

Word for YO Wellness

December 1, 2020

A Newsletter by the Pandemic Wellness Coalition

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The Word

Chasing Light

One of the more captivating natural phenomena this time of year is the way light moves around Yosemite Valley throughout the day. Casting shadows long and tall, the sun transforms our valley into a slow-dancing picture as she transits overhead, chasing her lunar partner until she sets for tomorrow's return. The shadows cast from the sun's game of hide-and-seek behind the valley walls and peaks create new dimension that can be felt through the temperature changes of light versus shadow. They also set the stage for a game I like to play called "Chasing Light."

The rules of the game are simple: find a sunny place in the valley (not in the delicate meadows, of course), bask in solar radiance until that section darkens for the day, then migrate to the next illuminated section. Bask once more. Repeat. This is a great way to spend the day outdoors during the winter, soak up that Vitamin D, and experience why John Muir called the Sierra Nevada the Range of Light.

If you are unable to play Chasing Light, or if spending time outdoors in the cold sounds unappealing to you, I recommend partaking in the game metaphorically. There are plenty of ways to shine light in the darkness this time of year: welcome play into everyday life by spinning around in circles, finding time to dance and sing, or embracing spontaneity and laughter. Glimpses of light are all around and within us, and our inner child beams at the thought of play and silliness. I invite you to scatter light like seeds into your life, marvel at the shapes they create, and allow them to grow in luminosity towards those around you. Sometimes the light casts shadows, but shadows bring dimension to the world. Chase it.

By Jetta Blaine

Word for Yo' Wellness is brought to you by the Pandemic Wellness Coalition, an employee resource group (ERG) with members from many of Yosemite's park partners and hosted by the National Park Service. Look for our newsletter the first and fifteenth of every month. Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals. Have a special request or an art submission? Contact yos.communitybuilder@gmail.com for more information!

Upcoming Events



We're Going Virtual

To protect the health of ourselves and our community, all events will now be hosted online.

Visit www.yoscommunity.com/events for direct event links and event updates.

Lifestyle Series Dialogue

A series on everyday lifestyle practices to live a more healthy and fulfilling life, inspired by the ancient yogic principles of the Yamas, Niyamas, and Ayurvedic Medicine.

2nd & 4th Tuesdays every month.

Led by Jetta Blaine

5:30-6:30 pm
Zoom Meeting

<https://zoom.us/join>

Tuesday, December 8th

Meeting ID: 837 3965 4549
Passcode: 369080

Tuesday, December 22nd

Meeting ID: 885 6081 0549
Passcode: 008647

Health Chat

with Bryant Brito M.S.
Hosted by Jamie Gonzales

Are you looking for ways to boost your immune system and get healthier?

Join us for a talk on general nutrition and ways to boost your health in the winter.

Saturday, December 12th

12:00 - 1:00pm

RSVP at yoscommunity.com/events

Meeting ID: 206 626 9920

Passcode: wellness1

New Moon Meditation

Set intentions & manifestations for the upcoming lunar cycle.

Led by Jetta Blaine

Monday December 14th

6:00-6:30 pm

Zoom Meeting

<https://zoom.us/join>

Meeting ID: 880 5390 3536

Passcode: 132321

Full Moon Meditation

Set intentions & experience release for the upcoming lunar cycle.

Led by Jetta Blaine

Tuesday December 29th

6:00-6:30 pm

Zoom Meeting

<https://zoom.us/join>

Meeting ID: 853 5696 6994

Passcode: 296614

Wednesday Night Yoga

Led by Jetta Blaine

Every Wednesday

5:30-6:30 pm

Zoom Meeting

<https://zoom.us/join>

Meeting ID: 878 8619 6942

Passcode: 445969

Community Chat

Community Chats are for gathering together to check-in and connect. These are peer-led by different facilitators and are meant to foster in-person community and well-being.

For All Chats:

<https://zoom.us/join>

Thursday, December 3rd

6:00-7:30 pm

Led by Jetta Blaine & Erin Callahan

Meeting ID: 867 3065 7085

Passcode: 941423

Thursday, December, 10th

6:00pm-7:30pm

Led by Jenni Buczko

Meeting ID: 990 6911 3247

Passcode: 12345

Wednesday, December 16th

5:30 - 7:00pm

Led by Jenni Buczko

Meeting ID: 990 6911 3247

Passcode: 12345

Monday, December 21st

6:00-7:30 pm

Led by Jetta Blaine & Erin Callahan

Meeting ID: 870 7849 5809

Passcode: 746756

All events brought to you by the Pandemic Wellness Coalition

Visit www.yoscommunity.com/events for digital event updates & links!

Community Submissions

Jordan DeCoster
November Sunset



David Nelson
Pinecone
Watercolor



December Featured Artist

For a chance to feature your personal artwork, poetry, articles, or short stories in our newsletter, please send your submission to yos.communitybuilder@gmail.com

Wellness News

Recipe

For Yo Wellness

This month's ingredient:
CITRUS

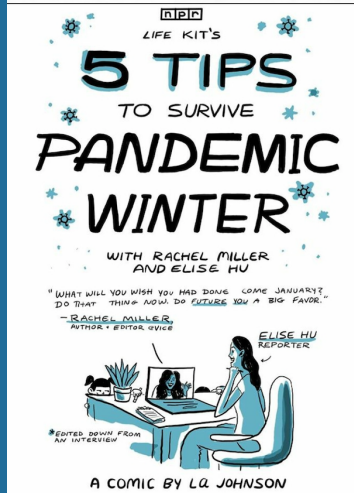
Citrus fruits, such as oranges, lemons, and grapefruits, have a reputation for being vibrant summer treats evocative of sunshine and lemonade stands. In reality, they are winter fruits, in season from October through April, depending on the variety. Packed full of Vitamin C and antioxidants, they ripen just in time for cold and flu season.

Kale & Citrus Salad

Makes 2-3 servings

- 2 Large oranges or grapefruits (or one of each)
- 2 tbsp. honey
- 1 tbsp. olive oil
- Salt & pepper, to taste
- 4-5 cups baby kale (or large kale, torn into smaller pieces)
- 2 tbsp. shelled pumpkin seeds
- 1 medium shallot
- 3/4 cups ricotta or chevre

1. Peel and supreme citrus, reserve trimmings (you might have to Google "supreme" first).
2. Peel and thinly slice shallots, soak in cold water for 10 minutes.
3. Juice the citrus trimmings to make 4 tablespoons of juice.
4. In a bowl, whisk together juice, honey, oil, salt, and pepper.
5. Toss dressing with kale, pumpkin seeds, and shallots.
6. Add ricotta or chevre, in small dollops.
7. Enjoy!



1. GET A FLU SHOT



2. FIND A WAY TO MOVE YOUR BODY REGULARLY



3. FIND A THERAPIST (OR FREE THERAPY OPTIONS)



4. RECONNECT WITH FRIENDS



5. MAKE YOUR HOME/WORK SPACE EASIER TO USE



LET'S DO IT

START SMALL, MILLER ADVISES. MAYBE PICK JUST ONE THING YOU'VE BEEN STRUGGLING WITH.



From the NPR article "Prepare Now For Your Pandemic Winter. Your Future Self Will Thank You"

For More Information, visit

<https://www.npr.org/2020/09/21/915289747/prepare-now-for-your-pandemic-winter-your-future-self-will-thank-you>

Activities

"Reflection is a gift for your spirit. It lets deeper parts of who you are come forth and be discovered. It makes it possible for you to create something new." **Jen Williamson**

During this season, taking the time to look inward can be a blessing. Spending time learning about the self can lead to increased self-awareness, provide the opportunity to be present, and build confidence.

Journaling & Art Activity

Template provided on back of page

What does inner-self mean? What does it look like?
What about outer-self? What does it look like?
Are our inner and outer selves different from each other?



Why is it important to take care of our "inner self" and how might we do this?
What are some things that we could do to take care of and nourish our inner-selves?
What are some ways that we have seen other people or characters in stories do this?

Draw, create, or write a representation of your "outer-self."

Ask: how do you think others see you? You can ask close friends what they notice about your outer-self. What do you notice about your friends' outer-selves?

Next, draw, create, or write a representation of your "inner-self."

Ask: what are you like on the inside? Are there some things that other people don't know about you?

Are there some things about you that others cannot see from the outside?

Is there anything you feel on the inside but nobody can see on the outside?

After you've created a representation of both your inner and outer selves, compare the two with each other.

How are they similar? How are they different? Why are they similar or different?

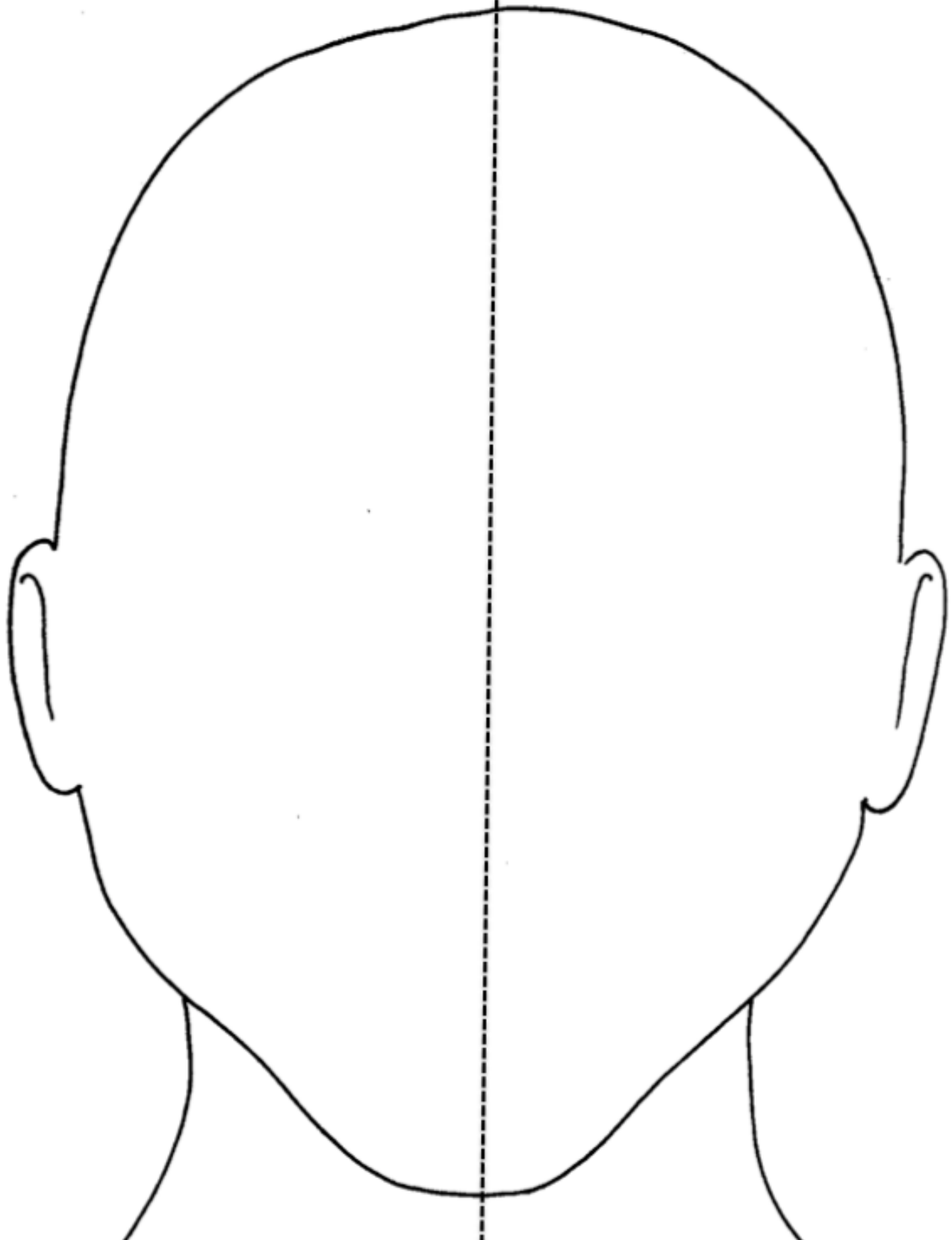
https://jordanpilsworth.files.wordpress.com/2017/06/grade-3-healthinner-self-unit_plan.pdf

My Dual Self-Portrait

Ashley Lipman ©

My Outer Self

My Inner Self



Resources



DO YOUR PART.

**WEAR YOUR MASK.
WASH YOUR HANDS.
PRACTICE SOCIAL DISTANCING.
AVOID GATHERINGS.
STAY HOME AS MUCH AS
POSSIBLE.**



An electronic version of this newsletter and other community resources are available at:

www.yoscommunity.com

Resources

Yosemite Medical Clinic
209-372-4637

Mariposa County Health & Human Services
24-hour Crisis Hotline
209-966-7000

Crisis Text Line
Text 741741



National Suicide Prevention
<https://suicidepreventionlifeline.org/>



Veterans Crisis Line
<https://www.veteranscrisisline.net/>

Alcoholics Anonymous
Mariposa & Sierra Foothill Chapter
24 Hour Hotline
209-966-3110
<http://www.aamariposa-fellowship.org>

Coronavirus Sanity Guide
<https://www.tenpercent.com/coronavirussanityguide>