

May 1, 2021

# Word for YO Wellness

A Newsletter by the Pandemic Wellness Coalition

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## The Word

### Sunshine

One thing many people love about Yosemite Valley is how it always looks different. Through rain, shine, cloud coverage, and all of her many passing phases, there is always something changing, morphing, transforming in our Valley.

John Muir coined the Sierra Nevada the “Range of Light,” perhaps because of all the striking ways the sun and moon reflect upon the landscape’s many shapes. Sometimes, the sun glistens off of the waterfalls, other times it sparkles upon the leaves in a way that looks as though the trees are laden with sparkles. The sunlight does not just illumine, but also casts shadow through its absence, peering through branches or peeking over the granite walls. With all the variances of light, a walk through the Valley can feel very much like passing through different realms.

My favorite thing about the sun here is the way it kisses and warms my face. Partnered with the dry Sierra heat and coolness of the Merced River, nothing feels quite as good on my skin as the touch of sunlight.

In times when my own light is dim, and darkness or pessimism seem to be in more abundance, I like to take a moment from my hectic schedule and sit with my face towards the sky. I surrender to the experience of warmth, allow the sun’s rays to lend me some color, and typically walk away feeling refreshed. Scientifically, the sun helps us build strength, happiness, and immunity. In other ways, the sun reminds us of all of the different ways things can look, and provides a sense of center when everything is spinning too fast. With consistency, the sun is always there, even when it is covered by a cloud or busy taking its nightshift elsewhere. She stands as a constant nourisher of life, and reminder that we can always see things from other perspectives.

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

## Friday Morning Photo Walk - Color Wheel Challenge

Led by *Jamie Gonzales*

Bring your camera or phone and take an easy photo walk around Yosemite Valley. Our goal will be to capture images of yellow and green features & items to participate in the May Activity challenge.

*This is not an instructional photo class and will be a meet-up style event.*

Limited to the first 10 participants. Social distancing guidelines apply.

Friday, May 28th  
9:00am - 11:00am  
Meet at Church Bowl Picnic Area

## Suicide Prevention and Awareness Dialogue

Led by *Emily Gaffney, Steve Lyon, and Jamie Gonzales*

In response to the recent suicides in the NPS and mental health struggles from the pandemic, Allies for Inclusion is partnering with the Yosemite Medical Clinic to offer practical resources and a space for listening, processing.

Wednesday, May 26th  
3:00pm - 4:30pm

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

**Advance registration is requested by 5/24. Visit [yoscommunity.com/events](https://yoscommunity.com/events) to RSVP.**

## 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

**Intelligence of the Core Series (\$)**  
Led by *Catherine Wortmann*

In this series we will explore the wisdom of the body through gentle yet powerful, core-centric, yoga asana but also dive into the muladhara chakra (solar plexus), practice breathing to stimulate and activate our agni (digestive fire), and connect with our “gut intelligence”. This series is intended to deepen the students' awareness of the power that comes from within, and reshape the concept of “core work” inviting curiosity and intelligence. This series is suitable for all levels of practitioners, modifications are offered. Participants will need a yoga/ pilates mat or a blanket, and space to move.

Every Wednesday in May  
6:00pm - 7:00pm  
Online via Zoom

\$\$ Purchase Required \$\$ Register at: <https://balancedrock.secure.retreat.guru/program/intelligence-of-the-core-series/?lang=en>

### Balanced Rock

#### Community Yoga

Join local 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

## Wellness Programs On Demand



On YouTube, search for the [Yosemite Community Builder](https://www.youtube.com/channel/UC...) channel to find the following programs:

Yoga For Anxiety  
Stress Management Workshop  
Lifestyle Series  
Wednesday Night Yoga

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

# Community Submissions



*Brittany Colt*  
BRITTANYCOLT.COM

## *Ribbon Falls*

By Brittany Colt



## *Dogwoods. In Bloom.*

By Cristina Gonzales



# Wellness News

## Recipe

For Yo Wellness

This month's ingredient:

### Strawberries

There's nothing quite like a truly ripe, in-season strawberry, and now is the time to get them. Strawberries are not actually a berry, however. Berries, by definition, store their seeds inside their flesh -- think blueberries, raspberries, or even grapes. The strawberry is instead a unique fruit that wears its approximately 200 seeds on the outside. A member of the rose family, strawberries are packed with antioxidants, fiber, and Vitamin C.

### Strawberry & Goat Cheese Salad

**8 oz strawberries, sliced**  
**1 container (5 oz) spring mix**  
**2 oz goat cheese, crumbled**  
**Chopped walnuts or pecans**  
**Fresh Basil, chopped (optional)**  
**Vinaigrette of choice (we recommend Brianna's Blush Wine Vinaigrette -- the one with the big strawberry on the label -- or any balsalmic vinaigrette)**

1. Slice strawberries and toss with spring mix and basil (if using).
2. Add dressing to your preference (start light, then add more as needed).
3. Top with goat cheese crumbles and nuts of choice.
4. Enjoy!

## The Wellness Center is BACK!

Tuesday - Saturday

12:00pm - 3:30pm and 5:00pm - 8:30 pm

Reservations Required: Call 209-372-8803

The Wellness Center has reopened to the community as of Thursday, April 29th! Thank you to Yosemite Hospitality for reopening this valued resource!

Please note that occupancy maximums are in place due to COVID-19 restrictions:

- Fitness Center - 6 people
- Yoga Room - 6 people
- Computer Room - 1 person

Gathering in the lobby is not permitted, but seating is available outside the Center to allow for community members to use personal laptops and the Wi-Fi. Should Mariposa County move to the Yellow Tier, maximum occupancy will increase, but if we move back into the Red or Purple tiers, the Center will close. All the more reason to be safe and responsible to help stop the spread!

See below for the new guidelines:

#### RESERVATIONS

- Reservations are required to utilize the facility. Any unfilled spots will be available on a first-come, first-served basis. Reservations are for 1 hour or 1.5 hour blocks.
- Reservations can be made at the Wellness Center desk or by calling 209-372-8803.
- Due to the limited availability of reservations, each person may reserve up to 3 time slots each week. Reservations can be made no more than two weeks in advance.
- No-shows for reservations will limit your ability to make future reservations.

#### SAFETY MEASURES

- CDPH and CDC guidelines on gym use are being followed to protect the community.
- The Center will close for deep cleaning from 3:30pm - 5:00pm each day, and a second deep cleaning will be performed each night after closing.
- Some machines are out of service to enforce social distancing. Do not use any machine that is marked as out of service.
- There will be an air scrubber on at all times when the fitness center is in use.
- You will be required to sanitize all machines and equipment after you use them.
- Masks must be worn at all times when inside the Wellness Center, including while exercising.
- You will be required to complete a verbal health attestation and temperature check prior to every use of the Wellness Center.

# Activities

## Training For A 5K

*Be on the lookout for more information on the Dogwood Dash Virtual 5K, later this month!*

Week	Tuesday	Thursday	Saturday
1	Run 1 mile	Run 1 mile	Run 1.5 miles
2	Run 1.5 miles	Run 1.5 miles	Run 1.75 miles
3	Run 2 miles	Run 1.5 miles	Run 2.25 miles
4	Run 2.25 miles	Run 1.5 miles	Run 2.5 miles
5	Run 2.5 miles	Run 2 miles	Run 2.75 miles
6	Run 2.75 miles	Run 2 miles	Run 3 miles
7	Run 3 miles	Run 2 miles	Run 3.25 miles
8	Run 3.25 miles	Run 2 miles	<b>Race Day!</b>

**Running is a great way to improve cardiovascular health, strengthen the musculoskeletal system, and stimulate the endocannabinoid system. Running reduces stress and anxiety while improving sleep. With all these benefits, if you're not already running, what are you waiting for?**

As with any new activity, start where you are. If you haven't run before, start slowly and run short distances. Learn the difference between the mild discomfort exertion brings (often to your lungs) and the actual pain of an injury. Listen to your body, and back off if you experience pain.

The above training plan assumes that you can already run one mile. If you cannot run a mile yet, take an extra week or two to work your way up to the first mile. Also, you'll note that this schedule only includes three days a week of running. On the off days, it is beneficial to cross-train. You can go hiking, biking, lift weights, or do yoga. All of these will benefit your running training. Just remember: you should always give yourself at least one rest day per week.

**Most importantly, remember to have fun!**

## Photo/Art Color Wheel Challenge

**Grab your camera (or cell phone) or art supplies and wander around the Valley. Find things that match the colors listed below and snap a photo, draw, or paint (etc.) what you see.** Submit your photos or artwork for a chance to be featured in the next newsletter's Community Art Submissions section.

### **Don't have art supplies?**

Park partners get 10% off with YC!  
Swing by the Conservancy bookstore in Yosemite Village with your staff ID.

**Weeks 1-2:**  
**Red - Orange**  
**Weeks 3-4:**  
**Yellow - Green**



# Resources

## Find a local or virtual therapist



Visit the link and enter your zip to find a therapist near you.

[www.psychologytoday.com/us](http://www.psychologytoday.com/us)

**National Child Abuse Prevention Month**

**Risk Factors**

- Parental stress
- Substance use
- Poverty

**Protective Factors**

- Parental resilience
- Nurturing and attachment
- Knowledge of parenting and child development
- Concrete support in times of need
- Social connections
- Social-emotional competence of children

Child Welfare Information Gateway | Children's Bureau

Focusing on protective factors helps children, youth, and families build resilience and contributes to positive outcomes. Learn more on the 2021 National Child Abuse Prevention Month website. <https://www.childwelfare.gov/.../preventing/preventionmonth/>

COVID-19 vaccines are at Yosemite!

Sign up for yours here →



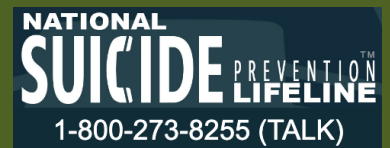
*Word for Yo' Wellness is brought to you by the Pandemic Wellness Coalition, an employee resource group (ERG) with members from many of Yosemite's park partners and hosted by the National Park Service. Look for our newsletter the first and fifteenth of every month. Each issue includes recipes, articles, community submissions, special events and more from your fellow park locals. Have a special request or an art submission? Contact [yes.communitybuilders@gmail.com](mailto:yes.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>