



York Health

NEWSLETTER

Hello York!

We're thrilled by the community's feedback on the newsletter and hope to hear your ideas for improving this weekly effort created by the York Health Task Force. If you would like to contribute to a future newsletter or have suggestions, please contact Amber Harrison, Local Health Officer at: aharrison@yorkmaine.org.

Newsletters can be found online at: www.yorkparksandrec.org; www.yorkmaine.org, and on the public access channel 1302.

To be added to our electronic distribution list, email Serving our Seniors at: sosyorkmaine@gmail.com. BTW, May is Older Americans Month! Please reach out to the seniors you know or in your neighborhood and check on them. We are still offering food delivery services and support calls. Keep your eyes open for a new newsletter every Friday!

In the meantime, stay safe, healthy and BE KIND!

Sincerely, the York Health Task Force



In this edition we provide you information on screen time and the benefits of getting out in nature. May 27, 1907 was Rachel Carson's birthday and I think this quote from the famous biologist applies to us today: "In nature nothing exists alone." Please remember, even though we are physically distancing and doing a lot more virtual interacting, you are not alone. Beyond the pandemic, we are all connected, and that same connection will help us succeed against the virus while lifting us up, forcing us to be creative and possibly make new connections.

So put down your screen, go outside and get connected!

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Bloom ID

"Did you know that trees have flowers? In fact, the bulk of our spring flowers are up high in the canopy of the forest. By Memorial Day, we start to see the evidence of tree flowers on our cars and in our homes: pollen! While you may not be crazy about pollen, without it, trees couldn't reproduce and survive. Next time you go for a walk, see how many tree flowers you can spot."

RED OAK BLOSSOMS



- Oak blossoms are critical for migrating birds
- Acorns take 2 years to develop on Red Oaks
- Trees "talk" to each other with chemical & electrical & hormonal signals



SASSAFRASS



Brenda Dobbs

- S. Maine is as far north as this tree will grow
- Root extract likely ingredient in original Moxie
- Grows 4 different shaped leaves on each tree!



STRIPED MAPLE BLOSSOMS



- This tree is known to change sexes multiple times
- Also known as: "Moosewood" or "Goosefoot"
- Grows best in the understory of the forest (beneath the shade of bigger trees)





5 Tips For Reducing Screen Time

These days, screens are a part of everyone's life. With growing evidence showing the negative impacts of screen time on health, your family can improve their health by slimming screen time. Screen time includes television, iPads, computers, phones and gaming devices. While it's not realistic for families to be completely screen-free, there are health benefits associated with slimming screen time that families should be aware of, including:

- Improved physical health
- Decreased obesity
- Increased time to try new activities
- Improved mood
- Enhanced relationships

The average time spent on screens now is seven to 10 hours. Recommendations for an acceptable amount of screen time include:

- No screen time whatsoever for children under 2
- One hour a day for children 2 to 12
- Two hours a day for teens and adults

If you give a device to a child while they are in the grocery store, then in the car and while making dinner, you may not be aware how fast the minutes can add up. More importantly, how much of that time are you really connecting with your child?

While more research is needed to fully understand the effects screen time levels have on kids, parents are not off the hook. Screen time impacts adults the same as children. Overuse of screen time puts everyone at risk of obesity, is linked with sleep disturbances and can impact relationships.

Additionally, for kids — especially teens — there are studies concerning the negative impacts of screen time as it relates to anxiety, depression and attention span in school.





Limiting screen time to just one or two hours a day may not be realistic, but these five tips can help you slim your screen time:

1. **Be accountable.** Whether it's an informal agreement with a group of friends, family or through programs, such as the Slim Your Screen Time Challenge sponsored by Mayo Clinic Health System, the goal is to be intentional about reducing screen time.
2. **Be realistic.** If you're spending a lot of time on screens, start by setting smaller, more attainable goals. Instead of jumping right to the recommended one to two hours or less a day, start by cutting your current screen time in half.
3. **Go outside.** Putting the phone down and taking a walk outdoors increases your endorphins and provides that feeling of happiness in your brain, boosting your mood and improving your physical health.
4. **Create a phone-free zone.** Making family meals a phone-free zone is an easy way to start. An added benefit is that eating meals together as a family has been linked to decreased obesity.
5. **Co-use devices.** Engage with or co-use screens with your kids while playing a game, an app or watching something on a screen. As a parent, you're busy, yet it's important to take time to interact with your kids when screens are involved.

More than anything, I encourage adults to model appropriate screen time behavior for their kids — disconnect to connect. Quality time with people in your life is important — there's no app for that.



Works cited: <https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/5-tips-for-reducing-screen-time>

Margaret Bach is a nurse practitioner in Family Medicine in North Mankato, Minnesota



Benefits of Working Out Outside

In a time where the world is told to stay put, one amazingly rewarding experience is heading outdoors to exercise.

1. **Endorphins:** Exercising releases endorphins, no matter where you are moving, but a dose of happy hormones during an incredibly stressful time can offset stress and chronic disease. How often is enough? Some studies show that 150 minutes per week will drastically prevent common conditions¹.
2. **Immunity boost:** Both Vitamin D and exercise are scientifically proven to boost the immune system, a vital component to current daily life. In recent studies, some early research is showing that proper Vitamin D levels can impact your ability to recover from the virus specifically². Our summers in Maine are ones to be cherished, and we highly recommend taking full advantage of the beautiful surroundings.
3. **Environmental advantage:** Usually when you're outside, you'll benefit from UV rays and more consistent airflow. These two environmental factors boost the likelihood that you won't come in contact with viruses³.

An added bonus is our mind tends to gravitate towards rewarding behaviors. When we feel good, and enjoy our time doing the activity, we tend to want to repeat the behavior. Creating a rewarding exercise environment with moderate movement helps sustain a great habit beyond the scope of quarantine times.

See page 6 for a good mood boosting pick-me-up...



Resources:

<https://publishing.rcseng.ac.uk/doi/full/10.1308/rcsbull.2020.28>

<https://www.sciencedaily.com/releases/2020/05/200507121353.htm>

<https://www.npr.org/2020/04/01/825143172/just-keep-moving-and-sometimes-double-your-distance>



Mood Boosting Workout

Warm-up:

Harpoon Dynamic: Complete 10 of each of the following:

- Quad stretches
- Knee to chest (hip compression)
- Figure four stretches
- Spiderman lunges
- Side to side lunges
- Inchworms
- Bunny hops
- Single leg hops
- Crab walk (Feet)
- Bear crawl (Feet)

Workout:

3 Rounds for Time:

- Run/walk for 2:00
- 30 up/downs
- 20 air squats



Try this workout out for a good mood boosting pick-me-up!



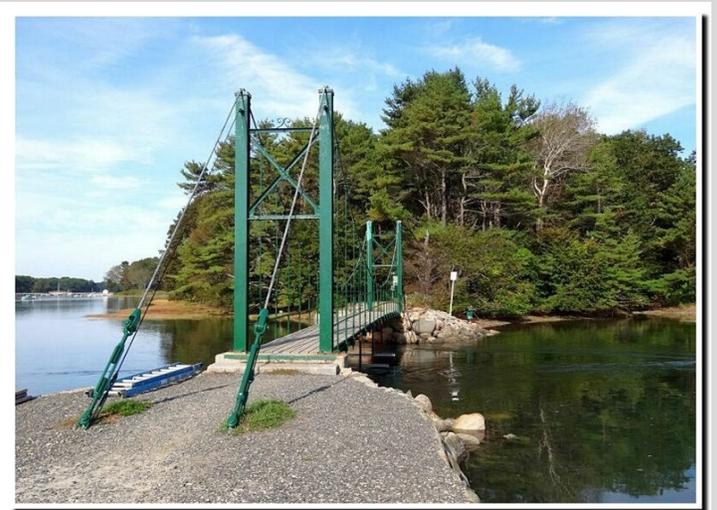
Updates From York PD For Locations to Recreate in Town

Citizens are allowed to use the boardwalk areas in short sands and the beaches of course....Active use only (walking, running, swimming, surfing). No umbrellas, blankets, tents.

Sohier Park is back open as well as the Mountain. People have been great about social distancing and not congregating in groups up there. There are 10 parking permit spots posted at the summit. Mt A trails and others are open but we still have the less than 10 mandate and social distancing issue to keep in mind.

The athletic fields have been opened again for family use but still no more than 10 people until June 1st.

The Cliff walk is still closed until further notice because of the social distancing issue but Wiggly Bridge and the Fishermans Walk is open.





Where Do You Recharge?

For some people it is the forest, for others the beach, the city, its all personal. Where do you go to recharge? If your “place” is a challenge these days what do you do to recharge your soul? One idea is to take a mental journey there. Close your eyes and use all of your senses (see, hear, touch, taste, smell) to bring yourself there and find a few minutes of calm.



And into
the forest I go,
to lose my mind
and find my soul.

This is me, combining my 2
favorites: woods and water.
Be well!



We miss having you in our programs & hope you're staying active!



GET OUTSIDE FOR A FEW MINUTES EVERYDAY.

YOU DON'T NEED EQUIPMENT, JUST YOURSELF AND A BIT OF GRASS!

ACTIVITIES

- Crab Walk - Plank -
- Cartwheel - Bear Walk -
- Burpee - Jumping Jacks -

Try All These Activities For 1 Minute Each!

How many can you do? How high can you jump? How long can you hold it?

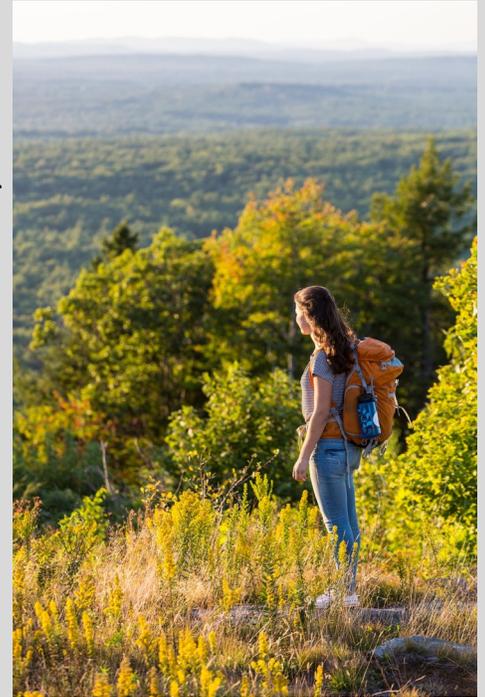
Summer Programs Coming Soon!
Be On The Lookout!





#RecreateResponsibly Campaign

- o Know Before You Go: Check the status of the place you want to visit. Be prepared to turn around if places are full, and have a plan B (or C or D!) in place.
- o Plan Ahead: Prepare for facilities to possibly be closed or crowded, pack lunch and bring essentials like water, hand sanitizer, and a face covering.
- o Stay Close to Home: This is not the time to travel long distances to recreate. Explore nearby!
- o Practice Physical Distancing: Adventure only with your immediate household. Be prepared to cover your nose and mouth and give others space. If you are sick, stay home.
- o Play It Safe: Slow down and choose lower-risk activities to reduce your risk of injury. Search and rescue operations and health care resources are both strained.



- o Leave no Trace: Respect public lands and communities. Take trash out with you.

Info from:

<https://www.recreateresponsibly.org/>

Photography by Jerry Monkman





'Juno'... About Pet Therapy?

Tina Buckley and her Great Dane, Juno, offer Pet Therapy at York Hospital; as part of the Pease Greeters for returning service men and women; and at Lifeworks at Waban Springville for adults with intellectual disabilities. Through the Bridges Program at York Hospital, Juno and Tina have offered Pet Therapy visits in the home to people who are looking for companionship. In April 2020, Juno and Tina completed their 200th therapy dog visit. In addition to Pet Therapy, Juno has taken classes in scent work through the Piscataqua Obedience Club, worked as a catalog model and was previously a show dog.

Many people confuse Emotional Support Dogs, Service Dogs and Pet Therapy Dogs. Therapy dogs provide comfort and affection to people in the hospital; nursing and retirement homes; schools; and hospice situations to name a few. To determine if your dog is right for Pet Therapy, Tina Buckley said, "Good temperament and solid training are most important for a dog that is doing Pet Therapy work. The dog must be calm and confident when visiting and be happy to be around all sorts of people in various situations. Above all, there needs to be mutual trust and respect between the dog and handler."





Sweetser

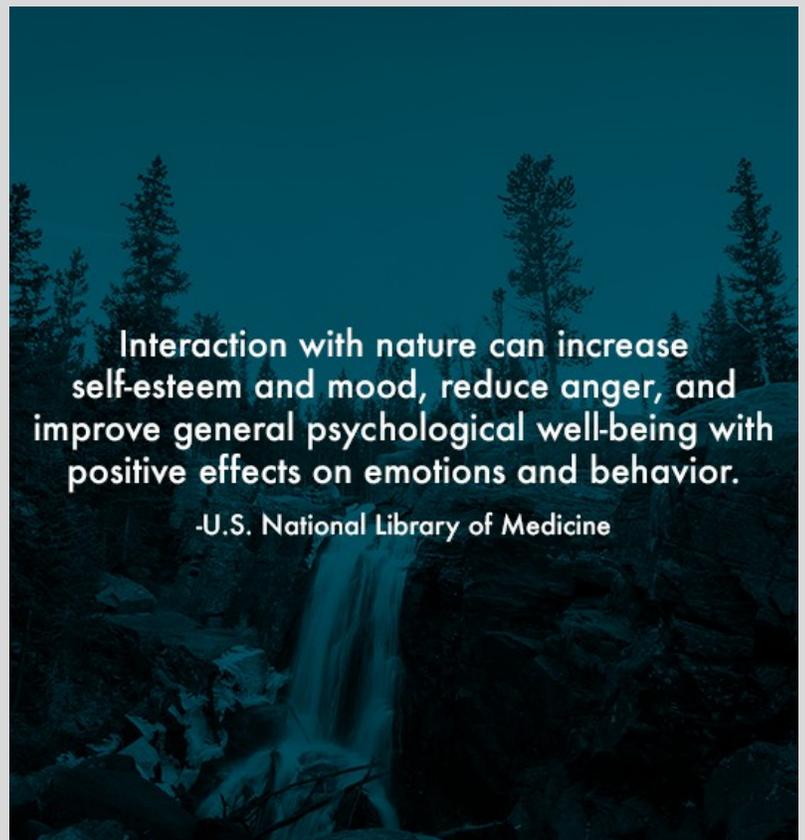
Promising Futures

Mental Health
Recovery
Education

Have you ever wondered why when you are struggling over a particular issue you feel better when you get out of the house? Ever wonder what that is all about? Why do we feel better when we take a walk, sit by the ocean or just merely find a comfy seat in the yard? It is because we are made to be outside.

These simple activities can be considered therapeutic interventions. Often we need someone to help remind us to how to develop and utilize these strategies. By just being in this current moment in time you are actually developing a reluctant resiliency that you may not be aware of and this is where the support of a therapist can be helpful.

These are certainly surreal times and therapy can assist in processing and developing behavioral strategies that can be integrated into your daily life. These lifestyle changes can aid you in managing feelings of being overwhelmed and anxious while increasing your feelings of self-worth. More importantly therapy can help you to develop healthy coping strategies that can assist you in taking control over your daily living.



Interaction with nature can increase self-esteem and mood, reduce anger, and improve general psychological well-being with positive effects on emotions and behavior.

-U.S. National Library of Medicine



Screen Time

As each of us and our families try to negotiate our own personal situations one thing has become increasingly clear. “Screen Time” is on the rise. I hear this from my students, from the parents I work with and I see it in my own home. Managing screen time today looks a lot different than it did in January (there are a lot of things that do, though, so just add this to the list). I found the following thoughts (courtesy of US News & World Report) to be a helpful guide.

1. Cut Yourself Some Slack—We are all doing the best that we can. Sometimes in order to be more productive, or to concentrate on the task at hand, our kids may need some distraction to occupy their time. The old rules don’t necessarily apply. Just be mindful of your intent.

2. Not All Screen Time is Bad— There is value to the work being sent by our educators. There is information to be learned from some social media platforms and news outlets. Again, moderation and appropriate use is the key.

3. Boredom Can be Powerful and Engaging— In this day and age it has never been easier to distract one’s mind. Picking up your cell phone can provide HOURS of engagement. However, now might be a perfect time to engage with yourself. Use the time when you are feeling bored to slow down, turn away from the screen and find something else. Puzzles, Board Games, Sketching, Reading, Gardening, Meditation, Outdoor activities. These are all pursuits that used to take the place of boredom and can easily find their way back into one’s lives if we allow it to happen.



Resource:

<http://health.usnews.com/wellness/for-parents/articles/screen-time-during-the-coronavirus-pandemic-how-much-is-too-much>



NURSING CORNER



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Message

If you have been outside, or have even just looked out your window, you have seen that the sun is back, and summer is just around the corner. With the warmer weather, comes more outside activity and exposure to the sun's damaging rays for longer periods of time. Since **May is Melanoma Awareness Month**, it's a great time to talk about how to keep yourself safe while enjoying all that Maine has to offer. Did you know that 1 in 58 men and women are diagnosed with Melanoma? Here is what you can do:



- **Seek shade.** The beach is better with an umbrella anyway!
- **Wear sunscreen every day.** Even on a cloudy day, your skin is exposed to dangerous UVB rays. Dermatologists recommend using sunscreen with an SPF of at least 30 to block 97% of these rays. There is no sunscreen that can block 100% of the sun's rays. If that's not deterrent enough, remember, that rays= wrinkles!
- **Avoid tanning beds.** Tanning beds are not safer than the sun, and you can still develop skin cancer with exposure.
- **Perform monthly self skin exams,** and report concerning findings to your doctor.
- **Schedule annual skin cancer screenings..** Your dermatologist has special equipment to see skin damage that you are unable to see with the naked eye.



COVID -19



Please Remember

While you're enjoying summer with your families, please remember that COVID-19 is still here. York County has the 2nd highest number of cases in the State of Maine. COVID-19 is where the people are (even the beach).. Wearing masks , and proper hand hygiene are still the best ways to limit its spread, and remain healthy.

Don't Be Afraid to Ask for Help

If you are experiencing emotional distress due to COVID-19, don't be afraid to reach for help. You are NOT ALONE!

Disaster Distress Helpline: 1-800-985-5990
National Suicide Prevention Lifeline: 1-800-273-8255
National Domestic Violence Hotline: 1-800-799-7233



Who is on the York Health Task Force?

This Group is continually evolving, but here are a few of the core members that help produce this weekly newsletter and we want to say thank you...

Thank You!

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