



Let's Connect!

July 15, 2020

Phone (530)694-1816
1-800-318-8212

We need your input to create a
“Wall of Words” for an upcoming newsletter:
What does mental health mean to you?

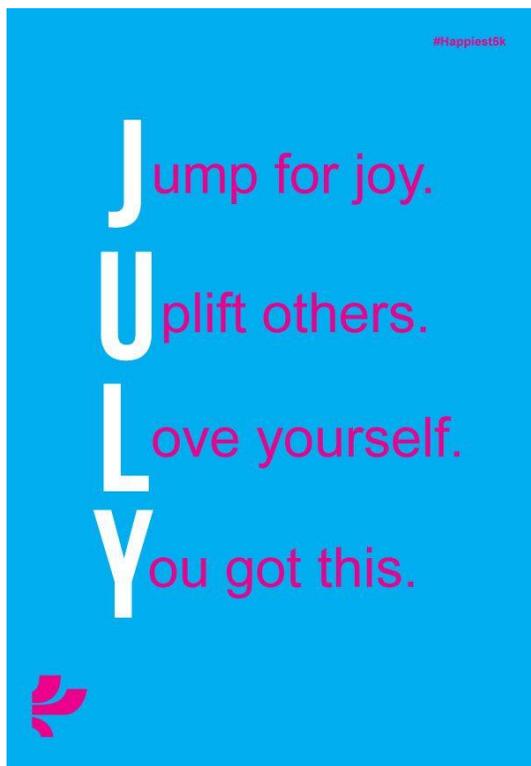
Email abroadhurst@alpinecountyca.gov or call 694.1816.

It can be short, it can be long, it can be a poem, it can be a song...
Deadline extended to July 31, 2020 to receive a prize for responding.
All submissions will be included in upcoming newsletter issue.

*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



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, please contact us!

694-1816 or abroadhurst@alpinecountyca.gov.

YOGA

Behavioral Health Services is offering

4: 1 hour Zoom yoga classes weekly

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

**To receive the link to the classes, call our office at 530-694-1816
and provide your email address or click below.**

YOGA ZOOMS

Tuesday & Thursday 5:30-6:30pm

Brent Grueter

<https://zoom.us/j/93349130989?pwd=SHNFb0NEMGprZVZDRG8yRFoyRUUvdz09> or dial 1-669-900-9128

Meeting ID: 933 4913 0989

Password: 108283

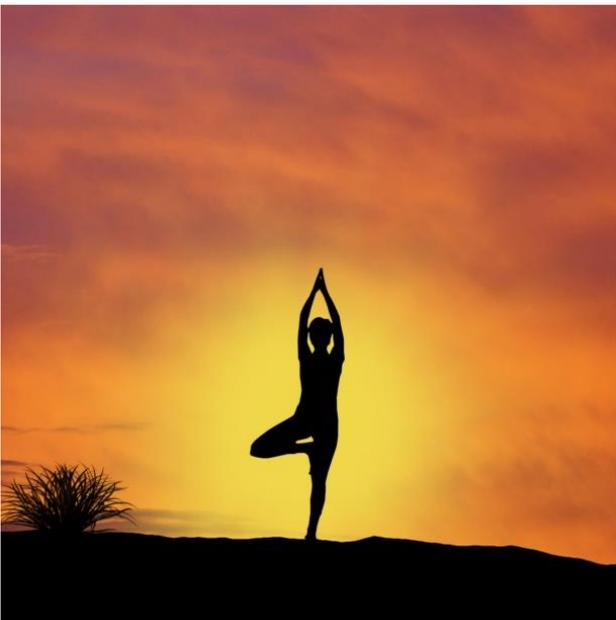
Monday & Wednesday 9:00-10:00am

Alex Mannos

<https://zoom.us/j/92366446965?pwd=c3VsNXcxSEZWb1lrQW50VXd6ajkxdz09> or dial 1-669-900-9128

Meeting ID: 923 6644 6965

Password: 813785



Thank you Karen Dustman and ALL who attended last week's 50+ gathering on zoom, great presentation and opportunity for connecting and sharing.

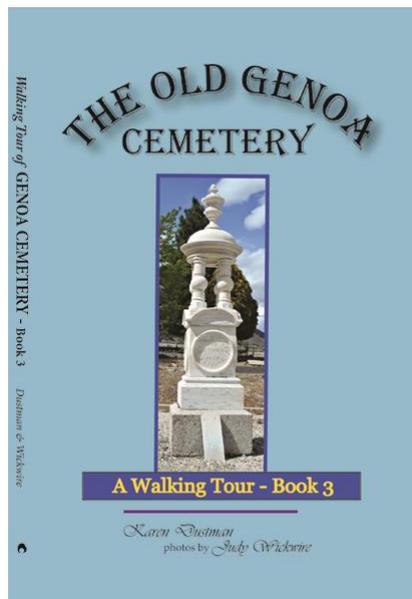
Save the Date: Next 50+ Club Zoom Gathering Thursday August 13, 2020 12pm

Support Local Authors

Jane Sweeney's book **Living Out Loud** is AVAILABLE NOW,
email janes5127@gmail.com

COMING SOON

Karen Dustman's **Book #3 of the Genoa Cemetery Walking Tour**
(with profiles of the pioneers buried there, including some Alpiners!)
email kdustman21@gmail.com



Included in this issue:

1. YouTube Links

- **Debunking the 5 Most Common Meditation Myths** <https://www.youtube.com/watch?v=Xco3UjLLvGo>
- **How Mindfulness Transforms Us** <https://www.youtube.com/watch?v=9gi2ER4pSaU&t=11s>

2. **ANSWERS** to Brain Teasers and Riddles, (July 15, 2020 newsletter)

Items below are found on following pages:

3. **10 New Brain Teasers**

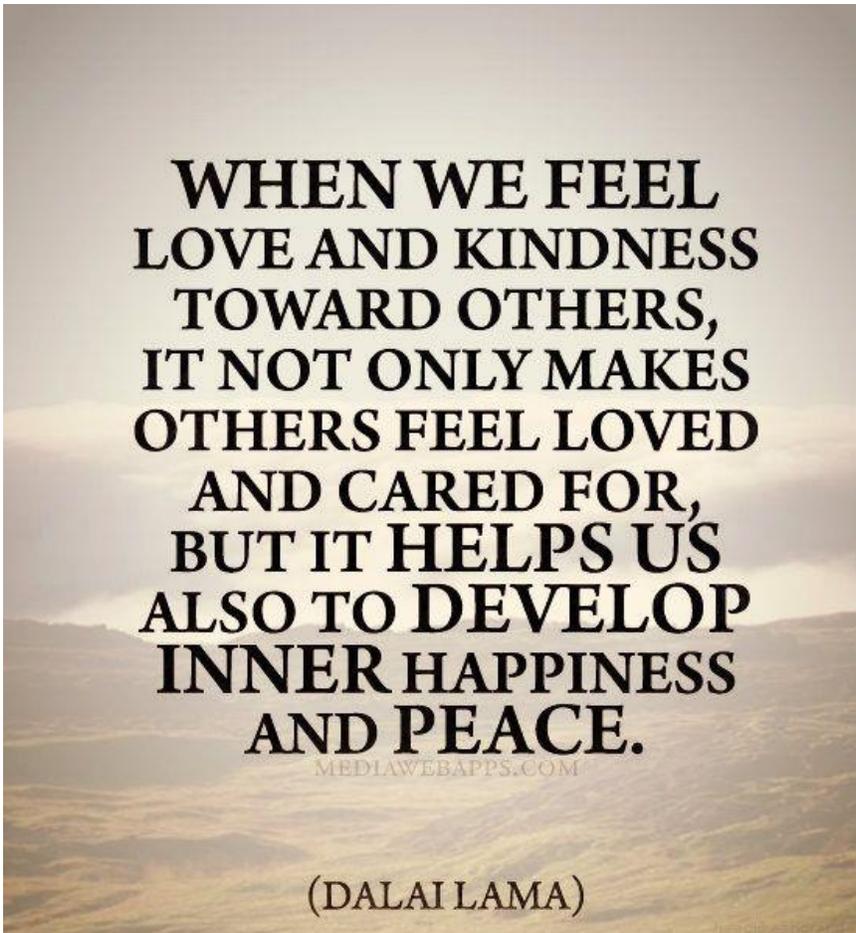
4. **Blue Sky Smoothie Recipe**

5. **Chicken and Cucumber Salad Recipe**

6. 2 Coloring Pages

7. Music Genres Word Search Puzzle

8. Composers and Music Styles



**WHEN WE FEEL
LOVE AND KINDNESS
TOWARD OTHERS,
IT NOT ONLY MAKES
OTHERS FEEL LOVED
AND CARED FOR,
BUT IT HELPS US
ALSO TO DEVELOP
INNER HAPPINESS
AND PEACE.**

MEDIAWEBAPPS.COM

(DALAI LAMA)

Brain Teaser ANSWERS (from July 1, 2020 issue)

1. SUNLIT, CARGO
2. Scarlet, furlong, mandate, parsnip, napkin
3. Acre
4. April, September

Riddle ANSWERS (from July 1, 2020 issue)

1. Echo
2. Map
3. All married



This is a fun newsletter to reach out and help you keep your mind healthy and engaged. We will be emailing out the next issue July 29, 2020. No copies will be mailed while staff continues to work from home, feel free to forward on or print and share a copy.

10 NEW BRAIN TEASERS

(submit answers to abroadhurst@alpinecountyca.gov by July 28, 2020)

1. Use every letter of the phrase TOUT CLOWNS' CONDO to spell three things associated with the color white.
2. What sting? Find a word that ends in *STING* for each clue.
 - a. A sting that cures fatigue
 - b. A sting that makes your bread turn brown
 - c. A sting that makes you laugh
3. Add consonants to the blanks in line to spell a word that is related to the clue.
 - a. A Good Time: _ o _ i _ a _
 - b. Rise and Fall: e _ e _ a _ o _
4. Can you finish spelling these three road signs? Each message contains two words.
 - a. C _ N _ T _ U _ T _ O _ A _ E _ D
 - b. M _ N _ M _ M _ P _ E _ _
 - c. D _ V _ D _ D _ I _ H _ A _
5. Here are the abbreviated names of three titles and authors of literary classic. For example, the abbreviation M.D. by H.M. is *Moby Dick* by Herman Melville. Spell the titles and authors for each of these:
 - a. T. C. O. T. W. by J. L.
 - b. T. I. by R. L. S.
 - c. D. C. by C. D.
6. Pen this! Find a word that begins or ends with PEN for each meaning.
 - a. A large web-footed bird
 - b. Easy access
 - c. To make darker or more intense
7. There are many common words that follow the consonant-vowelconsonant-vowel pattern, such as *bike* and *home*. List at least four words that follow this C-V-C-V pattern that do NOT end in a silent e.
8. Change one letter in each word to form a sensible sentence.

A man cat mole break thin Lou car.
9. Use every letter in the phrase A SCREECHY NEON MEAL to spell three things associated with the color yellow.
10. For each group of letters, spell a three-letter word plus a four-letter word that uses each of the seven letters once. Then spell a seven-letter word.
 - A) easleyh
 - B) metsrah
 - C) tacrot

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



Blue Sky Smoothie

1 cup water, 1 cup spinach, 1 cup blueberries (frozen or fresh),
¼ cup blackberries, 1tbsp almond butter, ½ lemon, juiced.

Mix all ingredients in blender.

Calories: 191, Fiber: 6.3g, Sugar 5.6g

Chicken and Cucumber Salad with Parsley Pesto

This hearty supper salad is a lean-protein powerhouse thanks to chicken, chickpeas, and edamame; the parsley pesto delivers bone-boosting vitamin K. Pick up frozen shelled edamame to make this meal extra speedy.

Ingredients

- 2 cups packed fresh flat leaf parsley leaves (from 1 bunch)
- 1 cup fresh baby spinach
- 2 tablespoons fresh lemon juice
- 1 tablespoon toasted pine nuts
- 1 tablespoon grated Parmesan cheese
- 1 medium garlic clove, smashed
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/2 cup extra-virgin olive oil
- 4 cups shredded rotisserie chicken (from 1 chicken)
- 2 cups cooked shelled edamame
- 1 (15-oz.) can unsalted chickpeas, drained and rinsed
- 1 cup chopped English cucumber
- 4 cups loosely packed arugula

How to Make It

Step 1: Combine parsley, spinach, lemon juice, pine nuts, cheese, garlic, salt, and pepper in bowl of a food processor; process until smooth, about 1 minute. With processor running, add oil; process until smooth, about 1 minute.

Step 2: Stir together chicken, edamame, chickpeas, and cucumber in a large bowl. Add pesto; toss to combine.

Step 3: Place 2/3 cup arugula in each of 6 bowls; top each with 1 cup chicken salad mixture. Serve immediately.

6 servings

Nutritional Information: Calories 482, Fat 26g, Saturated Fat 4g, Unsaturated Fat 18g, Protein 40g, Carbohydrate 22g, Fiber 7g, Sugars 2g, Added sugars 0g, Sodium 465mg, Calcium 17% DV, Potassium 13% DV



Music Genres Word Search Puzzle

P G N I N E T S I L Y S A E K
L U N K R O L A C I S S A L C
L D C I S U M P O P C K O E D
O E I V E L O P O E D F I V N
R Y T S H E M I S H D S E A V
D L E N C P T O I E P C S T B
N L A N C O U N T R Y I D O L
A I O T H L E N S O N N H R U
K B G P S A J R K E C O O M E
C A M M E A G G E R O R N U G
O K L Y Z R F A S T O T H S R
R C A Z R D A E D G E C D I A
H O N K Y T O N K A N E K C S
D R H Y T H M A N D B L U E S
S H O L A T E M Y V A E H R T

MUSIC GENRES WORD LIST

BLUEGRASS	HONKY TONK
CLASSICAL	JAZZ
COUNTRY	OPERA
DISCO	POP MUSIC
EASY LISTENING	PUNK ROCK
ELECTRONIC	REGGAE
ELEVATOR MUSIC	RHYTHM AND BLUES
FOLK	ROCK AND ROLL
HEAVY METAL	ROCKABILLY
HIP HOP	SOUL

COMPOSERS AND MUSIC STYLES

(vonBingen)	W. A. Mozart	(Verdi)	Elgar
Gregorian Chant	Sonatas	(Berlioz)	(Puccini)
Folk Music	Symphonies	(Rossini)	(Rachmaninoff)
Days of Drake	Beethoven	(Wagner)	(Strauss)
Shakespearean	(Schubert)	(Tchaikovsky)	(Stravinsky)
Purcell	Musical Eras	(Borodin)	(Vaughn-Williams)
Handel	Orchestras	(Lizst)	(Prokokieff)
(Vivaldi)	Schumann	(Brahms)	(Gershwin)
J. S. Bach	Chopin	(Dvorak)	(Copeland)
Contrapuntal	(Mendelssohn)	Grieg	(Shostakovich)
Fugues	Romanticism	(Strauss)	Joplin
Haydn			

THE 20's

Al Jolson
Louis Armstrong
Paul Whiteman
Ethel Waters
Maurice Chevalier
The Carter Family
Eddie Cantor
Bessie Smith
George Olsen
Ben Bernie
Fanny Brice
Jimmie Rogers



THE 30's

Irving Berlin
Cole Porter
Benny Goodman
Duke Ellington
Glen Miller
Billy Holliday
Judy Garland
Artie Shaw
Andrew Sisters
Tommy Dorsey
Bing Crosby
Gene Autry
Frank Sinatra



THE 40's

Nat King Cole
Lena Horne
Woodie Guthrie
Perry Como
Mills Brothers
Dinah Shore
Peggy Lee
Dean Martin
Ink Spots
Count Basie
Spike Jones
Tennessee E. Ford
Johnny Mercer



THE 50's

Elvis
Everly Brothers
Buddy Holly
Chuck Berry
Johnny Mathis
Johnny Cash
Jerry Lewis
Roy Orbison
Leslie Gore
Pat Boone
Allan Sherman
Ricky Nelson
Petula Clark



THE 60's

The Beatles
Peter/Paul/Mary
Tony Orlando
Gary Lewis
The Monkees
Beach Boys
Bobby Vinton
Carpenters
The Hollies
Jan & Dean
Neil Sedaka
Four Seasons
Temptations



THE 70's

Neil Diamond
Ray Stevens
Simon/ Garfunkel
Kenny Rogers
Anne Murray
Jim Reeves
Marty Robbins
Loretta Lynn
Stevie Wonder
ABBA BeeGees
Barbara Streisand
Elton John
Bob Dylan



THE 80's

Whitney Houston
Billy Joel
Madonna
Micheal Jackson
Huey Lewis
A-Ha Tina Turner
Bon Jovi
Chicago Prince
Weird Al G&Rs
Debbie Gibson
Amy Grant
Journey INXS
Lionel Richie



THE 90's

B-52s Cher
Blackhawk
Celine Dion
Brooks & Dunn
Aaron Neville
Randy Travis
Shania Twain
Garth Brooks
Cranberries
Trisha Yearwood
Sinead O'Connor
Nirvana Oasis
Pearl Jam

