

September 2024

“Let’s Connect”



SUICIDE PREVENTION MONTH

988 SUICIDE & CRISIS LIFELINE

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK
www.suicidepreventionlifeline.org

YOU CAN HELP: ASK. BE THERE. KEEP THEM SAFE. HELP THEM CONNECT. FOLLOW-UP. LEARN MORE.

Welcome to the August “Let’s Connect”!

Hello Alpine County!

Welcome to the September edition of *Let’s Connect*, your monthly guide to some enriching activities and events that help to support our community's well-being. As summer gently fades into fall, we have a vibrant lineup of opportunities designed to foster connection, creativity, and healing.

This month, we're excited to introduce the *Coping through Creativity* series as part of our *Create the Good* lunches. Join us in channeling our inner artists while sharing a meal and nurturing our mental health. The 50+ Club will also be heading out to Sorensen's Cafe for a special outing with the Suicide Prevention Network, offering a chance to connect and discuss a meaningful cause.

Nature lovers, don't miss our final ParkRX event, a serene Story Walk in beautiful Markleeville. For those seeking reflection and remembrance, the *Evening of Remembrance* dinner and walk at the Hung A Lel Ti Firehouse provides a heartfelt space to honor those we've lost.

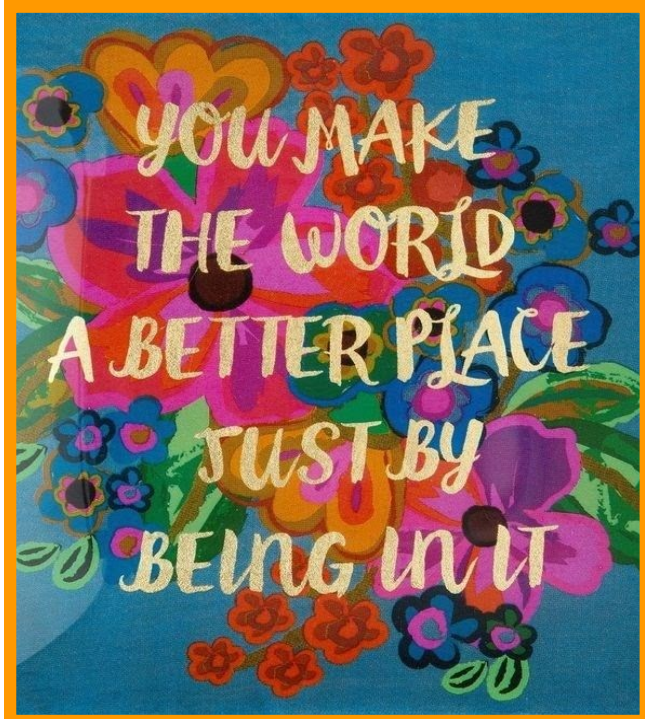
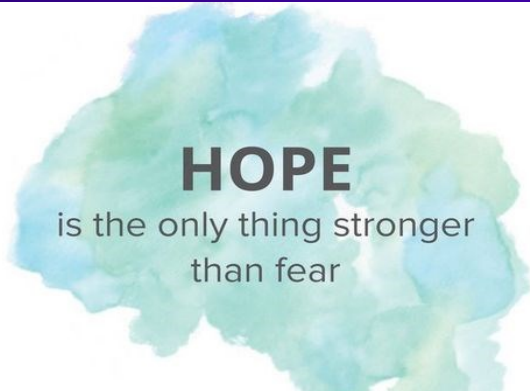
Families are in for a treat with our Family Movie & Pizza Night, featuring the much-anticipated *Inside Out 2*. Plus, due to popular demand, we're bringing sushi to the DHS high school lunch! Over in Bear Valley, join us for a *Create the Good* dinner & lively Family Game Night, and don't miss out on two engaging sewing classes at the library.

Mark your calendars—Sr. Soak returns to Thursdays starting September 12th, and be sure to save the date for the 3rd Annual Markleeville Chili Cook Off on October 5th! Sign up to compete!

This month's *Dare to Share* spotlight shines on Nicole Bennett, who has a story you won't want to miss. As we observe Suicide Prevention Month and National Recovery Month, we encourage everyone to check out our articles on these critical topics. Don't forget the Wellbriety Talking Circle every Monday at 5:30 pm at the Hung A Lel Ti Firehouse.

Ongoing activities include guided meditation on Monday, Wednesday, and Friday mornings, evening yoga classes and holistic health sessions on Tuesdays and Thursdays.

Let's embrace this September with open hearts and minds, staying connected and supportive of one another. See you at the events!





Create the Good



LUNCH PRESENTATIONS CREATIONS
CONVERSATIONS

September 6th

MENU: CAPRESE GRILLED CHEESE, TOMATO BISQUE SOUP WITH PESTO ZUCCHINI & CORN QUINOA SALAD

ACTIVITY: COPING THROUGH NUTRITION-SADIE WITH CSS

September 13th

MENU: MAPLE MUSTARD CHICKEN WITH FRENCH POTATO SALAD

ACTIVITY: COPING THROUGH ART. TIE-DYE WITH MARIE BRAVO

September 20th

MENU: AUTUMN COBB SALAD WITH CHICKEN & BACON, BLUEBERRY SLAB PIE

ACTIVITY: COPING THROUGH SEWING WITH KATHRYN RAKOW

September 27th

MENU: QUESADILLA BAR WITH SOUTHWEST SALAD

ACTIVITY: COPING THROUGH CREATIVITY-STEPHANIE WITH SPN

Every Friday 12-2p.m.
Hung-A-Lel-Ti Firehouse



September Coping Series

Every Friday During Create the Good

In observance of Suicide Prevention Month this September, we invite you to join us for a special Coping Series during the Create the Good luncheons.

These events will focus on equipping you with the tools and support needed to cope with everyday challenges, life hardships, and losses.

Together, we can strengthen our resilience and foster a community of care and understanding.

COPING THROUGH NUTRITION WITH SADIE - 9/6/2024

DISCOVER WHICH FOODS PROMOTE OUR OVERALL WELL-BEING AND ENHANCE OUR LONG-TERM PHYSICAL, AND EMOTIONAL HEALTH. EXPLORE THE BENEFITS OF SHARING A MEAL WITH LOVED ONES AS A POSITIVE WAY OF COPING.

COPING THROUGH ART WITH MARIE - 9/13/2024

ART IS A POWERFUL WAY TO COPE WITH DIFFICULT EMOTIONS AND EXPERIENCES. IT ALLOWS US TO PROCESS FEELINGS, FIND RELEASE, AND GAIN NEW PERSPECTIVES. CREATING ART CAN BE A CALMING ACTIVITY THAT BRINGS CLARITY, JOY, AND A SENSE OF ACCOMPLISHMENT. DIVE INTO ART BY DESIGNING A TIE-DYE PIECE!

COPING THROUGH SEWING WITH KATHRYN - 9/20/2024

THIS WILL BE AN INITIAL MEETING OF A NEW SEWING CLUB! SEWING MIGHT BE A THERAPEUTIC ACTIVITY THAT ALLOWS YOU TO FOCUS YOUR MIND ON A CREATIVE TASK, HELPING TO REDUCE STRESS AND ANXIETY. IT ALSO BRINGS A SENSE OF ACHIEVEMENT AS YOU SEE A TANGIBLE RESULT FROM YOUR EFFORTS, WHICH CAN BOOST YOUR MOOD AND SELF-ESTEEM.

COPING THROUGH CREATIVITY WITH STEPHANIE - 9/27/2024

JOIN US FOR A FUN AND THOUGHT-PROVOKING WORKSHOP USING ART AND WRITING TO EXPRESS DIFFICULT EMOTIONS. LEARN HOW EVEN SIMPLE, CREATIVE ACTIVITIES OFFER A SENSE OF CONTROL, PROVIDE A HEALTHY DISTRACTION, AND CAN LEAD TO MOMENTS OF INSIGHT AND SELF-DISCOVERY.

September 50+ Club Lunch at Sorensen's Cafe

Thursday, September 12, 2024

Noon - 2pm

at Desolation Hotel Hope Valley

RSVP to the BHS Office
530-694-1816

To reserve your seat
Transportation Available!



September is Suicide Prevention Month. Alpine County Behavioral Health Services and Suicide Prevention Network will lead table activities to connect with the protective factors (strengths & supports) in our lives that promote health & mental well-being. Sharing the strengths in our lives helps us connect with ourselves, others and the land. Please join us for lunch, conversation and mental health resources. What helps to make you mentally strong?

Space is limited, so RSVP now!

September

ParkR Hike

Hosted by:
Markleeville
Public Library



Story Walk at Markleeville Library Park

- 270 Laramie Street
- Saturday, September 14th
@ 10:30 am
- Families will walk around the library park to read the story, led by library staff.

Afterwards we'll gather inside the library to do a related craft and enjoy light (nutritious) snacks.



Remembrance Evening

Honoring Those We've Lost

Wednesday, September 18th
6:00 - 8:00 PM

Join us for an evening of reflection and remembrance as we honor the memory of those we've lost.

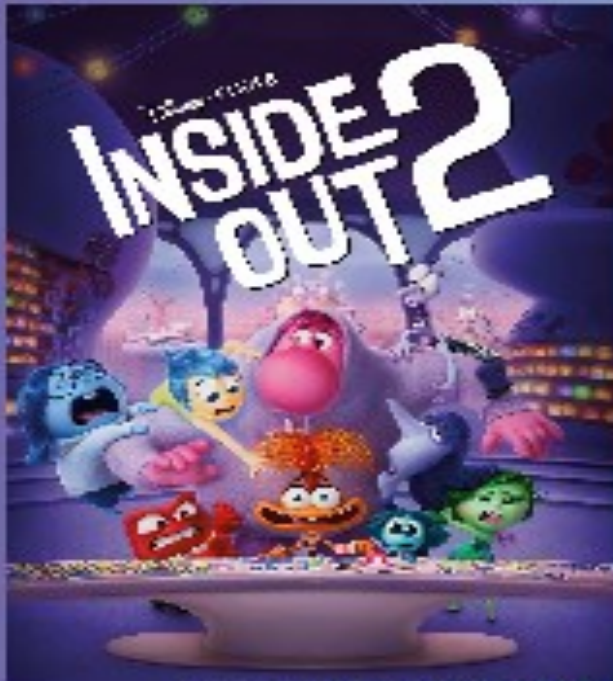
At 6 pm we will gather at the top of Washo Boulevard (across the street from the water tower) and walk together to the Firehouse, carrying signs in memory of our loved ones.

At the Firehouse, attendees will have the option to walk a path of luminaries dedicated to their lost loved ones.
Dinner will be served.

**Create your memorial sign during drop-in hours
at the BHS Wellness Center (Firehouse).
All materials will be provided.**



FAMILY MOVIE & PIZZA NIGHT

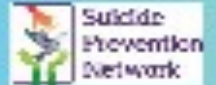


Disney and Pixar's "Inside Out 2" returns to the mind of newly minted teenager, Riley, just as headquarters is undergoing a sudden demolition to make room for something entirely unexpected: new Emotions! Joy, Sadness, Anger, Fear and Disgust, who've long been running a successful operation by all accounts, aren't sure how to feel when Anxiety shows up. And it looks like she's not alone!

PG / 1h 36min

TUESDAY, SEPTEMBER 24TH, 5-7 PM

Hung - A - Lel - Ti Firehouse



ALPINE DHS STUDENTS

JOIN DAWN AND EWA FOR LUNCH IN THE DHS CONFERENCE ROOM!

WE'RE LOOKING FORWARD TO SEEING YOU!



TUESDAY, SEPTEMBER 24TH



BEAR VALLEY JULY 2024

CREATE THE GOOD

Date: Wednesday, September 25, 2024

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

*Pasta Dinner
And Family Game
Night*



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



BEAR VALLEY SEWING CLASSES



SEPTEMBER 19 & 26, 2024 - 1:00 PM - BEAR VALLEY LIBRARY

SPACE IS LIMITED, PLEASE RESERVE YOUR SPOT

EMAIL KARI- KMOORE@ALPINECOUNTYCA.GOV OR CALL 530-721-6041

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



Alpine County Behavioral Health presents



Alpine County Senior Soak & Outdoor Wellness Program

***SENIOR SOAK will return to Thursdays
on September 12, 2024 (last Friday will be 9/6/24)***

Free for Alpine County residents 50+ years old

Availability is limited to 15 spaces only

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

Senior Soak Day: Hot Springs Soak Session 9:30-11a

& Grover State Park Parking Pass: Valid all day!

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 9/2/24 LABOR DAY 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.

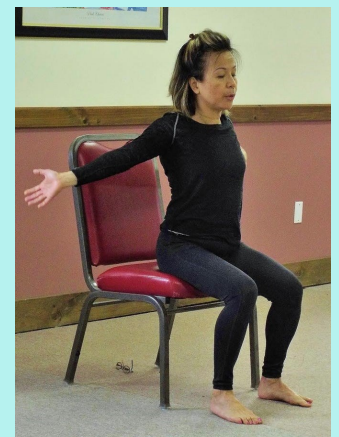
For required forms please call or text Dawn at 694-1314

or email: driddle@alpinecountyca.gov

Join Zoom meeting:

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

Meeting ID: 827 2872 2590 Passcode: 064928



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

September Meditations

- Emotional Freedom Technique Tapping Practices (EFT)
- Journey Through the Chakras
- Breathwork continued
- The Science of Intuition
- The 3 Brains of the Human Body
Meditation Practices with Dawn
Certified Meditation Teacher



When we create
peace and **harmony**
and **balance** in our
minds, we will find
it in our **lives**.

— LOUISE HAY —





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



Helps You Burn Calories

Works all the major muscles

Helps tone your entire body

Puts less stress on your joints

Nothing is *softer* or more *flexible* than *water*, yet nothing can *resist it*.

Swimming Is Good For You

MotiveWeight.Blogspot.com

DARE TO SHARE!

Alpine residents & employees share about their mental health hygiene



Hello, I'm Nicole Bennett, and I am the tutor coordinator at the Woodfords Indian Education Center.

My mental health was never something I thought about taking care of until I got older and heard more and more about it. After thinking about it, I realized I've been taking care of my mental health just by talking, beading, and bringing joy to others. My mother has always been my "go to" person. We would sit together for hours just talking and beading. This helped to keep my head clear and my body relaxed. Beading has

become something that I love and am very passionate about. I have good thoughts while doing it, I'm getting to create something beautiful, and am always thankful for this gift. It has always helped me to be in a positive mindset which I think is one of my biggest strengths.

In my previous position as recreation supervisor, I loved getting to play games with the kids. Whether it was kickball, dodgeball, pickleball or whatever we decided, it feels good getting to see so many smiles. Lately my focus has been on the youth in our community and any laughter or smiles I get to share with them makes me grateful and thankful for our time together. I feel this is where I'm meant to be which brings me happiness and joy.

Nicole Bennett

Tutor Coordinator at the Woodfords Indian Education Center





WASHOE TRIBE CULTURE



ʔagim gum di-beʔ - pinenut moon (September)

The Stewart Indian School opened in 1890 and occupied 240 acres south of Carson City. Washoe, Paiute, and Shoshone children were forced to attend. Euro-American culture was taught to the children, who spent half of the day in the classroom learning English and mathematics, and the rest of the day receiving vocational training that often involved nothing more than doing work that was needed to maintain the school. Since the Indian boarding schools were under the control of the War Department, the schools were run in a strict military style and focused on assimilation.

Children as young as five years old were often rounded up and taken from their families while neither the children nor the parents knew what was happening. When they arrived at the school they were forced to wear a uniform and to cut their hair. They were punished if they spoke their languages. The children had a difficult time adjusting to the new strict environment and tried to run away. They were almost always caught and brought back. Parents objected to having their children go to the schools because they often became out of touch with their own culture and many of them never came home at all. There were high death rates at the schools due to epidemics of diseases such as influenza, small pox and cholera. Nearly all of the children reported suffering various amounts of psychological, physical and sexual abuse.

In later years the school was reported to have improved. Girls learned how to be a woman in white society and were trained in “home economics” and nursing. Boys were trained in vocations usually designated for working class white men like plumbing, carpentry, mechanics, and electrical work. Many graduates of the Stewart Indian School continued their education at other institutions, and several became prominent citizens in their communities by using the skills they had learned to help their people.

-The Washoe Cultural Resources Office



Stewart Indian School then and now.

HAVING TROUBLE SLEEPING?

WE CAN HELP YOU
TAKE CARE OF
YOURSELF!

TAKE AN ASSESSMENT

- INSOMINA
- SLEEP DEPERVATION
- CIRCADIAN RHYTHM
- 2-5 MINUTES TO FIND YOUR SLEEP SCORE



MULTIPLE RESOURCES TO HELP FIND WHAT WORKS FOR YOU!

- TIPS
- VIDEOS
- PODCASTS
- ARTICLES



**24/7
FREE
RESOURCES**



SCAN TO GO DIRECTLY TO THE ASSESSMENT

alpinecounty.crediblemind.com

Learn to Prevent Suicide and Raise Awareness

Visit the Prevention & Awareness table at the Markleeville Library during September. Read and educate yourself to become an active participant in suicide prevention and awareness. Understanding the signs, knowing how to offer support, and spreading awareness can make a significant difference in someone's life.

Don't forget to take some fantastic giveaways during your visit!



September is Suicide Prevention Month

Every 40 seconds, someone loses their life to suicide. It's time to raise awareness and recognize our role in helping prevent it.

To draw attention to suicide prevention we will display purple ribbons on homes and fences throughout the Hung-A-Lel-Ti.

The purple ribbon is a symbol of suicide prevention and awareness, serving as a reminder that we are never alone.

We encourage everyone to keep their ribbons displayed for the entire month of September. Households that still have their ribbons set out at the end of the month will be entered into a raffle to win a gift basket filled with prizes, including an Amazon gift card.

Let's show our support
and raise awareness together!



Understanding the Adolescent Brain

We all did dumb things when we were teenagers. Stunts we pulled that we still hesitate to tell our moms about. Most of us are fortunate enough to not have residual damage or pain caused by those decisions, but as parents and educators, we want to do our best to create the circumstances where our kids can grow both in freedom and in responsibility and wisdom. We want to protect them from ruining their lives.

It's important for us to understand what's going on inside the brains of kids as they grow into adults.

It's easy to dismiss kids as reckless and foolish or to turn a blind eye to their exploits since perhaps we didn't have any supervision when we were their age. The more we understand what's going on in their development process, the better equipped we will be to guide them through the transition to take wise ownership of their lives.

The prefrontal cortex is the part of the human brain where rational and logical thinking occurs.

In adolescents, it's not developed...yet.

Neuroscientists have learned that it's not fully developed until around age twenty-five. That means teenagers lack the capacity to make informed choices for themselves and others that [reflect common sense or logic](#). They can't yet process through their personal values, either, and are driven more by emotion and by a desire for chemical highs that come from taking risks.



To put it another way, teenagers don't yet have the capacity to think through the long-term consequences of their decisions.

Rather than looking at their foolish choices through a lens of morality, it's more productive to look at their behaviors through the lens of brain development.

What does this imply for parents and educators?

It means we need to be their brakes for a while longer.

Developmentally, **they're all gas pedals and no brakes.**

We need to help them make smart and healthy choices — we need to act as their brakes. When they lack the capacity to do so, we need to make those choices for them, when appropriate. This goes against the 'cool parent' philosophy of providing substances for teenagers to consume as long as there is adult supervision.

Kids are uniquely [susceptible to addiction](#) compared to adults, and the potential damage to their development and health is real.

In other words, don't provide substances or turn a blind eye. You need to [be their thinking brain and help them make the best choices](#) that give them the best opportunity to thrive in life. Sure, you might not be thought of as cool, but it's worth the cost.

If you could go back in time and add a voice of caution, wisdom, and long-term consequences, wouldn't you?

If you want to talk or need additional help navigating the teen years. Contact Alpine County Behavioral Health Services.

530-694-1816

September is Suicide Prevention Month

September is a time for compassion and action. It is a time to raise awareness about a critical issue that affects individuals and communities everywhere. It's a month dedicated to fostering understanding, providing support, and offering hope to those in need. By recognizing the signs, knowing how to ask the right questions, and understanding how to help, we can all play a role in preventing suicide and saving lives. Here are the five action steps for communicating with someone who may be suicidal.



ASK Asking the question "Are you thinking about suicide?" communicates that you're open to speaking about suicide in a non-judgmental and supportive way. Asking in this direct, unbiased manner, can open the door for effective dialogue about their emotional pain and allow everyone involved to see what next steps need to be taken. Other questions you can ask include, "How do you hurt?" and "How can I help?" Do not ever promise to keep their thoughts of suicide a secret.

The flip side of the "Ask" step is to "Listen." Make sure you take their answers seriously and not to ignore them, especially if they indicate they are experiencing thoughts of suicide. Listening to their reasons for being in such emotional pain, as well as listening for any potential reasons they want to continue to stay alive, are both incredibly important when they are telling you what's going on. Help them focus on their reasons for living and avoid trying to impose your reasons for them to stay alive.

Studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts. In fact, studies suggest the opposite: acknowledging and talking about suicide may in fact reduce rather than increase suicidal ideation.

BE THERE This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk. An important aspect of this step is to make sure you follow through with the ways in which you say you'll be able to support the person - do not commit to anything you are not willing or able to accomplish. If you are unable to be physically present with someone with thoughts of suicide, talk with them to develop some ideas for others who might be able to help as well. Listening is again very important during this step - find out what and who they believe will be the most effective sources of help.

Being there for someone with thoughts of suicide is life-saving. Increasing someone's connectedness to others and limiting their isolation (both in the short and long-term) has shown to be a protective factor against suicide. Thomas Joiner's Interpersonal-Psychological Theory of Suicide highlights connectedness as one of its main components - specifically, a low sense of belonging. When someone experiences this state, paired with perceived burdensomeness (arguably tied to "connectedness" through isolating behaviors and lack of a sense of purpose) and acquired capability (a lowered fear of death and habituated experiences of violence), their risk can become severely elevated.

(...) Connectedness is a key protective factor, not only against suicide as a whole, but in terms of the escalation of thoughts of suicide to action. The research has also shown connectedness acts as a buffer against hopelessness and psychological pain. By "being there," we have a chance to alleviate or eliminate some of these significant factors.

HELP KEEP THEM SAFE

First of all, it's good for everyone to be on the same page. After the "Ask" step, and you've determined suicide is indeed being talked about, it's important to find out a few things to establish immediate safety. Have they already done anything to try to kill themselves before talking with you?

Does the person experiencing thoughts of suicide know how they would kill themselves? Do they have a specific, detailed plan? What's the timing for their plan? What sort of access do they have to their planned method?

Knowing the answers to each of these questions can tell us a lot about the imminence and severity of danger the person is in. For instance, the more steps and pieces of a plan that are in place, the higher the severity of the risk and the capability to enact the plan might be. Or if they have immediate access to a firearm and are very serious about attempting suicide, then extra steps (like calling for emergency help or driving them to an emergency dept.) might be necessary. The **988** Lifeline can always act as a resource during these moments as well if you aren't entirely sure what to do next.

(...) Reducing a suicidal person's access to highly lethal means (or chosen method for a suicide attempt) is an important part of suicide prevention. A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline. Research also shows that "method substitution" or choosing an alternate method when the original method is restricted, frequently does not happen. The myth "If someone really wants to kill themselves, they'll find a way to do it" often does not hold true if appropriate safety measures are put into place. The Help Keep Them Safe step is really about showing support for someone during the times when they have thoughts of suicide by putting time and distance between the person and their chosen method, especially methods that have shown higher lethality (like firearms and medications).

HELP THEM CONNECT

Helping someone with thoughts of suicide connect with ongoing supports (like the **988** Lifeline) can help them establish a safety net for those moments they find themselves in a crisis. Additional components of a safety net might be connecting them with supports and resources in their communities.

Explore some of these possible supports with them - are they currently seeing a mental health professional? Have they in the past? Is this an option for them currently? Are there other mental health resources in the community that can effectively help?

One way to start helping them find ways to connect is to work with them to develop a safety plan. This can include ways for them identify if they start to experience significant, severe thoughts of suicide along with what to do in those crisis moments. A safety plan can also include a list of individuals to contact when a crisis occurs.

(...) Individuals who called the **988** Lifeline were significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by the end of calls. The calls are handled by trained counselors who listen without judgment, explore reasons for living and help create a network of support.

FOLLOW UP

After your initial contact with a person experiencing thoughts of suicide, and after you've connected them with the immediate support systems they need, make sure to follow-up with them to see how they're doing. Leave a message,

send a text, or give them a call. The follow-up step is a great time to check in with them to see if there is more you are capable of helping with or if there are things you've said you would do and haven't yet had the chance to get done for the person. This type of contact can continue to increase their feelings of connectedness and share your ongoing support. There is evidence that even a simple form of reaching out, like sending a caring postcard, can potentially reduce their risk for suicide.



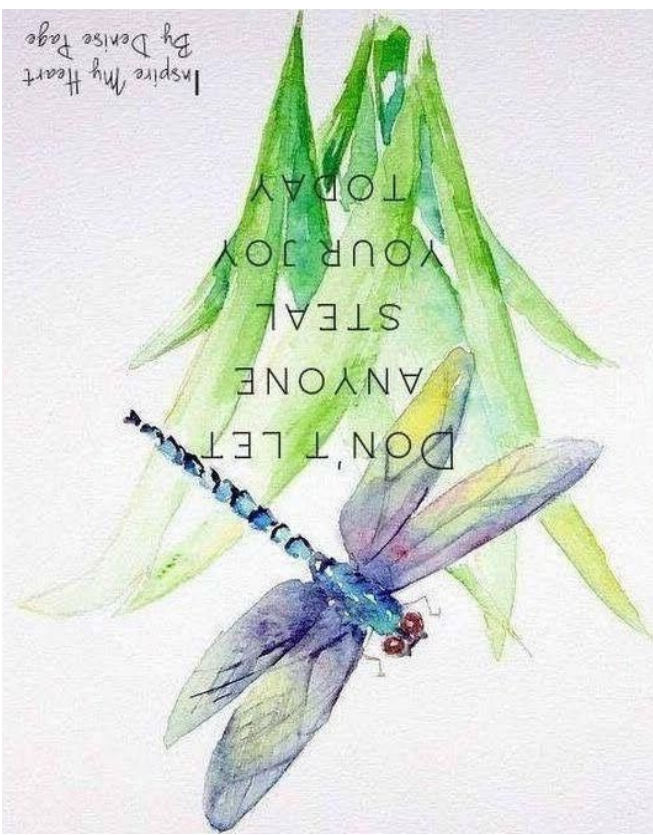
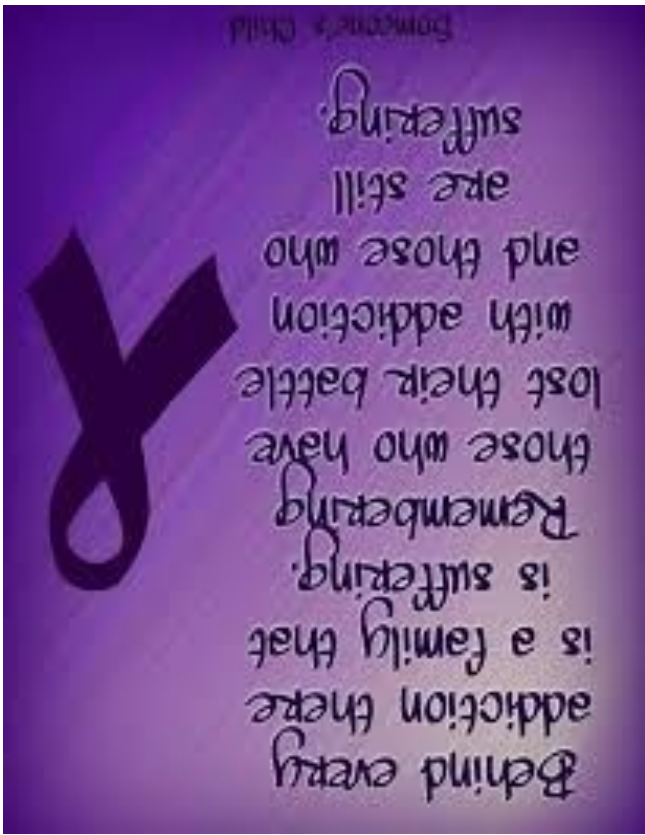
YOU CAN DO
HARD THINGS

1 Get it Get it Get it Get it	2 	3 Somewhere 	4 DOOR
5 	6 Blood Water	7 Beeeeeee	8 CANCELLED
9 once 	10 Egg Egg HAM	11 Try $\frac{\text{Stand}}{2}$	12 TOWN
13 NI bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 R O G O N C  I K	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	HOLIDAY NO BHS PROGRAMS	Holistic Health 11am Yoga with Aimee 5:30-6:30pm	Meditation 8am Yoga with Alex 5-6pm	Holistic Health 11am Yoga with Aimee 5:30-6:30pm	Sr. Soak 9:30-11am Meditation 8am Create the Good-CSS	
8	9	10	11	12	13	14
	Meditation 8am Yoga with Alex 5-6pm	Holistic Health 11am Yoga with Aimee 5:30-6:30pm	Meditation 8am Yoga with Alex 5-6pm	12 Senior Soak Holistic Health 11am 50+Club-Sorensen's Yoga with Aimee	Meditation 8am Create the Good Tie Dye class	Park RX Hike Story Walk AC Library
15	16	17	18	19	20	21
	Meditation 8am Yoga with Alex 5-6pm	Holistic Health 11am Yoga with Aimee 5:30-6:30pm	Meditation 8am Yoga with Alex 5-6pm Remembrance Dinner	19 Senior Soak Holistic Health 11am BV Sewing Class Yoga with Aimee	Meditation 8am Create the Good Sewing class mtg.	
22	23	24	25	26	27	28
	Meditation 8am Yoga with Alex 5-6pm	24 Holistic Health DHS Lunch-Sushi Yoga with Aimee 5:30-6:30pm Movie & Pizza Night	Meditation 8am Yoga with Alex 5-6pm BV Create the Good	26 Senior Soak Holistic Health 11am BV Sewing Class Yoga with Aimee 5:30-6:30pm	Meditation 8am Create the Good Art & Writing	
29	30					
	Meditation 8am Yoga with Alex 5-6pm					



40 Diamond Valley Road
Markleeville, Ca 96120

Standard Rate
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