Storey County Community Library

175 E. Carson St., Virginia City, NV

Storeycountycommunitylibrary.com   T: (775) 847-0541

Dear Patrons,

One of the nicest things about November is seeing the changing colors of nature. Trees turning yellow orange and red, bursts of fall colors coming out in the flowers and watching the constant colors in the sky change hourly. The sun shining through the blanket of colors capturing the glistening of the early morning frost is breathtaking. Now is the time to reflect on the passage of time as we grow in gratitude and become resilient adapting to changes in ourselves. The colder days and nights make some folks cuddle up with a good book, and others to take a drive to witness more beauty of fall colors.
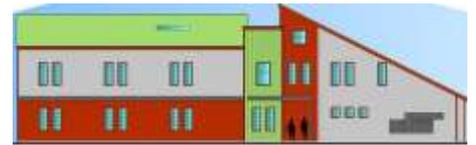
On the other hand, Fall reminds us all of the passage of time. Wasn't summer weather just last week? Where did the summer go? Respectively, as we take time to enjoy the Thanksgiving holiday, we want to say thank you to our Patrons and new friends we have met and we are grateful for being part of a community that is so special and giving. Thanksgiving is the perfect time to remember our past, present and future and we are thankful for the time to witness the changes of the season and grow together in gratitude.
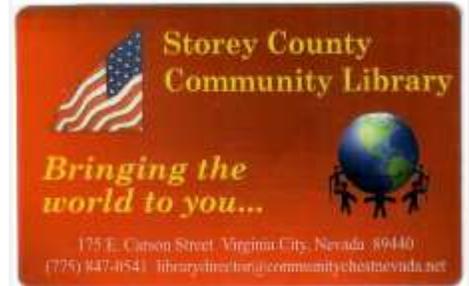
Happy Thanksgiving from the Library Staff

Our Library

Please check out the Storey County Community Library website site: storeycountycommunitylibrary.com. We have a new page (Library Picks) containing staff recommendations and will be adding book suggestions each month.
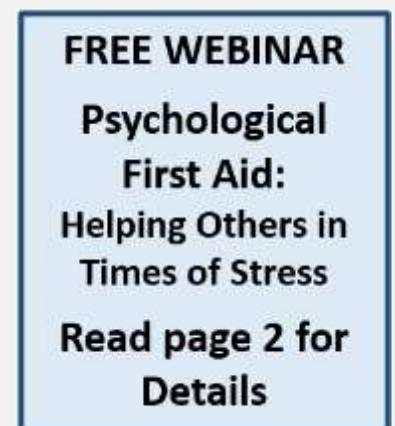
Here are a few book suggestions for the Thanksgiving Holiday. These books are fun to share with family, relatives and friends. Or to read aloud on Zoom! Channel 4 announced Zoom 40 minute time

Announcements

Library Card Application

14 tips for getting the most out of Libby

FREE WEBINAR

Psychological First Aid:

Helping Others in Times of Stress

Read page 2 for Details

limit will be cancelled for the Holiday. Reading on Zoom would be a fun new tradition.

- *An Old-Fashioned Thanksgiving* by Louisa May Alcott
  No matter what: get the Thanksgiving Meal on the Table
- *The Book of Delights* by Ross Gay
  Essays about finding delight in everything you see and observe
- *We Are Grateful- Otsaliheliga* -Hardcover- Picture Book
  Introduce a new word into your child's vocabulary: Otsliheliga, to express Gratitude used by members of the Cherokee Nation

Libby ebooks can keep you entertained while you are waiting for the Turkey to cook.

Our Community

Erik Schoen, executive director of Community Chest, Inc. is recommending the following webinar to help cope with Covid concerns during this Holiday Season:

Psychological First Aid:

Helping Others in Times of Stress

FREE WEBINAR

December 3, 2020

1:00 PM - 4:00 PM PST

3 CEUs

Description: This instructor-led webinar provides a framework for understanding the factors that affect stress responses. The course introduces the principles of psychological first aid and guidelines for when to refer to a Mental Health professional. Learn how to assist individuals in the immediate aftermath of disaster.

Purpose: The purpose of this training is to further understand how and when to provide Psychological First Aid in the immediate aftermath of a disaster event. This training will provide instruction on how to provide basic care, comfort and support to individuals, colleagues, students and community members who are experiencing disaster-related stress.

Learning Objectives

Upon completion of this course, participants will be able to:

- Recognize the signs of stress in clients, co-workers, students and themselves. [Identify the five early intervention principles].
- Provide immediate support to people who may be experiencing stress by using psychological first aid principles.
- Describe the 8 strategies (Core Actions) of psychological first aid.
- Adapt psychological first aid in diverse settings with different populations (clients, students, colleagues, community members).
- Obtain Disaster Mental Health support for clients, students, co-workers, community members and themselves, when needed.

Presented by: Danel Lipparelli, American Red Cross

Prerequisites: None

[Register Here](#)