



Welcome to the October Let’s Connect”!

As we settle into fall, we have a full lineup of activities and opportunities to keep you engaged and connected with our community.

First up, our **Create the Good** lunches will feature yummy fall menus, along with presentations and activities designed to nourish both body and mind. Be sure to check out the **Chili Cook-Off & Art Faire** for some fiery competition and local creativity on display.

In recognition of **World Mental Health Day**, our **50+ Club** will be hosting special activities aimed at promoting wellness, support, and connection. Don’t miss the chance to visit the **County Clerk Satellite Office**, which will be setting up in various convenient locations for your ease. We’re also excited to co-host an **Outdoor Movie Night** under the stars, as well as our family-friendly & safe **Halloween Trunk or Treating & Halloween Bash**—COSTUMES ENCOURAGED!

For those interested in enhancing their skills, we’re offering **sewing classes** this month in both Markleeville and Bear Valley. Bear Valley is hosting both a **Create the Good Dinner & Halloween Bash** and **Medi-Cal sign-up assistance this month**, plus **Saturday AA 12-step meetings**. We sponsor a **Wellbriety Talking Circle** in Woodfords, which provides a supportive space for healing and recovery.

Don’t forget our regular **yoga, holistic health, and guided meditation classes** to keep your mind and body balanced, as well as the **Sr. Soak at Grover Hot Springs** and the **Swim Club at CVSC**, perfect for staying active and refreshed.

In this issue, we’ve also included articles on **Washo Tribal Culture**, the **Credible Mind platform**, **prescription drug abuse** and **ADHD Awareness Month**, highlighting valuable information and resources to support our community’s health and wellness.

We look forward to seeing you at our events and continuing to connect as we head into the fall season!



Create the Good

LUNCH, PRESENTATIONS, CREATIONS, CONVERSATIONS

October 4th

MENU: FILIPINO, ITALIAN & POLISH AMERICAN HERITAGE POTATO PARTY & BAKED POTATO/SWEET POTATO BAR
ACTIVITIES: SADIE WITH CSS



October 11th

MENU: SHEPHERD'S PIE & VEGGIE PIE WITH FRESH FALL SALAD
ACTIVITIES: BOOSTING MENTAL HEALTH PHOTO BOARDS



October 18th

MENU: SMOKY POTATO & KALE SOUP AND IMMUNE-BOOSTING CHICKEN SOUP WITH AUTUMN PANZANELLA SALAD
ACTIVITIES: TBA



October 25th

MENU: CHICKEN KIEV, ROASTED CAULIFLOWER AND PUMPKIN MUSHROOM RISOTTO
ACTIVITIES: SAFETALK



Every Friday 12-2 p.m.

Hung-A-Lel-Ti Wellness Center (Firehouse)



Live Healthy!

Alpine County Health & Wellness Services



Suicide Prevention Network

3RD ANNUAL MARKLEEVILLE

Chili COOK OFF



Salsa Contest, Artist
Faire, and Live Music

SATURDAY, OCTOBER 5TH

MARKLEEVILLE LIBRARY PARK 270 LARAMIE STREET,
MARKLEEVILLE, CA

CONTESTANTS COOK & PREP TIME 10 am-12:30 pm

CHILI & SALSA TASTING & VOTING 12:30 pm-2 pm

ART VENDORS 10 am-4 pm (9 am set up)

WINNERS ANNOUNCED AT 3 PM

TROPHIES FOR 1ST PLACE

CHILI & SALSA

PRIZES FOR 2ND & 3RD

PLACE CHILI

PRIZES FOR 2ND & 3RD

PLACE SALSA

*BEST THEME & BOOTH

DÉCOR*

NO ENTRY FEE FOR COOKS

\$15 FEE FOR ART VENDORS

\$5 TASTING KITS

CHILI/SALSA COOK ENTRY FORMS & ART
BOOTH REGISTRATION FORMS AVAILABLE
AT ALPINE COUNTY BEHAVIORAL HEALTH
40 Diamond Valley Rd. Markleeville, CA or
email driddle@alpinecountyca.gov



ALL PROCEEDS BENEFIT ALPINE KIDS



October 50+ Club Potluck

Thursday, October 10th

Noon-2pm

Alpine County Behavioral Health Services

BHS & 50+Club

will provide a Mental Health-boosting lunch

Grilled Salmon

Quinoa Pilaf

Roasted Beet, Broccoli, Spinach and Arugula Salad

Dark Chocolate & Blueberry Parfait

Green Tea with Mint & Honey

Bring something to share!



October 10th is World Mental Health Day.

Alpine County Behavioral Health Services' Misty Dee will host a Q&A session on fentanyl and Narcan. Suicide Prevention Network's Ewa will lead a Mental Health Myth vs. Facts Bingo Game with fun fall prizes.

W
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Alpine County Clerk Satellite Offices

The County Clerk will establish the below satellite offices to provide:

- Voter Registration
- Ballot Issuances
- Ballot Replacement
- Ballot Collection

October 16, 2024

9 AM - 4 PM

Hun-A-Lel-Ti Firehouse
96 Washoe Blvd, Woodfords, CA

October 23, 2024

9 AM - 4 PM

Kirkwood Meadows Public Utility District
Board Room - 33540 Loop Rd, Kirkwood, CA

October 30, 2024

10 AM - 3 PM

Bear Valley Library
367 Creekside Dr, Bear Valley CA



Please call or email at
530-694-2281
elections@alpinecountyca.gov
for more information



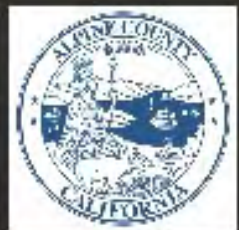
OUTDOOR MOVIE NIGHT

SHOWING DISNEY'S COCO
DINNER PROVIDED

FRIDAY, OCTOBER 18TH

5:30-7:30

ALPINE COUNTY LIBRARY
270 LARAMIE STREET
MARKLEEVILLE, CA 96120



Bring chairs, warm clothes and
blankets !



7

SAVE THE DATE

TUESDAY OCTOBER 22nd

5:00-8:00 PM

HALLOWEEN BASH!

HUNG-A-LEL TI: EDUCATION CENTER AND GYM

- DECORATING TRICK OR TREAT BAGS
- TRUNK OR TREATING
- GAMES AND FOOD
- COSTUME CONTEST
- PHOTO BOOTH
- MORE INFO TO COME: STAY TUNED

**ALL ALPINE COUNTY
FAMILIES ARE INVITED
TO ATTEND**

7



safeTALK

Suicide is preventable; anyone can make a difference.

What is safeTALK?

- 3-hour training in suicide alertness skills
- Learn 4 basic steps to help prevent suicide
- Widely used by professionals and the general public

Who can attend?

- Public service providers, educators, family members, faith community, students, and the general public
- People who are age 15 and above
- Groups of 10-15 individuals

What is the goal?

- Recognize and respond to situations in which suicidal thoughts may be present
- Move beyond the myths and stigmas that keep us silent
- Learn how to connect to community resources and *keep the person safe for now*
- CEUs available

Our next training:

**Friday, October 25th, 2024
1 - 4:30 pm**

Hung-A-Lel-Ti Wellness Center (Firehouse)
96A Washo Blvd,
Markleeville, CA 96120

**Please call 775-783-1510
or email Ewa@spnawareness.org to reserve a spot**

Markleeville “Sew it Off” Sewing Class

Tuesdays 10am-1pm

Behavioral Health Wellness Center at the
Hung-A-Lel-Ti Firehouse

With Kathy and Kari

Bring your clothes that need repairs or alterations

Holiday Projects coming soon!



Bear Valley Sewing Class

Wednesday, October 30th 1-5pm

Perry Walther Community Building

with Kari from Public Health

Bring your clothes that need repairs or alterations

Sewing Machines will be Provided!

BEAR VALLEY OCTOBER 2024

CREATE THE GOOD

Date: Wednesday, October 23, 2024

Time: 5:30-7:00pm Location: Perry Walther Bldg.

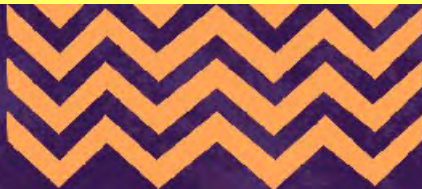
*Dinner and
Halloween Bash*



FOR OTHER BV OCTOBER ACTIVITIES SPONSORED BY ALPINE COUNTY
BEHAVIORAL HEALTH SERVICES, EMAIL NATHAN GRANADOS AT
NGRANADOS@ALPINECOUNTYCA.GOV & LOOK FOR FLYERS AROUND TOWN.

Save the Date in Bear Valley
Thursday, October 17th time: tbd
Medi-Cal Sign up assistance
Bear Valley Library Community Room

**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

MONDAYS AT 5:30PM



Guided Meditation

Now Monday, Wednesday & Friday

8:00-8:45am

Join Zoom Meeting:

<https://us06web.zoom.us/j/83717964547?pwd=LkJsJxLrIkYzuvBMZhGvHyPnKtEltD.1>

Meeting ID: 837 1796 4547 Passcode: 570024

October Meditations

- Harvesting Your Inner Wisdom
- Letting Go: Embracing Change and Transition
- Balancing the Darkness and Light
- Honoring Ancestral Wisdom
- The Quiet of Autumn: Finding Stillness During change
- Breathwork and EFT tapping continued

Meditation Practices with Dawn
Certified Meditation Teacher



Alpine County Behavioral Health presents



Alpine County Senior Soak & Outdoor Wellness Program

SENIOR SOAK EVERY THURSDAY 9:30-11:00AM

GROVER STATE PARK PARKING PASS VALID ALL DAY

Free for Alpine County residents 50+ years old

Availability is limited to 10 spaces only

**and allocation will be based on a first-come,
first-served basis.**

Email driddle@alpinecountyca.gov to reserve your card

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

NO YOGA MONDAY 10/14/24 County Holiday

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.

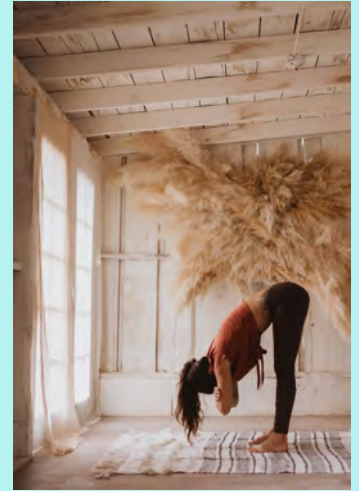
For required forms please call or text Dawn at 694-1314

or email: driddle@alpinecountyca.gov

Join Zoom meeting:

<https://us06web.zoom.us/j/82728722590?pwd=cklISIFcmpVSE5IWG5aOURKbGVLU09>

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



**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 the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

**1(877)696-1996
www.NeverUseAlone.com**

DARE TO SHARE!

Alpine residents & employees share about their mental health hygiene

On September 12th, the members of the 50+ Club gathered for their monthly potluck, and as always, it was a delightful time! But this time, they didn't just share food—they shared their favorite coping strategies, too. They wanted to spread some positivity and wisdom with the rest of the Alpine Community, and we thought you'd enjoy hearing what they came up with.

Take a look below and see if any of these tips resonate with you!





WASHOE TRIBE CULTURE



ʕayun gum di-beʔ - the hunting moon (October)

Waš-šiw ʔitdēʔ - “the homelands of the Washoe People”

As the Wá-šiw creation story goes, the people were brought to their homelands surrounding Lake Tahoe by géwe (the coyote) and told that this is the place the Wá-šiw People were meant to be by nenfúšu. nenfúšu then told all of the plants, medicines and animals of this place to grow strong in order to provide nourishment for the Wá-šiw and she reminded the people of their responsibility to care for this place (one of several creation stories).

“The center of the Wá-šiw world is dáʔaw (Lake Tahoe) both geographically and spiritually.”

Like most native peoples our lifestyles revolved around the environment; the people were part of the environment, and everything was provided by the environment.

Waš-šiw - The People From Here

The Wá-šiw people are a distinct people who share commonalities with both the Great Basin and the California Cultures. The family unit is the core of the tribe. The families comprised the local groups and the local groups made up a band. The Wá-šiw were recognized by what part of the territory they came from. The four directions of Wá-šiw territory was occupied by different bands of the Wá-šiw that made up the whole of the tribe. Although one tribe, each band was unique in its own area of occupation with subtle differences in cultural diversity and language patterns.

Summers were spent at dáʔaw and all parts of the territory. Large Cutthroat Trout lived in all the lakes and streams along with freshwater clams and other fish once plentiful, sustained the people throughout the year. Large and small game was once plentiful. Plant gathering for food, utilitarian and medicinal use is still actively practiced by Tribal Members in all parts of Wá-šiw lands. During the fall the Wá-šiw traveled to the pine nut hills to gather fágim (pinion nuts) or to the western slope of the Sierras to gather máluj (acorns). The fall was also time for hunting. Rabbit drives were conducted throughout the valleys at the designation of the Rabbit Boss, and the meat and pelts gathered were used to sustain the people through the long winters. During the winters the Wá-šiw would travel to lowland valleys where the harsh winter snows felt by the Sierra Mountains would be bearable. When the snows started melting, it was a time for renewal and it was time to begin the cycle of life again. (washoetribe.us)





24/7 FREE RESOURCES



Are You Mindful or Is Your Mind Full?

MINDFULNESS MEANS BEING AWARE OF THE PRESENT MOMENT

Find podcasts, videos, articles and insights online



Mindfulness meditation can reduce stress, improve emotional wellbeing, and more. Evidence shows that mindfulness can also help treat chronic pain, and other physical symptoms.

Guided Meditation with Dawn Riddle

8 -9 am Every Monday, Wednesday and Friday

QR Code for Zoom Link

For more information contact Dawn - 530-694-1816 ext. 259
driddle@alpinecountyca.gov



SCAN THE QR CODE TO ACCESS THE "ARE YOU MINDFUL OR IS YOUR MIND FULL" ASSESSMENT

ALPINECOUNTY.CREDIBLEMIND.COM

The Alpine County Public Health team, in conjunction with the Behavioral Health Services team, has been working to bring a new platform to county residents for over a year called Credible Mind. It is a digital platform that provides expert-curated and scientifically backed mental health and self-care resources specifically chosen to match your unique needs and preferences. This platform is freely available to everyone who lives, works, or plays in Alpine. It has hundreds of topics with multiple resources. The topics are broken into eight categories ranging from Mental Health, Emotional Health, Healthy Relationships, and Life Changes.

According to a White House Report on Mental Health Research Priorities from February of 2023, "Our nation is facing a mental health crisis among people of all ages, and the COVID-19 pandemic has only made these problems worse." This crisis exists in every community, but especially in rural communities like Alpine County. Even before the pandemic, mental health rates for depression, anxiety, and substance abuse were on the rise, and the pandemic only increased these issues. The rates of anxiety and depression are up double, if not triple, and the rates of loneliness have also risen. As much as we would like to think that the pandemic is over, there are an estimated five more years of these rates.

There is some good news! Early intervention works! Things like being in nature, sleeping well, meditation, and good social connections can help alleviate some of the stressors common in mental health struggles.

According to the co-founder and CEO of Credible Mind, Deryk Van Brunt, who spoke at the July 2nd Board of Superiors Meeting, three out of four individuals who have some form of mental distress do not want medication. They want to know what they can personally do to make themselves feel better. That is where Credible Mind can help, with evidence-based self-care for mental health, not as an alternative but as a compliment to professional services.

Prescription Drug Abuse

“Two-thirds of teens who report abuse of prescription medicine are getting them from family, friends, and acquaintances. “Record and understand prescription information, and rely on the experts, pharmacists, and doctors, for help. Safely acquire medication, whether buying your prescription at the neighborhood pharmacy or an online pharmacy. Appropriately use and administer medications. . Make sure the teens in your life don’t have access to your medicine. Find out how to monitor, secure, and properly dispose of unused and expired prescription and over-the-counter cough medicine in your home.” Contact Alpine County Behavioral Health Services or Alpine County Public Health to obtain disposal bags for unused and unwanted medications. If you know someone who may need help with prescription medication abuse, have them contact Alpine County Behavioral Health for assistance.

530-694-1819





ABOUT ADHD. Everybody can have difficulty sitting still, paying attention or controlling impulsive behavior once in a while. For some people, however, the problems are so pervasive and persistent that they interfere with every aspect of their life: home, academic, social and work.

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting **11** percent of school-age children. Symptoms continue into adulthood in more than three-quarters of cases. ADHD is characterized by developmentally inappropriate levels of inattention, impulsivity and hyperactivity.

Individuals with ADHD can be very successful in life. However, without identification and proper treatment, ADHD may have serious consequences, including school failure, family stress and disruption, depression, problems with relationships, substance abuse, delinquency, accidental injuries and job failure. Early identification and treatment are extremely important.

SYMPTOMS. Typically, ADHD symptoms arise in early childhood. Several symptoms are required to be present before the age of **12**. Many parents report excessive motor activity during the toddler years, but ADHD symptoms can be hard to distinguish from the impulsivity, inattentiveness and active behavior that is typical for kids under the age of four. In making the diagnosis, children should have six or more symptoms of the disorder present; adolescents **17** and older and adults should have at least five of the symptoms present. Diagnostic and Statistical Manual (DSM) classification system, lists three presentations of ADHD—Predominantly Inattentive, Hyperactive/Impulsive and Combined. The symptoms for each are adapted and summarized below.

ADHD predominantly inattentive presentation: fails to give close attention to details or makes careless mistakes; has difficulty sustaining attention; does not appear to listen; struggles to follow through with instructions; has difficulty with organization; avoids or dislikes tasks requiring sustained mental effort; loses things; is easily distracted; is forgetful in daily activities.

ADHD predominantly hyperactive-impulsive presentation: fidgets with hands or feet or squirms in chair; has difficulty remaining seated; runs about or climbs excessively in children; extreme restlessness in adults; difficulty engaging in activities quietly; acts as if driven by a motor; adults will often feel inside as if they are driven by a motor; talks excessively; blurts out answers before questions have been completed; difficulty waiting or taking turns; interrupts or intrudes upon others.

ADHD combined presentation: the individual meets the criteria for both inattention and hyperactive-impulsive ADHD presentations. These symptoms can change over time, so children may fit different presentations as they get older.

CAUSES. Despite multiple studies, researchers have yet to determine the exact causes of ADHD. However, scientists have discovered a strong genetic link since ADHD can run in families. More than **20** genetic studies have shown evidence that ADHD is strongly inherited. Yet ADHD is a complex disorder, which is the result of multiple interacting genes.

Other factors in the environment may increase the likelihood of having ADHD: exposure to lead or pesticides in early childhood, premature birth or low birth weight, and brain injury. Scientists continue to study the exact relationship of ADHD to environmental factors, but point out that there is no single cause that explains all cases of ADHD and that many factors may play a part.

Previously, scientists believed that maternal stress and smoking during pregnancy could increase the risk for ADHD, but emerging evidence is starting to question this belief. However, further research is needed to determine if there is a link or not.

The following factors are NOT known causes, but can make ADHD symptoms worse for some children: watching too much television, eating sugar, family stress (poverty, family conflict), traumatic experiences.

ADHD symptoms, themselves, may contribute to family conflict. Even though family stress does not cause ADHD, it can change the way the ADHD presents itself and result in additional problems such as antisocial behavior. Problems in parenting or parenting styles may make ADHD better or worse, but these do not cause the disorder. ADHD is clearly a neurodevelopmental disorder. Currently research is underway to better define the areas and pathways that are involved.

TREATMENT IN CHILDREN WITH ADHD. ADHD in children often requires a comprehensive approach to treatment that includes the following: parent and child education about diagnosis and treatment, parent training in behavior management techniques, medication, school programming and supports, child and family therapy to address personal and/or family stress concerns.

Treatment should be tailored to the unique needs of each child and family. Research showed significant improvement in behavior at home and school in children with ADHD who received carefully monitored medication in combination with behavioral treatment. These children also showed better relationships with their classmates and family than did children receiving this combination of treatment. Further research confirms that combining behavioral and stimulant treatments are more effective than either treatment alone.

TREATMENT IN ADULTS WITH ADHD. Adults with ADHD can benefit by identifying the areas of their life that are most impaired by their ADHD and then seeking treatment to address them. Adults may benefit from treatment strategies similar to those used to treat ADHD in children, particularly medication and learning to structure their environment. Medications effective for childhood ADHD continue to be helpful for adults who have ADHD. Various behavioral management techniques can be useful. Some adults have found that working with a coach, either formally or informally, to be a helpful addition to their treatment plans. In addition, mental health counseling can offer much-needed support to adults dealing with ADHD in themselves or someone they care about. Since ADHD affects the entire family, receiving services from ADHD-trained therapists skilled in Cognitive-Behavioral Therapy can help the adult learn new techniques to manage living with ADHD.

"About ADHD" ~<https://chadd.org/understanding-adhd/adhd-fact-sheets/>





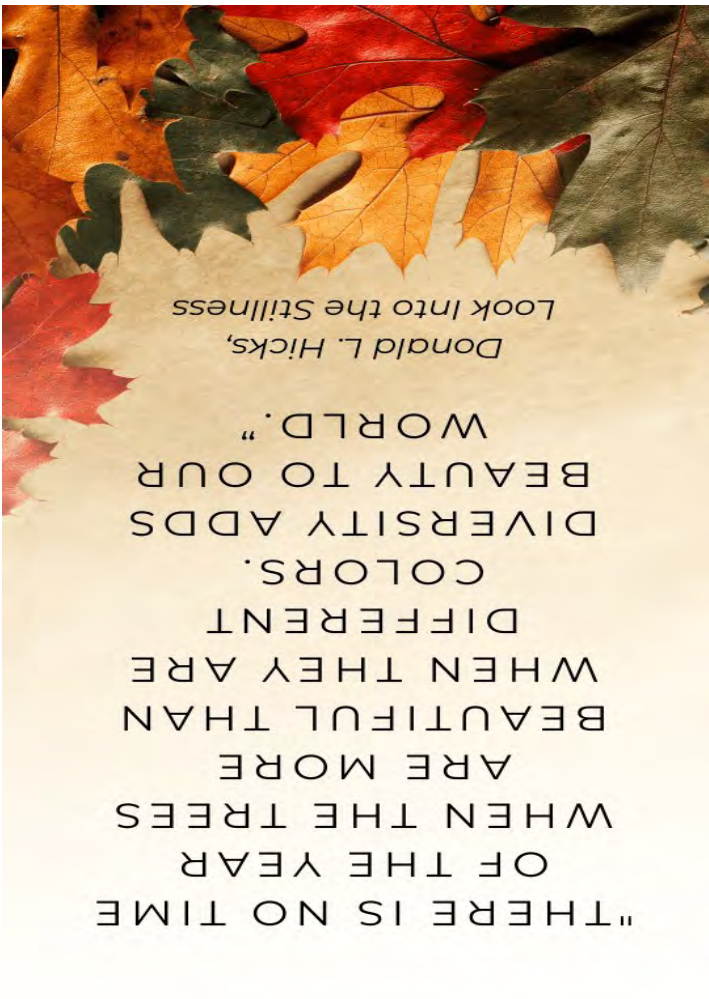
Animals in hiding

Find the *animals* hiding in the following sentences.

EXAMPLE Close the door at once! (rat)

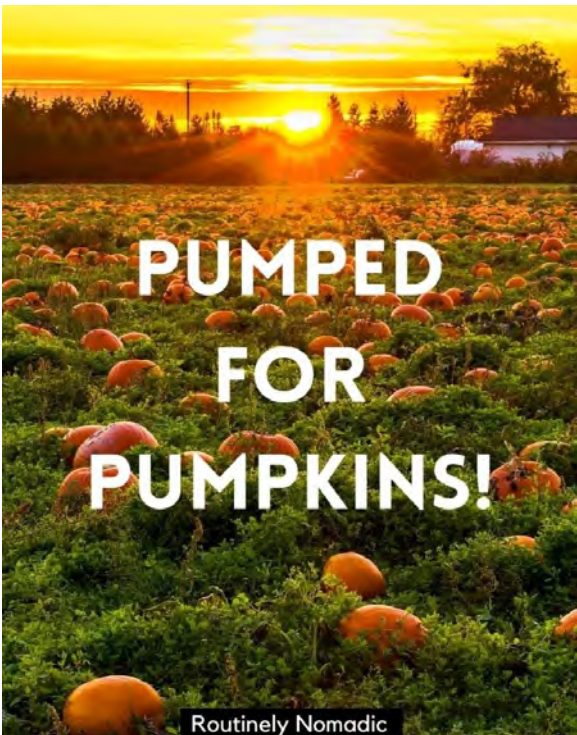
1. That will be a real help.
2. She came late every day.
3. He came to America today.
4. Eric owes me ten cents.
5. We made errors in each one.
6. Do good workers succeed?
7. If I shout, he'll hear me.
8. If Roger comes, we'll begin.
9. We will go at two o'clock.
10. Is it the sixth or seventh?
11. In April I only came once.
12. I'll sing; you hum on key.
13. I made a Xerox copy of it.
14. She clothes naked babies.
15. At last, I, Gerald, had won.
16. Was Pilar mad, ill, or glad?
17. That man ate eleven cookies.
18. Your comb is on the table.
19. We're sending only one book.
20. He regrets having said that.
21. If Al concentrates, he'll win.
22. When I withdrew, Al rushed in.
23. He called Mikko a lazy boy.
24. It's only a kilometer away.





40 Diamond Valley Road
Markleeville, Ca 96120

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



"Let's Connect" newsletter

OCTOBER 2024

Postal Customer
Markleeville, CA 96120