

BROUGHT TO YOU BY _____
_____ THE DEIA COUNCIL



YOSE DEIA NEWSLETTER

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Upcoming Events

YEA's Winter Social

November 2, 5:00pm

Find your fanciest wear and get ready for a community seasonal celebration! Entry will include a delicious dining experience by Willow Creek Catering and live music. This year we will have a dessert competition as well-- Bring a dessert dish to compete against your community members. There will be prizes for the best overall dessert, and best desserts within each park partner agency (NPS, Aramark, NatureBridge, and Ansel Adams Gallery). For tickets and more information email yea4us@gmail.com.

Community Yoga

Mondays, 6:00pm - 7:15pm
@ El Portal Community Hall

Tuesdays, 6:15pm - 7:30pm
@ Wawona Redwoods

These classes are donation-based, volunteer-led, and welcome to all levels. Classes are held at the same time every week in two locations: Wawona Redwoods with Breezy Jackson, and El Portal Community Hall with rotating instructors. Check the schedule & learn more at balancedrock.org/community.

Yosemite Holiday Craft Bazaar

December 1, 11:00am – 6:00pm

Join us in Curry Village for the annual Holiday Craft Bazaar, featuring over 40 local vendors, taco lunch, bake sale, silent auction, raffle and community holiday cheer. All to benefits go to Yosemite Childcare Center. For questions, email ynpcccbazaar@gmail.com.

New Courses for NPS Interpreters

Several dates in December

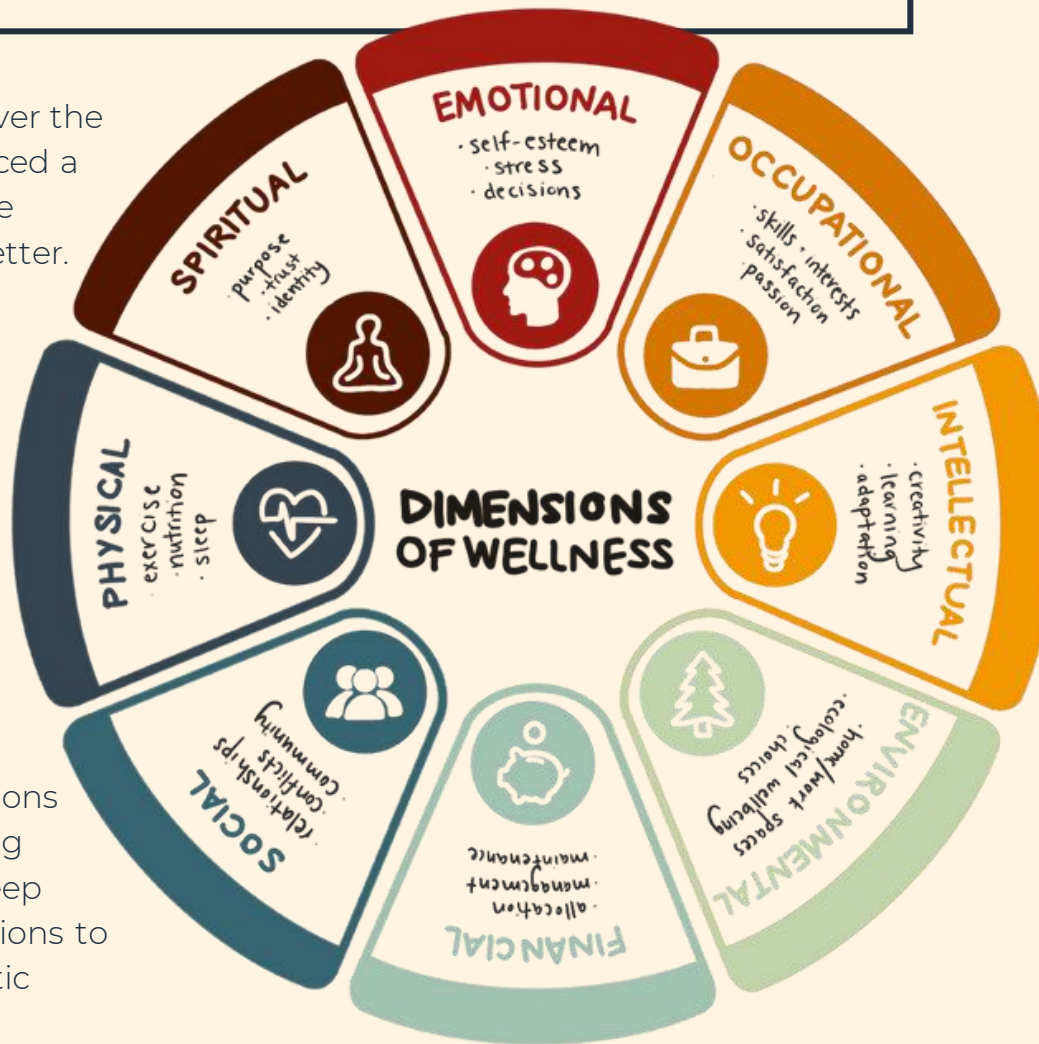
Working with the public is a rewarding part of being an interpreter and educator. But when tension flares among visitors and conflict escalates, what do you do? This suite of courses is targeted for interpreters and educators working with the public, to build skills in **bystander intervention** techniques especially around **confronting antisemitism, building conflict de-escalation skills, and building tools for personal resilience**. [Click here to learn more.](#)

Do you want to get involved with Wellness and DEI events? We would love to have you! We are hoping to expand the number of employee-led events offered during the off-season. Specifically, we are hoping to offer more skill share event series. Please email yose_dei@nps.gov if you're interested in getting involved!

For a regularly updated list of upcoming events, visit yoscommunity.com/events

Wellness Corner: 8 Dimensions of Wellness

You may have noticed that over the last few months, we have placed a hold on the distribution of the Word for Yo' Wellness Newsletter. This is a result of scaling back program operations to accommodate employee turnover and temporary vacancies. In the meantime, we hope to deliver a little bit of wellness info to you through the DEIA Newsletter -- so here it is! Each month's issue will now feature a 'Wellness Corner', with this issue featuring the 8 Dimensions of Wellness. Over the following eight months, we will do a deep dive on each of these dimensions to allow us all to develop a holistic understanding of wellness.



Wellness is not the absence of disease, illness, and stress but the presence of:

- **Purpose in life**
- **Active involvement in satisfying work and play**
- **Joyful relationships**
- **A healthy body and living environment**
- **Happiness**

Wellness is a conscious, deliberate process that requires being aware of and making choices for a more satisfying lifestyle.

[Click here to learn more about the 8 Dimensions.](#)

While all dimensions of wellness need your attention for you to truly flourish, there doesn't have to be a perfect balance among all dimensions. Instead, the goal is to find what works best for you. The dimensions are interconnected, so you may notice that most topics (e.g. stress, finances, healthy relationships, substance use, etc.) influence multiple dimensions.



International Day of People with Disabilities

Celebrated Dec. 3, International Day of Persons with Disabilities (IDPD) is a UN day that is celebrated every year on 3 December. The day is about promoting the rights and well-being of persons with disabilities at every level of society and development, and to raise awareness of the situation of persons with disabilities in all aspects of political, social, economic, and cultural life. International Day of People with Disabilities is more than just an annual day, but a movement used to break down barriers to inclusion and advocate for the rights of people with disabilities.


[International Day of Persons with Disabilities | United Nations](#)

[International day of persons with disabilities \(who.int\)](#)

[A Proclamation on International Day of Persons With Disabilities, 2022](#)

[International Day of People with Disabilities \(idpwd.org\)](#)

[How to Celebrate International Day of Disabled Persons 2023](#)



“International days are occasions to educate the general public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.” - UN



Learning Corner


(Well I guess it's not really a corner. It's more like 'Learning Bottom Half of the Page'.) This is Sara! I'm always trying to learn about disability and accessibility to be a better public service employee, disability ally, and human being. Here are two ways that I have chosen to expand my understanding of disability and accessibility recently:

Book: Disability Visibility

I am currently reading this book, edited by Alice Wong, containing a multitude of first-person stories and essays written by persons with disabilities. “This anthology gives a glimpse into the rich complexity of the disabled experience, highlighting the passions, talents, and everyday lives of this community. It invites readers to question their own understandings.

It celebrates and documents disability culture in the now. It looks to the future and the past with hope and love.” [Click here to learn more about Disability Visibility.](#)

CorpsTHAT ASL Class



During the Spring of 2023, I took a virtual American Sign Language course! I have always wanted to learn some ASL, and CorpsTHAT offers courses specific to folks working as outdoor professionals. While I learned a wide variety of topics in sign, including outdoor recreation, park greetings, and basic conversational skills, the most important thing I learned was how to communicate in ASL in the case of a medical emergency. This course is relevant to everyone at the park, and I am excited to share it in the newsletter! I am hoping to take ASL II in January to continue practicing and learning more. [Click here to learn more about CorpsTHAT.](#)

New Year's Resolutions

The end of the year is approaching, which means it is almost time for us to make our New Year's resolutions! The new year serves as an excellent opportunity to reflect and set personal goals for the near future. This year, we want to encourage you to incorporate DEIA into your New Year's resolution. Expanding our understanding of DEIA is an ongoing process, and setting goals at the beginning of the year can help remind us to prioritize DEIA learning in our lives.

Check out the example resolutions below and think about which one would be a good fit for you. Some guiding notes:

- **Don't overload!** Start small and give yourself room for adjustments along the way.
- **Set SMART goals!** This can help you choose a resolution that is right for you.
- **Have fun!** It doesn't have to be a chore. Choose something you feel excited about!

Training

"I will encourage my work group to train with me", "I will sign up for at least 3 trainings from the DEIA newsletters"

[Click to learn more](#)

RISE

"I endeavor to treat all of my coworkers with respect", "I will listen and seek to understand", "When I will assume good intent and address the conflict directly"

[Click to learn more](#)

Reading

"I will read 1 book about social justice by the end of February", "I will suggest 1 book about accessibility in my book club", "I will read 3 books about DEIA topics that are new to me this year".

[Click to learn more](#)

Advocacy

"I will model pro social behavior and I will foster inclusion at work and in my community", "I will consistently utilize bystander intervention methods to demonstrate allyship", "I will advocate for the wellbeing of my employees and my coworkers".

[Click to learn more](#)

TV+Movies

"I will watch 1 documentary about LGBTQ+ history by the end of January", "I will watch The Invisible War before my birthday this year", "I will select my next TV series from an online list of DEI shows"

[Click to learn more](#)