

York Health

NEWSLETTER

Good Day 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 will be moving to a monthly newsletter but 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



As we continue to navigate these uncharted waters of living through a pandemic we would like to remind you to **stay informed, be vigilant, and please wear a mask.** We've included a graphic on page 2 that can help you determine your level of risk and comfort this summer.



Resiliency is a key part of human nature and is invaluable at this time. As Bernard Williams said, "Man never made any material as resilient as the human spirit." York is a resilient community and we are here for you.

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



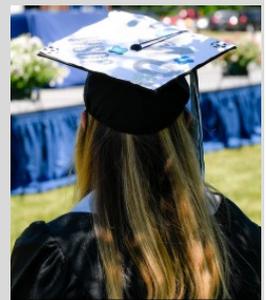
Sincerely, The York Health Task Force

Photos taken by Heather Henriksen

What's Inside?

- Reduce Your Risk (2)
- Fishing (3)
- The Big A Universal Access Trail (4)
- Summer Reading Program (5)
- YPD Updates/Summer Activities (6)
- Emotional & Spiritual First Aid (7)
- Guided Meditation (8)
- New Normal (9)

- Talking to Kids (10)
- CrossFit Updates (11)
- Ctbh & Center for Active Living (12)
- Rec by the River (13)
- Community Ambassadors (14)
- York Days 5k (15)
- Clinical Aromatherapy (16)
- Sweetser (17 & 18)





COVID-19: REDUCE YOUR RISK

The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

SAFEST ————— RISKIEST

| | | | | | |
|------------------------|--|--|--|---|--|
| Face Covering | | Everyone is wearing a mask or face covering | Most wearing masks | Some wearing masks | None wearing masks |
| Social Distance | | Not engaging in any activity in person; virtual only | Staying 6 feet or more from others | Staying under 6 feet from others | Standing face to face, hugging, shaking hands |
| Droplet Spread | | Breathing normally | Speaking or breathing heavily | Shouting, yelling or singing | Coughing or sneezing |
| Location | | Outdoors in an open space | Staying under a shelter (gazebo, covered porch) outdoors | Large, indoor rooms with good air flow | Small, indoor rooms with poor air flow |
| Food | | Only bringing and touching your own food | Serving pre-portioned food, using good hand hygiene | Family style, but using your own serving utensils | Sharing plates, utensils, and cups |
| Groups | | Only household members | Small groups (two households, under 10 people) | Large groups over 10 people | Large gatherings with people from different geographic areas |

EXAMPLES

SAFEST ————— SAFER, SOME RISK ————— RISKIEST



Staying home with only people you live with



Small outdoor gathering, keeping at least 6 feet apart



Singing with a large choir in a small room

ALWAYS REMEMBER



Washing hands well and often reduces risk in all situations. If you don't have soap and water, use a hand sanitizer that contains at least 60% alcohol.



Stay home if you're feeling any mild symptoms, except to get medical care.



Fishing

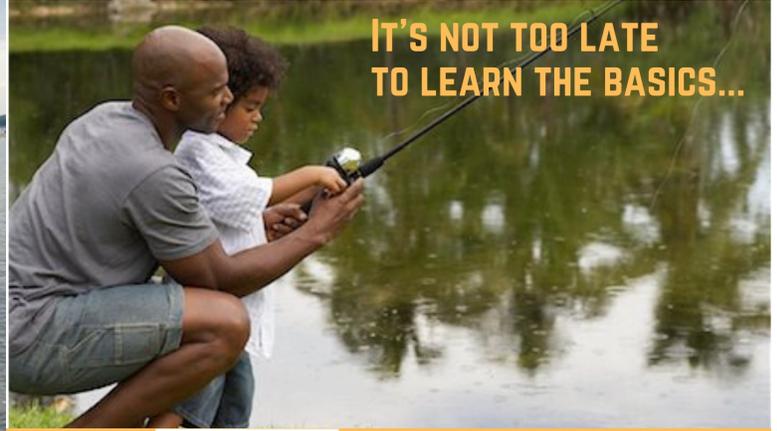
GO WITH A PRO!

& SUPPORT LOCAL BUSINESSES



[Click here](#) for a list of all York County Charter Fishing Boats

IT'S NOT TOO LATE TO LEARN THE BASICS...



[Click here](#) to learn how to Take Kids Fishing for the First Time

ON THE WATER?

PUT SAFETY FIRST



[Click here](#) to learn how to keep kids safe on & around water



FISHING IS GOOD FOR US



[Click here](#) for 10 reasons why you should go fishing with your family this summer!

People have been fishing for as long as our kind has been around. Fishing can be a relaxing, grounding experience in nature...it can be an exhilarating adventure...it can be a simple, fun bonding hobby of a parent and child. In short - there's a lot of ways to go fishing. Spending any time in nature is good for us - it helps lower stress levels, heart rates and gives us peace of mind. Not sure what to do with the kids this summer? Consider making fishing a part of your family routine. Don't know where to start? Click the links above or go to www.TakeMeFishing.org to learn more.



The Big A Universal Access Trail

The Big A Universal Access Trail at Mount Agamenticus is a one-mile winding nature path through summit fields and shrubland.

What is Universal Access? Universal Access trails are designed to be safe and accessible to everyone including people using wheelchairs, strollers, or other mobility assistance.

The Big A Trail improves access and nature connection opportunities for a wide range of visitors. While still a natural gravel path with gentle slopes, it has been carefully designed to accommodate wheelchairs and strollers, trail runners and birds, toddlers and seniors, whole families and classmates. The hilltop trail flows around the upper summit, gently slopes down into eastern and western shrublands, and passes around unique rock features and ledges. It offers views of the seacoast, inland reservoirs, and distant mountain ranges.

One-way use of both the Big A and the Ring Trail loops is encouraged at this time. Parking remains limited at the summit, but two designated handicap spots are now available for easier access to the Big A Trail.

Some other reminders for visiting Mount A at this time...

- The summit Learning Lodge and Conservation Office remain closed to the public.
- Port-a-potties are available at both the base and summit and are serviced by an outside company twice a week, typically on Mondays and Fridays.
- Water is not available at the summit for drinking or handwashing.
- Please be mindful and courteous of other visitors, maintain physical distancing as recommended by the CDC, and follow all posted signage.
- All organized groups should fill out the [Group Registration form](#) available on the Mount A website prior to visiting.

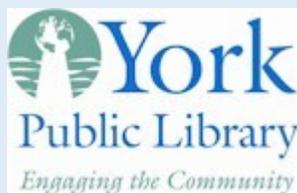




Summer Reading Program

Just 3 easy steps:

1. Create a Beanstack Account
2. Register for YPL's Dig Deeper Summer Challenge
3. Start Reading!



You will automatically be sorted into the appropriate Summer Challenge category based on age.

Log your reading, complete activities & earn points for chances to win prizes!

- ◇ You will earn points for each day you read and each activity you complete! (June 22 - August 22) Earn raffle tickets for a chance to win REAL prizes.
- ◇ Earn extra points for each book review you write! Book reviews will be made public. Librarians will publish your reviews using the the library policies as guidance.
- ◇ If you prefer to stay offline we have a paper version you can download.



York Public Library's Summer Reading Program is not just for kids! All ages are invited to join our Summer Challenge.



YORK PUBLIC LIBRARY

Summer Challenge 2020

Starts today! Sign up now!

Start logging your reading and completing activities to win **raffle tickets** for fabulous **prizes!!!!**



Beanstack



YPD Updates

With the new changes allowed by Governor Mills, we have seen a large increase in traffic over the past week. Our volume of calls have increased, including OUI's and alcohol related incidents. **Please find a sober driver.** Businesses are thriving again but we still need to maintain our social distancing and take the necessary precautions. With this, with the amount of people visiting or those just venturing out, we also need to remind everyone to take a minute to think about crime prevention. Most of our BURGLARIES / THEFTS are a crime of opportunity. When visiting the beach, going out for dinner, or just out shopping, **PLEASE remember to lock your car and hide all valuables from plain sight.** Most of the motor-vehicle burglaries we respond to, the owners admit that their car was unlocked. We often take reports of M/V burglaries and thefts where several locked cars were untouched and the only one entered was unlocked. Many times people leave their wallets or purses on the front seat or in plain view. Lock these in the trunk or leave them home.



The #1 crime prevention tip is - **If you see something, SAY SOMETHING.** Often times when we start taking reports for vandalism or M/V burglaries, neighbors come out to tell us that they heard or saw something but failed to call the police. If it looks out of the ordinary, it probably is. Please report it to the police.

As always,...We need to take care of ourselves before we can take care of each other. Take that walk. Meditate. Get some sun.

Provided by John Lizanecz, Lieutenant on the York Police Department

Summer Activities

I know that summer is upon us and with many places and activities still closed, it can feel very overwhelming. I often ask myself what am I going to do with my kids today? Below is a link to a great website with activities geared towards young children but I believe all ages will enjoy. Remember, we live in an amazing part of the country and there is so much to do in our own backyard. Have some fun, laugh a lot, take deep breaths, try to find joy each day in all the crazy. Peace.

Silence isn't empty,
it's full of answers.

<https://fun-a-day.com/summer-activities-for-preschoolers/>



I know it is a challenge to quiet our minds lately with everything occurring. However, if we can try and listen to our thoughts every day it will have a very calming effect and help us to stay centered.
Be well.

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



When a Wave Through a Window Brings Emotional and Spiritual First Aid



One of the most difficult things about the Covid-19 Pandemic is the sense of isolation that patients in hospitals, residents of nursing facilities, and just about any of us confined to home for long periods “to flatten the curve” or stay safe, have endured.

To not be able to visit a loved one while they are ill or when we know they need companionship has been named over and over in my visits with patients and phone calls with their family members as especially heartbreaking.

While there is no perfect substitute for that special someone’s physical presence, Chaplains at York Hospital have attempted to fill the gaps in both traditional and inventive ways, and sometimes a blending of the two. The essence of Spiritual Care is understanding who the patient is as a person. What are the things that matter most to them? What are their greatest hopes and concerns? When family members are present and visiting, they can help with these questions, especially when a patient is very ill. When visitors are restricted, Chaplains sometimes contact family members by phone to find out how we can be of service to the patient and also offer support to the family.

Examples abound: Social visits provide needed companionship and sometimes morph into the longings of the heart and spiritual terrain. A conversation where one is truly heard not only breaks up a long day but lifts the spirit. We find out about favorite songs and hymns and play them on our phones. Collaborating with nursing staff, we have had family members come and bring patients to a window where they can see one another and talk on the phone. A hospitalized elderly husband was concerned about his wife at home and was missing their anniversary. I was able to have him choose a lovely comfort shawl for her, donated by volunteers, and a card so he could write a note, which we then sent out by mail.



Happily, as Maine begins its process of opening, York Hospital announced on Wednesday, June 24, that patients can identify ONE person they would like to be their support during the duration of their stay. Chaplains look forward to welcoming these visitors and will continue our work offering Emotional and Spiritual Care to patients and family members alike.

Many members of our community who are “homebound” also feel the strain of isolation with travel difficult and family gatherings limited. Listening with an open, compassionate heart, Chaplains have learned how to meet the needs of patients and families in creative ways. As dear family and friends you can innovate solutions as well. Phone calls, setting up face time, sending letters, kid’s drawings and cards, organizing picnics outdoors with social distancing and masks, and remembering a few things in our lives we are grateful for each day, can make a difference, enabling us to “change the things we can” by sending a message of loving care.





Guided Meditation

What is meditation? The basic concept is going within yourself to find what you need. You probably already do it every day without even realizing it. If you ever find yourself during the day taking a few deep breaths to pause, re-set yourself and center yourself, then you have meditated.

If you have found that exercise helpful you may want to take it further. Making it a part of your daily routine. Some of the benefits of meditation is the enhancement of empathy, improvement of cognition, and works as a natural stress stabilizer, promotes emotional health and well-being, and increases attention.

So how do we do this in a time of high stress? There is an old saying in the practice of Yoga, "If you can't find 10 minutes to meditate, then take 20". Find the time to start a guided meditation practice, by guided we mean set aside time for you.



At Yoga On York we have found two types of guided meditation. The first is when you need it, in the middle of the day when everything is go, go, go and you need a moment. In this case, consciously take a moment wherever you are and stop, clear your head, take four deep inhales and four deep exhales. The inhales are through the nose, the exhales are through the mouth. Count slowly to four on the inhale, stop at four, pause slightly at the top of this breath and then exhale through the mouth to the count of five, pause at the bottom of your exhale and then repeat. It is important to control the exhales, deliberately make them longer than the inhales. Do this as many times a day as you need.

The second is a time you have set aside purposely to meditate. Find as quiet a place as you can. It does not need to be perfect, nothing ever is, make it a place where the only distractions are kind ones, such as the dog giving you the occasional kiss on the cheek, or a child asking you what you are doing. These are loving distractions, when they happen, accept them, then go back to your meditation.

In this quiet place, find a comfortable spot either seated or lying down. Close your eyes, let go of your thoughts, thoughts will still come to you, when they do acknowledge that thought and then let it go. Notice your breath; try to slow it down so it is a comfortable natural rhythm. With the eyes closed, imagine a small point of light. When you inhale the point of light gets closer to you and larger, when you exhale it moves away from you and gets smaller. Try to just focus on the movement of your breath and the light. There is no time minimum or maximum. When you feel complete you are, it can be 30 seconds or 30 minutes. Also, be kind to yourself. If it does not go perfectly, except it, be thankful that you took some time for you to take care of you. If we cannot take care of ourselves, we cannot take care of anyone else.

Amie and Dave own Yoga On York in York Maine, at 250 York St. The studio hosts online, in-studio and outdoor classes. You can find them at www.yogaonyork.com and follow them on Facebook and Instagram.



Adapting to a New Normal



The 'new normal' are two buzz words we have been hearing a lot about lately. In Mary Lou Quillan's new children's book, *New Normal*, Perry says to his son, Steve, "Just slow down a little bit. I want to answer all of your questions. Now, let's take time to talk about it." I know many of us have questions just like Steve. Will we ever shake hands and hug again? When will we safely not have to wear masks? Will we ever remember what day it is? When will we be able to visit with our loved ones in their homes, in nursing homes and at hospitals? Unfortunately, no one can predict how this is all going to play out. What we do know is how this community of York Maine has stepped up to provide support to family, friends and neighbors.

At York Hospital, we had to adapt quickly to the pandemic. Healthcare workers have adjusted to a new way of meeting the needs of patients and families. We have tripled our meal delivery to those in our community through our volunteer meal delivery program. Volunteers are assisting patients at home with groceries, prescription pick-up and making friendly calls to those feeling isolated. We have teamed up with community volunteers and Seacoast Mask Makers who have collectively donated over 1500 masks to York Hospital. Our Providers are offering more Telemedicine visits than ever before. The York Hospital Apothecary is offering curbside pick-up. The hospital and the Town of York have teamed up to create a drive through Covid testing site at the York Walk-in. The Recovery Center offered a Virtual Talent Show and just this week our Friendraising team offered its first Virtual Lunch and Learn. These are just a few ways that York Hospital has handled this pandemic and adapted to a new normal.

To keep you, your families & neighbors and our caregivers safe at York Hospital, we are looking for volunteers to help screen at our non-covid, non-emergent entrances. Are you a retired nurse, cna or psa or someone who enjoys interacting with people? Can you help someone into a wheelchair? Can you stand to greet people with kindness and a smile for 2 – 4 hours ? Volunteer screeners act as greeters at York Hospital or one of our community sites. Screeners ask a few questions, take a no touch temperature across the forehead and provide masks if needed. Would you like to become part of the York Hospital family and join the Volunteer Team as a Screener?



Please reach out to Kate Ford, York Hospital Volunteer Services, at kford@yorkhospital.com or at 207-351-2224 if you are interested in volunteering at York Hospital.



How to Talk with Kids About the Unknown

But am I going to school in the fall? Will I need to wear a mask? When can I see my friends again? If you are a parent you have probably heard these questions a few times from your child. The difficult part is we do not have the answers, so what do you say? How do you respond? It is important to remember that your child's world has been disrupted and they are just as anxious about the unknown as you are.



Next time your child asks any of these questions, here are a few things to consider:

1. Acknowledge how they are feeling. The unknown can be scary and unsettling for kids of all ages. Acknowledging it to your child helps them know you understand how they are feeling. For example: If they ask, am I going back to school in September? Respond with: We don't know the answer yet, is it hard not knowing what it will be like. It is hard for me too. What is the hardest part of not knowing for you? By acknowledging their feelings, and then asking them it opens up the conversation and gives you the opportunity to hear what their fears are.
2. It is ok to say you don't know. We do not have the answers yet and it is okay to say that. Remind them that it takes a lot of work and planning to run a school but as soon as you know the plan you will share it with them.
3. Answer all questions as truthfully as you can. It is important to remember that children can pick up on your anxiety so try to keep your nervousness in check around them and answer their questions with facts. Also remember that sometimes less is more. Answer just the question as simply as possible.



When the decision is made about the school year, take the time to read it without your children around, discuss with your partner and then present it as positively as possible. Your opinion is important to your child and if you are comfortable with it then they in turn will be to.

Provided by Mary Testa, York High School Counselor

SUMMER LUNCH PROGRAM

Summer Lunch Program is Extended Over the Summer

Kids aged 18 and under can get free school lunches from 11am-12pm on Mondays and Thursdays

This is a collaborative effort between the York School Department, York Parks & Recreation and the York Public Library.

Those interested in volunteering or donating to the program, or looking to receive lunches can contact Whitney Thornton, the Food and Nutrition Director of York Schools at wthornton@yorkschoos.org.





CrossFit Updates

Health and fitness is on the rise: People are more excited than ever to take control of their own well-being, which means your gym is likely going to be bustling. The old standard operating procedures for the way your gym used to work is no longer the case.

Expect:

- shortened class times to allow for optimal cleaning time
- tons of protocol to keep members safe
- lots of cleaning solutions all around your stations
- grids in areas to optimize social distancing
- sections where you are only allowed to have one person in at a time

Depending on what type of facility you attend, you might be working out with high separation between cardio machines and/or plastic shields dividing your spaces.

Here at CrossFit Harpoon we have a 10' x 10' grid for each client to work out in. Their workout stations are fully equipped with hand sanitizer, hydrogen peroxide disinfectant, paper towels and all of the equipment they need for the day's work out.

We have more than 14 feet in between each workout station, allowing for the most amount of space to avoid all droplets.

We have hand sanitizing stations set up at the entry and exit of every door so that each client can clean their hands on the way in and out the door. We build in time to our classes so that all members have a few extra minutes to deep clean their equipment before and after use. We also have specific staff protocol that we do when members are not in the building.



Some people still remain a little hesitant to return to gym activity, which is completely understandable. Our gym offers a program called Harpoon at Home that provides a daily workout with minimal equipment from the comfort of your home. They are very similar workouts to reading here in this health newsletter. No matter what your choices, we recommend working out 3 to 4 times a week for at least 30 minutes in duration.

The following work out is an option that you could do today from your house to keep you moving.

Warmup:
 3 rounds
 1:00 at each station
 Jogging
 Plank hold
 Step ups on to a bench or chair

Workout:
 AMRAP 16
 12 Burpees
 16 Air Squats
 20 Sit up



20TH ANNIVERSARY CHOOSE TO BE HEALTHY COALITION ANNUAL MEETING TAKES PLACE VIA ZOOM

The 2020 Choose to Be Healthy Coalition 20th Anniversary Annual Meeting was held June 18th. The first-ever Zoom-powered virtual annual meeting for CTBH featured highlights from the past year and guest speaker Mia Kyricos, a local wellness expert who spoke about "Love & Business: Strategic Partners for a Post Covid World." The annual Apple Awards were also presented, given to the following Community Health Champions for their efforts to bring health and safety to local youth and families: Brianna Baker, Youth Leader at York High School, York, ME; Penny Remick; Guy Pollino of R. W. Traip Academy; Lisa Robertson and Lynn Sheehan of York Adult & Community Education; JCO Stephonne Young; Lt. Chris Burbank of South Berwick, Maine Police Department; Maryann Minard; Mary Nason of York Hospital; Steve Workman of Kittery, Maine; Erin Dickson of Noble High School and Dr. Christine Munroe of York Hospital. Maine Senators Susan Collins and Angus King each were in attendance for part of the meeting as well. More photos from the event and a recording of the meeting are posted on the Choose to Be Healthy Coalition's [Facebook page](#). The video from the meeting is also available at www.ctbh.org.



Provided by Sally Manninen, Director, Choose To Be Healthy Coalition & Community Health

The Center for Active Living

The Center for Active Living building remains closed to the public, but check out this month's SCOOP for outside, in-person, exercise and arts & crafts opportunities, to-go lunch menu, lawn games, parking lot bingo and more!



Center for Active Living
Town of York, Maine Parks and Recreation Department
Life. Be in it!

[Click HERE for July's SCOOP and Lunch menu](#)



Rec. by the River (Small Group Summer Camp)

Registration is NOW OPEN!

Why stay home when you can spend some time with your friends and our AWESOME Camp Directors right here at the Grant House?! Join Nick, Parker, Madigan, and Layne for Rec. by the River. Time will be filled with activities ranging from socially distanced outdoor sports and water games, arts, crafts, and trail hikes. Get ready for Body Bingo, Human Battleship, Speedway Relay, Riverbank, and an all-time favorite, Dodgeball.

The team has come up with some creative arts and crafts that include making giant bubbles, building a kite, making fluffy slime, creating fake snow, and of course friendship bracelets. Grades K-3 will have a new theme each week.

Activities will be centered around the following themes during the following weeks:

Week 1: Under the Sea/Pirates/Mermaid (Week of July 6th)

Week 2 Garden/Outdoors (Week of July 13th)

Week 3: Animals/Circus (Week of July 20th)

Week 4: Community (Week of July 27th)

Week 5: Space (Week of August 3rd)

Week 6: Wild West (Week of August 10th)

Week 7: Olympics (Week of August 17th)

Grades 4-8 will not follow a theme but will be filled with lots of fun activities. Residents ONLY Due to Covid-19 and social distancing camp will be limited to 12 campers (CONTINUED ONTO PAGE 14).

YORK PARKS & RECREATION PRESENTS

REC BY THE RIVER

\$60
Includes
T-Shirt

**IN PERSON,
SMALL GROUP CAMP WITH SOME OF OUR
AWESOME JAC & OAC COUNSELORS**

GRADES K-8



REGISTRATION IS OPEN AND FILLING UP FAST!!!!





Rec. by the River Cont.

To give many kids in the community an opportunity to participate parents can register their child for either Monday & Wednesdays ONLY or Tuesday & Thursdays ONLY. Registration for all 4 days is not permitted.

Rec by the River will follow safety guidelines that are designed to reduce the risk of community spread of Covid-19. These include, but may not be limited to, one-way drive through drop-off and pick-up, frequent handwashing, no sharing of supplies, facility sanitation between camps, masks when social distancing cannot be achieved. Registered campers will receive a detailed protocol prior to the start of camp.

Camp begins the week of July 6th

Location: Grant House

- Monday & Wednesdays
- Grades K-3: 9:00am – 11:30am
- Grades 4-8: 1:30pm-4:00pm
- \$ 60 Includes T-Shirt

Location: Grant House

- Tuesdays & Thursdays
- Grades K-3: 9:00am – 11:30am
- Grades 4-8: 1:30pm-4:00pm
- \$60 Includes T-Shirt

Fridays will be used as a rain date (if necessary)

Community Ambassadors

Our team of **Community Ambassadors** has been assembled! Community Ambassadors will be high visibility employees, trained to educate the beach and park going public about Town Ordinances and any regulations that have been established through emergency order. Ambassadors will provide visitor-friendly communication, encouraging voluntary compliance, and will be able to provide monitoring and observation, reporting potential safety issues and ordinance violations (note: Ambassadors will provide information but will not have ability for enforcement).

Ambassadors will talk with patrons, encouraging positive beach activities and ensure compliance of CDC guidelines. Ambassadors will report concerns through a chain of command that includes the York Beach Ocean Rescue Staff and the Beach Operations Coordinator at the beach and the Trail Crew and Conservation Coordinator at Mt A.





PARKS & RECREATION 

**37th
Annual**

YORK DAYS 5K

**Virtual
Run**

\$25 PER PERSON, PLUS FEES

**RACE BENEFITS YOUTH
PROGRAMMING IN YORK**

**RUN WHERE YOU LIVE
BETWEEN JULY 26TH-AUGUST 2ND
& RECIEVE RACE SHIRT IN THE MAIL**

Click [HERE](#) to register



Clinical Aromatherapy

Clinical Aromatherapy is the art and science of treating imbalances of mind and body with essential oils; highly aromatic potent substances extracted from trees, plants and flowers. The word Aromatherapy can be misleading if you are used to seeing the word used in cosmetics for esthetic aromatherapy or in scented candles for commercial aromatherapy. Clinical Aromatherapy is significantly different, where highly trained professional study, research and practice with only pure plant materials sourced from known farmers and distilleries. Clinical use of essential oils is used for healing through physiologic (body), topical (skin) and psychologic (mind and soul) purposes.

Clinical Aromatherapy has shown a substantial growth in use and research; with a significant amount of research being done by medical and psychology professional, as well as major universities and hospitals. Focused research has been done on areas such as stress, anxiety, PTSD, and gerontology including dementia and Alzheimers.

During this Covid19 pandemic, many are noticing a heightened level of anxiety and stress. Here is a list of the most effective essential oils and how they can help an individual stay calm, and centered, that will help one's ability to relax, breath deeper into a new sense of balance, clarity and hope.

Focus here is on the emotional/mental/spiritual component of each plant/scent. Chamomile, Moroccan Blue: (Tanacetum annuum) nervous sedative/relaxant, hypotensive. Used in irritability, overstimulation, high blood pressure, relaxes, calms, nurtures, harmonizes. Highly recommended for tension, irritability, acute crisis, suppressed anger, loss of self-nurturance. Helps people discover their true life's purpose.

Lavender: (Lavender augustifolia): Sedative, relaxant, hypotensive. Used for palpitations, stress, anxiety, high blood pressure, irritability, insomnia. Calming, uplifting, harmonizing, agitation, depression, anxiety, fear and shock. Encourages emotional honesty and insists that one speak their innermost thoughts and desires.

Clary Sage (Salvia sclarea): nervous, restorative, sedative, fatigue with stress, irritability, calming, creates a sense of connection, reduces anxiety, clarifies, calms anger and despair. Teaches the spirit how to use its divinely given gifts and is helpful in exploring and clarifying spiritual vision.

Rose: (Rosa damascene) Nervous restorative/sedative, Calms, nurtures, creates emotional harmony. Used in states of anger, irritability, mood swings, emotional disconnection, loss of self-esteem, grief, depression, despair and fear. Invites people to experience unconditional love of the divine. Heals hearts and wounds.

Tangerine: (Citrus reticulate, var. mandarine): Nervous sedative (hypnotic), used for agitation, irritability, insomnia, anxiety, fear, clarifies, calms, creates intuition and feelings of connection, used for states of confusion, depression, grief, irritability and anger. Induces creativity, joy, optimism and optimism.

If you would like more information about how to best use Essential Oils or where to find the best quality Merrill Abramson RN has volunteered to help our community and discuss this therapy with anyone. Email her, she would love to hear from you.

Suraminka@Gmail.com

Information provided in this segment was provided by Merrill Abramson, D.Ay, MA.,BA., BSN, RN.





Mental Health
Recovery
Education

Statewide Network of Care

Nationally recognized and accredited, each year Sweetser's caring and compassionate professionals connect 20,000 children, adults and family members with the mental health, recovery and education services they need and deserve in the treatment of mental illness.

Learn more by calling the PromiseLine at 1-800-434-3000, or visiting sweetser.org.



Sweetser. Helping Create Promising Futures.

Community-based Services

- Assertive Community Treatment
- Behavioral Health Home
- Community Integration
- Primary Care Integration
- School-based Services

Crisis Services (1-888-568-1112)

- Crisis Stabilization Units
- Mobile Crisis Interventions

Developmental Services

Support for adults with intellectual and developmental disabilities living in a community setting

Outpatient Services

- Affiliate Network
- New England Eating Disorders
- Substance Use Disorder Therapy

Peer Services

- Intentional Warm Line: 1-866-771-9276
- Peer Training Network

Residential Services for Adults

Community-based housing for successful transition to independent/less supportive living

Residential & Educational Services

- Residential Treatment Services
- Day Treatment Services
- FOCUS Through Adventure
- Special Purpose Private Schools

For more information or to make a referral, call the PromiseLine:

1-800-434-3000



Sweetser Mental Health wants you to know that support is available. Call our PromiseLine at 1-800-434-3000 to access the services you need via telehealth or phone.

24/7 resources:

Maine Crisis Line: 1-888-568-1112
Intentional Warm Line: 1-866-771-9276

Visit [sweetser.org](https://www.sweetser.org) to learn more about our services.



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@yorkschoools.org, YMS School Counselor, Grades 6 and 8
- John Lizanecz, jlizanecz@yorkpolice.org, Lieutenant on the York Police Department
- Julie Lizanecz, jlizanecz@yorkschoools.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, saramorrisonsteach@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@yorkschoools.org, York Adult Education
- Michelle Surdoval, msurdoval@ycsame.org, Director of York Community Service Association
- Mary Testa, mtesta@yorkschoools.org, York High School Counselor

