



York Health

NEWSLETTER

Good Day York!

We're thrilled by the community's feedback on the newsletter and hope to hear your ideas for improving this weekly effort brought about by our 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.

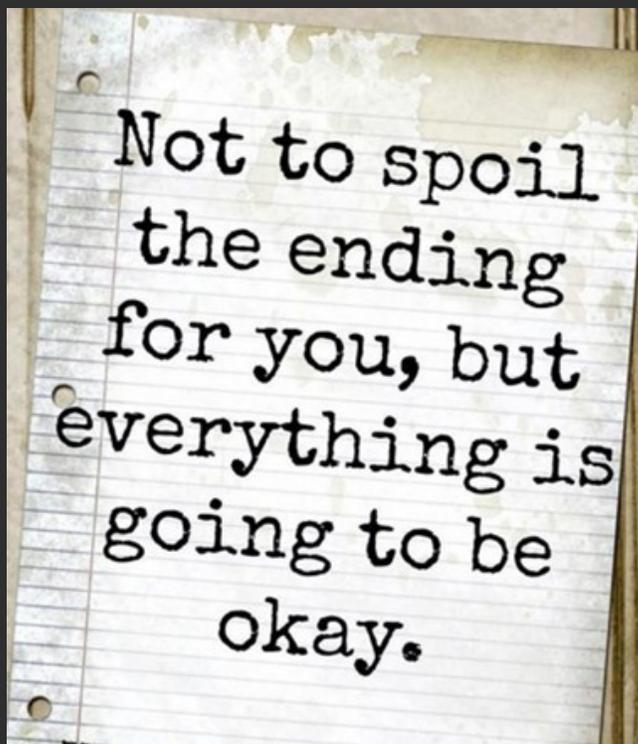
To be added to our electronic distribution list, email *Serving our Seniors* at: sosyorkmaine@gmail.com

You do NOT have to be a senior to get the newsletter through SOS!

Keep your eyes open for a new newsletter very Friday!

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

Sincerely, the *York Health Task Force*



In this edition we provide you information on the area's numerous mental health and sleep resources to keep you mentally and physically healthy! Please remember to put your mental health needs at the top of your daily priorities list! Get outside in nature, do some exercise, try some guided meditation, call a friend or a support line and remember you are not alone, we are in this together!

What's inside

- Sleep Lab (2-4)
- Workout for 65+ (5)
- Eat this, Not that (6)
- Guided Meditation (7)
- Just Be You! (8)
- Spring Into Action (9)
- Story Time & Maine Memory Network (10)
- Resources (11-14)



May You Have Pleasant Dreams!

from your Friends at the York Hospital Center for Sleep Health

In addition to measurable effects on neurocognitive function and alertness, chronic sleep insufficiency has been associated with a variety of adverse outcomes. Potential consequences include reduced performance, increased risk for accidents and death, and detrimental effects on both psychological and physical health.



Accidents and workplace errors can occur with sleep insufficiency. Acute and cumulative sleep deprivation are often work-related. Work-related situations that can result in sleep insufficiency include compressed work time to obtain more consecutive time off, early start times, long work days, night shifts, extended shifts, shift rotation, consecutive work periods, unpredictable work schedules, and unstable work schedules [6, 7].

Excessive sleepiness is a common cause of car crashes and near misses and contributes to over half of all fatal truck crashes in the United States. Sleep deficiency due to sleep apnea or insufficient sleep duration is associated with increased risk of motor vehicle accidents even in people who do not report excessive sleepiness [8].

Occupational errors are also more common among individuals with sleep insufficiency [9,10]. Individuals who screened positive for any sleep disorder were significantly more likely to make an administrative error at work (18 versus 13 percent), to fall asleep while driving (14 versus 9 percent), to commit an error or safety violation due to fatigue (24 versus 16 percent), to be absent from work (26 versus 21 percent), and to fall asleep during meetings (14 versus 7 percent).

Individuals frequently report that their quality of life suffers as a result of chronic sleep insufficiency. They often cut back on activities they enjoy, claiming that they do not have enough energy to perform the activity. Inappropriate drowsiness and unplanned naps may be a source of embarrassment and friction, both at home and at work. Patients who fall asleep at work or whose productivity suffers due to sleepiness may be reprimanded, denied advancement, or fired. Falling asleep at home may cause resentment and marital discord.

Behavioral changes may be recommended alone initially, or medication may be recommended along with behavioral changes. Behavioral therapy can include sleep hygiene education, relaxation, biofeedback, stimulus control, sleep restriction, cognitive therapy, cognitive behavioral therapy, phototherapy, and/or chronotherapy. Sleep hygiene teaches good sleeping habits. This include:

- ◇ Sleep only as much as necessary to feel rested and then get out of bed.
- ◇ Maintain a regular sleep schedule (the same bedtime and wake time every day).
- ◇ Do not force sleep.
- ◇ Avoid caffeinated beverages after lunch.
- ◇ Avoid alcohol near bedtime.
- ◇ Do not smoke (particularly during the evening).
- ◇ Do not go to bed hungry.
- ◇ Adjust the bedroom environment (light, noise, temperature) for comfort before lying down.
- ◇ Deal with concerns or worries before bedtime.
- ◇ Make a list of things to work on for the next day so anxiety is reduced at night.
- ◇ Exercise regularly, preferably four or more hours before bedtime.
- ◇ Avoid prolonged use of phones or reading devices that give off light before bed



May You Have Pleasant Dreams!

from your Friends at the York Hospital Center for Sleep Health



What is a sleep study? – Many people ask their physicians if they need a sleep study!

A sleep study is a test that measures how well you sleep and checks for sleep problems. For some sleep studies, you stay overnight in a sleep lab at a hospital or sleep center. In other cases, your doctor can give you a portable sleep monitor to use at home, so you don't have to spend the night in the sleep lab. But you should use a portable monitor only if:

- Your doctor thinks you might have a condition called "sleep apnea." Sleep apnea makes you stop breathing for short periods while you are asleep.
- You do not have other serious medical problems, such as heart disease or lung disease.

What happens during a sleep study? — Before you go to sleep, a technician attaches small, sticky patches called "electrodes" to your head, chest, and legs. He or she will also place a small tube beneath your nose and might wrap 1 or 2 soft stretchy belts around your chest. Each of these items has wires that connect to monitors. The monitors record your movement, brain activity, breathing, and other body functions while you sleep.

Why might my doctor order a sleep study? — Your doctor will order a sleep study if he or she thinks you have sleep apnea or a different condition. Examples of other sleep-related conditions include those that make you:

- Have an uncomfortable feeling in your legs when you try to fall asleep, or sudden jerking leg movements while you sleep
- Feel very sleepy during the day and fall asleep all of a sudden
- Do odd things while you sleep, such as moving your arms and legs, shouting, or walking





Workout for 65+

Each of these movements can be made easier or more difficult with the proper guidance. Work to the best of your ability, but don't be shy about slowing down movements where necessary.

Warm Up:

:30 at each station, rest for :15 in between movements

Complete two times:

Wall sit

Plank or wall hold

Leg Lifts

Jumping Jacks

Workout: 3 rounds:

2:00 of fast walk/run

Rest :30

1:00 of farmer's carry with any object

Rest :30

:30 of squat to seated position



Video here: <https://www.youtube.com/watch?v=SNPjnOfumjU>

CROSSFIT **HARPOON** 



Eat this, Not That

Eat Better: Swap This for That:

During a time of high stress, we often comfort ourselves with food, drinks or other vices. The following can help you make smarter choices when it comes to “junk food” vs the taste you’re really after.

Replacements for Sweet Treats:

Fruit: When trying to curb a craving for sweets, try biting into fresh or frozen fruit. It’s a great source of natural sugars that won’t leave you with a sugar crash later in the day. Oddly enough, frozen is usually fresher, but I highly recommend it for delectable smoothie protein shakes!

Yogurt: Many yogurts are great options when you find yourself reaching for ice cream. It’s a great probiotic and is a healthier alternative. Watch out for hidden ingredients, however. Some of them can be packed with hidden added sugars such as high fructose corn syrup or cane sugar. The more natural the ingredients list, the better. My favorite is to add in some fruit to make it even more of a treat.

A better snack bar: Instead of reaching for a candy bar, try either a RX Bar or Perfect Food Bar. It will give you the sweetness you want without all the processed sugars.



More Nutrient-dense grab & go Snacks:

Trade the chips for Pre-cut Veggies: Cut up a BUNCH of veggies all at once and store them in airtight containers. Carrots, cucumbers, peppers, and celery all make excellent crunchy snacks, and when you already have them prepared, you’re more likely to eat them! Add a little hummus dip to avoid bottomless chips and salsa. Looking for a little more healthy fats? Swap the hummus with some homemade guacamole. Both are great and better than a dairy based dip full of empty calories!

Curb that salty craving with a handful of nuts: Whether you are on the go or just looking for something salty, nut mixes can be an awesome solution. It will give you the salt you want and the good fats keep you feeling full.

Looking for on-the go protein? Reach for an individual serving or deli meat or cottage cheese. I typically recommend eating less processed meats as much as possible, but when you’re on the go, deli meats are easy and delicious to eat cold.

Just want a snack? Popcorn can be a light afternoon snack that won’t pack on the calories or leave you feeling guilty!

What are your go-to snacks that keep you on track?



Decompress and re-energize with a spiritual Guided Meditation!

Pro Tips! Find the complete audio version on YouTube shared via Facebook/FirstParishYork on 5/22/2020. Read and practice this sentence by sentence. Read it to someone else and have that person read it to you (in person, over technology, or on the phone); or record it into your own device and play it back.

RELAX. Let go of all the stress of the day and the week. Let go of all of the situations you carry in your heart and on your mind. This is the time to let go and trust that God will take care of everything.

God sees. God knows. And God cares.

Take in a deep breath and feel the air. Let that breath out and feel the beginnings of the stress going out of you. Perhaps your shoulders drop a bit on your next exhale...or your jaw unclenches. Try taking in relaxation when you inhale and let go of any toxic thoughts as you exhale...

Breathe in goodness and light--the very fabric of the universe. Breathe out judgement...disappointment...and frustration. Take in peace and beauty and let go of anger and ugliness. You are constantly surrounded by loving kindness. Any anger, hurt, and sadness can be healed and transformed in God and through God.

(Inhale.) In comes relaxation. (Exhale.) Out goes all that drags you down. (Inhale.) (Exhale.) You feel lighter.

Notice that with the Divine all around, you feel more confident, and more capable. You are secure in this relationship and you remember that you are strong, you are loved, and your needs will all be met.

You are connected to everyone and everything on this Earth because it all comes from God. You remember that you reflect God's light into the world. What you put forth is returned to you. You are radiant as you let your light shine into the world! You are transforming the world just by being you!

(Inhale. Exhale. Again.) Now slowly and gently return your attention to this time and this place. May you be well!

Excerpt of Guided Meditation by Estelle Margarones. Rev. Estelle is the Interim Senior Pastor of First Parish Church.



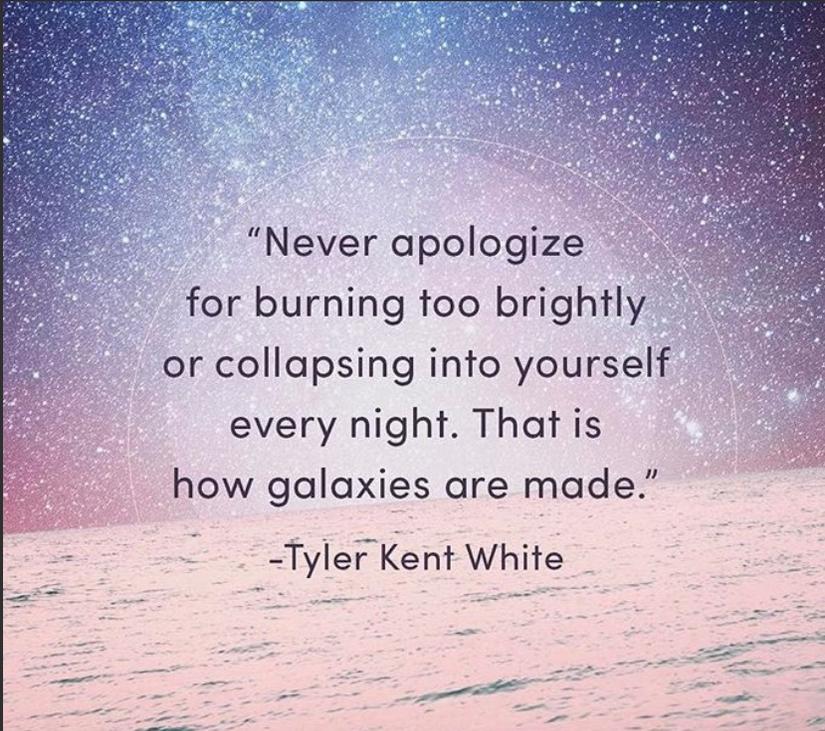


Just be you!

It can be challenging to remain true to oneself but it is so important. Think of a time when you changed your response, view, reaction, or anything else because of the fear of not fitting in. How would you change it if you could go back in time?

Preschool Activity for children learning sound/symbol relationships (A, B, C's)

Write capital letters on index cards, you can go in any order but often times it helps to begin with A (think of the ABC song to help with memory). Place them all over a room, your house, outside, anywhere really. Then ask your child to “hop like a bunny to the B”, “jump like a jumping bean to the J”, “swim like a swan to the S”. Continue with this activity, changing the letters up as well as the movement to go with the letter. Initially having a movement that begins with the same sound as the letter will help our child with recall. Gradually, once your child knows their letters, have your child tell you something that starts with the letter. This is a great way to begin understanding letters, sound/symbol relationships, getting kids active, having some laughs, and increasing vocabulary. Have fun!



“Never apologize
for burning too brightly
or collapsing into yourself
every night. That is
how galaxies are made.”

-Tyler Kent White



Spring into Action

Now that the sun is out and the temperature is rising, many of us are ready to get outside. Whether you're enjoying your own backyard or staying physically distanced at your favorite local park, trail, or beach, being out in nature can help us feel grounded, or find comfort in a routine. Even something as simple as a ten minute walk every morning can benefit our physical and mental health in a huge way! What other ways can you start making the outdoors part of your daily routine?

During this time, many people are getting into the habit of journaling, but if you're having a hard time getting started with the process, a simple nature journal can be a great first step. You can use the tools you have on hand, whether that means a pile of scrap paper stapled together or a note app your smartphone. Reflect on your time outside, take photos in the moment, doodle, or simply make a list of the things you see!

Sharing our experiences in nature can also help us feel connected to each other! While some of us are definitely feeling a bit of screen fatigue, our computers and phones can still help us feel connected to faraway friends and family (and co-workers, too!) We'll be using the hashtag **#YorkMESpringIntoAction** on both Facebook and Instagram to share our outdoors experiences and observations with others. Share your photos, artwork or words for a chance to be featured in this newsletter, online, or on channel 1302.





Online Story Times with your Favorite Librarians!

Online Story Times with York Public Library's Children's Librarians: Programs for your little ones!

See all programs on our website: <https://www.york.lib.me.us/childrens/>



Preschool Storytime
with Miss Kathleen



Family Storytime
with Miss Barb



Baby & Toddler
Time with Miss
Katie

Maine Memory Network



Share your story about your experiences during this pandemic. After all, your history is part of Maine's history! You can learn about contributing your own stories Maine-Memory.Net

Maine Memory Network is Maine's digital collective museum featuring over 45,500 items from approximately 270 contributing partners around the state. This is made possible by the Maine Historical Society. Get lost in this treasure trove of Maine's history!



your story about your experience... all, your histo-
ry is part of Maine's history! You can learn about contributing your own stories



The FrontLine WarmLine is available to clinicians and first responders from 8 a.m. to 8 p.m. 7 days a week by calling **(207) 221-8196** or **866-367-4440**.

Other Resources:

Maine Statewide Crisis Line: **888-568-1112**

Intentional Peer Support Warmline **866-771-9276**

Teen Text Support Line text at **(207) 515-8398**

To speak with staff who have lived experience with mental health conditions
Suicide Hotline: **800-273-TALK (800-273-8255)**

211 and <http://www.211maine.org> for any and all help

& COVID-19 information, including how to access behavioral health and social services
[Maine DHHS Office of Behavioral Health resources guide](#)



We All Need Help Sometimes

**911 FOR ALL EMERGENCIES
including for potential drug overdose**

Do You Need Referrals to Services or Treatment?

211 in Maine 24/7	Dial 211 or 211maine.org or Text your zip code to 898-211	Info and referrals for social services including mental health, addiction treatment, and financial assistance in ME
Sweetser PromiseLine	1-800-434-3000	Referrals for mental health and substance use
The Recovery Center at York Hospital	207-351-2118	Substance use disorder counseling for youth and adults, including medication assisted treatment
Regional Access Point Services, NH 24/7	1-844-640-7277	Referral to treatment and support, help for Maine residents with private insurance

Do You Need Peer Support?

Alcoholics Anonymous	1-800-737-6237 csoaamaine.org	Info, peer support and meetings
Al-Anon	1-888-425-2666	Info, peer support, and meetings for affected others
Narcotics Anonymous	1-800-974-0062 namaine.org	Info, peer support and meetings
Nar-Anon	1-800-477-6291	Info, peer support and meetings for affected others
Portland Recovery Center	207-553-2575	Peer support for recovery
Safe Harbor Recovery Center	603-570-9444	Peer support services for recovery
Portsmouth, NH		
Intentional Warm Line	1-866-771-9276	Non-crisis peer support for mental health and addiction
Partnership Helpline	1-855-DRUGFREE	Peer support for caregivers

Are You in Crisis?

Maine Crisis Hotline 24/7	1-888-568-1112	Help for you or someone you know
Poison Control 24/7	1-800-222-1222	Treatment advice and info for poisoning
Suicide Prevention Lifeline 24/7	1-800-273-TALK (8255)	Confidential support and crisis resources
Sexual Assault Crisis & Support 24/7	1-800-871-7741	Support for those affected by sexual abuse

Do You Want to Learn More?

Partnership for Drug Free Kids	www.drugfree.org	Info on prevention, intervention and treatment of drug use
NAMI Maine National Association of Mental Illness	1- 800-464-5767 www.namimaine.org	Help for anyone about mental health concerns

List updated July 2018 and not meant to be exhaustive.

Compiled by Choose To Be Healthy Coalition at York Hospital.



proudly announces the Teen Text Support Line!

Lots of things are different right now for teens in Maine due to COVID-19, and that can feel overwhelming. It's important for Maine's teens to talk about their feelings and get support from another young person.

You are not alone!

**Send the Teen Text Support Line a text at
(207) 515-8398.**

**We're here for you every day from 12 pm
– 10 pm.**

**This peer support text line is for youth 14-20 years old and staffed
by individuals between 19 - 23 years of age.**

Send us
a text!

(207)
515 - TEXT

Looking for more sources of support for
yourself or teens?

Check out these great [mental health apps](#), how to create a [daily activities checklist](#) to help keep you on track during COVID-19, and [Sources of Strength's](#) guide on [how to create a wellness plan](#).

Do you have thoughts on how NAMI Maine can best serve the mental wellness of Mainers during the COVID-19 crisis? Let us know! Send us a message at info@namimaine.org.

If you have feedback on our newsletter, please contact Alicia Hynes, NAMI public relations manager, at events@namimaine.org.

National Alliance on Mental Illness - Maine 52
Water Street
Hallowell, ME 04347

Follow us for updates on our programs, ways to de-stress, find support, and more!



Maine

Free resources to support mental health and wellness

Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Intentional Warmline**
866-771-9276
- **NAMI Maine Help Line**
800-464-5767
namimaine.org/page/HelplineLanding
- **Free online forums and 1-on-1 chats**
7cups.com

In a crisis?



- **National Suicide Prevention Lifeline**
800-273-TALK (8255)
- **Statewide Crisis Line**
888-568-1112
- **Call2Talk**
508-532-2255
Text C2T to 741741
- **Crisis Text Line**
Text HOME to 741741
crisistextline.org
- **Samaritans (24/7)**
877-870-4673
samaritanshope.org
- **SAMHSA's Disaster Distress Helpline (24/7)**
800-985-5990
Text TalkWithUs to 66746
- **American Foundation for Suicide Prevention** | Find a local chapter
afsp.org/find-a-local-chapter

Specialized Support



Young Adults

- **OK2Talk**
ok2talk.org
800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the **Teen Talk App**, or participate in discussions with other teens on the **TEEN LINE message board**.

For multilingual resources, please visit our [website](#).

Other resources

- **Your Life Your Voice**
 - » 800-448-3000
 - » Text VOICE to 20121 between 1pm and 1am
 - » [Send a message from the website](#)
- **LGBTQ**
- **The Trevor Project** (LGBTQ support)
866-488-7386
Text START to 678678
Chat online at thetrevorproject.org

• **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.

Parents

- **Parent Stress Line (24/7)**
800-632-8199

Veterans

- **Veteran's Crisis Hotline**
8800-273-8255 (press 1)

Find more resources at
mhttcnetwork.org/newengland



New England (HHS Region 1)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

042020



The words,

“I accept you
for who you are”

Priceless!

Support, Education & Reducing Stigma

The best way to support your friend or family member who is living with any type of mental illness or disorder is, Acceptance.

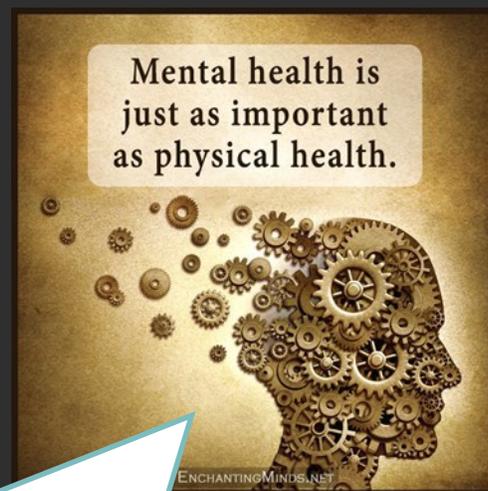
Accepting the fact that they may not be able to go to certain places, do certain things or live in a certain way reduces their stress.

Support by those who mean the most gives them confidence and the strength to keep working towards a very difficult road to manageability or better yet, recovery.

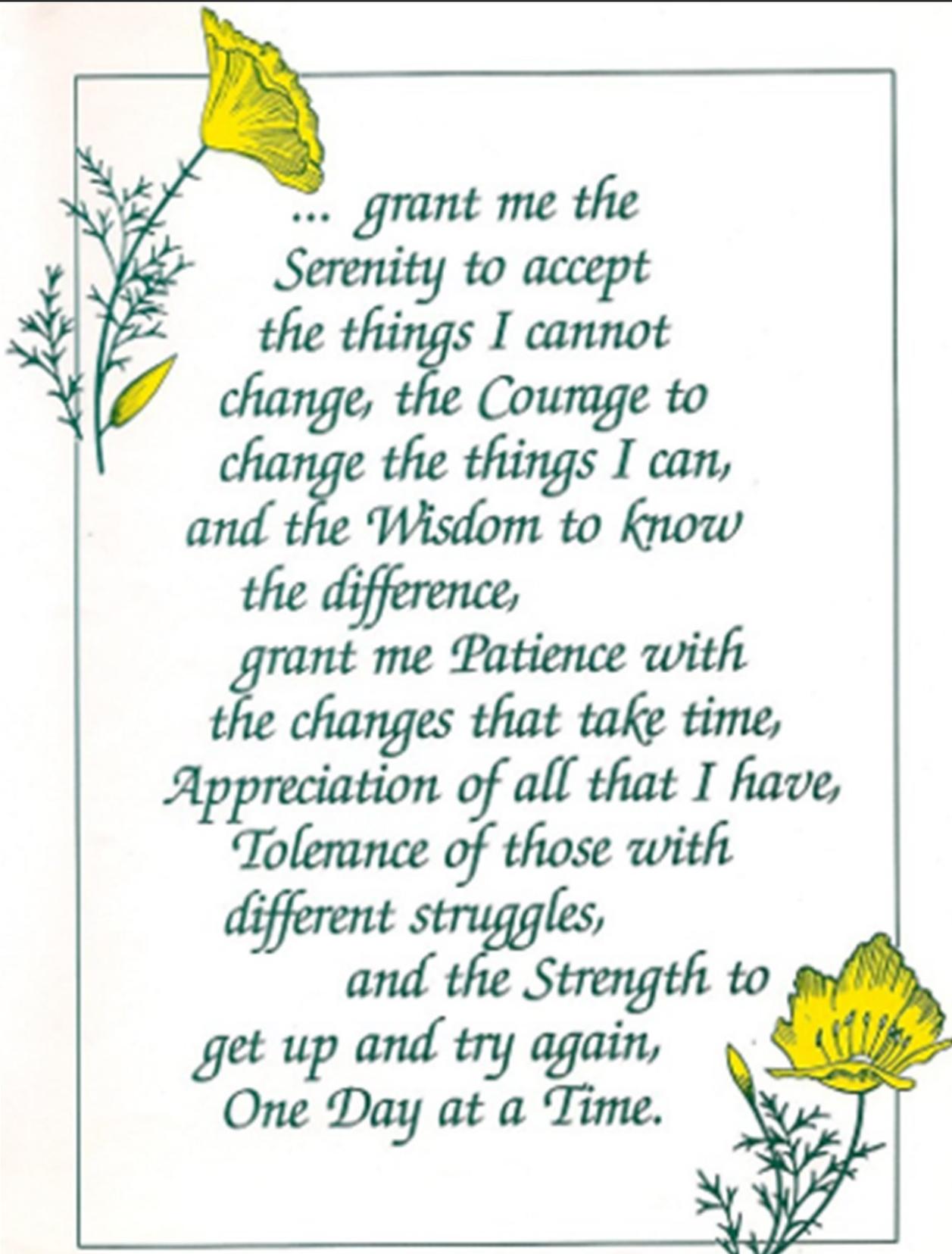
Your child's
mental health
is more
important
than their
grades.



Mental health is
just as important
as physical health.



**“Your mental health is a priority.
Your happiness is an essential. Your
self-care is a necessity.”**





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!

- Liz Cooper, lcooper@yorkmaine.org, Special Events Coordinator of York Parks & Recreation
- Naomi Densmore, ndensmore@yorkmaine.org, Mt. Agamenticus Outreach and Education Coordinator
- Emma Ford, ford_emma@wheatoncollege.edu, Wheaton College Senior & Town of York Intern
- Kate Ford, KFord@yorkhospital.com, York Hospital Volunteer Coordinator
- Dan Gardoqui, leadwithnature@gmail.com, Founder/President of Lead with Nature
- Amber Harrison, aharrison@yorkmaine.org, Dir. of Code Enforcement & Local Health Officer
- Adam Hartwig, adam.hartwig@maine.gov, Maine CDC- York District Public Health Liaison
- Mathew Kiernan, mkiernan@yorkschoos.org, YMS School Counselor, Grades 6 and 8
- John Lizanecz, jlizanecz@yorkpolice.org, Lieutenant on the York Police Department
- Julie Lizanecz, jlizanecz@yorkschoos.org, Village Elementary School Nurse & York Hospital ER Nurse
- Estelle Margarones, estelle@firstparishyork.net, Reverend of First Parish Congregational Church, UCC
- Sally Manninen, SManninen@yorkhospital.com, Director of Choose To Be Healthy Coalition & Community Health
- Megan McCue, megan@caring-unlimited.org, Caring Unlimited Outreach Advocate
- Sara Morrison, smorisonteach@hotmail.com, Founder and Director of Coach to Empower
- Kim Myers, kemyers@york.lib.me.us, York Public Library
- Margaret Norbert, mnorbert@sweetser.org, Clinical Director of Sweetzer
- Lisa Robertson, lrobertson@yorkschoos.org, York Adult Education
- Michelle Surdoval, msurdoval@ycsame.org, Director of York Community Service Association





May You Have Pleasant Dreams!

from your Friends at the York Hospital Center for Sleep Health

YORK HEALTH NEWSLETTER May 22, 2020, 7th edition

List of Resources

- EFFECTS OF ACUTE SLEEP DEPRIVATION
 - CONSEQUENCES OF CHRONIC SLEEP INSUFFICIENCY
 - WHAT IS A SLEEP STUDY
1. *Belenky G, Wesensten NJ, Thorne DR, et al. Patterns of performance degradation and restoration during sleep restriction and subsequent recovery: a sleep dose-response study. J Sleep Res 2003; 12:1.*
 2. *Tucker AM, Whitney P, Belenky G, et al. Effects of sleep deprivation on dissociated components of executive functioning. Sleep 2010; 33:47.*
 3. *Barger LK, Ayas NT, Cade BE, et al. Impact of extended-duration shifts on medical errors, adverse events, and attentional failures. PLoS Med 2006; 3:e487.*
 4. *Pires GN, Bezerra AG, Tufik S, Andersen ML. Effects of acute sleep deprivation on state anxiety levels: a systematic review and meta-analysis. Sleep Med 2016; 24:109.*
 5. *Goel N, Rao H, Durmer JS, Dinges DF. Neurocognitive consequences of sleep deprivation. Semin Neurol 2009; 29:320.*
 6. *Akerstedt T, Fredlund P, Gillberg M, Jansson B. Work load and work hours in relation to disturbed sleep and fatigue in a large representative sample. J Psychosom Res 2002; 53:585.*
 7. *Akerstedt T, Fredlund P, Gillberg M, Jansson B. A prospective study of fatal occupational accidents -- relationship to sleeping difficulties and occupational factors. J Sleep Res 2002; 11:69.*
 8. *Gottlieb DJ, Ellenbogen JM, Bianchi MT, Czeisler CA. Sleep deficiency and motor vehicle crash risk in the general population: a prospective cohort study. BMC Med 2018; 16:44.*
 9. *Barger LK, Ayas NT, Cade BE, et al. Impact of extended-duration shifts on medical errors, adverse events, and attentional failures. PLoS Med 2006; 3:e487.*
 10. *Ayas NT, Barger LK, Cade BE, et al. Extended work duration and the risk of self-reported percutaneous injuries in interns. JAMA 2006; 296:1055.*
 11. *Watson NF, Badr MS, Belenky G, et al. Recommended Amount of Sleep for a Healthy Adult: A Joint Consensus Statement of the American Academy of Sleep Medicine and Sleep Research Society. Sleep 2015; 38:843.*