Behavioral Health Centers Reopen

Tuolumne County Behavioral Health’s community centers, the Tuolumne County Enrichment Center and the David Lambert Community Drop-In Center, have proven to be resilient during the pandemic. Both centers, which are open to community members 18 years of age and older, are funded through the Mental Health Services Act Prop 63 that California voters passed in November 2004 and took effect January 1, 2005. The Act imposed one percent tax on individual income exceeding $1 million. The MHSA is a unified, statewide initiative to provide improved care for individuals living with a mental illness and it outlines a methodology to the

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November celebrates and honors:

October 31 - November 2: Dia de los Muertos. A time of remembrance for dead ancestors and a celebration of the continuity of life.

November 1 is All Saints Day. All Saints Day celebrates the lives of all Christians who have died in a state of grace.

November 11 is Veterans Day, an annual U.S. federal holiday honoring military veterans. The date is also celebrated as Armistice Day or Remembrance Day in other parts of the world and commemorates the ending of the first World War in 1918.

November 20 is Transgender Day of Remembrance, established in 1998 to memorialize those who have been killed as a result of transphobia and raise awareness of the continued violence endured by the transgender community.

November 20 is Feast of Christ the King, the last holy Sunday in the western liturgical calendar. This day is observed by the Roman Catholic Church, as well as many Anglicans, Lutherans, and other mainline Protestants.

November 24 is Thanksgiving. Thanksgiving is a national holiday celebrated on various dates in places including the United States, Canada, Brazil, Grenada, Saint Lucia. It began as a day of giving thanks and sacrifice for the blessing of the harvest and of the preceding year.
Blue Zones Project, Tuolumne County presents:

Jimtown Walkabout
And Wellness Fair

Walk the course with friends & neighbors. Meet the walking goal you set!
Free Pedometers while supplies last. Count your steps and win prizes!

Saturday, November 19
9:00am to noon
Jamestown Elementary School

FAMILY FUN ACTIVITIES • GIVEAWAYS
RAFFLE PRIZES like gift cards for gas and meals
HEALTH & WELLNESS BOOTHs • DJ MUSIC

Accepting food donations for Mother Lode Food Project of holiday-themed non-perishable food (earns a raffle ticket)

THANKS TO OUR COMMUNITY PARTNERS
Jamestown Family Resource Center
& Tuolumne County Public Health Department

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Ingredients:
For the Apple Spice Cake:
- 2 ¼ cup all-purpose flour
- 2 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- ¾ cup vegetable oil
- ¾ cup white sugar
- ¾ cup packed brown sugar
- 3 large eggs room temperature
- 2 teaspoon vanilla extract
- 1 cup apple sauce
- 1 ½ cups grated apple
- ½ cup sour cream

For the Cream Cheese Frosting
- ⅓ cup unsalted butter softened to room temperature
- 8 oz Cream Cheese brick style, full-fat
- 3 cup powdered sugar
- 1-2 tablespoons heavy cream as needed
- Chopped walnuts optional

Instructions
For the Apple Spice Cake
1. Preheat the oven to 350F degrees.
2. Grease and flour a 9x13 inch cake pan.
3. In a large bowl whisk together the flour, baking soda, baking powder, salt, cinnamon, ginger, and nutmeg.
4. In a large bowl using an electric mixer beat together the oil, sugars, eggs and vanilla. Then stir in the apple sauce, grated apple and sour cream.
5. Slowly beat in the flour mixture, turning off the mixer and scraping down the sides of the bowl as necessary.
6. Pour into the prepared pan and bake for 40-45 minutes or until an inserted toothpick comes out clean.

For the Cream Cheese Frosting
1. In a large bowl beat together the butter until soft. Then beat in the cream cheese until no lumps remain.
2. Slowly beat in the powdered sugar about 1 cup at a time. Beat in 1-2 tablespoons cream as needed until the desired sweetness is reached.
3. Frost the cooled cake, then top with chopped walnuts.

Notes
Store leftovers in an airtight container in the fridge for up to 4 days. Bring to room temperature before enjoying.

Source: https://www.justsotasty.com/apple-spice-cake-cream-cheese-frosting/#recipe

Nhombi Wathika, a Relief Peer Specialist, has worked at the Tuolumne County Enrichment Center since June 2022.

She loves “being able to talk and share personal experiences with our clients. The clients do appreciate talking to people who connect and share the same experiences as they do. It makes them feel heard, appreciated and accepted.”

When asked about her favorite hobbies, Nhombi said, “I love wood work! I like to refurbish old furniture, I find some antiques at thrift stores. The process of putting it together, staining or painting it. I also love landscaping and gardening.” She had a boxer dog named Russell, but he passed away but is still with her in spirit.

Nhombi came to the United States as an adult in 2005 so she did not attend school here. She was born in Kenya, and graduated from both primary and secondary school there. Nhombi was a student at Columbia College in Sonora and earned her associate’s degree in allied health in 2016. Fun facts: “I like to cook, so I tend to chop onions a lot, but the fumes from them make me cry. I read somewhere that if you use a small fan directed toward the onions, it blows away the fumes. I experimented on that, and yes! It works!”
plan of care and delivery of mental health services.

While the Tuolumne County Enrichment Center, or more commonly known by those who frequent it as the EC, has been operating with providing showers and laundry for most of the year, the center fully reopened in August. The center, at 101 Hospital Road in Sonora, is now open from 8 a.m. to noon Monday through Friday.

The EC is a peer-run recovery and wellness center that encourages activities while promoting emotional, social and physical wellness. A key goal of the EC is to provide recovery and wellness supports to those who are living with a mental illness, recovering from drug and/or alcohol addiction, experiencing homelessness and those released from incarceration.

As November is now here, County staff has been working diligently to increase programming while embracing the countless opportunities that lie ahead.

In addition, the David Lambert Community Drop-In Center plans to reopen its doors on Monday, Nov. 14th with the hours of 11 a.m. to 2 p.m. Monday through Friday. The center is located at 347 W. Jackson St., in Sonora.

For more information on the centers and upcoming programming, you can visit the Tuolumne County website at Behavioral Health | Tuolumne County, CA - Official Website or call TCBH at (209) 533-6245.
The next Mental Health Coffee Talk will be held Friday, November 18th due to the Thanksgiving holiday.
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BID FROM DECEMBER 1ST THROUGH DECEMBER 8TH
LUNCH PICK-UP FROM 11A - 2P
(FREE DELIVERY FOR LUNCH ORDERS OF EIGHT OR MORE WITHIN THE CITY OF SONORA)

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