people or while busily caring for your kids is just one kind of loneliness. The late, influential scientist Dr. John Cacioppo, Louise Hawkley and their teams identified three different categories:

- Intimate loneliness, the lack of an intimate connection with another person.
- Collective loneliness, the feeling of not having a place in the broader community.



- Relational loneliness, the lack of quality friendships and family connections.

Determining the cause of your loneliness can help chart your course for guidance or help. Also, try and determine if you are lonely or suffering from isolation.

People who are lonely – described as an objective feeling of pain due to unmet needs for meaningful, satisfying connection to other people – report a distressing gap between their actual and desired relationships.

Social isolation is a quantifiable measure of social interactions and of being physically not in contact with other people. While they can be somewhat correlated, they do not always happen together, and the solutions may be different.

### **Make a resolution to volunteer in the coming year**

Isolation and lack of fulfilling human contact can be gateways to loneliness. What better way to connect with others than through a shared goal or passion?

In a study of 10,000 volunteers in Britain, almost two-thirds agreed that volunteering helped them feel less isolated, particularly those ages 18 to 34. Volunteering can fill up your heart and your calendar, and make a meaningful bridge to others with shared interests. And the science backs this up: when you volunteer, your brain releases dopamine, the same feel-good chemical and sense you experience after a vigorous workout.

### **Connect with others**

There are endless ways to initiate connections with others to help alleviate loneliness (there's nothing like a cup of coffee and a great conversation). Technology has made it possible to make this connection virtually anywhere in the world.

Alternatively, if you are feeling a yen for a traditional experience, you may receive great pleasure writing a letter or a card to a far-away friend or someone with whom you have lost touch. You can jump start the new year by enrolling in a new club, for example expanding your passions, your friends and acquaintances in a book club, a walking chorus or pickleball group. Find public spaces to read a book– you may still feel lonely, but you will feel less isolated.

### **Consider getting a pet**

No doubt it is a big commitment, but there is evidence that pet owners were 36 percent less likely than non-pet owners to report feeling lonely. Spending time with a pet can release endorphins, which reduce levels of stress. Cats can be terrific companions in your home, and dogs can serve that purpose and get you outside where you could meet people.

Before you take the step, be honest with yourself about how much time and energy you have and the commitment you are prepared to make. Dog sitting or borrowing a pet for walks may be a more realistic – but also effective – option. Also, consider adopting an older pet – they usually require less rigorous training and are forever grateful.



## **Identify local support services**

As public health experts are becoming more engaged in the epidemic of loneliness, many programs are being established in local communities. They can be very helpful to you or someone you care about. Our own Alpine County Behavioral Health Services offer wonderful programs you can participate in: Create the Good, 50+ Potluck, Family Movie & Dinner Night, and so much more.

## **Open your door to people who will be alone**

Think Friendsgiving. Next year, create a holiday with others who are likely to be alone or invite someone to participate in your family's holiday traditions. They will enjoy the festivities and you will have given them a memorable holiday gift. Don't want to wait until November? How about Valentine's Day get together?

## **Be good to yourself**

Especially during the holiday season we often mourn both the people we have lost and the traditions that we celebrated with them. As hard as it might sound, try to create your own traditions. You have a whole year to think about what you'd like. Christmas morning helping out at a food kitchen. A Thanksgiving eve massage. A favorite movie. A walk each day. Give someone or yourself the gift of a class to learn a new skill. It's a great place to meet people and your new talent will give you the gift of satisfaction. Remember, be kind to yourself. Practice self-care. You deserve it.

## **Talk to a therapist**

If you are anticipating a difficult post-holiday season, get ahead of it and try to see a therapist or physician in advance. Alpine County Behavioral Health Services has two wonderful clinicians available to help. If that's not possible for now, confide in a friend or loved one. At best, you will get strategies to help yourself; at the least, by sharing your fears, you will surely feel less alone.

## **Expand your friendships across generations**

Mingling with new friends who are older or younger than you can add more richness and diversity to your relationships.

Remember, if you are experiencing loneliness, you're not alone. There are resources and experts who can help.

*Linda P. Fried, MD, MPH <https://www.msnbc.com/know-your-value/health-mindset/here-s-what-s-behind-your-holiday-blues-how-cope-n1301037> (Edited)*



# Spinach Salad with Warm Bacon Dressing



Servings: 4 Prep: 10 minutes Cook: 10 minutes Total Time: 20 minutes

*This spinach salad combines crispy thick-cut bacon, mushrooms, and soft-boiled eggs with a warm bacon vinaigrette. Pair with a rotisserie chicken and dinner is done!*

## INGREDIENTS

- 8 slices bacon, cut into ½-inch pieces
- ¼ cup finely chopped shallots, from 1 to 2 shallots
- 2½ tablespoons cider vinegar
- 1½ tablespoons honey
- 1½ teaspoons Dijon mustard
- Heaping ¼ teaspoon salt
- Several grinds fresh black pepper
- 6 oz (about 8 cups) baby spinach
- 8 oz white button or baby bella mushrooms, thinly sliced (about 2 cups)
- 3 [hard](#) or [soft](#) boiled eggs, thinly sliced or cut into wedges

1. Place the bacon in a medium nonstick skillet and fry over medium heat, stirring occasionally, until crisp, 8 to 10 minutes.
2. While the bacon cooks, start the dressing: in a large bowl, whisk together the vinegar, honey, mustard, salt, and pepper. Set aside.
3. Using a slotted spoon, transfer the cooked bacon to a paper towel-lined plate.
4. Pour the bacon fat into a heatproof bowl, then return 4 tablespoons of the bacon fat to the skillet. (You can discard the remaining bacon fat or save it if you'd like it for cooking.) Add the shallots to the skillet and cook over low heat, stirring frequently, until softened, 1 to 2 minutes. Do not brown.

Add the bacon fat and shallots from the skillet to the vinegar mixture and whisk to combine. Add the spinach and mushrooms and toss to coat evenly. Taste and adjust the seasoning with salt and pepper, if necessary. Divide the salad between 4 plates or bowls; evenly divide the egg and cooked bacon among them. Serve immediately.





## WORD SEARCH

C F W E G I C I C L E L A W X N R A	BOOTS
L R S C E T A R B E L E C S C A R F	CELEBRATE
C O B S M C Y Y D R C C Q R E M M R	CHILLY
C S R R G W I I E J K L A Y H W H O	COLD
T T A A C I R G O O F R W D L O C Z	EARMUFFS
V Y R A U N A J N W A E K X T N A E	FREEZE
B O B T E T S P M R N N E C B S Y N	FROSTY
O T R S L E D D I N G N O F I N K E	FROZEN
O E M A I R T E Y P R C X J O O F Y	GLOVES
T G L O V E S G G W O F D R E W M P	HAT
S W X H G I P B N A R E H E N F L E	HOT COCOA
G R E K L A F X S N O W B A L L S C	ICE
D J T E D R K A O S F F U M R A E S	ICICLE
Y D R C E Q R S U M I C E L C K R R	JANUARY
I E J E L A S N O I T U L O S E R G	NEW YEAR
H E Z C I R R O Q L I E J K L A N H	RESOLUTIONS
E E I U D S T W A A C A S G O I F R	SCARF
I T Y R E P P I L S W T A P I Q J N	SKIING
W A E K X V E N C S G E L K B T E R	SLEDDING
C H I L L Y E G B O Y K S N O O T R	SLIPPERY
	SNOWBALL
	SNOWFLAKE
	SNOWING
	SNOWMAN
	WINTER



# January 2024



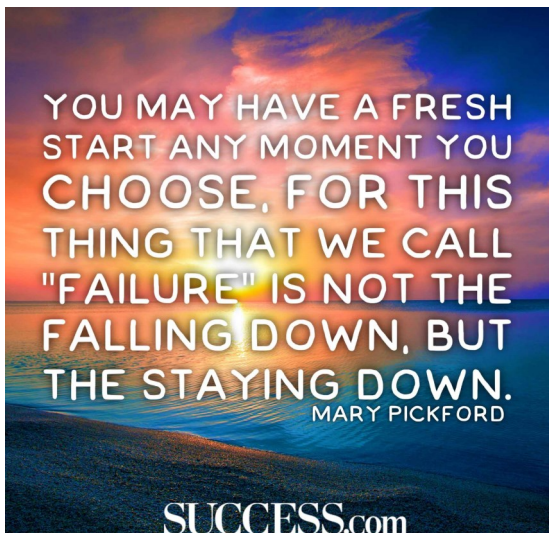
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Meditation 8am Yoga with Alex 5-6pm	2 Holistic Health 11am	3 Meditation 8am Yoga with Alex 5-6pm	4 Holistic Health 11am	5 Create the Good 12p Wellness Goals 1pm	6
7 Alpine County Behavioral Health Services 40 Diamond Road, Markleeville, CA 96120 For more Information on any of our programs, please call 694-1816 or email driddle@alpinecountycyca.gov	8 Meditation 8am Yoga with Alex 5-6pm	9 Holistic Health 11am	10 Meditation 8am Yoga with Alex 5-6pm	11 Holistic Health 11am 50+ Club Potluck	12 Create the Good 12p Wellness Goals Class 1pm	13
14 COUNTY HOLIDAY Yoga with Alex 5-6pm	15 COUNTY HOLIDAY Yoga with Alex 5-6pm	16 Holistic Health 11am	17 Meditation 8am Yoga with Alex 5pm Movie & Dinner BV Create the Good	18 Holistic Health 11am	19 Create the Good 12p Wellness Goals Class 1pm	20
21	22 Meditation 8am Yoga with Alex 5-6pm	23 Holistic Health 11am	24 Meditation 8am Yoga with Alex 5-6pm	25 Holistic Health 11am	26 Create the Good 12p Wellness Goals Class 1pm	27
28 SOS SKI DAY	29 Meditation 8am Yoga with Alex 5-6pm	30 Holistic Health 11am DHS Lunch 11:55a	31 Meditation 8am Yoga with Alex 5-6pm			19

*“You gotta look for the good in the bad, the happy in your sad, the gain in your pain, and what makes you grateful not hateful.” – Karen Salmansohn*



40 Diamond Valley Road  
Markleeville, Ca 96120

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



**“Let’s Connect” newsletter**  
**January 2024**

Postal Customer  
Markleeville, CA 96120