

June 2022 Newsletter

Ready or not, Summer is here! The back and forth change in temperature has finally subsided. No more 80 degree days, then 60 degrees the next. It is warm out and only getting warmer. Soon we will be saying it is too hot and wishing for the change back to cooler days. Changing from one temperature extreme to the other is tough. It makes our allergies act up (at least mine did), and our plants we work so hard at tending to start to bloom-then die when the cold hits again. Changing back and forth is challenging.



Change can be especially challenging when we are dealing with more than the weather. A little hiccup to a life altering event can cause us to experience more than one emotion or feeling. Sometimes we are the ones causing change, other times the change is brought upon us. One thing that is certain, change is going to happen, whether we like it or not, it is just a matter of time.

It is important to remember that when you encounter an unexpected change, that you can and will make it through to the other side. Beginning a change is the scariest, especially when we are not expecting it. At the time it might be hard to digest but you can do more than just go through the motions. Remember, a butterfly and the metamorphosis a caterpillar undergoes from a fat ugly worm to hardened cocoon to a beautiful winged butterfly.

Don't focus on external forces working against you, the only part of change you can control is you. Take time to be upset, vent, and complain, whatever you need to do, but set a cutoff time to these emotions or actions. Whether it is minutes, hours, a day, several days; have a deadline to accept the change gracefully. If we don't give ourselves a time limit of being upset and try to act like everything is

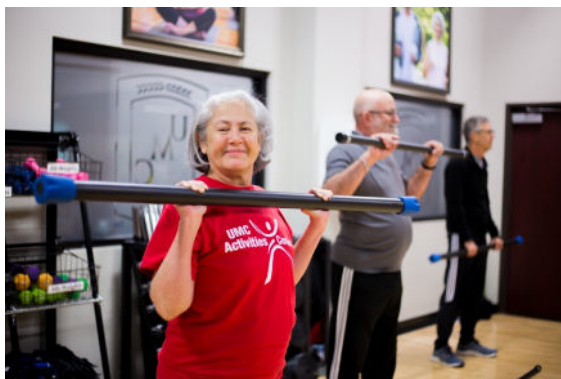
fine indefinitely we run the risk of bottling up emotions that could explode and damage those around us.

As I write this, I know it is tough to accept change and move on. Change brings stress, even when you accept the change and are ready for it. There will still be many instances of stress. Sometimes there are unanswered questions that you have or your family/friends have. A whole variety of circumstances can add stress.

When stress is high, it is important to realize that you are not alone in this transformation. Whether the change you are experiencing is at work, at home, children leaving the nest, divorce, physical changes or loss, there is someone else that has experienced the same thing. Talk to friends or family that have gone through a transformation to get the reassurance and



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encouragement you need to thrive through this process. If nothing else talk to your loved ones as they are going through the change with you. There is a good chance they are affected by the change just as much as you are. They have a whole host of emotions running through them, stress and maybe resentment. Talking through the stressful times will help you both come out of the change together.

Exercise is another way to fend off stress. Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins. It can also increase self-

confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

Develop a plan of action to assist with dealing with the situation, especially if it is unexpected. Figure out what you need to do to make this transformation work. It may take some time and trying different options to find what makes you comfortable with the change but it will come. Remember to be patient, breathe and trust. Your inner strength will surprise you.

UMC ACTIVITIES CENTER

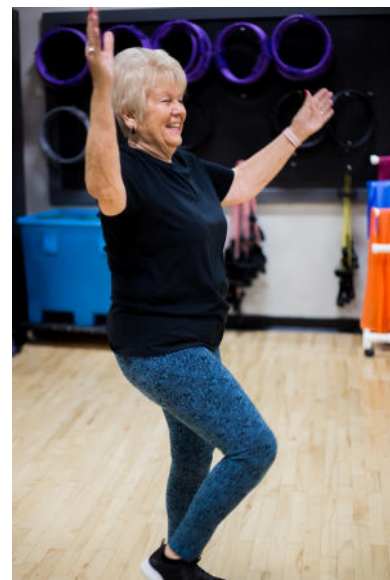
Jamie Powell

Do you feel as though you are busier than ever? If you answered yes then you are not alone. We hear all the time about how busy our members are keeping up with family/friends, volunteering, and social clubs. You name it and they are involved in it. However, a good exercise routine is just as important. In fact, a 2013 study found that senior exercise programs helped improve the overall quality of life for those who regularly participated in them. Specifically, the study found that seniors who exercised regularly were more likely to have:

- Improved physical and mental health
- Increased energy
- Improved social interactions
- Slowing or reversal of overall declining health
- Fewer limitations with daily activities
- Lower risk of depression
- Fewer falls and injuries
- Lower rates of hospitalization
- Lower rates of chronic disease (or more manageable symptoms for those who are already affected by it)

So, as you can see, there are many great benefits to participating in a regular workout routine (www.greatseniorliving.com). The members at the UMC Activities Center already know firsthand the benefits of exercise. That is what keeps them coming back even when they are busy living their life. They come back to their favorite classes.

At the UMC Activities Center, we provide exercise in a group setting. Exercising in groups can be a great way to get in shape while getting out of the house and socializing. Many classes involve a variety of exercise components, giving you a bit of balance, endurance, flexibility, and strength training all in one class. If you are looking to start an exercise routine or improve your quality of life, the UMC Activities Center has a class for you. Come out and try a class today!



Class Spotlight: The class under the spotlight this month is ***Mobility & Balance with Sharon***, which meets on Tuesdays and Fridays at 10:30AM. In this low intensity level class, the focus is directed towards improvement of balance and gentle developmental movements to enhance mobility. During the standing exercises, the use of chairs for stability may be utilized for an additional tool for balance and confidence in movement. Towards the end of class, members will be taken through a balance course with the intention of building confidence in movement through everyday life! Emphasis is placed on building strength throughout the body and improving basic skills that increase in difficulty as muscles weaken. ***Mobility and Balance*** is a friendly and dynamic class with an abundance of jokes and story-telling as the exercises take place. Members find a unique and close group of friends who will encourage and hold one another accountable in their exercise journey!



For those who are not members of the UMC Activities Center; you are still welcome to try ***Mobility and Balance***, or any of our other classes, for a \$5.00 guest fee. We ask that you come a few minutes early to sign a waiver and pay your fee!

Member Spotlight: “I love Mobility and Balance because it really does give you mobility and balance! It really works; we stand, sit, move, and chat a lot! We get to practice movement and balance and it really helps you feel better!” – Susan Bryan

PECAN STRAWBERRY SHORTCAKE

What a better way to get into the summer season than homemade strawberry shortcake. Pecans make this dessert of tender shortcake, freshly whipped cream, and sweetened berries sing. Make 8-10 shortcakes.

Ingredients:

2 Cups flour	½-Cup finely ground pecans
½-Cup sugar	2 teaspoons baking powder
½-Cup margarine or butter	1 egg
2/3-Cup milk	2 Tablespoons finely shredded orange peel
6 Cups sliced strawberries	1 Can of whipping cream.

Directions:

1. In a medium mixing bowl stir together flour, ground pecans, ¼-cup sugar, and baking powder. Cut in the butter until the mixture resembles coarse crumbs.
2. In another mixing bowl combine egg, milk and orange peel; add all at once to the dry ingredients. Stir just until moistened. Drop the dough into 8 or 10 mounds on an ungreased baking sheet; flatten each mound with the back of a spoon until ¼ inch thick. Bake at 450 degrees for 7-8 minutes or until golden brown. Transfer to wire rack to cool about 10 minutes.
3. Meanwhile, in a medium bowl stir together the sliced strawberries, ¼-cup sugar and the remaining teaspoon of orange peel; let stand about 20 minutes.
4. Slice biscuits in half. Spoon half of strawberries and whip cream over the bottom layers. Replace shortcake top and add remaining strawberries, then cover with whip cream. Top with a whole strawberry and serve immediately.





JUNE VOLUNTEER SPOTLIGHT

Betty Mullican is this month's featured Volunteer. She has been an Auxiliary Volunteer since 2008 and has served in numerous positions. Currently Betty volunteers two days a week as a messenger and at the front desk. Before volunteering Betty taught 1st grade for 39 years. She has been married to her husband, Larry for 50 years and they have three children and six grandchildren. Her other activities include Women's Bible Study and she loves going out of town to spend time with family. Betty said her favorite thing about volunteering at UMC is visiting the patients and their families. Thank you for your time Betty!

HOW YOU CAN GET INVOLVED

Are you interested in supporting UMC Health System? Volunteers are needed now more than ever. Volunteering is great for both the volunteer and the organization! UMC Health System relies on the support of volunteers who so generously give their time in support of our cause.

UMC is seeking volunteers willing to fulfill various roles including:

- **Information Desks**
- **Greeters**
- **Couriers**
- **Share Your Talent!** (*Music Therapy, Pet Therapy, & Patient Advocacy*)
- **Volunteer From Home by Donating!** (*Patient Care Packages, Nurse/staff Care Packages, Books, Cards, etc.*)



All shifts available! You set your own schedule! All volunteers & staff follow safety and health protocols to minimize risk. All donations can be coordinated thru the Volunteer & Guest Services Department.

If you are interested or have questions call (806) 775-8238.

Seniors are Special Presidential Libraries Tour, October 13-19, 2022

ALL RESERVATIONS MUST BE MADE BY JUNE 15, 2022

DAY 1: OCTOBER 13th - Lubbock to Dallas, TX

Start your journey today with a pick up from University Medical Center in Lubbock, TX. Ride with us in comfort to Dallas which is known for its cultural activities, including opera, ballet, musicals, and symphony concerts. Take a self-guided tour of the George W. Bush Presidential Library and Museum. The museum houses the archives of the George W. Bush presidency, 43,000 gifts & a replica of the Oval Office. Tonight, join your Travel Director and fellow travelers for a Welcome Dinner at your hotel. Meal: Welcome Dinner

DAY 2: OCTOBER 14th - Dallas to Little Rock, AR

From Dallas, we begin our journey to Little Rock. Go on a guided visit of the William J. Clinton Presidential Library and Museum highlighting domestic and foreign policy, as well as life in the White House. Exhibits include replicas of the Oval Office and the Cabinet Room as well as the Presidential timeline and exhibit alcoves. Meal: Breakfast



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DAY 3: OCTOBER 15th - Little Rock - St. Louis, MO

Travel with us to St. Louis, MO. On arrival, explore this city on an orientation drive before checking in to your hotel for your 2-night stay.

Meal: Breakfast

DAY 4: OCTOBER 16th - St. Louis Sightseeing and Lincoln Library

Today, you will take a tram ride to the top of the Gateway Arch, the world's tallest arch and the centerpiece of Gateway Arch National Park. Then board the bus for a side trip to Springfield, IL to visit the Abraham Lincoln Presidential Library and Museum, which documents the life of the 16th U.S. president, and the course of the American Civil War. Return to St. Louis and explore the Anheuser-Busch brewery and learn why their beer is second to none: from its beginnings as quality ingredients, to its crisp taste as the finished product! Meal: Breakfast

DAY 5: OCTOBER 17th - St. Louis, MO - Independence, MO - Kansas City, MO

Travel to Independence, Missouri this morning for a guided visit of the Harry S. Truman Library and Museum. Truman shouldered the burden of leadership in a rudderless world. With courage, integrity, and humility, he vindicated the American conviction that an open society can produce leaders equal to any challenge. Afterwards, take some time to visit and explore the Harry S. Truman National Historic Site. Visitors can experience the surroundings Truman knew as a young man of modest ambition through his political career and final years as a former president. Continue to Kansas City for your overnight stay.

Meal: Breakfast

DAY 6: OCTOBER 18th - Kansas City, KS - Abilene, KS - Oklahoma City, OK

This morning, make your way to Abilene, KS to visit the Eisenhower Presidential Library, Museum and Boyhood Home. The museum includes the home where Eisenhower lived from 1898 until his appointment to West Point in 1911, and is the president's final resting place. Head to Oklahoma City, the capital of the U.S. state of Oklahoma. It's known for its cowboy culture and capitol complex, surrounded by working oil wells. Visit the Oklahoma City National Memorial, which includes the reflecting pool, empty glass, and bronze chairs recalling the victims of the 1995 bombing of the Alfred P. Murrah Federal Building. Meal: Breakfast

DAY 7: OCTOBER 19th - Oklahoma City - Lubbock, TX

This morning, we will head home to Lubbock and you will arrive back at University Medical Center.

Meal: Breakfast

Cost: The cost of this trip is \$2,075 per person with double occupancy and \$2,790 for single occupancy. Travel Protection is available for an additional \$219 per person.



CONTACT US

Julie Dominguez
*Director Volunteers,
Guest Services
& Seniors are Special*
(806) 775-8760

Jamie Powell
*Program Coordinator,
UMC Activities Center*
(806) 761-0676

Shana Barnett
*Program Coordinator,
Volunteer Services*
(806) 775-8238

Seniors are Special
602 Indiana Avenue
Lubbock, TX 79415
806-775-8760

RETURN SERVICE REQUESTED



Seniors are Special Monthly Meeting
Wednesday, June 8, 2022
3:00 PM – 4:45 PM
McInturff Conference Center at UMC



3:00PM – Caitlyn Murray, Life Gift

4:00PM – Kyle Galyean, UMC Social Services

You are free to park in any of UMC's parking lots.
During construction, access to the McInturff Conference Center is easiest through the Outpatient Surgery entrance.