



M A R C H  
2 0 2 5  
**Let's  
Connect**

March is a month full of fresh beginnings and renewed energy. As winter gives way to spring, the days grow longer, the weather starts to warm, and nature returns to life with blooming flowers and budding trees.

It's a time of growth, both in the world around us and within ourselves, offering new opportunities to embrace change and set fresh goals. With events like St. Patrick's Day bringing joy and celebration and the promise of brighter days ahead, March serves as a reminder that transformation is always possible.

Whether you're inspired by the changing seasons or simply looking forward to more sunshine, March is a positive and hopeful month to embrace.



# Create the Good Lunches

FRIDAY'S AT THE  
HUNG-A-LEL-TI FIREHOUSE  
12:00 - 2:00

**03/07/25**

Build Your  
Own Salad Bar

Vision Board Activity

**03/14/25**

Bruschetta Baked  
Chicken, Roasted  
Veggies and a  
Spring Salad  
Recipe Boxes, Bring  
Your Favorite  
Recipe to Share

**03/21/25**

Stuffed Bell Peppers  
with a Pasta Salad and  
Fruit Salad

Presentation from  
Alpine Watershed  
Group

**03/28/25**

Roasted Cauliflower Soup,  
with Salad and Bread

Mindful Gardening, Herb  
Planters

# Alpine County Behavioral Health Services Substances Use Disorder Prevention Community Needs Survey

Alpine County Behavioral Health Services (ACBHS) is evaluating our Substance Abuse Prevention (SAP) Plan to address the needs of Alpine County residents through substance use disorder (SUD) (alcohol and/or drug abuse) prevention services. To better understand the service needs of the people living and/or working in Alpine County, please complete this brief anonymous survey. Sharing your understanding of SUD issues in the community will help ACBHS to identify the current quality of services and determine areas for improvement. Thank you!

## Section A: Survey Questions

1. Which best describes your current Alpine County resident status?

- I live in Alpine County year-round.
- I live in Alpine County for part of the year
- I do not live in Alpine County.

2. Do you work in Alpine County?

- I work in Alpine County year-round.
- I work in Alpine County for part of the year.
- I do not work in Alpine County.

3. Are you aware of the ACBHS SUD services that are available in Alpine County?

- Yes
- No
- Unsure

4. In your opinion, are there specific groups of people in Alpine County who are in need of SUD services? Please check all that apply:

- Children (ages 6-15)
- Transition-age youth (ages 16-25)
- Adults (ages 25-59)
- Older Adults (ages 60+)

5. In your opinion, which substances are of most concern in Alpine County? Please check all that apply:

- Alcohol
- Fentanyl
- Marijuana
- Methamphetamine
- Tobacco
- Vaping
- Other (Specify):
  - Parents or other family members
  - People who live in very remote areas
  - People who speak non-English languages
  - Other (Specify):

6. In your opinion, how can SUD prevention services in Alpine County be improved?---

7. Additional comments: \_\_\_\_\_

Section B: Information about you (optional):

What is your role in the community?

- Community member  School personnel
- Youth client of ACBHS  Social services staff
- Adult client of ACBHS  Probation staff
- Family member of an ACBHS client  Law enforcement staff
- ACBHS Staff  Health care provider
- Tribal Services staff
- Other (please specify):

Area of Residence (or work location if not an Alpine County resident):

- Markleeville
- Woodfords
- Hung-A-Lei-Ti
- Kirkwood
- Bear Valley

Age Group:



- 12-17
- 18-25
- 26-39
- 40-59
- 60+
- Prefer not to answer Race/Ethnicity:

- Native American
- White/Caucasian
- Hispanic
- Black/African American
- Asian
- Other (please specify):
- Prefer not to answer

**Please return the completed survey to:**

Misty Dee, AOD Program Specialist  
mdee@alpinecountyca.gov  
40 Diamond Valley Road, Markleeville, CA 96120





# American Irish History Month

American Irish History Month is celebrated annually in March to honor Irish Americans' contributions and cultural heritage in the United States. The month coincides with St. Patrick's Day, a significant Irish holiday observed on March 17, celebrating Ireland's patron saint and Irish culture. American Irish History Month was first officially recognized by the U.S. Congress in 1991 and has since been endorsed by presidential proclamations.

This month is significant because it highlights the profound influence of Irish immigrants and their descendants on American history, politics, arts, labor movements, and more. Millions of Irish immigrants came to the U.S., especially during the 19th century, fleeing hardships like the Great Famine. Despite facing discrimination, they contributed significantly to building the nation through labor on infrastructure projects, military service, and public leadership. Prominent Irish Americans, such as John F. Kennedy and Grace Kelly, exemplify the lasting legacy of the community.

Celebrating American Irish History Month promotes appreciation of Irish traditions, literature, and achievements while acknowledging the resilience of Irish immigrants in shaping the American identity. It reminds us of the importance of diversity and the cultural richness brought by immigrant communities.



# **Alpine County Senior Programs**

**BHS is providing two recreational activities for Alpine County residents 50 years or older**

## **1. Senior Soak and Outdoor Wellness.**

Thursday's at 9:30-11:00 am  
Grover State Park, Parking Pass valid All Day

Availability is limited to 10 spaces only.  
Allocation will be based on a first come, first served basis.

## **2. A renewable 15 swim session membership pass to the Carson Valley Swim Center.**

When: Classes are Tuesdays and Thursdays 9:45am-10:45 am  
Free swimming any day.

Register for your passes at the Behavioral Health Services Office at 40 Diamond Valley Road. Monday-Friday 8 am-5pm  
Bring proof of Alpine County residency and your ID

For more information call 530-694-1816



50 PLUS  
**Lunch**

Thursday, March 13th  
12:00-2:00 at BHS

Join the 50 Plus Club and Alpine County Behavioral Health for Baked Salmon, Quinoa Salad and Roasted Veggies.

Followed by an herb garden activity to celebrate the Spring Equinox.

**Please bring a side to share.**

For more information, contact Jackie Springer 530-721-6358  
[jspringer@alpinecountyca.gov](mailto:jspringer@alpinecountyca.gov)



**Bear Valley  
Library Building**



# **AA 12-Step Meeting**

**Recovery group**

The Bear Valley recovery community is hosting a 12-Step meeting for people in need of support with addiction.



**Saturdays  
6PM**



**Wellbriety Talking Circle  
Hung-A-Lel-Ti Firehouse  
Monday's at 6:00 pm**







# YOGA CLASSES



**Bear Valley: Monday & Wednesday 5-6 pm**

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

Join Zoom:

<https://us06web.zoom.us/j/81837132484pwd=ZDNqMWd5U3ZjeEZFcVJsU09BT3p2QT09>

Meeting ID: 818 3713 2484 Passcode: 278663

**Markleeville:**

**STAY TUNED, MORE INFORMATION TO COME**

## 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. This class focuses on improving joint range of motion, balance, and strength-building through breath work, imagery, and self-care.

The program's foundation has ties to Yoga and Qigong/Tai Chi.

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISlFlcmpVSE5lWG5aOURKbGVlUT09>

Meeting ID: 827 2872 2590 Passcode: 064928



# Bear Valley Happenings

Create The Good Wednesday, March 12th.  
Peruvian-inspired menu

Pickleball at Perry Walther Tuesdays from 5-7

Basketball at Perry Walther Thursdays from 5-7



## Makers Space

Looking for the perfect space to bring your craft ideas to life? Whether you're starting a new project, finishing an old one, or exploring a brand-new craft. With ample workspace, tools, and a supportive community of fellow makers, you'll have everything you need to turn your vision into reality.

Join Kari and Jackie at the Hung-A-Lel-Ti Firehouse on Wednesdays and let your creativity flourish!



March 5th, 1:00-3:00 pm  
March 12th, 1:00-3:00 pm  
March 19th, 11:00 am-1:00 pm  
March 26th, 11:00 am-1:00 pm






Calling Douglas High School students! Join Jackie for coffee on Thursday, March 20th. Coffee will be provided by Scooters Coffee.

I can't wait to sip and chat with you!

Text Jackie at 530-721-6358 to place your coffee order.



**World Teen Mental Wellness Day**, observed annually on March 2nd, is dedicated to raising awareness about teenagers' mental health challenges. Initiated in 2020 by Hollister Co. through their Hollister Confidence Project, the day aims to destigmatize mental health issues and promote open conversations among teens worldwide.

Mental health struggles are unfortunately common in teens, accounting for 16% of diseases and injuries among individuals aged 10 to 19. Issues such as depression, anxiety, and suicide are prevalent, often exacerbated by the stigma surrounding mental illness, which can make teens reluctant to seek help.

On this day, individuals are encouraged to engage in self-care activities, foster open discussions about mental health, and support the well-being of teenagers in their communities. By participating in World Teen Mental Wellness Day, we can work together to create a more understanding and supportive environment for adolescents facing mental health challenges.





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](http://www.NeverUseAlone.com)



## FIRST WEEK OF APRIL ACTIVITIES

APRIL 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 BEAR VALLEY YOGA WITH ALEX, SEE PAGE 7 FOR DETAILS	3	4 CREATE THE GOOD LUNCH SEE PAGE 2 FOR DETAILS	5



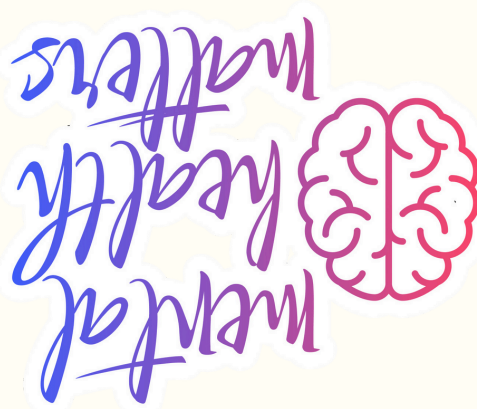
U T P G P P G H D F H P L L A  
 A E O C A R F R U W U H F E O  
 I K T P W A B O L M G F W P G  
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CLOVER  
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 GOLD  
 GREEN  
 IRELAND  
 LEPRECHAUN  
 LUCKY  
 MARCH  
 PATRICK  
 POT  
 RAINBOW  
 SHAMROCK

Photokopi.com



St. Patrick's  
Day



40 Diamond Valley Rd.  
Markleeville, CA 96120

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



Postal Customer  
Markleeville, CA 96120