

# York Health

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# NEWSLETTER

Happy June York!

Thank you for your continued support of our weekly efforts to provide resources, information, and tips on keeping your mind and body healthy while we all find our new normal. We would love to hear from you with suggestions or contributions to a future newsletter (please contact Amber Harrison, Local Health Officer at: [aharrison@yorkmaine.org](mailto:aharrison@yorkmaine.org)).



Who doesn't like a vacation? But sometimes it's just not in the cards or the budget. A staycation is a great alternative that can give you the rest you deserve without breaking the bank which means you'll be *staying* at home (or in town) while on "vacation." Think of it as a way to "get away from it all." Why do you need a staycation? *Because we all need a break, so bring that rest and relaxation to your own house, save money, and continue to do your part to flatten the curve.* When you go on a week-long vacation out of state, you don't take work with you, and you enjoy time spent relaxing and making memories with family. When you take a staycation, *do the same thing.*

Turn off all your devices, this is your chance to focus on quality time with no interruptions and enjoy not having anything looming on the to-do list. Turning your humble abode into a staycation haven is going to look different for everyone, but here are a few things to help get you inspired:

- ◆ Get out the nice sheets; Add a vase of flowers to your kitchen or entryway table; Put the books you've been meaning to read on your nightstand or coffee table; Live outside as much as you can; Don't turn on the news or pull up your go-to news app; Put snacks and drinks out in visible places; Eat off of

the fancy dishes; Play relaxing tunes in the background.

- ◆ Camp in the backyard; Go for a hike; take a nap; order a special meal and have it delivered; go kayaking; have a picnic in the park; have a game night; go to the beach.
- ◆ York has so many unique places to explore and cherish, so whether you go paddle boarding on the river, checkout a local trail or take a nap in your backyard, please take a break and enjoy the beautiful Town we call home.



**KEEP  
CALM  
AND  
TAKE A  
STAYCATION**

**WHAT'S INSIDE**

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Please be kind to yourself and others during this challenging time.

Sincerely,

the York Health Task Force



## The Importance of Mindset During Summer Break

As we all enter an unprecedented summer break, we should all take the opportunity to assess how we have approached things this past year and adjust as necessary. I intend to evaluate what I have done well in the past year, and where work can be done to improve moving forward both professionally and personally. Although I look at this process through the lens of a school counselor, and father of two elementary school students, the same process can be applied to your particular situation. Throughout it's of utmost importance to recognize that changes CAN be made, acknowledging and believing this means you have a growth mindset, you are flexible. A fixed mindset will tell you that change cannot happen, you and the circumstances around you are never going to change. Certainly there are forces beyond your control, but your responses and how you handle them can always be changed to fit your true goals.



This summer, take time for yourself and your family. Celebrate the milestones of this past year, and the successes, acknowledge the difficulties and develop clear goals for the upcoming year. Know that you can make the changes you wish to see occur.

The following article is geared towards school counselors, but the lesson is applicable across many domains.

<https://www.schoolcounselor.org/newsletters/may-2020/mindset-matters?st=ME>



# York Maine Volunteers Are Awe-Inspiring



There are varying definitions of the word volunteer. The Collins English Dictionary defines volunteer as a person who does something, especially helping other people, willingly and without being forced or paid to do it. We are lucky in our small community of York, Maine to have people who meet this definition.

Over the past several months, community members have come forward during Covid-19 to help in different ways including donating their time to the town, hospital, food pantry, schools, churches and social service agencies. Volunteers are delivering meals and groceries to vulnerable members of our community; making masks and donating other medical supplies; donating food for workers on the front lines; giving blood; making friendly calls and checking on neighbors. The list goes on and we are full of gratitude for our community volunteers.

If you are looking for a summer volunteer opportunity, York Hospital and the Town of York have set up a drive through testing site in the parking lot of the York Walk-in Clinic at 343 US-1 in York. Volunteers are needed to help with traffic flow, name and DOB collection. Free lunch is provided. Click on the link below to sign-up for shifts.  
<https://m.signupgenius.com/#!/showSignUp/904054daea72aa4f85-york>

Here is an article about the testing site if you are looking for additional information.  
<https://www.yorkhospital.com/york-hospital-and-town-of-york-to-open-drive-thru-covid-19-testing-center-on-june-1st/>



In our next issue, we will highlight volunteer opportunities in our community. Please send volunteer opportunities to:

- Amber Harrison at aharrison@yorkmaine.org AND
  - Emma Ford at ford\_emma@wheatoncollege.edu



# York Health NEWSLETTER

Friday, June 12, 2020

## CHILDCARE CONNECTION

TOWN OF YORK  
PARKS & RECREATION

With day camp unavailable this summer, we realize the difficulties related to childcare for many families in our town. Our hope is to bring together some of our counselor staff, as well as other young members of the community who are willing to provide childcare to families in need. Parks & Recreation will provide registered parents with a list of young, York residents who are willing to help out with childcare this summer. It is the responsibility of the parent or guardian to screen, interview and agree on payment terms with participating childcare givers. Registration is FREE, but, you must register to receive updated caregiver lists. Registration is now open through our website and your Rec1 account.

We hope this service is helpful and can make the summer of 2020 FUN!

**VIRTUAL**

# SAFE SITTER

**AGES  
11 & UP**

- MONDAY, JUNE 29TH
- VIRTUAL CLASS
- 9:00AM - 3:00PM
- \$125 (INCLUDES BOOK)

MUST REGISTER BY JUNE 19TH  
REGISTER ONLINE @ [www.yorkparksandrec.org](http://www.yorkparksandrec.org)



## Armchair Travel

Like many of us, your summer vacation plans have probably changed - quite possibly put on hold, or even canceled. How can we cope with the disappointment of missing a special trip or not getting together with friends and family we so looked forward to visiting? How can we escape the boredom of staying at home for months at a time?



Might I suggest armchair travel? A good book can always transport you to another place, away from the strife and discord of the current moment. One thing I love to do is read books about other places, set in another country, or even in a different part of this country. And, if you want to travel back in time, pick up an historical novel or go to the future with a science fiction novel.

If you're going to stay in this great state, and do some day trips or short stays, the Library has many Maine guides to help you discover new places and plan a memorable trip, including the following:

- \* "Ten Days in Acadia: A Kids' Hiking Guide to Mount Desert Island" by Hope Rowan
- \* "Hiking Acadia National Park: A Guide to the Park's Greatest Hiking Adventures" by Dolores Kong and Dan Ring
- \* "Hiking Maine's Baxter State Park: A Guide to the Park's Greatest Hiking Adventures including Mount Katahdin" by Greg Westrich
- \* "AMC's Best Day Hikes along the Maine Coast: Four-season Guide to 50 of the Best Trails from the Maine Beaches to Downeast" by Carey Michael Kish
- \* "Family Friendly Hikes in Maine" by Aislinn Sarnacki
- \* "Best Easy Day Hikes, Portland, Maine" by Greg Westrich
- \* "50 Things to do in Maine Before you Die" by Nancy Griffin
- \* "Vacationland: True Stories from Painful Beaches" by John Hodgman – a humorous look at vacationing in Maine.

York Public Library, while still closed, can now fill your requests for books and movies that are on our shelves. You can place a request on our items in the Minerva catalog. Access it from our home page [www.york.lib.me.us](http://www.york.lib.me.us) or directly: <http://minerva.maine.edu/search~S44>. If you need assistance call us at 363-2818.

Once the Library has notified you that your item is available, you can pick it up curbside in front of the Library from **11:00 AM– 2:00 PM on Tuesday, Wednesday, Thursday, Friday, and Saturday.**





## Wildflower ID

### Giant Chickweed

*Stellaria pubera*



- Is native to Eurasia & came to N. America in the 1600's
- All types of chickweed are edible to humans.
- Considered a lawn "weed" because folks aren't aware of the fact that it's an edible plant.



### Pink Ladyslipper

*Cypripedium acaule*



- Maine has 4 species of native Ladyslippers
- Contrary to lore, it is not illegal to harvest one...
- ...that said, ladyslippers are orchids that need specific growing conditions and are best left alone



### Red Columbine

*Aquilegia canadensis*



- Native to northeastern N. America.
- Attracts hummingbirds with nectar in mid-spring.
- Latin name "Aquila" means eagle (b/c of the claw-shaped petals of this showy flower).



### Wood Anenome

*Anemone nemorosa*



- You won't see this bloom in June (usually) b/c it's a "spring ephemeral" lasting until trees leaf out
- This plant is poisonous to humans, but it's beloved by hoverflies, who often pollinate it in May.



As we transition from late Spring to Early Summer in Maine, many of the woodland wildflowers have faded away and those of the fields and meadows are beginning to bloom. Wildflowers aren't just pretty - their nectar is a vital food source for native insects (as well as a few birds). If you're on a home gardening kick during Covid, please consider planting native plants on your land - as they benefit native birds and insects greatly. To learn more, visit: [WildSeedProject.net](http://WildSeedProject.net)



## Quaranteam Tours at the Center for Wildlife

While we are still closed to the public for drop in visits or self guided tours, we are excited to be able to safely start to roll out our waves of opening up to the public again. Just as our states are opening in phases and waves to help keep our staff, animals and community safe. These tours are first come first served, offering limited tour series as Phase 1 of our welcoming the public back safely.

Do you have a "Quaranteam" of people that you have been quarantining with and would like to get out and explore safely? Check out our tour dates for June!

For the month of June we will be offering tours and a short program on the following dates at 2:00 pm.

Thursdays June 4, 11, 18, 25

Fridays June 5, 12, 19, 26

Saturdays June 6, 13, 20, 27

Sundays June 7, 14, 21, 28

Cost per tour with a MAX of 10 people is \$150.00 minimum donation. There will be ONE tour offered on each date at 2 pm. All tours will be outdoors.

The following guidelines and protocols will be followed to help keep our community, staff and ambassadors safe.

- BYOM – bring your own mask – this helps keep our ambassadors and staff safe. Masks MUST be worn onsite.
- You will meet at the check in table by the kiosk where we will provide hand sanitizer and gloves.
- We are a carry in/carry out facility so we ask that you take your trash with you when you leave
- We have no public restroom facilities on site
- No touching of bio parts, no touching cages, no touching kiosk, social distancing rules apply.

**QUARANTEAM  
TOURS**  
**CONNECTING  
DURING QUARANTINE**  
**OFFERING SELECT DATES IN**  
**JUNE FOR PRIVATE TOURS**  
**OF 10 OR LESS PEOPLE**



You can visit <https://www.thecenterforwildlife.org/quaranteamtoursinjune> for more information, go to [https://secure.lgfforms.com/form\\_engine/s/uidgY1SrW-QwH81nH76gxQ](https://secure.lgfforms.com/form_engine/s/uidgY1SrW-QwH81nH76gxQ) to book directly and email Katie at [akbrodeur@thecenterforwildlife.org](mailto:akbrodeur@thecenterforwildlife.org) with any questions. We look forward to seeing you!



## Be a Good Neighbor-Wildlife Conscious Yardwork

During this time as we get to enjoy warmer weather and are out in our beloved yards more – our wildlife is also busy enjoying and doing home/nest improvements as well! We like to think that people who care about trees probably care about other living things too, and there are basic steps they can take to avoid harming wild animals as they work.



Fall is the best time to prune - Anyone who has watched a nature program knows that spring and summer are some of the most active times for most wildlife. Babies are being born and raised and going out in to the world. For this reason, if at all possible it's best to avoid tree pruning and trimming in the spring. In the fall, there is much less animal activity. Most routine pruning can be done at any time of year. If a tree is not a hazard, and your client (and you) and both willing, consider waiting it out until baby creatures have left the nest.

In some cases, waiting until the fall to do tree work is not a feasible option. If so, minimize your impact by conducting a pre-work wildlife survey. This doesn't need to take long, and can be done at the same time that you complete your other prep work prior to beginning a job.

### Here are some steps:

- Learn about birds in your area – when they nest, where and what their nests look like.
- Be on the lookout for nesting birds all year-round, not just during the spring nesting season. Nesting birds can be found at any time of year, especially in warmer ‘sunbelt’ climates. Woodpeckers and owls often use nest cavities in dead limbs for shelter in winter.
- Inspect trees and other vegetation in the work area for bird activity before climbing or trimming. If possible, survey the work area at dawn or dusk when birds are more active, and glass the area with binoculars. Look at all sides of the tree, and make sure you can see the tallest branches. Look for any movement or shapes that do not fit the branch patterns.
- Listen for vocalizations or alarm calls of birds or other animals as you examine the tree. Talk to neighbors and tree owners to see if they have any additional information about resident animals.
- Look for signs of animal inhabitants at the base of the tree such as “whitewash” (birdroppings), bat guano, owl pellets, shelled nuts, paw prints, etc.

### What to do if you find a nest or baby animal:

If you find an active nest while you're working, stop and call a qualified biologist or a local wildlife agency. You can call the Center for Wildlife's Hotline at 207-361-1400. Do not touch or try to move the nest. Stay 50 feet away from active songbird nests, and 500 feet away from active hawk and owl nests.

If you find a nestling that you believe to be in danger, contact the Center for Wildlife removing a nestling from is an absolute last resort and should only be done if the bird is in serious danger. You may see nestlings on the ground during the fledging period, but they are still being cared for by their parents. If you believe the nestling is in danger from ground predators, you can place a cardboard box over the bird until professional help is contacted.



Most birds are protected by federal and state laws that can result in hefty fines for harassing or harming birds, their nests, or eggs." In addition to birds, several species of bats, opossums, raccoons and squirrels also all use trees as their habitat. If you are in your yard, you will encounter wildlife. It stands to follow that working safely and respectfully with wildlife is beneficial to everyone involved!

DO NOT TRY AND TREAT OR FEED OR WATER THE ANIMAL on your own. This can lead to complications or even death.

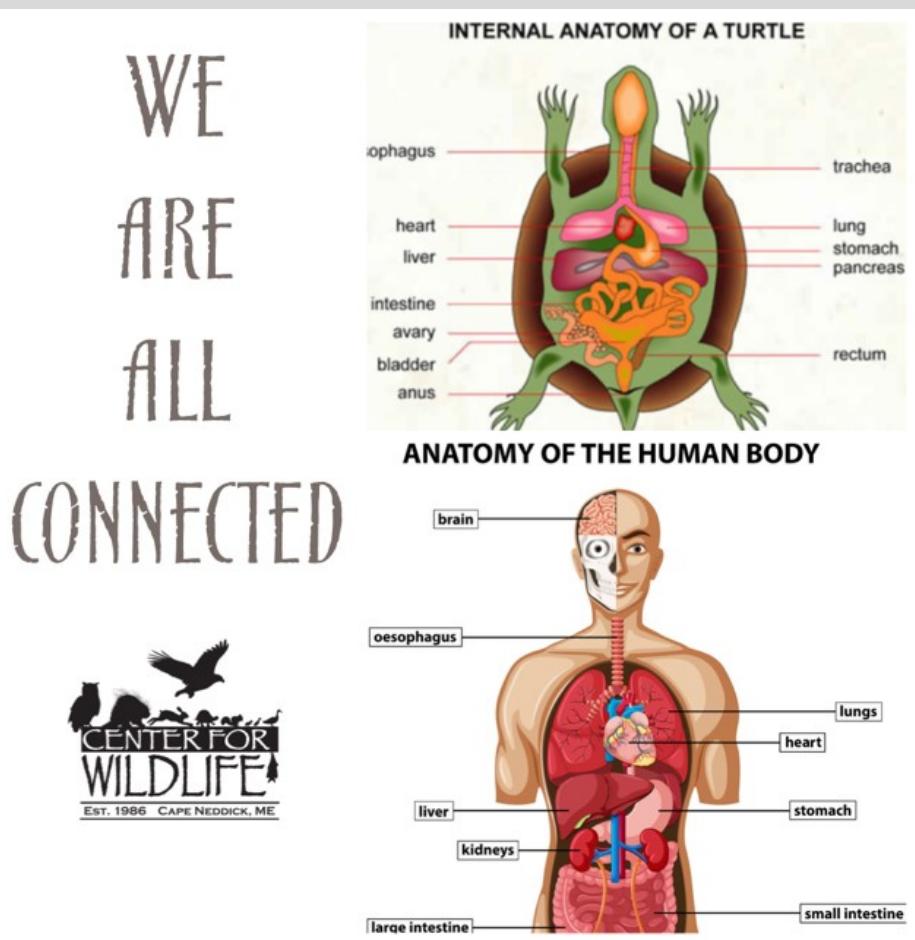


## Turtle Crossing

Have you seen some dinosaurs walking around your yard? It's that time of year! Please Be Aware- turtles are moving. This time of year many wildlife, like turtles, are on the move. As the weather warms, many females will travel to ancestral breeding grounds to lay their eggs. As we build and develop land, this means they will often cross the roads. Please keep a lookout for them while you're driving this season.

### Here is how you can help these amazing animals.

1. Always keep your own safety in mind — watch out for oncoming vehicles, signal properly when pulling over and recognize your surroundings first before working to help save an animal.
2. Be very careful when moving the animal (it could be injured or it could bite you depending on what species). If possible, sometimes it is best to just stand guard as the animal crosses the road on its own.
3. If the animal needs to be moved, move it to the other side of the road in the same direction it was going. Using a car mat can be a good way to help the turtles across without actually picking them up. By using a car mat or putting something under the turtle, you can slide the turtle in the direction it was going without hurting the turtle.
4. Do not pick the turtle up by the tail. Some turtles may be frightened and will try to bite (like snapping turtles). Do not pick them up by the tail! You can move them using the mat technique or by holding them at the base of the shell and not the side.
5. Do NOT take it with you — please only focus on helping it get safely to the other side.
6. Get involved with roadside restoration and transportation projects, get signs put up and vote on new roads! Learn more about road ecology and wildlife for ways to get involved at a local level.
7. Pay attention. Do not drive distracted.



If you find an injured turtle, please bring it to a licensed rehabilitator. It can take days for a turtle to succumb to its injuries on the side of the road.

For more information on the many ways you can help our turtle neighbors and other wildlife, please visit [www.thecenterforwildlife.org](http://www.thecenterforwildlife.org).



## Responsible Bird Feeding

Would you eat off of a plate again and again, share it with others, without washing it? While these images are difficult to witness, they are important. They show birds suffering from conjunctivitis. Birds infected with House Finch eye disease (also called Mycoplasmal conjunctivitis) have red, swollen, runny, or crusty eyes. In extreme cases the eyes become swollen shut and the bird becomes blind. You might observe an infected bird sitting quietly in your yard, clumsily scratching an eye against its foot or a perch. While some infected birds recover, many die from starvation, exposure, or predation. The disease has affected several other wild bird species, including American Goldfinch, Evening Grosbeak, and Purple Finch and more.



We encourage people to regularly clean their feeders and bird baths with a 1:10 mixture of bleach: water and allow the feeder to dry before putting it back. If you should find a bird that is ill, take down the feeders for at least a few days to encourage sick birds to disperse. While the feeders are down, clean them thoroughly. You can use a dishwasher on a hot setting, or wash them with a diluted bleach solution as mentioned above. Be sure to remove any build-ups of dirt around the food openings. Rinse the feeders thoroughly and let them dry completely before rehanging them. Also rake underneath the feeders to remove old seed and bird droppings. Be sure to continue to clean your feeders every week or so. If sick birds return, avoid using feeders with big ports that the birds can rub their heads against.

- For more information please visit <https://feederwatch.org/learn/house-finch-eye-disease/>
- For more information about the Center for Wildlife and the many ways you can support our work and wildlife, please visit [www.thecenterforwildlife.org](http://www.thecenterforwildlife.org). Thank you!





## World Oceans Day



On Monday, June 8<sup>th</sup> the world celebrated World Oceans Day. York is home to some beautiful ocean and wetland habitat! All life on earth is connected to the ocean, and the health of our water systems affects each and every one of us. Especially in a coastal community like ours, even the smallest actions have an impact. We can start by taking actions to help protect our watersheds. **A watershed is the area of land where all water traveling above or below ground drains into the same place.**

### *Did you know...?*

Mount Agamenticus is the high point of **five** watersheds: York, Kittery, Eliot, South Berwick, Wells, and Ogunquit. Snowmelt and rain from the summit drain into these watersheds and our region's coastal waterways.

### Things **you** can do to help protect our waters:

#### Things **you** can do to help protect our waters:

**Stay on Trail.** To protect water quality both for wildlife habitat and drinking water, visitors to Mount A and other hiking areas should stay on established trails.

**Leave Nothing Behind.** Collect and properly dispose of your trash, including pet waste. Microtrash (tiny things like candy wrappers, straw papers, and bottle caps), even when left behind unintentionally, can add up quickly and it all ends up in our waterways. When you feel safe in doing so, consider joining clean-up efforts at nearby beaches and trails.

**Be Mindful of Plastic Use.** Using less plastic is hard right now, so do the best you can. Discarded single-use plastics can end up in ocean habitats and harm marine animals. Before you recycle, try repurposing plastic items in your home. Take-out trays or yogurt cups are great for craft projects or starting seeds!

**Reduce Your Carbon Footprint.** Even small changes can make a difference. Try...

- Turning off the lights when you leave a room.
- Unplugging your devices when not in use.
- Planting a garden.
- Line drying your laundry.
- Turning the faucet off while brushing your teeth or washing dishes.

*What else can you think of?*

Remember that we are all connected, and together we can protect our home (and each other).



# **York Health NEWSLETTER**

Friday, June 12, 2020



# SALTY'S SAFER WATER TIPS

- S** SALTY SAYS "LEARN TO SWIM!"

**A** ALWAYS SWIM WITH A BUDDY

**F** FIND THE LIFEGUARD

**E** EXTRA DRINKING WATER, WARM CLOTHING & SUN PROTECTION

**R** REMEMBER BEGINNER SWIMMERS WEAR A PROPERLY FITTED USCG APPROVED LIFE JACKET

**W** WATCH ALL SIGNS AND WARNING FLAGS

**A** ACTION ! UNDERTOE - SWIM TO SURFACE  
RIPTIDE - GO WITH THE FLOW

**T** TROUBLE ? YELL FOR HELP !

**E** EXAMINE DEPTHS BEFORE DIVING

**R** REMEMBER SALTY SAYS,  
"BE SAFE & HAVE FUN !"



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YORK WATER RESCUE. FOR MORE INFORMATION GO TO [WWW.THECHRISCONNORSFUND.COM](http://WWW.THECHRISCONNORSFUND.COM)**



## SALTY'S SAFER BOATING TIPS

- S** SALTY SAYS, "ALWAYS WEAR A PROPERLY FITTED USCG APPROVED LIFE JACKET!"
- A** ALWAYS CHECK THE TIDE AND WEATHER
- F** FIRST ~ TELL SOMEONE YOUR BOATING PLANS
- E** EXTRA DRINKING WATER, WARM CLOTHING & SUN PROTECTION
- R** RIDE INSIDE ~ KEEP ARMS & LEGS INSIDE THE BOAT AT ALL TIMES
- B** BE SMART ~ TAKE A BOATER SAFETY COURSE
- O** OUTLINE AN ONBOARD EMERGENCY PLAN
- A** ASSIGN YOURSELF A BUDDY
- T** TRUST YOUR CAPTAIN ~ OBEY THE RULES!  
10 & UNDER MUST WEAR A LIFE JACKET
- S** SALTY SAYS,  
"BE SAFE & HAVE FUN!"



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YORK WATER RESCUE. FOR MORE INFORMATION GO TO [WWW.THECHRISCONNORSFUND.COM](http://WWW.THECHRISCONNORSFUND.COM)



## Harpoon @ Home Workout

### Warmup:

3 rounds:  
30 Jumping Jacks  
10 Sit Ups  
20 Mountain Climbers  
10 Push Ups 10 Squats

### Workout:

50-40-30-20-10

V-Ups

Push Ups

\*Modify push ups to a bench or a box if needed.





## College Students During Quarantine

I know that I am not the only college student-athlete who has experienced disappointment during Covid-19. As a college student, I had to immediately transition from taking classes in person on campus to taking classes online from home. I lost an opportunity to complete my junior year on campus with my roommate, friends, and teachers. As a college athlete, my lacrosse season was cut short and I lost time spent with my teammates and coaches.



Over the past three years at Wheaton College in MA, I have learned how to balance being a student-athlete. I found early on that I am most successful when I am busy and have to stick to a schedule. In quarantine, I quickly realized how many more hours in the day were free, outside the hours of class time. I had to create a new normal.

The three things that became very clear to me in quarantine were how important developing a routine, being disciplined and practicing self-care were.

**Here are some tips that I follow that help me practice self-care:**

1. Exercise
2. Meditation or yoga
3. Finding new hobbies or reconnecting with old ones
4. Limiting social media time
5. Baking & cooking
6. Zooming with teammates & friends
7. Spending more quality time with family
8. Painting or drawing
9. Practicing good sleep hygiene
10. Having a dedicated workplace





## Learn Something New on your Staycation!

Maine Adult Education offers something for everyone, and online so you can take classes from your patio lounger! Here are some things to keep you busy:

Free online classes at York Adult Education and York County Community College!

### York Adult Education is offering for free:

- Introduction to Critical Thinking
- Personal Creativity
- Creativity in Teams in Organizations

Sanford Adult Education is hosting two welding certification classes this summer.  
Register [HERE](#).

### York County Community College has several free educational pathways;

- For 2020 grads, you get two free summer classes!
- For current high school junior and seniors, you can get 4 free classes from now until next May! Become a dually enrolled student and start college early!
- For adults, YCCC is offering three free classes for you to try out their online courses: Art Appreciation, Career Exploration, and Wellness.

### Nepris Virtual Summer Camp... Career Exploration

Begins on Monday June 15th!

Our seven weeks of virtual summer camps allow Elementary, Middle, and High School students to explore career pathways across a variety of industries. Campers will engage directly with real-world professionals to spark their interest in future career endeavors!

Campers will enjoy a unique field of study each week, with a daily virtual experience and supplementary activities, all based on grade level and area of interest.

Camps run Monday through Thursday for an hour each day.

Only \$20 for the week.  
Sign up [HERE](#).