

March 15, 2021

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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The Word

Looking Both Ways

As you may have noticed, snow made another visit to Yosemite and the Sierra Nevada foothills last week. Winter returned for a moment, giving the Merced and Tuolumne riversheds a few inches of the good stuff, hopefully nourishing our waterfalls just a bit longer into the heat of summer.

Walking through the falling snow during this most recent storm, something quite paradoxical caught my attention and bought a smile to my face: spring's new growth, peeking out through the crystalline precipitation. The new grass was so bright and green in its youth that it was impossible not to notice it amidst the white backdrop. The remnants of winter, intertwined with the new growth of spring, was an enlightening sight to see.

This sight gave me a sort of vision: that of a person looking back and forth through time, almost as if looking both ways before crossing the street. Maybe, as this person looked left, they would gaze upon their past and see old lessons learned, habits they had since abandoned, or memories of those whom they thought they had forgotten. Then, as the person looked towards their right, they would see a reverie of their future, perhaps glimpsing newly acquired skills, qualities they would like to embody, or the person they would one day become.

But like the pedestrian, we cannot limit ourselves to looking in only one direction for too long. We would certainly gain a crook of regret in our neck, constantly scrutinizing the past, or develop chronic anxiety if forever peering towards the future. Even in the reality of our day-to-day lives, we Yosemite locals—living in a tourist destination filled with people so consumed by the sights above that they often fail to notice the forest-dwelling commuters right in front of them—have to look both ways to ensure safe passage every day. To fail to do so would be not only unwise, but unsafe.

Revert your gaze back to the grass emerging from the snow. To contemplate the contradictory flirtation between winter and spring is to look both ways at once: to have one eye on the past and the other eye on the future. It is to take the lessons and wisdom of prior experiences and to apply them towards our hopes and dreams. When combined in practical balance, they work together quite nicely, and provide us the nourishment we need for the months ahead.

By Jetta Blaine

Upcoming Events

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

Saturday Morning HIIT

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
9:00-9:45am

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

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

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.

Thursday, March 25th
12:30pm - 1:30pm

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

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

Meditation + Pranayama Series

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!

\$Purchase Required\$ Link to register:

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

Balanced Rock

Community Yoga

Join local instructor Heather Bromburg 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

Balanced Rock

Creating COVID Chronicles: Journaling Through Uncertainty

A 3-week interactive Writing for Wellness Series. Engage in live sessions with fun and challenging writing prompts.

Tuesday, March 16th, 23rd, & 30th
8:00am-9:15am

\$Purchase Required\$ Link to register:

<http://balancedrock.org/events/creating-covid-chronicles-3-week-writing-series/>

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



March Featured Artist
David Tushla

Lisette Galarza



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

You can tell Asparagus is fresh when the ends are moist and juicy and the tips still firmly closed. The stalks should squeak when you rub them together.

Roasted Asparagus & Mushrooms

- 1 bunch fresh asparagus, trimmed
- ½ pound fresh mushrooms, quartered
- 2 sprigs fresh rosemary, minced
- 2 teaspoons olive oil
- kosher salt to taste
- freshly ground black pepper to taste

1. Preheat oven to 450 degrees F (230 degrees C). Lightly spray a cookie sheet with vegetable cooking spray.
2. Place the asparagus and mushrooms in a bowl. Drizzle with the olive oil, then season with rosemary, salt, and pepper; toss well.
3. Lay the asparagus and mushrooms out on the prepared pan in an even layer.
4. Roast in the preheated oven until the asparagus is tender, about 15 minutes.

<https://allrecipes.com/recipe/104947/roasted-asparagus-and-mushrooms/>

How to prepare before getting a COVID-19 vaccine

Should I wear loose-fitting clothing to get my vaccine?

Wear clothing that allows a clinician to easily access your upper arm. The vaccine is delivered to the deltoid muscle, the big muscle on your shoulder. Consider wearing a short-sleeved shirt, or wear a short-sleeved shirt under a sweater or jacket that can be easily removed.

Staying hydrated is a great way to prepare for getting a COVID-19

Drinking water every day is important for your health. Drinking water contributes to overall health and can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. Staying hydrated before the vaccine will contribute to your well-being.

Do you need a COVID-19 test before getting the vaccine?

No, a COVID-19 test is not required before receiving the vaccine, but wear a mask and stay 6 feet apart from others. In addition, people do not need a COVID-19 antibody test after receiving the vaccine.

Can I take ibuprofen or acetaminophen if my arm is sore after getting the vaccine?

If you develop soreness in your arm, the Centers for Disease Control and Prevention recommends holding a clean wet warm washcloth over the area or an ice pack. You can also take acetaminophen or ibuprofen, if you are permitted to do so. It is not recommended to take acetaminophen or ibuprofen before your vaccine. If you regularly take acetaminophen or ibuprofen, you can continue to do so.

Which arm should I select to get the vaccine in?

Either arm is appropriate for getting the shot. Many individuals, however, select their non-dominant arm. It is entirely up to the individual to choose which arm works best for them. If you sleep on your side, and put pressure on your right arm, it might be best to get the shot in your left arm.

What happens right after I get the vaccine?

You will be asked to wait 15 minutes in the vaccine clinic after getting a shot to monitor for any reactions.

While most people report only mild discomfort in their arm at the injection site right after receiving a COVID-19 shot, some people say they feel feverish or sweaty after receiving the second shot. These symptoms go away in fewer than 72 hours.

Do shots hurt?

Many people who have been vaccinated with the COVID-19 vaccine say they barely felt the needle going into the muscle in their shoulder. A very small gauge needle is used to deliver the vaccine. Your arm may be sore for 1-3 days after you receive the shot, this is normal.

Share health information with your provider

If you have had an allergic reaction to vaccines in the past, make sure to let your vaccinator know.

Before getting vaccine, use tools to manage your anxiety

Sit upright in your chair and take deep breaths. This will help to calm you. Relax the arm in which you are receiving the shot. You can dangle your arm to the side to relax your muscle.

Limit intake of alcohol the night before to prepare for your vaccine

Drink water, not alcohol, before getting a vaccine.

Drinking too much alcohol can lead to dehydration and a hangover. Do not place yourself in a position to be fighting a hangover and possible side effects from the second shot.

It's OK to eat before getting a vaccine?

Having a meal before getting a vaccine may help people who have fear of needles or a history of fainting.

Are there reasons to not get the vaccine?

Yes. There are a few reasons to wait to get the vaccine.

- a. If you've recently had COVID-19. You should be recovered and have completed your isolation period before getting a vaccine. Isolation is generally 10 days but may be longer if you were hospitalized or have certain medical conditions.
 - b. If you were exposed to COVID-19, wait 14 days from your exposure. If you haven't developed symptoms in that time, you can come to your vaccine appointment.
 - c. Wait 90 days if you have received convalescent plasma or monoclonal antibodies to treat COVID-19.
 - d. If you are due to receive a vaccine other than a COVID-19 vaccine, you should wait 14 days to get the other vaccine. If you have already received a vaccine other than the COVID-19 vaccine, you should wait 14 days before getting either the 1st or second dose of the COVID-19 vaccine.
- If you have a severe reaction to the first COVID-19 vaccine dose, you should check with your provider and perhaps seek a consultation with an allergist.

For more information visit: <https://www.uchealth.org/today/how-to-prepare-before-getting-a-covid-19-vaccine/>

Activities

Spring has sprung! Wildflowers are out in all their glory at lower elevations. On south facing aspects of Yosemite Valley, they are just beginning to pop. On your next walk, try to see how many different species of wildflowers you can identify. How can you tell various species apart?

Draw like a Naturalist: Wildflowers

Naturalists use drawings to observe subtle details about nature. Sketch the different parts of a plant and learn how to distinguish wildflowers from one another.

Directions

1. Sit down next to a flowering plant. Take time to observe the entire plant, from stem to flower. What do you notice?
2. Start your wildflower drawing from the ground up. Draw the stem, followed by the leaves, ending with the flower. Sketch the general shape of each section and gradually add detail. Here are features to pay attention to:

Materials

- Paper
- Pen or pencil
- Colored pencils, markers, or crayons (optional)
- Wildflower field guide (optional)

Questions

- What new details did you notice about the plant?
- Which part of the flower was the easiest to draw? Which was the most challenging?

Use your drawing to identify the flower from a field guide or website.

Flower

Identify the overall shape. Is it flat and round, bell shaped, or irregularly shaped? How many petals are there?

5 petal flowers

Look at how each flower is attached to the stem. Include those details in your drawing.

Leaf Arrangement

Locate the position where the leaves meet the stem.

Are the leaves on the stem:



Are there leaves at the base:

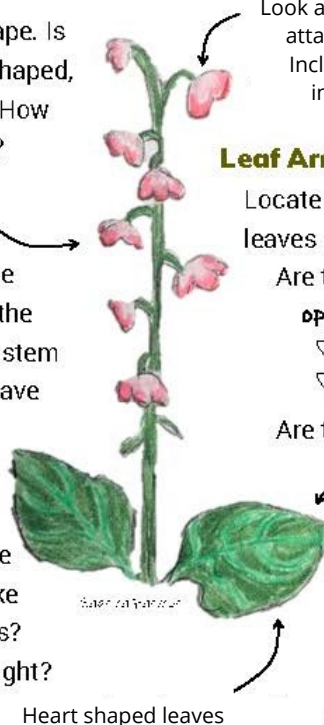


Stem

Draw the stem from the ground to the base of the topmost flower. Is the stem thick or thin? Does it have any hairs?

Leaf Shape

Notice the shape of the leaves. Do they look like ovals, arrows, or hearts? Are they long and straight?



Note or draw additional details:

- Color of the flower and the leaves
- Hairs, veins, or thorns on the stem or leaves
- Flower reproductive parts, such as the stamen or pistil
- Texture of the leaf edge, such as toothed
- Berries or seeds forming

Draw Like a Naturalist - Wildflowers Activity | Bureau of Land Management (blm.gov)

Resources

Orange Tier!



Mariposa County has officially moved into the Orange Tier!

Current tier assignments as of March 9, 2021

Data is reviewed weekly and tiers are updated on Tuesdays. At a minimum, counties must remain in a tier for at least 3 weeks before moving to a less restrictive tier. Counties must meet the next tier's criteria for two consecutive weeks to move to a less restrictive tier.

COVID-19 Vaccines: What We Know and What We're Still Learning

We know...

- COVID-19 vaccines are effective in preventing COVID-19.
- COVID-19 vaccines are effective in reducing severe illness and death from COVID-19.
- COVID-19 vaccines should be used in combination with other prevention steps to stop the spread of COVID-19.

We're still learning...

- How effective the current vaccines are against variants of the virus, BUT early data is promising for the majority of variants.
- If vaccinated individuals can still spread COVID-19, BUT as more people get vaccinated, we learn about transmission.
- How long COVID-19 vaccines can protect people, BUT it is at least as long as natural immunity to COVID-19 (90 days).



Learn more by visiting www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

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 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.aamariposa.org/fellowship.org>

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