

July 1, 2022

Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

In This Issue

Upcoming Events
Page 2-3

Community
Submissions
Page 4

Wellness News
& Recipes
Page 5

Activities
Page 6

Resources
Page 7

Summer Days are here again...

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.”
– John Lubbock

Summer is here and with it, long days. How do you fill your summer days and how do you maintain health and wellness during these months?

We want to hear from you, here at the Yosemite Wellness Coalition, to hear more ideas for resources, activities and events that foster a sense of well-being, connection, self-care and community.

This July we are really excited to highlight a July Wellness & Fitness Challenge and a Plastic Free July initiative. Extending health and wellness to our environment as well.

Please read on to see our July calendar of events and activities to keep you busy, cool, and healthy during these long summer days!

Drop a note to yos.communitybuilder@gmail.com and let us know what wellness means to you and what types of activities or events you would like to see or lead.

Happy Summer!

Stay Cool,

Heather Sullivan

Upcoming Events

Yoga with Kyra

Led by Kyra Taylor

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

Churchbowl Picnic Area

Friday's at 8am

Sunday's at 8:30am

Black, Indigenous, & People of Color Employee Resource Group Mixer

Led by the BIPOC ERG

The BIPOC Employee Resource Group will be hosting a mixer at the NatureBridge picnic tables located across the street from the NPS administration building, near Yosemite library. Bring your favorite snack to share! This is a chance to connect with the BIPOC community, and brainstorm activities and resources that would be helpful. Organizers are hoping to see people from all work organizations in the park!

Valley Library/Girls Club picnic tables

Wednesday July 6

5:30pm

Womxn's ERG Brown Bag Lunch

Led by Jamie Gonzales

Bring a lunch for a casual meetup aimed at bringing people together for fellowship and community. This is an opportunity to meet others in the community, and to chat about an article. All genders are welcome!

Yosemite Valley Auditorium

Wednesday July 13

11:30a-12:30p

Lunchtime Stress Reduction Yoga

Led by Rachel Zott

Join Ray for lunchtime yoga! Take a pause in your day to slow down, breathe intentionally, and move your body. This practice is all about regulating your nervous system so you can finish your day strong. All you need to bring is a yoga mat or a towel. Chairs are provided if you need or desire some extra support for your practice.

Yosemite Valley Auditorium

Thursday July 7 & 21

12p-1:00p

New Employee Orientation Hike

Led by Jamie Gonzales and Jenni B.

A walking tour around Yosemite Valley will show you some of the local resources like the library, post office, medical clinic and other points of interest with a general conversation about Self Care and Wellness. Not brand new? No problem, if you've been here a while and still don't know how to get a library card, feel free to join. Bring water.

Meet at the Valley Visitor Center

Friday July 15

10am and expect to walk until about 3/3:30

Questions contact jamie_gonzales@nps.gov

Sense of Self

Led by Joe Morgan

A group dialogue on wellness, incorporating mindfulness and breath work. Foster curiosity for your feelings and thoughts. Learn basic breathing techniques to help calm and focus the body and mind.

Wellness Center

Thursday July 7 & 21

7:30pm - 8:30pm

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

Latino Conservation Week

July 16-24

Latino Conservation Week was created to support the Latino community getting into the outdoors and participating in activities to protect our natural resources. Keep an eye out for more information about events during this week!



WELLNESS CENTER HOURS

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

Wellness Hikes

Hosted by NPS Resource Management

Join the RMS Division for Wellness Hikes! All hikes will be led by an RMS employee who is an expert in their field. All hikes require sign up. Find details on the event, including location, time, sign up info, and what to bring at: yoscommunity.com/events

July

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

7/15 **Yosemite Valley Prescribed Burns**
 We will walk through recent Rx burns in the Valley, including live demonstration of the terrestrial lidar scanning (TLS) and discussion of changes in forest structure and recovery trajectories.
 • Max 15 people, Yosemite Valley

7/29 **Yosemite Valley Geology**
 This leisurely loop hike will begin and end at Sentinel Bridge, highlighting the geologic forces that created - and continue to shape - Yosemite Valley.
 • Max 20 people, Cook's Meadow

8/12 **Wetland Ecology of Siesta Lake**
 Learn about the plants and ecology of Siesta Lake, the not so hidden gem.
 • Max 8 people, Siesta Lake

8/26 **Stepping Through Time - Yosemite Valley Historic District Management Challenges**
 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 20 people, Ahwahnee Hotel

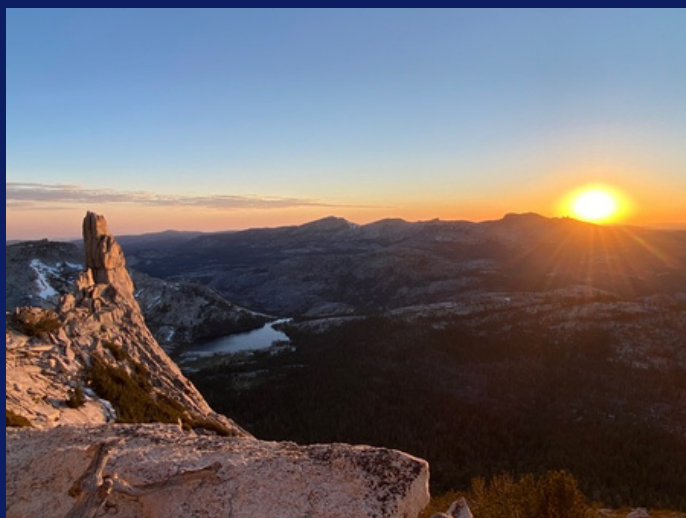
RSVP
HERE



Scan the QR Code or RSVP for all hikes at yoscommunity.com/events

QUESTIONS? CONTACT: CARSON_LILLARD@NPS.GOV

Community Submissions



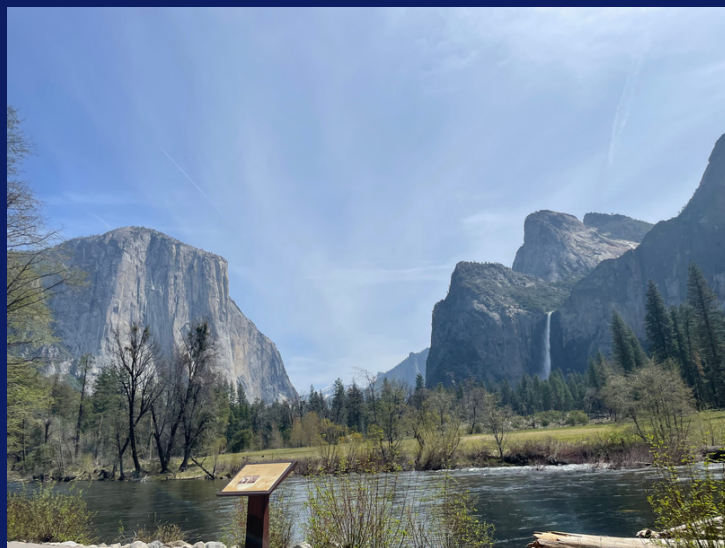
Embracing the Light

*By
Heather Sullivan*

Wonders of Yosemite

By

Katie 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?

6 Simple Ways to Stay Hydrated

Both doctors agree, your best defense against dehydration is prevention. Follow these six tips to stay safe and healthy, especially when temperatures — or your activity levels — increase:

- Don't wait till you're thirsty to drink. By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.
- Flavor your water. If plain water tastes boring to you, you can add flavor with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks (especially if you're doing intense exercise). Just make sure to limit caffeine and alcohol.
- Eat water-rich fruits and vegetables. Certain fruits and vegetables contain plenty of water in addition to healthful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery, zucchini and tomatoes.
- Stay inside when it gets too hot. On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping center, movie theater or public library. Avoid sun exposure, especially between 10 am and 2 pm, when the rays are strongest. Plan outdoor activities in the early morning or evening.
- Dress for the weather. Wear light, loose-fitting clothing that lets your skin breathe. Dark colors absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool and use plenty of sunscreen to avoid sunburn, which can increase your skin temperature and make it harder to stay cool.
- Be aware of the signs of dehydration (below). If anyone in your family is ill, pay attention to how much they're able to drink — especially young children and the elderly. Anyone with a fever, vomiting or diarrhea should drink plenty of fluids. Do not wait for signs of dehydration to appear.

Dehydration symptoms

Keep an eye out for any of these signs of dehydration in children or adults:

- Darker-than-usual urine
- Not urinating despite steadily drinking water
- Muscle cramps
- Bad breath
- Fatigue
- Fever or chills
- Craving sweets
- Dry mouth/skin
- Fast heartbeat
- Irritability
- Confusion
- Drowsiness

DRINKING WATER

at the correct time
maximizes its effectiveness
on the human body

2 AFTER WAKING UP
helps activate internal organs

1 30 MINS BEFORE A MEAL
helps digestion

1 BEFORE TAKING A BATH
helps lower blood pressure

1 BEFORE GOING TO BED
avoid stroke & heart attack



Live life. Love life
- Yunny Versace



Resources

Resources

www.plasticfreejuly.org

"Plastic Free July® is a key initiative of the Plastic Free Foundation that allows us to work towards our vision of seeing a world free of plastic waste. From humble beginnings in 2011, the award-winning Plastic Free July campaign is the result of years of hard work."



Click the links below, or visit www.yoscommunity.com/zli to watch these videos during Plastic Free July to learn more about Plastic and Waste reduction

- Day 1: [Does Plastic Free Living Still Matter in 2021?](#) | [One Small Step](#)
- Day 2: [The Story of Plastic](#) and [The Story of Plastic \(Animated Short\)](#)
- Day 3: [What if a solution to the plastic crisis is closer than we think?](#) | [Solving Plastic Series Intro](#)
- Day 4: [The Foodware Solution That Every Restaurant Needs ft. Meals on Wheels](#) | [Solving Plastic](#)
- Day 5: [Designing Plastic Out of Household Products ft. Blueland](#) | [Solving Plastic](#)
- Day 6: [The System That Can Completely Eliminate Single-Use Bottles ft. Double Mountain](#) | [Solving Plastic](#)
- Day 7: [Heart of plastic: these children illustrate how your actions will destroy their future](#)

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.

07
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>