



# York Health

# NEWSLETTER

Hello York!

We're thrilled by the community's feedback on the newsletter and want to continue hearing your ideas for improving and highlighting local resources. As you can imagine, this newsletter takes many hours, collaboration and hard work, so we're excited to introduce our new source of energy and help. Emma, a York local and graduating senior at Wheaton College will be interning with us. *Welcome Emma!*

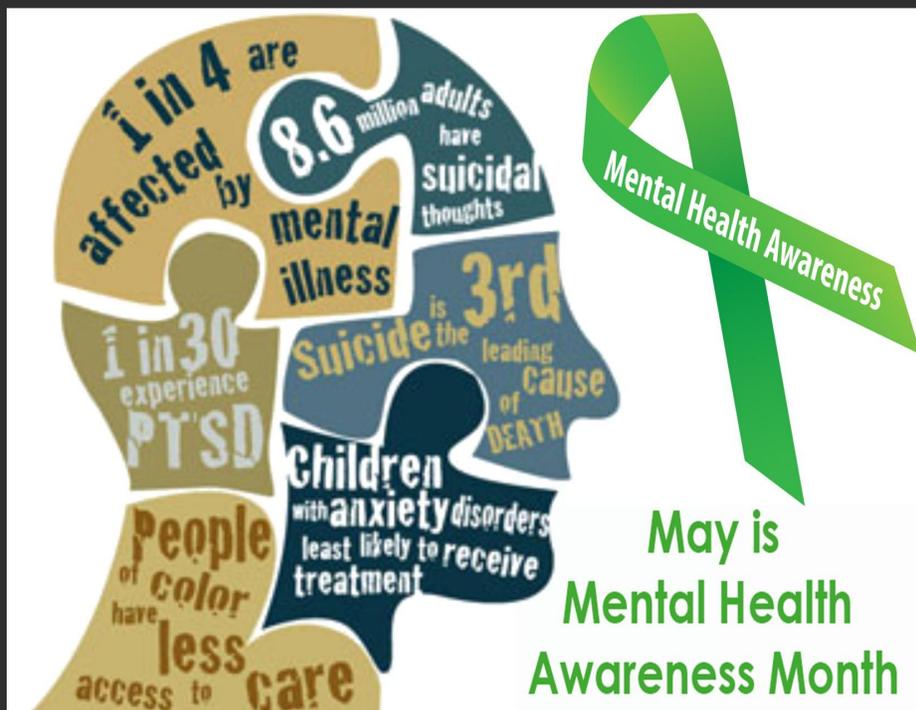
If you'd like to contribute to a future newsletter or have questions on content, please contact Liz Cooper at [lcooper@yorkmaine.org](mailto:lcooper@yorkmaine.org). To contact Amber Harrison, our Local Health Officer (LHO), email [aharrison@yorkmaine.org](mailto:aharrison@yorkmaine.org).

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.

**REMINDER!!** Email [Serving Our Seniors at sosyorkmaine@gmail.com](mailto: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 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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May is  
Mental Health  
Awareness Month



## Compassion Fatigue

“Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.”

Dr. Charles Figley  
Professor, Paul Henry Kurzweg Distinguished Chair  
Director, Tulane Traumatology Institute  
Tulane University, New Orleans, LA

### Compassion Fatigue is Real

“Caring too much can hurt. When caregivers focus on others without practicing self-care, destructive behaviors can surface.” (Compassion Fatigue Awareness Project) Compassion fatigue, also known as second-hand shock and

secondary stress reaction, describes a type of stress that results from helping those who are traumatized or under significant emotional duress. Compassion fatigue can affect a wide range of professions but tends to be most common among professionals who regularly work in a helping or healing capacity.

The onset of compassion fatigue can be sudden and can “take a physical, mental, spiritual, and emotional toll on those who experience it.” (GoodTherapy) Some common symptoms of compassion fatigue include chronic physical and emotional exhaustion, irritability, difficulty sleeping, headaches, substance abuse and poor job satisfaction.

### Prevention Is Possible

As found on the website [www.giftfromwithin.org](http://www.giftfromwithin.org), Dr. Angela Panos shared her approach to preventing CF.

Remember your ABCs: Awareness, Balance/Boundaries and Connections.

**Awareness** allows you to know the signs, the types of cases or individuals that trigger compassion fatigue. Be aware of the changes in CF symptoms. Pay special attention to sleep problems, especially if you have difficulty falling asleep or staying asleep.

**Balance and boundaries** help you remember that you are entitled to a personal life. Maintain boundaries to protect your time. Taking care of oneself requires taking breaks and vacations. Keep yourself strong with exercise, yoga and nutrition. Don't forget to include time for fun activities. Art and music are particularly helpful in restoring the soul.

**Connections** could have different meanings. It can come through connecting to a supportive, caring coworker, a friend or member of your family. Some prefer the comfort of a furry friend. Others may connect with their faith-based community.

Living by the ABCs allows for resilience. It allows you to have a sense of purpose. It allows you to develop spiritual/cultural beliefs and practice healthy rituals. In doing so, you'll find the time to celebrate small victories and have predictable routines. Most importantly, it will provide you with the ability to have strong, positive relationships with others, helping you face traumatic events in your professional and personal life.

<https://www.campussafetymagazine.com/blogs/compassion-fatigue-who-is-helping-you/2/>

<https://www.goodtherapy.org/blog/psychpedia/compassion-fatigue>

<https://compassionfatigue.org/>

<https://www.giftfromwithin.org/html/prvntcf.html>





## Nature Corner: *Up Close Loop*

In the first issue of this newsletter, we talked a little bit about Sit Spots, which offer us a simple way to feel connected to nature by sitting in one spot in our yard or neighborhood and taking time to observe the things around us, over time. What have you noticed over the course of the last few weeks? Did anything surprise you? This week, we're going to practice our nature observation skills by taking even more of an *Up Close Look*

Choose an area outside (you can do this exercise within your current Sit Spot, or choose somewhere new) and either in your mind, or with a physical marker like string or a ruler, roughly measure out a 2'x2' square. This doesn't have to be precise, as you can see from the photo! Take a few minutes to focus on just this small area; really get up close. What do you see? Remember that space is three-dimensional; are you under a tree? Look up! Find 3-5 things within this space that you find interesting. Take photos, sketch, or journal your findings. Revisit this tiny version of a Sit Spot another day, or even in different weather, and make note of anything new. Are your *interesting things* still there? Have they changed? Track your findings over time. Getting up close to nature in this way allows us time to slow down, and perhaps better understand the truly varied community that we live in.



1. Someone's snack leftovers (there is a bird feeder nearby)
2. Japanese Maple starting to leaf out
3. Red Oak leaf
4. White Violets





## Time to Volunteer?



American Red Cross

Under normal circumstances, most would agree that volunteering is a win/win enterprise. One gives time and effort and in return might gain new friends, experience and even confidence in a new area. Typically, volunteering leads to a feeling of satisfaction and a warm heart. But what can someone do during a pandemic, when oddly, we tend to have more time on our hands and a longing to contribute somehow to our community?

As it turns out, there are still a few volunteer opportunities out there and most are really needing help from someone like you. Some have been created specifically in response to COVID-19 and others, despite the pandemic, must go on as they always do. For example, the Red Cross must keep Blood Services operating. The demand for blood and blood products never stops and there are two related top priority volunteer opportunities right now. One is COVID-19 specific, to support safety and wellness at donation locations, and the other is ongoing.

### Blood Donor Screener

#### COVID period specific

*Variable; based on availability, average shift is 5-6 hours (Fixed Donation Sites in Portland, Auburn & Bangor along with mobile drives)*

The American Red Cross has implemented a Blood Donor Screener position in the interest of safety during the COVID-19 outbreak. Specifically, you will ensure people entering blood drives have a healthy temperature. Greet donors and model excellent customer service behaviors. Manage donor flow at temp taking station to ensure only donors passing temp screen are permitted access. Explain purpose of temperature screen to donors and ensure they understand reason for deferral if applicable. You will need to adhere to the safety protocols established

### Blood Donor Ambassador

*Variable; based on availability, average shift is 5-6 hours (Fixed Donation Sites in Portland, Auburn & Bangor along with mobile drives)*

In this role you provide excellent and enthusiastic customer service to enhance the blood donor experience. Engaging with blood donors you promote blood donation and set the stage for a long-term commitment to regular blood donations. Duties include: welcoming and greeting donors when they arrive for their donation and/or providing them with snacks and conversation after their donation – all while creating a favorable impression of the Red Cross and the blood donation process and sharing the Red Cross story.





## Moving Forward While Staying Put

“Mister, how do I get motivated?” As a school counselor I’ve been asked this question more times than I can count but especially over the past few weeks as Covid-19 has forced us into remote learning. This question, “How do I motivate myself?” is one we have all asked ourselves because it is a natural human instinct. If I can just find the trailhead marked Motivation, the path to the top of the mountain will unfold in front of me. However, time and time again we find this is a misguided starting point. Rather than focus on motivation as a place to begin, we realize instead that motivation comes as a product of the journey.

In his well-known 2014 commencement address at the University of Texas, Navy Seal William McRaven’s thesis was, “If you want to change the world, start by making your bed.” As the speech progresses, McRaven makes the point that by starting the day with this one small, familiar task one then will decide to do the next thing, and then the next thing until their progress snowballs into monumental accomplishments with great impact – a changed world. McRaven does not say read a book of quotes until you find the perfect one to motivate you, then make your bed. No. Simply, make your bed.

What McRaven is speaking to is the power not of motivation but of something much more powerful: momentum. While motivation may ebb and flow with our emotions, momentum is a physical law of our universe. As Isaac Newton’s First Law of Motion reminds us, an object in motion tends to stay in motion. Flustered by physics? Take, instead, the phrase, “Keep the ball rolling.” This phrase, dating back William Henry Harrison’s 1840 presidential campaign practice of pushing a 10-foot-wide ball filled with campaign slogans through small towns is easy to understand. Once you get this massive thing rolling, it will be impossible to stop.

Psychologists like Stanford University’s BJ Fogg point to the importance of creating huge change from small beginnings. Fogg implores us to begin with tiny habits, baby steps, that eventually lead to huge results. Want to get stronger? Start with two push-ups every time you use the bathroom. You’d like to read more? Read a page after every snack or meal. Contrast that with the January resolutions we make to go to the gym for two hours a day or read a book a week. Rather than feeling defeated and frustrated as your motivation wanes, tiny habits start momentum; quick wins build the feeling of success and self-efficacy and before you know it you’re doing more and more.



With my students, I talk often of the J-Curve our emotions follow on the path to success. When we first take on big changes, start studying or begin working on a big project, our emotions drop as we begin and realize the enormity of a task ahead of us. If we persist, our emotions even out and quickly rise on the far side of the J as our sense of mastery kicks in. Too often, though, we feel defeated and bail. Quick wins, tiny habits, routine, and accountability partners shorten the front end of our J and quickly get us through the bottom and on to the rapid rise.

So, back to the question “Mister, how do I find motivation”? Don’t look for it! Look, instead, for momentum. Start with quick wins. Make your bed. Take a shower. Read one page. Walk two minutes. Take three deep breaths. Whether you are trying to recover from a devastating loss, struggling with your well-being or mental health or simply want to get back engaged in your classes, start with that one thing you’ll do every day. As your momentum builds, you won’t even be thinking about motivation ... but you will have found it.

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*Matthew Miltenberg is a professional school counselor at Poudre High School in Fort Collins, Colorado. In addition to working with students and families in Colorado, Matt has worked with remote learning students in Brazil, Honduras, China and other countries throughout the world.*



## Harpoon @ Home: Family Workout

### Warm up

- 3 rounds:
- 5 cat and cow
- 10 jumping jacks
- 20 high knees
- 30 bunny hops

### Workout:

- 4 rounds of:
- :40-seconds of lateral hops over a chalk line or broomstick
- :50-seconds of sit ups
- 1:00 min of running

\*The great thing about doing movements in a specified time domain is that 13-year-old kids can work alongside their 8-year-old sibling and complete the movements at the same time. One might move faster than the other, but they are doing it all together!



*Harpoon @ Home is generously designed exclusively for the York community by Maddie Senkosky, CrossFit Harpoon owner*





## Nutrition Know-How

Nutrition is always a popular topic, but so much of it can be overwhelming! We often read about making better choices to meet our “macros,” but what does that even mean?

What falls in this group, and how can we break it down?

Let's make this as simple as possible. Macronutrients consist of three groups:

- Proteins
- Carbohydrates
- Fats

These are all of the things we see on a food label! I will say this, and I will reiterate its importance: All are important and all do a specific job. They thrive off one another. “Fat” is a very frowned upon word and has gotten a bad rap in the past, but it’s just as important as the other two macronutrients. No, it doesn’t not make you fat.... An excess of calories does.

All of these “macros” create calories.

- Proteins = 4 calories PER GRAM
- Carbohydrates = 4 calories PER GRAM
- Fats = 9 calories PER GRAM

We will have a math problem at the end of this.

Primary Protein Options: Meats, Poultry, Fish, Yogurt, Eggs

Primary Carbohydrate Options: Fruits, Veggies, Grains, Oats, Beans

Primary Fat Options: Nuts, Coconut/Olive Oils, Avocado

Yes, some foods contain combinations of all or some macros! Think about oats and beans for example. Both contain carbohydrates and protein, so it’s important to understand how to break that down.

So, let's break it down, shall we?

1 cup of quick oats contains:

- 54g of Carbohydrates
- 6g of Fat
- 10g of Protein

How many calories are in this?

 Next week will feature a “This or that” snacking section. Food & emotions are tightly tied for many, so don’t let this pandemic get you off track or feeling guilty!



*A Nutrition Overview from CrossFit Harpoon  
Head Coach Conner Andrews*



## Manage Stress with Better Sleep

Stress can impact your life in many ways, including negatively affecting the quality of your sleep. It makes sense: you lie in bed, worrying and feeling anxious, which makes it almost impossible to relax and quiet your mind enough to fall asleep. It's no wonder people use the phrase "losing sleep over something." That's also why people who suffer from chronic stress day in and day out sleep less, have poorer sleep quality and find it harder to function well during the day.

Unfortunately, this cycle will only continue to worsen if you don't sleep enough at night because your body boosts its levels of stress hormones. The brain chemicals connected with deep sleep are the same ones that tell the body to stop the production of stress hormones. When you don't sleep well, your body keeps pumping out those hormones. The next day, you feel more stressed, the following night you find it harder to fall asleep, and so on. Even worse, stress hormones peak in the afternoon and early evening just when you should be relaxing and preparing for slumber.



The more exhausted you feel, the less you're able to focus at work and home, leading to more stress. You're also likelier to snap at your friends and family, causing stress over relationships. More downsides to all this stress? People who have high, prolonged levels of stress have higher risk of heart disease, depression, high blood pressure, a weakened immune system, stomach issues and more. They are also more likely to grind or clench their teeth, which can lead to dental problems.

Sleep is a remarkably productive and critical part of life; it's the time when the brain and body recharge for another day. Yet, most of us simply aren't getting enough sleep. Stress, everyday demands and yes, your smartphone are likely culprits negatively impacting your sleep. Sleep is a critical part of managing stress and making healthy choices. Get a restful night's sleep with these tips.

- Eat meals at the same time each day and at least two to three hours before bedtime.
- Limit naps to 30 minutes at least six to eight hours before bedtime.
- Stay active. 20 to 30 minutes most days, at least four to six hours before bedtime.
- Limit your caffeine intake and avoid it in the afternoon. Also avoid stimulants such as decongestants and nicotine.
- Go to bed at the same time every night and get up about the same time every morning even on weekends.
- Try deep breathing exercises.
- Jot down your to do list for the next day or what is on your mind. Studies show this will ease your mind and allow you to rest easier.

A healthy amount of sleep for most adults is seven to eight hours a night. If self-care techniques don't help, talk to your health care provider. Sleep problems are treatable. Reference: [www.sleep.org](http://www.sleep.org) and [www.mayoclinic.org](http://www.mayoclinic.org)  
York's local Sleep Center <https://www.yorkhospital.com/services/sleep-center-health/>

**Provided by Amber Harrison, Local Health Officer**

**via <https://www.yorkcountymaine.gov/cac> & <http://www.cacmaine.org/>**



## Domestic Violence

Hello Community Members,

In the face of the COVID-19 pandemic, it feels important to reach out to the community and let folks know how we are operating under these new and ever-evolving circumstances. First and foremost, we at Caring Unlimited want to assure you that we are still here for you. Anyone experiencing or struggling with Domestic or Intimate Partner Violence does not have to have to go through it alone. **Advocates are still available 24-hours a day to provide free and confidential services. All of our core services are still available, they just have been adapted to meet current safety protocols.** We are still offering support through the helpline, emergency shelter, support groups, comprehensive safety planning, one-on-one advocacy and court advocacy. **We have also recently launched a secure, confidential, live chat feature on Monday afternoons from 1:00—5:00 p.m. that is accessible through our website.** This new feature was designed with the knowledge and understanding that for someone still in an unsafe home, calling the Helpline is not always possible, and this chat feature offers a more discrete way to receive help and connect with services.

This pandemic has created many new challenges for us as a community (e.g., social distancing, temporary closure of our resource center, the suspension of in-person advocacy and support groups). We want to recognize that those who are living with or have lived with Domestic Violence are no stranger to the isolation we are now all experiencing. Those on the front lines of anti-Domestic Violence work want to acknowledge that Domestic Violence is also a worldwide epidemic and one that we are tirelessly working to solve. While we have come up against this new barrier (COVID-19), our mission, our goals and our services have remained unchanged. We are here for you. If you need to connect, for yourself or on behalf of a loved one or friend, please reach out to us in whatever way feels safest, by phone, email, Facebook or chat.

### We Are Here, and You Are Not Alone

**24-Hour Confidential Helpline:** 1-800-239-7298

**Website:** <https://www.caring-unlimited.org/>

**Live Chat:** <https://www.caring-unlimited.org/helpline> (Monday's 1:00-5:00 p.m.)

Connect With Us On Facebook



**York Police Department**  
**Main Line: 363-4444**  
**Emergency Line: 911**





## Volunteering During COVID-19 Pandemic

As the Executive Director of a non-profit in York, how to harness all the community good will that these circumstances have created is definitely “tricky.” The Stay at Home Orders that are in place now seems to make volunteering a challenge. This is true for more traditional ways to volunteer but these are untraditional times. If we look at “staying home” as a form of volunteering then we are all doing a lot volunteering. When you think about it, this is the most important volunteer work that we all can be doing. When you stay home, you are helping me stay safe; and when I stay home, I am helping you stay safe. Voila... volunteering is happening everywhere.



Financial donations to a non-profit, that you trust and believe in, is another important way to volunteer. Like most small businesses, non-profits are taking some financial hits right now, so sending a donation is a great way to help.

YCSA has over 70 volunteers, and right now we are running our organization on a skeleton crew. Many of our volunteers work at our Thrift Store. We all knew that closing the store would have a big impact on our volunteers, as well as on the whole group. The Food Pantry had to cut back drastically as well. For some, it felt too risky right at the get go. Others stepped back as the epidemic grew. Most organizations have had to learn how to operate with a smaller staff, but that doesn't mean we can't wait for everyone be get back on-board.

Easy ways to volunteer now? Stay in touch with your family, friends and neighbors. Maybe talk for a little bit longer. If you have not tried Zoom yet, give it a try! It is fun. Checking on each other is an important way to volunteer. Bake some cookies and drop them off on a friend's doorstep. Just give them a call and tell them to check their front door.

Bring lunch to our fire departments, or the police station or any of our first responders. Say thank you to the folks who are still working to help us all out. Support local restaurants. Write a thank you note to the Town Manager, our Board of Selectmen, our Public Health Officer or anyone that you know is working in town government right now. This is a difficult time to be doing these jobs. They are all working very hard to make the very best decisions. Volunteering is offering support, so do what you can. A little gesture or a grand gesture, it all feels good!

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