

April 2024

“Let’s Connect”



Welcome to the April “Let’s Connect”

As we transition into a new month, we're excited to bring you a plethora of engaging activities, insightful presentations, and community-building opportunities to nurture your well-being and foster meaningful connections. From enriching lunches to wellness programs and cultural explorations, April promises to be a month filled with inspiration and growth.

Friday Create the Good Lunches: Join us every Friday for "Create the Good" lunches, where we'll enjoy delicious food & **Presentations by CSS, CAPC, SPN & LVF:** Gain valuable insights on important topics concerning our community’s well-being.

50+ Club Field Trip to Carson City: Embark on a memorable field trip with the 50+ Club to Carson City, exploring Mongolian Art & locally sourced Italian cuisine at Cucina Lupo.

Bear Valley Create the Good Dinner & Herb Garden Creation: Come together with fellow community members for an evening in Bear Valley, as we plant aromatic & delicious herb gardens.

DHS Student Trip to "NEED2SPEED": Students from DHS are in for an adrenaline-filled adventure with a trip offering excitement and camaraderie.

Movie & Dinner Night at the Firehouse: Relax and unwind with us at the Hung A Le Ti Firehouse for a cozy movie night accompanied by delicious dinner offerings.

Alpine DHS Student Sushi Lunch: Dive into the culinary delights of sushi with a special lunch event for Alpine DHS students.

Child Abuse Prevention Month Activities: Join us in raising awareness and supporting Child Abuse Prevention Month through various educational and advocacy activities.

Wellness Programs: Explore a variety of wellness programs, including the Senior Soak, Swim Club, Yoga, and Meditation classes, designed to promote physical, mental, and emotional well-being.

- **Dare to Share with Rich Harvey:** Be inspired by local resident Rich Harvey as he shares personal stories of resilience and empowerment.
- **Washoe Tribe Culture:** Immerse yourself in the rich cultural heritage of the Washoe Tribe, celebrating their traditions and contributions to our community.
- **Alcohol Awareness Month Article:** Learn about the effects of alcohol on the brain & mental health & take the 7 day challenge.
- **Baseball Trivia Game & Coloring Page:** Test your knowledge with our baseball trivia game and unleash your creativity with a themed coloring page.

We are looking forward to our connections with you this month!

THE HAPPY CHEMICALS AND HOW TO ACCESS THEM

<p>Dopamine THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> Completing a task Eating food Doing self care activities Celebrating small wins Achieving goals 	<p>Oxytocin THE LOVE HORMONE</p> <ul style="list-style-type: none"> Playing with a pet Physical affection Give a compliment Do something nice for someone Hugging your family
<p>Serotonin THE MOOD STABILIZER</p> <ul style="list-style-type: none"> Meditate Swimming Walk in nature Spend time in the sun Mindfulness activities 	<p>Endorphin THE PAIN KILLER</p> <ul style="list-style-type: none"> Laugh Watch a funny movie Eat dark chocolate Essential oils Exercise





Create the Good

EVERY FRIDAY 12-2P.M.
HUNG-A-LEL-TI FIREHOUSE

LUNCH * PRESENTATIONS * CREATIONS * CONVERSATIONS

APRIL 5TH

MENU:

CHERRY BALSAMIC TRI-TIP,
ROASTED VEGETABLES,
ROMAINE WEDGES **ACTIVITY/
PRESENTATION:** COMMUNITY
SERVICE SOLUTIONS -
NUTRITION EDUCATION WITH
SADIE

APRIL 12TH

MENU:

SARDINIA MINESTRONE SOUP,
PANZANELLA SALAD, FRESH
FRUIT
ACTIVITY/PRESENTATION:
CHILD ABUSE PREVENTION
COUNCIL - TRIPLE P PARENTING
WITH BRIAN

APRIL 19TH

MENU:

PASTA PRIMA VERA, SPRING
GARDEN SALAD
ACTIVITY/PRESENTATION:
SUICIDE PREVENTION NETWORK
- WITH EWA

APRIL 26TH

MENU:

TACO SALAD BAR, CHIPS & SALSA
WITH GUACAMOLE
ACTIVITY/PRESENTATION:
Live Violence Free: We'll be decorating
jeans to hang for Sexual Assault
Awareness Month with Briana



Live Healthy!

ALPINE COUNTY Health & Wellness COALITION



50+ Club Field Trip

Lunch at Cucina Lupo, followed by a Mongolian Art Exhibit at the Brewery Arts Center in Carson City

Thursday, April 11th



AN ITALIAN KITCHEN BY
MARK ESTEE

Focused on creating
seasonally inspired

Italian cuisine sourced
from local farms and
purveyors in Northern
Nevada, Lupo delivers
delicious dishes using

house made pastas, bread, salumi, & more.



A nomadic people, Mongolians used storytelling to pass down traditions and lore from generation to generation, leaving few written records. The tradition of cutting designs out of felt, paper, or other materials are ancient. Now residing in Reno, NV, with his wife, Sturo is establishing a new, unique style of American Fine Art. "The Tsagasun Baru" Silhouette Fine Art will be on display for all to experience.

Please RSVP by replying to this email or calling the BHS Office at 530-694-1816. This event is by reservation for restaurant seating and tickets to the exhibit. RSVP by Monday, April 10th to reserve your space. Leaving BHS parking lot at 11am and returning around 4pm. TRANSPORTATION IS AVAILABLE

Bear Valley

March Create the Good

Date: Wednesday, April 17, 2024

Time: 5:30-7:00pm Location: Bear Valley School

Dinner with Alpine County Behavioral Health Services
“Build your own” Pasta Bar with Everyday
Italian Salad and Fresh baked Garlic Bread



After dinner build your own Herb Garden to welcome Spring into your home in Bear Valley!

Take home easy, healthy recipes for salad dressings that include the herbs in your garden.

DHS STUDENTS

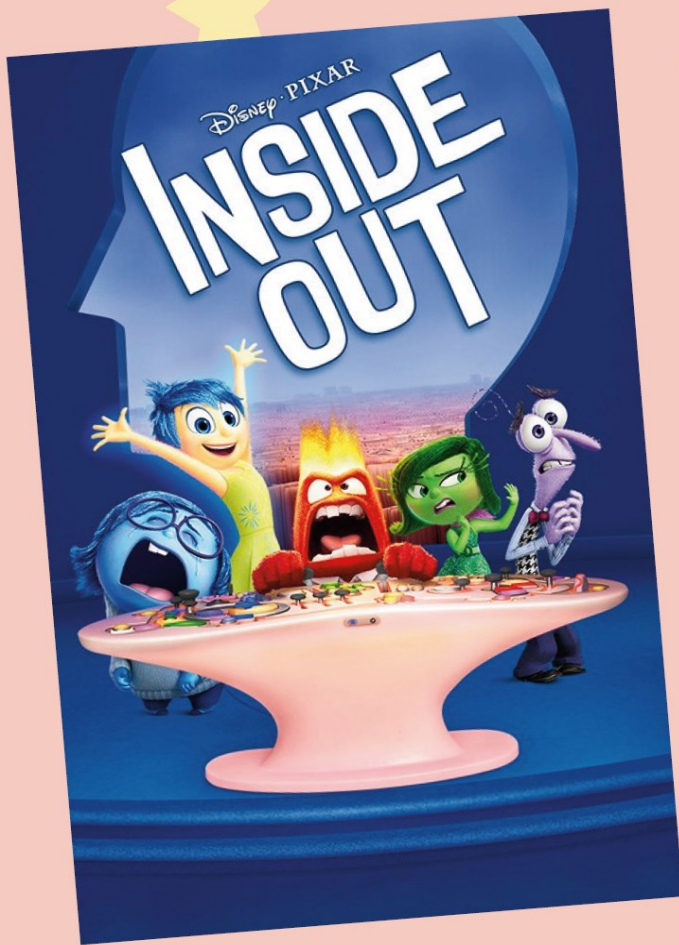
JOIN DAWN AND EWA FOR A SPRING BREAK
TRIP TO NEED2SPEED + LUNCH



For more info and to sign up contact
Dawn driddle@alpinecountyca.gov
(530) 721-1261
Ewa ewa@spnawareness.org
(775) 783-1510

APRIL 22ND

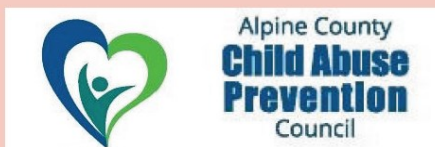
MOVIE AND DINNER NIGHT



“The movie is about an 11-year-old girl, Riley who moves to San Francisco with her parents. The leading characters of the movie, however, aren’t Riley and her family, but Riley’s primary emotions: Joy, Sadness, Fear, Anger, and Disgust. These emotions demonstrate what it might be like in the mind of an 11-year-old girl who struggles with having to move to a different city, away from her friends, away from her hockey league, and has a hard time pretending to be happy for her parents.”

Psychology Today

WEDNESDAY, APRIL 24TH, 5:30PM
HUNG-A-LEL-TI FIREHOUSE
PIZZA AND SALAD WILL BE SERVED!



ALPINE HIGH SCHOOL STUDENTS!

JOIN DAWN, EWA & AVA FOR LUNCH IN THE DHS CONFERENCE ROOM
ON TUESDAY, APRIL 30TH.

IT'S
SUSHI
O'CLOCK



WE'RE LOOKING FORWARD TO SEEING YOU!



There are multiple ways that you can find support in dealing with the stress of losing a loved one. Sometimes, we do best looking for support directly from other family members or loved ones. Other times, it is most effective to seek professional help from healthcare professionals who are trained to understand and parse out the grieving process.

Call 530-694-1816 for assistance



Happenings in Alpine County for April 2024

Child Abuse Prevention Month

Wear Blue every Friday in April to show support for Child Abuse Prevention!



For more information on April Activities, contact CAPC Coordinator at 530-694-2230 x224 or abroadhurst@alpinecountycyca.gov

- **Adoption of Resolution** declaring April 2024 as Child Abuse Prevention Month in Alpine County at Board of Supervisors Tuesday April 2, 2024, 9:30am.

- **Forgotten Children's Memorial Flag Raising** Wednesday April 3, 2024, 1:00pm at Human Services, 75 Diamond Valley Rd, Markleeville, CA 96120. Wear blue, join group photo and attend CAPC meeting at 1:30pm.
- **Wear Blue for Kids** every Friday April 5, 12, 19 and 26th! Take a picture, post on social media and email to CAPC@alpinecountycyca.gov.
- Visit one of the **Little Free Libraries** around the County for April and help yourself to a book. CAPC will stock an adult and children's books on Resilience- feel free to borrow, return or keep in your home library.

Locations include: AELC campus outside Catalyst Community Office, Bear Valley Lodge hallway between General Store and Sky High Pizza, Hung A Lel Ti- Inside Woodfords Indian Education Center, Lower level of Red Cliffs Lodge in Kirkwood, Mad Dog Café porch in Woodfords, Markleeville Library and Post Office.

- **Parent Circle** Friday April 5, 2024, 10:00-11:30am, "Developmental Domains" hosted by Catalyst Community. Call 530-694-2129 for location, to reserve a spot and guarantee your incentive for attending.
- **Rainbow Awards Dinner, Guest Speaker and Awards**, honoring adults for Making Rainbows in the Lives of Children. Wednesday April 17, 2024, at 6pm in Turtle Rock Park Community Building. All welcome, RSVP required. Youth are encouraged to make their nominations by April 10, 2024, and can be turned in at their school and/or Human Services Office. RSVPs required for dinner, call, or text CAPC Coordinator 530-721-6872 by Wednesday April 10, 2024.
- **Create the Good** Friday April 12, 2024, 12:00pm at the Hung A Lel Ti Firehouse for lunch and discussion. Join CAPC Member, Briana Vallejo from Live Violence Free who will present Triple P parenting program information and discuss managing our emotions as parents/caregivers, including how to switch up our thoughts in tough situations and relaxation techniques.
- **"Inside Out" Movie & Pizza Night** Wednesday April 24, 2024, 5:30-7:00pm at the Hung A Lel Ti Firehouse. Hosted by Suicide Prevention Network, Health & Wellness Coalition and Alpine County Behavioral Health Services.
- **Teddy Bear Parades:** Saturday April 27, 2024 11-2pm at Diamond Valley School "Family fun, fitness and connectedness" All welcome bring your teddy bear (or favorite stuffed animal) and join us for crafts, seed planting, games, parade, music and more. California Highway Patrol will be on-site for car seat inspections and installations- new car seats available on a first come first serve basis. Collect agency resources, make connections and celebrate children. Volunteer bike mechanics will be on site for minor tunes to youth bikes only. We encourage all to get riding their bikes in preparation for the end of school year Bike-a-thon in June.
- **Bear Valley Rainbow Awards** May 15, 2024 5:30-7:00pm at the Bear Valley School and **Teddy Bear Parade** May 9, 2024 2:00-4:00pm outside in front of the library. Bear Valley Rainbow Award nominations are due May 1, 2024.

DARE TO SHARE!

Alpine County residents and employees share about their mental health hygiene



My name is Richard Harvey. Some people know me simply as "doc." I have lived in Markleeville for many years, but left in 1988 for a teaching position at the University of Vermont Medical School. My 2 young daughters were not happy to leave their friends and they let me know it. We moved again in 1992 to Tacoma Washington, and returned to Markleeville in 2004 where I served as the Alpine County Public Health Officer for 10 years.

Now retired at nearly age 80, I find life has many of the same challenges that have been with me for as long as I can remember. Who am I really? What is happiness? How do I accept the loss of beloved friends, family, and pets? And of course, how to deal with the inevitable frailty of aging, and letting go of activities that I have enjoyed nearly my whole life? And too, there is the frustration of becoming forgetful and more easily fatigued.

In 2015 I was diagnosed with prostate cancer. The recommended treatment was removal of the prostate gland. For about a year, the cancer seemed to be in remission. Then the lab tests showed a recurrence and I underwent a month of radiation therapy and I was started on a form of chemotherapy. The side effects were mostly fatigue and mild depression. The cancer is still present but advancing very slowly. I have been told that I will likely die of something else, which I have gradually come to believe.

Almost 2 years ago, I ruptured my Achilles tendon. I did what doctors should never do. I attempted to diagnose myself and got it wrong. That led to a much longer rehab and for over a year the inability to hike, x country ski and ride my bike. Without the exercise, I lost part of who I am. I could no longer participate in the Death Ride, and have wonderful rides with my best friend. And I still cannot. More recently that best friend and medical school classmate died suddenly and unexpectedly. I miss him nearly every day.

Aging gracefully to me has meant allowing myself to let go of what a younger me could do. It has meant acceptance of change and the loss of the purpose that I had as a doctor and to move on to other activities, interests, and focus. Time spent in nature. Dog walks in the meadows with friends. Gratitude for my home, my family, my children and grandchildren, my partner Kate and our neighbors and friends and for our compassionate Alpine community. I have found new purpose in volunteer organizations such the Alpine Watershed Group and others. Our local yoga classes and meditation sessions help me to regroup and find answers to the ups and downs of life. And I have become more open to spiritual pathways. Basically, I am trying to find comfort in the discomfort of life and how best to respond to fear and stress.

As a hippy medical student in the late 1960s, I would sometimes repeat the words of Ram Dass: "Be Here Now". Sounded good. But in those days, I did not know the real meaning of the words. And even now I often need to be reminded of the wisdom they contain. Today, as an older guy with hopefully a few more years left, I think I know the truth in them. Be Here Now.

Richard Harvey, Alpine Resident





WASHOE TRIBE CULTURE



Tanu demlu wi·kila gum di·be? - The moon to go look for Wašiw food (April)

Today let's learn about Washoe traditions (part 2)

Elders in the tribe had special status and wisdom that they accumulated as they grew older. They were the keepers of the fire, and they taught the Washoe traditions that they had learned from their grandparents. For this reason, the old ones were treated with great respect. No one ever passed by an elder without saying something, and during a feast, elders were (are) always fed before anyone else.

Legend Creatures. Washoe legends tell of several creatures that have special powers and lived in the Washoe territory. “Water Babies” inhabited all bodies of water, and are very powerful, sometimes causing illness or death to a person, but could also be a good omen. Washoe healers visited the sacred Cave Rock where Water Babies lived, to consult with them, bring offerings of respect, and to renew powers. There was also a man-eating giant that lived in another cave near Cave Rock that preyed on people that were neglecting their duty. There was a giant man-eating bird named Ong that nested in the middle of Lake Tahoe. Ong was so large and so powerful that his wing beats could bend the trees when he flew near shore. The legend tells that one day a Washoe man was snatched up by Ong and taken to his nest. Luckily, the Washoe was not eaten right away because Ong had another person to eat. The Washoe watched the giant bird eat and noticed that it closed its eyes to chew. The Washoe got an idea. Every time the bird closed its eyes he threw several arrowheads into its open mouth. By nightfall Ong was very sick. A storm raged through the night, but by morning the monster was dead. The Washoe plucked out one of its massive feathers and used it as a boat to reach the shore. The Washoe say that Ong’s nest remains in Lake Tahoe submerged out of sight.

Birth. The event of birth was cause for celebration. The child was welcomed to the Washoe world. Female relatives and female friends attended to the mother. When the baby was born, the parents restrained from eating meat or salt. The family gave gifts to people in the community. About a month after the birth the family held a “baby feast”. During this ceremony the mother bathed herself and had her child’s hair cut. The child was now placed in a cradleboard where it would rest from now until it was big enough to walk. Washoe infants were fitted with sage brush bark diapers that were softened by rubbing between hands and thrown away when soiled. The approved disciplinary technique for children is described by the Washoe as, “...tell them to behave and speak kindly to them”.

-The Washoe Cultural Resources Office



Alpine County Behavioral Health presents



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

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

Guided Meditation Classes

for Health & Wellness

Now Monday, Wednesday & Friday

Guided Meditation 8:00-8:45am

Join Zoom Meeting:

<https://us06web.zoom.us/j/81660431682?pwd=Z7DI0ymTtplxRjYiGm2UEatZlwdUj.1>

Meeting ID: 745 311 8727 Passcode: 11111

April Meditations

- Understanding your inner critic
- Strengthening your inner coach
- Moving into Alignment
- Understanding Human Design
- Integrated Breathwork

Meditation Practices with Dawn
Certified SuraFlow Meditation Teacher



“Meditation can help us embrace our worries, our fear, our anger; and that is very healing. We let our own natural capacity of healing do the work.”

THICH NHAT HANH
spiritual leader, poet, and peace activist

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

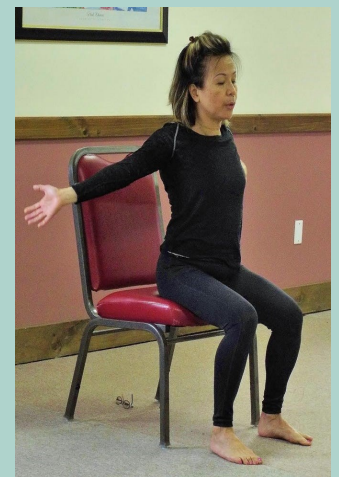
or email: driddle@alpincountyca.gov

Join Zoom meeting:

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

Meeting ID: 827 2872 2590

Passcode: 064928





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.



ALCOHOL AWARENESS MONTH

CHALLENGE YOURSELF

DON'T CONSUME ALCOHOL FOR (7) DAYS

Small changes can make a big difference in reducing your chances of having alcohol-related problems



Weigh the Pros and Cons. What are your reasons for and against making a change.

Strategies for change:

- ♦ Keep track.
- ♦ Count & measure
- ♦ Set goals
- ♦ Find alternatives
- ♦ Avoid "triggers"

You may want to consider Professional Help, Self-Help strategies and/or Social Support Groups.

If you or a family member struggles with alcohol abuse contact Alpine County Behavioral Health Services.

(www.alpinecountyca.gov/192/Behavioral-Health-Services)

530-694-1816



April is Alcohol Awareness Month

Almost one-third of the population meets the criteria for an alcohol use disorder (AUD) at some point in their lifetime. Alcohol is one of the most commonly used drugs in the United States, with approximately 85% of people reporting that they've drunk alcohol in their lifetime and more than 25% reporting that they've engaged in binge drinking (achieving a blood alcohol content level of 0.08 g/dL or higher) within the past month.

Alcohol and the brain. Though alcohol is considered socially acceptable to consume in most parts of the world, heavy alcohol use can prove detrimental to a person's physical and mental well-being and the overall physiological health of their brain. Heavy or long-term alcohol use can result in learning and memory issues and can also eventually lead to the development or exacerbation of mental health conditions.

The brain is a delicate and intricate organ that must maintain a careful balance of chemicals, called neurotransmitters, for a person to function properly. Alcohol intoxication can disrupt this fine balance, disturbing the brain's natural equilibrium, and long-term, chronic use forces a person's brain to adapt in an effort to compensate for the effects of alcohol.

Perhaps one of the most alarming long-term effects of alcohol use on the brain is the potential development of physiological dependence, a state and condition in which a person experiences physical and psychological withdrawal symptoms and cravings if they cease drinking or significantly lower the amount of alcohol in their body.

A person who is dependent on alcohol is at risk of developing an AUD, a brain disease characterized by a struggle to limit drinking, despite significant negative influences on someone's personal health, relationships, and overall social functioning.

While some of alcohol's physical and mental effects fade once someone stops drinking, others may persist for longer periods of time and have long-term health consequences.

Short-term effects of alcohol on the brain. Alcohol intoxication is a result of short-term effects on the central nervous system with symptoms that can vary drastically depending on how often someone drinks, the amount of alcohol they consume, their unique bodily makeup, and their weight. Symptoms of alcohol intoxication, such as mild cognitive and physical impairment, may become evident after just 1 or 2 drinks, but heavier use can result in alcohol overdose if someone ingests too much alcohol during one sitting.

The immediate effects of alcohol on the brain are due to its influence on the organ's communication and information-processing pathways. Unfortunately, drinking too heavily



or too rapidly can result in several adverse mental effects, such as confusion, impaired motor coordination, and declined decision-making ability. Continuing drinking despite recognizing signs of this can lead to alcohol overdose, sometimes referred to as “alcohol poisoning.” Alcohol poisoning is a dangerous and potentially deadly consequence of drinking large amounts of alcohol in a short amount of time. Alcohol poisoning symptoms may include confusion, seizure, problems with remaining conscious, respiratory suppression, heart rate slowing, vomiting, permanent cognitive disruption or impairment, in the worst cases, death.

Long-term effects of alcohol on the brain. Those who drink more heavily are at increased risk for adverse alcohol-related complications, especially if they drink excessively over long periods of time. Long-term health risks of chronic alcohol use include heart, liver, and digestion problems, cancer, and immune system weakening as well as mood and sleep disturbances and the development of other mental health problems, including depression and anxiety.

Alcohol can inflict lasting harm on your brain and result in shrinkage of the organ’s region known as the hippocampus. In one study by the University of Oxford, researchers followed participants for 30 years, tracking their drinking patterns and brain health. Participants in the study who drank 4 or more drinks a day had almost 6 times the risk of hippocampus shrinkage compared to non-drinkers. In other words, brain shrinkage was proportional to the amount of alcohol the participants consumed, and even mild and moderate drinkers showed more shrinkage of the hippocampus than those who abstained from alcohol completely.

What effects can alcohol have on my mental health? People may experience improved social interaction or general feelings of well-being with moderate alcohol consumption. But it’s important to understand that alcohol use can pose a risk to someone’s mental health, overall mood, and daily cognitive functioning due to its impact on brain chemicals. Alcohol use—especially excessive alcohol use—can exacerbate pre-existing comorbid psychiatric disorders, such as depression and anxiety. In others, alcohol may induce depression and anxiety.

Cognitive effects of alcohol use may include memory loss, problems with learning, dementia, and severely hindered mental functioning in most severe cases. Seeking alcohol addiction treatment is the first step in preventing or reducing the negative effects of alcohol on the brain.

It’s never too late to turn your life around, no matter how dire your situation may feel at the moment. Reach out for help today and get the care you need. By seeking addiction treatment, you can take back your life and prevent or reduce many of the risks associated with alcohol abuse.

Stacy Mosel, L.M.S.W., American Addiction Centers, <https://americanaddictioncenters.org/>



★ BASEBALL TRIVIA QUIZ ★

ARE YOU A TRIVIA ALL-STAR? TAKE THIS QUIZ AND FIND OUT!

1. What was the first team Derek Jeter played against as a New York Yankee?

- a) Seattle Mariners
- b) Pittsburgh Pirates
- c) Boston Red Sox

2. What player broke Lou Gehrig's streak of consecutive games played?

- a) Babe Ruth
- b) Derek Jeter
- c) Cal Ripken, Jr.

3. Which baseball park has the tallest outfield wall?

- a) Wrigley Field
- b) Fenway Park
- c) Yankee Stadium

4. Who was the first MLB team mascot?

- a) Rally Squirrel
- b) Mr. Red
- c) Mr. Met

5. Which baseball team is also known as the Big Red Machine?

- a) Boston Red Sox
- b) Cincinnati Reds
- c) St. Louis Cardinals

6. In what year was the National League founded?

- a) 1876
- b) 1976
- c) 1926

7. How many umpires officiate regular season baseball games?

- a) Six
- b) Two
- c) Four

8. What position does the Cy Young award celebrate?

- a) Catcher
- b) Pitcher
- c) Shortstop

9. What pitch is held like a curveball but thrown with a downward motion that causes it to appear to move sideways?

- a) Slider
- b) Splitter
- c) Changeup

10. How many active players are allowed on an MLB team's roster during a standard game?

- a) Nine
- b) Eighteen
- c) Twenty-five

11. What area of the baseball field is called the "Hot Corner"?

- a) Home Plate
- b) Infield
- c) Third Base

12. How much does an official Major League ball weigh?

- a) About 5 oz.
- b) About 1 lb.
- c) About 5 lbs.

SO, WHAT'S YOUR BASEBALL TRIVIA STATUS?

If you answered 11 – 12 right:

MVP!

You hit the ball out of the park!

Congratulations! You are the best the Baseball Trivia League has to offer!

If you answered 8 – 10 questions right:

ALL-STAR!

Your baseball knowledge is great and sure to impress both your fans and your teammates!

If you answered 5 – 10 right:

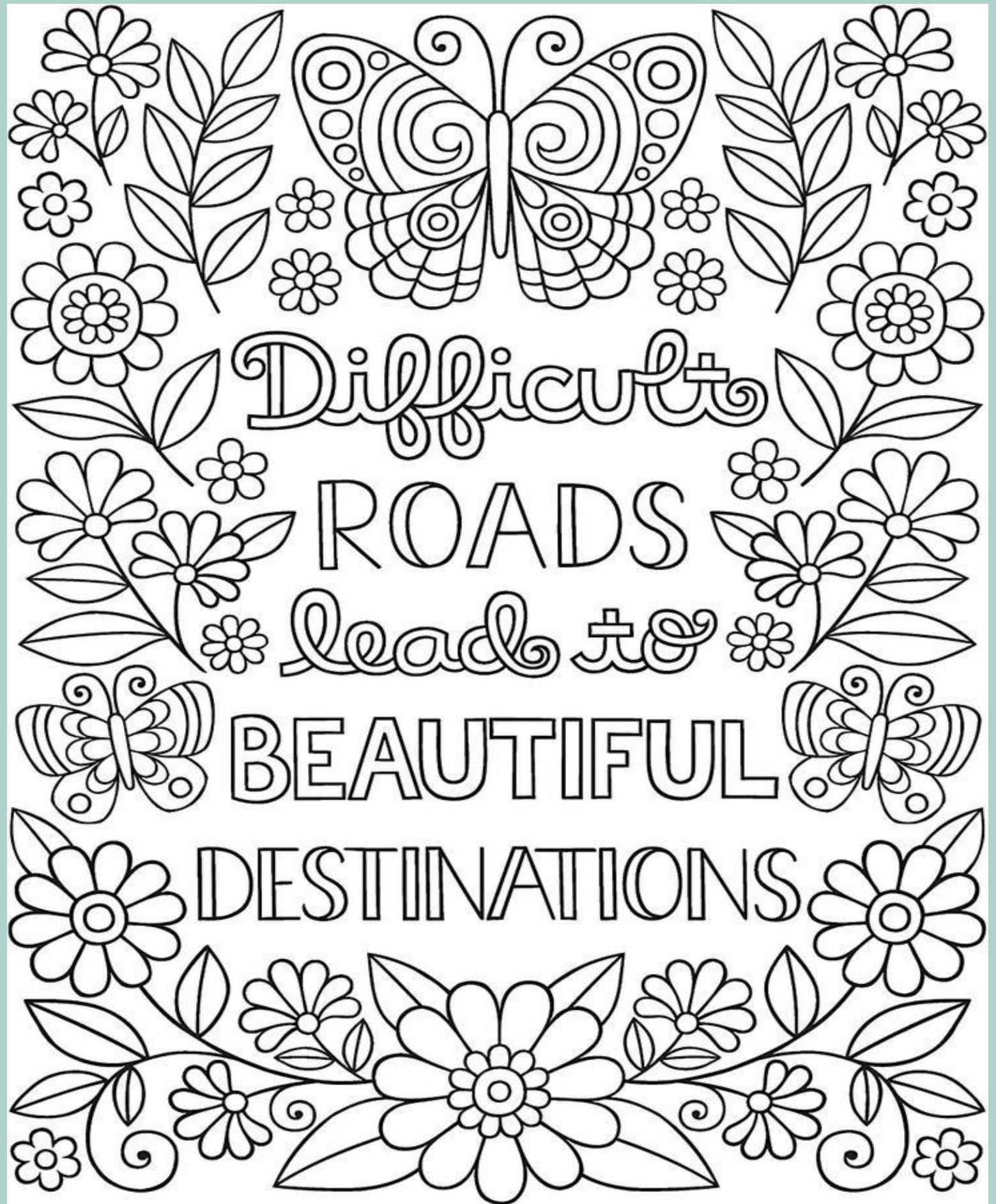
ROOKIE!

Although you've still got a lot to learn, with a little more baseball studying, you could be on your way to the Major Leagues.

If you answered 0 – 5 right:

PROSPECT!

You need to work on building up your trivia knowledge, but you still have the spirit and passion for the game that all baseball fans share. Keep reading about your favorite baseball teams and players, and you'll increase your trivia batting average in no time!



April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Meditation 8am Yoga with Alex 5-6pm	2 Holistic Health 11am Yoga with Aimee 5:30-6:30pm	3 Meditation 8am Yoga with Alex 5-6pm	4 Holistic Health 11am Senior Soak 9:30-11	5 Meditation 8am Create the Good	6
7	8 Meditation 8am Yoga with Alex 5-6pm	9 Holistic Health 11am Yoga with Aimee 5:30-6:30pm	10 Meditation 8am Yoga with Alex 5-6pm	11 Holistic Health 11am Senior Soak 9:30-11 50+Club Field Trip	12 Meditation 8am Create the Good	13
14	15 Meditation 8am Yoga with Alex 5-6pm	16 Holistic Health 11am Yoga with Aimee 5:30-6:30pm	17 Meditation 8am Yoga w/Alex 5-6pm Bear Valley Create the Good 5:30-7pm	18 Holistic Health 11am Senior Soak 9:30-11	19 Meditation 8am Create the Good	20
21	22 Meditation 8am Yoga with Alex 5-6pm	23 Holistic Health 11am Yoga with Aimee 5:30-6:30pm	24 Meditation 8am Yoga with Alex 5-6pm	25 Holistic Health 11am Senior Soak 9:30-11	26 Meditation 8am Create the Good	27 Teddy Bear Parade DVES
28	29 Meditation 8am Yoga with Alex 5-6pm	30 Holistic Health 11a Yoga with Aimee 5:30-6:30pm DHS Sushi Lunch				

Get regular exercise. You don't have to go to a gym to exercise and pay for an expensive membership. Although a gym membership and following through with exercise will serve you well, you can take smaller steps to incorporate exercise into your daily life. This might include parking farther away from the door when shopping, going for a walk or bike ride, or even getting up during commercials when watching television.

Improve your diet. Stress and diet are closely linked. When we are stressed, we tend to reach for the foods that are bad for us. Pay attention to your eating habits when stressed, and watch for self-defeating trends.

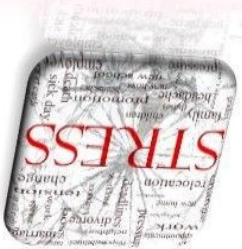
Physical approaches:

Stress is a normal emotional response to the demands of life. Everyone experiences it, and the results range in intensity from being in a foul mood to more complicated illnesses. In fact, it is estimated that 75 percent to 90 percent of all illnesses are stress related. Learning to manage stress can help you live a healthier and longer life.

There are a number of ways to reduce stress. Consider approaching stress reduction from a physical, mental, and social standpoint. Here are a few ideas:

April is Stress Awareness Month

BEE BUSY, INC.



Mental approaches:

Keep a positive outlook. This can be difficult to do when we think of this in a general sense. Break it down by trying to identify things that are going well or that went well. This might include something as small as the fact that you didn't have to stop at a red light on your way to work, or maybe that the sun came out on a winter day.

Leave work at work. This may be easier said than done, but consider the benefits. Many times bringing work home is a sure way to stress out both ourselves and our families. Leaving work at work might be worth the extra effort.

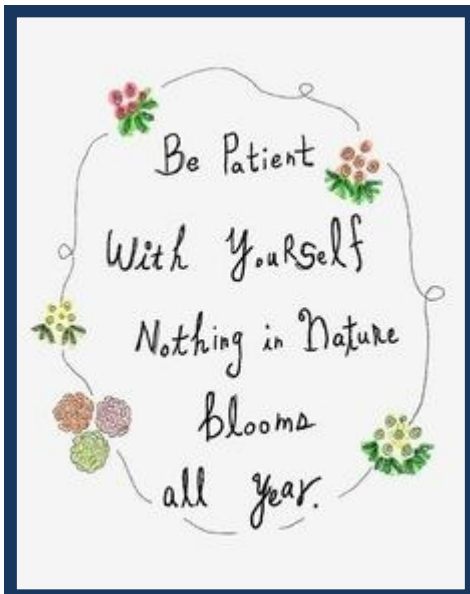
Social approaches:

Put effort into creating a support network. Friends are important to share both good and bad times with. Although stress may make us want to withdraw, it can be very helpful to spend times with friends and family who are supportive. Stress is a natural part of life, but there are ways to deal with it in healthy ways. Make a plan to reduce the stress in your life!



40 Diamond Valley Road
Markleeville, Ca 96120

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



“Let’s Connect” newsletter

April 2024

Postal Customer

Markleeville, CA 96120