Alpine COUNTY
BEHAVIORAL HEALTH SERVICES

Phone (530)694-1816

Let's Connect!

October 1, 2020

Hello, Alpine County Family!

True self-care is not soft baths and chocolate cake. It is making the choice to build a life you don't need to regularly escape from.

Fall is in the Air! Alpine County is one of the most beautiful places ever in autumn. There are gorgeous pockets of fall colors all over the county. Temperatures will be cooling down and it's the perfect time to get out for a drive and/or a walk to soak it all in.

Take some time to nurture your emotional health and mindfully observe the gifts of fall. There are new colors to see (fall leaves); fragrances to smell (think hot cider); sounds to hear (crunchy leaves underfoot); tastes to enjoy (crisp apples & juicy pomegranates); and textures to feel (bumpy pumpkins & fuzzy sweaters). All perfect reasons to practice being in the present moment.

October is also the month that we observe National Substance Abuse Prevention Month and Emotional Wellness Month, as well as Emotional Intelligence Month. We've listed some great short videos for you to watch.

Enjoy this "Let's Connect" and please participate with us in our virtual programs: Yoga, Create the Good and 50+ Gathering to strengthen your community connections and increase your emotional and physical health. We really hope to see you soon!

In this issue:

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2. Recipe for Healthy Pumpkin Pie Hot Chocolate
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5. Virtual Create the Good Schedule
6. Emotional Intelligence: The gist of it in quotes
7. 50+ Zoom Gathering: Cook Along with Dawn
8. Hidden Meaning Brain Teaser

Short videos for you to watch and reflect on…

https://youtu.be/_Y51YETlzgU : The Root Cause of Addiction

https://youtu.be/T5sOh4gKPIg : What is Addiction?

https://youtu.be/PY9DcIMGxMs : Everything You Think about Addiction is Wrong

https://youtu.be/cZjqpTsnc3I : 4 Things Emotionally Intelligent People Don't Do

https://youtu.be/Jtt8jKi3R1Y : 5 Tips for Emotional Wellness During a Pandemic

https://youtu.be/PAestsXAWsw : 7 Ways to Detox Your Emotional Well-being

Online YOGA Classes

Behavioral Health Services is offering 1 hour Zoom yoga classes (4 per week)

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

To receive the online link to the classes by email, call our office @ 530-694-1816

Healthy Pumpkin Hot Chocolate

This super creamy and delicious Healthy Hot Chocolate Recipe with Pumpkin is like pumpkin pie in a cup! If you're in need of some cozy comfort with a big dash of flavor, look no further! This autumn beverage made with cacao powder, plant-based milk, pumpkin puree and a dash of warming spices is a nutritious way to get your pumpkin fix. Vegan, dairy-free, soy-free, gluten-free + refined sugar-free!

Ingredients

- 2 cups plant-based or dairy milk
- 2 tablespoons cacao powder
- 2 tablespoons maple syrup
- 1 teaspoon unrefined coconut oil
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 2 tablespoons pure pumpkin puree

Instructions

- In a blender or food processor combine milk, cacao powder, maple syrup, coconut oil and spices. Blend until smooth.
- Add pumpkin puree. Blend until smooth and frothy.
- Pour into a saucepan and heat over medium heat until warmed throughout.
- Pour into a mug, optionally sprinkle with ground ginger (+ a good stir), enjoy

Nutrition

SERVING: 2cups | CALORIES: 251kcal | CARBOHYDRATES: 39g | PROTEIN: 5g | FAT: 12g | SATURATED FAT: 4g | SODIUM: 658mg | POTASSIUM: 304mg | FIBER: 6g | SUGAR: 26g | VITAMIN A: 4669IU | VITAMIN C: 1mg | CALCIUM: 656mg | IRON: 2mg

Cauliflower Rice Pumpkin Risotto with Bacon & Cranberries

INGREDIENTS

- 1 tbsp coconut oil (sub olive oil)
- 1 medium yellow onion, diced
- 2.5 cups cauliflower rice (pre-riced, or riced in the food processor) (frozen food section of store)
- 4 tbsp pumpkin puree
- 1/4 cup chicken broth
- 1 tsp dried sage
- 1/2 tsp sea salt
- 2 strips cooked bacon, chopped
- 1 tbsp dried cranberries, unsweetened
- 2 tsp parsley, chopped

PREP TIME: **5**

COOK TIME: **15**

TOTAL TIME: **20 MINUTES**

YIELD: **2 SERVINGS**

1. Melt the coconut oil in a deep skillet on medium heat.
2. Add the yellow onion and saute until the soft and transparent.
3. Pour in the broth, cauliflower rice, and pumpkin puree and season with salt, and sage. Stir well to combine.
4. Reduce heat to medium-low and allow to simmer for 8-10 minutes or until the broth is mostly absorbed by the cauliflower.
5. Remove from heat and top with dried cranberries, bacon, and parsley.

NUTRITION

SERVING SIZE: **1 SERVING:**

CALORIES: 307; FAT: 23.1G; CARBOHYDRATES: 19G; FIBER: 5.6G; PROTEIN: 8.1G

Spinach Salad with Warm Bacon Dressing

This big salad is great for busy days because the flavors are sweet & savory plus it fills you up.

Servings: 2

Ingredients

- 2 eggs hard boiled
- 2 pieces cooked crumbled bacon
- 0.13 red onion sliced very thin
- 3 cups fresh, washed baby spinach - dried really well

Dressing

- 2 tablespoons bacon drippings
- 2 tablespoons red wine vinegar
- 1 teaspoons sugar
- 1/4 teaspoon Dijon mustard
- salt and pepper to taste

Instructions

1. Boil 2 eggs - 1 per person.
2. Place spinach on large platter.
3. Arrange egg slices, crumbled bacon and onion on top of greens.
4. Make dressing by mixing warm bacon drippings with the other ingredients.
5. Drizzle with warm dressing and toss.

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Artzy Creations

Virtual "CREATE THE GOOD" October

This month: Nutrition Education, Poetry, Emotional Wellness, Halloween Pumpkin Decorating and Halloween Recipe Cook-along

Friday, October 2nd @ Noon: Creating Healthier Plates & Comparing Recommendations (USDA vs. Harvard healthy plates)

Presented by Jenna of Community Service Solutions (CSS)

Friday, October 9th @ Noon: World Mental Health Day- sharing

"I am Hung A Lel Ti" poem created at past Family Night

Wednesday, October 14th @ 5pm: Emotional Wellness

Friday, October 16th @ Noon: Nutritional Education with Jenna of CSS

Friday, October23rd @ Noon: Community Pumpkin Decorating at home for Halloween (We will provided pumpkins (more info to come)

Wednesday, October 28th @ 5pm: Emotional Intelligence: Recognizing & Managing Strong Emotions effectively

Friday, October 30th @ Noon: Connect & Cook with Dawn & Crystal – **Recipe & ingredient list coming in Oct. 15th Newsletter so you can cook along with us or just join us and talk**

Join Zoom Meeting https://zoom.us/j/98887819160?pwd=d0tsTS9GaGhzYUhuSFJoY3cvclNSQT09

Or call in 1-669-900-9128, meeting id 98887819160#

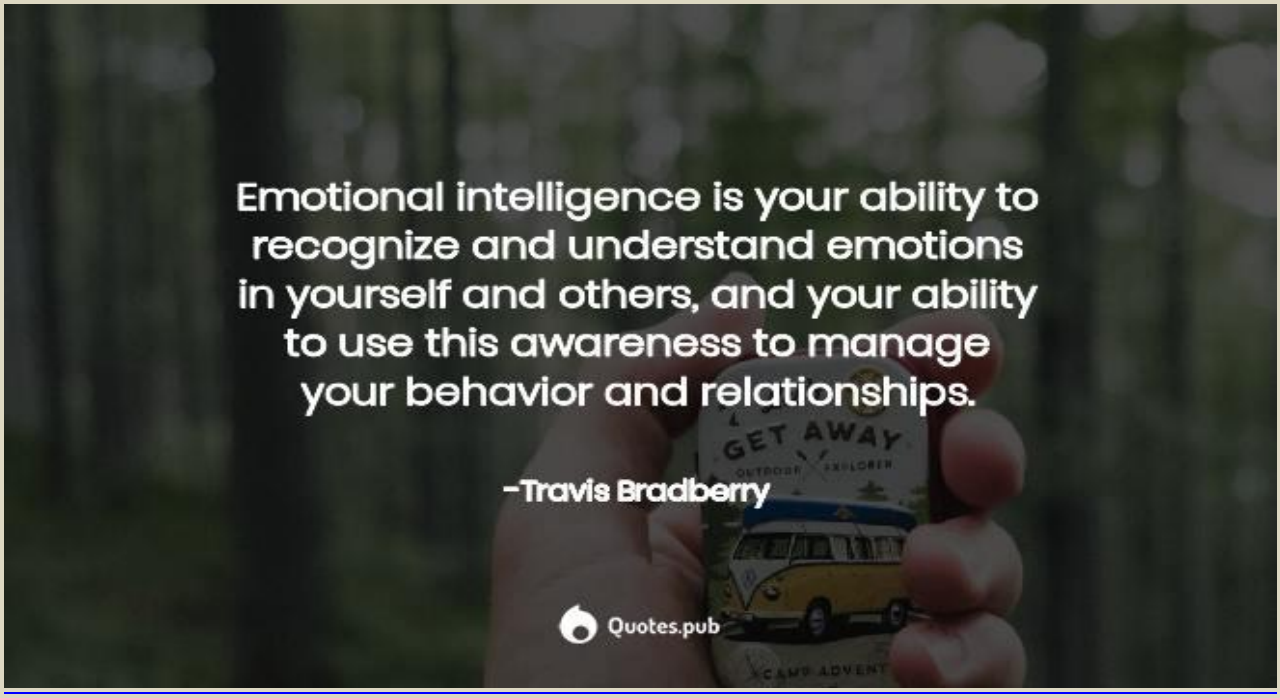
Did you know that October is

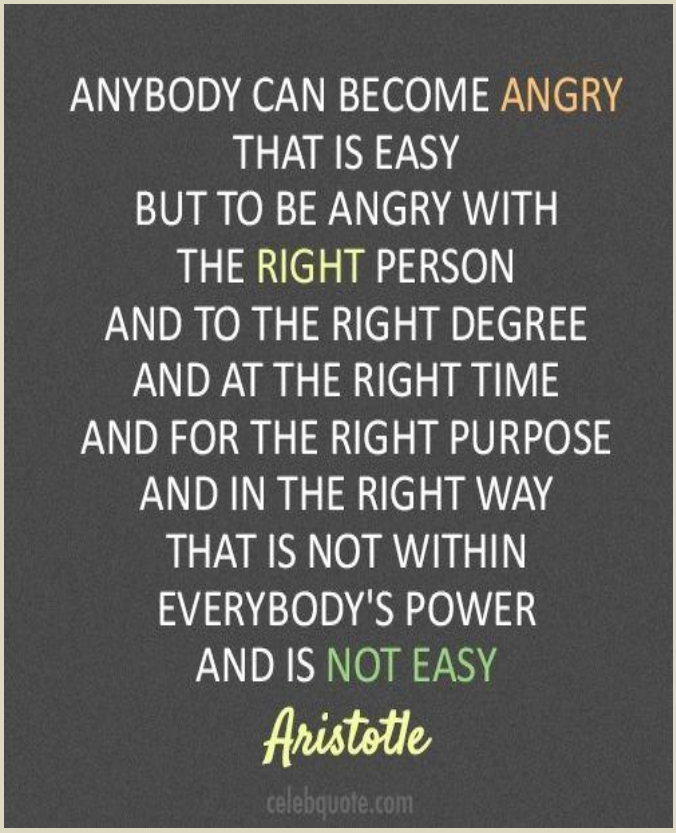
Emotional Intelligence Awareness Month??

How do you react to diversity?

Emotional Intelligence:

The gist of it in Quotes





Those who are emotionally

intelligent understand that

just because you address something

that bothers you, doesn't mean you are

trying to argue. You are simply

communicating. Disagreements don't

have to end with arguments or fights.

Hidden Meaning Brain Teaser

MAN BOARD	STAND I	READING	MIND MATTER	ECNALG
TOUCH	DEATH LIFE	GOING DIET	LE VEL	CYCLE CYCLE CYCLE
BAN ANA	NOON LAZY	R ROAD A D	PAS	BJAOCKX
++	XQQQME	NAFISH NAFISH	TIME ABDEF	YOUR REST
DEAL	GESG	III III O O	CLOSE CLOSE CLOSE CLOSE	GROUND

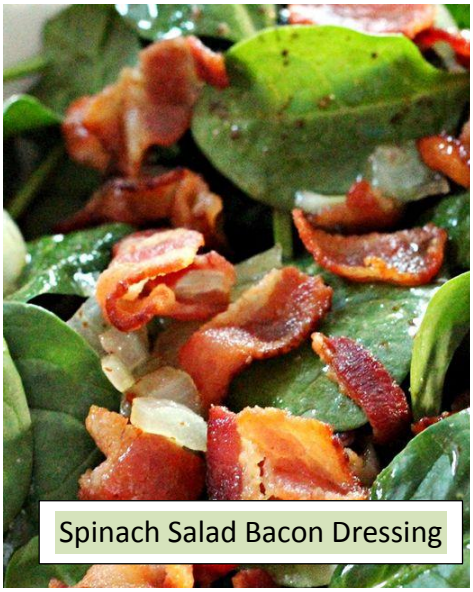
Send your answers to Dawn by phone or email for a shout out in the next issue.

Call 530-721-1261 or email driddle@alpinecountyca.gov

50+ Club Virtual Gathering

Cook Along with Dawn

Pumpkin Risotto



Spinach Salad Bacon Dressing

Pumpkin Spice Hot Chocolate

Thursday, October 8th

Noon – 2:00pm

Join us in cooking a healthy, delicious fall meal!

Or just watch and visit.

https://zoom.us/j/95144835750?pwd=YmVoUW9nT1RUZ2EvTXNya0hNaURxdz09

Meeting ID: 951 4483 5750
Passcode: 567794
Call by phone
+13462487799, meeting id 95144835750#

If you need help with your mental health contact:

Alpine County Behavioral Health Services

(530) 694-1816 or 24 hour Crisis Line (800)318-8282

Website: www.alpinecountyca.gov