

June 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

The True Meaning Of Life

The years have passed by
In the blink of an eye,
Moments of sadness
And joy have flown by.

People I loved
Have come and have gone,
But the world never stopped,
And we all carried on.

Life wasn't easy,
And the struggles were there,
Filled with times that it
mattered,
Times I just didn't care.

I stood on my own,
And I still found my way,
Through some nights filled
with tears,
And the dawn of new days.

And now with old age,
It's become very clear;
Things I once found important
Were not why I was here

And how many things
That I managed to buy
Were never what made me
Feel better inside....

...And the worries and fears
That plagued me each day,
In the end of it all,
Would just fade away.

But how much I reached out
To others when needed,
Would be the true measure
Of how I succeeded.

And how much I shared
Of my soul and my heart
Would ultimately be
What set me apart.

And what's really important,
Is my opinion of me,
And whether or not
I'm the best I can be.

And how much more kindness
And love I can show
Before the Lord tells me
It's my time to go.

Patricia A. Fleming
www.familyfriendpoems.com

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 at the Wellness Center), any props you might want to use (not required), and your beautiful self! Namaste, my friends!

Bush Garden
Yosemite Medical Clinic

Visit yoscommunity.com/events for most up to date classes.

Women's Employee Resource Group Gathering

Led by NPS Women's ERG

Join us for a casual, pre-Sal's gathering to re-start the W-ERG at the EP Community Hall on June 2 @ 4:30! Invite your colleagues, neighbors, roommates, seasonal staff, etc. Open to all Park Partners and Community Members.

El Portal Community Hall
Thursday June 9
4:30pm - the start of Sal's. Stay and hangout for Tye Dye with Yosemite Pride

Yosemite Pride Celebration

Led by LGBTQ+ & PRIDE erg's

On Monday, June 6 there will be a Pride March around Yosemite Valley beginning at 9am. Other events and activities include Costume Karaoke, Tye-Dye at Sals, guided hikes, workshops, a service project and more. Festivities are open to all park partners and community members.

Event details & RSVP's at yoscommunity.com/events

Questions can be directed to yose_dei@nps.gov

Wellness Center
June 2 - 7
Varied Times

USA Jobs In-Depth Training

Led by The White House Initiative on AANHPI (WHIAANHPI) Region 9 Hawai'i and the Pacific Islands

The White House Initiative on AANHPI (WHIAANHPI, Asian American, Native Hawaiian, and Pacific Islander) Region 9 Hawai'i and the Pacific Islands will be hosting a 3-hour workshop to learn about applying for federal employment.

Host Deb Nakashima currently manages a program for the Hawaii National Guard that assists service and family members (including veterans) with career development, job skills knowledge, and civilian employment.

Saturday June 4 on Zoom
4pm-7pm
[Click here to register](http://www.eventbrite.com/e/usajobs-in-depth-training-tickets-337359981787) or visit www.eventbrite.com/e/usajobs-in-depth-training-tickets-337359981787

Who are the people in your neighborhood

Led by Wellness Coalition

For THE SAL'S BETWEEN the FULL MOON and the SOLSTICE, YEA will be hosting a Summer Seasonal Social on behalf of the Wellness Coalition. Meet and greet our seasonal staff, nametags, local-insider tips and tricks, the match game, 70s music, and dancing in the moonlight if you are so inclined. Garden party attire encouraged. The greater Yosemite community is invited. EVERYONE is encouraged to attend. More info call 209-379-1175.

El Portal Community Hall
Thursday June 16
6pm - 8pm

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 June 9 & 23
7pm - 8pm

Improv Workshop

Led by Jenni B.

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.

El Portal Community Hall
Wednesday June 1st
6p-7:30p

Wellness Center
Thursday June 2
7pm - 8pm

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



A graphic showing a laptop screen with the text "WELLNESS CENTER HOURS" and "6:00am-10:00pm Everyday" below it. The text "Closed daily for lunch 10-11am & 6-7pm" is also present.

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

6/3

Bat Roost Hike

This hike starts at Happy Isles and ends at the base of Liberty Cap to view one of the largest known bat roosts known in Yosemite.

- Max 12 people, Mist Trail

6/10

Flora of Hodgdon Meadow

We will explore the flora of Hodgdon Meadow and the surrounding area. We may have a chance to see the rare Mountain Lady's Slipper orchid.

- Max 12 people, Hodgdon Meadow

6/17

Yosemite Toad Hike

This hike will enable participants to learn about Yosemite toads & their habitat.

- Max 8 people, Location TBD

6/24

Ackerson Meadow Bird Watching

We will wander through Ackerson Meadow listening to and watching the diverse assemblage of songbirds that call the meadow home.

- Max people 10, Ackerson Meadow

June

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		

RSVP
HERE



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

QUESTIONS? CONTACT: CARSON_LILLARD@NPS.GOV

Community Submissions



Hello Spring

*By
Jessica Bonner*

A Day In The Office

*By
Superintendent Cicely Muldoon*



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 Stuffed Peppers

Ingredients

- 4 red bell peppers
- Extra-virgin olive oil, for drizzling
- 1½ cups white cheddar cheese
- Avocado slices or guacamole, for serving
- Lime wedges, for serving
- Sea salt and freshly ground black pepper

Filling

- 1 tablespoon extra-virgin olive oil
- 2 garlic cloves, grated
- 2 jalapeños, diced, more for topping, if desired
- 2 scallions, chopped
- 1 teaspoon lime zest
- 1½ tablespoons lime juice
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon cayenne
- 1 teaspoon sea salt
- ½ cup finely chopped cilantro
- 3 cups **cooked white jasmine rice**
- 1½ cups **cooked black beans**, drained and rinsed
- 1½ cups corn kernels
-



Directions

- Preheat the oven to 450°F and line a baking sheet with parchment paper. Slice the peppers in half lengthwise, remove the seeds and membranes, and place on the baking sheet, cut side up. Drizzle with olive oil, salt, and pepper and bake 10 minutes. Tip out and discard any liquid that pools inside the peppers. Set the peppers aside.
- Make the filling. In a large bowl, mix together the olive oil, garlic, jalapeños, scallions, lime zest, lime juice, cumin, coriander, cayenne, salt, and cilantro. Fold in the rice, black beans, and corn.
- Scoop the filling into the pepper halves and top them with the cheese. Broil for 2 to 5 minutes or until the cheese is bubbling and browned. Alternatively, continue baking at 450°F for 10 to 15 minutes until the cheese is melted. Serve with the avocado slices, lime wedges, and extra jalapeños, if desired.

Taking Care of Yourself

Understand How Stress Affects You

Stress affects your entire body, physically as well as mentally. Some common physical signs of stress include:

- Headaches
- Low energy
- Upset stomach, including diarrhea, constipation and nausea
- Aches, pains, and tense muscles
- Insomnia

Begin by identifying how stress feels to you. Then identify what events or situations cause you to feel that way. Once you know which situations cause you stress, you'll be prepared to avoid it and to cope with it when it happens.

Protect Your Physical Health

Improving your physical wellbeing is one of the most comprehensive ways you can support your mental health. You'll have an easier time maintaining good mental habits when your body is a strong, resilient foundation.

- **Exercise Daily:** Exercise can take many forms, such as taking the stairs whenever possible, walking up escalators, and running and biking rather than driving. Daily exercise naturally produces stress-relieving hormones in your body and improves your overall health.
- **Eat well:** Eating mainly unprocessed foods like whole grains, vegetables and fresh fruit is key to a healthy body.
- **Get enough sleep:** Adults generally need between seven and nine hours of sleep. A brief nap—up to 30 minutes—can help you feel alert again during the day. Even 15 minutes of daytime sleep is helpful. To make your nighttime sleep count more, practice good “sleep hygiene,” like avoiding using computers, TV and smartphones before bed.
- **Avoid alcohol and drugs:** They don't actually reduce stress and often worsen it.
- **Practice relaxation exercises:** Deep breathing, meditation and progressive muscle relaxation are easy, quick ways to reduce stress.

Recharge Yourself

Any amount of time you take for yourself is important. Start small: think about activities you enjoy and try to work them back into your life. If you used to enjoy days out with friends, try to schedule a standing monthly lunch with them. It becomes part of your routine and no one has to work extra to make it happen each month.

The point is not what you do or how often you do it, but that you do take the time to care for yourself.

Practice Good Mental Habits

Avoid Guilt

Try not to feel bad about experiencing negative emotions. You may resent having to remind your spouse to take his medication, then feel guilty. It's natural to think things like “a better person wouldn't be annoyed with their spouse,” but that kind of guilt is both untrue and unproductive. When you allow yourself to notice your feelings without judging them as good or bad, you dial down the stress and feel more in control. When you feel less stressed, you're better able to thoughtfully choose how to act.

Notice The Positive

When you take the time to notice positive moments in your day, your experience of that day becomes better. Try writing down one thing each day or week that was good. Even if the positive thing is tiny (“It was a sunny day”), it's real, it counts and it can start to change your experience of life.

Gather Strength From Others

Talking about your experiences can help. The idea that you can, or should be able to, “solve” things by yourself is false. Often the people who seem like they know how to do everything are actually frequently asking for help; being willing to accept help is a great life skill. If you're having trouble keeping track of your sister's Medicaid documents and you've noticed your coworker is well-organized, ask them for tips about managing paperwork.

You may feel you don't have the time to stay in touch with friends or start new friendships. Focus on the long-term. If you can meet up with a friend once a month, or go to a community event at your local library once every two months, it still helps keep you connected. It also gives you the chance to connect with people on multiple levels.

For More Information Visit:
<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself>

Activities



Affirmation Journal Prompts:



- I love my _____
- I feel most alive when _____
- I feel most centered when I _____
- I feel most connected to my body when I _____
- I am grateful for _____
- I feel most loved when _____
- I feel most supported when _____

www.beam.community



AFFIRMATION JOURNAL PROMPTS

- I am Positively Fearless about _____
- Today I feel _____
- I need to be more gentle with myself when _____
- I can nourish myself by _____
- I am proud of myself for _____
- Today I will not let fear _____
- I feel most in my power when _____
- I feel most fearless when _____

POSITIVELY FEARLESS



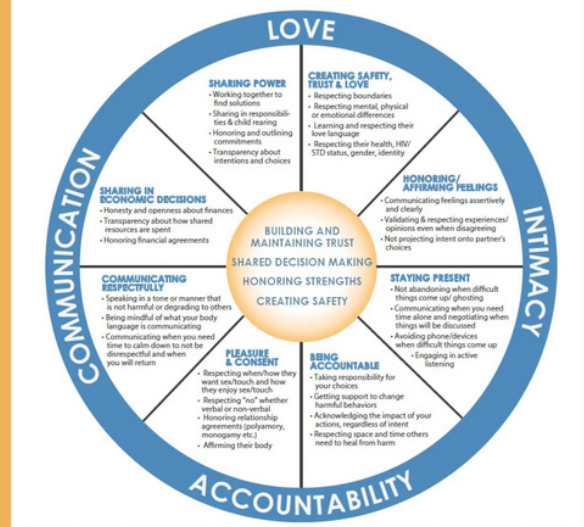
Affirmation Journal Prompts:



- Today I give myself permission to feel my _____
- I will not allow anyone to tell me my feelings or experiences of _____ are not real
- I give myself permission to grieve by _____
- I give myself permission to protest, resist and fight back by _____
- I give myself permission to not engage with _____
- I give myself permission to honor my body, spirit and its needs by _____

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HEALING & ACCOUNTABILITY WHEEL



Resources

Happy Pride Month!

- **Trevor Project Lifeline:** (800) 788-7386
The Trevor Lifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.
- **Trans Lifeline:** (877) 565-8860
Trans Lifeline provides peer support for the transgender community, and is run by and for trans people.
- **SAGE National LGBT Elder Hotline:** (877) 360-LGBT (5428)
The SAGE Hotline connect LGBT older people and their caregivers with friendly responders who are ready to listen.
- **National Suicide Prevention Lifeline for LGBTQ+ Community:** (800) 273-8255
This page offers information and resources for LGBTQ+ individuals who are struggling with suicidal feelings or mental health crises.
- **Colors Youth:** (310) 578-1080 ext. 320
This non-profit organization provides free and unlimited mental health services for LGBTQ-identified youths ages 25 and younger. colors@antioch.edu

Help Line is available 24/7 at (800) 854-7771 to connect you with mental health professionals and services who are specially qualified to work with LGBTQ+ individuals and families

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>