Hello York!

This weekly newsletter aims to compile information and resources from multiple community partners and organizations, to better help the people of York during these unprecedented times. Members in our community are facing challenges like unemployment, food insecurity, distancing learning, loss of childcare, lack of socialization and isolation, unsafe home environment due to abuse and substance misuse, and increased severity of preexisting medical conditions. We also have our first responders and medical providers that are balancing their work with fear of contracting and transmitting Covid-19 to their families, many are working additional hours and doing so with limited access to personal protective equipment (PPE).

A task force was formed in hopes of creating action steps to help our community, resulting in the idea of this newsletter. Members of this group represent academics, fitness & health, housing, mental health support, medical services, crisis management, library services, nature and outdoor conservation, mentorship, Town General Assistance and more. While this newsletter is a work-in-progress and ever-changing, we hope you find it helpful.

If you’d like to be included in a future newsletter or have feedback/questions on content, please contact Liz Cooper at lcooper@yorkmaine.org. To contact Amber Harrison, our Local Health Officer, email aharrison@yorkmaine.org

Newsletter information can also be found on York Parks & Recreation’s website (www.yorkparksandrec.org), the Town of York website (www.yorkmaine.org) and on channel 1302. Keep your eyes open for a new newsletter every Friday!

Stay Safe. Stay Healthy. Stay Home.

Sincerely, the York Health Task Force
Folks want to know **How can I help?** We’re proud to have such a caring community, so we’ve created a survey to better direct those looking to help with organizations needing that assistance.

**Complete our Volunteer Interest Form Here**

Believe it or not, time and time again organizations have shared the same message, **staying home is helping**! Stay home and stay healthy, check-in on family and friends by calling them regularly, and do your part to **flatten the curve**. The more people that go out for non-essentials may unnecessarily lengthen these circumstances. Sometimes taking care of yourself is the best way to help others.

**Nature Corner: Sit Spot**

Pick a place on your porch or in your backyard and revisit that same spot everyday for a few days or weeks. Observe what you see, hear and smell. Journal or draw if you feel inspired, there are no rules or “should”. Note what changes over the time you sit in this spot. Sit without technology or the distraction of others, and sit for as short or long as you’d like.

*People living closer to nature had reduced diastolic blood pressure, heart rate and stress. In fact, one of the really interesting things we found is that exposure to greenspace significantly reduces people’s levels of salivary cortisol -- a physiological marker of stress.*

- According to a study conducted at University of East Anglia and published on ScienceDaily.com
Educational & Distance Learning Resources

School Counselors throughout the district are available to students and families in a variety of ways depending upon need and age. Whether through individual or group meetings, emails, phone contact or even text your school counselors are here to help. Please reach out to your student’s counselor with concerns, if they cannot address those directly, counselors have the ability to connect to a wide array of resources.

Village Elementary School

Amanda Benoit
abenoit@yorkschools.org
Text or Call: 978-999-2445

Website resources: https://ves.yorkschools.org/
Once here, click on VES Specials Remote Learning Site

- Available for Google hangouts with students
- Individual student video greetings
- Participation in classroom zoom meetings with teacher and students
- Parent consultation via email/phone/text
- Social/Emotional Activity for students on webpage
- Parent Resources on webpage
- Monitor and share on teacher google classroom platforms
- Bi-weekly letter sent out to VES/CRES families with mental health resources

Play gives children a chance to practice what they are learning
- Mr. Rogers
**Coastal Ridge Elementary School**

*Becky Lane*
blane@yorkschools.org
Text or Call: 978-384-6496

[https://sites.google.com/yorkschools.org/cresdistancelearningconnection/school-counseling](https://sites.google.com/yorkschools.org/cresdistancelearningconnection/school-counseling)

- Available for individual Google Hangouts with students
- Available for scheduled small group Google Hangouts with students
- Participation in classroom Google Meetings
- Parent consultation via email/phone/text
- Social/Emotional Activities for students updated weekly on Distance Learning Site
- Parent Resources on Distance Learning Site
- Bi-weekly letter sent out to VES/CRES families with mental health resources

**York Middle School**

363-4214 (Leave a message for either counselor, they will receive them remotely)

**YMS Counselors Distance Learning Site**
YMS Parent HUB

*Carla Femino* (Grades 5 & 7)
cfemino@yorkschools.org
Schedule for Hangouts

*Mathew Kiernan* (Grades 6 & 8)
mkiernan@yorkschools.org
Schedule for Hangouts
York Health

Newsletter

Educational & Distance Learning Resources

York High School

363-3621 (Leave a message for any counselor, they will receive them remotely)
Website Resources:  https://yhs.yorkschools.org/student-services-1/wellness
York High School Student Services Support

9th & 11th grade counselors

Kevin Beatty - 9th - A - Hol; 11th - A - La
kbeatty@yorkschools.org
Jen Humphrey - 9th - How - Z; 11th - Le - Z
jhumphrey@yorkschools.org

10th & 12th grade counselors

Mary Testa - 10th A - L; 12th A - Lab
mtesta@yorkschools.org
Brian Farley - 10th M - Z; 12th Laf - Z; All students in Pathways
bfarley@yorkschools.org

Lynne Hatch
Student Wellness Counselor
 lhatch@yorkschools.org
Schedule a meeting

Kathy Damiano
School Social Worker
kdamiano@yorkschools.org
Schedule a meeting

Self care means giving the world the best of you instead of what is left of you
- Katie Reed
Support Services

Caring Unlimited
York County’s Domestic Violence Program

24 Hour Helpline: 1-800-239-7298

Speak with an advocate and access Caring Unlimited’s services anytime.

The Helpline connects callers to free, confidential support and individualized safety planning services. Helpline services are also available to assist friends, family members, and others seeking more information about domestic abuse and violence and how to help a friend or loved one.

Additional Programs and Services
- Emergency Shelter
- Court Advocacy and Legal Assistance
- Transitional Housing and Services
- Individualized Safety Planning
- Support and Education Groups
- School-Based Education and Training
- Professional and Community-Based Training, Consultation, and Education
- Volunteer Opportunities

Free. Safe. Confidential.
www.caring-unlimited.org

Sweetser Mental Health wants you to know that support is available. Call our PromiseLine at 1-800-434-3000 to access the services you need via telehealth or phone.

24/7 resources:

Maine Crisis Line: 1-888-568-1112
Intentional Warm Line: 1-866-771-9276

Visit sweetser.org to learn more about our services.
A message to our community:

We wanted to take a few minutes to reassure you – our friends, neighbors, colleagues, and partners – that, though the times may be uncertain, our commitment to you is rock solid.

York Hospital is here to provide you the very best care now, as always.

Because the Covid-19 situation changes daily, our expert medical and nursing staff are vigilant in tracking developments with our Federal and State Centers for Disease Control. We have worked tirelessly to prepare our facilities, equipment, and teams to prioritize and are here ready to meet all your needs. We have also rapidly expanded our ability to use video and phone telemedicine visits, so that, when appropriate, we can care for you safely at home.

What can you do to avoid getting sick? Prevention is the best medicine. Wash your hands, keep appropriate social distance, and stay home as much as possible during this pandemic. If you develop new symptoms, call your provider first, before you present for care, unless you feel it is an emergency. Use your best judgment.

As new information becomes available, we will continue to share it. Our website is a great source of updates.

We are here for you and look forward to serving you for many years to come.

Thank you all for your support. Please remember that we are here for you all during these trying times.

York Hospital Leadership
During these unprecedented times with online, distance learning, we can offer support in many areas academic and emotional. Reach out anytime 617-285-1603 or sara@coachtoempower.com

If you or someone you know is in need of psychiatric care or mental health services, call (603) 433-5270 to speak to a Portsmouth Regional Hospital representative.

Many factors are affecting individual finances creating anxiety and uncertainty. For advice, please contact 207-363-0626. All calls are confidential.
Mind, Body & Soul

Every minute on the minute, complete 1 burpee and 1 lunge step on each side. If you successfully complete that exercise in the minute, rest until the next minute, then complete 2 burpees and 2 lunges steps on each side. For the third minute, 3 burpees and 3 lunge steps on each side. Keep adding one successive rep to the minute until you can’t complete the work prescribed within the minute window.

- Minute 1: 1 burpee + 1 lunge step on each side
- Minute 2: 2 burpee + 2 lunges step on each side
- Minute 3: 3 burpees + 3 lunges step on each side

And so on...

*Click to View The Workout Here*

Generously Provided By York’s Own
Diaphragmatic breathing has a ton of benefits. It’s at the center of the practice of meditation, which is known to help manage the symptoms of conditions as wide-ranging as irritable bowel, depression, anxiety, and sleeplessness.

Here are more benefits this type of breathing can have:

- It helps you relax, lowering the harmful effects of the stress hormone cortisol on your body.
- It lowers your heart rate
- It helps lower your blood pressure
- It helps you cope with the symptoms of post-traumatic stress disorder (PTSD).
- It improves your core muscle stability.
- It improves your body’s ability to tolerate intense exercise.
- It lowers your chances of injuring or wearing out your muscles.
- It slows your rate of breathing so that it expends less energy.

One of the biggest benefits of diaphragmatic breathing is reducing stress. Being stressed keeps your immune system from working at full capacity. This can make you more susceptible to numerous conditions. And over time, long-term (chronic) stress, even from seemingly minor inconveniences like traffic, issues with loved ones, or other daily concerns can cause you to develop anxiety or depression. Some deep breathing exercises can help you reduce these effects of stress. Information sourced from https://www.healthline.com/

Click Here to Try Guided Breathing

Generously Provided
By York’s Own
Joanna Chipi &
Zen Den Yoga
Tips on how to keep your brain active & combat boredom

Complete a jigsaw puzzle, whether it’s 1000 pieces or a mickey mouse puzzle!

- Jigsaw puzzles exercise the left and right sides of your brain at once
- Jigsaw puzzles improve your short-term memory and visual-spatial reasoning
- Jigsaw puzzles are a great way to connect with family and are great for some needed alone time

DID YOU KNOW?

Studies show that people who do jigsaw and crossword puzzles have longer life spans with less chances of developing Alzheimer’s disease, memory loss or dementia. A recently published study in the Archives of Neurology compared brain scans of 75-year-olds to 25-year-olds. The elderly people who did puzzles regularly had brain scans comparable to the 25-year-olds.

- From https://www.brandpointcontent.com/article/33202/7-surprising-benefits-of-doing-jigsaw-puzzles