



What is Community Wellness Connections?

Community Wellness Connections (CWC) is a community partnership housed under Healthy Adams County. Partners include: Adams County Arts Council, ARC of Adams County, Gettysburg Area Recreation Authority, Gettysburg College, Harrisburg Area Community College, Healthy Adams Bicycle & Pedestrian, Inc., Penn State Extension, South Central Community Action Programs, Strawberry Hill Nature Preserve, Under the Horizon, United Way of Adams County, WellSpan Health, Adams County Library System, YWCA Gettysburg & Adams County and other community members.

What does CWC do?

- CWC promotes the dimensions of health and wellness: Mind, Body, Spirit, and Community.
- Connect people with events and activities that relate to each dimension through an organized resource tool.
- Look for ways to engage the community in addressing Adams County health challenges that include:
 - 72% with body mass index in overweight/obesity categories
 - 19% exercising as recommended
 - 22% with depression/anxiety disorders
 - 59% with self-reported depressive symptoms
- Aging population

How to participate?

- Visit www.adamswellness.org to learn more about each dimension of wellness. Answer some self-assessment questions for each dimension.
- Events are listed on the website. All events/activities are free or very low cost.
 - If your organization is organizing any free or low- cost activities that would promote any of the dimensions please email jgastley2@wellspan.org and we would be happy to add them to our calendar.
 - Please call Healthy Adams County at 717-337-4137 with any other questions.

~ MIND DIMENSION ~

A Self-Guided Mindful Walk



Written by Julie Falk Ph.D. teaches mindfulness and Focusing and chairs the Behavioral Health Task Force of Healthy Adams County

A mindful walk is one where you are really awake to what is in the environment all around you. It would likely have these qualities:

Your attention would be on your experience in the moment, not dreaming about the past or future.

You would have a sense of being present in your body, feeling the sensations that arise in your body as you move.

You would invite yourself to really notice things that come to you through your senses: seeing, hearing, smelling, touching --- and maybe tasting, if it's safe.

You wouldn't feel compelled to label things or make judgments about them. You might notice them as though you had never seen such things before and allow yourself to really experience them with your senses.

1. Pause at the beginning of your walk. Close your eyes for a moment and just feel your breath. Breathe in and then let the out-breath relax you. Set

the intention to slow your pace. Surrender the idea of a goal or destination -- just notice and appreciate what comes up along the way.

2. Walk for a few minutes (sensing how your body feels to move) and if you notice a nice spot, take a pause. Close your eyes for a moment and notice the sounds around you. The sounds have all sorts of qualities: near or far, loud or soft, sharp or dull.

3. Open your eyes, and notice the colors and textures around you. Walk for a few more minutes; then pause again. Perhaps you can pick out one thing to focus on nearby. Really get to know it in detail – color, texture, patterns, size, shape, and any other feature. Allow yourself to feel awed by its beautiful complexity.

4. Walk on now, noticing the feel of the air on your skin. Sample the temperature or even the humidity – just noticing the qualities of the experience without judging whether you like them or not. Is there any scent carried on the air?

5. Walking at your own pace, repeat steps 1 through 4 as many times as you like. There will be something new each time you set the intention to notice. Things are always changing and each new moment is different.

Pause again at the end of your time walking. Notice what it felt like to spend a little time really in touch with the world around you, and to release yourself just for a while from thinking about what comes next, and what you "should" be doing, and how little time you have. After all, you have right now.



Meet a Community Wellness Connector

Connectors are folks who bring people together around activities and ideas that address our four dimensions of well-being: mind, body, spirit, and community. Since January begins the quarter where CWC focuses on the mind, we interviewed Julie Falk, who has been teaching and writing about mindfulness in Adams County for more than ten years.

How have you been involved in the health of the mind?

I actually do a number of things, all centered around mindfulness, that help to teach people skills for working with their own minds to have a more peaceful and satisfying life. I've taught mindfulness-based stress reduction (MBSR) to a few hundred people here over the years, which develops people's ability to live better with the difficulties in their lives. We do that through practicing medita-

tion and mindful movement—and learning to detect how we think and act in patterned ways that actually worsen our stress. I also teach mindful yoga to people with some physical limitations, with a special emphasis on the integration of body and mind. And I'm an integrative wellness coach, using modalities of focusing and internal family systems to empower people to help themselves.

Do you think such activities have made a difference to the participants?

Oh, yes. I always collect anonymous evaluations from the people who've come to the courses and workshops, so I have objective data from them. Over the years, they've all valued the practices they learned in the classes, and they've spoken about becoming able to identify what is important enough to get stressed about, and to recover more quickly when they do get stressed. They

also become more aware of the positives in their lives... pleasant moments and things to be grateful for.

What message about the well-being of the mind would you like to pass along?

These are very difficult times for many people because of the strains of the pandemic and the high degree of polarization in our society, even locally. I would like to encourage people to open themselves up to the possibility of hope for the future. We can cultivate this by purposely looking for something good in each other and in each day. If you find yourself discouraged, remember what Mister Rogers said: "Look for the helpers. You will always find people who are helping." And then maybe you can find a way to become one.

#UR Campaign Brings Positive Messaging

Written by Nate Sterner Nate Sterner, Director of Youth Prevention and Strategic Innovation Initiatives with The Center For Youth and Community Development

Collaborating For Youth's (CFY) Youth Coalition is Adams County's youth leadership movement seeking to help increase awareness and support around youth mental wellness in 2022. The #UR campaign is a multimedia effort to reach youth and help proliferate messages of positivity, sharing the positive from person to person. The Youth at CFY encourage everyone in our community to take time and write a #UR positive message to the youth and adults in their

lives, especially as we come upon Valentine's Day this year. Join us for our FREE family Friday event at Gettysburg Rec. Park on February 4th from 4:30-7 p.m. to celebrate LOVE, kindness, and share positivity with our families and community. #UR Amazing Adams County!! Support comes from right here, at home and in our community. Let's promote kindness and caring in 2022.



LOOKING AHEAD WHEN GRIEVING THE LOSS OF A LOVED ONE

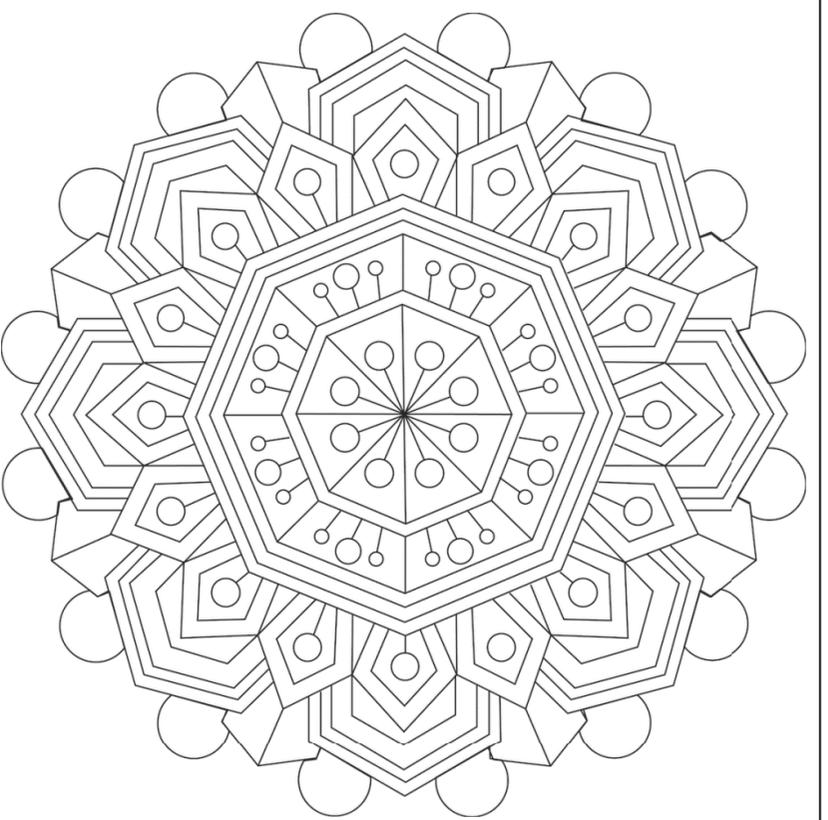
Written By Patti Anewalt, PhD, LPC, FT
Director of the Pathways Center for Grief & Loss
Hospice & Community Care

Entering a new year raises questions about what the future will hold, particularly in light of the current pandemic. It may be difficult and somewhat overwhelming for people to look far ahead if they are coping with the loss of a loved one. When bereaved people are asked how they are doing, a common response is "I'm taking it one day at a time." For most, the ups and downs on their grief journey are more manageable if they focus on just today. If you make New Year's resolutions, consider these suggestions:

- Accept that your functioning won't be back to normal.
- Take one step at a time.
- Recognize and express all your feelings, as they are all valid.
- Be gentle with yourself.
- Find ways to relax and become less anxious.
- Keep a journal. Writing down your thoughts and feelings can help.
- Trust your own sense of timing about what you need to do and when you need to do it.
- Exercise daily and spend time outdoors frequently.
- Take part in pleasant, distracting activities. Watch a movie, read a book, or pursue a hobby. Give yourself permission to take a break from grieving.
- Check out the Pathways Center for Grief & Loss' online grief education videos. You can learn more about how you are grieving and gain ideas that will help you cope.

The Pathways Center for Grief & Loss offers the area's most comprehensive programs and services for individuals in the community affected by the serious illness or loss of a loved one. Thanks to the support from the community, services are free of charge. The Pathways Center is located at the Ann B. Barshinger Hospice Center, 235 St. Charles Way, Suite 259, York, PA. For information, call (800) 924-7610 or (727) 391-2440 (En Espanol), email pathways@hospicecommunity.org, or visit www.pathwaysthroughgrief.org.

Enjoy a calming and mindful activity by coloring the below mandala. This photo, entitled 'Calming Thoughts' by Angela R., can be found along with a selection of other mandalas at mondymandala.com.



UPCOMING EVENTS

Virtual Death Café(s)
Date: 2nd Thursday of each month
Time: 6:30 p.m. to 8:00 p.m.
Format: Zoom
Sponsored by the End of Life Committee, an affiliate of Healthy Adams County
Discussion in a safe space, to explore issues about death, dying, life and living and its effects on ourselves and others.
Registration is required. To register please call 717-337-4137 or email jgastley2@wellspan.org

Winter Fitness Hikes
Date(s); Time(s) & Location(s):
*Sunday, February 20th, 1:30 PM. 2 miles. Eisenhower Farm to Sachs Bridge, 243 Eisenhower Farm Rd.
*Sunday, March 13th, 1:30 PM. 4 miles. Gettysburg Rec Park to Pickett's Charge Field.
*Sunday, March 27th, 1:30 PM. 3.5 miles. The Trout Loop, Tom's Creek, Michaux State Forest, Fairfield.
Join Healthy Adams County's Physical Fitness Task Force for free guided winter hikes (following CDC guidelines for outdoor activities that are in effect at the time of the hike). Hikes are open to everyone. Wear good walking/hiking shoes and bring a bottle of water. Hikes are held rain or shine (except for severe weather). Pre-registration is not required. Call 717-337-4137 or email jgastley2@wellspan.org for more details.

*For a complete listing of events related to the current Community Wellness Connections Dimension please visit www.adamswellness.org.