

April 1, 2022

# Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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## The Word

### When The Poppies Bloom

I smile with delight when I see the canyon poppies starting to bloom. I've come to see them as Yosemite's "Pre-show." For me, they so beautifully open our season here in the Sierras. They are a sign of light, warmth, hope, and fun-filled times ahead. The river starts to pick up in both volume and sound and the birds are in full chorus. We start thinking about the future: weekend plans, east side trips, coastal jaunts, trails, peaks, festivals, music, floating the river and more. Spring is a time when we wake up from our winter slumber, our time staying warm, and let the natural warmth of the sun start taking over.

Time seems to wake up and speed up. Here in Yosemite, things get kicked into full gear almost overnight. Or so it feels. Whether we had a cozy, inside winter, or a fully packed "off season," now we're all "on." The beauty and the magic of this place we call home starts attracting fellow admirers in larger numbers. And so it begins...again.

As we step off from the river banks where we feel the solid ground beneath us and into the raging river of this Yosemite Season, take a moment to pause. Breathe. There is always time to breathe. Like the breath repeats, I repeat, there is always time to breathe. Just as the earth is waking up, and breathing in we invite you to pause and breathe in. And then consider: As I enter the beginning of this peak season, this raging river...what do I want to bring with me? What's going into my river raft or boat this season? Patience, compassion, rest, motivation, care, hard work, dedication, hope, friends, laughter.

We can't always control the volume, the sound, or the raging rapids of the world around us. However, we can always stop to invite in what we want to bring with us on this journey, and remember what is always inside of us. Here's to new beginnings and finding our personal and communal sense of empowerment as we take off into the raging waters. The poppies are now filling the stands and singing our praises on this wild adventure ahead.



# Upcoming Events

## Earth Day: Act Local

**Saturday, April 23**

At the Yosemite Valley School & Ball Field  
*Led by Yosemite Wellness Coalition*

Earth Day will be taking on an Act Local theme this year in collaboration of Park Partners. There will be a variety of programs throughout the day including those listed and more!

### 7a - 3p - Yard Sale Day

*In practice of the 5-R Principals*  
[RSVP for a Table HERE](#) or at [yoscommunity.com/events](http://yoscommunity.com/events)

**9-5:30p - Spring Cleaning w/ Tina Moseley**  
Spring clean your home and bring your household items to Dispose, Recycle, and gain education about Zero Landfill Initiative (ZLI) and current Park disposal and recycling programs.

**9a-3p - UCCE Mariposa Master Gardeners**  
Interested in learning about pollinators and how to attract them to your yard with native plants? How about composting from the kitchen or better yet how to start a container garden if you don't have a yard. Adults and children are welcome!

**9a & 12p & 2:30p - Stewardship Project**  
Give back to the park by litter picking with Yosemite Volunteers in Parks Program! Meet at event booth and walk to destinations.

**10a - 3p - Earth Day Art Directives**  
Join Yosemite Conservancy at *Happy Isles Art & Nature Center* for an art activity using recycled materials! All ages welcome for this drop-in activity.

**2p-3p - Conversations in Climate Change**  
YC's Lead Naturalist Cory Goehring will lead a walk through Cook's Meadow and discuss impacts of Climate Change

**5p-5:30p - Closing Meditation**  
Join Balanced Rock in a closing meditation circle.

**2pm & 5:30p - Love's Labor's Lost**  
[Shakespeare in Yosemite at the Curry Village Theatre](#)

A 90-minute musical show about love, nature, and Yosemite in 1969  
For all ages and all creatures

## Yoga with Kyra

*Led by Kyra Taylor*

Yoga classes are back! Bring a mat, blanket, or towel (limited mats are available to borrow at the Wellness Center), any props you might want to use (not required), and your beautiful self! Namaste, my friends!

The Wellness Center

**Every Tuesday**  
8am - 9am

**Every Friday & Saturday**  
7:00pm - 8:00pm

## Who are the People In your Neighborhood

*Led by YEA & Wellness Coalition*

Event for old timers and returning community members to hobnob with new park and partner hires from Wawona, El Portal, Yosemite Valley, Hodgdon, Mariposa - everyone is encouraged to attend! Meet & greet, local insider tips, a scavenger hunt, and sweet prizes.

El Portal Community Hall

**Thursday April, 07**  
5:30pm - 8pm

## Trans Day of Visibility Celebration

*Led by LGBTQ+ & Pride ERG's*

Drop in to meet our group members, pick up an informational handout, make some crafts, and support the visibility of our community members. There will be cake. All park staff and community members are welcome!

Degnan's Loft

**Thursday April, 07**  
6:00pm - 8:00pm

## Other Community Programs

The following programs are being offered by outside organizations not associated with the Pandemic Wellness Coalition. Please note that some programs require a fee to participate.

### Balanced Rock

#### Community Yoga

Join local instructors for our outdoor yoga class! All levels are encouraged to attend, classes are donation-based. These classes are about YOU and your practice, students are always encouraged to modify as needed for their comfort level.

El Portal Community Hall  
Every Monday  
6:00pm - 7:15pm



**WELLNESS  
CENTER  
HOURS**

**6:00am-10:00pm Everyday**  
Closed daily for lunch from  
10-11am & 6-7pm



# Community Submissions

## Early Spring of Yosemite

*By  
Emilia Sanchez*



## Golden Valley

*By  
David Tushla*

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](mailto:yos.communitybuilder@gmail.com)

# Wellness News

## Recipe

For Yo Wellness

### Strawberry, Cucumber & Honeydew Salad

A fresh Springtime Snack.

#### Ingredients

- 1 container fresh strawberries, halved
- 1 English cucumber, halved lengthwise and cut into 1/4-inch slices
- 1 cup cubed honeydew melon (1/2-inch pieces)
- 3 tablespoons honey
- 2 tablespoons lime juice
- 1 teaspoon grated lime zest

#### Directions

- In a large bowl, combine strawberries, cucumber and honeydew. Chill until serving.
- In a small bowl, whisk the remaining ingredients. Just before serving, drizzle over strawberry mixture; toss gently to coat.



## Clean your reusable Water Bottle!!!

When it comes to your reusable water bottle, "rinsing" is not the same as "cleaning".

If you look close inside of any water bottle, you'll find a dark, moist environment where mold, germs and bacteria can thrive. We don't think about it because we can't see them, they are not visible to the human eye, yet they are there. And when your bottle continually stays wet, it doesn't have the chance to get rid of these tiny life forms.

According to Rudolph Bedford, MD (Health Magazine): "Bacteria can build up within the water bottle in a moist environment and nobody wants to drink bacteria laden water." "Clean it daily. The problem is most people rinse with water only." We found more than one study which found that bacterial growth in athletes' water bottles is way more common than you'd think. Contamination from germs and bacteria, both harmful and non-harmful, are present in reusable bottles, and depending on the immune system of the person drinking from it, have the potential of causing illness. Needless to say, whether your water bottle is stainless steel, glass, plastic, or made from another hard material, it's important to wash it at the end of each day. Actually empty it, and thoroughly wash it, not just rinse it out.

Luckily, this can be a simple task and should take about 5 minutes a day.

### 4 ways to clean (or disinfect) your reuseable water bottle:

#### 1) WARM/HOT SOAPY WATER (we recommend you do this daily)

Fill your bottle at least half way with WARM WATER (or as HOT as you can tolerate) and add a squirt of LIQUID DISH SOAP. Put the cap on, shake the bottle for around 5 seconds. Dump out the soap suds, leave a small amount of water inside, then use a BOTTLE SCRUB BRUSH to clean all the way down to the bottom (and sides). Wash the lip of the bottle and the outside as well. When you finish scrubbing, empty the bottle, rinse it out in warm water until you can't see any more soap bubbles.

Let it dry thoroughly. Because bacteria thrives in a moist environment, it's a good idea to dry the bottle with a paper towel or a clean dish towel (or you'll risk spreading fresh bacteria onto the clean water bottle).

#### 2) WHITE VINEGAR

Although it doesn't completely disinfect, VINEGAR is an environmentally and economically friendly cleaner. Because vinegar is so acidic, it can kill certain germs and bacteria and counteract some slimy buildups inside of your water bottle. It's ideal to let the solution sit inside the bottle OVERNIGHT.

#### 3) BLEACH + BAKING SODA

When the bottle has been neglected for too long, or there is visible mildew and grime, you need a more vigorous handling. Pour one teaspoon of BLEACH and one teaspoon of BAKING SODA (bicarbonate of soda) into your water bottle, then fill the remainder with water. Also use this solution to scrub the lid and straw, inside and out. Let the bottle sit overnight, then rinse it thoroughly the next day with warm water. Allow it to dry completely.

Note: It's perfectly safe to drink from a bottle that's been cleaned with a weak bleach solution as above, and then rinsed thoroughly. Baking soda is a natural deodorizer and gentle abrasive cleaner, so it's perfect for cleaning out any mold without leaving behind a scent.

#### 4) BOILING HOT WATER

Boiling water kills or inactivates viruses, bacteria and other pathogens by using heat to damage structural components and disrupt essential life processes. (Note: this method will not destroy other contaminants, such as heavy metals, salts and most other chemicals.)

Simply FILL BOTTLE WITH BOILING WATER. Let it sit overnight, then wash the inside of the bottle vigorously with soapy water. We recommend this for ceramic, glass, metal or stainless steel bottles only, not plastic.

Don't forget your LIDS, STRAWS and BITE VALVES & Paracord Handles!

For More Information:

[www.gearproz.com/post/how-often-should-you-clean-a-reusable-water-bottle](http://www.gearproz.com/post/how-often-should-you-clean-a-reusable-water-bottle)

[://www.tasteofhome.com/recipes/strawberry-cucumber-honeydew-salad/](http://www.tasteofhome.com/recipes/strawberry-cucumber-honeydew-salad/)





# Activities

## Create your own 30 Day Challenge

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Past editions have featured tailored Fitness and Wellness Plans. This month take some time to create your own. Don't feel the need to have something different each day, choose 1-3 things you'd really like to build a habit around and focus on that. It's all about making small changes every day that will add up to a great result.

### YOUR 30-DAY CHALLENGE COULD BE ABOUT

- Health (eat healthier, go to bed early)
- Communication (connect with people)
- Fitness (exercise more)
- Decluttering (get organized)
- Time Management (get more productive)
- Meal planning
- Finances (create a budget)
- Create an action plan and stick to it
- Self-care (journaling, morning routine...)
- And make sure you track your progress because that's what will fuel your motivation!



Try it on  
your own or  
with your  
work group!

You want to be able to see how far you've come.

### TIPS FOR SUCCESS

- Make sure you don't overdo it because overwhelm will quickly make you throw in the towel.
- Make sure you set goals you really feel excited about.
- You can use these challenges to get rid of an unwanted habit or to build a new one you would love.

My Goals are: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3	4	5
6	7	8	9	10 HARRIET TUBMAN DAY	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 GREEK INDEPENDENCE DAY	26
27	28	29 NATIONAL VIETNAM WAR VETERANS DAY	30	31 CEASAR CHAVEZ DAY	1	2

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# Resources

## Mariposa Heritage House: Recovery Coach Services

- ⇒ DO YOU THINK DRUGS AND OR ALOCHOL ARE CAUSING A PROBLEM IN YOUR LIFE?
- ⇒ ARE YOUR FRIEND'S AND FAMILY CONCERNED ABOUT YOUR DRUG/ALCOHOL USE?
- ⇒ DO YOU THINK YOUR DRUG/ALCOHOL USE IS EFFECTING THE PEOPLE AROUND YOU?
- ⇒ ARE YOU FEELING OVERWHELMED & NEED ON-GOING RECOVERY SUPPORT?
- ⇒ DO YOU WANT TO IMPROVE UPON YOUR LIFE CIRCUMSTANCES?
- ⇒ WOULD YOU LIKE ASSISTANCE FINDING WORK OR GOING BACK TO SCHOOL?
- ⇒ ARE YOU IN NEED OF RESOURCES TO MAINTAIN HOUSING?
- ⇒ WOULD YOU LIKE SOMEONE TO HELP YOU NAVIGATE SERVICES IN MARIPOSA COUNTY?
- ⇒ WOULD YOU LIKE SOMEONE TO WALK WITH YOU IN YOUR RECOVERY?

**RECOVERY COACHING SERVICES  
WILL BE AVAILABLE 1:00-3:00 PM.**



Mariposa Heritage  
House  
5200 Hwy 49  
Mariposa, Ca 95338  
(209)966-7770

CLICK FOR MORE INFO OR VISIT  
[MARIPOSAHERITAGEHOUSE.ORG/ABOUT-US/](https://www.mariposaheritagehouse.org/about-us/)

**Free COVID-19 testing is available in Yosemite Valley on Mondays and Thursdays for the foreseeable future.**

- On Mondays, testing is available by LHI outside of the Yosemite Medical Clinic Building from 10 am to 6 pm.
- On Thursdays, testing is available by LHI at the Curry Village Wellness Center from 10 am to 6 pm.

Walk-ins are welcome! If you happen to know your LHI patient ID number, please bring that with you to expedite your check-in process. To schedule an appointment, visit please <https://www.lhi.care/covidtesting>.

Yosemite Medical Clinic does perform COVID testing as needed for symptomatic individuals. The Yosemite Medical Clinic is open 6 days a week (Mon-Sat). Patients will be evaluated by a provider to determine if testing is indicated.

*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.*

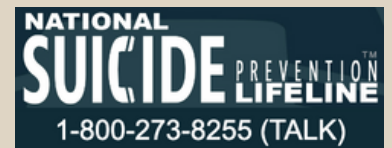
*Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals.  
Have a special request or an art submission?*

## 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.aamariposafellowship.org>

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