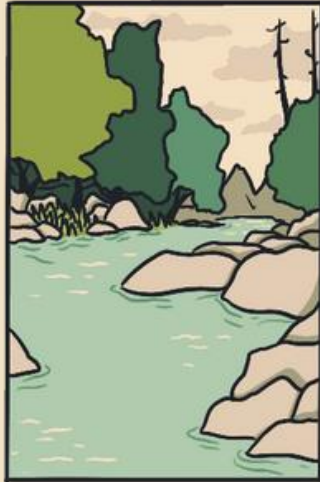


JANUARY 2024

YOSE DEIA NEWSLETTER



BROUGHT TO YOU BY
THE DEIA COUNCIL

Volume 3, Issue 1

UPCOMING EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5 New Year's Day 	2 World Introvert Day	3 International Mind-Body Wellness Day 	4 WORLD BRAILLE DAY 	5 National Bird Day 	6 National Bean Day
7	8	9	10 Sexual Assault & Domestic Violence 101 Resiliency Mapping Workshop	11 National Clean Off Your Desk Day	12 Communicating with Employees Workshop	13 Korean American Day 
14	15 MLK Day & Community Clothing Drive Day 1 	16	17	18 NPS Relevancy, Diversity, and Inclusion (RDI) Community Call	19 National Popcorn Day 	20 National Cheese Lovers Day
21 Squirrel Appreciation Day 	22 Building Your Facilitation Competencies Workshop	23	24 Leadership & Management for Non-Supervisors Workshop	25	26	27 Holocaust Remembrance Day
28	29 Last Day of the Clothing Drive 	30 National Croissant Day 	31 National Hot Chocolate Day 			Click on each calendar event to learn more!

Sexual Assault & Domestic Violence 101

January 10, 12:00pm – 1:30pm

This virtual session, hosted by the Wellness Coalition in collaboration with Mountain Crisis Services, will teach participants about sexual assault, domestic violence, consent, related laws, and methods of seeking support. There will be an overview of resources offered at Yosemite and through Mountain Crisis Services. RSVP required – [click here for the sign up form](#). Email yose_dei@nps.gov with any questions.

Resiliency Mapping: Self Care Plan Workshop

January 10, 9:00am - 12:00pm

In this interactive session, we will focus on the research around self-care plans, and explore how writing down your go-to self-care strategies will help you be more resilient, helpful, and effective. You will create a personalized self-care plan, and you will have ample time to discuss and practice various self-care strategies as we work together to improve our collective resilience. [Click here for more info.](#)

MLK Day of Service Clothing & Item Drive

January 15 – January 29

The annual MLK Day of Service Drive will donate items to the Stockton Shelter for the Homeless and St. Mary's Community Services. Please make sure all donated items are washed and in good condition. Prioritize requested items, including blankets, sweaters, jackets, socks, sleeping bags, winter hats, and warm winter clothing. For questions, email yose_dei@nps.gov. Donations can be dropped off at the following locations:

EP Warehouse VIP Office
Any time!

Yosemite Valley Library
Tues & Wed: 10:30am-5pm

Wawona Library
Tu & Th: 12pm-5pm, and Sat: 9am-2pm

El Portal Library
Tues & Thurs: 10am-6pm

Communicating with Employees

January 12, 10:00am – 2:00pm

This course is built for supervisors, upon the premise that a one-size-fits-all approach to managing others is ineffective. Drawing upon the latest research and best practices, this training provides federal supervisors with relevant insight and practical strategies to ensure that they are managing for success. [Click here to register.](#)

Leadership & Management for Non-Supervisors

January 24-25, 12:00pm – 4:00pm

This course teaches NPS employees the skills needed to be a successful leader. You will learn how to communicate, motivate, and increase productivity. Whether you are moving into management or want to prepare for a future leadership role, you will walk away with proven tools for becoming an effective leader. [Click to register.](#)

Building Your Facilitation Competencies

January 22 – 26, 10:00am – 1:00pm

Participants will learn and practice the core competencies to facilitate small teams and groups. The course will be a mixture of theory/principles; interactive exercises using DOI real-world examples; and instant feedback and self-assessment. Please only register for the training if you can attend all 5 days. [Click here for more info.](#)

NPS RDI Community Call

January 18, 12:00pm – 1:30pm

NPS Relevancy, Diversity, and Inclusion Community Calls are typically held the 2nd Thursday of each month, hosted by the NPS Office of RDI. Meeting details will be added for each month's session as available. All are invited to participate in the January RDI Community Call. To be added to the calendar invitations, please contact lark_weller@nps.gov.

Yosemite Community Yoga

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

Tuesday, 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, with Breezy Jackson in Wawona, and rotating instructors in EP. Check the schedule & learn more at balancedrock.org/community.

EMOTIONAL WELLNESS

Emotional wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings.



International Mind-Body Wellness Day January 3

The mind-body connection plays an important role in our overall well-being and mind-body wellness is a concept that has been around for thousands of years. It can include mindfulness, meditation, changes in diet, and/or spirituality – anything that personally helps you achieve balance and promotes connection amongst mind, body, and soul. [Click for more.](#)

You can foster your emotional wellness by:

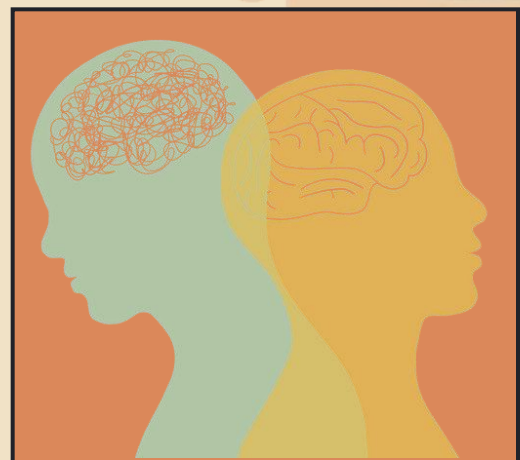
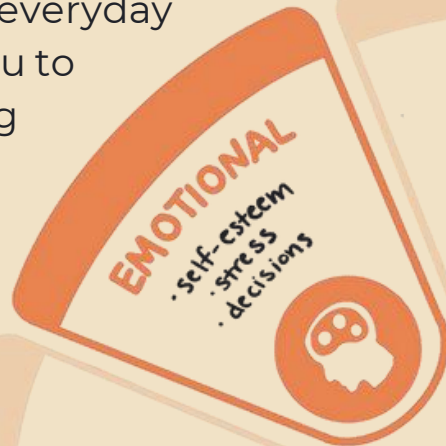
- Being kind to yourself.
- Taking time to yourself to quiet your mind.
- Smiling and laughing! Sometimes humor is the best medicine to decrease stress.
- Seeking or accepting help and support from others.
- Sharing your thoughts and feelings with someone you trust. Remember to listen to others' emotions too.
- Practicing gratitude.
- Accepting mistakes and learning from them.
- Taking care of your body. Eating, being active, and sleeping – your mental & physical well-being are interconnected.

CLICK TO LEARN MORE:

[Natl. Institutes of Health](#)

[Healthline.com](#)

[Northwestern University](#)



MLK DAY

Info from [DOI.gov](https://www.doi.gov)

Taking place each year on the third Monday in January, the Martin Luther King, Jr., Day of Service (MLK Day) is the only federal holiday that is also designated by Congress as a national day of service – a “day on, not a day off.” Participation in service activities has grown each year as more Americans are encouraged to provide meaningful change in their communities. Service can meet a tangible need, such as fixing up a school or senior center, and can build a sense of community and mutual responsibility.

No matter the choice, service empowers individuals, strengthens communities, bridges barriers, creates solutions and moves us closer to Dr. King’s vision of a beloved community. It

breaks down barriers by bringing people from

different backgrounds together and it benefits those who choose to serve. Coretta Scott King said, “The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.”



CLICK TO LEARN MORE:

MLK Memorial

Birthday of MLK

Volunteer with NPS



JANUARY 4, 2024

WORLD BRAILLE DAY

What is Braille?

Info from the American Foundation for the Blind

Braille is a system of raised dots that can be read with the fingers by people who are blind or who have low vision. Teachers, parents, and others who are not visually impaired ordinarily read braille with their eyes. Braille is not a language. Rather, it is a code by which many languages—such as English, Spanish, Arabic, Chinese, and dozens of others—may be written and read. Braille is used by thousands of people all over the world in their native languages, and provides a means of literacy for all. The specific code used in the United States has been English Braille, American Edition but as of 2016 the main code for reading material is Unified English Braille, a code used in seven other English-speaking countries.



FACTS ABOUT BRAILLE:

1 While many people think of Braille as a language or as similar to sign language, it's actually considered a code. There are six dots in each Braille cell, and the different combinations of raised dots are used to show letters, numbers, punctuation, and similar. Almost all modern languages can be translated into Braille and it is used worldwide.

2 The Braille keyboard, sometimes called a Perkins keyboard, has three keys on the left side, a large space key in the center, and three keys on the right side. By holding down keys in a certain sequence, people can type messages in Braille with ease. To do this on your iOS device, enable "Braille screen input" within VoiceOver screen reader settings.

3 Is there Braille music? Of course there is! Braille music uses the traditional six-dot cell, but has its own syntax and translations. The different characters dictate note name and note length, as well as rests and other dynamics. Braille music isn't any easier or harder to learn than normal Braille, and musicians can benefit greatly from learning to read music.

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