

“Let’s Connect”

November 2023



**NATIVE
AMERICAN
HERITAGE MONTH
NOVEMBER**



As November unfolds before us, we are presented with a unique opportunity to honor and celebrate the rich tapestry of American culture, service, and gratitude. This month holds special significance as we commemorate Native American Heritage Month, pay tribute to our brave veterans on Veteran's Day, recognize the sacrifices and strength of military families during Military Family Month, and take a moment to reflect on the power of gratitude during National Gratitude Month.

On November 8th, the esteemed Mr. Allen King of Whispering Creek Health in Scottsdale, AZ will honor us with a keynote presentation at the Hung A Lel Ti Gym. We will serve dinner at 6pm & Mr. King will speak right after dinner.

On November 9th, we welcome you to be present at the 50+Club potluck lunch at BHS to honor Veterans and military families.

Join us at the Hung A Lel Ti Gym on November 17th where Create the Good meets the Senior Center in a collaborative Thanksgiving Luncheon with presentations by Washoe Tribe's Cultural Resources Department, the Alpine County Library & the Wellbriety Movement.

Our November Community Trip will be taking us on a tour of Stewart Indian School on November 20th. Lunch will also be provided on this excursion.

DHS Alpine student lunch will be held on November 28th where they will enjoy pizza & hot wings with Behavioral Health Services & Suicide Prevention Network.

Bear Valley's Create the Good dinner is November 29th at the Bear Valley School. We'll be creating Gratitude Jar kits and learning about Alzheimer's prevention as well as paying Tribute to Bear Valley Veterans.

Together, let's explore the remarkable history, traditions, and contributions of Native Americans, express our deepest gratitude to our veterans, extend our heartfelt support to military families, and cultivate the practice of gratitude in our daily lives.



Wednesday
November 8, 2023 6-8pm



Keynote Speaker Allen King

“Community Empowerment”

Dinner provided by Alpine County BHS

Hung –A-Lel-Ti Wellness Center (gym)



Allen King's professional history began at the Centers for Medicare and Medicaid Services, Native Health Services, and Phoenix Indian Medical Services. These organizations fostered his passion for helping Elders and Native Americans enrolling healthcare services. He spent years learning the healthcare system and being of service to those who need it the most.

When COVID-19 swept across the land, his main concern was the welfare of his people and with the assistance of Next Gen Laboratories and Native Health Services, he would develop testing facilities on reservations across the United States to ensure Native Americans had access to vaccinations and healthcare services by going into ground zero where no one was allowed, risking his own life for his people.

Allen also speaks at many conferences across the United States on behalf of Native American healthcare from 2013 to the present. His public speaking would help set standards in his industry and communicate immediate issues tribes across the country were facing. Substance abuse, alcoholism, and mental health problems became the focus of many conferences and Allen - being in recovery himself - was inspired to address those problems directly. In 2015, Allen was recognized by the White House for Outstanding Community Service by former President Obama.

Not only is he a voice for his community, but Allen also volunteers with many different Native American Health Services and dances in prayer at community pow wow events. He has been headman dancer on numerous occasions, dancing Northern Traditional and Gourd. Allen is also an advocate for the Wellbriety Movement, a certified Firestarter with over 11 years of sobriety under his belt.

Allen King now guides Whispering Creek Health in Scottsdale Arizona as CEO / Founder to ensure to have the best substance abuse treatment facility for the Native American community. He focuses on developing treatment programs that help sustain sobriety in our patients, provide high-quality patient care for trauma and other mental health issues, and reconnect our patients with their culture for spiritual healing. His dedication to the community has him working directly with tribal members, and organizations, both in rural and urban areas. His past experiences and skills provide a professional impact, as his personal life experiences bring a combination of understanding and love for his community and family.

Create the Good

lunch-presentations-creations-conversations

Friday, November 3rd

Lunch 12-2pm

Location: Hung-A-Lel-Ti

Menu: cranberry bison
meatloaf with wild rice pilaf
and grilled green beans

Presentation: Native speaker
TBA and Crystal/CSS

Friday, November 17th

Lunch 12-2pm

Location: Hung-A-Lel-Ti Gym

Thanksgiving Lunch w/ Senior Center

Presentation: Cultural Resources,
Alpine County Library & Wellbriety
Circle Information



**JOIN US IN CELEBRATING
AMERICAN INDIAN HERITAGE**



Suicide
Prevention
Network

No Create the Good on November 10th or 24th due to Holidays



50+ POTLUCK

Honoring Alpine County Veterans

★★★★★★

Hear stories of those who served in the past and the recent adventures of our young men and women who are recently enlisted. We will also be discussing and celebrating our Military Families who sacrifice so much when loved ones choose to join the military and deploy.

BHS/50+ will provide Roast Beef and Autumn Salad. Please bring a side dish or dessert to share.

★★★★★  ★★★★★

Thursday, November 9th, Noon-2pm



Suicide
Prevention
Network

LET'S CELEBRATE NATIVE AMERICAN HERITAGE MONTH

Join us for a trip to Stewart Indian School Cultural Center & Museum, and a lunch on **Monday, Nov 20th, 2023.**

There will be a student alumni available to give us a tour and answer any questions we might have. Museum is featuring a new exhibition: "Creating Stories: Artwork of the Stewart Alumni" which includes original works by former students - paintings, drawing, baskets, and more.

Museum's gift shop will be opened. Cash or check only.



The county bus will leave Alpine at 12:30pm. We'll have lunch followed by the guided tour and head back home at around 3pm.

Required RSVP: SPN office (775) 783-1510



Suicide
Prevention
Network



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 15 swim session membership pass to Carson Valley Swim Center so our Senior Exercise and Socialization Program will remain active during the closure of Grover's Hot Springs for repairs of damage from the Tamarack Fire.

Who: Alpine County residents 50 years and older

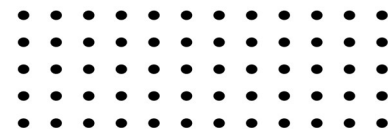
What: A 15-session swim pass for your choice of free use of open pools & hot pool OR Senior Water Aerobics Class

When: Classes are Tuesdays & Thursdays 9:45-10:45am; Free Swimming any day

Where: 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.

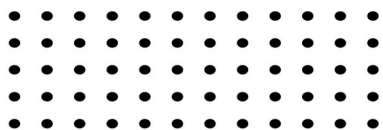
For more information call 694-1816 ext. 259



DHS STUDENTS

JOIN DAWN AND EWA
FOR PIZZA AND BUFFALO
WINGS IN DHS
CONFERENCE ROOM

TUESDAY, NOV 28TH
11:55AM-12:30PM



Suicide
Prevention
Network



BEAR VALLEY

Create the Good

WEDNESDAY,
NOVEMBER 29TH
5:30-7PM

Join us for an eventful evening filled with:

- A delightful feast by Blue Bear Café, featuring Chef Angela's famous and delectable enchiladas. Served with chips, salsa & guacamole, bean & rice, green salad & dessert.
- Engage in a discussion on the benefits that practicing gratitude has on our mental health. Receive a free Gratitude Jar kit to take home!
- Learn about Alzheimer's awareness and prevention.
- We are proud to pay tribute to our Veterans and Military families.



YOGA Classes

Bear Valley: Monday & Wednesday 10-11AM with Alex Mannos

**IN PERSON AT THE 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 YOGA SIERRA STUDIO, 290 Old Pony
Express Road, ABOVE MAD DOG CAFÉ**

NO YOGA ON THURSDAY, 11/23 HAPPY TURKEY DAY

Online HOLISTIC HEALTH Classes

Tuesday & Thursday 11am-Noon with Cheryl Morris

NO HOLISTIC HEALTH CLASS ON THURSDAY, 11/23 HAPPY TURKEY DAY

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.

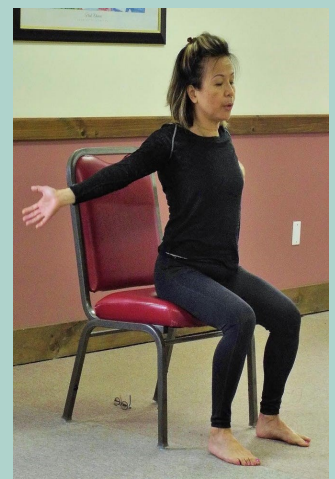
For required forms please call or text Dawn at 694-1314
or email: driddle@alpinecountyca.gov

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISlFlcmpVSE5lWG5aOURKbGVLUt09>

Meeting ID: 827 2872 2590

Passcode: 064928



Guided Meditation Classes

for Health & Wellness



Now Monday, Wednesday & Friday!
Drop-In Guided Meditation 8:00-8:45am

Join Zoom Meeting:

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

November Meditations

- Science of Gratitude Practice
- Conscious Living Meditations
- Breathwork: for releasing tension
- Generosity Practice
- Breathwork: for physical healing
- Meditations for self-development

Meditation Practices with Dawn

Certified Sura Flow Meditation Coach

Beginners & all levels are encouraged to come
to learn or deepen a practice.

Compassion
is the keen
awareness of the
interdependence
of all things.

Thamizh Merton

www.suraflo.com

Lotus in the Mud

The goodness of suffering is something real.
Without suffering there cannot be
happiness.

Without mud there cannot be any lotus
flowers. So if you know how to suffer,
suffering is ok.

And the moment you have that attitude, you
don't suffer much anymore.

And out of suffering a lotus flower
of happiness can open.

- Thich Nhat Hanh -



Gratitude

unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."

— Melody Beattie

AHeartFullofJoy.com

Give Thanks

To be able to greet the sun with the sounds from all of Nature is a great blessing, and it helps us to remember Who is the real provider of all of our benefits.

- Thomas Yellowtail

Photo by Aleks Bieńkowska



WASHOE TRIBE HISTORY

The Washoe Cultural Resources Office

Hunga mi' heshi! Hello! Today let's learn about **O' osh** which means "Fall."

During the fall, mountain whitefish started their spawning and Washoe were able to harvest the fall spawning runs before the deep snows of winter came. Washoe began to focus on the plant harvesting that would feed them through the winter months. At this point the families living in the mountains began to move back down to the valleys east of the Sierras. A few groups headed west to the Sierra foothills to wait for the ripening of the Black Oak acorns and to trade with the Californian Indians. They sometimes went as far as the Pacific Ocean to collect shells. Some of these families would not return to the east side before the snow, and would either winter alone or join a Miwok village for the season. The families that had descended to the Great Basin now began gathering and saving grass seeds as the plants gradually ripened.

The culmination of the gathering season was the **tah gum** (Piñon Pine nut) harvest. When the nuts were ripe, all the people were called for a special ceremony, called the **goom sa bye** (...) People congregated at the pine trees and the celebration lasted for four or five days. They prayed and gave thanks to the Maker, danced, and shared food with each other.



**Suicide
Prevention
Network**



November is National *Gratitude* Month!

Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. This social emotion strengthens relationships, and its roots run deep in evolutionary history—emanating from the survival value of helping others and being helped in return. Studies show that specific areas of the brain are involved in experiencing and expressing gratitude. Brain scans of people assigned a task that stimulates expression of gratitude show lasting changes in the prefrontal cortex that heighten sensitivity to future experiences of gratitude.

What Is Gratitude?

Gratitude is a spontaneous feeling but, increasingly, research demonstrates its value as a practice—that is, making conscious efforts to count one's blessings. Studies show that people can deliberately cultivate gratitude—and there are important social and personal benefits to doing so. It is possible to feel grateful for loved ones, colleagues, animals, nature, and life in general. The emotion generates a climate of positivity that both reaches inward and extends outward.

Is gratitude an emotion?

Gratitude is an emotion, one that makes a person feel happier. Gratefulness is also a mood as well as a personality trait. Some people are just more inclined to feel grateful as a daily habit.

Is gratitude a feeling?

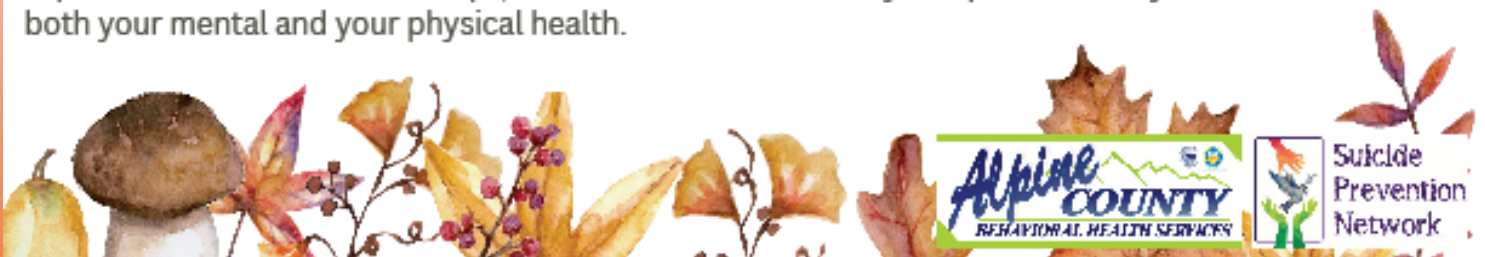
Gratitude is both a temporary feeling and a dispositional trait. In both cases, gratitude involves a process of recognizing, first, that one has obtained a positive outcome and, second, that there is an external source for that good outcome.

Why Gratitude Matters

Psychologists find that, over time, feeling grateful boosts happiness and fosters both physical and psychological health, even among those already struggling with mental health problems. Studies show that practicing gratitude curbs the use of words expressing negative emotions and shifts inner attention away from such negative emotions as resentment and envy, minimizing the possibility of ruminating, which is a hallmark of depression.

Does gratitude reduce stress?

People who are grateful feel less pain, less stress, suffer insomnia less, have stronger immune systems, experience healthier relationships, and do better academically and professionally. Overall it can boost both your mental and your physical health.





Are grateful people less depressed?

Grateful people are indeed less likely to have mental health problems like depression. One study found that a gratitude intervention was successful in reducing negative affect and increasing mental resilience in a group of older adults.

Can gratitude help you engage in better self-care?

One study suggests that spending only a few minutes engaging in a gratitude activity, such as writing a letter of gratitude to a loved one, can motivate you to make healthy food choices.

How to Cultivate Gratitude?

Gratitude starts with noticing the goodness in life. A materialistic culture that encourages constant wanting and sees possessions as the source of happiness is not the most fertile ground for gratitude. But it is not an insurmountable barrier to developing it. Envy and especially cynicism and narcissism are similarly thieves of gratitude. In fact, the cultivation of gratitude may be at least a partial remedy for narcissism.

How do you practice gratitude?

Just being around your family and friends can help you feel more grateful. Also, being more appreciative of life and feeling less cynical pushes you in a more thankful frame of mind. At other times, when you are facing a tough decision, seeing it as a gift is useful, some people wouldn't mind having such a decision to make.

What makes a person feel grateful?

This depends on the person, and we all differ in the degree to which we are inclined to experience and express gratitude. It can be something as simple as a healthy spring shower, just because the rain washes everything clean. Engaging in a more specific act, such as volunteering to help others, makes people feel good about themselves.

Is gratitude contagious?

Gratitude is a social emotion and the expression of gratitude toward others compounds its benefits. The emotion literally pays itself forward. And it almost does not matter whether the gratitude is communicated or reciprocated by others.

Tips to Foster Gratitude

- Keep a journal of or in some way note big and little joys of daily life.
- Write down "three good things"—identify three things that have gone well for you and identify the cause.
- Write thank-you notes to others.
- Think about people who have inspired you and what about them was most significant.
- Engage in "mental subtraction." Imagine what your life would be like if some positive event had not occurred.

-Psychology Today



Suicide
Prevention
Network



U.S. Department
of Veterans Affairs

How to Talk With a Veteran in Crisis

If a Veteran you care about is going through a difficult time or having thoughts of suicide, you're probably worried and confused. You want to help but may be scared you could make things worse—the only wrong thing to do is to do nothing. Now is the time to act. You can begin by learning the signs of crisis and how to start a conversation with the Veteran.

REMEMBER: Everyone has a role to play in suicide prevention. Small actions, like starting a conversation, can make a big difference.



Signs of crisis

Every Veteran is different, and many may not show any obvious signs of intent to kill themselves. But some actions and behaviors can be a sign they need help.

Crisis signs

These signs require immediate attention. If a Veteran you know needs medical attention, **call 911** now. For immediate help in dealing with a mental health or suicide crisis, call the Veterans Crisis Line: **Dial 988 then Press 1.**

- Thinking about hurting or killing themselves
- Looking for ways to kill themselves
- Talking about death, dying, or suicide
- Self-destructive behavior, such as drug abuse, risky use of weapons, etc.

REMEMBER: If you believe a Veteran is at high risk of suicide and has already taken pills or harmed themselves in some way, **call 911**. And keep yourself safe—**never** negotiate with someone who has a firearm. **Get to safety and call 911, noting the Veteran is armed.**

Warning signs

These signs may indicate that a Veteran needs help. Contact the Veterans Crisis Line now—**Dial 988 then Press 1**—if a Veteran you know is exhibiting any of these:

- Appearing sad or depressed most of the time
- Hopelessness
- Anxiety, agitation, sleeplessness, or mood swings
- Feeling as if there is no reason to live
- Feeling excessive guilt, shame, or sense of failure
- Rage or anger
- Engaging in risky activities without thinking
- Increasing alcohol or drug misuse
- Losing interest in hobbies, work, or school
- Neglecting personal welfare and appearance
- Withdrawing from family and friends
- Showing violent behavior, like punching a hole in the wall or getting into fights
- Giving away prized possessions
- Getting affairs in order, tying up loose ends, or writing a will

24/7, confidential crisis support for **Veterans and their loved ones**



If you're a Veteran in crisis or concerned about one, reach caring, trained responders 24 hours a day, 7 days a week.

When you call the Veterans Crisis Line, here is what you can expect:

- A qualified responder will answer your call, ready to listen and help.
- The responder will ask a few questions, such as whether you or the Veteran you're concerned about may be in immediate danger or at risk for suicide.
- The conversation is free and confidential, and you decide how much information to share.
- Support doesn't end with your conversation. Our responders can connect you with the resources you need.

You don't have to be enrolled in VA benefits or health care to connect.

You're not alone— the **Veterans Crisis Line** is here for you.



Dial 988 then Press 1



Chat online at
VeteransCrisisLine.net/Chat



Text 838255



U.S. Department
of Veterans Affairs

Scan the QR code to download
Veterans Crisis Line resources.



07/2022

BRAIN TEASER

Cross Out The Odd Word. Then Add One More.

1. blue - pink- park - black - _____
2. apples - bananas- oranges - chairs - _____
3. postman - doctor - hospital - secretary - _____
4. hungry - tired- happy - friend - _____
5. Friday - Sunday - March - Wednesday - _____
6. seven- first - eight- twenty - _____
7. German- Russia- England - Scotland - _____
8. February - November- Monday - July - _____
9. tree- fridge- table- bed - _____
- 10.salad - carrot - tomato - cucumber - _____
- 11.second - third - nine - twelfth - _____
- 12.orange - cherry - potato - kiwi - _____
- 13.good- nice - bad - friendly - _____
- 14.sister - niece - father - aunt - _____
- 15.grandfather - aunt - nephew - brother - _____
- 16.windy - sunny - clock - freezing - _____
- 17.football - tennis - music - judo - _____
- 18.red - jump - read - write - _____
- 19.my - our - she - your - _____
- 20.skirt - shirt - shoe- smart - _____
- 21.car - dog- camel - horse - _____
- 22.arm - knee- finger - know - _____
- 23.taxi - bus - underground - stop - _____
- 24.ice-cream - cake- chips - biscuits - _____
- 25.bed - kitchen - bathroom - hall - _____
- 26.cartoon - comedy - musical - office - _____
- 27.long- short- old- door - _____
- 28.telephone- computer - radio - lamp - _____
- 29.week - fever - headache - flu - _____
- 30.teddy bear - ball - doll - backpack - _____
- 31.breakfast- lunch - meal - dinner - _____
- 32.biology - carpet - geography- maths - _____



November 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Alpine County Behavioral Health Services</p> <p>40 Diamond Road, Markleeville, CA 96120</p> <p>For more Information on any of our programs, please call 694-1816 or email dtriddle@alpinecountyca.gov</p>			1 Meditation Yoga with Alex	2 Holistic Health with Cheryl Yoga with Aimee	3 4 Meditation Create the Good Firehouse	4
	6 Meditation Yoga with Alex 10-11am	7 Holistic Health with Cheryl Yoga with Aimee	8 Meditation Yoga with Alex ALLEN KING KEYNOTE DINNER	9 Holistic Health with Cheryl 50+ POTLUCK Yoga with Aimee	10 HOLIDAY CLOSED	11
	13 Meditation Yoga with Alex 10-11am	14 Holistic Health with Cheryl Yoga with Aimee	15 Meditation Yoga with Alex	16 Holistic Health with Cheryl Yoga with Aimee	17 Meditation Create the Good Hung A Le Ti Gym	18
	20 Meditation Stewart Indian School Yoga with Alex 10-11am	21 Holistic Health with Cheryl Yoga with Aimee	22 Meditation Yoga with Alex	23 HOLIDAY CLOSED	24 HOLIDAY CLOSED	25
	27 Meditation Yoga with Alex 10-11am	28 Holistic Health with Cheryl DHS LUNCH Yoga with Aimee	29 Meditation Yoga with Alex BV Create the Good	30 Holistic Health with Cheryl Yoga with Aimee		



40 Diamond Valley Road
Markleeville, Ca 96120

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

"Let's Connect" newsletter

November 2023



Postal Customer

Markleeville, CA 96120