

MARCH 2026

Let's Connect

March is a month of fresh starts, growing energy, and hopeful change. As winter fades and the days grow longer, March invites us to step forward with renewed motivation, celebrate resilience, and welcome the early signs of spring. It's a time that encourages balance—honoring reflection while embracing new possibilities.

March is also rich with meaningful holidays and observances. Women's History Month recognizes the vital contributions and achievements of women throughout history and today. National Nutrition Month highlights the importance of healthy choices and overall wellness. St. Patrick's Day (March 17) brings a festive spirit of community, culture, and connection.

The Spring Equinox usually falls in March, marking the official beginning of spring and a powerful symbol of renewal and growth.

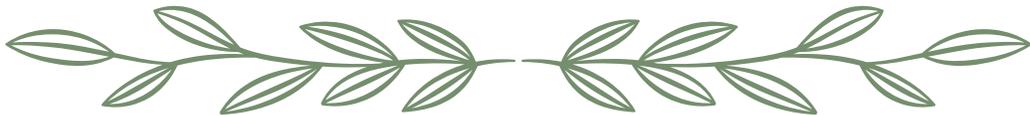
Together, these observances make March a month that celebrates health, history, equality, and fresh beginnings—an uplifting reminder that brighter days and new opportunities are ahead.





Good Morning, *Alpine*

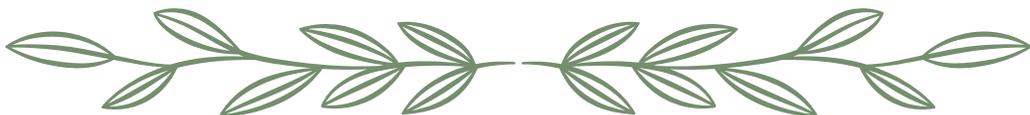
At the BHS Building, 40 Diamond Valley RD.
9:00 am to 11:00 am



Friday, March 13th

**Spinach and Mushroom Egg
Casserole**

**Activity: DIY Dry Flower Mason Jar
Candle Holder**



Friday, March 27th

**Yogurt Parfait, Eggs, and Hash
Browns**

Activity: Succulent Planting



Suicide
Prevention
Network



Alpine
COUNTY
BEHAVIORAL HEALTH SERVICES



Self-Injury Awareness Day: Building Understanding and Reducing Stigma



Each year on March 1, communities observe Self-Injury Awareness Day (SIAD) to increase understanding of self-injury and to promote compassion, awareness, and hope. This observance highlights the importance of addressing self-harm with empathy and reducing the stigma that can prevent individuals from seeking help.

Self-injury, also known as non-suicidal self-injury (NSSI), is often a way individuals cope with overwhelming emotional distress. It can affect people of all ages and backgrounds and is frequently misunderstood. Awareness helps replace myths with facts and encourages supportive, non-judgmental responses.

Reducing stigma is essential. Shame and misunderstanding can cause individuals to suffer in silence, delaying access to care and support. When stigma is reduced, people are more likely to reach out to trusted individuals or mental health services, strengthening opportunities for early intervention and recovery.

Self-Injury Awareness Day reminds us that mental health challenges deserve the same care and attention as physical health. Through education, open conversation, and compassion, we can help create a community where individuals feel supported, respected, and empowered to seek help.

Sources

- National Institute of Mental Health (NIMH)
- Cornell Research Program on Self-Injury and Recovery
- Mental Health America (MHA)
- National Today – Self-Injury Awareness Day



PLEASE JOIN US FOR A

Elders Luncheon

OPEN TO ALL ALPINE COUNTY ELDER'S

THURSDAY | MARCH | 19TH

Lunch at Cook'd
Lunch is from noon to 1:30

Transportation is available

TO RSVP FOR LUNCH AND
TRANSPORTATION PLEASE CONTACT
JACKIE SPRINGER AT
530-694-1816
JSPRINGER@ALPINECOUNTYCA.GOV



WHY SLEEP HYGIENE MATTERS FOR MENTAL HEALTH

March 18th-14th is "National Sleep Awareness Week."

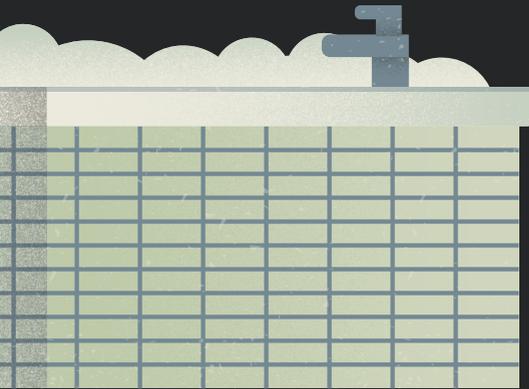
Stick to a Sleep Schedule

Sleep is more than just rest—it's a vital part of our mental and emotional well-being. Practicing good sleep hygiene, or healthy sleep habits, helps our brains recharge, process emotions, and manage daily stress more effectively. When we don't get enough quality sleep, it can impact our mood, concentration, and ability to cope with challenges.



Create a Bedtime Routine

Consistent, restful sleep supports emotional regulation, reduces feelings of anxiety and irritability, and improves overall resilience. It also plays a key role in memory, decision-making, and physical health, all of which are closely connected to mental wellness.



Optimize Your Sleep Environment

Simple sleep hygiene practices—such as keeping a regular sleep schedule, creating a calming bedtime routine, limiting screen time before bed, and making the sleep environment comfortable—can make a meaningful difference. Prioritizing sleep is a form of self-care, and even small changes can lead to better rest and a healthier mind.

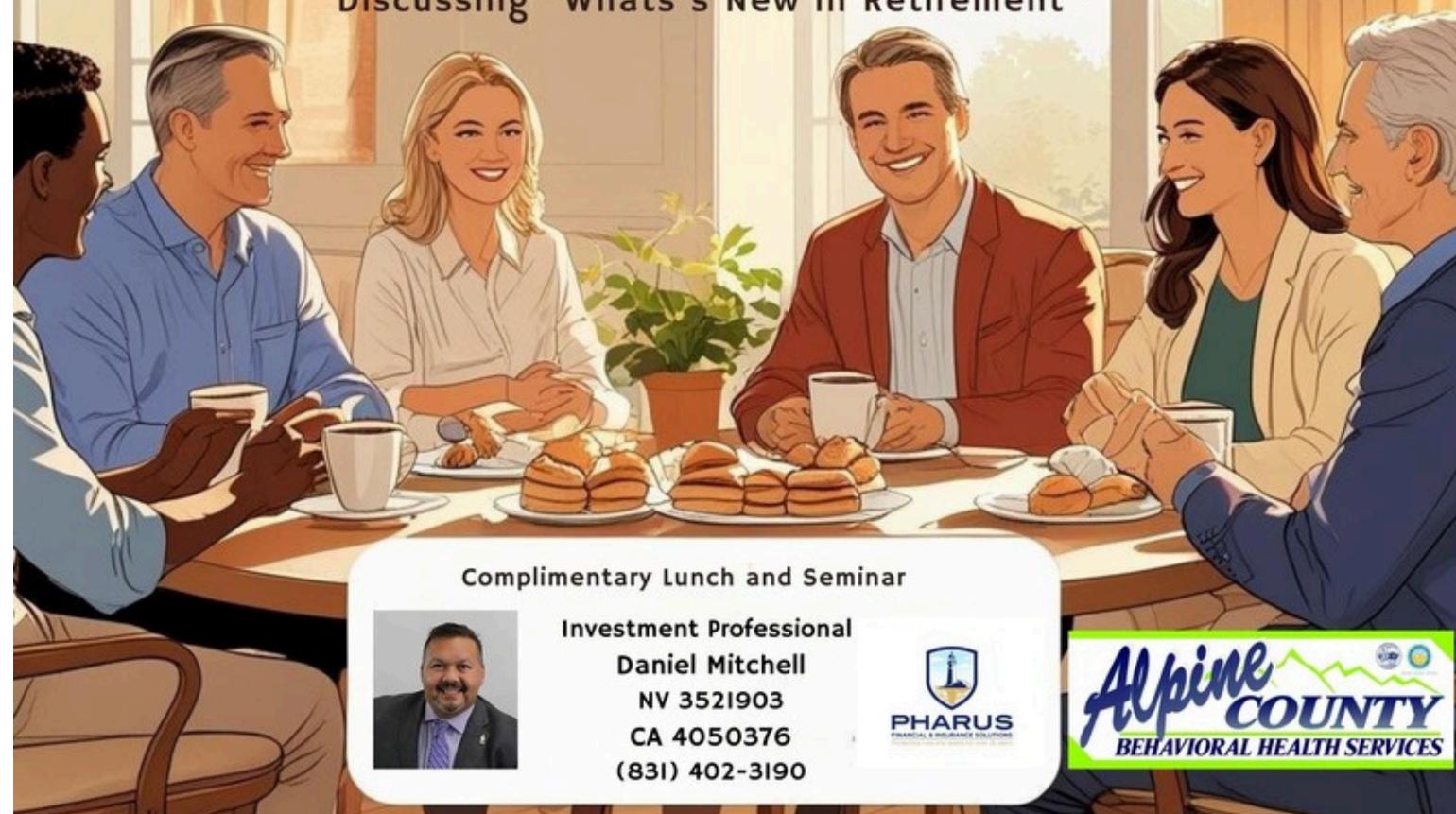


Getting good sleep isn't a luxury—it's an essential foundation for mental health and overall well-being.

FRIDAY, MARCH 6TH @12pm
 BHS Building 40 Diamond Valley Rd. Markleeville, CA 96120

Lunch and Learn

Featuring Financial Professional Daniel Mitchell
 Discussing "Whats's New in Retirement"



Complimentary Lunch and Seminar



Investment Professional
Daniel Mitchell
 NV 3521903
 CA 4050376
 (831) 402-3190



March 2026

Updated:02/12/2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Yoga @ Library 5-6pm	Pickleball @ Perry Walther 5-7pm	Nurse @ Library 9am-4:30pm Yoga @ Library 5-6pm	Nurse @ Library 9am-4:30pm Craft Group @ Library 4:30-6:30pm	Painting Group @ Library 3-5pm Game Night @ Library 5-6:30pm	AA 12 Step Meeting @ Library 6pm Basketball @ Perry Walther 5-7pm
8	9	10	11	12	13	14
Yoga @ Library 5-6pm	Pickleball @ Perry Walther 5-7pm	Nurse @ Library 9am-4:30pm First5 Family Resources @ Library 12-2:30pm Yoga @ Library 5-6pm	Nurse @ Library 9am-4:30pm	Painting Group @ Library 3-5pm	AA 12 Step Meeting @ Library 6pm	
15	16	17	18	19	20	21
Yoga @ Library 5-6pm	Pickleball @ Perry Walther 5-7pm	Nurse @ Library 9am-4:30pm Yoga @ Library 5-6pm Create the Good @ Perry Walther 5:30-7:00pm	Nurse @ Library 9am-4:30pm Craft Group @ Library 4:30-6:30pm	Painting Group @ Library 3-5pm Game Night @ Library 5-6:30pm	AA 12 Step Meeting @ Library 6pm Basketball @ Perry Walther 5-7pm	
22	23	24	25	26	27	28
Yoga @ Library 5-6pm	Pickleball @ Perry Walther 5-7pm	Nurse @ Library 9am-4:30pm MACT BHS Clinic @ Library 10-3pm Yoga @ Library 5-6pm	Nurse @ Library 9am-4:30pm Craft Group @ Library 4:30-6:30pm	Painting Group @ Library 3-5pm Game Night @ Library 5-6:30pm	AA 12 Step Meeting @ Library 6pm Basketball @ Perry Walther 5-7pm	
29	30	31				
Yoga @ Library 5-6pm	Pickleball @ Perry Walther 5-7pm					

COMEDY NIGHT



Kasey
Nicholson

SATURDAY, MARCH 28TH

DINNER INCLUDED

**LOCATION:
HUNG-A-LEL-TI GYM**

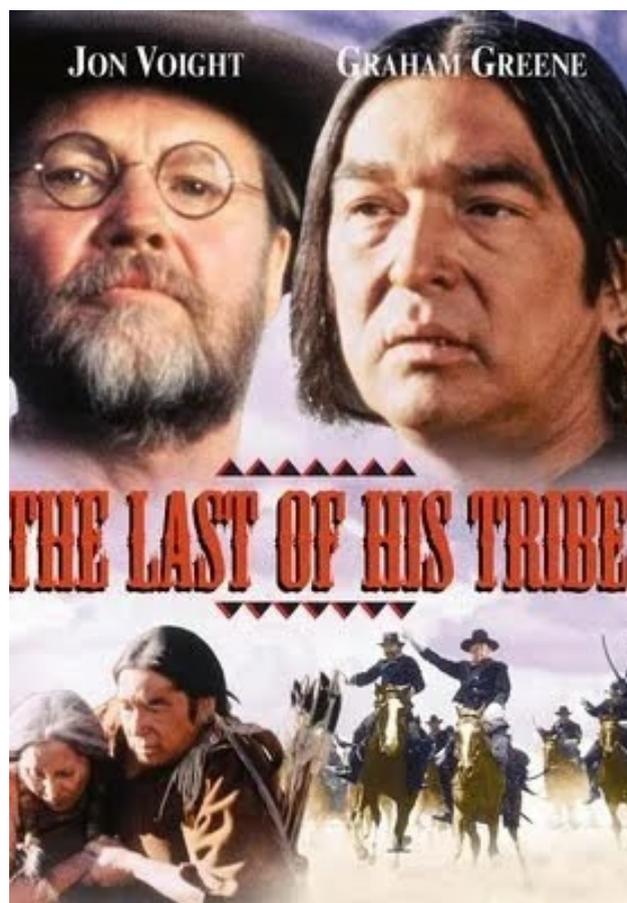
Dinner Starts at 5:00 pm
Comedy Show Starts at 6:00 pm



ELDER'S MORNING MOVIE

THURSDAY
MARCH 12, 2026
10A-12P

REFRESHMENTS
PROVIDED AT THE
WIEC



Based on a true story, this HBO film chronicles the poignant bond between Ishi, the last surviving member of the Yahi tribe, and the anthropologist who studied him, capturing the clash of two worlds and a profound friendship.



NEW IN MARKLEEVILLE: CONVENIENT HEALTHCARE IS HERE!

Alpine County, along with the MACT Health Board, is proud to bring quality healthcare services directly to you.

Our new clinic, conveniently located inside the Alpine County Health Clinic at 75 Diamond Valley Road, is now open every Monday through Friday from 8:00 AM to 5:00 PM.

Whether you need a quick check-up, are feeling under the weather, or want to connect with a Primary Care specialist, our team is here for you.



OUR SERVICES INCLUDE



- Urgent Care Needs: Get treatment for common illnesses like the flu, strep throat, UTIs, and more.



- Health Checks: Stop in for blood pressure and A1C screenings.



- Vaccines: Available by appointment.



- Telehealth: Connect with a provider from a convenient location.

**WE ARE YOUR LOCAL PARTNER
IN HEALTH AND ARE EXCITED TO
GROW WITH THE COMMUNITY.**

**TO LEARN MORE OR SCHEDULE AN
APPOINTMENT, CALL US TODAY AT
(530) 694-2146**



Suicide
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Know the Signs

Lunch Presentation

Friday March 13, 2026

12p-1:30p

at the Woodfords Indian Education Center

RSVP by Wednesday March 11, 2026

Kristy Vann

Alpine Community Coordinator

kristy@spnawareness.org

530-729-1408





GUIDED SNOWSHOE HIKES

Explore snowy trails with a guided tour at
Kirkwood Cross Country Ski & Snowshoe
Center

TUESDAY, MARCH 17TH

GUIDED TOUR FROM 11:00 AM TO 12:00 PM

RENTALS INCLUDED. LUNCH PROVIDED BY BHS

TO RSVP, PLEASE CONTACT JACKIE SPRINGER
530-694-1816 JSPRINGER@ALPINECOUNTYCA.GOV



IRISH HERITAGE MONTH

HONORING RESILIENCE, CULTURE, AND COMMUNITY

EACH MARCH, IRISH HERITAGE MONTH INVITES US TO CELEBRATE THE HISTORY, CULTURE, AND CONTRIBUTIONS OF IRISH AMERICANS WHILE REFLECTING ON THE STRENGTH AND RESILIENCE THAT DEFINE THE IRISH EXPERIENCE. MANY IRISH IMMIGRANTS CAME TO THE UNITED STATES FLEEING FAMINE, POVERTY, AND HARDSHIP, YET PERSEVERED THROUGH ADVERSITY TO BUILD STRONG FAMILIES, COMMUNITIES, AND INSTITUTIONS.

FROM A BEHAVIORAL HEALTH PERSPECTIVE, IRISH HERITAGE MONTH HIGHLIGHTS THE IMPORTANCE OF CONNECTION, IDENTITY, AND COMMUNITY SUPPORT IN PROMOTING WELL-BEING. IRISH CULTURE PLACES STRONG VALUE ON STORYTELLING, MUSIC, HUMOR, AND SHARED TRADITIONS — ALL OF WHICH FOSTER EMOTIONAL EXPRESSION, BELONGING, AND HEALING. THESE CULTURAL STRENGTHS CONTINUE TO SUPPORT MENTAL AND EMOTIONAL WELLNESS ACROSS GENERATIONS.

OBSERVING IRISH HERITAGE MONTH ALSO PROVIDES AN OPPORTUNITY TO ACKNOWLEDGE HOW HISTORICAL TRAUMA AND HARDSHIP CAN IMPACT MENTAL HEALTH, WHILE HONORING THE RESILIENCE AND COPING STRATEGIES COMMUNITIES DEVELOP IN RESPONSE. RECOGNIZING THESE EXPERIENCES HELPS REDUCE STIGMA AND ENCOURAGES OPEN CONVERSATIONS ABOUT EMOTIONAL HEALTH AND SEEKING SUPPORT.

BY CELEBRATING IRISH HERITAGE MONTH, WE AFFIRM THAT CULTURAL PRIDE AND COMMUNITY CONNECTION PLAY AN IMPORTANT ROLE IN OVERALL WELL-BEING. HONORING HERITAGE HELPS BUILD UNDERSTANDING, COMPASSION, AND INCLUSIVE SPACES WHERE INDIVIDUALS FEEL VALUED, SUPPORTED, AND EMPOWERED TO THRIVE.



Nutrition at Home

Shopping 10:30a-3p G-Ville

5 March 2026

Transportation is provided: **RSVP** with Kristy Vann
Shopping >> 8 passenger & 1 wheelchair limited space.

Pick-up Locations:

Markleeville Library, Sierra Pines, and the
Woodfords Indian Education Center

Free to Alpine County
Residents.



Suicide
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Partnership with



SUICIDE PREVENTION NETWORK

Bear Valley Yoga

EVERY MONDAY & WEDNESDAY

FROM 5:00 PM TO 6:00 PM

With Alex Mannos:

IN PERSON LIBRARY CONFERENCE ROOM AND ON ZOOM.

Join Zoom:

<https://us06web.zoom.us/j/81837132484pwd=ZDNqMwU3ZjeEZFcVJsU09BT3p2QT09>

Meeting ID: 818 3713 2484 Passcode: 278663



Balance Matters

MARCH 2026

Adult Fall Risk Fitness Class



Mondays 1:00 to 2:30 pm
Woodfords Hunga lil ti
Wellness Center Gym

This 4-week class is designed to help adults increase strength, flexibility, and balance to reduce fall risk. Fall Prevention Tips and Education included.

Contact; Cheryl Morris 775-781-7876

BALANCE MATTERS



Improve Stability • Boost Confidence • Prevent Falls

Join us for a 4-week balance class designed specifically for Elders looking to build strength, increase coordination, and stay steady on their feet.

Woodfords Community
Mondays Feb. 2nd-Feb 25th
1:00pm-2:30pm

Woodfords Community Gym

- Week 1 Exercise and its important role in fall prevention
Fitness Focus: Strength Building
- Week 2 Recognizing Fall Risk Habits
Fitness Focus: Balance Building
- Week 3 Recognizing Fall Hazards in the Home/Community
Fitness Focus: Flexibility
- Week 4 Resources, Equipment, Putting it All Together
Fitness Focus; Strength/Balance/Flexibility

SPACE IS LIMITED! Contact Cheryl Morris to reserve your spot today!
cheddym@aol.com

(775) 781-7876



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YOUTH

WEDNESDAY
SWIMMING
DAY

MARCH 18, 2026

Open to all Alpine
Residents

2:30P-

SWIMMING



FOR INFORMATION
Kristy Vann
kristy@spawareness.org
530-721-1408





BASKETBALL - NIGHT -

Saturday, March 7th, 21st, 28th

5:00-7:00PM

**AT THE PERRY
WALTHER
BUILDING**

**325
Creekside
Drive**

**Please wear non-
marking or white-
soled shoes**

FOR MORE INFO :

NGRANADOS@ALPINECOUNTYCA.GOV

**This is a
drug and
alcohol
free event**





6472

Bear Valley Community Game Night

Friday, March 6th, 20th, 27th, at the Library, 5:00-6:30pm



Bear Valley Community Game Night
 Join Nathan from Alpine County Behavioral Health Services at the Library on Friday, March 6th, 20th, 27th, from 5:00-6:30pm, for a community game night! There will be several games available to suit different ages, interests, and attention spans, and you are welcome to bring your own! Please contact Nathan at ngranados@alpinecountyca.gov with any questions. This is a drug and alcohol free event.



Bear Valley Crafting Group

Thursday, March 5th, 19th, 26th
At the Library, 4:30-6:30pm



Bear Valley Crafting Group

Who: Anyone who likes crafting.
What: Work on your craft projects. Please bring your own project or email Nathan ahead of time if you need a project.
Where: The Bear Valley Library.
When: Thursday, March 5th, 19th, 26th. 4:30-6:30pm
Why: To share knowledge & help motivate each other.
Bring out that craft project that you started but haven't finished, and hang out with some other folks in town who like to make stuff! For the safety of each other and the Library, let's avoid anything with open flames. Please bring your own tools and materials, and if you are interested in crafts but don't have tools or materials, reach out to Nathan at ngranados@alpinecountyca.gov and we'll make a plan. This is a drug and alcohol free event.



PICKLEBALL

Come Join Some Fun Indoors!!

Community Pickle Ball Night

Every Tuesday in February

5:00 pm to 7:00 pm

PERRYWALTHERBUILDING - 325CREEKSIDEDRIVE

Round Robin Games

Paddles available to check out courtesy of Alpine Behavioral Health

Please check-in prior to playing.

ALL LEVELS and AGES WELCOME!!

Time is limited so no lessons will be given but give it a try!

If your sneakers are black bottom, please make sure they are "no marking" tread



Any Questions contact ngranados@alpinecountyca.gov



SPN MARCH 2026



Suicide
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Family MOVIE Night



WEDNESDAY
11
MARCH

MOVIE: "THE WATER MAN"

5:30P-7:30P

Dinner Provided @ the WIEC

Wellbriety

Talking Circle

Hung-A-Lel-Ti
Firehouse

Mondays at
6:00 pm



**Bear Valley Bunch
AA Meeting
Inperson & On
Zoom**

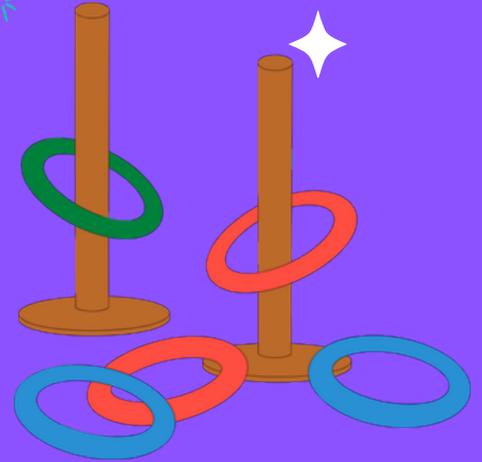
Saturdays 6pm @ Bear Valley
Library or on Zoom ID#
9783881212 Password: 12x12

The HIGHEST
Mtg in CA
@ 7100ft!!!!

The ONLY
meeting in
Alpine County,
the lowest populous
county in
California!

CARNIVAL

FAMILY GAME NIGHT



Bring your family and friends for a night full of laughter, fun, and games for all ages!



Wednesday
25 March 2026
5:30p–7:30p
at the WIEC Building

**DINNER,
SNACKS &
DRINKS
PROVIDED**



Kristy Vann
kristy@spnawareness.org



Suicide
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SUICIDE PREVENTION NETWORK

FITNESS PROGRAM OPPORTUNITIES

SWIM PASSES

- Carson Valley Swim Center
- Alpine County Residents only
- Youth, Adults, and Seniors
- With proof of residency



YOGA PASSES

- Douglas Community Yoga or Yoga Sculpt and O2 Yoga
- Alpine County Residents only
- Adults and Seniors
- With proof of residency

**SIGN UP AND PICK UP YOUR PASS AT
WOODFORDS INDIAN EDUCATION
CENTER (WIEC): WED. 10A-11A**

96 Washoe Blvd. Markleeville, CA 96120

GOOD MORNING ALPINE: EVERY OTHER FRI

40 Diamond Valley Rd. Markleeville, CA 96120

 530-721-1408

 kristy@snpawareness.org

 96 Washoe Blvd.
Markleeville, CA 96120



Standard Rate
U.S. Postage Paid
Permit No. 3
Markleeville, CA 96120



Postal Customer
Markleeville, CA 96120