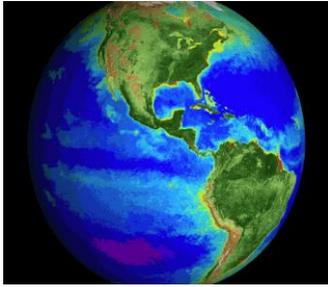




Phone (530)694-1816



Let's Connect!

May 6, 2020

"The earth provides us a brand new beginning every twenty-four hours. It is a repeated invitation to breathe in the cool morning air and start afresh; to mimic the sunrise and brighten up while reaching once more for the sky; to carry a glad song in our heart like the early birds; and, as faithfully as the morning dew, to wash off the dust from yesterday."

— Richelle E. Goodrich

Hello Alpine County Family!

Welcome to May 2020. Spring has arrived! We are so very fortunate to live or work in Alpine County during this time of Covid-19 pandemic. Our surroundings are beautiful and fresh and we have endless outdoor options. We arrived back in our offices May 4, 2020. Our buildings are not open to the public yet. We will begin to find out what the future of our community programs will look like as time goes on. **Currently, we are offering 3 "Zoom" yoga classes each week, Mondays 4-5pm and Tuesdays & Thursdays 5:30-7pm. To receive the link to the classes call our office 530.694.1816 and provide your email address.**

May is Mental Health Awareness Month and boy is it relevant in these unsettling times we're currently experiencing. Anxiety may be high and isolation can be depressing if we don't get creative about how we live and play in what will be our "new normal".

Due to guidelines requiring "social distancing" (unforgettable words of 2020) the staff at Alpine County Behavioral Health Services is working hard to help provide opportunities for all of us to connect without gathering. We will be providing ideas for family fun and adult self-care.

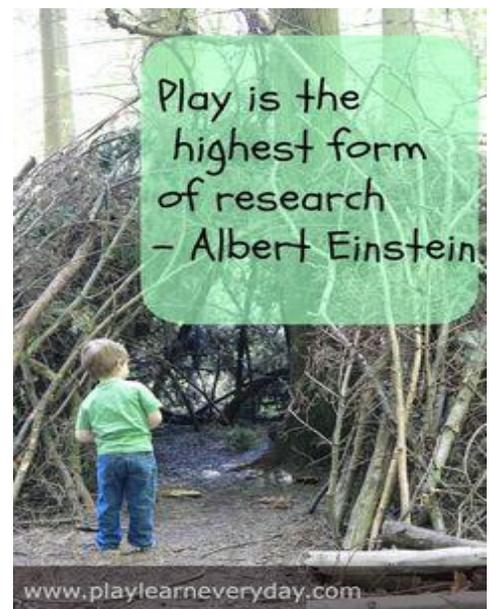
MAY IS

**MENTAL HEALTH
AWARENESS MONTH.**

**WEAR LIME GREEN
ON FRIDAYS TO
SHOW THAT ALPINE
COUNTY CARES!**



WELLNESS • RECOVERY • RESILIENCE



This is a fun newsletter to reach out and help you keep your mind healthy and engaged. We will be sending it out weekly on Wednesdays with fun new content. Included in this first issue are:

1. A short **video** for you to watch to... **Every Day Heroes with Kid President:**
<https://youtu.be/tgF1Enrgo2g>
2. A **mystery** to solve: **Empty Cell Mystery** (on following pages)
3. Some **coloring pages** with quotes that may give perspective or inspire you... (on following pages)
4. **A recipe from Family Night** for you to try at home (on following pages)
5. A **short video about basket weaving** in our Native culture:
https://youtu.be/cz_Fe283TsQ
6. **Self-care ideas** that are easy, healthy and for anyone! (on following pages)
7. A short **5 minute relaxing guided meditation** for anytime you need a brain break:
<https://youtu.be/8Xdwr4cRTVA>

We hope you enjoy these and **we'd love to have you share your creative ideas** for keeping busy and having fun!

Later this month:

- **Nourishing your Mental Health with dirt: Gardening tips & tricks**
- **Supporting your immune system with what you eat: "Let food be thy medicine and medicine be thy food" Hippocrates**
- **A Wall of Words community-wide virtual activity: "Mental Health to Me is..."**
- **"Zoom" High School Hang Out**
- **"Zoom Bingo" for Elders 50+ (We'll help set you up!)**
- **Community member interviews on "Life's Big Questions"**
- **"Did you know...?"**
- **An art or craft project**
- **Ready-made scavenger hunt clues for a fun family activity**
- **Alpine County Rocks Mental Health: Painted Rock hide and seek**



We'd love to hear what **YOU**, our Alpine County community members, would like to see in this newsletter. **We'd also like to showcase the talents we harbor here in our area.** If you would be willing to share a "how to..." lesson, a poem or short story, artwork or something else, contact us! Call or text 530-721-1261, call 694-1816 ext. 246 or email driddle@alpinecountyca.gov

Easy Quinoa Fried Rice **SERVINGS: 6** *PREP TIME: 10 MINS* *COOK TIME: 15 MIN*

TOTAL TIME: 25 MINS

INGREDIENTS

- 1 cup quinoa — (2 1/2 - 3 cups cooked quinoa)
- 2 cups chicken or veggie stock
- 1 1/2 Tbsp coconut oil , divided
- 2 eggs
- 1/2 chopped onion
- 2 garlic cloves, chopped
- 2 cups frozen vegetable mix, thawed (I use peas and carrots)
- 3 green onions, chopped
- 1/2 tsp fresh ginger, minced (or 1/4 tsp dry)
- 1/4 tsp red pepper flakes (optional)
- FOR THE SAUCE:
- 2-3 Tbsp soy sauce
- 1 Tbsp stir fry sauce or teriyaki
- 1 tsp sesame oil

INSTRUCTIONS

1. To cook the quinoa: Rinse quinoa 2-3 times with cold water. In a deep large skillet, combine water (chicken stock) and quinoa and bring to a boil. Then reduce to a simmer. Cook until liquid is absorbed. Optional: season with salt. Fluff with fork. Chill for at least 1 hour or overnight.
2. Heat a wok or saute pan over high heat. Add 1/2 Tbsp coconut oil. Add in eggs, let them cook for 30 seconds, then scramble. Transfer to a clean plate.
3. Return wok or pan to heat and set temperature to medium high. Add coconut oil and onion. Cook onion for 1 minute, stirring frequently.
4. Add garlic, mixed vegetables, half of the scallions, ginger and red pepper flakes (optional). Cook for 3 more minutes, stirring frequently.
5. Add quinoa and 1/2 Tbsp coconut oil and stir fry for 1 minute.
6. Add soy sauce, stir fry (or teriyaki) sauce and sesame oil. Stir to incorporate.
7. Add scrambled eggs and stir again.
8. Top with the remaining scallions.

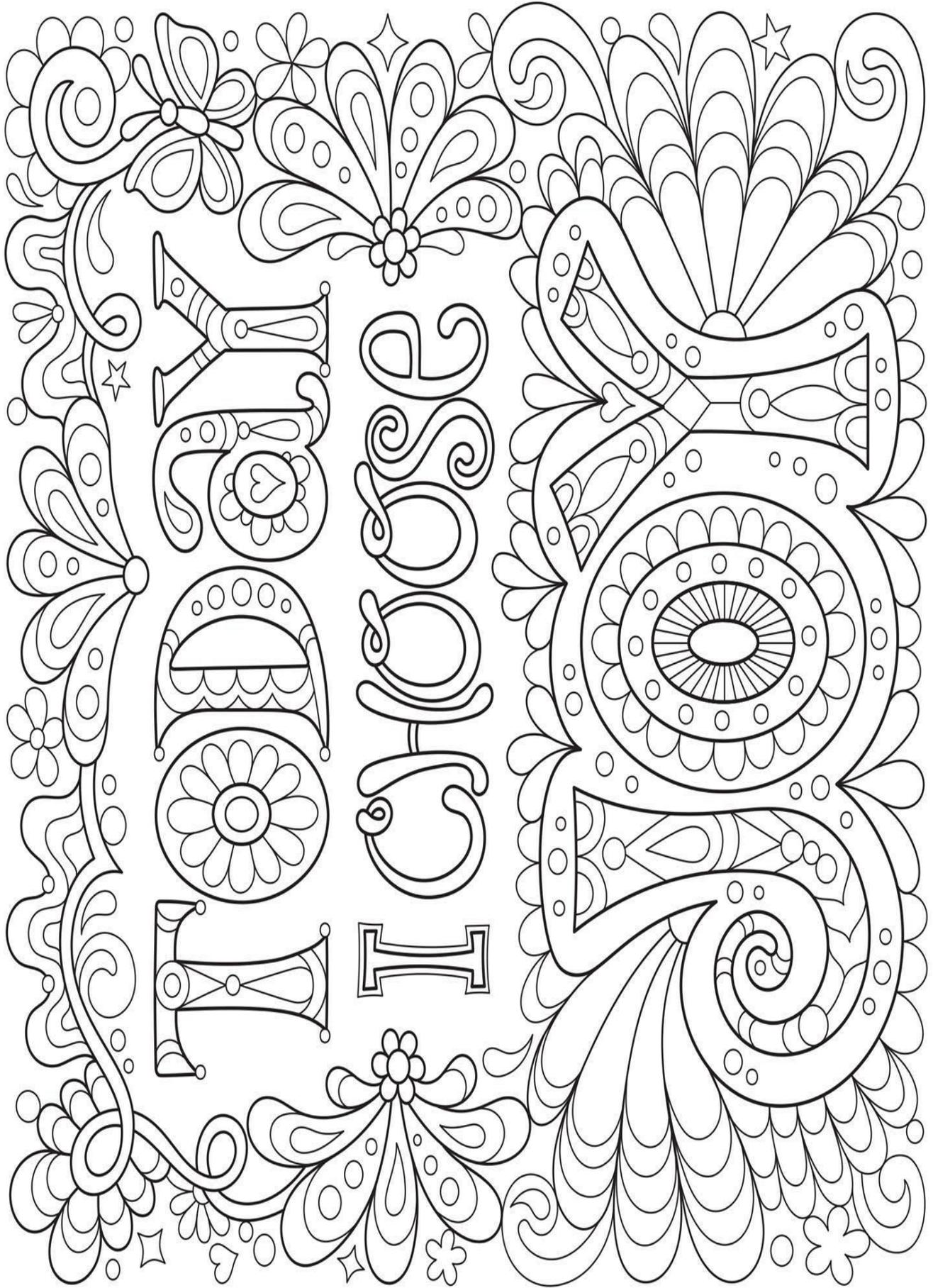
Cooked and chilled quinoa works best for this recipe.

NUTRITION INFORMATION

Calories: **211**, Fat: **7g**, Saturated Fat: **3g**, Cholesterol: **54mg**, Sodium: **392mg**, Potassium: **351mg**, Carbohydrates: **28g**, Fiber: **4g**, Protein: **8g**, Vitamin A: **3245%**, Vitamin C: **8.4%**, Calcium: **47%**, Iron: **2.4%**











TATIANA AYAZO/RD.COM

Empty cell mystery

Andy is put in a cell with a dirt floor and only one window. The window is too high for him to reach. The only thing in the cell is a shovel. He won't be able to get any food or water and only has two days to escape or he'll die. Andy can't dig a tunnel because it will take him much longer than two days to do it. How will Andy escape from the cell?

Send your answers to Dawn by phone or email for a shout out in the next issue. Call 530-721-1261 or email driddle@alpinecountyca.gov

Easy Self-Care Ideas



***Make a pitcher of cold or a pot of hot Green Tea & share it with the whole family for a boost of antioxidants. Sweeten w/honey.*

***Make Spa Water: add your favorite fruit to a pitcher of water and drink the nutritious benefits all day long.*

***Listen to some soothing piano or acoustical guitar music during or after dinner.*

***Fill a spray bottle with water & add essential oils like orange or eucalyptus. Shake it up and spray into the water while showering for a steam room experience at home.*

***Make a point of really stretching your whole body when you wake up & before you get out of bed.*

HEALTH BENEFITS OF DRINKING LEMON WATER



Lemon is a natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed!



- Balances pH
- Boosts your immune system
- Relieves tooth pain
- Decreases wrinkles & blemishes
- Flushes out unwanted materials
- Relieves respiratory problems
- Aids weight loss
- Cures throat infections
- Reduces fever
- Purifies blood



SUPPORTING

Friends During COVID-19

- 1 Stay **CONNECTED** with video chats, text messaging, phone calls or social media.
- 2 Look for **WARNING SIGNS** that may indicate your friend is really struggling and needs help. This can include what they are posting and sharing online.
- 3 **REACH OUT** to your friend and ask how they are doing. Connect them to a supportive adult if they need help.
- 4 If you or a friend feels **OVERWHELMED** with emotions or like you want to harm yourself or others, text MHFA to 741741 to talk to a Crisis Text Line counselor.

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH



If you need help with your mental health contact Alpine County Behavioral Health Services

Phone: (530)-694-1816 or 24/7 Crisis Line (800)-318-8212

Website: www.alpynecountyca.gov

Other resources for mental health help:

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) for free 24/7 support

Crisis Text Line: Text MHFA to 741741 for free 24/7 crisis counseling

Lifeline Crisis Chat: Visit crisischat.org to talk online with crisis centers around the United States

The Trevor Project: Call 866-488-7386 or text "START" to 678678 for mental health support specialized for the LGBTQI community