

Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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A Carrot, an Egg and a cup of Coffee

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed that as one problem was solved, a new one arose. Her mother took her to the kitchen. She filled three pots with water and placed each on a high fire. Soon the pots came to a boil. In the first she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil, without saying a word. In about twenty minutes, she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me, what do you see?" "Carrots, eggs, and coffee," the daughter replied.

Her mother brought her closer and asked her to feel the carrots. She did and noted that they were soft. The mother then asked the daughter to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, the mother asked the daughter to sip the coffee. The daughter smiled as she tasted its rich aroma. The daughter then asked, "What does it mean, mother?"

Her mother explained that each of these objects had faced the same adversity—boiling water. Each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior, but after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water, they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg or a coffee bean?"

Think of this: Which am I? Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength? Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor. If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hour is darkest and trials are their greatest, do you elevate yourself to another level? How do you handle adversity? Are you a carrot, an egg or a coffee bean?

May you have enough happiness to make you sweet, enough trials to make you strong, enough sorrow to keep you human, and enough hope to make you happy. The happiest of people don't necessarily have the best of everything—they just make the most of everything that comes along their way. The brightest future will always be based on a forgotten past; you can't go forward in life until you let go of your past failures and heartaches.

Upcoming Events

Due to uncertainty of Covid, fires, smoke and other factors all programs are tentative and subject to cancellation. If it's smoky assume the program will be cancelled or move to a virtual platform. Visit yoscommunity.com/events for up-to-date information.

Muay Thai/Self-Defense Classes

Led *Connie Lau*

Classes will go over basic techniques from Muay Thai and Brazilian JiuJitsu.

No experience necessary!

Open to all the members of the YOSE community ages 16+

Meet at the Valley Softball Field
Wednesdays August 3, 17 & 31
6:30 pm - 7:30 pm

Questions contact
connie.lau511@gmail.com

Stepping Through Time- Yosemite Valley Historic District Management Classes

Led by *Echo Davenport*

Yosemite Valley is among the most unique test pieces for meeting the challenges of multiple resource and visitor management objectives. Learn about the management considerations at the Ahwahnee, Sugarpine Bridge, Half Dome, and the Valley's historic orchards.

Max of 20 people

Meet @ Ahwahnee Hotel - 2-mile walk, mostly flat from Ahwahnee to Sugarpine Bridge, to Curry Village and back
Friday August 26
10am

RSVP: yoscommunity.com/events

Wetland Ecology of Siesta Lake

Led by *Anna Puchkoff*

Learn about the plants and ecology of Siesta Lake, the not so hidden gem. Carpool if possible!

Max of 8 people

Siesta Lake, Tioga Road
Friday August 12
10am

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
10-11am & 6-7pm

Community Submissions



Nature's wonder's .

*By
Anonymous*

Natures Love

-By

Travis Friend



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 Infused Water



Instructions

- In a large pitcher, place the desired combination of fruit or herbs.
- Add ice and fill container with water. Add additional fruit or herbs to garnish, if desired.

For Honeydew, Cucumber, and Mint:

- 1/2 cup honeydew cubes
- 1 cucumber thinly sliced
- 10 fresh mint leaves torn

For Watermelon, Kiwi, and Lime:

- 1 cup watermelon cubes
- 1 kiwi diced or cut into circles
- 1 lime sliced into circles

Mango, Raspberry, and Ginger:

- 1 mango peeled and cubed
- 1/2 pint raspberries
- 1 (2-inch) piece fresh ginger peeled and thinly sliced

Blueberry & Orange Infused Water:

- 1/4 cup fresh blueberries
- 1/2 orange, cut into thin slices
- Sparkling or regular water

Storage:

- You can leave the fruits, vegetables, and fresh herbs in the water for up to 24 hours. After that, remove them and store the infused water in the refrigerator for up to 3 more days (4 days total).
- Make ahead: Infuse water the night before a party so it has plenty of time to flavor and chill the water.
- You can use sparkling or regular water. Use whatever kind of water makes you happy. Sparkling water makes everything feel a bit more fancy, doesn't it?

Preparing for Fire Season

- **Know where to find alerts:** Point patients to sources in your area for alerts and health warnings about smoke and fire risk, including air quality reports, public service announcements, and social media warnings. The most reliable alerts come from state, local, or federal government agencies. The AirNow web site includes links to Current Advisories.
- **Develop a disease management plan:** Patients with heart or lung disease should know: the symptoms of disease exacerbation, medications that can help, and when to call or come in for medical attention. Patients with asthma should have an asthma action plan.
- **Stock up on medications and food:** Having several days of medications and food on hand will help your patients avoid having to go outside during a smoke event. They should buy at least some groceries that do not need to be refrigerated in case the power goes out, and some food that does not need to be cooked. Cooking, especially at high temperatures such as during frying or broiling, can add particles to indoor air -- this should be minimized during very smoky periods.
- **Check the heating, ventilation, and air conditioning (HVAC) system:** Patients should become familiar with their residence's HVAC system so they can adjust it to keep smoke out. Important features to understand include using appropriate high-efficiency air filters and closing the fresh-air intake if the central air system or room air conditioner has one. Your patients may consider having a professional check the HVAC system and walk them through these features. Most home systems use a low efficiency fiberglass filter that is 1 inch thick and has a Minimum Efficiency Reporting Value (MERV) rating of 1-4. Replacing this filter with a medium efficiency filter (MERV 5-8) can significantly improve the air quality in a home. Higher efficiency filters (MERV 9-12) will work even better, and a true high efficiency filter (MERV 13-16) can remove as much as 95% of the particles that pass through it. Upgrading to a filter rated MERV 13 or higher can be especially important during smoky periods to effectively remove fine particle pollution from smoke in the indoor air.
- **Consider how to stay cool at home with doors and windows closed:** Patients without air conditioning at home may need to purchase fans or window air conditioners as appropriate. Discourage patients from choosing portable air conditioners with a single exhaust hose during smoky periods because they can create conditions that draw more smoke indoors.
- **Consider buying a portable air cleaner:** Portable air cleaners are self-contained air filtration appliances that can be used alone or with enhanced central air filtration to effectively remove particles. Securing an air cleaner before a smoke event occurs is particularly important for patients in at-risk groups. During a smoke event it may be hazardous to go outside or drive, and appropriate devices may be in short supply. Emphasize that the portable air cleaner should have a high-efficiency HEPA filter and be the right size device for the room. California has a table listing California-certified air cleaners EXIT EPA WEBSITE by brand, model number, and type. Certification is based on their low (usually near-zero) ozone emissions and electrical safety. Patients may also want to consider factors such as noise that may affect how often they use the device.
- **Consider purchasing respirators:** Patients should consider having a supply of NIOSH-approved respirators (e.g., N95 respirators) on hand and learn how to use them. They are sold at many home improvement stores and online.
- **Make an evacuation/relocation plan:** Patients in at-risk groups should consider making a plan for where they might stay, for example, with friends or relatives, if smoke levels are high and predicted to remain high. Organizing important items ahead of time, including financial and personal documents, will speed evacuation in case it becomes necessary.
- **Protect pets:** Your patients can reduce pets' exposure to smoke by including them in planning.

Activities

Create your personal & family 'Go-Bag' Checklist

Living in Yosemite can be a rewarding experience but it is still a wilderness environment. This means learning how to be prepared and adaptable to a variety of weather events and other natural disasters. August and summer can bring wildfire, evacuations and other challenges. This month's activity is an exercise in preparedness. Practice packing a go-bag, memorize where all your important items are, and if possible and necessary don't wait for final evacuation notices to evacuate.



Evacuation go bag essentials



One gallon of water per person

Water supply for each person should be enough for 72 hours



Important documents

Personal identification, insurance policy numbers, photos of your home and belongings, key phone numbers



Money

Cash in different bills, credit/debit cards and checkbooks



Hygiene products

Clean clothing, toothbrush and toothpaste, shampoo, toilet paper, diapers, soap



First aid kit

Prescription medication, bandages, gauze, antiseptic wipes, medical gloves, painkillers

Item to pack

Where is it located?

Irreplaceable photos

Shelf by door

Kiddo's stuffed animal from Grandma

On their bed

(CDC) checklist tips for the elderly



- 3 day minimum medication supply, packed in a cooler w/ ice packs if needed



- Contacts & solution, glasses



- Hearing aids/extra batteries



- ID band with full name & emergency contact number



- Documents **in a waterproof bag** should include:



- List of medications including dosage
- Exact name, pharmacy information and the prescribing doctor
- List of food or medical allergies
- Copies of photo IDs, medical insurance cards, and legal documents

Resources

PREPARE FOR WILDFIRE

Updates to the National Suicide Prevention Lifeline 988lifeline.org

988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services.
(Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.)

Getting Set Up:

www.readyforwildfire.org/prepare-for-wildfire/get-set/

Wildfire Smoke and Your Health:

www.oregon.gov/oha/ph/Preparedness/Prepare

Disaster Preparedness, Response and Recovery:

Substance Abuse and Mental Health Services Administration
www.samhsa.gov/disaster-preparedness

How to support your mental health before, during and after disaster:

corporate2community.com/mental-health-disaster/

Coping with Wildfires and Climate Change Crisis:

psychiatry.ucsf.edu/copingresources/wildfires

Contact the Disaster Distress Helpline: 1-800-985-5990 (Substance Abuse and Mental Health Services Association); a text service is also available.

Contact the National Suicide Prevention Line 1-800-273-TALK (8255) or text "NAMI" to 741741 if you or someone you know is considering suicide.

Testing: CDC recommends testing (a) when experiencing symptoms of COVID-19, (b) on day 5 following a known or potential exposure to COVID, and (c) on day 5 of isolation (with a rapid antigen test) after testing positive for COVID-19. Free COVID-19 testing through LHI is available on Thursdays at the Curry Village Wellness Center with expanded hours 7:00 am - 12:00 pm, 1:00 - 4:30 pm, and 5:00 pm - 7:00 pm. Please note: appointments are highly encouraged to expedite the process. The appointment may only allow you to register for an antigen (rapid) test, but you will be able to specify that you want a PCR test on-site. Visit www.lhi.care/covidtesting or call 1-888-632-1223 to schedule an appointment. Walk-ins are accepted; delays in testing may exist.

Yosemite Medical Clinic will provide COVID testing only between 3pm-4pm Monday, Tuesday and Friday (there is a fee associated with the clinic visit, this can be billed to your insurance and you may have a co-pay). Call 372-4637 for more information. DOI offers reimbursement for asymptomatic testing that occurs as a result of workplace exposures; please talk with your supervisor for more information.

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.

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Have a special request or an art submission? Contact yos.communitybuilder@gmail.com for more information!

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>