



ALPINE THREADS



Community and Family Life in the California Alps

Summer 2018

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*



Let Them Hear Our Voices

W E E K L Y S U P P O R T G R O U P

A safe, open space for survivors of violence and their families and/or support systems to talk about their common experience and enhance coping skills for dealing with the trauma. The meeting has a non-judgmental and supportive environment that fosters self-empowerment and emotional healing.

[WHEN]

Wednesdays from 3pm - 4pm

[WHERE]

100 Foothill Rd, Suite A

[OFFICE PHONE]

(530) 694-1853



24-Hour Crisis Line: (888) 750-6444

Grover Meadow Restoration Work Continues

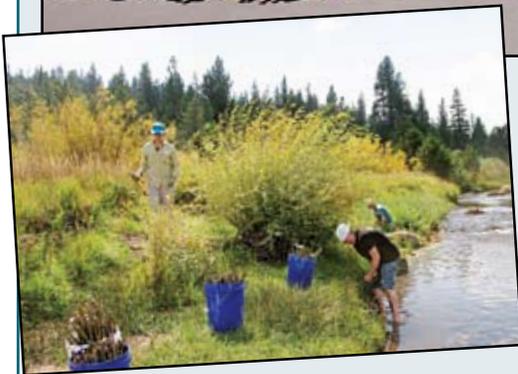
By Marina Vance, AWG Restoration & Monitoring Coordinator



The Alpine Watershed Group's 3rd Annual Earth Day event at Grover Hot Springs State Park took place on April 21st thanks to funding from the California State Parks Foundation, support from California State Park staff, and involvement from the community. As part of the California State Parks Foundation's 20th Anniversary



Earth Day activities, the event celebrated the beautiful Grover area by bringing together 85 volunteers to work on various projects that benefited watershed health and aesthetics of the park. Volunteer activities included pulling invasive weeds, working on Grover's Native Plant Demonstration Garden by weeding and creating a split rail fence, and creating defensible space in the campgrounds through pine needle and trash clean-up. New kids' activities were offered, including picking up micro-trash, creating arts and crafts such as painting wooden fish, and making tie-dye butterflies. Thank you to all individuals and groups for your participation and support.



In addition to the Earth Day event, Alpine Watershed Group is assisting California State Parks with the Grover Meadow Restoration and ADA trail project. This project is intended to reduce user impacts and improve hydrology throughout the meadow. Starting this summer, CSP staff and California Conservation Corps members are on the ground building a new elevated handicap accessible trail linking the campgrounds to the hot springs pool. AWG will be assisting with old user trail decommissioning that negatively impact the meadow and management of invasive weed species. If you are

interested in learning more about this project or would like to volunteer with weeding or trail decommissioning, please contact Marina: awg.snap.rm@gmail.com or 530-694-2327.

19th Annual Markleeville Creek Day

An Alpine County watershed restoration work day

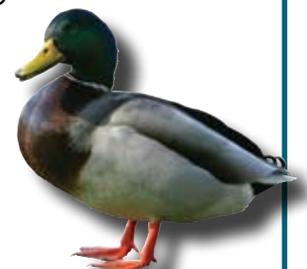


**Saturday,
September 8th
9:00am-2:00pm**

The Alpine Watershed Group will be hosting the 19th Annual Markleeville Creek Day on Saturday, September 8th.

Volunteers are needed to help complete projects throughout the East and West Fork Carson Watersheds including plantings, stream bank stabilization, invasive weed removal, protective tree wrapping, and more! All are welcome to attend, no experience is necessary. Participants will gather at the Markleeville Library Park at 9am. Groups then carpool to their restoration project locations. The Alpine Watershed Group is a non-profit organization whose mission is to protect and enhance Alpine County watersheds. Sign up online by August 31st at <http://www.alpinewatershedgroup.org/creek-day>.

For more information or to become a team leader:
www.alpinewatershedgroup.org/creek-day
www.facebook.com/alpinewatershedgroup
or contact Marina Vance:
awg.snap.rm@gmail.com or 530-694-2327





The summer months provide a great opportunity to support your child's brain development! Simply by playing outside, you are making a positive impact on your child's future. Activities such as drawing with sidewalk chalk, going on a picnic, planting flowers, playing in water (and many more) all create learning experiences that shape children's brain to learn and grow. It's amazing how the act of playing makes such a difference for young children.

Though, not all play is considered equal! Both free and guided play are essential in a child-centered approach to playful learning. Free play, where there are no provided instructions by

an adult, provides the child with true autonomy and freedom to explore and create. When children engage in free-play, the brain builds new circuits in the prefrontal cortex to help it navigate social interactions.

On the other hand, guided play is a way through which parents and educators can provide specific learning experiences based on the educational or developmental goals for the individual child(ren). It is important that adults remain open and sensitive to a child's needs in the moment and be flexible to adapting and allowing the child to lead the play. Research shows that the quality of adult interactions in play scenarios may be more important than the quantity.

All domains of children's development – cognitive, social, emotional, and physical – are intertwined during playtime. Children practice cognitive skills including language, problem solving, creativity, and self-regulation. Socio-emotional growth can be seen in children's ability to interact with others, negotiate, and compromise. While engaging in block building, drawing, running, and jumping, children enhance their fine and gross motor skills.



Play can be defined along a continuum as 'more or less playful' using a set criteria (Krasnor & Pepler, 1980; Rubin, Fein, & Vandenberg, 1983). Children's playful behaviors can range in degree from 0-100% playful. The more items on the list below, the more 'playful' and impactful the play experience:

PLAY IS PLEASURABLE. Children must enjoy the activity or it is not play.

PLAY IS INTRINSICALLY MOTIVATED. Children engage in play simply for the satisfaction the behavior itself brings. It has no extrinsically motivated function or goal.

PLAY IS PROCESS ORIENTED. When children play, the means are more important than the ends.

PLAY IS FREELY CHOSEN. It is spontaneous and voluntary. If a child is pressured, she will likely not think of the activity as play.

PLAY IS ACTIVELY ENGAGED. Players must be physically and/or mentally involved in the activity.

PLAY IS NON-LITERAL. It involves make-believe.

Play is an effective and FUN way to improve complete brain development. Whether it be to build cognition and language through problem-solving and creativity or social and emotional skills through building coping skills and self-regulation during socialization, research shows that play has positive implications on school readiness. Play keeps children physically and emotionally healthy. So this summer, as you soak up the sunshine and enjoy the long, sunny days, get out and play to your child's content. Think outside the box, invite other families, and build a foundation for lifelong success for your child(ren). For more ideas on play activities, contact first5alpine@gmail.com or 530-830-2845.

The Basics of Exercise

A LITTLE GOES A LONG WAY

Two out of every three adults in the United States are overweight or obese. Adding exercise into your daily routine can help shed those unwanted pounds and add years to your life. As a result, you'll feel better inside and out.



Start smart

Make exercise a fun and safe part of your daily schedule. Here are a few tips to help you get started:

- **Start slowly and be realistic.** Think about the amount – and types – of exercise you can do now, and how to build on it.
- **Wear comfortable shoes and clothes** to move freely.
- **Take 5 minutes to warm up** before you exercise. Walk or march in place, then stretch.
- **Keep water near you** while exercising. Drink 2 to 4 glasses of water (16 to 32 ounces) for every hour of exercise.
- **Invite a friend.** Exercise with someone who has the same goals. This will help keep you motivated.
- **Switch up your routine.** Walk one day, then swim or ride a bike the next day.
- **Cool down** for 3 to 5 minutes afterward by exercising at a very slow pace. Then finish with 5 minutes of stretching.

Remember to listen to your body. Stop if you feel pain or too much discomfort.

Get enough exercise

Adults should aim for at least 30 minutes of moderate exercise every day. You can do 30 minutes once a day or 10 minutes three times a day. Be sure to switch it up between aerobic, strength-building and flexibility exercises.

Aerobic exercises help get your heart rate up. Try activities like swimming, fast walking, bicycling, and fast dancing 3 to 5 times a week.

Continued

The Basics of Exercise



Strength-building exercises help strengthen your muscles. Try activities like weight training, resistance band exercises, push-ups, sit-ups, or squats 2 to 3 times a week. Need a resistance band? Health Net members may receive one at no cost by calling the Health Education Department.

Flexibility exercises help loosen up your body. Be sure to stretch every day.

Set a good example for the kids. Active kids are healthier. Encourage children to exercise for 1 hour every day. Have them play outside or try team sports. Limit TV watching, video games and computer time to less than 2 hours per day.



What's in it for you?

There are many benefits to a good exercise program. Daily exercise can:

- Increase your energy level
- Strengthen your heart and lungs
- Lower your risk for diabetes and stroke
- Lower blood pressure and cholesterol levels
- Develop stronger muscles
- Improve flexibility
- Relieve stress
- Help you control your weight and appetite
- Improve sleep
- Boost self-esteem

For more information visit CAHealthWellness.com.

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.

CAHealthWellness.com

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1-877-658-0305 (TTY:711)



Whether it's called "social and emotional learning" or "emotional intelligence," most people understand it's critical to pay attention to the development of the whole young person, including character education. Parents have a dual role to play in raising a self-aware, respectful child who knows how to manage his or her emotions, make responsible decisions, and resolve conflicts non-violently. At home, you should strive to create an environment of trust, respect, and support. Remember that modeling "emotionally intelligent" behavior at home is the first step in nurturing emotionally intelligent children. At school, you can work with other members of your school community to create a climate that supports social and emotional learning - in and out of the classroom.

Be a good listener

Joshua Freedman, Chief Operating Officer at Six Seconds, a nonprofit organization supporting emotional intelligence in families, schools, corporations, and communities, describes listening as a "core competency skill." Unfortunately, it's not always practiced by parents or children. For a list of strategies and activities for building listening skills, read Freedman's article on the subject. (<http://www.kidsource.com/parenting/listening.html>)

Model the behavior you seek

Whether it's apologizing when you're in the wrong or treating others with respect and kindness, children learn a great deal about relationships from observing the behavior of their parents. In the words of Maurice Elias, co-author of two books on emotionally intelligent parenting, parents should remember the "24K Golden Rule: We should always think about the impact of our actions on kids, and be as particular in what we do with our kids as we would want others to be with our kids."

Nurture your child's self-esteem

A child with a good sense of self is happier, more well-adjusted, and does better in school. Strategies for fostering self-esteem include giving your child responsibilities, allowing her to make age-appropriate choices, and showing your appreciation for a job well done.

Respect differences

Every child has his or her own unique talents and abilities. Whether in academics, athletics, or interpersonal relationships, resist the urge to compare your child to friends or siblings. Instead, honor your child's accomplishments and provide support and encouragement for the inevitable challenges he faces.

Take advantage of support services

Seek the advice and support of community counselors or other social services during times of family crisis, such as a divorce or the death of a close friend or family member. Remember that no matter how close you are to your child, she may be more comfortable discussing a troubling family situation with another trusted adult.



Alpine County Public Health is now on Facebook & Twitter

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!



Happy Summer!

The sky is blue, birds are singing, the sun is hot, and the watering holes are calling. Why am I reminding you about winter coming up? Because we are collecting for our children's holiday gifts all year round.

As you are shopping for back to school (NOOOOO!!! from the kids), you might see something as a winter gift for a local child. We are happy to accept those donations all year-round. Bring your new, unwrapped gifts to the Health & Human Services office at 75 Diamond Valley Road. Those donations will go out with our annual holiday food and gift baskets in December.

Happy Holidays!



ALPINE COUNTY
Health & Wellness
COALITION

Our mission:

**Building strong
community
partnerships
promoting healthy
living through
outreach, advocacy
and education.**

RATTLESNAKE AWARENESS



There are many species of rattlesnakes in the United States. Rattlesnakes are the largest of the venomous snakes in the United States. They can accurately strike at up to one-third their body length. Rattlesnakes use their rattles or tails as a warning when they feel threatened. Rattlesnakes may be found sunning themselves near logs, boulders, or open areas. These snakes may be found in the mountains, prairies, deserts, and beaches.

Symptoms

Signs or symptoms associated with a snake bite may vary depending on the type of snake, but may include:

- A pair of puncture marks at the wound
- Redness and swelling around the bite
- Severe pain at the site of the bite
- Nausea and vomiting
- Labored breathing (in extreme cases, breathing may stop altogether)
- Disturbed vision
- Increased salivation and sweating
- Numbness or tingling around your face and/or limbs

First Aid

Take the following steps if they are bitten by a snake:

- Seek medical attention as soon as possible (**Dial 911**)
- Try to remember the color and shape of the snake, which can help with treatment of the snake bite.
- Keep still and calm. This can slow down the spread of venom.
- Apply first aid if you cannot get to the hospital right away.
 - o Lay or sit down with the bite below the level of the heart.
 - o Wash the bite with soap and water.
 - o Cover the bite with a clean, dry dressing.

Do **NOT** do any of the following:

- Do not pick up the snake or try to trap it.
- Do not wait for symptoms to appear if bitten, **Seek Immediate Medical Attention.**
- Do not apply a tourniquet.
- Do not slash the wound with a knife.
- Do not suck out the venom.
- Do not apply ice or immerse the wound in water.
- Do not drink alcohol as a painkiller.
- Do not drink caffeinated beverages.

<https://www.cdc.gov/niosh/topics/snakes/default.html>

"In contrast to many other serious health conditions, a highly effective treatment exists. Most deaths and serious consequences from snake bites are entirely preventable by making safe and effective antivenoms more widely available and accessible. High quality snake antivenoms are the only effective treatment to prevent or reverse most of the venomous effects of snake bites..."

- WHO (World Health Organization)

<http://www.who.int/en/news-room/fact-sheets/detail/snakebite-envenoming>

Alpine Threads Editorial Board

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and Local Child Care
Planning Council
100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.first5alpine.com
- www.alpinecounty.com
- www.alpinewatershedgroup.org
- www.alpinebiomasscommittee.wordpress.com
- www.spnawareness.org/

ATTENTION LOCAL ORGANIZATIONS & AGENCIES

If you'd like to share your website link send it to Gina at gina@originalmatteoni.com and we'll add it to our column.

Disclaimer: This wellness-focused publication is not intended to provide timely news and/or personal, political or discriminatory statements. Alpine Threads Editorial Board reviews all content.



ALPINE THREADS

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Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Fruit Salad Sundae

Serves: 4

What you need:

- 1 cup sliced strawberries
- 1 cup peeled, sliced kiwi
- 1 cup cantaloupe chunks
- ½ cup grapes
- 1 banana, peeled and sliced
- 1 (6-ounce) container of nonfat or lowfat vanilla yogurt
- ½ cup toasted oat cereal



Get cookin'

1. Put fruit in a medium bowl and mix together.
2. Divide fruit into 4 cups or bowls.
3. Top with yogurt and cereal, and serve.

For more recipes, borrow SNAP-Ed cookbooks from the Library & the Woodfords Indian Education Center.



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