

Word for YO Wellness

A Newsletter by the Yosemite Wellness Coalition

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Thank You

"If you find yourself half naked
and barefoot in the frosty grass, hearing,
again, the earth's great, sonorous moan that says
you are the air of the now and gone, that says
all you love will turn to dust,
and will meet you there, do not
raise your fist. Do not raise
your small voice against it. And do not
take cover. Instead, curl your toes
into the grass, watch the cloud
ascending from your lips. Walk
through the garden's dormant splendor.

Say only, thank you.

Thank you."

By Ross Gay

Upcoming Events

Due to uncertainty of Covid, fires, smoke and other factors all programs are tentative and subject to cancellation. If it's too smoky assume the program will be cancelled or move to a virtual platform. Visit [yoscommunity.com/events](https://www.yoscommunity.com/events) for up-to-date information.

Pathos/Ethos Open House

Led by Ethos Youth Center in Mariposa

Come support the local community youth with this open house event.

- Check out Pathos screen printing
- Live music
- Games
- Raffle
- Food! *Food provided by L&J Mexican, Coffee provided by Sticks*

Ethos Youth Center is a local community non-profit drop-in center for young people located in Mariposa.

Ethos empowers diverse young people within the local community. We believe that each young person deserves to be recognized as an individual, participate fully in their community, and thrive in a place of creativity, security, and support.

pathoscreenprinting.com

Yoga With Bethany

Led by Bethany Matsumoto

Come ready to get sweaty!
All levels welcomed

Wellness Center
Every Monday & Tuesday
6:00 pm - 7:00 pm

Brown Bag Lunch

Led by Women's Employee Resource Group

Join the Yosemite Women's Employee Resource Group for a brown bag lunch discussion on intentional journaling and inner reflection. All are welcome!

To receive the article and meeting link, email yose_dei@nps.gov.

Wednesday November 2nd
Location: Microsoft Teams

Thanksgiving Dinner

Yosemite Hospitality will be hosting their annual Thanksgiving Dinner. Everyone welcomed!

Thursday November 24
6 pm - 8:00 pm

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 Community Yoga

Join local instructors for our outdoor 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.

El Portal Community Hall
Every Monday
6:00pm - 7:15pm



A graphic featuring a laptop icon with the text "WELLNESS CENTER HOURS" on the screen. Below the laptop, the text "7:00am-9:00pm Everyday" is displayed. The entire graphic is enclosed in a white rounded rectangle with a dark border.

Featured Artist



Ride the Milky Way

By
RJ Franklin

Winter of Mystery

By
Kathleen Friend



Wellness News

Recipe For Yo Wellness Pumpkin Bread



Ingredients

- 2 cups all-purpose flour, spooned into measuring cup and leveled-off
- ½ teaspoon salt
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1½ sticks (¾ cup) unsalted butter, softened
- 2 cups sugar
- 2 large eggs
- 1 15-oz can 100% pure pumpkin

Instructions

1. Preheat the oven to 325°F and set an oven rack in the middle position. Generously grease two 8 x 4-inch loaf pans with butter and dust with flour (alternatively, use a baking spray with flour in it, such as Pam with Flour or Baker's Joy).
2. In a medium bowl, combine the flour, salt, baking soda, baking powder, cloves, cinnamon, and nutmeg. Whisk until well combined; set aside.
3. In a large bowl of an electric mixer, beat the butter and sugar on medium speed until just blended. Add the eggs one at a time, beating well after each addition. Continue beating until very light and fluffy, a few minutes. Beat in the pumpkin. The mixture might look grainy and curdled at this point -- that's okay.
4. Add the flour mixture and mix on low speed until combined.
5. Turn the batter into the prepared pans, dividing evenly, and bake for 65 - 75 minutes, or until a cake tester inserted into the center comes out clean. Let the loaves cool in the pans for about 10 minutes, then turn out onto a wire rack to cool completely.
6. Fresh out of the oven, the loaves have a deliciously crisp crust. If they last beyond a day, you can toast individual slices to get the same fresh-baked effect.
7. Freezer-Friendly Instructions: The bread can be frozen for up to 3 months. After it is completely cooled, wrap it securely in aluminum foil, freezer wrap or place in a freezer bag. Thaw overnight in the refrigerator before serving.

Recipe Taken From:
<https://www.onceuponachef.com/recipes/spiced-pumpkin-bread.html>

Thanksgiving Traditions That Can Boost Health and Wellness

Mind: Give thanks

Gratitude is good for you. Research shows it can lower blood pressure, decrease depression and improve quality of life.

"Gratitude works," said Buturain Schneider, a gerontologist, theologian and mindful aging expert at USC.

But gratitude is not a feeling, it is a behavior we can practice every day of the year, she said. "You can strengthen an awareness of gratitude by sharing what you are thankful for or letting people know you appreciate them. Expressing this helps build bridges, connects us to the sacrifices of others and allows us to see abundance rather than what we lack."

Serve up strong relationships

Social isolation has recently been cited as possibly being more harmful to health than smoking or obesity. Despite the headaches of travel and stress that family dynamics can bring, Thanksgiving helps build community by encouraging shared experiences with family and friends, or even welcoming strangers.

"Until age 80, most people say they want to be healthy. After 80, people say what matters most is relationships," Buturain Schneider said. "The Thanksgiving holiday is a powerful reminder of how coming together to share a meal can provide a sense of fellowship and belonging that many people, particularly older adults, are missing in their lives."

Extend a helping hand

Many homeless shelters and retirement communities are inundated with individuals who sign up to serve meals on Thanksgiving. And like gratitude, research shows that helping others can bring health benefits to the giver.

"We feel most alive when using our gifts and helping other people," Buturain Schneider said. "The challenge is to make time in our lives to do this year-round so the recipients can express their own gratitude and get support on more than just one holiday."

Body: Make lunch your largest meal

Research increasingly shows that it is not just what we eat, but when we eat that matters. Many families eat their Thanksgiving meal in the afternoon, not in the evening, and that is a step in the right direction for all days, said dietitian Kreutzer, director of the Master of Science in Nutrition, Healthspan, and Longevity program at the USC Leonard Davis School.

"Our bodies are more efficient at burning calories during the day when we are active versus storing excess calories as fat at night while we sleep. Front-loading calories gives you time to digest all those calories well before bedtime, which can have benefits for weight loss and overall health, including controlling weight and managing and preventing diabetes and obesity."

Move after meals

From local Turkey trots to family flag football games, Thanksgiving offers annual opportunities to exercise. Along with maintaining a healthy diet, moderate daily activity is a proven intervention that can reduce risk for a variety of diseases, including heart disease, cancer, diabetes and Alzheimer's.

"Thanksgiving is the perfect time to begin to incorporate movement into your day. A daily walk or other form of movement is good for your body and your brain."

Leave some leftovers

Some people actually prefer Friday's turkey sandwich to Thursday's main meal. Whatever your choice, it's important to spread the bounty. Practicing portion control at every meal helps ensure we don't eat too much in one sitting.

"When it comes to protein, three to four ounces is enough for most people," Kreutzer said. "Saving food for the next few days allows you to enjoy the meal multiple times and spares you from taking in too many calories at once."

Activity

Plan a picnic, get outside!

Plan a picnic with family and friends or enjoy some solitude and go solo.

"Picnics can help you be more mindful - to live in the moment and really pay attention to your surroundings. The sound of the birds singing in the trees; the babbling and bubbling of a nearby stream; the feel of grass under your feet... Being mindful helps relieve stress and teaches you to be grateful for your life and the world around you."

4 reasons why picnics can boost your mental health and wellbeing!

hiddenstrength.com/for-me/well-being-and-health/mental-well-being/the-power-of-picnics/

1. Fresh air
2. Sunshine Serotonin & Vitamin D
3. Bonding/Connection Bonus
4. Mindful Magic



Checklist

Choose your Location _____

Create your pack list/what to bring:

✓	Reusable plates, cups, personal & utensils, thermos for hot or cold foods,
	Food: water, tea, snacks, cheese, crackers, sandwiches, fruit, chips, veggies etc.
	Blankets, something to sit on, (clothing) layers, sunscreen, hat/beanie, hand sanitizer, trash/recycle bags
	Games/Activities: frisbee, ball (play catch), book, sketchbook + pens/pencils, art supplies, stare at the clouds, cards, camera
	Other:



Resources

6 TIPS FOR COMBATING SEASONAL AFFECTIVE DISORDER (SAD)

1. KNOW THAT YOU'RE NOT ALONE
2. PLAN AHEAD AND AVOID STRESS
3. SOAK UP SUN
4. GOOD THINKING
5. EAT FOR ENERGY

SOME MAY EXPERIENCE A LACK OF APPETITE DURING THE WINTER MONTHS, AND SO CAN SUFFER FROM LOW ENERGY. ENSURING YOU EAT REGULAR AND BALANCED MEALS CAN KEEP YOUR ENERGY TOPPED UP READY FOR YOU TO TAKE ON THE DAY.

6. WORK IT OUT

OUR PHYSICAL AND MENTAL HEALTH ARE CLOSELY LINKED. SO, KEEPING YOUR BODY FIT CAN HELP COMBAT MENTAL HEALTH ISSUES, INCLUDING SAD. YOU DON'T NEED TO BECOME OBSESSED WITH THE GYM. A SIMPLE ONE HOUR WALK A DAY, CAN BE EFFECTIVE IN LIFTING YOUR MOOD. WRAP UP WARM AND ENJOY A STROLL IN THE FRESH AIR, PERHAPS WITH FRIENDS OR FAMILY.

<https://optimewellbeing.com/2020/10/30/combating-sad/>

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 Call 988

<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>

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Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the "winter blues," some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Word for Yo' Wellness is brought to you by the Yosemite 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 once each month.

Each issue includes recipes, articles, community submissions, special events and more from your fellow parkies.

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Have a special request or an art submission? Contact yose_dei@nps.gov for more information!