

# Word for

# May 2023

# YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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## A Very Warm Spring Welcome!

Hello Yosemite,

With many new staff coming on board for the season, we wanted to extend a warm welcome and introduce this park partnered project, Word for Yo' Wellness Newsletter. We care greatly for our community, so we work hard on providing Word For Yo' Wellness every month to make sure your mental, physical and emotional wellness are taken care of. This monthly newsletter shares upcoming events for the month, community submissions, wellness recipes and more. Are you looking for healthy recipes? We got them! Are you an artist and would love to share your art with our community? Send them our way! Our goal is to be able to provide helpful, fun, and insightful resources so you can be the best version of yourself you can be.

So, with open arms, we welcome you.





# Upcoming Events

All events will be subject to weather and other conditions. Visit [yoscommunity.com/events](https://yoscommunity.com/events) for up-to-date information.

## Farmers Market

*In Partnership with Farm to Crag*

Raw Roots Farm  
Olds Family Farms  
Yosemite Flower Farm  
Country Nerd Farm  
Bob Fallert/FAT Cattle  
BOF Agriculture & Ecology, LLC,  
dbs Wondernut Farm  
Mariposa Pops

*As conditions permit\**

**Thursday May 4th**

**4:30PM - 6:30PM**

**Location: Behind the Wellness Center**

**Park Staff, Residents & Volunteers - ONLY - Not open to the Public**

## New Employee Orientation Hike: Yosemite Valley

A walking tour of Yosemite Valley for seasonal staff, volunteers and new hires.

Bring Water, comfy shoes, sunglasses, comfortable clothing and lunch/snacks.

**Monday May 8th, & 22nd**

**3:00PM - 4:30PM**

**Location: Behind the Valley Visitor Center**

*Open to all park partners!*

Questions?

[Jamie\\_gonzales@nps.gov](mailto:Jamie_gonzales@nps.gov)

[yoscommunity.com/events](https://yoscommunity.com/events)

## Domestic Violence & Sexual Assault 101

*Hosted by Yosemite Wellness Coalition in partnership with Mountain Crisis Services.*

Mountain Crisis Services and our associated programs seek to prevent domestic and sexual violence by advocating for positive changes in the societal systems that may lead to oppression. Fostering a better understanding of domestic and sexual violence through community, education, and providing culturally relevant, direct services that empower victims of abuse and their children.

**Tuesday May 9th**

**10AM - 11AM**

**Location: ESC Training Room**

*Open to all park partners\**

RSVP: [yose\\_safety@nps.gov](mailto:yose_safety@nps.gov)  
or [yoscommunity.com/events](https://yoscommunity.com/events)

## Contra Dance

*hosted by Linnea Joy Pierson.*

Come join for contra dancing in El Portal! All abilities and experience levels are welcome. No partner needed. Dances will be taught as we go. The first hour will be family-friendly community dances, the second hour will be slightly more complex. Live music will be provided by the Moss Creek Moonlighters. Callers will be Andrea Canapary and Linda Henneberg. The evening will be hosted by Linnea Joy Pierson.

**Monday May 8th, & 22nd**

**3:00PM - 4:30PM**

**Location: Behind the Valley Visitor Center**

*Open to all park partners!*

[yoscommunity.com/events](https://yoscommunity.com/events)

## Your Life As A Screenplay: You are the Hero of Your Life Story Your Life is a Hero's Journey

*With Anne Katherine*

Anne Katherine, best-selling author and prolific screenwriter, will introduce some basics of screenwriting.

You'll apply these basics to a portion of your life. You'll choose which part of your life to use, and Anne will show you how to convert your personal story into a screenplay.

**Thursday May 25th**

**5:30PM - 7:00PM**

**Location: Yosemite Valley Library**

Register: [Jenni.Buczko@gmail.com](mailto:Jenni.Buczko@gmail.com)

## Balanced Rock

### Community Programs

The following programs are being offered by outside organizations not associated with the Wellness Coalition.

Please note that some programs require a fee to participate.

### Monday Night Community Yoga

Join us Monday evenings in El Portal & Wawona from for a weekly dose of movement as medicine. Enjoy a meaningful, rejuvenating flow led by one of our local teachers. From ashtanga to gentle flow to strong vinyasa, there's a style for everyone to enjoy! All levels welcome.

We do our best to update the website with last-minute class cancellations due to unforeseen circumstances or weather.

**When:** Mondays, 6:00-7:15pm

**Where:** 2 Class Locations in 2023!

In El Portal - El Portal Community Hall  
5512 Foresta Road, El Portal, CA 95318

In Wawona - The Redwoods

8038 Chilnualna Falls Rd, Wawona, CA 95389

### Weekly Community Yoga at the Yosemite Bug

The Yosemite Bug Rustic Mountain Resort  
6979 Highway 140, Midpines, CA 95345

**Sundays from 6pm-7:15pm PT**

Join local instructors for yoga, meditation, and mindfulness! Roll out your yoga mat in-person and in community every Sunday in the Yoga Studio located next to the Yosemite Bug's Health Spa for an evening practice.

These classes are \$15-\$20 per class, and no one is turned away due to lack of funds.

Those who register online beforehand will have priority access to class, space is limited and walk-ins will be accommodated as available.



# Community Submissions

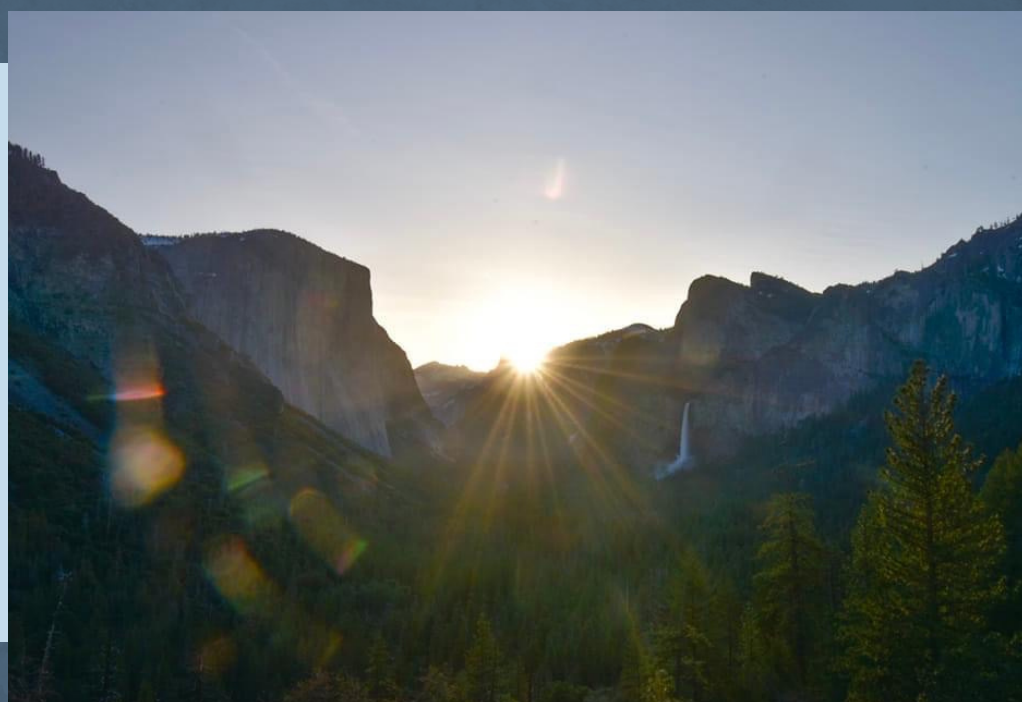


## Wonders of Spring

*By  
David T*

## Rising Sun

*By  
Richard Lu*



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](mailto:yos.communitybuilder@gmail.com)



# Wellness News

## Recipe For Yo' Wellness



### Kale, Quinoa & Apple Salad

#### Ingredients

- 2 tablespoons cider vinegar
- 1 tablespoon pure maple syrup
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1 large bunch curly kale, stemmed and thinly sliced (about 8 cups)
- 2 medium Honeycrisp or Gala apples, unpeeled, roughly chopped
- 1 medium fennel bulb, cored and thinly sliced (3 cups)
- 2 cups cooked quinoa, at room temperature or chilled
- ½ cup slivered almonds, toasted (see Tip)
- ⅓ cup dried cherries
- ¼ cup crumbled blue cheese

#### Directions

- Whisk vinegar, maple syrup, salt and pepper together in a large bowl. Slowly drizzle in oil, whisking until combined. Add kale and massage into the dressing with clean hands until well coated and slightly tender, 3 to 5 minutes. Add apples, fennel and quinoa; toss until combined. Divide among 4 plates and top with almonds, cherries and blue cheese.

#### Tip

- For the best flavor, toast nuts before using in a recipe. To toast sliced nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

## Hello Spring and Seasonal Allergies

Allergies affect over 50 million Americans each year. We share tips to reduce exposure and get relief during springtime allergy season.

Spring is here, but for allergy sufferers in California, it's not all sunshine and rainbows. The heavy rains we've experienced in 2023 have fueled increased vegetation growth, leading to what's expected to be a higher amount of plant pollen – the most common source of seasonal allergies.

"It appears that more people are already struggling with their allergies," said Salima Thobani, MD, an allergist-immunologist with Kaiser Permanente in Southern California. "Things are likely to be worse this season due to the very wet winter that we've had."

### Prevalence of allergies

According to the Asthma and Allergy Foundation of America, more than 50 million Americans suffer from allergies each year, and allergies are the sixth-leading cause of chronic illnesses in the country. Seasonal allergies are especially common in the U.S., with roughly 19% of children and over 25% of adults experiencing them, according to the Centers for Disease Control and Prevention.

With the arrival of spring, Dr. Thobani noted that allergies are likely to increase as the weather gets warmer and drier. That's because trees, grasses, and weeds will release tiny grains into the air to fertilize other plants, and as we breathe them in, people who have allergies are likely to suffer, she explained.

Allergy sufferers may experience a range of symptoms, including sneezing, itchy eyes, runny nose, headaches, fatigue, sore throat, congestion, and coughing. Pollen can trigger other health conditions, including asthma and wheezing.

### How to get relief from allergies

1. Keep house and car windows closed and use your air conditioning.
2. Plan your outdoor activities to avoid high pollen counts that occur during midday or afternoons.
3. Wear a pollen mask or dust mask when pollen counts are high or during outdoor activities such as mowing the lawn.
4. Rinse eyes with cool water or saline eyedrops to remove clinging pollen after coming indoors.
5. Shower and change clothes after outdoor activities.

While there's no cure for seasonal allergies, Dr. Thobani notes that over-the-counter medications, such as antihistamines and nasal steroids, can provide relief and help you breathe a little easier. Learn more about over-the-counter medicines for allergies.

<https://about.kaiserpermanente.org/health-and-wellness/health-tips/what-you-need-to-know-to-survive-spring-allergies>

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# Activities

## Tips for Keeping a Gratitude Journal

- **Don't just go through the motions.** Research by psychologist Sonja Lyubomirsky and others suggests that journaling is more effective if you first make the conscious decision to become happier and more grateful. "Motivation to become happier plays a role in the efficacy of journaling," says Emmons.
- **Go for depth over breadth.** Elaborating in detail about a particular thing for which you're grateful carries more benefits than a superficial list of many things.
- **Get personal.** Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- **Try subtraction, not just addition.** One effective way of stimulating gratitude is to reflect on what your life would be like without certain blessings, rather than just tallying up all those good things.
- **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- **Don't overdo it.** Writing occasionally (once or twice per week) is more beneficial than daily journaling.



## Helpful Writing Prompts

1. Who special someone has taught you about unconditional love in the past or present?
2. Write down one good thing that happened to you today.
3. What are five personality traits that you are most thankful for?
4. What about your upbringing are you most grateful for?
5. Are you happy with how your day turned out?
6. Can you do better tomorrow?
7. Name 5 things you are doing well currently.
8. Did you have a nice surprise today? Write about it.
9. Did you do something nice to someone today? Write about it.
10. What family members are you most grateful for? Write about what makes them special.



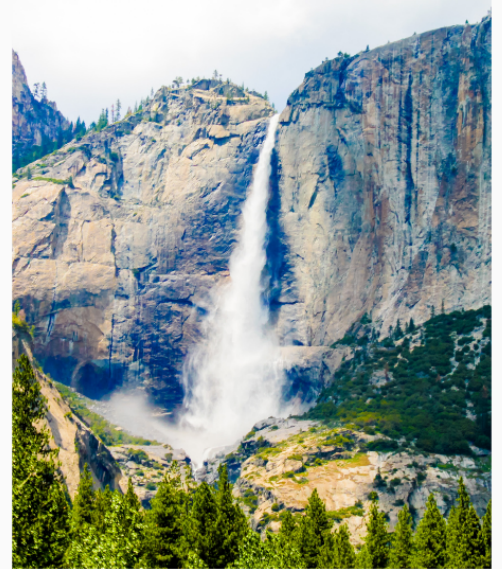


# Resources

## FOR ALL YOSEMITE EMPLOYEES

### Really?! What are the details?

- 3-5 Sessions with a Licensed Therapist
- Open to all current Yosemite Employees
- All sessions are FREE
- These are primarily telehealth (phone or internet) sessions that can be done from your home or a private space at the Yosemite Medical Clinic in Yosemite Valley
- Return clients (from previous years) are welcome



Theresa Inslee,  
LMFT/LPCC  
Staff Therapist



Rachel Gren  
LMFT  
Staff Therapist



Jenni Buczko, LPCC  
Program Director  
Crisis Response

QUESTIONS? EMAIL [JENNI.BUCZKO@GMAIL.COM](mailto:JENNI.BUCZKO@GMAIL.COM)  
OR YOU CAN REACH OUT DIRECTLY TO THE THERAPISTS TO SAVE TIME!



# Yosemite Therapists

## Free Counseling Program



Theresa Inslee is a Licensed Marriage and Family Therapist (LMFT) and a Licensed Professional Clinical Counselor (LPCC) with over a decade of experience in offering therapy to a wide variety of clients seeking support. She is also certified in EMDR. Theresa typically works with individuals that feel worried, sad, overwhelmed, stressed, or are trying to cope with loss. She helps people find alternative solutions to their problems, examines different perspectives on their unique circumstances, teaches coping and relationship skills, and explores motivations for change. (Telehealth or phone appts only)

- Call her at 916-955-3525 (preferred) or [counselingnorthstar@gmail.com](mailto:counselingnorthstar@gmail.com)
- Appointments: Tuesday/Thursday mornings & Wednesday afternoons



Rachel is a Licensed Marriage & Family Therapist, accepting new clients via telehealth. She understands the ups and downs of a frequently changing life/work schedule and offer flexible appointments other than what is described below. She welcomes you to therapy and looks forward to building a therapeutic alliance with you. It is her hope that you feel supported and leave therapy with a sense of peace.

- [guards.up.counseling@gmail.com](mailto:guards.up.counseling@gmail.com) (preferred) or call: 559-586-0881
- Appointment Times: Mondays, Tuesdays, & Thursdays



Jenni has been the Yosemite Park Therapist since 2018 and works primarily with adults. Jenni is the Counseling Program Director and primarily see's crisis clients, conducts park mental health consultations, and completes assessments. She believes in our innate power to grow and make the changes we desire for healthier and more satisfying lives. She is trained as a Somatic therapist incorporating mindfulness and the body into therapist sessions, is trained in EMDR, and uses a modality called Internal Family Systems (IFS).

**FOR QUESTIONS OR HELP WITH ANY COUNSELING SERVICES**  
**EMAIL: JENNI B ----- JENNI.BUCZKO@GMAIL.COM**



# Resources

## Healthy Parks Healthy People!

May is Mental Health Awareness Month & National Physical Fitness and Sports Month. Find out how Healthy Parks Healthy People can benefit your approach to your own health and wellbeing.

Healthy Parks Healthy People is a global movement which is helping communities around the world realise the health and wellbeing benefits of spending time in parks and nature. Our aim is to unlock the power of nature and parks for their preventative and restorative health and wellbeing benefits, while conserving biodiversity.

Growing scientific evidence and generations of traditional knowledge show that spending time in nature is good for our mind, body and soul. Community groups, schools, governments, health authorities and recreational organizations worldwide are tapping into the healing power of nature. Did you know that viewing natural scenes lowers blood pressure, reduces stress and boosts wellbeing, put simply, nature is good for you! Why not go for a walk in a beautiful park today?

[EVIDENCE LINKING PARKS & HEALTH](#)

### HEALTH AND PHYSICAL ACTIVITY

- Physical activity is a proven means to combat chronic disease and early mortality.
- Parks and trails provide opportunities for convenient and accessible venues for regular physical activity.

A report of the Surgeon General in 1996 identified the importance of physical activity and the health benefits that such activity provides if undertaken on a regular basis.

According to this report, just 30 minutes of brisk walking, bicycling, or even working around the house or yard most days of the week will reduce an individual's risks of developing heart disease, diabetes, hypertension and obesity. Regular physical activity also reduces anxiety, negative mood and depression, and improves self-esteem and cognitive functioning.

[HEALTH RECREATION AND NATIONAL PARKS](#)

## 6 simple steps to become a Park Health Ambassador

Health and healing begins with you.



#PowerOfParksForHealth  
<https://go.nps.gov/PowerForHealth>

Word for Yo' Wellness is brought to you by the Wellness Coalition, an employee resource group (ERG) with members from many of Yosemite's park partners and hosted by the National Park Service.

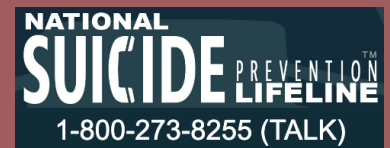
Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals.

## 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/coronavirus/sanityguide>