Happy July York!

Thank you for the continued support of our monthly 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

Staying informed, wearing a mask, and maintaining good physical and mental health helps all of us fight the virus. Your daily efforts to stay 6’ apart and wearing your mask correctly keep us a resilient community working together. Please enjoy this 13th edition newsletter, filled with tips on weighing your risk, available resources and ideas for keeping yourself healthy and happy.

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

Sincerely,

The York Health Task Force

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How to Safely Wear and Take Off a Cloth Face Covering


WEAR YOUR FACE COVERING CORRECTLY
• Wash your hands before putting on your face covering
• Put it over your nose and mouth and secure it under your chin
• Try to fit it snugly against the sides of your face
• Make sure you can breathe easily
• Do not place a mask on a child younger than 2

USE THE FACE COVERING TO HELP PROTECT OTHERS
• Wear cloth face coverings in public settings and when around people who don’t live in your household, especially when other social distancing measures are difficult to maintain
• Don’t put the covering around your neck or up on your forehead
• Don’t touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS
• Stay at least 6 feet away from others
• Avoid contact with people who are sick
• Wash your hands often, with soap and water, for at least 20 seconds each time
• Use hand sanitizer if soap and water are not available

TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU’RE HOME
• Untie the strings behind your head or stretch the ear loops
• Handle only by the ear loops or ties
• Fold outside corners together
• Place covering in the washing machine
• Wash your hands with soap and water

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for healthcare workers and other medical first responders.

For instructions on making a cloth face covering, see: cdc.gov/coronavirus
Contact Tracing: Do your part to keep your family, friends, and community safe.

WHAT YOU CAN EXPECT TO HAPPEN DURING CONTACT TRACING IF YOU HAVE BEEN DIAGNOSED WITH COVID-19.

1. If you have been diagnosed with COVID-19, a public health worker will call you to check on your health.

2. They will ask you who you’ve been in contact with and where you spent time while you were sick and may have spread COVID-19 to others. Any information you share with public health workers is CONFIDENTIAL. This means that your personal and medical information will be kept private.

3. You will also be asked to stay at home and self-isolate, if you are not doing so already. Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible. Self-isolation helps slow the spread of COVID-19 and can keep your family, friends, and community safe.

If you need support or assistance while self-isolating, the health department or a local community organization may be able to provide assistance.

Continue to monitor your health. If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

cdc.gov/COVID19
Eastern Phoebe

- It's a sign of spring when this flycatcher arrives
- One of the few small birds that may re-use nest
- Sings it's name, a buzzy "Fee-Bee, Fee-Bibit"
- Nests on buildings a lot (mud, moss, grass, etc)

House Wren

- Will fiercely compete for next boxes with other birds, piercing eggs or tossing nestlings.
- Very active, vocal character who eats insects
- A group of wrens is known as a "chime"

Chimney Swift

- Can be seen flying over towns & cities in flocks
- Can't stand up...clings to rock/trees by it's feet
- Eats 100% while flying (mostly insects)

Ovenbird

- They loudly sing "Tea-CHER, Tea-CHER, Tea-CHER!
- Ovenbirds migrate here from Central America
- They make a nearly invisible nest on the forest floor in the leaf litter.

House Sparrow

- Found in towns & cities worldwide.
- Is probably the bird you've fed at a cafe
- Noisy, social, lives in bushes & hedgerows
- A group is known as a "blight" (poor sparrows)

Provided by Dan Gardoqui, Founder/President of Lead with Nature
At their heart, libraries value sharing. This pandemic has put this core function into question, as all the best advice asks that we keep our items to ourselves and limit community gatherings. What is a library but a community gathering to share resources!?

At York Public Library, we are committed to being a safe environment for everyone involved—our staff, our patrons, and our community at large. Since early March, we have been in constant discussion with the town, the State Library, and national library organizations in order to help determine the best way to move forward. Together, the Board of Trustees, our Director Michelle Sampson, and library staff have worked to make our facility safe.

As we look to reopen the physical library space, we examine a number of factors including local transmission rate, best practices among libraries nationwide, and the latest guidance of the CDC and Maine State Library. We are following a sector-specific checklist to reopen safely. Here are the questions we’re looking at:

**Is our staff safe?**
We are first and foremost protecting our staff by providing every necessary measure of protection, ranging from masks and hand sanitizer to modified schedules to work from home arrangements. Our service hours reflect the capacity that our staff has to safely provide curbside service, telephone and email service, and, as we gradually expand our offerings, in-person service.

**Is our building safe?**
A factor in the pace of our reopening is the availability of PPE and necessary protections such as plexiglass barriers and hand sanitizer stations. We are installing new air sanitizing devices throughout our HVAC system; as air is recycled through the system, these units will ionize bacteria, viruses, and mold, rendering them harmless. We’re also ordering an electrostatic mister that can sanitize our space more effectively for a “pandemic-level” clean. Until that time, we are limiting in-building services to areas that we are able to clean appropriately between patron use. When we have the tools to safely sanitize our 25,000 square-foot space, we will aim to expand service hours.
Are the books safe?
The books and materials that pass through the library are treated with the utmost care by our staff. Preliminary research funded by the Institute for Library and Museum Services and conducted by Battelle Laboratories, demonstrated the COVID-19 virus can only survive on surfaces for up to 72 hours. Each item returned to the library is quarantined for 3 full days. We will continue to follow best practices including frequent hand-washing, wearing masks that fit snugly on our faces, and maintaining social distancing whenever possible.

Am I safe?
Every person’s situation is different when it comes to assessing risks associated with different activities. At present, we offer a variety of services that require absolutely no physical interaction with a librarian. These include our digital offerings Hoopla, RBDigital, CloudLibrary, and more, that allow patrons to stream movies and TV shows, download eBooks, read thousands of magazines, and even learn a new language. Our Books on Call delivery service can provide contactless drop-offs of bagged library materials that can be further quarantined by patrons for as long as they deem appropriate. For those that are comfortable with staff handing them items through the car window, our curbside pickup service is perfect. For those who feel comfortable in public spaces already: we see you! When all of our appropriate measures are in place, we’ll welcome you in.

Provided by Sophie Smith, York Public Library
The summer is the perfect time to start exploring options for after high school. Due to the current situation with COVID 19, colleges, gap years, and trade programs have improved their websites, resources and virtual experiences. This benefit makes it easy for students to learn more about a program or go on a college tour from the comfort (and safety) of their home! Just go to the school’s home page and it is usually easy to find. Not sure where to start? Check out this link to many college tours: https://www.youtube.com/channel/UCF80ItSXNzvgPiSoGKANx2g/videos

Not sure what you want to do after high school? The O’NET Interest Profiler is a great place to start! This resource is a 60 question survey that asks you questions about activities and you rate how much you enjoy them. Once completed it gives you a list of careers that you may be interested in and enjoy doing. In addition, it has short videos highlighting careers, education needed, job outlook and careers similar. It is an easy way to learn about different career opportunities!

More and more students are considering a Gap Year after high school. A great place to start exploring Gap Year opportunities is the Gap Year Association. Some colleges encourage students to take a Gap Year. Here is a link to Harvard’s website regarding Gap Years and their perspective: https://college.harvard.edu/admissions/apply/first-year-applicants/considering-gap-year

During this quieter time in the summer, it is important to explore all of your options and have a plan A, B, C, and even D ready. This all takes time and reflection on your part but can be fun and exciting ~ enjoy the process and remember it is never too early or late to start!
Some General Thoughts About Emotional Balance

1. For many, a dramatic change in our social interactions is like a huge unexpected withdrawal from our emotional bank account. Some experience a huge sense of loss and disconnection.

   What’s the big shift? What resources do you suddenly have (or not have) to work with? — You may suddenly have a complete sense of isolation, or — if you’re a caregiver — you may suddenly have no time to yourself. Either scenario can be a big disruption that’s not your fault. (See also: Article - Family Lockdown Guide)

   Personal Momentum - People often don’t realize how much their work environment, daily interactions, or your normal to-do list bolsters their sense of value, purpose, achievement, and accomplishment. Finding new ways to boost your momentum can help you grow.

   Environmental Feedback: You may not realize how much you relied on social energy or feedback and until it’s suddenly and dramatically missing in your life.

   That’s okay! It’s a significant and uncomfortable challenge, and you may be anxious to get back to your regular life. You may also find that practicing habits for staying upbeat on lockdown opens up a new set of skills you can use forever. I did!

2. If you’re struggling a lot, try breaking the day into Intention segments. Example:

   AM 1
   Wake Up, Move, Go Outside

   AM 2
   Mental Focus Time

   PM 1
   Maintenance, Check -Ins, Tasks

   PM 2
   Creative, Curiosity/Learning

   PM 3
   Social, Eating, Relaxing
July COVID-19 Update

“Know before you go” and help keep Mount A’s trails safe and open! Please continue to adhere to CDC physical distancing guidelines and follow all posted signage. Visitors from out of state should familiarize themselves with state guidelines regarding COVID-19, which can be found at Maine.gov. Additional information from the Town of York can be found here. Links open in new tab.

Follow this link to find updates, as of July 19th: http://agamenticus.org/july-covid-19-update/

#RecreateResponsibly

Provided by Naomi Densmore, Mt. Agamenticus Outreach and Education Coordinator
Recently a nurse shared with me an experience she had after attending the funeral of her Father in Law. She was on the way home, driving across the desert on a clear, cloudless day. As she looked towards the horizon, a cloud formation appeared, looking amazingly like a filmy figure embracing another figure – so breathtakingly surreal that she stopped and took a photo of it. She felt strongly it was a moment of Grace that let her and her husband know that Dad was o.k. and had reunited with his beloved wife. My friend is well educated and well grounded, not given to flights of imagination, aware that this random or coincidental occurrence could be just that – but still! It was a powerful experience, a manifestation of something that was mystery, beyond what was explainable.

I had my own such experience several years ago working at another hospital. I was there on a Sunday to facilitate a Spirituality Group for patients who were in the locked Behavioral Ward. I punched in the computer command needed to allow me to print out the list of patients, so I could get familiar with their names and see ages for the group. I used the exact command I always did, and only that one ward should have printed out. But for some reason, additional Wards began printing out, which I remember thinking was an unfortunate waste of paper. Glancing down at the lists before taking them to the shredder, I noticed the name of a Patient who had been admitted. I frequently would visit with her during her chemo treatments at the Oncology Center.

After the Spirituality Group I thought, well, I was planning to leave, but maybe I’ll stop in to see the Oncology patient before signing out. When I walked into her room, she held out her hands to me and said, “Oh, I was feeling so low today, and have been praying someone would come.” Truly! Some would say it was coincidence, and so it may have been, but it seemed more the mysterious working of Divine Providence to both her and to me.

Today, we can explain the Parting of the Red Sea scientifically, yet the people of Israel also had a profound experience of God’s intervention on their behalf, allowing them to escape from the pursuing Egyptians and out of slavery. The personal experience of something of such consequence, deems the scientific explanation interesting, but not necessarily the key element. Do we just say “what luck?” The presence of the Divine was felt in the moment, and the moment became a deeply ingrained part of the story of the people of Israel, and thus unforgettable.

Many of us have had up close and personal moments of coincidental grace. Where do the miracles, large and small, in your life lie? When we are weighted down with life’s difficulties, they are a blessed assurance, as we recall and retell them.

Provided by June Kapitan, York Hospital Chaplain
York Hospital is happy to provide information on some Covid-19 testing pathways. For questions, please call 207-351-2000, Mon thru Fri from 8 am – 4 pm. We’re here to help.

Patient & Community Testing: Patients with a provider order must call 351-2000 to register for testing and then may present for testing at the Drive-thru located at the York Walk-in. Provider orders can be faxed to 351-2602 or covid19.testing@yorkhospital.com. Those without an order may choose to be evaluated at any Walk-in. If clinically indicated, the Walk-in provider may refer the patient to the drive-thru for testing. Results are processed weekdays in partnership with Seacoast Pathology, and are generally resulted within 24hrs. Outpatient testing is available Monday-Friday from 8:00am to 4:00pm.

Testing for Travelers Visiting Maine: Rapid testing is available by appointment at the York Walk-in Drive-thru Testing Center. The service is open 7-days and is designed in partnership with the State of Maine to provide rapid testing primarily for travelers into the state. Information on scheduling can be accessed through the York Hospital website. It is important to know that these appointments are limited and have been booking out.

Additional Resources:
211 Maine
York Hospital Covid-19 Page
York Hospital is pleased to share that we continue to carefully phase back in many of the services originally suspended due to Covid-19. We appreciate all of your patience, especially from those who have had to delay long planned medical care.

Several extra precautions have been instituted so that we may safely offer in-person visits, in addition to our existing telemedicine offerings. Additional, and existing, screening protocols include:

- We are practicing universal masking. Everyone who comes to a York Hospital facility, Emergency Care, Walk-In Care, Diagnostics, Lab, Rehab and practice locations, must wear a face mask. We will provide one for you upon arrival, or, if you’re wearing one, we will ask you to remove it, sanitize your hands and then put on the mask we provide you.

- Upon arrival, all patients and caregivers must have their temperatures checked and answer detailed screening questions about possible symptoms.

- We’re sanitizing rooms between patients and cleaning high-touch public areas regularly. Our cleaning protocols are following the most stringent of infectious disease guidelines, while vigilant hand hygiene continues to be a prime focus and of the utmost importance.

- We have also expanded our capacity for Covid-19 testing so any patient scheduled for a surgical procedure is referred by their provider for testing before their scheduled procedure. All hospital admitted inpatients are being tested as well. The process is detailed on our Covid-19 Testing Info page in The York Hospital & The Town of York DRIVE-THRU COVID-19 TESTING CENTER section, which you can access here.

- Our COVID-19 visitor policy has been updated, effective June 25, 2020 to reflect “patient support visitors.” You may access the updated policy here. However, in order to minimize risk for our patients and caregivers, we feel it’s prudent to continue to restrict general visitors and multiple visitors per patient at this time.

If you have a medical emergency, our Emergency Care team is open 24 hours a day and we encourage you to seek help right away. For less urgent medical needs, our Walk-In Care locations are open daily and located in Berwick, Kittery, Wells, York and Sanford. Online reservations, locations and hours for Walk-In Care are detailed on the York Hospital website found here. All Emergency and Walk-In Care locations are conducting the same robust screening protocols necessary to protect patients and caregivers from risk of transmission while maintaining the same comforting environment that York Hospital is known for and our patients expect.
As always, our top priority is safety — for you, our patients, as well as our caregivers and surrounding community. Our safety practices follow, and in some cases exceed, standards set by government agencies such as the Centers for Disease Control and Prevention (CDC) and the State of Maine’s governing mandates.

When you are not at York Hospital:
- Stay home if you are able.
- Wash your hands well and often.
- Clean and disinfect surfaces frequently.
- Watch for symptoms, including new cough, shortness of breath and loss of smell or taste.
- If you must go out, wear a mask and keep a safe (6 feet) distance between you and others.
- If you have symptoms, isolate yourself and contact your healthcare provider immediately.

Thank you for trusting York Hospital with your health care. We hope that you and your loved ones remain safe and healthy, and are comforted knowing we’re here, ready to provide support and care, whenever you may need us.

In good health,
York Hospital Leadership, Medical Staff, Caregivers and Board of Trustees

Please call Care Access with any scheduling questions at 207.351.2273.

Provided by Kate Ford on behalf of York Hospital

“Summer may look different than in years past, but York Parks & Recreation is just as excited to still offer safe programs. The number of participants may have to be smaller, we’re wearing masks and have strict sanitizing protocols, but we’re confident that we can still connect and have a positive impact in our community. Our top priority is the safety of you, your family and our staff, so if you have any questions regarding our programs, please connect with us on social media or call our office Monday-Friday at 363-1040.”

Provided by Liz Cooper, Special Events Coordinator of York Parks & Recreation
YORK DAYS

SIDEWALK CELEBRATION

SATURDAY, AUGUST 1ST
11:30AM-2PM

GAMES    FUN    MUSIC    FOOD

THIS IS A FREE COMMUNITY EVENT TO CELEBRATE YORK DAYS 2020. THERE WILL BE HAND SANITIZING STATIONS AND AMPLE SPACING BETWEEN ACTIVITIES. ACTIVITIES WILL INCLUDE HOPSCOTCH, LAWN GAMES, A SIDEWALK CHALK CONTEST AND MORE! NO REGISTRATION NEEDED!

ON THE NEW, UNOPENED SHORT SANDS ROAD
BOG ROAD CINEMA PRESENTS

Babe

GENEROUSLY SPONSORED BY YORK HOSPITAL, SO YH STAFF ATTEND FOR FREE! ALL OTHERS ARE $15 PER 8X8 SPACE

FRIDAY, AUGUST 7TH

Movie Begins at 8pm
Immediately Following Sunset

Pre-registration is required
YH staff registration is open until July 17th
General public registration then opens from July 17th until full
Join us for the Summer

LIGHTING OF THE NUBBLE

July 31th through August 9th

For live Nubble Lighthouse web cams
http://nubblelight.org/

Feel the magic of Christmas during the summer!
See the Nubble all decked out in its holiday lights for York Days!
Two small asks... keep a safe distance and wear your masks!

How to wear your face covering correctly:
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under the chin
- Try to fit the covering snugly against the sides of your face
- Make sure you can breathe easily

How to take off your face covering correctly:
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Together, we can beat Coronavirus!
www.cdc.gov
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
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