



Phone (530)694-1816

# Let's Connect!

May 27, 2020

**Hello, Alpine County Family!**



This week wraps up Mental Health Awareness Month. Where did May go? It seems like we are suddenly racing into summer. Mental health matters every day, every month, all year. Take care of yourselves and take care of others. Everyone has their own dragons to slay!

On Thursday, June 11, 2020, Alpine County 50+ Club will be hosting a Zoom Bingo Game from 12-2pm. Email [driddle@alpinecountyca.gov](mailto:driddle@alpinecountyca.gov) or call 530-721-1261 for more information.

Behavioral Health continues to offer 3 Zoom yoga classes every week: Mondays 4-5pm and Tuesdays & Thursdays 5:30-7pm. To receive the link to the classes, call our office at 530-694-1816 and provide your email address.

***For assistance with your mental health contact Alpine County Behavioral Health Services***

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

***Website: [www.alpinecountyca.gov](http://www.alpinecountyca.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](http://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

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 issue are:

1. Short **videos** for you to watch:
2. <https://youtu.be/AVxIGKZjyZY> A Joy Story 3 minutes
3. <https://youtu.be/QTsUEOUaWpY> What is mindfulness 5 minutes
4. <https://youtu.be/KABfx2FmPvw> 5 tricky riddles 4.5 minutes
5. <https://youtu.be/utfw-rJUvy4> 5 Minute Miracle: Imagination Meditation
6. <https://youtu.be/OiVU-W9VT7Q> Native American Video Song: Why by Supaman
7. <https://youtu.be/3-UKIhCQ-C4> Audio Song: Remember Me by Fawn Wood Kikawiynaw
8. **Mysteries** to solve: Hidden Words to activate your brain power! (on following pages)
9. 2 new **coloring pages** (on following pages)
10. “Talk Like a Pirate” **Family Fun Treasure Hunt** Clues
11. **A recipe from Family Night** for you to try at home (on following pages)
12. **A homemade salad dressing** to try. Easy, healthy and yummy! (on following pages)
13. A **video by our Washoe royalty**: Separate attachment on this email
14. Alpine County Rocks Mental Health: **Painted Rock Hide & Seek** (on following pages)

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

### Coming Soon:

- **Supporting your immune system with what you eat: “Let food be thy medicine and medicine be thy food” Hippocrates**
- **“Zoom” High School Hang Out**
- **Community member interviews on “Life’s Big Questions”**
- **“Did you know...?”**
- **An art or craft project**

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](mailto:driddle@alpinecountyca.gov)



Family Fun: "Talk Like a Pirate" Treasure Hunt Clues: The prize is up to you. Cut out the clues, give the seeker the first one, then hide them and provide a "Treasure" to find at the location of the last clue.

*Yo ho, me lovesies!  
Here be a clue:   
To find the surprise  
Ye must seek out a shoe!*

*Keep on, me hearties!  
A pirate's got grit,   
Ye'll find the next clue  
Where ye like to sit.*

*Well done, me pirates!  
You're moving ahead  
A secret is written  
 Where ye go to bed.*

*Now listen up closely  
Me beauties, me gems,   
There's a sandsubber watching  
The next clue's on them!*

*Not far to the treasure,  
Me brave sailing folk!  
 The next one's beside  
A thing with a yolk.*

*Fine work buccaneers!  
Now hark to me fable:  
There once was a clue  
 Who hid by a table.*

*Well done me shipmates!  
You're right on the brink...  
The last clue is hiding  
 Not far from a sink.*

*Aha so ye found it!  
 I'm piraty-proud,  
A toast to yer cunning  
And courage out loud!*





## Creamy Balsamic Vinaigrette Recipe

Prep: 5 mins Total: 5 mins

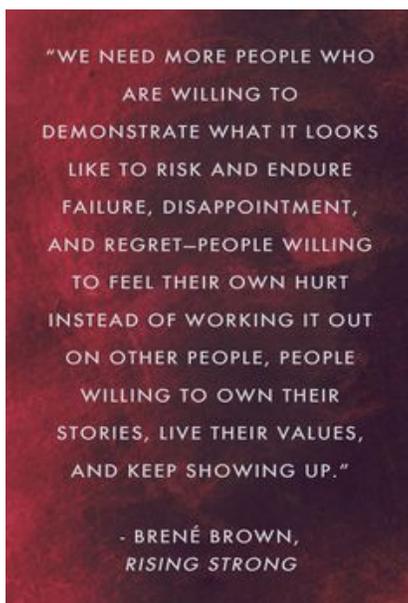
### Ingredients

- 4 crushed cloves garlic
- 1/4 cup greek yogurt (plain or honey)
- 2 tablespoons lemon juice
- 1 teaspoon dry mustard
- 1 tbsp. honey (or more to your taste)
- 2 teaspoons sea salt
- 1/2 cup balsamic vinegar
- 3/4 cup light olive oil



### Instructions

1. Mix all ingredients until there are no clumps and drizzle on your favorite salad



# Grilled Salmon with Strawberry Jalapeño Salsa

(Skip the jalapenos for a cooler version, just as yummy!)

**PREP TIME** 10 minutes

**COOK TIME** 6 minutes

**TOTAL TIME** 16 minutes

**YIELD:** 4 SERVINGS

## Ingredients

### Grilled Salmon

- 4 salmon fillets
- Kosher salt and black pepper to taste



### Strawberry Jalapeño Salsa

- 1 pound fresh strawberries, diced
- 1 jalapeño, seeded, deveined and finely diced
- 1/2 cup loosely packed cilantro leaves, chopped
- 1/3 cup red onion, diced
- Juice of a lime
- Kosher salt and black pepper to taste

## Instructions

### Strawberry Jalapeño Salsa

1. In a large bowl combine all of the ingredients for the salsa and stir together until combined.

### Grilled Salmon

1. Preheat grill to medium high heat.
2. Season the salmon fillets with salt and pepper.
3. Oil the grill grates or spray them with cooking spray then place the salmon fillets on and grill each side for approximately 3-4 minutes or until desired degree of doneness is reached.
4. Top the salmon with the strawberry salsa.

## Nutrition Information:

*Amount Per Serving:* CALORIES: 518 TOTAL FAT: 28g SATURATED FAT: 5g TRANS FAT: 0g UNSATURATED FAT: 20g CHOLESTEROL: 143mg SODIUM: 432mg CARBOHYDRATES: 12g FIBER: 3g SUGAR: 7g PROTEIN: 51g



Last week's answer: Puzzle #1: What's unusual about all the words is that if you take the first letter of each word away and add it to the end of the word it spells the same word backwards Puzzle #2: The boxers are women.

## Hidden Words

Don't put your head in the sand--try this tricky word brain teaser! Spell a hidden word by choosing the right

letter for each clue. The hidden word is related to one of the clues.

### Hidden Word #1

1. The first letter is in ECHO but not NOISE. \_\_\_\_\_
2. The second letter is in ACTOR but not SCRIPT. \_\_\_\_\_
3. The third letter is in BIRD and in BRAIN. \_\_\_\_\_
4. The fourth letter is in CORN but not COB. \_\_\_\_\_
5. The fifth letter is in NICE and in KIND. \_\_\_\_\_
6. The sixth letter is in EVENING but not MORNING. \_\_\_\_\_
7. The seventh letter is in TRAPEZE but not TIGHTROPE. \_\_\_\_\_
8. The eighth letter is in LAKE but not STREAM. \_\_\_\_\_      Answer: \_\_\_\_\_



### Hidden Word #2

1. The first letter is in ASLEEP but not AWAKE. \_\_\_\_\_ (SLP)
2. The second letter is in PEACH but not CHERRY. \_\_\_\_\_ (AP)
3. The third letter is in UNCLE and in AUNT. \_\_\_\_\_ (N)
4. The fourth letter is in TIGER but not JUNGLE. \_\_\_\_\_ (TIR)
5. The fifth letter is in SHIP and in SHORE. \_\_\_\_\_ (SH)
6. The sixth letter is in EARLY and in LATE. \_\_\_\_\_ (LAE)      Answer: \_\_\_\_\_

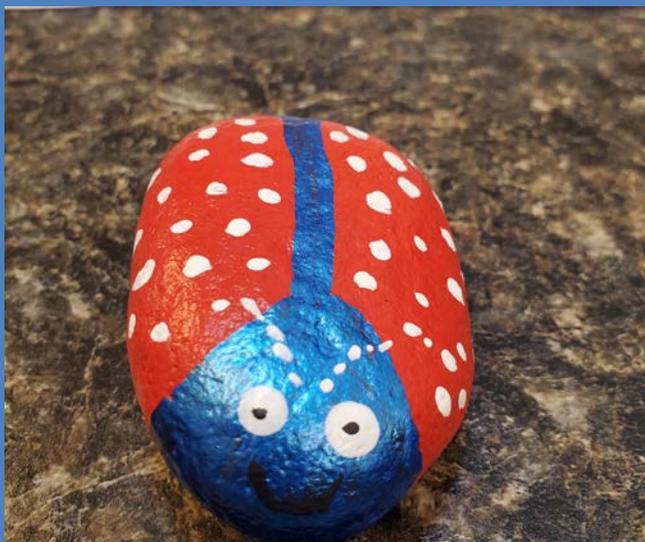


Send your answers to Dawn by phone or email for a shout out in the next issue. Call 530-721-1261 or email [driddle@alpinecountyca.gov](mailto:driddle@alpinecountyca.gov)

## This week's "Shout Outs"

Who's are the rock stars in Alpine County this week?

**Alpine County Library's Rita & Chris, along with Alpine County Sheriff's Office Christine** rocking their lime green to celebrate Mental Health Awareness Month. (The ladybug rock is hidden in Markleeville with a prize on the bottom, go find it!)



 **EachMind  
MATTERS**  
California's Mental Health Movement



