

York Health

NEWSLETTER

Hello York!

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. To contact Amber Harrison, our local Health Officer, email aharrison@yorkmaine.org

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

NEW THIS WEEK!! Contact *Serving Our Seniors* at sosyorkmaine@gmail.com to be added to our electronic distribution list . That means you can have these newsletters automatically sent right to your inbox. *Note that you do NOT have to be a senior to take advantage of this opportunity!

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

Sincerely, the *York Health Task Force*

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Looking for Town of York Covid-19 Updates and Information?

Visit the Town of York website at yorkmaine.org & click the top left *Covid-19 Information* tab

This page includes Executive Orders, local restaurant information and other community resources



The May 9th American Red Cross Blood Drive at York Street Baptist Church is FULL! Spaces are available for the June 13th & July 11th drives. For questions, contact local organizer Mary at Memmofree@gmail.com



Coffee with Lou: Follow-Up

A few weeks ago Superintendent Goscinski was able to gather some amazing professionals from each of our schools to talk about what we are doing to support our students and their families. The advice coming from this panel was varied. The reason for this is simple: Everyone's needs are varied. Our current reality, with distance learning, social distancing and a shared community commitment to protect the most vulnerable around us have left all of us with new needs, unforeseen stressors and unexpected anxieties and concerns. Each of these differs situationally. There is no stock answer aside from, "If you need help, do not be afraid to ask for it."

Throughout all of this remember to be kind to yourself and those around you. Most likely you aren't a teacher (I certainly am not), so you cannot expect to do the same job that the wonderful teachers in our district do on a day-in-day-out basis, so let yourself off the hook now and again. Use the structure that our schools provide to guide you and your children, and have faith that soon we will all be back in the buildings we are missing, ensuring that your students are right where they need to be, both physically and educationally. There is uncertainty and loss among our students and our community, so acknowledge both of these with your families, work towards being comfortable with being uncomfortable for the time being. Reach out to the helpers that are available to you, do your best to stay active and enjoy the available time that you may have and help to connect your students socially (with distance) in ways you may never have thought of.

As we go through this new reality most of us have been faced with challenges, emotions and revelations that we typically have not prepared for or experienced before. It's important to remember that we are all in this together and we are all figuring out much of this as we go. That being said, if you or your family find yourselves in need of support from one of our school counselors please don't hesitate to reach out. We are here for your students in a number of ways, and we want to provide support in whichever way works best for your student and your family. Don't hesitate to contact us. - *Provided by Mathew Kiernan*

Village Elementary School

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

Website resources: <https://ves.yorkschoools.org/>
Once here click on VES Specials Remote Learning Site

Coastal Ridge Elementary School

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

<https://sites.google.com/yorkschoools.org/cresdistancelearningconnection/school-counseling>

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@yorkschoools.org
[Schedule for Hangouts](#)

Mathew Kiernan (Grades 6 & 8)
mkiernan@yorkschoools.org
[Schedule for Hangouts](#)



York High School

363-3621 (Leave a message for any counselor, they will receive them remotely)

Website Resources: <https://yhs.yorkschoools.org/student-services-1/wellness>

[York High School Student Services Support](#)

9th and 11th grade counselors

Kevin Beatty - 9th - A - Hol; 11th - A - La
kbeatty@yorkschoools.org

Jen Humphrey - 9th - How - Z; 11th - Le - Z
jhumphrey@yorkschoools.org

10th and 12th grade counselors

Mary Testa - 10th A - L; 12th A - Lab
mtesta@yorkschoools.org

Brian Farley - 10th M- Z; 12th Laf - Z; All students in Pathways
bfarley@yorkschoools.org

Lynne Hatch

Student Wellness Counselor
lhatch@yorkschoools.org
[Schedule a meeting](#)

Kathy Damiano

School Social Worker
kdamiano@yorkschoools.org
[Schedule a meeting](#)





People in every part of Maine need to live their lives as if COVID-19 is in their community. Especially in York County, where community transmission has been confirmed, residents are advised to adhere to physical distancing guidelines. Stay home except for essential trips. Avoid group gatherings. Stay 6 feet away from others when you have to be out in public. If you have a fever and/or lower respiratory distress, assume that you have COVID-19. Stay away from others as much as possible and contact your medical provider. The U.S. CDC recommends wearing cloth masks in public to limit the possibility that you could spread the virus to others.

- Robert Long, ME CDC Communications Director

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

From CDC.GOV

Did you know there is an amazing local group that has over 2,000 Facebook group members, has collectively made over 39,000 masks and helped over 240 organizations?



SEACOAST MASK MAKERS

That's the **Seacoast Mask Makers**

Visit their page for more information, to get involved & request masks

<https://seacoastmaskmakers.org/>

→ PLEASE **wear**
a MASK 
to protect your neighbor,
just as your neighbor
IS wearing
 a MASK
to protect you.

WE ARE ALL IN THIS **TOGETHER!** ←

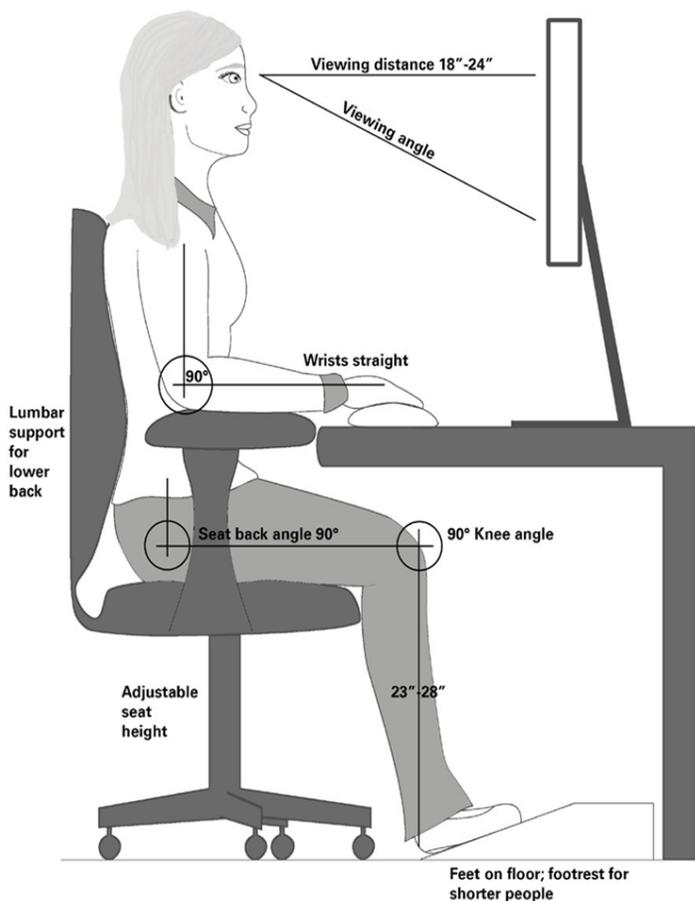


Get Comfortable Working at Home



Mini Stretch Break

1. **Back twist.** Sit up straight in your chair or stand up and place your right arm behind your right hip. Twist to the right and hold. Alternate sides.
2. **Neck rotations.** Drop your chin and roll your neck. Raise your chin up and bend your neck to each side.
3. **Shoulder raises.** Raise your shoulder to your ear, hold and then relax. Repeat, alternating shoulders.
4. **Wrist stretch.** Stretch your arm out in front of you with the palm up. With your other hand, grab your fingers and lightly pull them down to stretch your forearm.
5. **Hand stretches.** Tense and relax the muscles in your hands. Make fists, spread your fingers and bend your fingers.
6. **Toe raises.** Lift your toes while keeping your heels firmly on the ground. While you can do this exercise standing, it works very well while seated.
7. **Calf raises.** Stand in front of a desk or other piece of furniture



To those working & distance learning at home: As the days turn into weeks and months, make sure your work station is set up for comfort and success!

#WorkStationGoals





Screen/Life Balance



Spending time on screens is not inherently a bad thing to do. With that said, if you add up all the hours you spend per day staring at a screen—whether it’s your phone, tablet, laptop, desktop or television—you may realize that your total screen time exceeds the amount of time you spend asleep. Sure, some of this screen time is essential, even enjoyable. But there are a lot of other times when our screens distract us from things that are truly important to us—whether it’s the people we love, or the activities that bring us meaning and joy. The point of Screen/Life Balance is to help you figure out—and achieve—a balance that feels right to *you*.

[Click HERE](#) for an easy, three step how-to help you change your relationship with your phone

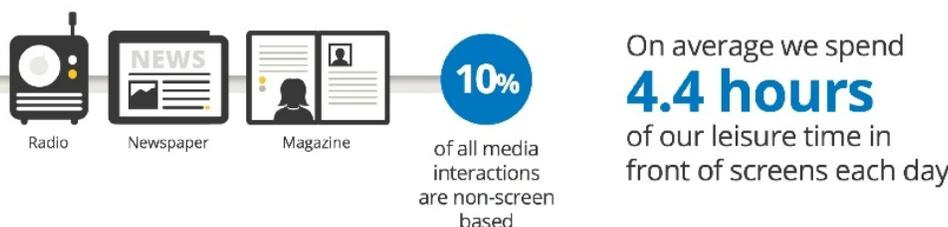


Stressing about new technology?

With the constraints of social distancing, people are having to learn new ways to meet old day-to-day needs for social connection. Zoom, a free application available online, makes video conferencing a simple solution. Instructions:

1. Go to the Zoom Download page and click on the Blue button to download the application.
2. Once it has downloaded, click on the file to open. You will be asked for permission to install it.
3. Once installed, you will be asked to create a new user account or sign up using an existing Gmail or Facebook account.
4. Then it will ask you to launch the application.
5. Finally, you will be given the option to create a new meeting, join or schedule a meeting. If you are creating a meeting, you will be asked to invite attendees using their email. Alternatively, if someone else sets up a meeting, you will be emailed a link to click on to join the meeting at the appointed time. Some meetings have passwords, so make sure you’ve received that from the meeting creator.

Majority of our daily media interactions are screen based



Provided by <https://coolerinsights.com/>

Have to spend hours in front of screens for work, education or to connect with friends & family??

Make sure you go for walks, take stretch breaks and engage in activities that don't encourage more screen use.



Streaming Spirituality

York churches are here for you! Find worship, children's religious education, Bible studies, small groups and other resources below.

Cape Neddick Baptist Church: Find resources such as online Bible studies, devotional readings, archived sermon audio recordings, home family activity ideas and more at Cape-Neddick-Baptist.org and <https://www.Facebook.com/CNBCM>. More info at 207-363-3566 or 207-475-5017.

First Parish Congregational Church: Online worship Sunday at 9:30 a.m. and on demand at FirstParishYork.net. (From the Sunday Worship tab, choose the Video Archives drop down.) Find encouraging posts at Facebook.com/FirstParishYork. Youth Groups for middle and high school students are held via Zoom. Sunday School lesson plans are available. Learn more and sign up to receive the weekly devotional email at Office@FirstParishYork.net or call 207-363-3758. Rev. Estelle Margarones is a disaster spiritual care chaplain and available to listen and pray with anyone having a spiritual care crisis. Best contact method: Estelle@FirstParishYork.net.

St. Christopher's Church: Father Mower is live streaming Mass on the church's Facebook page: Parish-of-the-Ascension-of-the-Lord, weekdays at 9 a.m., Saturday at 4 p.m. and Sunday at 9 a.m.. More information is available at 207-363-2111 and <https://pal-me.org/>

St. George's Episcopal Church: Sunday worship is at 9 a.m. via: <https://stgeorgesyorkharbor.org> and includes a link to its bulletin. They also offer a Healing Service every Thursday at 10 a.m. via Zoom (that link can be found at the website). There are nightly prayers and community "check-ins" at 8:30 p.m. via the website. Go to the church's YouTube channel to watch previous services and hear the choir sing. For more, call 207-363-7376.

Union Congregational Church: Online worship Sunday at 10:30 a.m. at <https://www.facebook.com/northparish/>. This is a shared worship service with North Parish Congregational Church of Sanford. Weekly Meditations are available at the Facebook page as well. Their weekly Bible study continues via conference call. Learn more at www.YBCC.org.

York Street Baptist Church is live streaming Sunday services at 10:15 a.m. via its website www.yorkstreetbaptist.com and YouTube channel. For more, call 207-363-2177.

York Ogunquit United Methodist: Sunday worship at 10:30 a.m. via Facebook and YouTube. There is also a weekly Prayer Meeting on Thursdays at noon via Zoom. The ecumenical LGBTQ Bible Study is on Fridays at 6:30 p.m. via Zoom and the current topic is the Book of Revelation. If you would like to take part in either meeting, please email Pastor.YOUMC@gmail.com. The church website is YOUMC.org and you can find them on Facebook at <https://www.facebook.com/YorkOgunquitUMC>. The church number is 207-363-2749. Pastor Effie McAvoy has recently taken a COVID-19 Pandemic: Spiritual Care in Congregations training. If you are having a crisis of faith, Pastor Effie is available to listen and to pray with you and you may reach **her at 207-716-6828**.





York Adult Education

All our classes can be found online at www.yorkadulthoodeducation.org or give us a call at (207) 363-7922, we'd be happy to help.

\$25

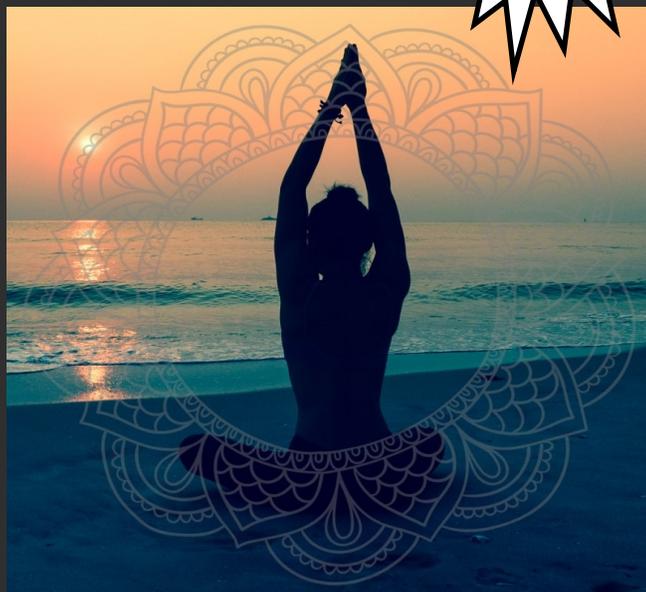


Barre with Amanda

May 4 - 28th

Tues and Thurs for 4 weeks from 4:00-5:00pm

\$25



Yoga with Nancy

May 4 - 22nd

Mon and Fri for 2 weeks from 4:00-5:00pm

FREE



Supporting Adults with Memory and Cognitive Changes

May 6th & 7th

2 Part Series, 6:00-7:00pm

Click [HERE](#) to view the 2020 Spring Catalog

A member of the
Maine Adult Education Association

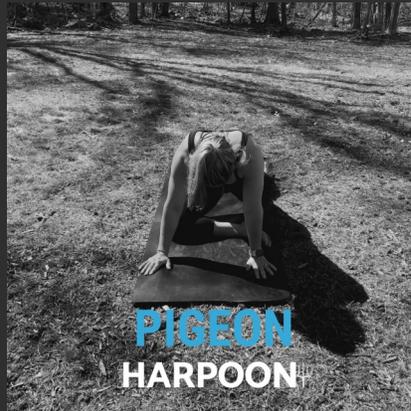
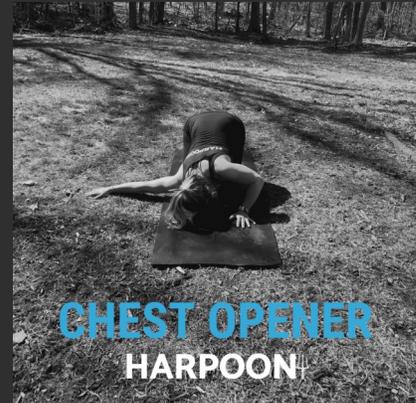
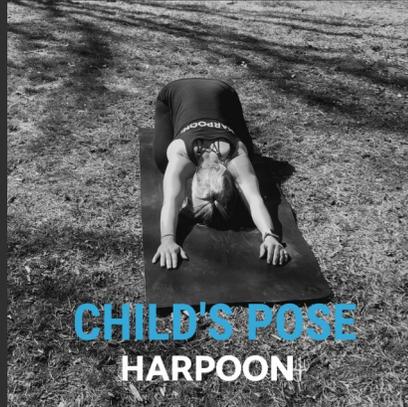




Harpoon @ Home: *Stretching*

Spend two minutes in each of the following stretches or completing one minute on each side

1. Childs' Pose
2. Down Dog
3. Runner's Lunge
4. Needle
5. Chest Opener
6. Quad Stretch
7. Pigeon



Next week's newsletter will feature a piece on nutrition from CrossFit Harpoon Head Coach Conner Andrews



This week's routine is generously provided and demonstrated by Maddie Senkosky, Owner of CrossFit Harpoon



York Public Library

FREE books, audiobooks, magazines

Online access for your whole household

Get Out! ~ Spring 2020

Hoopla eBooks ~ Picture



Hoopla eBooks ~ Picture



Hoopla eBooks ~ Early



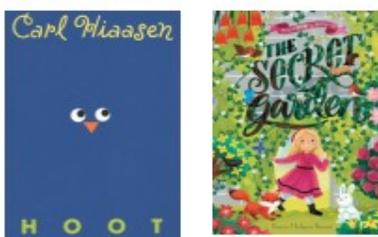
Hoopla eBooks ~ Parents



Hoopla audiobooks



Cloudlibrary ~ Family



RbDigital Magazines



Tumblebooks - Picture



Tumblebooks Elementary



Tumblebooks Elementary



Stuck accessing any library online service?
207-363-2818
ypl@york.lib.me.us

Staff are checking messages daily and we will get back to you as soon as we are able.

★ Check our website for more online services: york.lib.me.us



Nursing Corner

Together We Are Stronger

Julie Lizanecz, RN, BSN
jlizanecz@yorkschoos.org
Telephone: 207-363-4870



Keeping Your Kids Safe and Healthy during COVID

- ✓ 1. Wash hands often: Use soap and water for 20 seconds, or an alcohol based hand sanitizer
- ✓ 2. Stay away from those who are ill, or who appear ill (coughing, sneezing, etc.)
- ✓ 3. Clean and disinfect surfaces daily, especially high touch surfaces like door knobs, light switches, telephones, remote controls, etc.
- ✓ 4. Launder items in hot water if possible, or the warmest setting the item will allow.

Limit Time With Other Children

It's tempting to give in to the tears of children longing for time with friends, but remember to continue practicing physical distancing. Children should not have in-person play time with children from other households. If they are playing outside, they should remain 6 feet from anyone who is not from their household. Children with COVID may only have mild symptoms, but may put other children and adults at risk for serious infection.

Children 2 years and older should wear face covering when out in the community. The face covering is not to protect the wearer, but may prevent the spread of the virus from the wearer to others.

Limit Time With Older Adults or those with Underlying Conditions

Because children may be asymptomatic, or have mild symptoms only, it's important to limit time with older adults and those with medical conditions who may become severely ill with the infection. Please take this into consideration when considering child care if you are unable to stay home with your child/children. Consider connecting virtually to grandparents or other family members.

What you can do

Watch your children for signs of physical and emotional illness

Physical symptoms of illness related to COVID such as fever, cough, or shortness of breath. If you notice these symptoms, contact your healthcare provider and follow the CDC's guidelines.

Emotional symptoms such as excessive worry or sadness, difficulty sleeping, changes in school work or interest in keeping in contact with friends. If you notice these symptoms, contact your healthcare provider and/or school counselor.

Help your child stay connected

Help your child stay connected to friends remotely. Zoom meetings and Google Hangouts are great for older children who need less supervision, whereas Messenger Kids is better for elementary school aged children.



If you are registering a child for Kindergarten this year, please email all vaccination records, complete or otherwise, to Julie Lizanecz, School Nurse at Village Elementary School at jlizanecz@yorkschoos.org as soon as possible.