

March 1, 2021

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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The Word

Bloom

Welcome everyone to the month of March! The month where we spring forward and waterfalls begin to surge down the fortress walls. The month that promises the return of the sun, warmer days, and greener meadows. Spring in Yosemite is truly a spectacle.

One of the best sights to see this time of year is nearby Hite's Cove, which chooses March as the month to ignite itself in a blaze of color. Almost like pollinators themselves, Yosemite locals flock to Hite's Cove to marvel at some of the simplest and most timeless beauties in existence: wildflowers. With their versatile color palette, splendid aroma, and delicate shapes, it is no wonder that humans derive such happiness from a field of flowers - they are simply a delight to the senses. And as with all experiences in nature, the more contemplative visitors to Hite's Cove might come away with a lesson or two from the humble poppies and shooting stars.

Nobody ever judges the beauty of a flower, thinking that it looked prettier yesterday than today, or that this particular shade of pink doesn't match its smile. Nobody ever laughs because its pistil is showing, or that one petal remains tucked in. Even if we were ludicrous enough to pick apart something so beautiful and innocent, the flower would pay no mind. Focusing on the task at hand, the flower blooms with full force, opening up its arms at maturity to show its face to the world as is. The flower has confidence that its offerings are enough, and shows no concern that its smell is too much or not enough, or that it won't attract the proper pollinator. The flower holds no fear of upcoming storms or changes in the weather. Although its life is short, it gives its all, showing itself in full everyday.

As the weather warms and new life begins to flourish in another Yosemite spring, find ways to bloom more into your authentic self as shamelessly and beautifully as the wildflowers in Hite's Cove.

By Jetta Blaine

Upcoming Events

Meditation + Pranayama Series

Led by Dennis Eagan

Join 500-hr certified yoga and meditation instructor Dennis Eagan for this 4-part Community Wellness Series! These sessions will cover the anatomy, physiology, and philosophy of the breath as we work with interoception, visualization, bandhas, and breathing techniques to deepen our awareness of life's most precious gift.

Every Wednesday in March*

*no class March 31st

6:00pm - 7:00pm

Can't make it Wednesday evenings? If you are unable to join for the live class(es), every registered participant will be emailed instructions on how to access the recordings of these classes via our online learning platform. That way you will be able to retake any classes in future, or attend the classes on your own schedule!

Link to register:

<https://balancedrock.secure.retreat.guru/program/meditation-march-community-wellness-series/?lang=en>

Community Yoga with Balanced Rock

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

Community Brainstorm

- Open Forum -

Led by Jamie Gonzales

Do you have any ideas that can contribute to the health and wellness in 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, March 12

10:00am - 11:00am

zoom.us/join

Meeting ID: 206 626 9920

Passcode: wellness1

Mindfulness and Communication Training

Presented by Jenni Buczko, MA, LPCCA

A five-week workshop that combines mindfulness and the principles of effective and compassion communication. This is a hands-on, experiential training to reduce stress, increase awareness, and learn a new form of communication applicable in all areas of our lives. Join us! No previous experience required.

Thursdays: March 18th, 25th, April 1st, 8th, 15th

12:30pm - 2:00pm

zoom.us/join

RSVP required: email Jenni.Buczko@gmail.com

Coping with Stress and Change

Led by Giselle Diaz

Peer-led event that will help you learn strategies to become a more resilient person when dealing with stress and change.

Saturday, March 13th

11:00am - 11:45am

zoom.us/join

Meeting ID: 843 7138 2184

Passcode: 861892

Wednesday Night Yoga

Led by Jetta Blaine

Every Wednesday

5:30pm - 6:30 pm

There will be NO CLASS on March 24th

zoom.us/join

Meeting ID: 206 626 9920

Passcode: wellness1

Thursday Morning Meditation

Led by Jetta Blaine

Every Thursday*

9:00am - 9:15 am

There will be NO CLASS on March 25th

zoom.us/join

Meeting ID: 206 626 9920

Passcode: wellness1

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, March 9th

6:00pm - 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:

Yoga For Anxiety
Stress Management Workshop
Lifestyle Series
Wednesday Night Yoga

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

Visit www.yoscommunity.com/events for direct event links and event updates.

Community Submissions



April Sun

Photograph by Eddie Cruz

Super Blood Moon Over Foresta

Photograph by Rob Lester



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

This month's ingredient:

Asparagus

Wildflowers aren't the only little beauties popping up out of the ground this time of year. Also known as sparrow grass, what we recognize as asparagus is only the early spring shoot of the plant. Left unplucked, asparagus grows into a large, bushy plant with feathery foliage. It eventually flowers, and late in the season, will produce small red berries that are actually toxic to humans.

Cheesy Roasted Asparagus

1 bundle of asparagus (the thinner the better), woody ends trimmed off
3 tbsp olive oil
1/2 tsp salt
1/4 tsp pepper
1 clove minced garlic
1/2 cup finely grated parmesan cheese
Lemon juice (optional)

1. Preheat oven to 425 degrees.
2. In a large bowl, toss asparagus with olive oil, salt, pepper, and garlic.
3. Arrange on a baking pan in a single layer and sprinkle with parmesan cheese
4. Bake for 10–15 minutes, depending on the thickness of your asparagus.
5. Finish with a drizzle of lemon juice (optional).

10 Ways to Break Up the Pandemic Monotony

Adapted from *The Atlantic Daily Newsletter* - February 24, 2021

1. **Grow something**

House Plants can bring life to your home *and* clean the air. But don't limit yourself to just your standard, grocery store potted options: try propagating a trimming from a friend's plant, or grow some kitchen scraps! You can plant lemon seeds, lentils, celery stalks, green onion roots, avocado plants and more at home — no pot or soil required. Check out the book *Don't Throw It, Grow It!* by Deborah Peterson for more information.

2. **Call someone**

Pick up your phone and call—actually call; don't text—a friend just to catch up. The conversation can be restorative, grounding, and gratifying. Plus, you never know when the person on the other end of the line really needs a friend, too.

3. **Cook something new**

Always wanted to try Indian food? Thai? Homemade bread? Pie? Now is your chance! Bust out that recipe book (or your favorite food blog), pick something a little challenging or out of the ordinary, and start working some culinary magic.

4. **Take a fake commute**

If you're working remotely, create a daily commute and take a walk around the block in the morning. Quarantine has blurred so many work-life boundaries that even a pretend journey can feel refreshing.

5. **Take on a home-improvement or reorganization project**

DIY projects work on several levels—they give you something new to learn, they require you to put down your phone and focus on the task in front of you, and they provide the satisfaction of solving a problem whose solution you can see and appreciate every day.

6. **Buy new socks**

It might seem silly, but even the smallest novelties help. Socks can be fun, inexpensive, and will give you something to be excited about.

7. **Set micro-goals and track your habits**

In other words, make a to-do list, either for healthy habits, small tasks, or both. Crossing off tasks is incredibly satisfying: it gives you a sense of purpose and accomplishment, while also helping to visualize the passing of time.

8. **Do a clothing-and-other-items-that-can-be-donated purge**

Let's face it: we have too much stuff. Go through your belongings—clothing, books, kitchenware, decor—and separate out items for donation. Not only will it clear up and refresh your space, your former possessions may just bring a bit of joy (or at the very least, utility) to another person's life.

9. **Volunteer**

Many organizations offer creative ways to serve the community while staying safe. You can organize a contactless food drive, tutor a student over Zoom, or answer a domestic abuse hotline.

10. **Do a jigsaw puzzle**

They're wonderfully engrossing, and research suggests that the activity gives your cognitive functions a good workout and can help stave off dementia in older adults. Other pros: working with your hands, building an image that isn't the same walls you see every day, the satisfying snap of two pieces fitting together.

Activities

“Activity and rest are two vital aspects of life. To find a balance in them is a skill in itself. Wisdom is knowing when to have rest, when to have activity, and how much of each to have. Finding them in each other - activity in rest and rest in activity - is the ultimate freedom.”
 – Sri Sri Ravi Shankar

As we leave the sleepy season of winter and begin to see the first signs of spring, it's a good time to reflect on the concept of rest. Before heading into the hustle and bustle of the busy season, stop and take a moment to soak in some extra time for the Self.

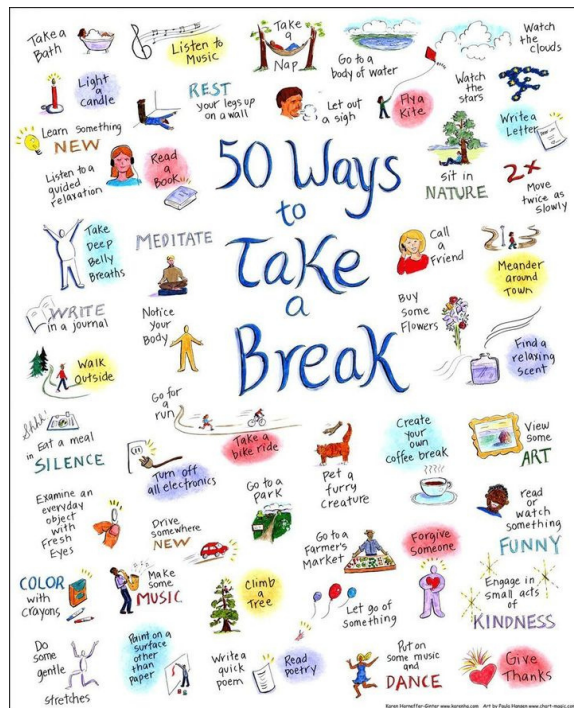
Journaling: *Sit quietly for a few minutes, just breathing and listening to your body, before you start journaling:*

- What is it telling you?
- Where do you feel strong, healthy, energetic, relaxed?
- Where do you feel tense, worried, uncomfortable, tired?
- What is asking for more attention?
- What can I do in this moment to get myself some nourishment and self-care?
- What is a habit or activity you do that improves your mood or stress level?
 *Describe how you transform when you are engaged in this practice.
- How do you feel? How can you do this more often?

Take a Break Bingo

*On the back of this page, play Take-a-Break Bingo.
 What activities encourage you to be creative?
 Have you made any music lately?
 When was the last time you colored or painted?*

Put your own twist on some of these spaces.



-- Wellness Wordsearch --

E	R	G	O	N	O	M	I	C	S	S	E	N	C
O	M	E	D	I	T	A	T	I	O	N	I	S	N
S	E	E	X	E	R	C	I	S	E	I	E	N	I
E	C	N	E	I	L	I	S	E	R	U	N	O	N
G	Y	E	B	A	L	A	N	C	E	C	V	I	N
B	O	L	T	Y	N	N	S	E	G	E	I	S	E
E	G	I	U	T	O	O	E	L	N	C	R	N	R
H	A	F	S	I	I	I	L	A	I	N	O	E	S
A	G	E	E	N	T	T	F	I	L	E	N	M	E
V	R	S	O	U	I	A	C	C	A	S	M	I	L
I	N	T	M	M	R	C	A	O	E	E	E	D	F
O	N	Y	B	M	T	U	R	S	H	R	N	U	D
R	N	L	E	O	U	D	E	A	M	P	T	V	N
B	L	E	N	C	N	E	M	A	K	E	A	R	T

EDUCATION
 BEHAVIOR
 BALANCE
 LIFESTYLE
 SOCIAL
 EXERCISE
 ERGONOMICS
 INNERSELF
 DIMENSIONS
 MAKEART
 ENVIRONMENT
 REST
 HEALING
 MEDITATION
 RESILIENCE
 PRESENCE
 NUTRITION
 COMMUNITY
 SELF CARE
 YOGA

Play this puzzle online at : <https://thewordsearch.com/puzzle/2049838/>

Create your own: thewordsearch.com/maker

Activities

Take a Break Bingo

 <p>Watch the stars or Watch the clouds</p>	 <p>Write a Letter</p>	 <p>Forgive Someone</p>	 <p>Notice your Body</p>	 <p>Examine an everyday object with Fresh Eyes</p>
 <p>Listen to a guided relaxation</p>	 <p>Light a candle</p>	 <p>Make or View some ART</p>	 <p>Take a Nap</p>	 <p>Pet a furry creature</p>
 <p>MEDITATE</p>	 <p>Make some MUSIC</p>	<p>FREE SPACE</p>	 <p>COLOR with Crayons</p>	 <p>Do some gentle stretches</p>
 <p>Write a quick poem or Read poetry</p>	 <p>Let go of something</p>	 <p>Meander around Town</p>	 <p>2x Move twice as slowly</p>	 <p>Engage in small acts of KINDNESS</p>
 <p>Go to a body of water</p>	 <p>Take a bike ride</p>	 <p>Shhh! Eat a meal in SILENCE</p>	 <p>Find a relaxing scent</p>	 <p>Call a Friend</p>



Resources



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.communitybuilders@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/coronavirus/sanityguide>