



OCTOBER'S LET'S CONNECT 2025

A Month of Reflection, Change, and Community

October is a vibrant month that beautifully bridges the warmth of fall with the anticipation of the holiday season. As leaves turn brilliant shades of gold and crimson, the season invites us to reflect, connect, and embrace change.

This month is filled with meaningful observances and celebrations. World Mental Health Day (October 10) reminds us of the importance of self-care and compassion for others, encouraging conversations that break stigma and promote healing. Indigenous Peoples' Day honors the rich history, culture, and contributions of Native communities, fostering respect and understanding. Breast Cancer Awareness Month brings people together to support survivors, advance research, and inspire hope for a healthier future.

Of course, October also carries a spirit of joy and community with festive traditions like Halloween, where creativity, laughter, and togetherness shine through costumes, pumpkins, and neighborhood gatherings.

Each observance in October carries the common thread of awareness, unity, and growth. By taking time to celebrate, learn, and support one another, October becomes more than just a season of falling leaves—it transforms into a season of rising hearts.



A close-up photograph of a person's hands adorned with traditional Indigenous jewelry. The hands are positioned over a colorful, woven textile. One hand features a large, round, amber-colored ring, while the other has a blue and silver ring. A beaded bracelet is visible on the left wrist. The background is a vibrant, multi-colored woven pattern.

Indigenous Peoples Day: Reclaiming History, Honoring Resilience

Indigenous Peoples Day—observed on the second Monday in October in the United States—celebrates and honors the vibrant histories, cultures, and contributions of Native peoples. It stands in contrast to Columbus Day, offering a reframed narrative focused on empowerment, recognition, and truth. The concept was first proposed in 1977 during the UN's International NGO Conference on Discrimination Against Indigenous Populations held in Geneva. Indigenous activists sought a day that acknowledged their communities rather than one that celebrated colonial conquest.

Although not yet a federal holiday, Indigenous Peoples' Day has been formally recognized through presidential proclamations since 2021, and the recognition is expected to continue annually. Dozens of states and hundreds of cities now observe the day.

Activists emphasize that this observance is not about erasing history, but about choosing whom we honor. Changing the narrative helps restore Indigenous identity, tell authentic stories, and acknowledge the resilience of Indigenous peoples.

Why Indigenous Peoples Day matters is multifaceted:

Empowerment and Identity: Honoring Indigenous peoples restores community pride and re-centers their voices.

Truth-Telling and Education: The day confronts the legacy of colonization—disease, displacement, assimilation, and cultural erasure—while uplifting Native perspectives often omitted from mainstream narratives.

Resilience and Resistance: Celebrations often include ceremonies, traditional dance, music, speeches, and demonstrations—recognizing both survival and contemporary struggles for rights and sovereignty.

Indigenous Peoples Day embodies a powerful shift: from celebrating a colonial figure to centering the people whose lives were irrevocably changed. As AP notes, "This change reflects a victory for Indigenous people and emphasizes their continued existence."

Indigenous Peoples Day is more than a date on the calendar—it's a reclaiming of narrative, a moment to educate, honor, and move toward justice. By shifting attention to Indigenous experiences—past and present—we affirm that these communities remain vibrant, and that their stories deserve a central place in our shared national history.





CREATE THE GOOD

**TWICE A MONTH, ON FRIDAYS
AT BHS
FROM NOON TO 2:00 PM**

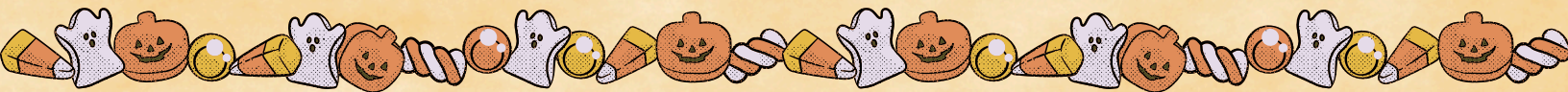


10/10/2025

BAKED POTATO BAR, AND SALAD

ACTIVITY:

FALL COFFEE TASTING



10/24/2025

ROASTED PUMPKIN SOUP, FALL SALAD AND BREAD

ACTIVITY:

DIY FALL LEAF CANDLES

The Cognitive Triangle

Challenge your Thinking and Change Your Outcomes

Feelings

How we FEEL affects
how we act & what we
think

Event

What Happened

Behaviors

What we DO
affects how we
think & feel

Thoughts

What we THINK
affects how we act
& Feel

Challenge Negative Thoughts

Ask yourself these things....

Are your thoughts helpful?

Are my thoughts accurate?

How would you feel about this in a year?

Is there another way to look at this situation?

What would you say to a friend who had this thought?

Step 1

Thought Stopping:

Say "STOP" to yourself when you
have negative or unwanted thoughts

Step 2

Thought Replacement

Replace the unwanted thoughts
with positive thoughts or images

The CBT Triangle can help individuals understand and change negative patterns
contributing to negative behaviors, thoughts, and actions.



Suicide
Prevention
Network



SUICIDE PREVENTION NETWORK

FITNESS PROGRAM OPPORTUNITIES

SWIM PASSES

- Carson Valley Swim Center
- Alpine County Residents only
- Adults and Seniors
- One per person with proof of residency



YOGA PASSES

- Various yoga programs- please contact for more information
- Alpine County Residents only
- Adults and Seniors
- One per person with proof of residency

**SIGN UP AND PICK UP
YOUR PASS AT THE
FIREHOUSE.**

40 Washoe Blvd. Markleeville, CA 96120



530-721-1408



kristy@spnawareness.org



1625 State Route 88, Suite 101
Minden, NV 89423



Wednesday, October 15th

Apple Hill
FIELD TRIP

Leave BHS at 9:00 am, return to
BHS around 3:30 pm

JOIN BHS FOR A FUN DAY IN
APPLE HILL.
TRANSPORTATION IS
AVAILABLE.

PLEASE CONTACT JACKIE TO
RESERVE YOUR SPOT.
(SPACE IS LIMITED)

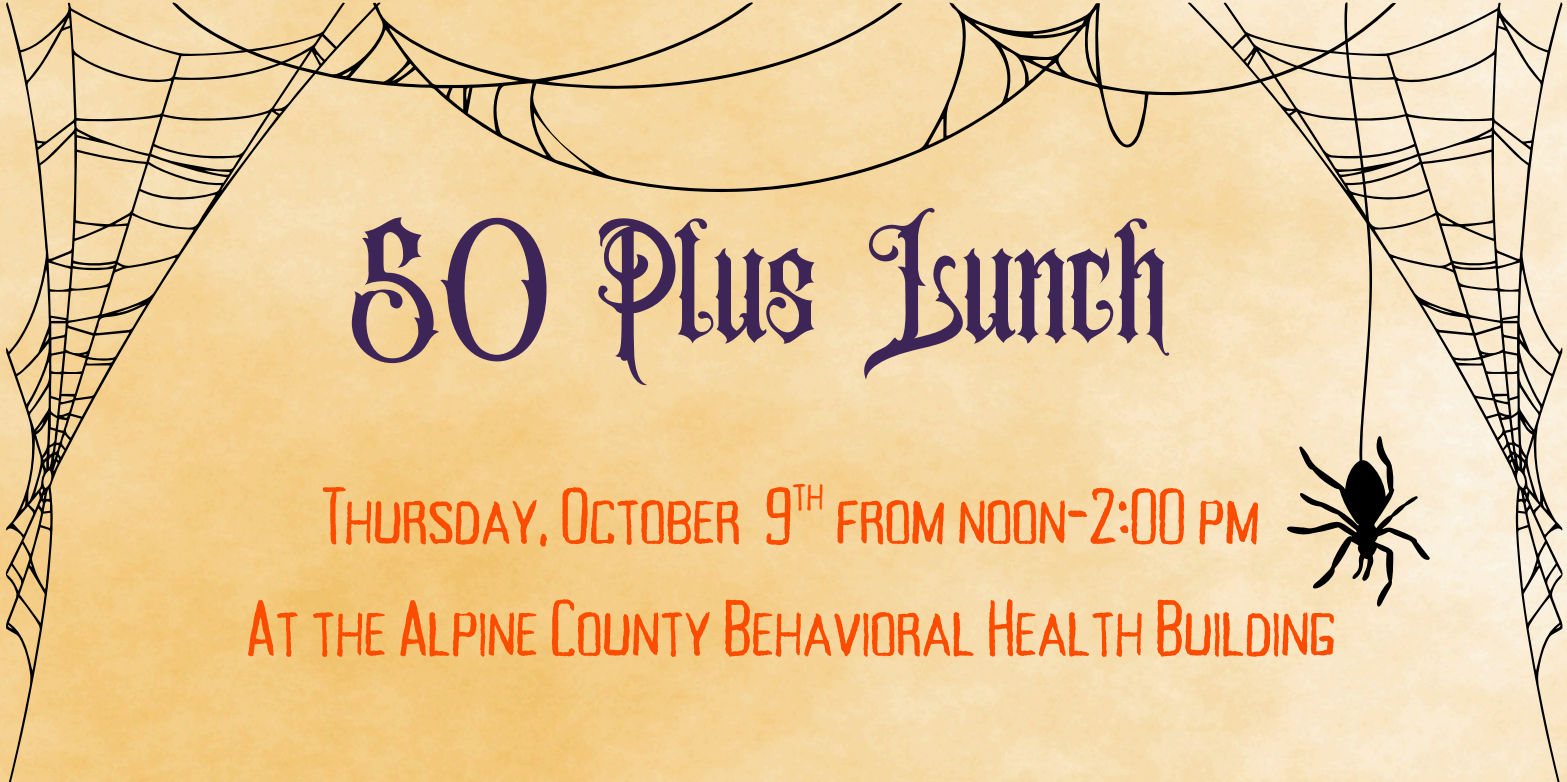
LUNCH WILL BE PROVIDED

RSVP

530-694-1816

jspringer@alpinecountyca.gov





50 Plus Lunch

THURSDAY, OCTOBER 9TH FROM NOON-2:00 PM
AT THE ALPINE COUNTY BEHAVIORAL HEALTH BUILDING

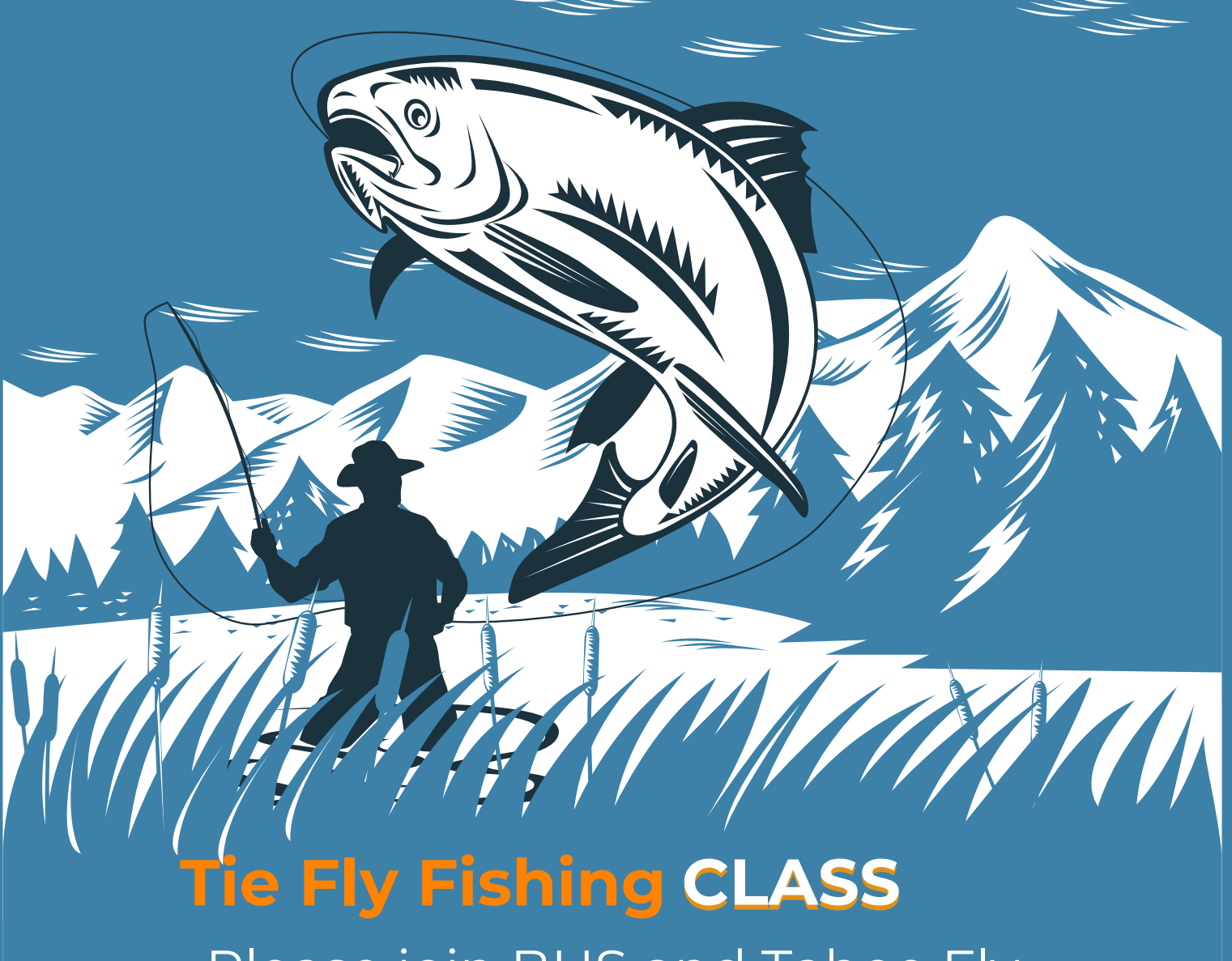


JOIN THE 50 PLUS CLUB AND BHS FOR LUNCH,
A PRESENTATION FROM AREA 12 AND
ALPINE COUNTY PUBLIC HEALTH WILL BE
ADMINISTERING FLU VACCINES.

50 PLUS WILL BE PROVIDING A VEGETARIAN CHILI, CORNBREAD,
AND SALAD.

PLEASE BRING A CHILI TOPPING OR DESERT TO SHARE.





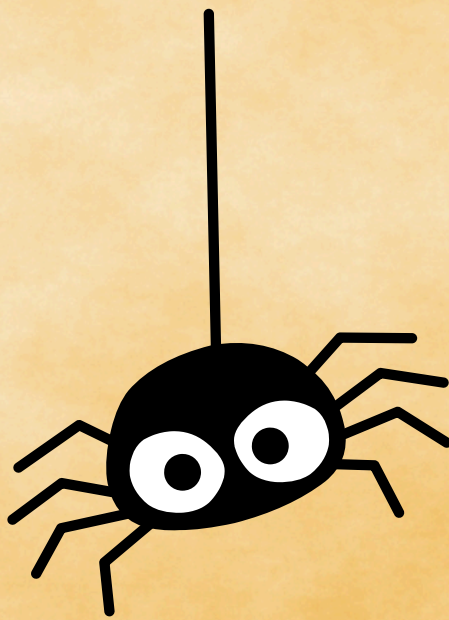
Tie Fly Fishing CLASS

Please join BHS and Tahoe Fly Fishing Outfitters for a fun day of making ties!

FRIDAY, OCTOBER 17TH 2025

11:00 am -1:00 pm at the BHS
Community Room
Light lunch will be served

Space is limited, please contact Jackie
Springer to reserve your spot
530-721-6358 jspringer@alpinecountyca.gov



Wellbriety Talking Circle

Hung-A-Lel-Ti
Firehouse

Mondays at 6:00 pm



Bear Valley Bunch AA Meeting Inperson & On Zoom

Saturdays 6pm @ Bear Valley
Library or on Zoom ID#
9783881212 Password: 12x12

The HIGHEST
Mtg in CA
@ 7100ft!!!!

The ONLY
meeting in
Alpine County,
the lowest populous
county in
California!





Nutrition at Home

Food for thought
Healthier options for better health

Cooking Class w/ Lindsay Jessup

October 16th

11am-12:30pm

Woodfords Indian Education Center (WIEC)

95 Washoe Blvd. Markleeville, CA 96120

Using the items from Tuesday's Produce on Wheels.
What are some healthy ways to use these items.

Smart Shopping w/ Lindsay Jessup

October 23rd

11am-12:30pm

Woodfords Indian Education Center (WIEC)

95 Washoe Blvd. Markleeville, CA 96120

Shopping guidance provided only and transportation for
the first 8 participants.

in partnership with



**For more
Information**

Contact: Kristy Vann

kristy@spnawareness.org

530721-1408

SUICIDE PREVENTION NETWORK



What Is World Mental Health Day?

World Mental Health Day, observed every year on 10 October, is an international event dedicated to raising awareness about mental health issues and mobilizing support globally. It was first celebrated in 1992.

Each year, World Mental Health Day carries an official theme aimed at highlighting specific issues or areas of focus. This year's theme, set by the World Federation for Mental Health, is access to services - mental health in catastrophes and emergencies. The theme highlights the importance of people being able to protect their mental health, whatever they're going through, because everyone deserves good mental health.

Why It Matters

1. Combating Stigma and Raising Awareness

This day challenges the stigma surrounding mental health. Encouraging open conversations helps normalize these experiences and underscores that anyone, anywhere can be affected (Spring Health, Fontbonne University).

2. Encouraging Global and Local Action

World Mental Health Day serves as a launching point for initiatives—educational campaigns, policy reforms, and community events—that aim to improve access to mental health services worldwide (World Health Organization, Pan American Health Organization).

3. Highlighting Universal Rights

Themes like “Mental Health Is a Universal Human Right” emphasize that mental well-being should not be a privilege—it’s a fundamental right that must be protected and accessible to everyone (Spring Health, Fontbonne University). Human Rights emphasize that mental well-being should not be a privilege—it’s a fundamental right that must be protected and accessible to everyone (Spring Health, Fontbonne University).

4. Driving Workplace Change

Work environments significantly shape our mental health. With most of the global population working, workplace well-being initiatives help reduce absenteeism, improve productivity, and create supportive cultures (World Health Organization, Bloomberg School of Public Health, Pan American Health Organization).

5. Contextualizing the Global Burden

Mental health challenges are widespread, affecting nearly one billion people globally, and often go untreated, with up to 70% of those affected receiving no treatment (Spring Health, Wikipedia). The global implications include vast impacts on the quality of life and productivity.

World Mental Health Day is a critical moment each year to unite—raising awareness, reducing stigma, promoting policy change, and advocating for inclusive and accessible mental health support for everyone. Themes evolve to reflect pressing concerns—such as access to services, equity of access, and fundamental human rights.

Suicide Prevention Network



FAMILY MOVIE NIGHT



Date: 2nd Wednesday of every Month Starting Oct. 8th

Time: 5:30pm–7:30pm

Location: Woodfords Indian Education Center (WIEC) 95 Washoe Blvd. Markleeville, CA 96120

Provided: Dinner, snacks, and water.

Date: 4th Wednesday of every Month Starting Oct. 22th

Time: 5:30pm–7:30pm

Location: Woodfords Indian Education Center (WIEC) 95 Washoe Blvd. Markleeville, CA 96120

Provided: Dinner, snacks, and water.

FAMILY GAME NIGHT



W.I.E.C.



Alpine COUNTY
BEHAVIORAL HEALTH SERVICES



**Suicide
Prevention
Network**

KRISTY@SPNAWARENESS.ORG

530-721-1408

www.spnawareness.org



YOGA CLASSES AND HOLISTIC HEALTH CLASSES



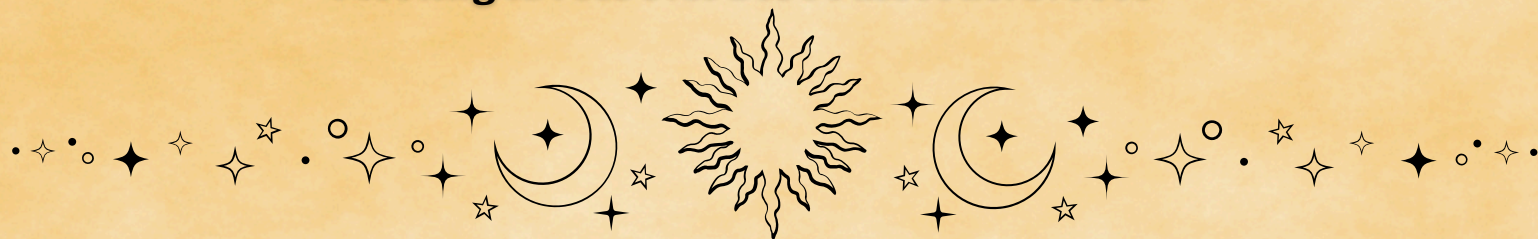
Bear Valley Yoga: Monday & Wednesday 5-6 pm

**With Alex Mannos: IN PERSON LIBRARY CONFERENCE ROOM AND ON
ZOOM.**

Join Zoom:

**[https://us06web.zoom.us/j/81837132484pwd=ZDNqMWd5U3ZjeEZFcVJsU09B
T3p2QT09](https://us06web.zoom.us/j/81837132484pwd=ZDNqMWd5U3ZjeEZFcVJsU09BT3p2QT09)**

Meeting ID: 818 3713 2484 Passcode: 278663



Holistic Health with Cheryl Morris Tuesday & Thursday 11am-Noon

You need a computer or laptop with a camera, a firm, upright chair with no arms, and room to move your arms and legs. This class focuses on enhancing joint range of motion, balance, and strength through breathwork, imagery, and self-care practices.

**The program's foundation is rooted in yoga and Qigong/Tai Chi.
If you would like to participate in the Holistic Health Class, don't hesitate to get
in touch with BHS at 530-694-1816 or
come by 40 Diamond Valley Rd. Markleeville, CA 96120 to complete the necessary
paperwork to participate.**

In celebration of Red Ribbon Week,
join us for a

OUTDOOR MOVIE NIGHT

Friday, October
24th, 2025

Showing:



Dinner and Movie Starts at
5:30
AT THE LIBRARY PARK



Suicide
Prevention
Network

DINNER WILL BE PROVIDED

Be Tobacco Free ~ Alpine County

**SUICIDE PREVENTION
NETWORK**

THRIFT STORE



**TRANSPORTATION
AVAILABLE**

*** TOURING ***

1st Monday of every month

9AM-2PM

8 person max transportation



**Suicide
Prevention
Network**

**CONTACT: KRISTY VANN
KRISTY@SPNAWARENESS.ORG
530-721-1408**



FOOD BANK
OF NORTHERN NEVADA



SPECIAL DISTRIBUTION

Woodfords Gym

Produce on Wheels will be delivering fresh fruits & vegetables at the **Woodfords Gym**. This site will be on the 2nd Tuesday of every month, from **9AM to 10AM**.



Available to everyone



9AM to 10AM



Monthly on the 2nd Tuesday

ADDRESS

**25 Washo Blvd.
Markleeville, CA**

Produce on Wheels delivers **fresh fruits and vegetables** at more than 25 neighborhoods throughout northern Nevada and eastern California Sierras.

Questions?

Contact Food Bank of Northern Nevada Produce on Wheels Coordinator Sean Meeks:

✉ smeeks@fbnn.org

☎ (775) 331-3663 ext. 142

VISIT FBNN.ORG/GETHELP/SENIORS

FOR THE MOST CURRENT DISTRIBUTION SCHEDULE

Lets Learn Together

Join us for our monthly Lunch and Learn in
partnership with Washoe Healing Center
and Suicide Prevention Network

10/13/2025

Bullying Awareness

Woodford's Indian Education Center
from noon to 1:00 pm

Lunch is provided

LUNCH
TIME





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 where you're calling from. If you
stop responding after using, we will notify EMS
of location, and possible overdose,

1-877-696-1996

www.NeverUseAlone.com



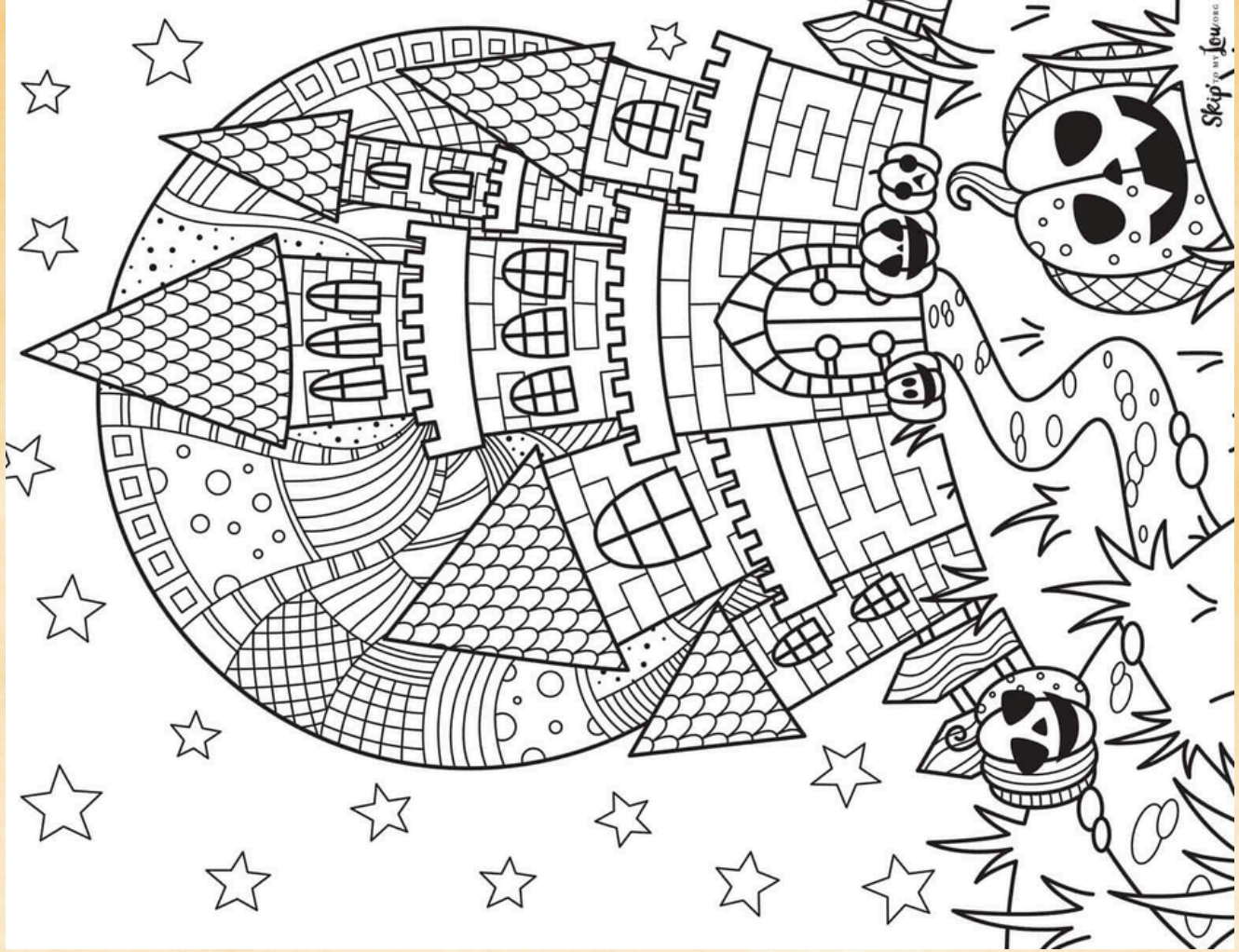
HALLOWEEN

WORD SEARCH

K	A	L	O	W	E	E	L	A	R	A	P	N	T	Y	I
H	L	R	A	M	E	O	W	H	D	I	S	E	P	W	T
C	A	C	A	K	E	D	A	U	S	O	P	A	N	A	C
L	A	U	N	T	M	H	A	A	S	C	O	R	Y	A	P
A	L	S	A	M	L	E	M	A	T	A	R	A	I	P	L
L	P	I	B	P	O	D	L	S	C	R	E	T	N	E	T
O	R	T	A	C	A	K	C	M	A	W	I	C	H	O	N
S	E	R	R	P	O	K	C	H	R	O	S	I	S	V	A
A	E	S	R	W	O	L	A	C	D	U	N	S	T	U	M
O	R	E	N	A	P	A	R	C	A	M	C	U	M	P	E
R	A	S	O	M	A	U	N	D	P	E	L	E	K	S	E
A	E	R	I	P	M	A	V	N	O	T	E	K	S	E	



ALL HALLOWS EVE	GHOST	PUMPKIN
BAT	HALLOWEEN PARTY	SAMHAIN
BLACK CAT	HAUNTED HOUSE	SKELETON
CANDY	JACK O LANTERN	SPIDER
CARAMEL APPLE	MASK	TRICK OR TREAT
COSTUMES	MUMMY	VAMPIRE
DECORATIONS	ORANGE	WITCH





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



Postal Customer
Markleeville, CA 96120