

February 1, 2021

# World for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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## The Word

### **Thaw**

It finally happened: winter decided to fully show itself here in Yosemite Valley. Struck with this long-anticipated snowstorm, we were granted several feet of the white stuff last week. Arms and backs around the Valley are aching from digging out cars, and ski tracks linger about ground, the ghosts of those who glided through the meadows in the days prior. Of course, moody as Yosemite Valley always is, the tables promptly turned and the daytime temperatures soared. Enter what I lovingly call "The Thaw."

The Thaw comes every year, and no dry sock is safe in its presence. It brings back waterfalls and avalanches, rock falls and snow bombs. The Thaw promises spring's return, but does not guarantee that we are totally clear of a snowy sequel. Due to this, the next two months have a sort of stop-go-stop effect to me: although we are on the precipice of spring, winter's long tendrils still have a grip on life in Yosemite Valley. As products of nature, we may experience a loop of lethargic to restless energy as days get longer and we anticipate what is around the corner.

This time of year is so dynamic. Temperatures are up and down, the sun says hello and goodbye, and knowing just how many layers to put on can be a challenging and curious task. Nevertheless, despite the oscillating daytime weather, night returns consistently to remind us that we are still well within winter's frigid grasp.

Despite its relative brevity, February to me often feels like the longest month out of the year. This is due partly to how just how many parts there are to February, just like there are so many parts to each of us; parts that may, at times, seem at odds with each other. How can songbirds exist amongst the snow? How can ice melt so much during the day and refreeze come darkness' return? What season is it, anyway?

Nature can be quite confusing, and we would be bluntly lying to ourselves if we daringly made the claim that we can explain away all of the intricacies of life on Planet Earth. The nature of so much of existence—like the essence of existence itself—is still elusive. We can ponder ourselves into a rut over the unknown, or we can take a break from our minds and just accept things as is. So much of life exists in opposition of itself: the concept of life and death, the experience of winter and summer, and so on. Despite this opposition, everything seems to fit together perfectly. As micros in the macro, this goes for all of our own individual incongruences as well. Much like the oddities on display during the changing of the seasons, the beauty of our individual discordance and peculiarities fit together in a beautiful, often inexplicable way. Nature does not condemn itself for embodying that which does not fit, so why should we? It is all a part of life as we know it.

By Jetta Blaine

# Upcoming Events

## New!

Activities you can do from home, anytime, anywhere.

Check out our yoga and meditation videos on the Yosemite Community Builder YouTube channel.



### Trashy Tuesday

Who said Facelift can only happen once a year? Join us for a community volunteer clean-up at the campgrounds, one Tuesday every month. Our focus is on micro-trash. Meet at the registration booth near the entrance of [Lower Pines Campground](#) to get started. You can volunteer for one hour or the whole day! Remember to bring a mask.

Tuesday, February 9th  
10:00am - 2:00pm

WEATHER & SNOWPACK DEPENDING

### Community Brainstorm

Led by *Jamie Gonzales*

Do you have any ideas that can contribute to the health and wellness of the Park? This open format discussion will be a space where you can share your own ideas. Pop in for 10 min or the full hour.

Friday, February 2nd & 12th  
3:30pm-4:30pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

### "Fascia February": DIY Active Fascial Release Series

Led by *Mia Esquivel*

Clinical Massage Therapist Mia Esquivel for this 4-week Community Wellness Series, focused on learning DIY techniques and methods for fascial release! Become your own healer as you learn how to unlock tension and gain mobility and freedom in your body.

Every Wednesday in February  
6:00pm - 6:45pm

To Register: visit  
<http://balancedrock.org/programs/community-yoga/>

### LGBTQ+ Employee Resource Group Launch

Led by *Adam Ramsey*

Join Adam for a launch of the new LGBTQ+ Employee Resource Group. This session is open to everyone in the community who would like to get involved, learn about allyship, share stories and ideas.

Wednesday February 10th  
3:00pm - 4:00pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

### Saturday HIIT Classes

Led by *Nina Listro*

Get your blood pumping every Saturday morning with a high-intensity interval training (HIIT) workout! No equipment needed, just an exercise mat if you have one. All ages and ability levels welcome.

Every Saturday  
9:00am - 9:45am

zoom.us/join  
Meeting ID: 826 3446 5078  
Passcode: 790932

### Lifestyle Series

Led by *Jetta Blaine*

A series on everyday lifestyle practices to live a more healthy and fulfilling life, inspired by the ancient yogic principles of the Yamas, Niyamas, and Ayurvedic Medicine. Every 2nd and 4th Tuesday.

Tuesday, February 9th & 23rd  
5:30pm - 6:30pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

### Community Chat

Led by *Jenni Buczko, Jetta Blaine, and Erin Callahan*

Community Chats are for gathering together to check-in and connect. These are peer-led by different facilitators and are meant to foster in-person community and well-being.

Thursday, January 18th  
6:00-7:15pm

zoom.us/join  
Personal Meeting ID: 990 6911 3247  
Passcode: 12345

### Monday Balanced Rock Yoga

Led by *Heather Bromberg*

Join local Balanced Rock instructors for our online community 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.

Every Monday  
6:00pm - 7:15pm

zoom.us/join  
Meeting Code: 819 0173 4818  
Passcode: BRYOGA

### Yoga Nidra

Led by *Jetta Blaine*

Grab a blanket and lay on the floor for a classic guided meditation taken in the supine position.

Tuesday, February 2nd  
6:00pm - 6:30pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

### Wednesday Night Yoga

Led by *Jetta Blaine*

Join us for a Hatha Vinyasa flow every Wednesday Night.

Every Wednesday  
5:30pm - 6:30pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

### Gentle Flow Yoga

Led by *Jetta Blaine*

A beginner friendly yoga class where we focus on increasing mobility and flexibility. Please prepare your space with a blanket and a pillow.

Thursday, February 11th & 25th  
5:30pm-6:30pm

zoom.us/join  
Meeting ID: 206 626 9920  
Passcode: wellness1

## Wellness Programs On Demand!

On YouTube, search for the [Yosemite Community Builder](#) channel to find the following programs:

**Stress Management Workshop**  
**Lifestyle Series**  
**Desk Stretch Sequence**  
**Wednesday Night Yoga**

To protect the health of ourselves and our community, all events are being hosted online.

Visit [www.yoscommunity.com/events](http://www.yoscommunity.com/events) for direct event links and event updates.

# Community Submissions



Body Art  
by Marcos Rodriguez

Little Yo Pod  
*A podcast for all things Yosemite*  
By Laura Jackson  
<https://littleyopod.buzzsprout.com>  
Also available on Apple Podcasts, Spotify,  
iHeart, and Overcast



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

This month's ingredient:

### OATS

In the 18th century, the British used to scorn other cultures (such as the Irish) that deigned to eat oat porridge, considering the humble oat to be a food suitable only for horses. They were so, so wrong. Oats are a superfood, packed with important vitamins, minerals, antioxidants, protein, and fiber. You can even bathe with them to soothe itchy skin. Simply put, oats are awesome, and incredibly versatile. Here's one of many ways to enjoy them:

### Homemade Granola

Makes 24 servings

- 3 cups rolled oats
- 1 cup chopped almonds
- 1 cup chopped walnuts
- 1/2 cup unsweetened shredded coconut (optional)
- 1/4 cup brown sugar
- 1 tsp. cinnamon
- 1/4 cup maple syrup
- 1/4 cup coconut oil, melted
- 1 tsp salt
- 1 cup raisins

1. Preheat oven to 250 degrees.
2. In a large bowl, combine oats, almonds, walnuts, coconut, brown sugar, and cinnamon. Mix well.
3. In a small bowl, combine maple syrup, coconut oil, and salt. Stir well.
4. Pour liquid mixture over the oat mixture and stir until all the oats and nuts are evenly coated.
5. Spread on a large sheet pan and bake for 1 hour, stirring every 15 minutes.
6. Remove from oven, allow to cool, then stir in raisins. Transfer to the storage container of your choice.
7. Serve with your favorite milk, milk substitute, or Greek yogurt. Or just in handfuls as a snack.

## How to Work Out Safer and Smarter During the COVID-19 Winter

Adapted from Healthline.com

With COVID-19 restrictions keeping many gyms closed or at limited capacity, the bitter cold temperatures that come in the dead of winter may affect many people's workout routines. But most workouts that are done outside in warmer months can be safely done in the winter, though proper measures to stay safe and reduce the spread of COVID-19 should be taken.

### Working out in the cold may have additional health benefits

Dr. Michael Fredericson, sports medicine physician at Stanford Health Care, said that when it comes to health benefits, working out in colder temperatures isn't much different than exercising when it's warm. "It's just good to stay active and exercise no matter what the weather is," he told Healthline.

Some studies suggest exposure to cold temperatures while exercising causes our metabolism to pick up and activates our brown fat — or, the "good fat" that breaks down fat to maintain body temperature, said Heather Milton, MS, an exercise physiologist at NYU Langone Health's Sports Performance Center. This may help the body burn through calories in a more efficient way.

Another benefit to exercising in cooler temperatures is that our body doesn't have to work so hard to cool itself down. "This means less blood flow is directed towards the skin," Milton said. "When less blood flow is circulating to the skin, more is directed towards working muscles. We also tend to lose less water in sweat, so our blood volume does not dip during longer workouts as it would in hot environments."

### What kind of workouts are safe outdoors in the winter during COVID-19?

For most people, going for a run around their neighborhood or at a local park is usually the easiest way to get in physical activity outside. But any type of exercise that's done in warmer temperatures is also safe in the cold.

When asked what forms of exercise she would recommend people do in the cold weather, Milton said: "Anything, (except maybe swimming)." She recommends: "HIIT workouts, cycling, calisthenics, boot camp, dance workouts, you name it. Just be sure to do a full warmup to ensure your muscles are warm, and your core temperature is elevated before getting into higher intensity exercises."

If you're in a climate with snow, cross-country skiing, snowshoeing, ice skating, and even sledding can be fun ways to work up a sweat.

Outdoor group exercises are safe during the ongoing COVID-19 pandemic, experts said, as long as proper physical distancing measures are taken. "Make sure you're keeping at least a 6-foot distance from other people, ideally more," Fredericson said.

### What to wear while exercising in colder temps

The key to dressing for exercise in the cold is layers.

"The base layer should wick away sweat," said Katie Lawton, an exercise physiologist in Sports Medicine at Cleveland Clinic. "Cotton absorbs sweat and is not a good option for a base layer. If performing an activity or sport like running where you may sweat more, a synthetic fabric base layer is a good option."

For a second layer, Fredericson recommends fleece or wool to help keep in the warmth. "If it's raining or snowing, some type of light waterproof jacket can be helpful," he said. "But layering is important because as you warm up, you may want to shed some of those, so have something you can tie around your waist." If it's particularly cold, you may also want to wear a hat, gloves, and scarf.

During the ongoing COVID-19 pandemic, the Centers for Disease Control and Prevention (CDC) advises everyone to wear a mask and maintain at least 6 feet of physical distance while working out either indoors or outdoors. In addition to preventing the spread of COVID-19, Milton said wearing masks comes with other benefits, especially during the winter months.

"Masks come in handy nowadays, as it can cover your nose and cheeks, keeping your face warm and safe from the cold," she said. "They can also aid in warming the air you breathe in, which is helpful to your airways."

To read full article and more information go to:

<https://www.healthline.com/health-news/how-to-work-out-safer-and-smarter-during-the-covid-19-winter#Working-out-in-the-cold-may-have-additional-health-benefits>

# Activities

February often stands out for the celebration of Valentine's Day: a day of love. These activities allow everyone to participate by sharing ideas for self-love and appreciation.

*"Find the love you seek, by first finding the love within yourself.  
Learn to rest in that place within you, that is your true home." - Sri Sri Ravi Shankar*

## Activity

**Take yourself on a date with your notebook in tow.** This can be taking a walk, hiking, sitting in a cozy spot at home with no distractions, taking a drive somewhere special to you, etc. Take a loving look in the mirror or at a photo of yourself.

## Journaling

Describe yourself in 10 words or less.

What is your favorite physical quality?

What is your favorite inner quality?

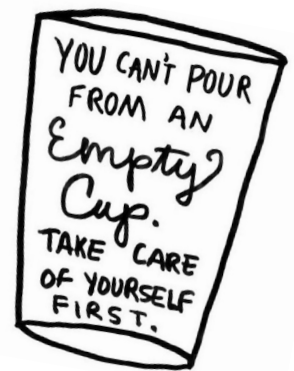
Why do you deserve to love yourself?

What do you believe are some strengths of yours?

What are some things you enjoy about spending time with yourself?

Make a list of your accomplishments, see if you can go through your life span and list 20.

What is 1 compliment you often get that always surprises you or that you have a difficult time accepting?



## Make flashcards and everyday for the next week write down:

- 1 thing that you like about yourself physically
- 1 thing that you like about yourself inwardly
- 1 thing that you're proud of yourself in regards to personal growth.

At the end of the week take all of these out and read them out loud to yourself.

Keep these note cards & read as needed.

## Art twist

Use the template on the back or start from scratch. Draw yourself as a tree. Your roots will be loaded with descriptions of things that give you strength and your good qualities, while your leaves can be the things that you're trying to change.

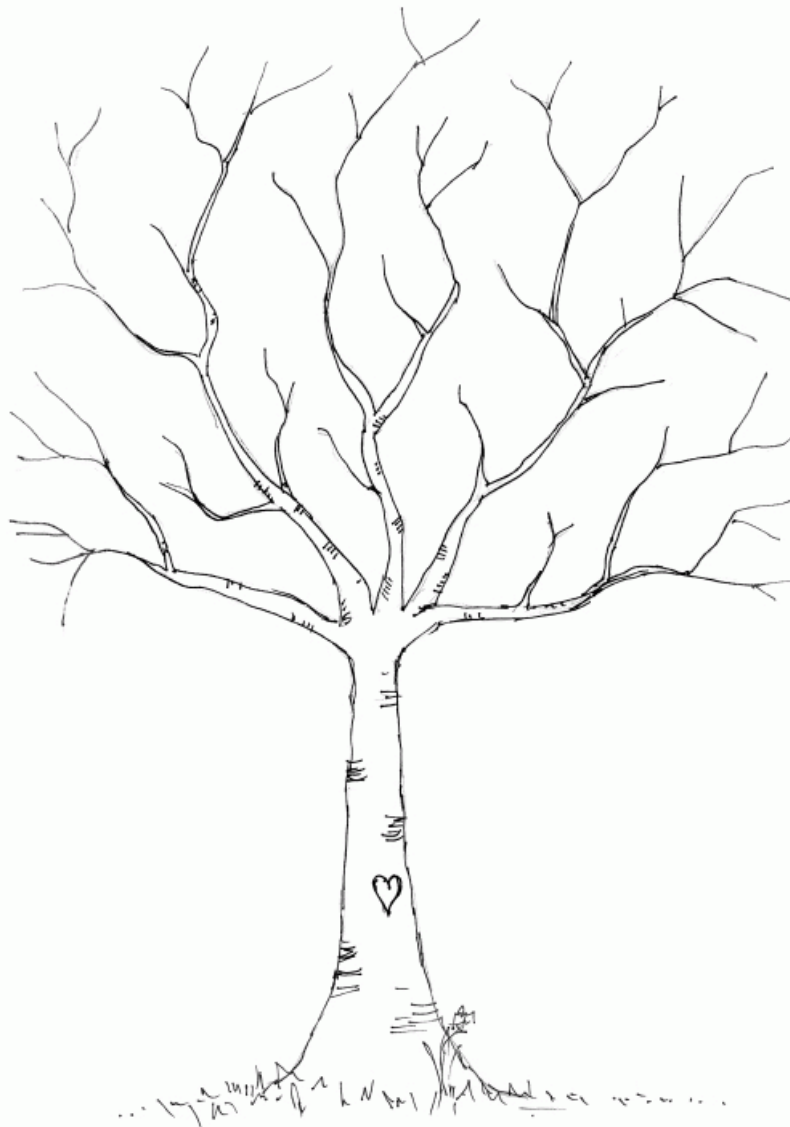
<https://www.fillingthejars.com/confidence-journal-prompts/>

<https://www.fellowshipall.com/2018/11/100-art-therapy-exercises-to-make-your-mind-body-and-spirit-sing/>



## Leaves of Change

Add leaves to the tree, reflecting things you would like to change or let go of.









## At the Root of It

Draw your roots with descriptions of what gives you strength.

# February Fitness & Wellness Challenge!

**The Challenge:** Complete an average of 30 minutes of exercise every day **AND** complete all daily wellness activities in the calendar.

- Complete an average of 30 minutes of exercise a day. In other words, you may complete 20 minutes one day and 40 the next. Just be sure to complete at least 840 minutes of exercise by February 28. More is better!
- Exercise can be any socially-distanced or individual activity, including, but not limited to, walking, running, biking, paddling, online/internet/zoom classes, stationary bike, treadmill, yoga, stretching, weightlifting, gardening, etc. The idea is to be physically active. Log your minutes on the calendar AND...
- Mark off and date each wellness activity on the calendar as you complete it. Activities do not need to be completed in the order presented even if the event is named after the day it falls on the calendar.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Brought to you by the Pandemic Wellness Coalition. Take care of yourself, and have fun!</p>	<p>1</p>  <p><b>LOL Monday!</b> Share a meme or joke!</p> <p>Minutes: ___</p>	<p>2</p> <p>Reconnect with a friend who you have not talked to in awhile</p> <p>Minutes: ___</p>	<p>3</p> <p>Zoom Yoga! 5:30-6:30 pm <a href="https://zoom.us/join">zoom.us/join</a> Meeting ID: 206 69 626 9920 Passcode: wellness1</p> <p>(or 30 min yoga)</p> <p>Minutes: ___</p>	<p>4</p> <p>Kindness matters. Say or do something genuinely nice today.</p> <p>Minutes: ___</p>	<p>5</p> <p>Limit looking at social media to less than 30 minutes today (unless it's your job).</p> <p>Minutes: ___</p>	<p>6</p> <p>Zoom HIIT! 9:00-9:45 am ID: 826 3446 5078 Passcode: 790932 (or 30 min workout)</p> <p>Minutes: ___</p>
<p>7</p> <p>Research information on grab and go emergency packs.</p> <p>Minutes: ___</p>	<p>8</p>  <p>List five things that make you happy right now.</p> <p>Minutes: ___</p>	<p>9</p> <p><b>Trashy Tuesday!</b> See Newsletter for details. (or pick up trash for 30 minutes at your home/work.)</p> <p>Minutes: ___</p>	<p>10</p> <p>Take a walk on your lunch break.</p>  <p>Minutes: ___</p>	<p>11</p> <p><b>Thrifty Thursday!</b> Recycle, reuse, repurpose, or restore today.</p> <p>Minutes: ___</p>	<p>12</p> <p>Write down one thing that is worrying you and one thing that you are doing well at.</p> <p>Minutes: ___</p>	<p>13</p> <p>Limit yourself to looking at the news to less than 30 minutes today (unless it's your job).</p> <p>Minutes: ___</p>
<p>14</p> <p>Park your car today and don't use it.</p> <p>Minutes: ___</p>	<p>15</p> <p><b>WASHINGTON'S BIRTHDAY</b> Sit or walk in the sunshine today</p> <p>Minutes: ___</p>	<p>16</p> <p><b>Take It Easy Tuesday</b> Give yourself grace today.</p> <p>Minutes: ___</p>	<p>17</p> <p>Try some yoga moves or stretch for 10 minutes if yoga isn't your thing.</p> <p>Minutes: ___</p>	<p>18</p>  <p>Listen to a favorite song or album.</p> <p>Minutes: ___</p>	<p>19</p> <p><b>Photo Phriday!</b> Take a photo of something outdoors and share it.</p> <p>Minutes: ___</p>	<p>20</p> <p><b>Sleep-in Saturday</b> Catch up on your Z's! Get an extra hour of sleep today.</p> <p>Minutes: ___</p>
<p>21</p> <p><b>Self Care Sunday</b> Do something special for yourself today!</p> <p>Minutes: ___</p>	<p>22</p> <p>Drink 8 glasses of water today.</p>  <p>Minutes: ___</p>	<p>23</p> <p>Wave hello to someone</p>  <p>Minutes: ___</p>	<p>24</p> <p><b>Whatcha Got Wednesday</b> Make a food dish out of what you already have</p> <p>Minutes: ___</p>	<p>25</p> <p>Go on a nature walk and see how many things you can identify.</p> <p>Minutes: ___</p>	<p>26</p> <p>Check on a neighbor or a co-worker and make sure they are okay.</p> <p>Minutes: ___</p>	<p>27</p> <p>Get outside and enjoy the fresh air!</p> <p>Minutes: ___</p>
<p>28</p> <p>Draw or paint a Yosemite scene.</p> <p>Minutes: ___</p> <p><b>Total Minutes for February: _____</b></p>						

# Resources




## Blueprint for a Safer Economy

Tier 1 Widespread	Tier 2 Substantial	Tier 3 Moderate	Tier 4 Minimal
Cases per 7 days = 35+ Case Positivity Rate more than 8%	Cases per 7 days = 14 - 34 Case Positivity Rate 5-8%	Cases per 7 days = 8 - 13 Case Positivity Rate 2-4.9%	Cases per 7 days = 7 or less Case Positivity Rate less than 2%

Every county is assigned to a tier based on its test positivity and weekly case rate, whichever is greater.

**We are at: TIER 2 - RED**

Open Indoors	Open Outdoors	Closed
Restaurants Gyms & Fitness Facilities Hair Salons & Barbershops Cultural Ceremonies Places of Worship Retail Childcare Personal Care Services Massage Hotels & Lodging Museums	Drive-in theaters Family Entertainment Centers Playgrounds Wineries	Bars - without food service Concert Venues Festivals Live Theaters Nightclubs Saunas & Steam Rooms

**Moving through the tiers**

- At a minimum, counties must remain in a tier for at least 3 weeks before moving forward.
- To move forward, a county must meet the next tier's criteria for two consecutive weeks.
- Shifting backwards may occur any day of the week and may occur more than once a week with the most recent data.

**What can you do to help Mariposa County reach the next tier**

- Isolate from other people if you become sick.
- Wash your hands regularly with soap and water for 20 seconds.
- Maintain 6 ft. of physical distance when out in public.
- Wear a face covering appropriately when out in public.

**GET TESTED FOR COVID-19**  
MAKE AN APPOINTMENT  
visit: [www.lhi.care/covidtesting](http://www.lhi.care/covidtesting)  
Call 888-634-1123

COVID-19 vaccines are coming to Yosemite!

Sign up for yours here →



*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? Contact [yos.communitybuilder@gmail.com](mailto: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.amariposafellowship.org>

**Coronavirus Sanity Guide**  
<https://www.tenpercent.com/coronavirus/sanityguide>