

April 15, 2021

Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

In This Issue

Upcoming Events
Page 2

Community
Submissions
Page 3

Wellness News
& Recipes
Page 4

Activities
Pages 5

Resources
Page 6

The Word

Flow

I would like to give everyone an official welcome to Waterfall Season! In April and May, we are greeted with warmer temperatures not just in Yosemite Valley, but also at higher elevations within the park. The snowpack in the high country melts at an increasing rate, and we can have bouts of rain that create new waterfalls and a more excitable Merced River.

Water is such a fascinating element to watch. It can appear like the calmest substance in the world, such as during the absence of wind on the placid waters of a still lake. It can hold an awe-inspiring subsurface power that one can only behold while experiencing a stormy sea break. Water can also be utterly chaotic, such as during a fierce thunderstorm or a cascade's perilous drop.

Despite the spectrum of its frenzied states, water always seems to know exactly where it is going: the babbling brook continues to scurry downstream, the droplets of a waterfall gush alongside the laws of gravity (graciously accepting the occasional horsetail's detour, of course), and rain, despite whether or not it's falling perfectly perpendicular to the ground, always makes contact with the earth below.

Water is, perhaps, the perfect example of stillness amongst chaos. Or, adversely, maybe it is the perfect example of determined chaos. Perfectly unbothered, it knows its mission; it is no wonder why the word "water" is often associated with the word "flow". Regardless of your view of the liquidy substance that makes up most of our bodies and world, make sure that you take time to enjoy its presence this season.

By Jetta Blaine

Upcoming Events

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
9:00am-9:45am

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

Community Yoga with Balanced Rock

Led by *Breezy Jackson*

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

Wednesday Night Yoga

Led by *Jetta Blaine*

Every Wednesday
5:30pm - 6:30pm

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

Thursday Morning Meditation

Led by *Jetta Blaine*

Every Thursday
9:00am - 9:15am

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, April 2th
12:30pm - 1:30pm

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

Virtual Creative Collective

Art Sessions

Led by *Jamie Gonzales & Giselle Diaz*

In Partnership with the Center for Creative Arts Therapy, this 4-part series is a space to create art and connect. Each week will have a theme centered around Mindfulness. .

All levels welcome. Basic supplies needed are paper, pen/pencil, markers, color pencils, paint is optional.

Every Wednesday in April: 7, 14, 21, 28
1:00pm - 2:00pm

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

Trashy Tuesday

Who said Facelift can only happen once a year? Join us for a community volunteer clean-up at the campgrounds and other popular visitor areas. Our focus is on that pesky micro-trash! You can volunteer for one hour or the whole day! Remember to bring a mask (and gloves, if you have them). All other trash pickup materials and equipment will be provided.

Tuesday, April 20th
3:00pm - 7:00pm
Village Day-Use Parking Lot

Meet at the courtyard behind the new bathroom

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

Our first Trashy Tuesday took place on April 13th! Five stellar volunteers collected over 10 pounds of trash and microtrash in the Lower Pines and Upper Pines Campgrounds. Way to go team!

Join us for our second Trashy Tuesday on Tuesday, April 20th at the Village Day Use Parking Lot



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

Community Submissions



Clay Art
By Carolina Vega

D'Avril
By Hananiah Joel
<https://soundcloud.com/hananiahjoel>



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: Artichokes

It takes no extra effort to buy local when it comes to artichokes: nearly all artichokes in the US are grown in California. Though grown year-round, the peak harvest season for this delicious thistle is March to May. Not only will you be eating locally and seasonally with a fresh artichoke, but you'll also be consuming a ton of antioxidants and fiber. According to the USDA, artichokes have the highest antioxidant levels of any vegetable.

Spinach Artichoke Dip

8 oz. cream cheese (regular or light)
1/4 cup sour cream (regular or light)
1/4 cup mayonnaise (regular or light)
1 garlic clove, minced
2/3 cup finely shredded parmesan
1/2 cup finely shredded mozzarella
Pepper, to taste
1 can quartered artichoke hearts (liquid drained & squeezed out of hearts), chopped
1 8oz bag spinach, thawed & squeezed to drain liquid

1. Preheat oven to 350 degrees. Coat a small (1 quart) baking dish with olive oil or cooking spray.
2. In a mixing bowl stir together cream cheese, sour cream, mayonnaise, garlic, parmesan, mozzarella and pepper.
3. Stir in artichokes and spinach.
4. Spread mixture evenly into prepared baking dish. Bake until heated through and melty, about 20 minutes.
5. Serve warm with tortilla chips, crackers, toasted baguette slices, or veggie sticks.

Borrowed with modifications from www.cookingclassy.com/spinach-artichoke-dip/

Coping with Allergies During the Spring

Reduce Exposure

Keep tabs on the daily pollen count via the local media (internet, radio, newspaper or television). When the pollen count is reported to be high:

- Start taking allergy medication before symptoms occur; waiting until symptoms have started will reduce the effectiveness of the drugs. For example, in pollen-allergic patients, starting intranasal corticosteroids at least a couple of weeks before pollen season commences can help patients better control their symptoms. Antihistamines can be taken concurrently, but patients do not necessarily need to start these early to insure optimal efficacy during their peak allergy seasons.
- Close the doors and windows of the house.
- Stay indoors whenever possible (particularly in the early morning hours when the pollen counts are usually the highest)

Keep the Indoor Air Clean

For people coping with allergies, it's important to keep the indoor air as clean as possible to lower exposure to pollen, this includes:

- Ventilating indoor areas well
- Turning on the air conditioning in the car while driving and in the house, to help circulate and clean stagnant air
- Using a CERTIFIED asthma & allergy friendly filter attachment for forced air heating or air conditioning systems.³
- Using an air purification system with a high-efficiency particulate air (HEPA) filter. A HEPA filter removes very small particles from the air.
- Using a dehumidifier to keep the air as dry as possible.
- Cleaning with a vacuum cleaner that has HEPA filter as often as possible. The Asthma and Allergy Foundation of America suggests using CERTIFIED asthma & allergy friendly vacuums.

Over-the-Counter Medications

There are various over-the-counter allergy medications available without a prescription.⁴ The two main options are:

- Oral antihistamines: A type of medication that helps to relieve symptoms such as sneezing, runny nose, watery eyes and itching. Examples include, Claritan or Alavert (loratadine), Zyrtec Allergy (cetirizine), and Allegra Allergy (fexofenadine).
- Intranasal corticosteroids: The most efficacious treatment for allergic rhinitis available over the counter. Intranasal fluticasone (e.g. brand name Flonase, also available generic form) is one of the most common used, but Rhinocort and Nasocort are just as effective.

Both oral antihistamines and intranasal corticosteroids serve as the cornerstone of allergic rhinitis therapy and can be used long-term without difficulty in almost all patients.

Miscellaneous

Other recommendations for coping with allergies in the spring include:

- Use a saline solution to irrigate (rinse) the sinuses and remove allergens (and mucus) from the nose.⁵ There are several inexpensive commercial systems available, including the Neti pot (a container with a spout for pouring saline solution), or plastic dispensers. Note, if a plastic nasal irrigation bottle is used, be sure to replace it every three months, or before it gets moldy or dirty (which could cause additional sinus problems)—be sure to read the package insert for further instructions. Only use distilled water or water that has been boiled at least five minutes, to remove any contamination before rinsing sinuses.
- Consider acupuncture. Several studies show that acupuncture may be effective for allergies, and more studies are being conducted to back up this hypothesis.

Medical Intervention

When over-the-counter medications do not alleviate symptoms, it may be a good time to consult with a healthcare provider. Medical treatment for severe allergy symptoms may include:

- Corticosteroid (long-lasting steroid) injections to lower inflammation.
- Allergy (skin) testing to confirm what is triggering the allergies, aimed at alleviating the source if possible, and at identifying a specific treatment that may work best on an individual basis.
- Allergy shots to help reduce the immune system reaction for a person coping with allergies—helpful for developing a tolerance.
- Sublingual immunotherapy (under the tongue) tablets.

Skin testing is a necessary first step to determine if a patient would benefit from allergy shots or sublingual immunotherapy tablets.

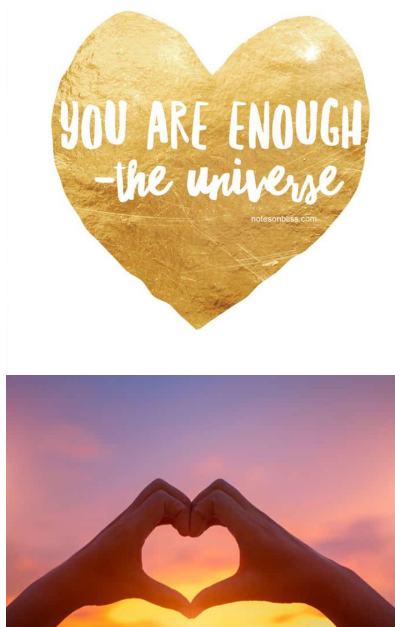
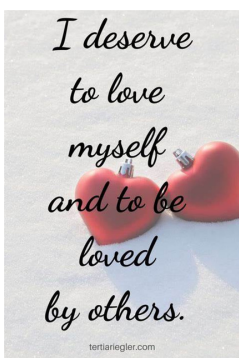
For More Information Visit:
<https://www.verywellhealth.com/coping-with-spring-allergies-4685065>

Activities

Self-Love Journaling

Journaling is a powerful way to reflect, become more self-aware, and build self-esteem. While it's not necessary to journal daily, developing a regular journaling practice can be incredibly beneficial to your wellness. Consider journaling for five or ten minutes for each of the following prompts:

- **What do you love about your life?**
- **Write 10 things you're grateful for.**
- **Write a letter to your teenaged self.**
- **What are you good at helping other people with?**
- **How do you practice self-care?**



Resources

When are you eligible for your **COVID-19** vaccine?



Phase 1A:
All healthcare workers and nursing home residents.

Phase 1B:
Anybody 65+, agriculture, education, and emergency service workers.

As of March 15th: People aged 16-64 at higher risk for serious COVID-19 illness.

April 1st:
Anybody 50+

April 15th:
All Californians (ages 16+)



BETTER TO PROTECT THAN REGRET.

Schedule your COVID-19 test.
lhi.care/covidtesting
888-634-1123

COVID-19 vaccines are at 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.amariposafellowship.org>

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