

# 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](mailto:aharrison@yorkmaine.org).

Newsletters can be found online at: [www.yorkparksandrec.org](http://www.yorkparksandrec.org); [www.yorkmaine.org](http://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](mailto:sosyorkmaine@gmail.com).

Among the many things celebrated in June, it is also Post-Traumatic Stress Disorder (PTSD) Awareness month. It's normal for a person who's experienced a traumatic event in their lifetime to have stress or become emotional after the event. Emotions and behaviors can change in ways that are disturbing to you, but they usually get better as time passes.

*Be kind whenever possible. It is always possible. -Dalai Lama*

What if 2020 isn't cancelled?

What if 2020 is the year we've been waiting for?

A year so uncomfortable, so painful, so scary, so raw — that it finally *forces* us to grow.

A year that screams so loud, finally awakening us from our ignorant slumber.

A year we finally accept the need for change.

Declare change. Work for change. Become the change.

A year we finally band together, instead of pushing each other further apart.

2020 isn't cancelled, but rather the most important year of them all.



— *leslie dwight*

## WHAT'S INSIDE

- Books on Kindness (2)
- Managing Emotional Stress (3)
- Discussions with Kids (4)
- Why is Gratitude so Important (4)
- 25 Days of Random Acts of Kindness (5)
- Congrats to the Class of 2020 (6-7)
- 8th Grade Students (7)
- Updates from Parks & Rec (8)
- Keep Your Brain Busy Everyday (9)
- York Health Task Force Members (10)

PTSD is a mental health problem. Some people develop PTSD after they experience severe trauma like combat exposure, a serious accident, an assault or abuse, natural disasters, terrorism or other highly stressful situations. **If you need help or want to talk please call the NAMI Helpline at 800-950-NAMI or in a crisis, text "NAMI" to 741741.**

Please **be kind to yourself and others** during this challenging time. We are all in this together!!

Sincerely, the York Health Task Force





## Kindness

There have been many times throughout history when life has been particularly difficult, and this is clearly one of them. How do we cope with the pandemic; the racial tensions that exist; the political climate of division; and economic uncertainty?

So many of these difficulties could be either avoided, or mitigated, by kindness. Although there is little we can do about the pandemic, we can be kind to those around us by wearing a mask and by following physical distancing recommendations. Characterized by empathy and respect, kindness is such a simple concept, but not always an easy one to put into practice. Many of us grew up being taught the golden rule: Do unto others as you would have them do unto you. When we are at odds with someone else, we can try to listen carefully and to understand their point of view. Anger and derision are never helpful. Stop and ask yourself, how would Mr. Roger's respond? The world would be a better place if kindness was practiced by everyone.

The Library staff has put a list together of some books that focus on kindness, or that feature characters who are kind. Although the York Public Library is still closed, you can now place holds on our items and pick them up via curbside pickup. More information is available on our website: [www.york.lib.me.us](http://www.york.lib.me.us)

- Activate your Goodness: Transforming the World through doing Good by Shari Arison
- Hallelujah Anyway: Rediscovering Mercy by Anne Lamott
- Alexander McCall Smith's lead character Mma Ramotswe exemplifies kindness in the No. 1 Ladies' Detective Agency series
- Kindness, Clarity, and Insight by the Fourteenth Dalai Lama, his Holiness Tenzin Gyatso
- Eleanor Oliphant is Completely Fine by Gail Honeyman
- A Gentleman in Moscow by Amor Towle
- Jan Karon's Mitford series
- The Unlikely Pilgrimage of Harold Frye by Rachel Joyce
- The Road to Grace by Richard Paul Evans
- Plainsong by Kent Haruf
- Major Pettigrew's Last Stand by Helen Simonson

### Books for Children

A Sick Day for Amos McGee by Philip C. Stead  
If you Plant a Seed by Kadir Nelson  
I Walk With Vanessa by Kerascoët  
Poppleton books by Cynthia Rylant  
Frog and Toad books by Arnold Lobel  
Each Kindness by Jacqueline Woodson  
Yoko's World of Kindness by Rosemary Wells  
Winnie the Pooh stories by A.A. Milne  
Wonder by R.J. Palacio





## Managing Emotional Distress

We are living in extraordinary times. The pandemic brings scores of far-reaching implications. At the same time, we are dealing with a host of other challenges simultaneously. We are traumatized and we are grieving. For our own health and for the sake of those around us, it is beneficial to process our feelings.

### Here are some practical ways to manage emotional distress:

1. Expression: Call a friend or counselor. Cry. Journal. Write an email. Draw or paint or build an image of what you're feeling. Pray.
2. Exercise: Walk, run, swim. Play basketball, catch, or tennis. Be mindful through yoga, tai chi, or prayer walks (where you pray for the people in the homes or businesses you pass).
3. Escape: Do something you love to do in order to store up some emotional well-being. Perhaps it's reading, cooking, building, or music.
4. Education: Learn more about the issues. Vet your sources. Search for ways to be part of the solution. If you can't find any, create them. Share your learning with others.
5. Advocate: Use your privilege to raise awareness. Speak up on behalf of the voiceless or marginalized.



### Helping others who are experiencing emotional distress

1. Practice active listening. Let the other person speak without interjecting your own opinions. Don't listen to respond to what's being said. Hear, without judgment, what the other person is saying. You may reflect back what you hear "What I'm hearing is..." or "It sounds like...." You may reflect back the emotion you observe, "You seem..."
2. Offer support in a way that makes sense for the person in distress. Perhaps that's a follow-up call or a Zoom, a card, a walk, a prayer, a book, website, a referral to a counselor, program or help line.
3. Encourage appropriate self-care. Ask them what has worked for them in the past.
4. Know your own self care methods and employ them.

*Provided by Estelle Margarones, Reverend of First Parish Congregational Church, UCC*





## Discussions With Kids

There are so many things happening in our country it is challenging to wrap one's head around. I find there are not enough hours in the day to get everything I need to done. I try to split things into "Need To and Want To" and chip away from there.

One thing many people have reached out to me about is how to talk with their children about the riots, equality, race. What is the right age to begin these conversations? How should I begin? What do I even say? Tough questions and topics indeed. There is not a blanket answer as all children will handle the information differently but we need to make sure that all children feel EMPOWERED. Feel free to reach out with any questions at all, contact the schools, your child's doctor or use the other resources listed in this newsletter. Below is a link to the NY Times with a list of books about the topic. Be safe and peace to all.



### These Books Can Help You Explain Racism and Protests to Your Kids

<https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html?searchResultPosition=1>

*Provided by Sara Morrison, Founder and Director of Coach to Empower*

## Why Is Gratitude So Important?

Gratitude is important because it helps us see a world that is much bigger than ourselves.

When we have gratitude, we can help each other grow personally or in business. We can help those less fortunate because we see and appreciate how much we already have.

Gratitude is a mindset. Gratitude is about being aware of what's around us, not just what's within our reach or within our circle of influence. Being grateful is good for our physical, social, and mental health.

- Physical benefits of having an attitude of gratitude include a stronger immune system, lower blood pressure, better quality sleep, and waking refreshed.
- Mental benefits of gratitude include having more positive emotions, being more alert, and experiencing more joy and optimism.
- Social benefits of gratitude include being more helpful, compassionate, forgiving, and outgoing.

The two main aspects of gratitude are an awareness of the positive aspects of life and the realization that the source of goodness is in the outside world. When we know both of these things, it leads to a deeper appreciation of what is around us. And when multiplied together, these attitudes and the actions they spur have the power to change the world. You have to step outside of yourself and your immediate world to see that in the grand scheme of things, you have a lot to be grateful for. When practicing gratitude, there is a greater awareness of the world around you and it's easier to recognize the good in others. A deeper appreciation for all of the immaterial things in life, family, health, shelter, and the ability to pursue your dreams and passion. It's a beautiful way to live. Let's make this world a more positive place filled with gratitude.





## 25 DAYS OF RANDOM ACTS OF

# Kindness



1. Smile at someone just because.
2. Buy the person behind you coffee.
3. Donate toys to charity.
4. Make homemade dog treats and deliver them to a shelter.
5. Bake cookies for your neighbor.
- 6.. Donate to a food bank.
7. Send a card in the mail just because.
8. Volunteer
9. Donate old blankets and towels to an animal shelter.
10. Paint rocks and hide them for others to find!
11. Send a care package to deployed soldiers.
12. Pay for someone's meal at a restaurant.
13. Let someone go in front of you in line.
14. Mow the lawn, rake the leaves, or shovel snow for your neighbor.
15. Leave a generous tip at a restaurant.
16. Send someone flowers.
17. Help someone before they ask.
18. Carry a stranger's grocery bags.
19. Leave a treat in the mailbox for your mail carrier.
20. Donate to your favorite charity.
21. Compliment a stranger.
22. Bake treats and deliver them to your local police station.
23. Pick up litter at the park.
24. Place a jar of pennies by a wishing fountain!
25. Call a relative just to say hello!



## CONGRATULATIONS, CLASS OF 2020!

from Choose To Be Healthy Coalition  
at York Hospital

We care about your  
mental and physical health  
during this historic time.

We hope you'll stay safe  
by wearing a mask  
and practicing public health  
guidelines for yourselves, for those  
you don't know, for your friends  
and for your family.



We know that you can  
become the next  
"Greatest Generation."



To Talk to a Peer for Support,  
Every day 12-10 pm 207-515-8398

And for more mental health resources  
Visit [www.namimaine.org](http://www.namimaine.org)



How Drugs Harm the Young Adult Brain

And for videos from your peers  
Visit [www.InformME.squarespace.com](http://www.InformME.squarespace.com)



Healthy Young Adults  
For info, resources and more

Visit [www.ctbh.org/healthy-young-adults/](http://www.ctbh.org/healthy-young-adults/)

**York High School TIDALWAVSE:**

<https://www.youtube.com/watch?v=RF9OQHxGMO4>



## 8th Grade Students

In recognition of the 131 students that will progress from 8th grade at York Middle School to 9th grade at York High School the following events will take place.

**Monday June 8 at 6 PM** - 2020 Finale. There will be a Finale video link released that will allow all students and their families (both near and far) to collectively watch and acknowledge the years of work and dedication that these students have thus far spent on their education and the culmination of their middle school experience. The video link will be shared shortly.

**Monday June 8 at 8-9 PM** - YMS Drive By. There will be an opportunity for 8th grade students and their families to drive through the parking lot at York Middle School to be recognized and saluted by YMS staff.

- Cars approach YMS between 8 and 8:30 PM from the Indian Trail Rd to Organug Rd. direction of travel.
- Turn right into YMS. Teachers will be lining the sidewalk, appropriately socially distanced.
- Cars may move along and students can wave, say their goodbyes and acknowledge their teachers.
- Cars will drive out of the exit and leave or may loop back through if they would like
- **No one will be allowed to park or get out of their vehicles.**

*Provided by Mat Kiernan, YMS School Counselor, Grades 6 and 8*

## Congrats Class of 2020



Congratulations to all the Graduates of 2020! You have earned that tassel and recognition! As you look forward to your future, here are some resources to help.

York Adult Education has college prep and career guidance for FREE! Contact Shawn Cola at 363-7922 or check out their website at [www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org) to learn about upcoming opportunities.

For everything on college finances, scholarships, FAFSA, and budgeting, check out the Maine FAME website [HERE](#). There's lots of great info and activities for both parents and grads.

York County Community College is offering three trial courses for free! Art Appreciation, Career Exploration, and Wellness are three self-paced online classes where you can have a chance to practice with actual content in courses simulating a real class environment, with a live instructor and classmates. All without the pressure of grades or a financial commitment! Try it out at the [YCCC website HERE](#).

Did you know that High School juniors and seniors can take up to 8 classes (24 credits) for FREE at the University of Maine and Maine Community College systems? High School juniors, seniors, their parents, and adult diploma students are invited to look into this Dual Enrollment option and [view the recorded info session](#) to learn more about Maine's Early College Opportunities, CLEP, and other ways to earn credit for college, while saving thousands of dollars! The benefit is not just in the monetary savings: save time, learn skills to prepare for success in college, and gain the confidence to reach for your dreams.



## Updates from York Parks & Recreation

Click [HERE](#) for a message from the Director, Robin Cogger



York Parks & Recreation is continuing to evaluate our summer recreation and community programming to determine what in-person programming we can safely and responsibly offer. We are reminded daily of how difficult it is to do our job without the most important part...you! We typically plan at least 4-6 months in advance for all our programs and events. As we change course and plan for modified and new programs for this summer, we'd like to hear from you. PLEASE TAKE A FEW MINUTES TO PROVIDE US WITH FEEDBACK that will guide our continued planning.

Please click [HERE](#) and complete our survey by Friday, June 12th!



### **This summer, camp is where you make it!**

You may not be able to come to us, so we're coming to you! Junior Adventure Camp (JAC) & Outdoor Adventure Camp (OAC) To-Go are designed to provide children in grades K-6 with an opportunity to experience all the fun and activities that take place at camp, at home...or wherever you are! Camp Directors have developed 8 weeks of Camp To-Go; quite literally camp in a Bag! Each Camp To-Go bag will be filled with all the necessary schedules, supplies, instructions, and information for successful at home daily participation in arts & crafts, coloring & activity pages, exercise, nature, games, community service, and much more. An emphasis will be placed on hands-on activities, however, we will incorporate a virtual component for counselor one-on-ones, camper meet-ups, virtual field trips, virtual games, etc. JAC & OAC have their own unique vibe, this is your opportunity to have at home activity-packed weekdays and keep the vibe alive this summer!





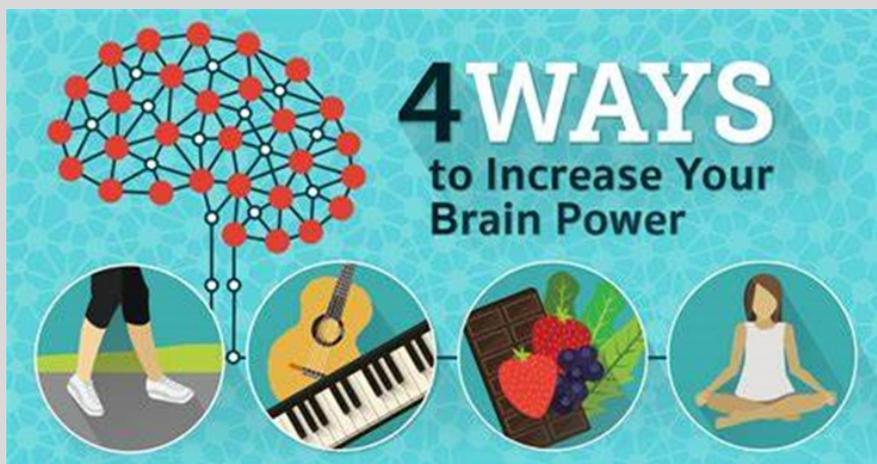
## Keep Your Brain Busy Every Day

A brain that is active makes new connections between cells. These connections help your brain store and retrieve information more easily, whatever your age. An active brain may also protect against dementia. Keep your brain in top shape by challenging yourself to learn new skills and by doing those mental activities you already enjoy. This summer, try some of the following brain stimulating activities: Solve crossword and jigsaw puzzles. Play cards, or games such as bingo, scrabble or Yahtzee. Read the newspaper, magazines or books that interest you. Knit, paint, draw or do carpentry projects. Take up a musical instrument or learn a foreign language. Get out and mingle. Leisure activities that provide physical, mental and social stimulation are the most likely to prevent dementia. Spending time with friends and family can also improve your mood.

Try some of the following as well:

- Keep working or volunteer for a cause you value.
- Take a class - you will meet new people and learn something new.
- Join or form a book club.
- Dancing is a great social activity that also keeps your brain sharp.
- Talk to friends and family at least once a day.

Check out your local Adult Education Department and sign up to learn something that interests you. Keep your brain sharp this summer and implement some of these strategies. Source: [www.alz.org](http://www.alz.org)




When I learn something new - and it happens every day  
- I feel a little more at home in this universe, a little  
more comfortable in the nest.

(Bill Moyers)

izquotes.com



## 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...*



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

Thank You!

TOWN OF YORK  
PARKS & RECREATION



First Parish Church  
Congregational  
United Church of Christ

