



ALPINE THREADS

Community and Family Life in the California Alps

Spring 2016

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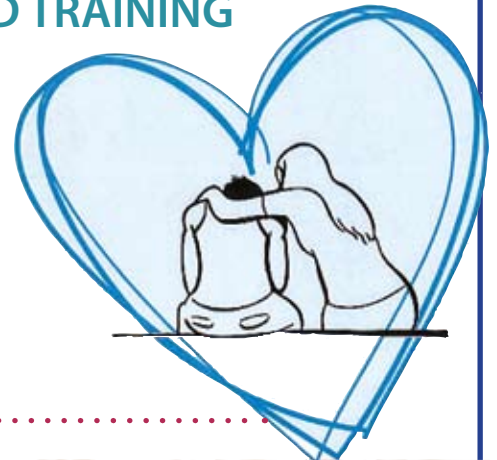
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MENTAL HEALTH FIRST AID TRAINING

Sometimes the best first aid is YOU!

Mental illness is much more common than many assume. This course teaches members of the public how to respond in a mental health emergency and how to support someone who appears to be in emotional distress.



UPCOMING TRAININGS:

- June 13th-14th (for Adults) Bear Valley**
- August 15th-16th (for Youth) Markleeville**
- October 19th-20th (for Adults) Markleeville**

Participants are asked to attend an 8 hour training over 2 days.
Day 1 12pm-4pm
Day 2 9am-1pm

RESERVE YOUR SPOT:

For more information or to reserve your spot, contact Amy Broadhurst with Alpine County Behavioral Health Services (530) 694-1320 or abroadhurst@alpinecountyca.gov

INSTRUCTORS:

- Amy Broadhurst**, MHSA Program Specialist
- Janet Stevens**, ASW, Clinician I
- Jane Sweeney**, Chair, Mental Health Advisory Board

Cost is FREE! Light snacks provided.

*This training is provided by Alpine County Behavioral Health Services.
Find out more about all of our services at alpinecounty.gov*



Earthquakes are quite possible in Alpine County. In fact, Alpine County has a very high earthquake risk, with a total of 157 earthquakes since 1931. The USGS database shows that there is a 90.11% chance of a major earthquake within 50km of Alpine County, CA within the next 50 years. The largest earthquake within 30 miles of Alpine County, CA was a 4.9 Magnitude in 1994.

There are a number of things that can be done to reduce your risk of serious injury or death during an earthquake. Following these 7 steps before, during, and after an earthquake will greatly improve your chances of survival.

SEVEN STEPS TO EARTHQUAKE SAFETY

When it comes to disaster, there are simple things you can do to make yourself safer. The information on this page is designed as a step-by-step guide to give you details on what to do before, during, and after an earthquake. Start with the simple tips within each step so that you can build on your accomplishments.

An example of this in Step 1 is moving heavy, unsecured objects from top shelves onto lower ones. This will only take minutes to complete and you are safer from that hazard!

The information in the steps linked below will help you learn how to better prepare to survive and recover, wherever you live, work, or travel.

PREPARE

Before the next big earthquake we recommend these four steps that will make you, your family, or your workplace better prepared to survive and recover quickly:

Step 1:

[Secure your space](#) by identifying hazards and securing moveable items.



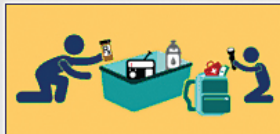
Step 2:

[Plan to be safe](#) by creating a disaster plan and deciding how you will communicate in an emergency.



Step 3:

[Organize disaster supplies](#) in convenient locations.



Step 4:

[Minimize financial hardship](#) by organizing important documents, strengthening your property, and considering insurance.



SURVIVE AND RECOVER

During the next big earthquake, and immediately after, is when your level of preparedness will make a difference in how you and others survive and can respond to emergencies:

Step 5:

[Drop, Cover, and Hold On](#) when the earth shakes.



Step 6:

[Improve safety](#) after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.



After the immediate threat of the earthquake has passed, your level of preparedness will determine your quality of life in the weeks and months that follow:

Step 7:

[Reconnect and Restore](#)
Restore daily life by reconnecting with others, repairing damage, and rebuilding community.



For more information on earthquake safety, contact Tim Streeper, Alpine County Emergency Preparedness Coordinator at tstreeper@alpinecountyca.gov or visit <http://www.ready.gov/earthquakes>

Alpine County Public Health is now on Facebook & Twitter

Like us and follow us for up to date information and tips about healthy living and emergency preparedness in beautiful Alpine County!





In loving memory of Jennifer Kline

Jennifer was a force for good in the lives of children and families in Alpine County. She will be greatly missed.



Earlier this month Jennifer's family gathered on the Courthouse steps with CAPC representatives after the Board of Supervisors approved the resolution to make April Child Abuse Prevention Month in honor of Jennifer.



Alpine County
**Child Abuse
Prevention**
Council

April is National Child Abuse Prevention Month, a time to recognize that we all can play an important role in making meaningful connections with children and families in our communities. In celebration, the Alpine County Child Abuse Prevention Council will be participating in several events and sharing a "Give a Compliment, Get a Compliment" activity designed to encourage families to share what they love about each other. And, if you want to do something nice today, say something nice to someone. Pay it forward, right?

The Child Abuse Prevention Council coordinates the community's efforts to prevent child abuse. Our mission is to encourage and support interactive community based programs to ensure that children and families are safe and healthy. The Council is a forum for interagency cooperation and coordination in the prevention of child abuse and promotion of a child centered community.



The Alpine County Child Abuse Prevention Council currently has four (4) Community-at-Large positions to fill. Any persons interested in serving, or seeking more information may contact the Alpine County Clerk's office at (530) 694-2281.



ALPINE COUNTY LIBRARY

The Alpine County Library is trying a new thing:

Mini Workshops for iPhone, iPad & Macintosh

(with Melissa Green!)

Check out previous workshop topics at:
alpinesandbox.blogspot.com

Next meeting:
Saturday, April 23rd 9-11am
at the Library.

The workshop will focus on how to use apps for photo editing.

Please call the Library for more information or to reserve your spot!

Money Matters

April is Financial Literacy Month

FINANCIAL LITERACY
MONTH 

Personal Financial Tips to Reach Your Money Goals

Managing your money and budgeting can be a challenging task. Do you ever ask yourself, “Where did all my money go?” You can easily keep track of and manage your financial habits with a few helpful tools:

1. Access your credit score.

Analyzing your credit score frequently will build that ever important excellent credit score. Your three digit credit score tells lenders and businesses how well you manage your credit and your finances. Scores range between 500 and 850. The higher the number, the better the rating and the better chance you have of obtaining credit at a better rate. Start by requesting your free annual credit report through www.annualcreditreport.com. After that, you can purchase your credit score through any of the nationwide credit reporting agencies.

2. Develop a household budget you can follow.

Keep track of monthly expenses, then develop a realistic budget that you can live with. Track how well you follow it each month – that means continuing to manage your monthly expenses and make adjustments as necessary to continue to maintain the budget.

3. Take control of your own financial future.

If you don't learn to manage your own money, other people will find ways to (mis)manage it for you. Some of these people may be not always have your best interests and may even be fraudulent scammers. Others may be well-meaning, but may not have successful financial management skills themselves.

4. Start an emergency fund.

Having money in savings to use for emergencies can really keep you out of trouble financially and help you sleep better at night. Also, if you get into the habit of saving money by treating it as a non-negotiable monthly “expense,” pretty soon you'll have more than just emergency money saved up: you'll have retirement money, vacation money and even money for a home down payment.

5. Start saving for retirement now.

Just as you headed off to kindergarten with your parents' hope to prepare you for success in a world that seemed eons away, you need to prepare for your retirement well in advance. Because of the way compound interest works, the sooner you start saving, the sooner you'll be able to call working an “option” rather than a “necessity.”

Look for more financial tips in future editions of Alpine Threads. For more information on financial management tips as well as computer workshops, visit us at alpinecountyca.gov or email rlynch@alpinecountyca.gov.



Alpine Connections Career Center

Renae Lynch, Workforce Development and Eligibility Specialist

75-A Diamond Valley Road, Markleeville, CA 96120 • (530) 694-2235 Ext. 227 • rlynch@alpinecountyca.gov



Live Healthy!

ALPINE COUNTY Health & Wellness COALITION



Getting some Zzzs for you and your family

John Fisher, Executive Director ~ First 5 Alpine County

Sleep is important to children for many reasons, from restoring energy to building brain connections - not to mention giving Mom and Dad a break. Young children need a lot of sleep. In fact, they'll spend 40 percent of their childhood sleeping. And the earlier you start helping kids establish good sleeping habits, the sooner the whole family will get some rest.

Give Brains a Rest

Not only is sleep necessary for a child's body, it's important for their brains too.

- In fact, sleep is the brain's primary activity during early development.
- It's during sleep that the brain sorts through and stores information, replaces chemicals, and solves problems.
- Studies show just one hour less of sleep a night during early childhood has long-lasting effects on proper language and cognitive development.
- Lack of sleep can also lead to behavioral problems, like hyperactivity, trouble managing emotions and poor concentration skills.

Know Sleep Guidelines

Every child is different, but there are basic guidelines as to how much sleep kids need.

- According to the National Sleep Foundation, newborns sleep up to 20 hours a day.
- By six months of age, babies will sleep up to 16 hours a day and may sleep through the night. Sleeping "through the night" may only be a stretch of five to six hours in a row.
- Toddlers need 12 to 14 hours of sleep a day between nighttime sleep and naps.
- Preschoolers need nearly as much, about 10 to 13 hours a day.
- Kids ages 5 and up still need about 10 hours a day.
- You may notice that your child has difficulty sleeping when reaching major development milestones such as walking or talking; when they're teething; when they're sick; or when they're experiencing separation anxiety. This is normal and will eventually pass.

Establish Bedtime Routine

The most important tip for developing good sleeping habits is to establish a nightly routine.

- Young children thrive on consistency, so routines make it easier for them to relax and fall asleep.
- Routines will differ based on what your child likes, but could include taking a bath, reading a story, singing a lullaby, breast-feeding or bottle-feeding, and giving a goodnight kiss.
- Don't let your child go to sleep with a TV on. A child's room should be quiet and dark.
- Once you've established a routine that is enjoyable for both of you, stick to it closely.
- As soon as you spot signs of sleepiness, try placing your child down to sleep. Look for signs such as sucking their thumb, rubbing their eyes, pulling their ears or even dark circles under their eyes.

Sleep Safely

Sudden infant death syndrome (SIDS) is the leading cause of death for infants under 1.

- Nobody knows exactly what causes SIDS, but there are steps parents and caregivers can take to reduce risks.
- Place babies on their back – not on their tummies – when putting them down to sleep.
- Buy a safety-approved crib and a firm mattress. Don't place pillows, blankets or stuffed animals in the crib and never use infant sleep positioners.
- Keep the bedroom at a temperature that's comfortable, not hot – around 70 degrees – then dress your baby for bed in whatever you're comfortable in plus one layer. Overheating is a risk factor for SIDS as well.
- Never smoke in your baby's room. Secondhand smoke has been linked to an increased risk of SIDS.

For more information on early learning and development, please contact **First 5 Alpine at 530-830-2845** or visit www.first5california.com/parents.

About First 5 Alpine

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life.

Secondhand Smoke is Toxic - Indoors AND Outdoors

Secondhand smoke has been classified as a Class A carcinogen
by the California Environmental Protection Agency.

There is no safe level of exposure to secondhand smoke.

Public awareness of the adverse health effects of environmental tobacco smoke (ETS) exposure is growing and most indoor public environments in California are now smoke free. ETS exposure in the outdoors, however, is often mistaken to be safe due to the mixing of the smoke with fresh air. The California Environmental Protection Agency Air Resources Board conducted an outdoor monitoring study as part of its investigation into ETS as a Toxic Air Contaminant. This study had some surprising results: some of the concentrations of nicotine measured were found to be just as high as some documented indoor exposures.

Infrequent and low exposures are still capable of inducing cardiovascular effects that could result in a serious event. Furthermore, brief exposure to ETS can also trigger an asthma attack in susceptible individuals. ETS may also be one of the greatest threats to the health of athletes, officials, and spectators in sports arenas and outdoor sporting events as it may compromise their training and performance. Athletes often mention ETS as an irritant at sporting events, such as bike races and skiing competitions.

Overall, Californians support smoking bans around playgrounds, building entrances, outdoor sporting events, entertainment venues, outdoor dining areas, and apartment and hotel common areas. California legislation bans smoking within 25 feet of playgrounds and sandboxes ([AB 188, 2001](#)) as well as within 20 feet of doorways ([AB 846, 2003](#)). Some California communities have enacted more restrictive ordinances. http://www.arb.ca.gov/toxics/ets/outdoor_ets.htm

Businesses, organizations and private citizens can protect their patrons, volunteers, friends, neighbors and employees by voluntarily restricting tobacco use. Outdoor dining areas, private and public events, fundraisers and parties can all be declared smoke-free, vape-free, and tobacco-free. Enforcement is often as easy as posting signs.

*For ideas about voluntary smoke and vape-free policies,
contact the Alpine County Tobacco Control Program at (530) 694-2146.*

UPCOMING VOLUNTEER EVENTS



Markleeville Creek Day – Saturday, September 10th

Markleeville Creek Day is the AWG's largest annual volunteer event. Help us plant willow, pull weeds, stabilize stream banks and cleanup our rivers. New participants are always welcome!

Alpine Aspen Festival – Saturday & Sunday, October 8th & 9th

Celebrate the fall colors and Alpine County's natural beauty in Hope Valley. Spend the day enjoying free live music, guest speakers and ecology hikes. Workshops include fly-fishing, photography, painting and much more.

For more information visit our website:

alpinewatershedgroup.org

or contact Hannah Drummond:

awg.hannahd@gmail.com (530) 694-2327



Alpine County is a wonderful place to live, but if you are a parent of a young child it can be a challenge to find child care.

Child care is often needed for:

- School age children when school is out of session (winter, spring, summer breaks & holidays)
- Non-traditional hours (prior to 7 am and after 6 pm)
- Weekend care
- Drop-in or occasional care

Choices for Children is always available to help you explore the possibility of becoming a licensed family child care provider. Funds are available to help with start-up costs. Becoming a licensed family child care provider has never been easier in Alpine County- since the mandatory orientation process is now available on-line (no travel involved!)

The fee for the online orientation is only \$30. This is a true work from home opportunity!

For more information on Community Care Licensing Family Child Care Home Online Orientation visit: www.cclcd.ca.gov or call our office 530-694-2129

GIRLS EMPOWERMENT DAY

Saturday, April 30th 2016
10am-4:30pm
The Learning Center
100 Foothill Rd



A Fun filled day of FREE activities designed to empower our female youth!



Register to attend or get more info from
Betty Hathaway at TYFS
(530) 694-9459
Shandra Morgan at NTANF
(530) 694-2555

Upcoming Events

May 20th-22nd – Annual Grover Hot Springs Campout (Volunteers needed)

June 11th – Kids’ Fishing Day at Indian Creek Reservoir (Volunteers needed)

July 1st –Membership for 2016/2017 Due (\$40 per household)



Contact Edie Veatch
alpinekids@live.com
(530) 694-2934



Alpine Threads Editorial Board

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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.first5alpine.com
- www.alpinecounty.com

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

75 B Diamond Valley Rd.
Markleeville, CA 96120
Phone: (530) 694-2146

Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

Avocado Tortilla Soup

Sprinkle red pepper flakes on this soup for added heat.

Makes 8, 1 cup servings. Prep time: 15 minutes Cook time: 15 minutes

Ingredients

- 3 (14-ounce) cans low-sodium chicken broth
- 2 (10.-ounce) cans low-sodium condensed tomato soup
- ½ bunch cilantro, leaves only
- 3 cloves garlic, finely chopped
- ½ teaspoon ground black pepper
- 1 ripe California avocado, peeled, pitted, and chopped
- 8 corn tortilla chips, crumbled

Preparation

1. In a large pan over high heat, combine chicken broth, tomato soup, cilantro, garlic, and ground black pepper. Bring to a boil, reduce heat, and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pan, add avocado and heat thoroughly.
4. Ladle into soup bowls and garnish with crumbled tortilla chips before serving.

Nutrition information per serving: Calories 134, Carbohydrate 17g, Dietary Fiber 2g, Protein 5g, Total Fat 6g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 350mg

*Recipe courtesy of the California Department of Public Health
and the California Avocado Commission*

For more recipes and other information, please contact

**Amanda Hoover at Community Service Solutions, a partnership with
Alpine County SNAP-Ed (530) 495-2700 or a Hoover@csssolutions.org**



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1-800-NO-BUTTS

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