

March 2024

“Let’s Connect”



World Teen Mental Wellness Day
March 2nd



Welcome to Our March “Let’s Connect”

Spring is on the horizon, and with it comes a host of engaging activities and educational opportunities aimed at promoting wellness and fostering community connections. In this edition, we're thrilled to showcase a diverse array of events and resources designed to support your mental and emotional well-being.

Join us Fridays for an enriching day packed with lunch & activities that cater to body, mind, and soul. Indulge in the spirit of giving at our "Create the Good" lunches, where we'll not only exchange recipes but also share stories of kindness and compassion. Dive deeper into crucial conversations with presentations by the Suicide Prevention Network and Alpine County Public Health, shedding light on vital topics surrounding health awareness and suicide prevention.

For those feeling crafty, we invite you to join us in crafting Easter baskets. Immerse yourself in the magic of cinema and companionship at our "Dinner & a Movie" event hosted at the Hung A Lel Ti Firehouse.

As we approach St. Patrick's Day, the 50+ Club is gearing up for a festive potluck celebration, accompanied by an art class led by the talented instructor Annie Millar. Meanwhile, in Bear Valley, we're continuing our mission to "Create the Good" with dinner & more Easter basket crafting and community-building activities.

High school students at DHS are in for a treat with a special lunch featuring In-N-Out Burger, a well-deserved treat for their hard work. Plus, don't miss out on our enriching yoga, holistic health, and meditation classes, offering valuable tools for stress management and self-care.

Mark your calendars for the upcoming New Senior Soak & Outdoor Wellness program launching on March 28th, promising rejuvenation and relaxation amidst the beauty of nature. And be sure to catch "Dare to Share" with local resident Kate Harvey, where personal stories of resilience and triumph take center stage.

Explore the rich tapestry of Washoe Traditions, gain perspective about Self-injury Awareness Month, and tantalize your taste buds with a delectable Sardinian Soup recipe. Challenge your mind with brain teasers and unleash your creativity with a spring coloring page.

We hope this newsletter serves as a beacon of inspiration and empowerment on your journey towards holistic wellness. Remember, your mental health matters, and together, we can cultivate a community of compassion and support.

Wishing you abundant well-being!

Create the Good

Lunch • Presentations • Creations • Conversations

EVERY FRIDAY 12-2PM • HUNG-A-LEL-TI FIREHOUSE

MARCH 1ST

MENU: BAKED POTATO BAR WITH TRADITIONAL AND MEDITERRANEAN TOPPINGS. TUSCAN TOMATO AND ARTICHOKE SALAD.

PRESENTATION: NUTRITION EDUCATION W/SADIE - COMMUNITY SERVICE SOLUTIONS.



MARCH 8TH

MENU: SARDINIAN WHITE BEAN & HERB SOUP WITH CAESAR SALAD.

ACTIVITY: NATIONAL NUTRITION MONTH RECIPE BOXES & HEALTHY RECIPE EXCHANGE.



MARCH 15TH

MENU: SAVORY CHICKEN LETTUCE WRAPS WITH GREEK QUINOA SALAD.

PRESENTATION: SIGNS OF SUICIDE REFRESHER DISCUSSION W/EWA - SUICIDE PREVENTION NETWORK.



MARCH 22ND

MENU: CAULIFLOWER CRUST PIZZA BAR WITH FRESH GARDEN SALAD.

PRESENTATION: PETS AND SECOND HAND SMOKE W/JACKIE - PUBLIC HEALTH.



MARCH 29TH

MENU: EASTER BRUNCH-VEGETARIAN EGG FRITTATA, GLAZED HAM, BRUSCHETTA ASPARAGUS & NORDIC BREAKFAST TOASTS.

ACTIVITY: EASTER GIFT BASKETS WITH EWA - SPN.



JOIN US FOR

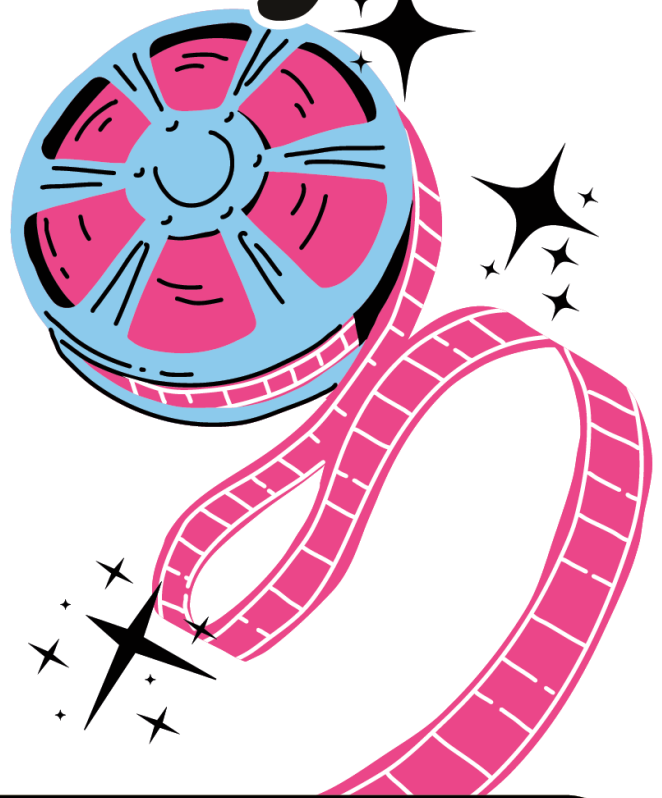
MOVIE & DINNER

Night

“DREAM KEEPER”

2003 - TV-PG - 1HR 30MIN

The legends of the Native American nations come to life in this epic miniseries, as two generations - a century-old storyteller and his grandson, a troubled 17-year-old boy - embark on a cross-country journey toward self-discovery.



MARCH 6TH, 5:30-7 PM

HUNG - A - LEL - TI FIREHOUSE





50+ CLUB POTLUCK AND ST. PATRICK'S DAY CELEBRATION



MARCH 14TH, 12-2PM, BHS

BHS & 50+CLUB WILL PROVIDE CORNED BEEF & CABBAGE AND HOMEMADE IRISH SODA BREAD. PLEASE BRING A SIDE DISH OR DESSERT TO SHARE.

ANNIE MILLAR WILL BE HOSTING AN ART WORKSHOP AFTER LUNCH, TEACHING BILATERAL DRAWING, DOODLING AND EXPRESSIVE ART.



Bear Valley

March Create the Good

Date: Wednesday, March 20, 2024

Time: 5:30-7:00pm

Place: Bear Valley School

*Dinner with Alpine County Behavioral Health Services
Shepherd's Pie, Roasted Root Vegetable Salad
& Fresh Baked Bread*



After dinner build an
Easter Basket full of fun
items to gift to family,
friends or neighbors!



ALPINE DHS STUDENTS!



Join Dawn and Ewa for lunch in the DHS Conference Room

ON TUESDAY, MARCH 26TH

We're looking forward to seeing you!



Save the Dates!

Beginning:

Thursday, March 28

Alpine County Behavioral Health presents

**Alpine County Senior Soak &
Outdoor Wellness Program
at Grover Hot Springs
State Park**

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!**

LOOK FOR ALL THE DETAILS IN A FLYER COMING SOON!

Email driddle@alpinecountyca.gov to reserve your card

DARE TO SHARE!

Alpine County residents and employees share about their mental health hygiene



To speak about my mental health hygiene which includes social, emotional, and psychological well-being and how it affects my thinking, my behavior, and my perceptions, I want to give you some background about my life.

Until I was 4 years old, I had a Mom, a Dad, a brother, and an extended family. My world changed when my Dad, who was in the Air Force, died fighting as an airman in the Korean War in the early 1950s. This shook the core of my Mom's emotional and psychological foundations and colored her mental health and choices from that time forward. She re-married several times

choosing either physically abusive or emotionally absent men. I witnessed in fear and felt very protective of my younger brother and now half-sister. My Mom was so deeply depressed that she received ECT (Electroconvulsive Therapy, or electric shock therapy) several times when I was in my early teens. Being the oldest and caring for my siblings was my role now in the family, especially when she returned from these treatments. I turned to my Mother's older sister, her husband, and my Grandmother for support. I felt their love and compassion, especially on Sundays going to church, and during family holiday gatherings that made me feel I belonged and was safe. I was encouraged by all of them, including my Mom, to go to college and be a Nurse..." Always have a way to support yourself", I heard over and over. That belief in me that I could "be somebody" who was financially self-sufficient and be a helper fit right into my personality and desires to not lead the life my poor Mom endured, and to make better choices in men.

As I grew older, I learned that I had a lot of deep wounds, anger, and fears. I finished my education, married young and divorced years later, and moved from Texas to California. I joined women's groups led by a counselor, found a career in the Labor and Delivery, and Postpartum field of Nursing, had my own house, and paid my own bills. I still had emotional issues with low self-esteem and often could not stand up for myself in relationships with both men and women, and speak my own truth.

Now here comes this handsome man into my life who worked in the same hospital in Oakland as I did. I felt safe, loved, appreciated, and special to him.

Our relationship grew to marriage, two daughters, moving across and back the country to finally settle in Markleeville. We have had our ups and downs, disagreements, and even a formal separation for 1 ½ years. But we came back together because we truly had love for each other. We wanted love and stability for our daughters. Our family has grown to now include 6 of the most amazing individual grandchildren, who bring laughter and connection light I have never felt in my life.

So where am I now in my mental health hygiene? I prioritize my family and my deeply held close to me friendships with women (and some men, too). My friends walk with me almost every day with our dogs in our remarkably beautiful landscape of mountains, creeks, meadows, skies, clouds, weather that make me feel calm, and grateful for where I live and who I love.

I feel connected to Markleeville and Alpine County where I can give of myself to this community. I am so fortunate to have Dawn Riddle offer Guided Meditation Classes for one hour three days a week to help me change my perspective for those long held, negative, and judgmental thoughts to more of compassion for those thoughts as a path to learning to love myself and others. I am grateful for Aimee Scherbak, for her spiritual yoga, and reminders for living in the present moment, sharing abundance, and giving me an hour of peace and calm. I am grateful for all the friends and neighbors who greet each other in the Post Office, the General Store, and everywhere we see each other.

I still see a counselor from time to time to help me understand myself and re-frame old beliefs into having compassion for myself and others. I cannot imagine changing anything right now, myself, others, where I live, what I do. Yet I am still and always will be growing as a person.

Kate Harvey, Alpine Resident





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

Swimming is the ultimate full-body workout. It engages every muscle group, improves cardiovascular health, and builds endurance without putting stress on the joints."

In the water, you defy gravity. Swimming provides resistance training for muscles, enhances flexibility, and promotes overall strength and tone.

Swimming is a form of meditation. The rhythmic strokes, the sound of water, and the feeling of weightlessness create a calming effect, reducing stress and promoting mental well-being.

YOGA Classes

Bear Valley: [Monday & Wednesday 5-6pm](#)

with Alex Mannos

IN PERSON (LOCATION PENDING) 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 (Pending BOS approval on 3/5/24)

**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

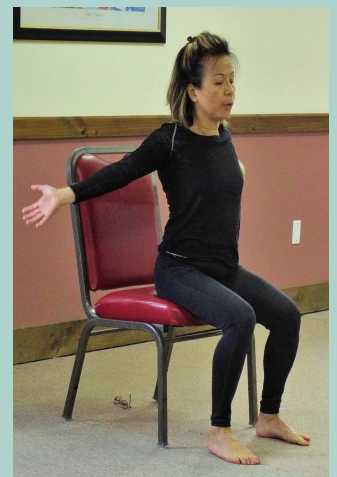
or email: driddle@alpincountyca.gov

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

Join Zoom Meeting:

Meeting ID: 745 311 8727 Passcode: 11111

March Meditations

- In Like a Lion-Out Like a Lamb
- Finding Peace within a Chaotic World
- Navigating from Intensity to Intention
- Integrated Breathwork

Meditation Practices with Dawn
Certified SuraFlow Meditation Teacher



Being preoccupied with our self-image is like being deaf and blind. It's like standing in the middle of a vast field of wildflowers with a black hood over our heads. It's like coming upon a tree of singing birds while wearing earplugs.

— Pema Chodron —

AZ QUOTES

LET YOUR
BREATH
untie the knots
in your body
and mind.

MARCE-FRANÇOISE PARCETTE, @MARCENONON





WASHOE TRIBE CULTURE



mi-ʔleʔ ʔi-ʔmi gaja gum di-beʔ -the moon when everything starts to grow (March)

Today let's learn about Washoe traditions (part 1).

It is difficult to separate the sacred from the everyday life of the Washoe. The Washoe see every aspect of the environment as sentient beings that are deserving of respect and cooperation if humans are to survive. The Earth, its terrain, its waters, in short, all the living and nonliving things are considered to be sacred.

Traditions and beliefs described (...) are still widely practiced and observed by the Washoe today.

Hunting Traditions. An animal was never hunted for “sport” and plants were never gathered unless they were going to be used. No parts of the animals were wasted, and enough individuals of a species were always left to reproduce. Before they hunted, the hunters performed a sacred ritual. When they killed an animal, the hunter prayed to the Maker and asked for forgiveness for taking a life. They thanked the Maker before they ate, and they showed their appreciation by leaving some food for the Maker. Special celebrations with dance and prayer offerings were held before the first fish was taken from the annual spawning, before the annual “rabbit drives”, and at the time of the pine nut harvests.

Healers. Washoe healers were women or men that had special powers to cure illnesses of the body or mind. They were conduits to the supernatural world. If a person was sick or had feelings like guilt, they could seek help from healers that would use their powers to ask the Maker and other spirit beings to cure the ailment. Healers used sacred objects such as eagle feathers and cocoon rattles to assist in ceremonies. They accompanied the hunters during communal hunts to provide mystic powers over the prey, and also went along during warfare to provide healing to injured warriors and use powers over the enemy. A healer did not choose or inherit his or her position, but was summoned by a spirit through persistent dreams and eventually cannot ignore their call to power. Sometimes powers were used with malicious intent by a misguided healer, but generally healers were highly regarded in Washoe society.

-The Washoe Cultural Resources Office

Washoe petroglyph of a hunter
and a bighorn sheep





March is **Self Injury** Awareness Month



What do these high-profile individuals have in common? Drew Barrymore, Johnny Depp, Colin Farrell, Angelina Jolie, Demi Lovato and Princess Diana... Before finding emotional health and greater well-being, they struggled with self-injury.

Self-injury is a deliberate, non-suicidal behavior that inflicts physical harm on one's body to relieve emotional distress. Self-injury has a paradoxical effect in that the pain self-inflicted sets off an endorphin rush, relieving the self-harmer from deep distress. It's important to note that self-injury does not involve a conscious intent to die by suicide - and as such, the clinical term for this behavior is called Non-Suicidal Self Injury (NSSI). NSSI can take many forms from cutting, picking, burning, bruising, puncturing, embedding, scratching or hitting one's self, just to name a few.

In its simplest form, NSSI is a physical solution to an emotional wound. Generally, it is a deliberate, private act that is habitual in occurrence, not attention-seeking behavior, nor meant to be manipulative. Self-injurers are often secretive about their behaviors, rarely letting others know, and often cover up their wounds with clothing, bandages, or jewelry.

(...) Most individuals who self-injure are struggling with emotional expression. This clinical experience is known as alexithymia - the inability to recognize emotions and their subtleties and to understand or describe thoughts and feelings. Many other self-harmers are struggling with internal conflicts, may have anxiety, depression, may have experienced physical or sexual abuse, or other more serious psychological concerns.

Those who self-injure are often trying to distract themselves from emotional pain, end feelings of numbness, offset feelings of low self-esteem, control helplessness or powerlessness, calm overwhelming or unmanageable feelings, maintain control in chaotic situations, self-punish, self-shame or self-hate, express negative thoughts or feelings that cannot be put into words.



Tips for reducing self-injury

Create an emergency kit. Place positive things in your kit like photos of people you love, notes to yourself or from friends or family, a journal for writing, markers or art supplies for artistic expression, an inspirational poem, beloved stuffed animal, upbeat music, and favorite scents.

Use positive imagery. Visualize yourself moving through your painful moment without self-harming. Research shows that using positive visualization can keep you in-the-moment which is a key tool for recovery.

Hold your ground. Sensory grounding experiences like holding something soft, listening to soothing music, drawing or writing, for example, can interrupt the trance-like state that often comes with self-harm, shifting you towards more positive behaviors.

Reboot your mind. Reframe your thoughts toward helpful statements, also known as Cognitive Grounding Skills, like "Who am I really mad at?" Or "What is setting me off?" Or "I am safe and I am in control." These can re-orient you to the here-and-now.

Know your triggers. Become aware of what issues bend or break you. Try to dilute your exposure to them, call upon others to help you move through them and remind yourself that you can emerge from them successfully.

Take a detour. Reroute self-harm by using less severe forms of sensations. Holding an ice cube, tearing or shredding paper or a sheet, snapping a rubber band against your skin, sucking a lemon peel are ways to dilute the need to experience pain.

Move your body. Consider the adrenaline rush of running, dancing, holding a yoga pose, and jumping rope to offset urges to self-harm. The rush of adrenaline has been known to produce a similar chemical surge that comes from self-injury.

Forgive yourself. As you try to interrupt your self-harming behaviors, know that it may not come as easily some days as others. Should you find that you've lapsed into self-harming, remind yourself that change is a process. Learn to forgive and be kind to yourself as you start anew.

Consider calling a therapist. Remember that having an urge to self-harm is not the same as actually self-harming. If you can distract yourself from self-injury, you are well on your way to recovery. However, if the urges win out, not allowing you to reduce your self-harm behaviors, consider working with a professional.

Deborah Serani Psy.D., psychologytoday.com

Sardinian White Bean & Herbs Soup

Yield: 4 servings

Author: Karen Kerr This Sardinian herb soup is herby and delicious, and makes the most of fresh spring herbs available this time of year. It also includes pancetta, white beans, and Italian cheese.

INGREDIENTS: 2 tablespoons extra virgin olive oil

4 ounces cubed pancetta

1 bunch flat-leafed/Italian parsley, stems separated, minced, and set aside, and leaves roughly chopped.

1 1/2 teaspoons fennel seeds

1/2 cup dry white wine

Salt and freshly ground black pepper

2 quarts low sodium chicken broth

3/4 cup fregola (see post for substitutes)

15 ounce can white beans, rinsed and drained

3 large cloves garlic minced

2 ounces pecorino Romano cheese grated

4 ounces (about 6 cups) baby arugula leaves, roughly chopped

1/2 cup fresh tarragon, chopped, or 2 tablespoons dried tarragon



INSTRUCTIONS:

1. In a 6 to 8-quart pot, heat the oil over medium heat and then add the pancetta. Cook, stirring, for about 6 minutes. Add the parsley stems, fennel seeds, wine, and 1 teaspoon of the pepper.
2. Bring the mixture to a simmer over medium high heat and cook, stirring, for 2 to 3 minutes, until most of the liquid had evaporated.
3. Pour in the broth and bring the mixture to a boil. Lower the heat to a simmer and add the fregola. Cook, continuing to simmer for about 10 minutes.
4. Add the beans, garlic, parsley leaves, and half of the pecorino Romano.
5. Continue to simmer for about 10 minutes more.
6. Remove the soup from the heat and stir in the arugula and tarragon. Season with salt and pepper to taste.
7. Serve with the rest of the pecorino Romano sprinkled on top.

<https://www.karenskitchenstories.com/2020/03/sardinian-herb-soup.html>

An IMPOSSIBLE Brain Teaser

This brain teaser is really not impossible, but it is tricky! Carefully read the directions in each line to make changes in the previous set of letters. Write the new letters in the blank after each instruction. The first two are completed for you.



1. Start with IMPOSSIBLE.

IMPOSSIBLE

2. Change the second vowel from the left to E.

IMPESSIBLE

3. If *occurrence* is spelled correctly, change the 2nd consonant to H. If it is not spelled correctly, change the last consonant to T.

4. Omit the letters, in order, that spell MESS.

5. Insert CABBAGE after the 1st vowel.

6. Change the 2nd I to A.

7. Move the first vowel so that is directly to the right of the 4th consonant.

8. If *mischievous* is spelled correctly, omit the first two letters. If it is spelled incorrectly, omit the double consonants.

9. Change the G to V.

10. Switch the places of the 2nd consonant and the 3rd consonant.

11. If *occasionally* is spelled correctly, omit the 2nd letter. If is spelled incorrectly, add IN after the first letter.

12. Switch the order of the 1st and 2nd letters.

13. If your letters now form a correctly-spelled word, write them in the blank below. If not, review the directions to find any possible errors.

Solving this brain teaser is not IMPOSSIBLE. It is _____ !



WHEREVER

life

plants you

bloom

WITH

grace

-FRENCH PROVERB

March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					8 1 Meditation 8am Create the Good	2
3 SOS ski/ride	4 Meditation 8am Yoga with Alex	5 Holistic Health 11am	6 Meditation 8am Yoga with Alex 5-6pm	7 Holistic Health 11am	8 Meditation 8am Create the Good Recipe Boxes & Ex- change	9
10 SOS ski/ride	11 Meditation 8am Yoga with Alex	12 Holistic Health 11am	13 Meditation 8am Yoga with Alex 5-6pm	14 Holistic Health 11am 50+Club Potluck	15 Meditation 8am Create the Good Ewa SPN presents	16
17 St. Patrick's Day	18M Meditation 8am Yoga with Alex 5-6pm	19 Holistic Health 11am	20 Meditation 8am Yoga with Alex 5-6pm Bear Valley Create the Good	21 Holistic Health 11am	22 Meditation 8am Create the Good Jackie PH presents	<p>Alpine County Behavioral Health Services 40 Diamond Road, Markleeville, CA 96120</p> <p>For more Information on any of our programs, please call 694-1816 or email driddle@alpinecountyca.gov</p>
24	25 Meditation 8am Yoga with Alex 5-6pm	26 Holistic Health 11am	27 Meditation 8am Yoga with Alex 5-6pm	28 Holistic Health 11am	29 Meditation 8am Create the Good Easter Gift Baskets w/ Ewa	
31 Easter						



*May you always have walls for the winds,
A roof for the rain, tea beside the fire,
Laughter to cheer you, those you love near you,
And all your heart might desire. ~ Irish Blessing*



40 Diamond Valley Road
Markleeville, Ca 96120

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Markleeville, CA 96120



“Let’s Connect” newsletter

March 2024

In Like A Lion, Out Like A Lamb

March Roars in like a lion,
So firece,
The Wind so cold,
It seems to pierce.

The month rolls on
And Spring draws near,
And March goes out,
Like a lamb so dear.

-Lorie Hill

Postal Customer

Markleeville, CA 96120