



# York Health

# NEWSLETTER

Hello York!

Can't believe this is already our third newsletter!

If you'd like to be featured in a future newsletter or have feedback/questions on content, please contact Liz Cooper at [lcooper@yorkmaine.org](mailto:lcooper@yorkmaine.org). To contact Amber Harrison, our local Health Officer, email [aharrison@yorkmaine.org](mailto:aharrison@yorkmaine.org)

Newsletters can also be found on York Parks & Recreation's website ([www.yorkparksandrec.org](http://www.yorkparksandrec.org)), the Town of York website ([www.yorkmaine.org](http://www.yorkmaine.org)) and on the public access channel 1302.

Keep your eyes open for a new newsletter every Friday!  
Stay Safe. Stay Healthy. Stay Home.

Sincerely, the *York Health Task Force*



*Have an area of expertise?*

*Willing and interested in writing for a future newsletter?*

*Looking for contributions addressing mental health during the pandemic.*

Email Liz Cooper at [lcooper@yorkmaine.org](mailto:lcooper@yorkmaine.org) for consideration

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## Burnout Syndrome (BOS)

Yes, this is a thing and due to what is happening in the world these days, I'm sure most of us are feeling, well, *burned out*. The term was first coined in the 1970s and in the past has been mostly used to explain symptoms people were having due to very stressful jobs, and in particular those that required caring for others: ICU nurses and doctors, heads of companies, constant care givers. Fast-forward to spring 2020 and BOS is claiming a much wider audience.



There are 3 key components to Burnout Syndrome:

**Exhaustion-** Generalized fatigue due to devoting excessive time and effort to a task or project that is not perceived as beneficial. "Why keep doing this if it is not going to work?"

**Depersonalization-** Feeling distant or having an indifferent attitude towards work or a task that one is used to doing. "Ugh, it's Tuesday and I have to \_\_\_\_\_ every Tuesday!"

**Reduced Personal Accomplishments-** The tendency to negatively evaluate the worth of one's work. "I'm no good at making presentations even though I have done it many times before. Why bother?"

In addition to these 3 components individuals can also feel frustrated, scared, anxious and have physical manifestations including sleeplessness, headaches, and stomach issues. One critical point to note is BOS is not depression, and usually people who suffer from BOS do not have any prior psychological disorders. If you do feel depressed or anxious please reach out for help. Please reach out for help by contacting your healthcare provider or 2-1-1.

So now that we have learned all about Burnout Syndrome and have all self diagnosed that we are feeling many of the symptoms, what can we do? The good news is there are many ways to combat these feelings. Here is a simple list.

- Go for a walk (keeping social distancing in mind) or any other form of exercise
- Do something every day that makes you smile or happy
- Put post-it notes around your house, on the bathroom mirror, cubicle or wherever you will see them reminding yourself of your accomplishments
- Get plenty of rest (8-10 hours is ideal, naps are good too!)
- Eat a variety of nutritious foods
- Catch up with a friend
- Garden or do yard work (it is spring after all!)
- Do a craft, paint, draw, knit, sew, try something new
- Listen to music or an audiobook, or a podcast
- Hug those you can
- Write someone an actual letter and mail it
- Give yourself a break! The world is upside down right now
- Sit outside and do NOTHING
- Keep a journal
- Breathe

*Provided by Sara Morrison,  
of Coach to Empower*



## Nature Corner: Simple Bird ID



### TUFTED TITMOUSE

#learnabird

- sparrow-sized, common backyard bird
- song sounds like "pet-er, pet-er, pet-er"
- nests in pre-made tree holes/nestboxes



### AMERICAN GOLDFINCH

#learnabird

- common, chatty, social flocking birds
- specializes on thistle seed; nests in late summer
- a group of goldfinches is known as a "007"



### BLACK-CAPPED CHICKADEE

#learnabird

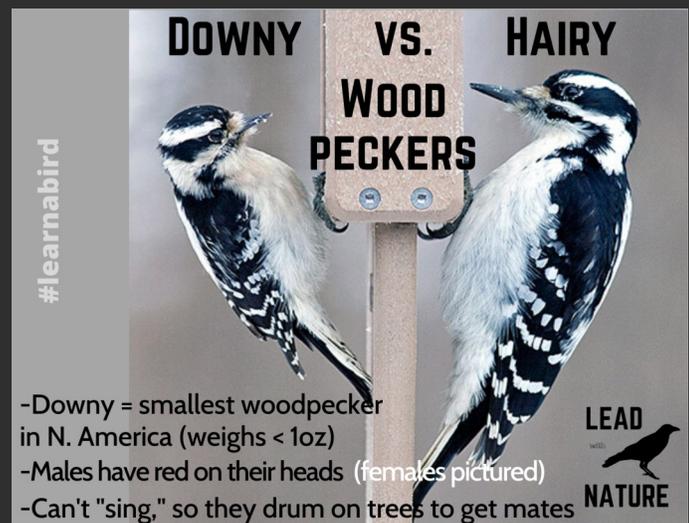
- State bird of Maine & Mass; can feed by hand
- song is "hereee-sweet-ieeee"
- the more "deee!'s" at the end, the more upset



### CHIPPING SPARROW

#learnabird

- ground-feeding bird that's absent in winter
- adult birds have a rusty cap & gray belly
- mostly eats seeds; males don't help make nest



### DOWNY VS. HAIRY WOOD PECKERS

#learnabird

- Downy = smallest woodpecker in N. America (weighs < 1oz)
- Males have red on their heads (females pictured)
- Can't "sing," so they drum on trees to get mates



Provided by Dan Gardoqui of Lead with Nature



## Finding Happiness in a Time of Crisis

Kate E. Gardoqui

I've been thinking a lot recently about two psychologists whose works I read when I was studying to become a teacher. They both study happiness, and their discoveries are essential in this time of anxiety.

Martin Seligman defines three kinds of happiness that people can achieve:

**The Pleasant Life.** In his words, "This is a life in which you have as much positive emotion as you possibly can, and the skills to amplify it." Those skills are mindfulness and savoring - the skills of paying attention to what is good. Practicing these skills during the shutdown can help us find comfort in the midst of challenges, and it can also help our children learn a skill that can keep them happy even when things go wrong. Here are some ways that parents and children can practice these skills:



- a. **Notice and name what's right.** If you log on to PowerSchool and see that your child has missing work or a poor grade, take a moment to ask yourself, what is right? What is there to be proud of? Point out these things first before talking through what's going wrong. This strategy can be applied in all the small, challenging moments of the shutdown; it can also be used on a regular basis, by asking your children or yourself, What are you proud of that you have done this week? What do you think you are doing well?
- b. **Take a moment to share what you are grateful for** before eating together. Go around in a circle and give everyone a chance to share what they are appreciating in that moment, big or small.
- c. **Practice mindfulness** by visiting a spot in nature every day. This is a wonderful practice to start with your children if they are little, but it is just as powerful for teens and adults. Go each day in rain or shine. Notice what is new or different or beautiful or puzzling.

**Engagement.** This type of happiness was best explained by Mihaly Csikszentmihalyi, a psychologist whose interest in happiness sprang from his experiences during World War II. Csikszentmihalyi spent time in an Italian prison camp while he was young. He explains, "I realized how few of the grown-ups that I knew were able to withstand the tragedies that the war visited on them —how few of them could even resemble a normal, contented, satisfied, happy life once their job, their home, their security was destroyed by the war. So I became interested in understanding what contributed to a life that was worth living." What he discovered was the idea of "flow" —the state when a person is so absorbed in what they are doing that all troubles fade away. During the shutdown, we can try to achieve this state by intentionally **making time for the creative pursuits that make us most happy**. As parents, we can challenge our children to do something creative each day, but we can let *them* define what that is — so if they find that state of flow while building Minecraft houses, then we encourage them to build Minecraft houses.

**Meaning.** In the words of Seligman, this type of happiness comes from "knowing what your highest strengths are, and using them to belong to and in the service of something larger than you are." In some ways, the shutdown has made this type of happiness harder to access, with churches, synagogues and community service organizations mostly closed. However, parents can still ask their children, (of any age), "Who do you think might need help right now? Who might be lonely?" Even a little time spent each week in service to someone or something else will help us access this kind of happiness.

We do not know how long this current crisis will last, or what challenges may come our way. But even in the hardest times, it is still possible for people to strive for love, connection and happiness.



## The Mental Health Benefits of a Structured Routine

During this time of uncertainty and many working or being schooled remotely, having a structured routine is a necessity. Quite often, we might find ourselves having to make adjustments to our lives. It can sound counterintuitive, but developing a daily routine can help us to feel more in control of everything, and help us to make room for all that's important. Routine can aid our mental health. It can help us to cope with change, to form healthy habits and to reduce our stress levels.

Routine can be an anchor. No matter what's going on in our day, knowing that we will be having our evening meal around 6 p.m. and going to bed around 10 p.m., can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life can bring. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to.

Having a daily routine can help to reduce our stress levels. Trying to remember things can be really stressful and can fill our brains up with everything on our to-do list and that can be incredibly overwhelming. When we have a routine, a lot of the things we do day to day fall into place and we don't have to think about them anymore. For example, when we're well we don't have to remember to clean our teeth, because we know from habit that teeth-cleaning comes after breakfast every day. Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.

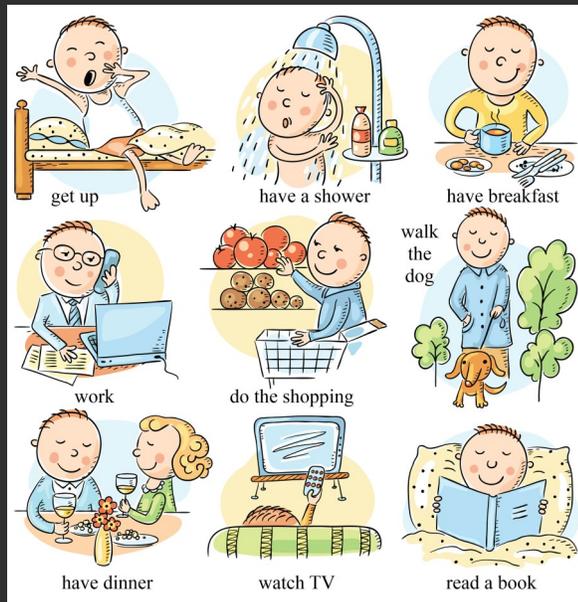
Daily habits can help us to cultivate positive daily habits and to prioritize self-care. Organizing our time gives us the opportunity to build in blocks of time for things that are important to us. This can allow us to build in daily habits that help us with our mental health. It could include things like time to relax, or a regular bedtime. When they're part of our routine, it can make it easier to keep up with them because we have the time to do them and they become our "new normal".

One of the things that having a regular routine can really help with is sleep. Sleep is really important for our mental health because going to bed and waking up at a similar time most days allows our body gets used to our sleep-wake cycle and sets our sleep-wake clock accordingly. This means that by having a regular sleep routine, especially if we build in some time to wind down before we go to bed each day, we should begin to find that it is easier to get to sleep and sleep better once we are asleep.

When life throws us a curve ball, it can be really hard to plan, cook and eat a balanced diet. Food can really affect our mood, so it's important that we try to keep things as balanced as possible. A routine can help with this, because it allows us to block out some time for cooking, eating and cleaning up afterwards. Having this time might not mean that we always have the energy or headspace to cook, but it gives us the time to do so if we feel up to it.

Not all of us are a fan of exercising, but exercise can boost our mood. If, and when, we feel able to start exercising, one of the big barriers to doing it can be time. It can be difficult to fit exercise into our day, particularly when life gets busy. By having a daily routine, even if exercise only features in it a couple of times a week, we can create time to take part in our exercise of choice.

Routine can be helpful when it comes to managing our mental health. It can help us to fit all of the important things into our day. The predictability of routine can offer some comfort in an otherwise unpredictable world. We have to be a little bit careful not to get so stuck in our routines that they start to cause us stress, or stop us from being able to do things that we want to do. As long as we're finding our routines helpful and not harmful, and feel able to flex and change them as our life changes, they can be a great thing to build on and develop over time. *Reference: [www.blurtitout.org](http://www.blurtitout.org)*





## Faithfully Focus on the Positives

We find ourselves in a time like none we've ever experienced. There is global uncertainty and collective concern, yet there is hope. Christians all over the world have Resurrection hope. We know that we will rise back up again. When this pandemic is behind us, we will again walk on the beach, hug our friends, go out to dinner and concerts and theatre. We will again be willing to jump into crowded elevators and travel internationally. That time will come. There are challenges now, that is sure, but there are also abundant blessings. In this moment, let's focus on the positives.

People working from home now see neighbors they haven't met. We're getting outside to walk and run. Those staying home find comfort in photos, keepsakes and memories. Some are being less guarded in conversation, thus sharing more of themselves. More people are hearing "I miss you" and "I love you". The congregation is worshipping and meeting together—though apart—over computers and telephones. Ordinary people have become superheroes through kind words and deeds.

Certainly, each of us has had a good chance to look in the metaphoric mirror and see ourselves and our lives in new ways. Many of us have taken this opportunity to enter more deeply into a relationship with God.

We strive to stay connected during this time of uncertainty. It's a gift that we live in a time when despite experiencing physical distance, technology allows us to reach out to each other in new and innovative ways. People of faith are also connected in a powerful way, with the belief that God will guide us through it all.

In a time when our world has been rocked, we need assurances. Scripture can provide that foundation. Here are some Bible passages for times like these:

Isaiah 41:10-13 Do not fear, for I am with you. Do not be afraid, for I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.

Philippians 4:6-7 Do not worry about anything, but in everything with prayer and thanksgiving make your requests known to God. And the peace of God, which surpasses all understanding will guard your hearts and your minds in Christ Jesus.

Gospel of John 14:27 Peace I leave with you. My peace I give to you; not as the world gives. Do not let your heart be troubled and don't let it be afraid.

Rev. Estelle Margarones is the Interim Senior Pastor at First Parish Church in York. A similar piece originally appeared in the First Parish Church weekly e-blast, The "Oasis" on March 25, 2020. If you'd like to receive "The Oasis," please send your request to [Office@FirstParishYork.net](mailto:Office@FirstParishYork.net)

TRAUMATIC EFFECTS OF PANDEMIC: <https://www.youtube.com/watch?v=r4TWMsYJRU4>

GRIEF: <https://www.youtube.com/watch?v=dHWN10W9w9M>

*MAY I BECOME AT ALL TIMES, BOTH NOW AND FOREVER, A PROTECTOR FOR THOSE WITHOUT PROTECTION. A GUIDE, FOR THOSE WHO HAVE LOST THEIR WAY. A SHIP FOR THOSE WITH OCEANS TO CROSS. A BRIDGE FOR THOSE WITH RIVERS TO CROSS. A SANCTUARY FOR THOSE IN DANGER. A LAMP FOR THOSE WITHOUT LIGHT. A PLACE OF REFUGE FOR THOSE WHO LACK SHELTER AND A SERVANT TO ALL IN NEED.*  
- BUDDHIST PRAYER OF PEACE





## Resiliency

Resilience, defined by Merriam Webster's Dictionary as "an ability to recover from or adjust easily to misfortune or change," is clearly an attribute that we can all use during this pandemic. Is resilience something one is born with or can you develop it? The American Psychological Association writes that "resilience involves behaviors, thoughts and actions that anyone can learn and develop." <https://www.apa.org/topics/resilience>

York Public Library has many resources available to you to learn more about resilience and many of the following are available in digital form with your library card. Just a few titles to explore:

- "Option B: Facing Adversity, Building Resilience, and Finding Joy" by Sheryl Sandberg, and Adam Grant. Available in ebook through CloudLibrary.
- "Unbroken" by Laura Hillenbrand. Available in e-audiobook and ebook through CloudLibrary.
- "Resilience" by: Boris Cyrulink. Available in e-audiobook through CloudLibrary.
- "Grit: The Power of Passion and Perseverance" by Angela Duckworth. " Digital audio available through CloudLibrary.
- Books by Brene Brown: "Braving the Wilderness", "Rising Strong", and "Daring Greatly" are all available through CloudLibrary and also in print at the Library.

The May issue of "Prevention" magazine has an article titled: "Raise a Resilient Kid" (you can check it out using your library card at <https://yorkme.rbdigital.com/>) A key point is to acknowledge the effort put in by your child, regardless of whether she/he succeeds or fails, remembering that we learn from failure.

Exercise has been shown to reduce the effects of stress and anxiety and should be a tool in your resiliency toolbox. Another technique is writing down your experiences which gives you the opportunity to reflect, learn, and move on. However you deal with the stress of this period in time, we hope that you arm yourself with good information and develop the resilience you need to cope. *Provided by the York Public Library*

## Serving Our Seniors (SOS)

Serving our Seniors (SOS), York Maine, is an organization of dedicated community members who care about the health, well-being and safety of our town's aging population. We strive to develop programs and services that address the needs of our seniors in town and welcome suggestions on how we can better serve the community.

The two programs listed below are active during Covid-19:

THE YORK GOOD MORNING PROGRAM, in partnership with the York Police Department, provides daily contact by phone for seniors living alone.

[www.yorkmaine.org/470/Good-Morning-Program](http://www.yorkmaine.org/470/Good-Morning-Program)

FRIENDS OF FIRST RESPONDERS, a capsule of life program, in partnership with York Hospital. Providing updated medical information (allergies, medications, emergency contact and more) all in one safe place. It allows first responders to begin the best possible treatment, notify loved ones and pass vital information to emergency room physicians.

We ask that you check-in on your elderly neighbors and, if you are not able to, please let us know and we can add them to our friendly caller list.

For more information regarding the above SOS Programs, please contact:

Detective Jamie Robie, York Police Department, 207-363-4444, [jrobie@yorkpolice.org](mailto:jrobie@yorkpolice.org).





## Harpoon @ Home

### Warm-up:

3 rounds,  
:30 at each, :10 to recover:  
Slow air squats  
Plank  
Jumping Jacks  
Spiderman lunge

Watch the warm-up &  
workout [HERE](#)

### Workout:

15:00 clock: Climb as high as possible by doing the following:

Run for 1:00 (:30 out and :30 back)

3 Chair Dips & 3 Chair step ups

Run for 1:00 (:30 out and :30 back)

6 Chair Dips & 6 Chair step ups

Run for 1:00 (:30 out and :30 back)

9 Chair Dips & 9 Chair step ups

Continue to add 3 reps to every chair dip and step up round until the end of the clock.

Generously Provided by



**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**



## Play Rummy



### THE DEAL

Dealer gives one card at a time face down, beginning with the player on the left. When two people play, each person gets 10 cards. When three or four people play, each receives seven cards; when five or six play, each receives six cards. The remaining cards are placed face down on the table, forming the stock.

The top card of the stock is turned face up and becomes the upcard. It is placed next to the stock to start the discard pile. When two people play, the winner of each hand deals the next. When more than two play, the deal passes to the next player on the left.

### OBJECT OF THE GAME

Each player tries to form matched sets consisting of groups of three or four of a kind, or sequences of three or more cards of the same suit.

### THE PLAY

Beginning with the player to the left of the dealer, players either draw the top card of the stock or takes the top card of the discard pile and adds it to his hand. The player may also lay down on the table, face up, any meld (matched set). If the player does not wish to lay down a meld, he discards one card, face up, onto the discard pile. If the player has drawn from the discard pile, he may not discard the same card on that turn.

### LAYING OFF

A player may add one or more from their hand to any matched set already shown on the table. Thus, if threes are showing, they may add the fourth three; if 10, 9, 8 are showing, they may add J, or Q, J, 7, or 7, 6.

### GOING OUT

When a player gets rid of all of their cards, they win the game.

If all of their remaining cards are matched, the player may lay them down without discarding on their last turn. This ends the game and there is no further play.

If the last card of the stock has been drawn and no player has gone out, the next player in turn may either take the top of the discard pile, or may turn the discard pile over to form a new stock (without shuffling it) and draw the top card. Play then proceeds as before.

### HOW TO KEEP SCORE

Each player pays to the winner the value of the cards remaining in their hand, whether the cards form matched sets or not. Face cards count 10 each, aces 1 each, and every other card its pip value.

Information from <https://bicyclecards.com/>

***Are you a visual learner? Watch this video to see the game in action!***

