



ALPINE THREADS

Community and Family Life in the California Alps

Winter 2023

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

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Staying Active

..... **During the Winter Months**

The winter season can be a challenging time to stay active, with colder temperatures, slippery conditions, and fewer daylight hours. But staying physically active is one of the best ways to improve your mental and physical health.

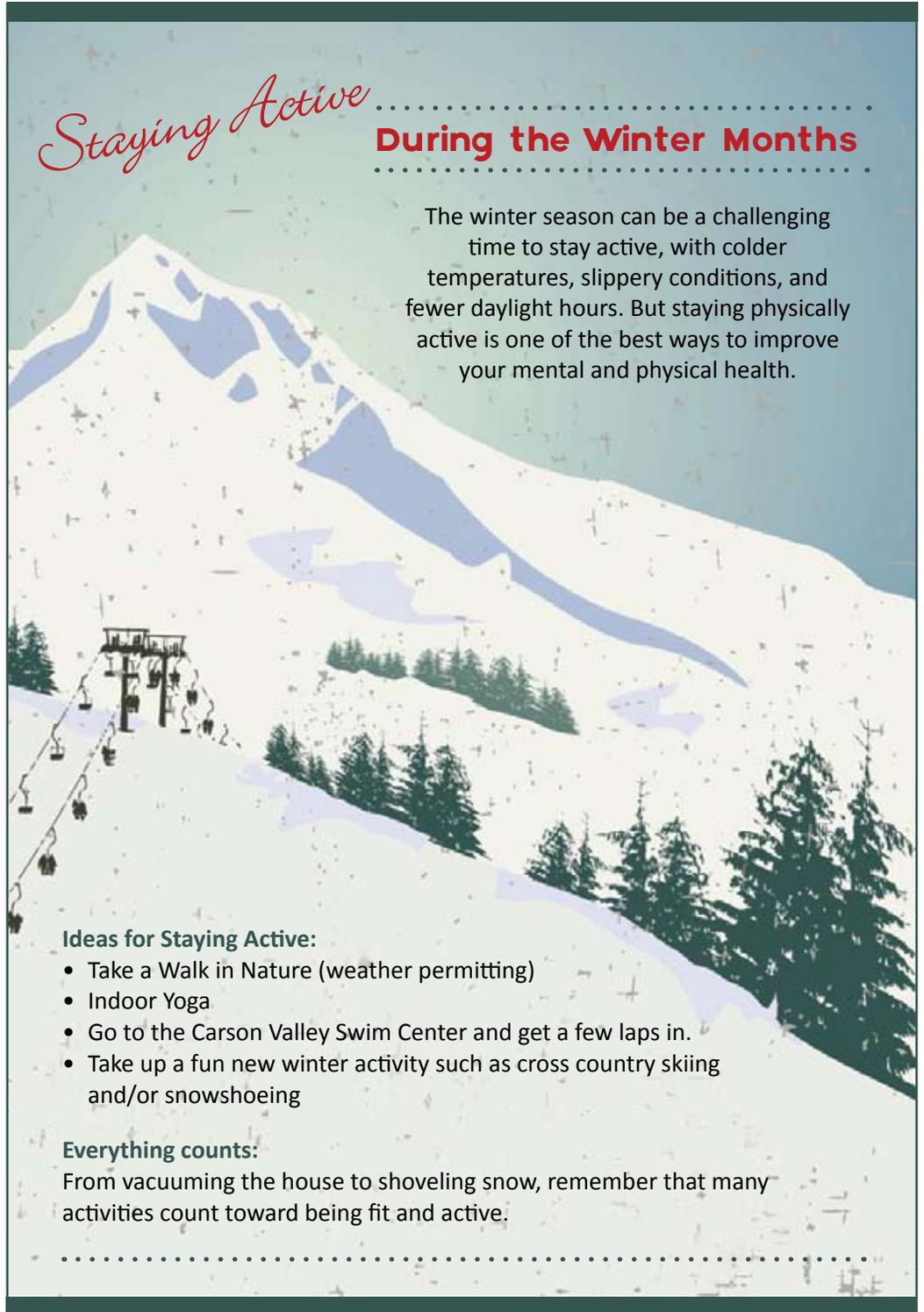
Ideas for Staying Active:

- Take a Walk in Nature (weather permitting)
- Indoor Yoga
- Go to the Carson Valley Swim Center and get a few laps in.
- Take up a fun new winter activity such as cross country skiing and/or snowshoeing

Everything counts:

From vacuuming the house to shoveling snow, remember that many activities count toward being fit and active.

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Talking Circle Gathering



Talking Circle at the HUNG-A-LEL-TI FIREHOUSE

Weekly on Tuesdays * Time: 4:00-5:00 PM
96B Washoe Blvd.

Join us on the natural path to growth:
Listening, Learning, sharing, teaching... connecting.
Look within and use your experiences to help others.
We practice possibility thinking, self-image, self-talk,
balanced living, motivation, affirmations,
non-judgement and connection.

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Facilitator: Misty Dee- AOD Program Specialist ACBHS

Oral Health and Hygiene

Oral health is vital to overall health and wellbeing. According to the Mayo Clinic, poor oral health and hygiene are related to several diseases: Type II Diabetes, Cardiovascular disease, Osteoporosis, and Alzheimer's. The mission of our oral health team is to promote healthy oral health behaviors, inform individuals about harms related to untreated oral health issues, and provide accessibility to affordable oral health care.

Our Oral Health Program (El Dorado Smiles) is in Placerville, California. We serve El Dorado and Alpine counties. Our key partners include community health centers, youth and service organizations, private dentists, schools, and local community groups to improve oral health of residents through five program activity areas:

- 1) Oral health education.
- 2) Dental disease prevention.
- 3) Access to affordable Dental care.
- 4) Local oral health data collection.
- 5) Outreach and case management services.

Meet our Oral Health Team

Andrea Lindner Jones
Project Director and Health Educator

Sarah Stalpes
Health Program Specialist

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We look forward to connecting with you. For questions about where to find or how to get connected to a dentist near you please contact us:

Email: eldoradosmiles@edcgov.us
Phone: (530) 621-4000





Casey Donahue is the school psychologist for Diamond Valley (DVES) and Bear Valley Schools (BVS), she comes to Alpine County Unified School District with 19 years of being a school psychologist. Casey has worked on a contractual base with DVES for over the past 10 years. When asked why Casey chose to become an ACUSD employee she said “I appreciate that the staff is supportive of one another. Because the school district is so small, new ideas can get approval and get started quickly which is unusual in education. I enjoy the challenges of working in a rural setting where you have to be creative with your resources”.

Jackie: “What services do you provide to families and students and what would you like the families and the community to know about the services provided”?

Casey: “I meet with every student via classroom lessons promoting Social, Emotional, and Learning (SEL). SEL involves learning to manage emotions, achieve goals, feel and show empathy towards others, and establish and maintain relationships”.

Jackie: “How do you anticipate providing services to Bear Valley School during the winter”?

Casey: “Before HWY 4 closed, I was driving to BVS weekly whenever possible. I wanted to build relationships with the students through in-person lessons and counseling in anticipation of the time of year when most services (SEL and Counseling) would have to be done via ZOOM. Now that they have worked with me in person several times, online services will be more effective and comfortable for students”.

Jackie “What do you like about being a school psychologist”?

Casey: “I like helping teachers and families understand their students. I enjoy helping students understand and reframe their challenges”.

Jackie: “What is the most challenging thing about being a school psychologist and what are your primary goals as a school psychologist”?

Casey: “There are many expectations for the job so in the same morning you may go from working with a first grader on calming strategies, completing a suicide risk assessment for an older student, talking to a special education team about legal responsibilities, and meeting with a teacher who is concerned about a student’s learning”.

Jackie: “How do you help students create and plan for self-improvement”?

Casey: “For older students, we start by talking about the student’s strengths, interests and what they already do well. We then talk about the change they’d like to see, and how their life will be different when they achieve that goal. “The process looks different for younger students, but still centers on noticing and reinforcing good choices and building on the progress that will lead the child to feel confident and successful at school.

Jackie: “In your opinion, what is the biggest issue facing the field of school psychology today? What are the current mental and emotional problems students are facing”?

Casey: “I am most concerned about depression and anxiety in students. This could be a student withdrawing socially but also, more students are struggling with basic behavioral expectations and demonstrating respect for themselves and others. I’m seeing more students with a greater need for mental health support.. They also benefit from watching those around them acknowledge when they are struggling. There is nothing more powerful than being vulnerable and asking for help when you need it and students see modeled by adults such as teachers and family members”.

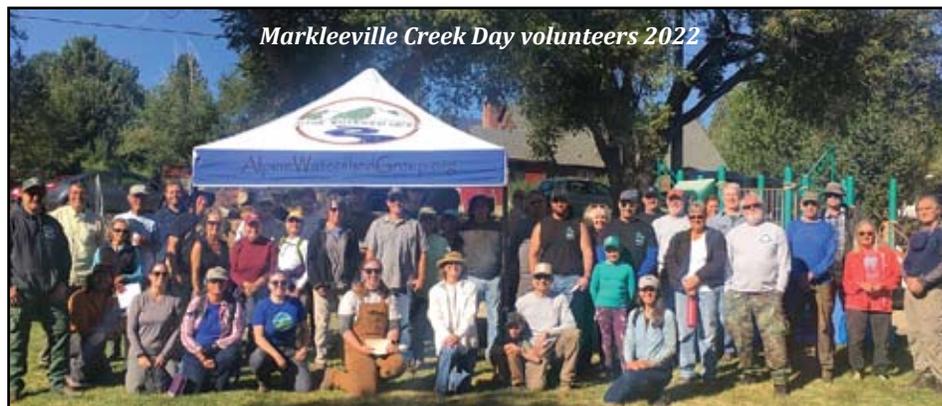
Insurance isn’t required for your student(s) to receive services with Casey through DVES and BVS, if you’d like to ask Casey more about what services she provides, she can be reached by email at cdonohue@alpinestudents.org and by phone or text at 530-721-9328. If you or a family member needs services that aren’t attending ACUSD, please reach out to Alpine County Behavioral Health Markleeville, 530-694-1816.



Highlights from Markleeville Creek Day 2022

By Rachel Kieffer, Watershed Coordinator

On September 17, 2022, Alpine Watershed Group (AWG) held our annual Markleeville Creek Day, which has brought together volunteers to complete restoration projects in the area since 2000. The last few years have brought many challenges to our community, and we hope that providing the opportunity to volunteer on environmental projects in the area with other volunteers looking to give back, provides some feel good to our community. AWG had the privilege of helping coordinate three volunteer events this year, and with each one, we were inspired with the community response and enthusiasm to take part in restoration projects. This year's Creek Day was a success and we would like to celebrate by sharing some of the outcomes.



Markleeville Creek Day 2022 Outcomes:

- 52 volunteers worked at eight project sites
- 72 bags of trash removed along a 1-mile stretch of riparian habitat and 14 miles of highway corridor
- 25 bags of invasive weeds removed from ½ acre of meadow habitat in Grover Hot Springs State Park
- 1 beaver dam analog built in Faith Valley
- 102 willow stakes put in along eroding banksides in Hope Valley

The work done by volunteers not only helps our roads and waterways by decreasing trash pollution, but also in maintaining meadow vegetation for habitat and hydrologic connectivity; contributing to beaver health and thus helping reconnect the river to the floodplain; and increasing native vegetation on banksides which slows bank erosion and restores habitat for species. The work that volunteers completed contribute to the overall health and sustainability of the watershed.

Thank you to our event partners who helped lead volunteers, coordinate projects, and hosted work sites: Alpine Trails Association, American Rivers, California Alps Cycling, California Coastal Commission, California Department of Fish and Wildlife, Department of Agriculture Alpine County, Friends of Hope Valley, Grover Hot Springs State Park, Markleeville Enhancement Club, Sierra Nevada Alliance, Sierra Nevada AmeriCorps Partnership, US Forest Service, and Wylder Hotel Hope Valley.

AWG depends on sponsors to fund staff time, outreach, and supplies. Thank you to our Creek Day 2022 sponsors: Alpine County Chamber of Commerce, Alpine County Health and Human Services, Carson Water Subconservancy District, Liberty Utilities, Lumos & Associates, Resource Concepts, Inc., Sninkelletti Art, and Wildscape Engineering. Also thank you to Costco, Grocery Outlet (Gardnerville), Safeway, and Starbucks for providing refreshments and lunch to help fuel our volunteers.

We had so much help from the community, local partners, and sponsors. Thank you to everyone who helped make this day so successful. We look forward to planning Markleeville Creek Day 2023 and seeing you all there!

Want to stay abreast on what AWG does throughout the year? Visit www.alpinewatershedgroup.org/email-bulletin to sign up for our monthly newsletter. While you're there, visit our Programs and Creek Day pages to see more information on specific projects, and check out the Get Involved tab to find out what volunteer opportunities there are and how to donate. Feel free to reach out for more information at awg.rachel@gmail.com.



The Benefits of Hugging Your Child

Hugging your child is incredibly beneficial. Hugging for as little as 20 seconds each day can stimulate their emotional, cognitive, and physical development.

Taking time each day to wrap your child up in a warm hug can provide so many benefits to you and your little one. Next time you find yourself reaching for your phone, try wrapping your child up in a hug for at least 20 seconds. It is a small but powerful way to start connecting.

- **Hugs can help your child grow a healthy brain and body.** Infants, toddlers, and preschoolers need many different types of sensory stimulation for development. Skin contact or physical touch, like hugging and holding, are great ways to help your child grow a healthy brain and a strong body. In fact, physicians have found that when children don't receive physical contact, their physical growth and development can slow down.
- **Soothe your child during a tantrum.** Not only are hugs good for children's brain development and physical growth, but they also support emotional development. Children are still learning how to regulate their emotions, which can lead to outbursts and temper tantrums. By hugging them in these emotionally-charged moments, you can calm them down and show that you're there to support them in tough times. It's important to note that hugging your child during a tantrum isn't the same as giving in to them. Instead, it helps them avoid an emotional crash and reduces harmful levels of stress.
- **Hugs can help your child become more resilient.** When children face stressful situations, the stress hormones adrenaline and cortisol get released into their bodies and brain. This stress can linger if not addressed. When too much of these stress hormones build up in their bodies, it can negatively impact their mental and emotional well-being. Science indicates that long hugs can release the love hormone oxytocin, which can help balance out those stress hormones.
- **Hugs promote health and healing.** The love hormone oxytocin provides so many benefits to your little one. When released, like during hugs, it can strengthen your child's immune system by decreasing inflammation. Children with strong immune systems have a better chance of fighting off or reducing the effect of viruses.
- **By hugging every day, you can increase your bond with your child.** Giving and receiving physical affection strengthens your bond with your child. It can help your child form a secure attachment based on love and trust.

Whether you incorporate hugs into your child's morning routine, bedtime, or any other moment throughout the day, your child will gain lasting benefits that will support them throughout their lives.

QUICK TIP: Next time you hug your child, count to 20; you might be surprised how long 20 seconds is. You can even encourage your toddler or preschooler to count with you.



Contributed by First 5 California, more articles available at First5California.com





Are you a family, friend or neighbor that is currently watching children other than your own?



Did you know that there are resources and services to help support you while providing care?

- Child Care Food Program
- Funding and Incentives
- Resources and Trainings

Child Care looks different for every family:



Grandparents or Relatives



Neighbors



Nanny

Contact us for more information
530.694.2129

100 Foothill Road, Suite D-6
Markleeville, CA 96120

Alpine Threads Editorial Board

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www.alpinecountyca.gov/523/
First-5-Alpine

Alpine County Health and Human Services

75 B Diamond Valley Rd.
PH: 530-694-2146
FAX: 530-694-2252

The Learning Center and Local Child Care Planning Council

100 Foothill Rd.
PH: 530-694-1148

Website Links

- www.alpinecountyca.gov/calendar
- www.alpinecountyca.gov/523/First-5-Alpine
- 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!

CHICKEN & SAUSAGE JAMBALAYA

~ Serves: 6 ~

Ingredients

- 2 tablespoons Vegetable Oil
- 1/4-pound Chicken Sausage cut into 1/2-inch slices
- 1 Onion (about 1 cup) chopped
- 2 Bell Peppers (about 1 1/2 cups) chopped
- 1 cup Corn fresh or frozen
- 1/2 cup Celery (about 2 stalks) chopped
- 1 clove Garlic finely chopped
- 1 3/4 cups Chicken Broth Low-sodium
- 5 Tomatoes chopped or 8 ounces low-sodium canned, chopped tomatoes, drained
- 1/4 cup Tomato Sauce
- 1 Bay Leaf
- 1/4 teaspoon Chili Powder
- 1/2 teaspoon Red Pepper Flakes
- 1/4 teaspoon Dried Oregano
- 1 cup Instant Brown Rice Uncooked
- 1 Chicken Thighs Boneless, skinless (about 3/4 pound) cut in 2-inch strips



Directions

1. In a stockpot, heat vegetable oil over medium-high heat. Add sausage, onion, bell pepper, corn, celery, and garlic. Stir together and cook 5 minutes or until vegetables are tender.
2. Stir in chicken broth, tomatoes, tomato sauce, bay leaf, chili powder, red pepper flakes, and oregano. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice. Cover and simmer for 10 minutes, stirring occasionally.
4. Add chicken, cover the pot and simmer 5 additional minutes until chicken is cooked and rice is tender.
5. Remove from heat and let stand, covered, for 10 minutes. Remove bay leaf before serving.

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

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