

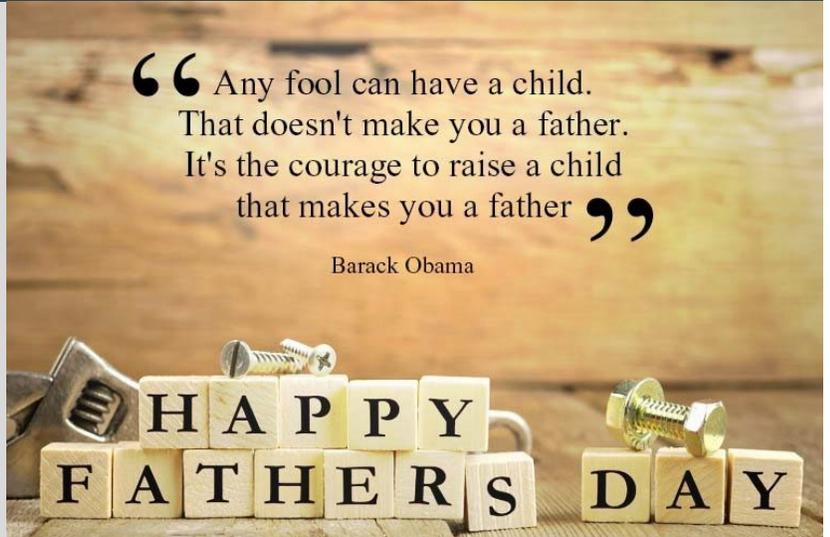
York Health

NEWSLETTER

Hello York!

Thank you for the 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).

Please use one minute of your day to take our survey. We want to be able to continue serving our residents and visitors and providing information during the pandemic that helps you stay informed, confident, and well! <https://forms.gle/FBXDntQd7bclWnen6>



Barack Obama

HELLO
my name is

Anxiety

In this edition we've included resources, discussion points, and articles on anxiety. We all recognize that fighting the virus is not a sprint but rather a marathon and there is a lot of uncertainty. Anxiety is an extremely common response and we hope this newsletter helps you understand and manage it in healthy ways. Please remember you are not alone during these challenging times. **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!!

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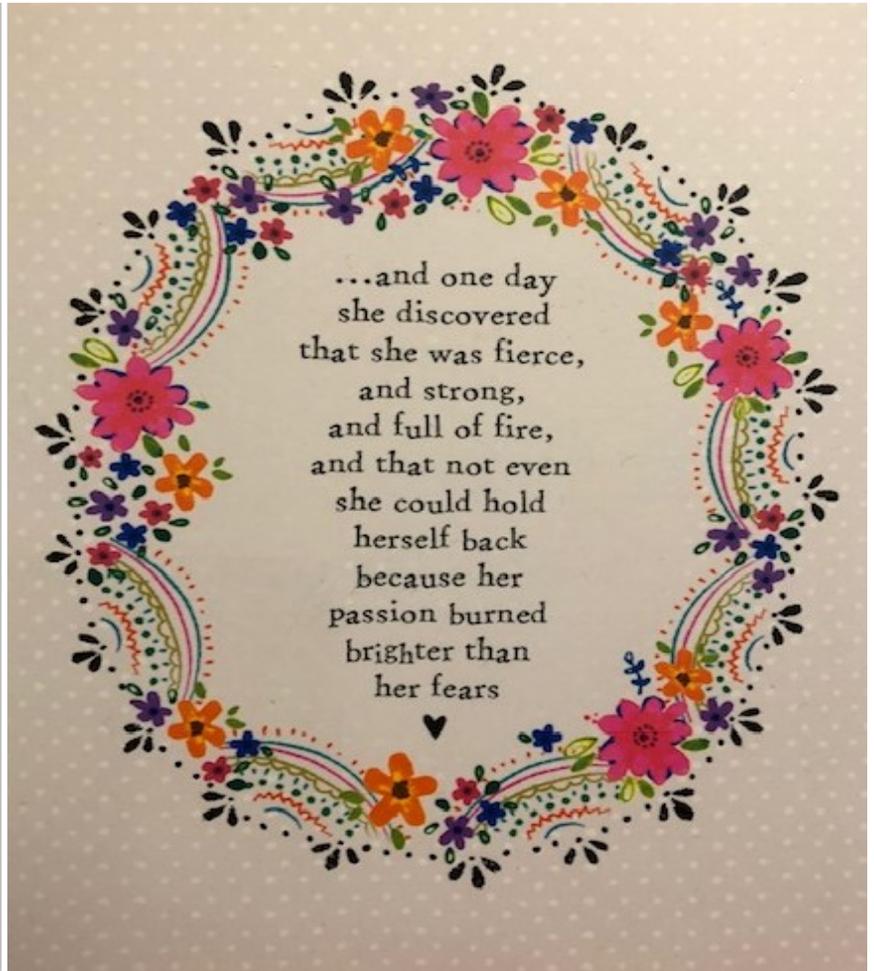
Sincerely,

The York Health Task Force



Anxiety in Children

Anxiety is on the rise in the United States for many reasons. We need to support one another and especially our children during these uncertain times as it seems they will continue indefinitely. Children exhibit anxiety in many ways as they do not always have the words to communicate how they are feeling. Watch them for signs of aggression, sadness, lack of interest in activities, needing to be close to a trusted adult, etc. If they seem anxious, hold them close and have them take deep breaths, writing about it can help as well. Also go for a walk or do some activity and then talk about it as children are more likely to open up if they do not feel “on the spot”.



Here is an article I wrote a few years back but still applies today.

<https://www.studiosmusings.com/blogs/2017/11/1/a-generation-with-anxiety>

And always look to schools, your child’s doctor and the many resources available for support. Be well.



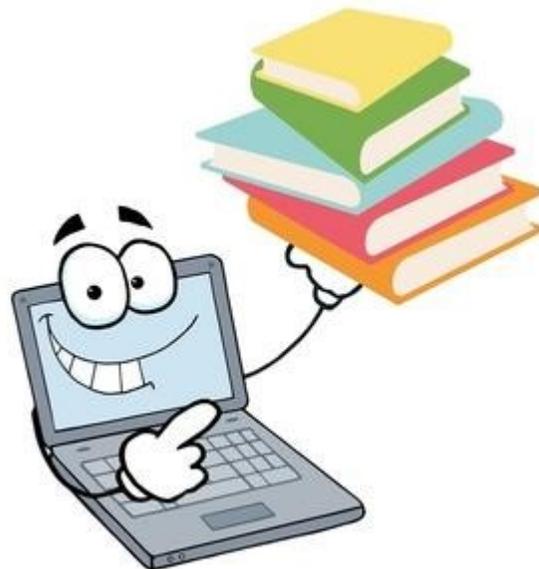


Anxiety Resources

Anxiety is a normal and healthy behavior. However, it can become an issue when it is excessive or if you are in a constant state of anxiety. The good news is many people can manage their anxiety through healthy coping strategies!

Below is the link to the York High School Social Work page and it has many resources including app suggestions and YouTube videos.

<https://sites.google.com/a/yorkschoools.org/yorkhs/student-services-1/wellness/School-Social-Work-Support>



For families with young children, it is important to recognize anxiety in them as well. Especially in recent months, schedules and routines have shifted, people around them may be more nervous or stressed, and that can leave the child uncertain and increased anxiety. Dr.

Dawn Huebner has presented to families in York in the past and is an expert in anxiety in children. Her website is amazing! She has a great deal of resources, tips, online videos and books for kids.

<https://www.dawnhuebnerphd.com/>

Self care is essential for all! It is important to seek medical attention if you are having difficulty managing your anxiety or it is impacting your ability to complete daily activities.

York High School Student Support:

<https://docs.google.com/presentation/d/157e2PfOyLFgrPv3qSD5sJKCsBIBfw1pFvIXClk6YGpl/edit#slide=id.p>

RESOURCES



York PD Update



Here at YPD we have noticed a spike in traffic flow and calls for service. Our calls for service increased from 1464 in April to over 1800 in May. We have also seen a spike of more serious calls with several suicidal calls in the past two weeks. We are still trying to handle each of these using all of our resources we can to get the help these people need.

We have noticed a tremendous amount of good come out of this recently though with various community members reaching out to us to show their support and to show their thank you compliments for working throughout this stretch.

For the past 4 weeks we have also been training our new summer staff. We have hired four summer reserve officers and four community service officers. You might have seen new faces around town wearing the red shirts. Feel free to say hello and welcome them to York. Our four new reserve officers will be completing their advanced training this week and will start working shifts next week.

The beaches are already busy so we anticipate a busy summer after being sheltered for a couple months. Summer is here!!

The NAMI HelpLine can be reached Monday through Friday, 10 am-6 pm, ET.

1-800-950-6264 or

info@nami.org

Provided by John Lizanecz, Lieutenant on the York Police Department

Why do Therapy Help Decrease Anxiety?

Our thoughts tend to keep us busy at times. They may even distract us. It is sometimes difficult to ask them to go away, to let us concentrate on other important items or even sleep. Therapy, especially Cognitive Behavioral Therapy, can assist in 'harnessing' these thoughts and allowing us to take control.

How you may ask? Therapy can assist in identifying these thoughts allowing you to be able to adjust your thought process to more accurately think about, perceive and respond to a situation.

Here is a simple yet effective tip to aid with decreasing feelings of anxiety, being overwhelmed or when you simply may want to stop and breathe....

Feeling Overwhelmed or Stressed? Try Square Breathing:

1. Inhale up through your nose for two seconds.
2. Hold for two seconds.
3. Exhale down and out your mouth for two seconds.
4. Hold for two seconds.
5. Repeat this pattern three times.



Mental Health
Recovery
Education

Call the PromiseLine at **1-800-434-3000** to learn more about our services.



Tiny Habits for Staying Upbeat on Lockdown



About Amy Vest:

I've done multi-month lockdowns 3 times in my life. (We will get through this!)

I am a health and behavior educator, and a certified Tiny Habits Coach.
amy@behaviordesignmedia.com

Let's Get Ready

Before we start, I encourage you to think about some of the little things that have potential for boosting your mood. I will give you some examples; but think about **what works for you**. Fill your space if you can. Make sure you have a few options that can be done in less than 15 minutes.

List ideas in every quadrant.



Physical:

- Dance to a fun song
- Enjoy a warm bath
- _____
- _____
- _____
- _____
- _____
- _____



Mental:

- Read or listen to a book chapter
- Work part of a puzzle
- Try a new recipe
- _____
- _____
- _____
- _____
- _____



Social:

- Text encouragement to a friend
- Laugh with my kids
- _____
- _____
- _____
- _____
- _____
- _____



Emotional/Spiritual:

- Write a gratitude word
- Say a prayer of thanks
- _____
- _____
- _____
- _____
- _____
- _____



Reduce Anxiety While Working Out

In this week's workout, we are going to focus primarily on the speed of breath and how it can sharpen our focus and reduce anxiety.

One of the many benefits to consistent and regular exercise is the frequent release of endorphins, aka, the happy hormone. Endorphins are our body's natural pain reliever, which helps reduce muscle soreness as well as foggy brain. By triggering the release of endorphins, we can find a quick pick me up, and in turn, reduce our overall anxiety.

In today's workout, we are going to exercise when our breath catches up to our movement.

Today you are going to pick something you ENJOY doing: It can be burpees, running, biking, hiking, whatever is enjoyable to you.

After the warm-up (listed below), you are going to use your breath as your guide to rest in between sets.

Warm-up:

10 of each of the following, 2x through:

- Quad stretches
- Spiderman lunges
- Side to side lunges
- Toy soldiers
- Bunny hops
- Duck walks

Workout:

- 10-1
- Burpees (Or movement of choice)
- Follow each set with 10-1 slow, controlled breath



Complete a descending ladder of 10-1 of the movement of choice, followed by the same set of breath. For example, if I use the exercise of burpees, I'll complete 10 burpees as fast as possible. As soon as I'm done with that set, I will breath in and out through my nose only for 10 slow, controlled breaths. Then I'll complete 9 burpees, followed by 9 slow, controlled breaths. I'll continue to follow this sequence until I complete the descending ladder all the way down to 1.

How do I do this with running or biking? You can count the "reps" as every time your right leg moves forward.

Let us know how it goes!



Sensory Walk

Hiking doesn't always need to be about finishing a route or summiting a peak, and our active time outside doesn't always have to be so ...active! We can also take the time move slowly.

Let's try a sensory walk! The sensory walk at Mount Agamenticus is intended for the Northface Path at the summit, but you can choose any trail or walking path, the quieter the better.

Before you start your walk, pay attention to your breathing. Slow, deep, long breaths can help you maintain a sense of calm and focus. Walk slowly, and stop along the way...

Gently touch some of the things around you. What do you feel?

Take a minute to look around. What do you see?

Close your eyes and take a minute to breathe. What do you smell?

Close your eyes and take a minute to listen. What do you hear?





Father's Day

What do you give God ("Our Father") for Father's Day?

A tie? A razor? A new shirt? What does God need? Probably nothing. What does God want? Jesus told us: God wants us to be loving. He said the two most important things are that we love God and love our neighbors as ourselves. (Gospel of Matthew, Chapter 22, verses 36-40). What can you give to God? Your heart. You can have a relationship with God. You can take care of God's creation, the Earth. You can help to take care of each other. Be an ally. Speak up against injustice. Since you're not getting God some shaving cream or a new golf club, why not give God your hands, your head, and your heart? God can use you to create real, authentic, life-giving change. Change for good. (What will you give God for Father's Day?)

The Lord's Prayer (From the Bible: Gospel of Matthew 6:9-13)

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.

Prayer is a great way to begin or renew a relationship with God. There are many ways to pray: aloud, silently, in song, alone, communally, while walking, or journaling, or dancing. You can pray for yourself, for another, for the world. You can pray with beads, or shells, or stones. Matthew, chapter 6, verse 8 tells us that God knows what we need before we even ask.



YOU ARE OUR ROCK
**HAPPY FATHER'S
DAY!**

THANK YOU FOR YOUR STRENGTH AND
UNCONDITIONAL LOVE.

Taking a closer look at the Lord's Prayer...

We acknowledge that we are all connected in this life and this world (God is our Father).

We describe God as holy and worthy of great respect.

When we are living as God would have us live, earth will be heavenly!

We ask that our basic needs be met (such as 'daily bread').

We recognize karmic implications of our actions and ask that God treats us with the same grace we show to others.

We ask that God keep us away from bad choices and things that are harmful.

By the way, "amen" is a sentence by itself. It means "and so it is" or "so be it". In a sense, it's like adding an exclamation point to what you've said.



Online Meditation at York Public Library

Wednesdays from 4:00PM - 5:00 PM

Meditation is back! Although it will be online, broadcast through Zoom, these online sessions will be led by Avi Magidoff and Maia Rizzi, both faces familiar to those of you who were attending our Meditation Meetups held at the Library in the days before the pandemic. No prior experience is necessary. We hope you will join us! Click [here](#) to get the Zoom link.

VIRTUAL meditation meet up

Participation is 100% online!
click for details!

WEDNESDAYS 4 - 5 PM

Book Discussion

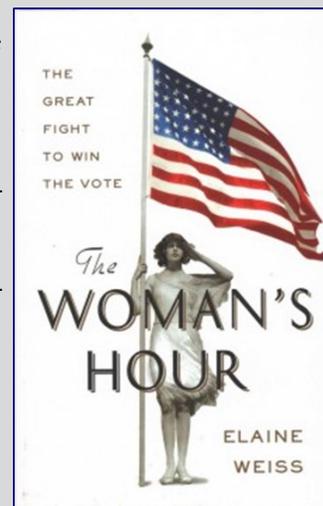
Saturday, June 20 at 11:00 AM

The Centennial Celebration of Votes for Women Continues with the York Reads 2020 Book Selection:
The Woman's Hour

Since last fall, programs celebrating the 100th anniversary of the 19th Amendment have been a focus of the York Diversity Forum. Although some events were canceled because of the pandemic, programs continue via Zoom, and everyone is invited to join in.

On Saturday, June 20, at 11 a.m., historian Julie Weiss will lead a discussion of *The Woman's Hour*, by [Elaine Weiss](#). The book tells the riveting story of the last six weeks of the 70-year fight for women's right to vote - a monumental struggle with themes of money, power, race, and gender. The women involved in this fight were extraordinary. Brave and determined, they often risked their lives for the cause, and they changed the course of American history.

To register for this Zoom event (limited to 25 participants, so please register soon), see yorkdiversityforum.org and click on the registration button to provide your name and email address. Registrants will receive an email reminder and the link to the discussion a few days before the event. At the designated time, a simple click on that link will open the Zoom screen. If this is the first time you're using Zoom, there will be a quick download of the Zoom software and then you're ready to go.



York Public Library has been our collaborator for many Diversity Forum events, and we are grateful for their help with this one. We can't offer refreshments, but participants can enjoy a lively discussion and their own cup of tea.



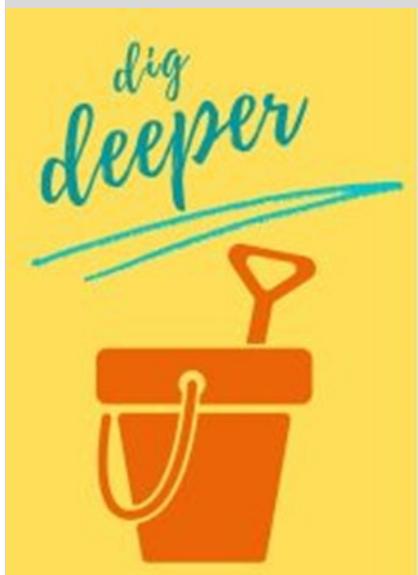
Summer Reading at York Public Library

While we're certainly having an unconventional Maine summer, the library is still here for you!! If you're looking for some ideas to explore or want to dig deeper into the wonderful area in which we live, sign up for our summer challenge: read, try new activities, and earn chances to win grand prizes. Summer Reading is for all ages! Sign up now. The program starts on June 22 and runs through to August 22.



For the very first time, this year's Summer Reading Program is completely online using a program called Beanstack. For those of you who are offline, we still have a paper version available, which you will receive shortly. We'll be happy to help you in any way we can - including picking out books for you to pick up curbside.

Link to sign up: <https://www.york.lib.me.us/summer-challenge/>





NURSING CORNER



JULIE LIZANECZ, RN, BSN
jlizanecz@yorkschoools.org
207-363-4870

Photo courtesy of tickcontrol.com

IDENTIFICATION

Deer or Blacklegged Tick
Ixodes scapularis
With no white markings, they are brown to black in color and are very, very small. Both nymph and adult stages can transmit diseases such as Lyme and Babesiosis.

Lone Star Tick
Amblyomma americanum
Tannish red. Females are aggressive with a light-colored spot at center on their back. Males have light-colored marks. Their bite can cause Ehrlichiosis, Rocky Mountain Spotted Fever and an allergy to red meat.

American Dog Tick
Dermacentor variabilis
Larger than the others in size, brown to reddish brown with gray-silver markings on their backs, behind the mouth. Its bite can transmit Rocky Mountain Spotted Fever and Tularemia.

IT'S TIME TO START THINKING ABOUT TICKS. Do you know all you need to to keep yourself and your family safe this season? Do you know what to look for, how to remove ticks from your skin, and the symptoms of a tick-borne illness? Here are a few pointers to help you out.

What KIND of tick is it? Maine has 15 different kinds of ticks. If you find a tick embedded in your skin, it's important to try to identify which kind it is, if you can, and remove it right away. They can be very tiny (the size of a poppy seed), so look closely. Ticks can spread disease such as Lyme, Babesiosis, and Rocky Mountain spotted fever, to name a few. Lyme Disease typically takes 36 hours to transmit after attaching. However, other diseases take less time, so early detection/removal is important. Showering after potential exposure to ticks, will help prevent them from attaching to the skin, and decrease your risk of developing a tick-borne illness.

How to prevent them? Wear light clothing so that ticks are easily spotted. When possible, wear long pants tucked into stockings when you are likely to be exposed (mowing lawns, walking in tall grass or low brush). Clothing can be treated with permetherin. Repellents containing DEET can be applied to exposed skin. Shower after removing clothing to remove any ticks that may be in the hair, or otherwise less noticeable locations.

How to remove them? You've done everything right, but you still find an embedded tick. Remove attached ticks by using tweezers to grasp the tick as close to the skin as possible, and pull straight up at a 90 degree angle from the skin. If mouth parts remain in the skin, don't panic. Disinfect with alcohol and watch for development of signs of local skin infection. If you would like to have the tick identified, place it in a vial with isopropyl (rubbing) alcohol and contact the University of Maine at TickID@maine.edu for further instructions.

SPECIAL CONSIDERATION DURING COVID-19 PANDEMIC

Lyme Disease, caused by the deer tick, has some of the very same symptoms as COVID-19, especially early stages. Let's take a look at the similarities and the differences so you don't mistake one for the other.

Similarities		Differences	
COVID-19	LYME DISEASE	COVID-19	LYME DISEASE
Fatigue	Fatigue	Loss of Taste/Smell	Swollen Lymph Nodes
Fever	Fever	Sore Throat	Stiff Joints
Chills	Chills	Congestion	Dizziness
Muscle Aches	Muscle Aches	Nausea/Vomiting	"Bullseye" rash
Head Ache	Head Ache	Diarrhea	Achy Swollen Joints
Shortness of Breath	Shortness of Breath		

If you develop the above symptoms, and are concerned about exposure to COVID-19 or ticks, please contact your doctor. Don't delay treatment if you suspect you may have Lyme disease, but have not developed the "bullseye" rash. It can take up to 30 days to develop, and some people never develop a rash at all.

Additional Information

- <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/vector-borne/lyme/tick-attachment-and-tickborne-diseases.shtml>
- <https://extension.umaine.edu/ticks/>
- <https://www.cdc.gov/lyme/removal/index.html>



YCSA Updates

Since the beginning of the COVID-19 virus, YCSA has been delivering all our services to our community members except being able to shop at The YCSA Thrift Store, www.ycsathriftshop.org. Believe me, we are all missing the store being open as much as all of you! Our Thrift Store embodies the spirit of YCSA and we are all looking forward to when we are all buzzing around the store together again. Most of our staff, volunteers and customers are at higher risk for COVID-19, which is why we are staying closed until it feels like a healthy choice for all of us to be together again.



Soooooo, to help support our activities and to support all our devoted Thrift Store shoppers we are launching the online YCSA Thrift Shop site! We have spent a lot of time trying to make this a fun experience for our committed shoppers. It's "easy, peasy" to use. There will be a lot of fun features, like "Dapper Don's" videos. You can purchase on-line and choose either a shipping option, or you can do a porch pick-up. Some big items will only be available for porch. I guess this is our new normal, for now. Please let us know what you think. We will be adding new merchandise often, so just like the store, you'll want to keep checking in to see what's new! Same great prices, same great people making it happen, for the same important reasons.

We are neighbors helping neighbors. That tagline seems to have so much more meaning after the past few months we have all been through together.

We know people have been cleaning out their spaces and have been patiently waiting for "donation time" to begin. We are going to start out slowly with donations being accepted on Fridays and Saturday starting July 3 and 4, by appointment only. Call Linda Monagle at **337-1867** to schedule your appointment. We will be asking everyone to maintain the 6 feet social distancing guidelines and are requiring everyone to please wear masks. Our goal is to help keep everyone as safe as possible.

We would like to thank the community for their very generous support during this time. Special thank you to Thrift Store Manager Donald Martin, our dedicated Staff Lynn McMorran, John Bono, Linda Monagle and volunteer Joanne Voltaire for stepping up to the plate with your creative spirit, generous hearts, and courageousness to take on new challenges to support YCSA and all of our community. Big far away hug to Joanne Muckenhoupt for her talent and commitment to YCSA. We are very grateful.

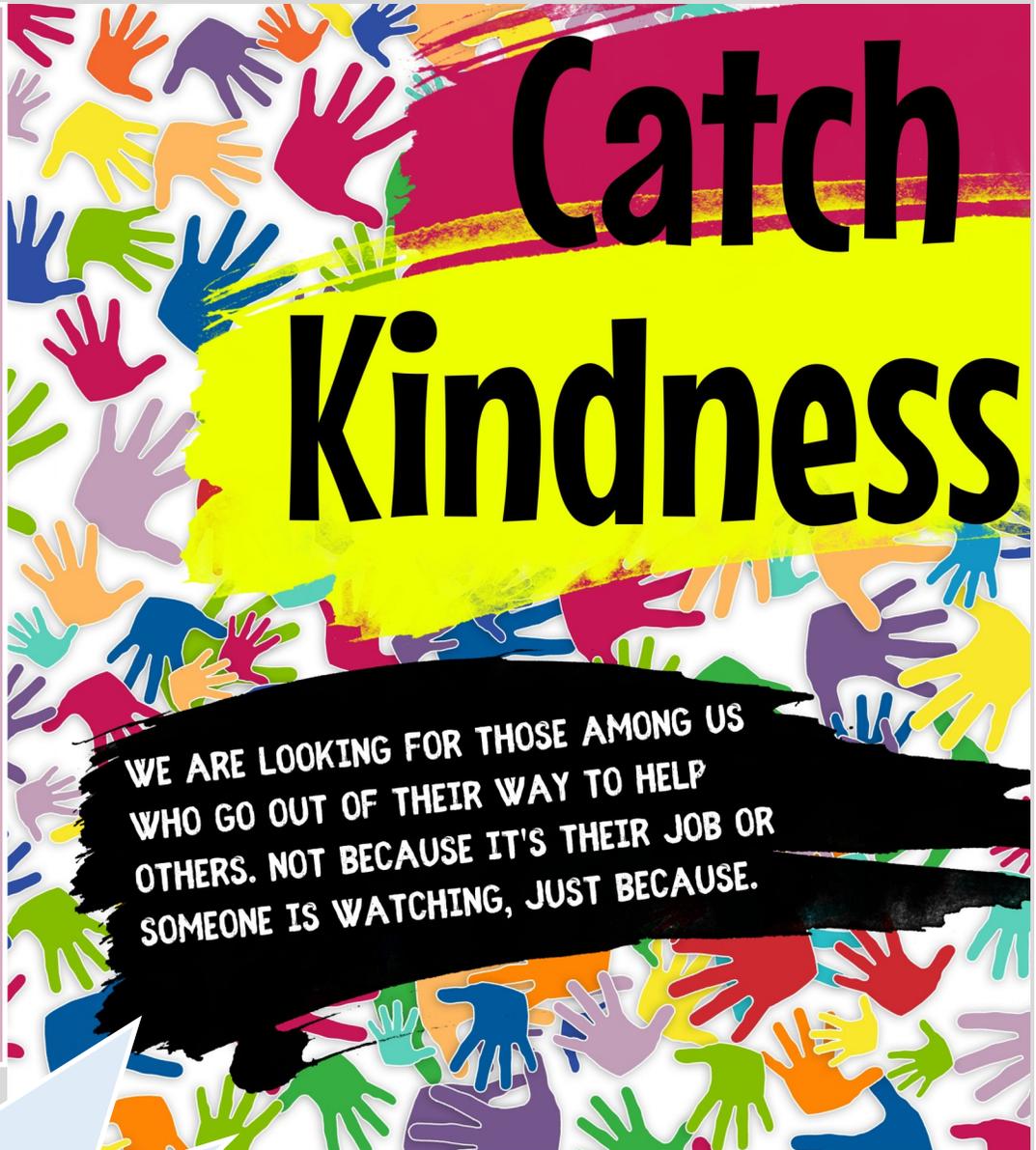
Even during these difficult times we are all going through, all of the losses and sadness, I would encourage you to look for the little and big moments of caring and thoughtfulness that are woven in between the really tough stuff. One thing that has been especially fun for me is surprising someone with a chocolate cake! Boy, that's been fun! Check out the Chocolate Cake Award videos if you haven't seen them yet on the YCSA website www.ycsame.org.

If you need help, please reach out to us, even if it's the first time you have needed some support. We can help!



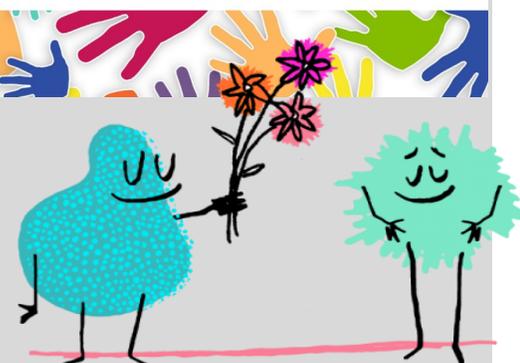
Catch Kindness

York Parks & Recreation wants to “catch” our community’s actions of kindness, compassion and consideration. Actions big and small make an impact in someone’s life, whether we realize it or not. Ester Hicks says that “What you focus on grows” and we want to continually grow kindness in our community. York is a place that holding a dear spot in many people’s hearts, often because of the kindness shown.



NOMINATE SOMEONE DESERVING TODAY!

Nominate the caring actions of others by visiting <https://forms.gle/NxP6vsvXfXXTqYpm8> and help us celebrate kindness!





VOLUNTEER OPPORTUNITIES

York hospital is known for providing exceptional patient care and this is in large part to its volunteers. The Volunteer Program at York Hospital has a place for everyone. You may be retired, involved in your career, a stay at home parent, young or elder — York Hospital has a number of opportunities for people of all ages and backgrounds. Volunteers assist patients, families and caregivers in many different areas within the hospital and at community sites including York, Kittery, The Berwicks, Wells and Sanford.

Volunteer Peggy Loeb has been volunteering for several years at York Hospital. “Having served at York Hospital as a Patient Rounder and Newspaper Distributor before my current screening assignment, I’ve loved volunteering at the hospital for more than nine years. It’s a privilege to be associated with such a marvelous organization, where I have met such wonderful people —patients and staff. “



The following volunteer opportunities are available at the hospital:

Screeners are needed to greet caregivers and patients as they enter non-emergent, non-Covid entrances of York Hospital buildings. They provide an appropriate mask when greeted, ask a series of screening questions and take a temperature reading.

We are looking for volunteers to help in Dining and Nutrition with **tray delivery to patient rooms** and with **meal delivery** to patients in their homes.

Volunteer **Front Escorts** are needed assist patients to various destinations in the hospital.

Assisting caregivers in an **office setting** is an ongoing need. Whether it is scanning documents, greeting patients or answering the phone, caregivers are grateful for the help of volunteers.

The **Bridges Program** is looking for volunteers to help patients at home with grocery shopping, errands and providing visiting and companionship.

York Hospital and the Town of York **Drive Through Testing site** at the York Walk-in is open from 8 am – 4 pm and volunteers are needed for traffic control and to support staff who are swabbing. Follow this link to sign-up: <https://www.signupgenius.com/go/904054daea72aa4f85-york>

For more information about volunteer opportunities at York Hospital, please contact Kate Ford, Volunteer Services at kford@yorkhospital.com.



Pictured here are volunteers, Dave and Marie Geggis. “Volunteering at York Hospital has been a source of real satisfaction for us. It’s a very pleasant way to return service to our great community of Healthcare professionals. Their nearby presence is a comfort to all who live locally. York Hospital lives up to its motto of Loving Kindness.”



VOLUNTEERS & SUPPORT NEEDED

YORK HEALTH

**LOOKING TO HELP OR
NEED HELP FROM THE
YORK COMMUNITY?**

Here's how you can help! We are working to connect volunteers and donations with those most in need. Follow the link to complete a short form. We will match your interest with the organizations serving York that need your help. Opportunities range from calling people from your home, delivering groceries and making masks.

Plus, use this form to ask for help for you or someone you know.

<https://www.surveymonkey.com/r/2W9XWH2>

An initiative of the community-wide task force
YORK HEALTH





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
- Sarah Kern, sarah@thecenterforwildlife.org, Community Engagement Specialist, Center for Wildlife
- 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, saramorrisonteach@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 Sweetser
- Lisa Robertson, lrobertson@yorkschoos.org, York Adult Education
- Michelle Surdoval, msurdoval@ycsame.org, Director of York Community Service Association
- Mary Testa, mtesta@yorkschoos.org, York High School Counselor

