



ALPINE THREADS

Community and Family Life in the California Alps

Spring 2014

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*Masthead photo courtesy of
Alpine County photographer
Todd Branscombe.*
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Time to Enjoy Life in Alpine County Make Physical Activity a Bigger Part of Every Day

May is National Physical Fitness and Sports Month. Most of us know that there are great benefits to being physically fit. Yet, many of us are not as fit as we would like to be.

The best way to become physically fit is to find an activity you enjoy doing and gradually work it into your daily routine. Doing something that brings you pleasure can help you stick to your fitness program and reach your goals.

You can find some tips for adding more physical activity to your day at www.foh.hhs.gov/calendar/May.html. Try these tips and you'll soon find that you've made exercise a habit that you won't want to break!

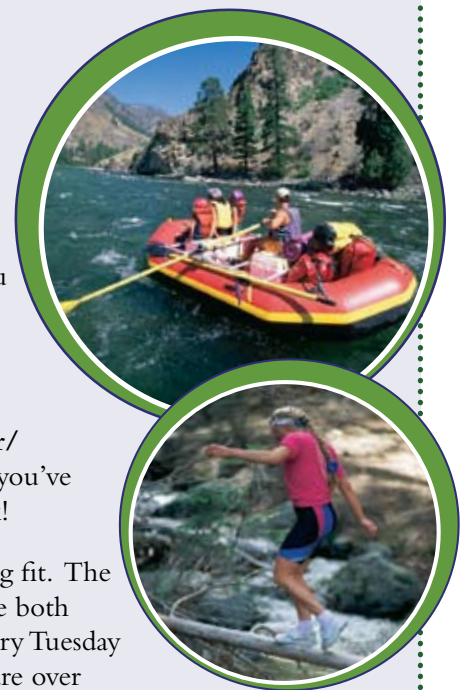
Alpine County offers many opportunities for getting fit. The MHSA sponsored activities continue. These include both Chair exercise (11 am) and Yoga class (12 noon) every Tuesday and Thursday at the Hung-A-Lel-Ti gym. If you are over 50 years of age, you can join in the free Senior Soak every Monday at Grover Hot Springs State Park (currently starting at 11 am but hours may change). For the kids, don't forget to come out to Diamond Valley School for the annual Bike-a-thon on May 30.

There is also a newly organized fitness group. They just started up and want to get out with friends and find activities. They are planning a 5K-10K walk/run for the end of June but join the fun now and help make the group something you would enjoy. You can learn more about it at <http://alpinefitnessgroup.com/home.html>.

And of course, there is all the beautiful open space Alpine has to offer for hiking, biking, fishing, boating, kayaking, swimming, and so much more.

Let's get out and have some fun!!

Be sure to speak with your physician or other healthcare provider before starting an exercise program if you have any medical concerns.



Using I Messages in Parenting

In March during our Active Parenting in 3 session, we talked about using "I" messages when communicating with our children. But first we must go back to what we learned in our February session. Problems or issues can be 1) parent-owned 2) child-owned or 3) shared.

Questions to ask yourself when determining who owns the problem:

- Who needs or goals are being blocked? Who is bringing up the problem?
You want your child to clean-up, she refuses.....parent-owned.
- Does the problem involve health and safety or family rules or values?
Your child doesn't want to wear a coat out in 30 degree weather....parent owned.
- Is the problem reasonable for your child's age and developmental level?
You want your 2 year old to wait patiently in line. She is having a hard time... parent-owned.

If the problem is parent owned, discipline will be needed.

If the problem is child owned, support will be needed.

If the problem is shared, a combination of discipline and support will be needed.

For now, we will discuss how to send an "I" message to your child when you run into a parent-owned problem.

No one likes to hear negative "you" messages.
"You always leave your toys out. I'm tired of tripping on them."
"You need to wear a jacket or you'll freeze" (well that one's not so bad)
"Shhh you need to be quiet and sit still."

Instead, come from a place of stating the problem, sharing your feelings, why you feel that way and make a request. Now **before** getting started with "I" messages, always begin with a polite request. "I notice you are done playing with your toys, will you please put them away?" If you get a refusal or ignored then move to your "I" message.....

State the problem: "I have a problem with you leaving your toys on the floor."

State the feeling: "I feel taken advantage of

Reason for the feeling: "because I pick the toys up even though I didn't use them."

Make request: "I would like you to pick up your toys before you go outside."

If your child drags her feet about picking the toys up, give her **firm directions- with few words.**

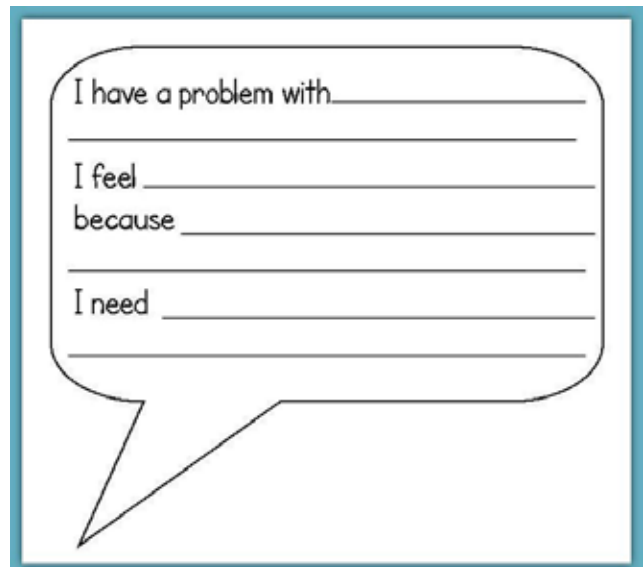
"Toys up. Now" Hopefully she complies and you can move on. In case she doesn't **give an either/or**

choice: "Either you pick up the toys or I will and I'll put

them away in the garage for a while." Or you can give a **when/then choice:**

"When you pick up your toys you can go outside and play." These are both **logical consequences** because they are related to the problems.

Work on sending "I" messages for parent-owned problems this month.



I have a problem with _____

I feel _____
because _____

I need _____



April is Child Abuse Prevention Month and the Alpine County Child Abuse Prevention Council (CAPC) is sponsoring the “Kind Hearts for Kids” campaign which includes a vegetable planting project for families. Kits will be given out at the Senior Lunch, Easter Egg hunt sponsored by Choices for Children at Diamond Valley School April 17, and at Health and Human Services. Plant a vegetable or flower with your child and nurture it, and each other, together. Also, please enjoy the following article with tips on how to nurture your child.

Foster a Sense of Self-Worth in Your Child

Few factors will be more important in deciding your children’s future than their sense of self-worth. How they feel about themselves will affect their choice of friends, how they get along with others and how they develop their potential. In other words, a good solid self-image is basic to good mental health.

Try not to call children names or label them with words like “stupid,” or “lazy”.

When things go wrong, focus on the behavior that was unacceptable.. not “You are a bad girl,” but, “when you yell so loud, you hurt my ears.”

Use compliments freely, as well as smiles and hugs. Try to focus on the positive. If the child’s behavior is creating problems, this can be trying but parents should work hard to find something to praise. For instance, wait until the child doesn’t spill any milk and then recognize her neatness. And remember, a smile and a hug can be as valuable as words in giving praise.

Avoid conditional compliments, like, “I noticed you made your bed, but it’s still lumpy in the middle,” or “I’m glad you picked up your toys, now just keep them picked up all the time.” This kind of a compliment is more like a put-down.

Don’t put people down behind their backs. Children may assume you say the same things about them. They might even believe that everyone is saying unkind things about them behind their back. This could undo all your efforts to build a solid self-image.

Use praise that lets children know they have been helpful. “When you put the napkins on the table, it helps us get ready for dinner.” Enjoy the uniqueness of your children. Accept them just the way they are, not as you wish they were. Avoid comparing your child to other children or to siblings.

Allow your children to build their own feeling of self-worth through accomplishment.

Doing things for them that they can do for themselves robs them of this opportunity.

Spend time with your children. Today’s crowded schedules make this difficult, but even small amounts of special time each week work wonders for a child’s healthy development.

Avoid talking to others about your children in their presence. The story you’re telling may seem cute to you, but it’s embarrassing to your child.

Adapted from: Parent Power Pages, Teaching Parents of Young Children: A curriculum in 12 Sessions Copyright 1996, Child Welfare League of America, Washington, DC and Prevent Child Abuse California .



FUNDING AVAILABLE

TO HELP PAY FOR TRAINING, EDUCATION AND WORK EXPERIENCE



If you are unemployed or underemployed (working less than 40 hours or working at a low-wage) Alpine Connections One-Stop Business and Career Center has funding and services available to help you reach your career goals. From resume and interview coaching to tuition for training programs, the Alpine One-Stop provides scholarships and comprehensive career services. If you are not sure which direction you would like to go, we have self-assessments and career coaching to help you create and implement a plan.

Once you have a career in mind, we can help you with resources you need to reach your goals. This may include scholarships to attend school or training programs, help with transportation and other training costs, On-the-Job Training (OJT), or a Work Experience (WEX) position. The OJT and WEX programs help individuals gain skills in the work environment while earning a wage.

If you are interested in any of these programs, contact the Alpine Connections One-Stop Business and Career Center at: (530) 694-2235 ext. 227 or eniemann@alpinecountyca.gov.

Starting at birth, the early years of a child's life are a critical period for brain development. One of the first and most important decisions a new mother must make is to decide whether to breastfeed their newborn. In an effort to provide expectant and new mothers with information, First 5 Alpine has compiled the following facts about the benefits of breastfeeding.

Breast milk provides health benefits for babies.

According to the American Academy of Pediatrics, breastfeeding provides the most ideal nutrition for infants and offers many benefits for both mother and baby. Breast milk contains all the nutritional ingredients your baby needs, including hormones, enzymes and other nutrients that are essential for healthy early brain development in infants.

Breast milk also contains natural antibodies to protect babies from illnesses. Breast-fed babies are also less likely to develop allergies and have better protection against a variety of health problems throughout their lives. In addition, breastfeeding provides continued closeness between mother and baby, ensuring healthy emotional bonding and providing the baby with the warmth and security that is important to their emotional development.

Breastfeeding is best for moms, too.

When the body produces breast milk, it burns some of the fat that the body stored during pregnancy. The American Academy of Pediatrics found that women who breastfeed for at least three months usually returned to their pre-pregnancy weight more quickly. In addition, research shows that breastfeeding reduces the risk of breast cancer, ovarian cancer and osteoporosis.



What should new mothers know about breastfeeding?

- Breastfeeding may take some practice. The more often a mother nurses, the more milk she will produce.
- If possible, babies should be breastfed exclusively for the first four to six months and then continue consuming breast milk along with solid foods for at least 12 months.
- Working moms can still breastfeed. Milk can be pumped and stored in a bottle or clean container and refrigerated for up to 48 hours, or frozen for up to three months. This allows dads and caregivers to feed the baby when mom's not there.
- Breastfeeding is convenient and low-cost. Breast milk is available when needed and does not have to be heated or prepared in a bottle.
- Before beginning to breastfeed, moms should talk to their doctor about any medications or drugs they are taking or if there is an HIV infection.

Breastfeeding is a natural part of motherhood and has many advantages. Choosing to breastfeed is an important, personal decision that all new mothers must make. New and expectant mothers should talk with their doctors about the benefits of breastfeeding and learn proper breastfeeding techniques to ensure their baby receives the nutrients he or she needs to grow and develop. For more information or for help getting started, call (800) LA-LECHE or (888) WIC-WORKS.

About First 5 Alpine County

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. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5.

April is Sexual Assault Awareness Month!



Women live with the knowledge that they are at high risk to be raped. Unlike men, they must always take into account what the risk factors are in any activity they plan. Women are often admonished to take precautions in their day-to-day lives. Why should the responsibility for rape prevention hinge on factors such as whether or not women park in well lit areas, walk with the buddy system or lock car doors? The truth is, the responsibility for rape PREVENTION belongs to men! Because if rape is to stop, it MUST begin with men. All men. Not just the few who become rapists, but also with every man we know. If you don't understand, read this top ten list and get some ideas of how to begin. (Men- can you imagine not sleeping with your windows open on a breezy, warm summer night?)

Top Ten Things that Men Can Do

Although statistics show that most men never rape, the overwhelming majority of rapists (and one in ten victims) are in fact male. We ask men to make a promise to be a different kind of man--one who values equality and whose strength is not used for hurting.

- 1. Be Aware of Language.** We live in a society in which words often cut down or put down women. Avoid words that degrade women like freak or dog. Those words send a message that females are less than human. Seeing them in such a light makes it easier to treat them without respect or to ignore their well being.
- 2. Communicate.** Sexual violence goes hand in hand with poor sexual communication. Our own discomfort in speaking about sexual issues dramatically raises the risk of rape. By learning effective means of sexual communication--stating your desires clearly and listening to your partner, men make sex safer for themselves and others.
- 3. Speak Up.** You may never see a rape in progress but you will hear jokes and language that is inappropriate and degrades women. When your best friend tells a joke about rape, tell him it is not funny. Support women who bring charges against violent men. Do anything but remain silent.
- 4. Support Survivors of Rape.** Rape will not be taken seriously until everyone understands how common it is. In the U.S. alone, hundreds of thousands of women are raped each year. By learning to sensitively support the survivors in their lives, men can help both women and men feel more comfortable about coming forward and talking about what has happened to them.
- 5. Contribute Your Time and Money.** Join or donate to an organization working to prevent violence against women (530-694-1853). Rape Crisis Centers, Domestic Violence Shelters and similar groups depend on your donations for support. For information see www.liveviolencefree.org.
- 6. Talk with Women.** If you're willing to listen, there is much to be learned about how the "risk of being raped" affects women's daily lives. Talk to them about it.
- 7. Talk with Men.** Talk about what it is like to be viewed as a potential rapist. Talk about the fact that 15-20% of all males will be sexually abused in their lifetime. Talk about whether they know any rape survivors. But start talking.
- 8. Organize.** Join an organization dedicated to stopping sexual violence. Men's anti rape groups are powerful. If you have the time and the drive, you can make a powerful difference. For more information contact Live Violence Free at 530-694-1853 or www.liveviolencefree.org.
- 9. Work against ALL oppression.** Rape feeds off of all forms of prejudice including racism, homophobia, and religious discrimination. By speaking out against behaviors that promote one group as being superior to another, you support everyone's equality. And finally.....
- 10. Don't ever have sex with anyone against their will--No matter what.**

(Credit-The Men's Rape Prevention Project:What Men Can Do.)





Doc Harvey's CORNER

What is an AED?



The Alpine County Health Department has just purchased a number of AEDs and is in the process of placing them in public buildings. No general fund money was used. Instead the Health Department used federal emergency preparedness grant monies. These are the same grants that have allowed past purchases of communication radios and emergency medical and food supplies.

So what is an AED? AED stands for Automatic Emergency Defibrillator. These devices are about the size of a six pack of soda and will be placed in white wall mounted boxes. They are designed for use by the public with almost no training needed. They are used in the case of a person collapsing with a heart attack which causes the heart to “fibrillate” or beat in a chaotic and ineffective fashion. When the AED is opened, a voice tells the rescuer exactly what to do. It directs the placement of sticky pads on the victim’s chest. It then automatically analyzes the heart rhythm. If a shock is indicated, the device delivers the shock and then reanalyzes the rhythm. The shock “defibrillates” the heart and converts the rhythm back to a normal pulse. The result is often lifesaving. AEDs are particularly important where paramedics are a long distance from the scene as is the case in Alpine County. The Health Department also sponsored 2 recent classes for county employees on how to perform CPR and use the AED. These classes were well attended.

My goal is to hold a class for the general public. When more citizens know CPR and how to operate an AED the chance for surviving a heart attack will improve in Alpine County. The AEDs will be located in the administration building, the court house, the public library, Turtle Rock Park, the Indian Education Center and the Early Learning Center. Bear Valley and Kirkwood have several AEDs located in public places.



For more information please contact Dr. Harvey at (530) 694-2146. Alpine County's Medical Clinic is open on Monday and Wednesday from 8:00am - 4:30pm by appointment only.

Secondhand Smoke

Courtesy vs. Health

For years, secondhand smoke was something people just put up with. Some smokers would ask if it was O.K. before lighting up, and even blow their smoke away, but smoking near others was no more than a courtesy issue.

Today, many people are concerned about the health problems caused by secondhand smoke. And the concern is real. About 53,000 people in the U.S. die each year from contact with secondhand smoke.

Environmental Tobacco Smoke

Secondhand smoke is also called Environmental Tobacco Smoke (ETS). It is a mix of smoke from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by a smoker.

Cigarette smoke contains over 4,000 chemicals, including 43 which cause cancer. This has led the U.S. Environmental Protection Agency to place ETS in the same group with radon, benzene, and asbestos, some of the most deadly cancer causing products known.

Passive Smokers

Secondhand smoke can cause coughing, sneezing, eye irritation, headaches, and nose and throat pain in adults (and pets too).

Children who breathe secondhand smoke are more likely than other kids to have ear infections, sore throats, colds, and lung problems (like asthma, wheezing, and coughing). And because ETS slows healing, children who breathe secondhand smoke usually stay sick longer. Because their lungs are less powerful than an adult's, children are more likely to wind up in the hospital with pneumonia, bronchitis, and asthma attacks.

Finally, even with health problems from secondhand smoke, kids who grow up watching people smoke are more likely to become smokers themselves.



Limit the Risk

Most people don't want to be around secondhand smoke. Today over 90% of Americans are against smoking in public places and many are making efforts to keep their homes and workplaces smoke-free.

For your children; insist that babysitters, grandparents, or other caregivers not smoke around them. It's O.K. to be firm.

For your home: If you smoke, stop. If you live with smokers, ask them not to smoke in your home or car. If that doesn't work, set aside a room for smoking. Be supportive if they try to quit. Also, ask visitors not to smoke in your home, and don't put out ashtrays. It's your right to have a smoke-free home.



California Smokers' Helpline
1-800-NO-BUTTS

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Fifty Plus Club Potluck



A New State of Mind: Ending the Stigma of Mental Illness *A Community Forum*

Join us for a FREE screening of “A New State of Mind: Ending the Stigma of Mental Illness,” a documentary narrated by award-winning actress Glenn Close. One in four American adults suffers from a diagnosable mental health illness in any given year, but many don’t seek help because of fear of judgment, isolation and discrimination. “A New State of Mind” tells the stories of everyday Californians who have lived with a mental illness, shattering myths as it highlights their hope, resilience and recovery. Attendees will have the opportunity to hear from a panel of mental health professionals and learn how they can make a difference in their families and community.

WHEN: May 8, 2014 from 12:00 – 2:00 p.m.

WHERE: The Learning Center - 100 Foothill Road Markleeville, CA 96120

Presented by:

Alpine County Mental Health Board

El Dorado County Community Resource Center

Please RSVP to Amy Broadhurst (530) 694-2638 Ext. 3

Lunch provided. Please bring your favorite side dish or dessert.

This program, administered by CalMHSA, is funded by the voter approved Mental Health Services Act (Prop. 63). The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. For more information, visit www.calmhsa.org.



WELLNESS • RECOVERY • RESILIENCE

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**The Learning Center
and Local Child Care
Planning Council**
100 Foothill Rd.
PH: 530-694-1148

Website Links

- [www.alpinecountyca.gov/
calendar](http://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 new column.

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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

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Addressing the needs of the
Alpine County Community

Healthy Eating, in a SNAP!

For this edition of *Alpine Threads* I searched for a light and summery dish. Fish is always a nice light tasting dish but many are unsure how to prepare a piece of fish. This recipe is quick and easy and since it goes in a yummy taco you can add all the veggies you like. Keep it light by using non-fat sour cream and salsa as toppings. I look forward to warm summer evenings and fish tacos. Enjoy!

Simple Fish Tacos

Yield 6 servings

- 1 pound cod or white fish fillets, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- ½ package taco seasoning
- 12 (6-inch) warmed corn tortillas
- 1 cup shredded red cabbage
- 1 cup shredded green cabbage
- 2 cups chopped tomatoes
- Other fresh veggies as desired (lettuce, onion, pepperoncini, etc)
- ½ cup nonfat sour cream
- Taco sauce or salsa to taste
- Lime wedges for serving (optional)

Preparation

1. In a medium bowl, combine fish, olive oil, lemon juice, and seasoning mix; pour into a large skillet.
2. Cook, stirring constantly, over medium-high heat for 4 to 5 minutes or until fish flakes easily when tested with a fork.
3. Fill tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream, and taco sauce. Serve with lime wedge, if desired.



Recipe courtesy of the Produce for Better Health Foundation.

For questions or comments, contact Becky Thornburg at Alpine County, Health and Human Services. You can call 530.694.2235 or email bthornburg@alpinecountyca.gov



California Smokers' Helpline
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