

## May 2022 Newsletter

### *Why Exercise is One of the Best Medicines*

If exercise was a pill it would be regarded as a wonder drug, the best medicine. So powerful are its known effects to improve everything from general wellbeing, to musculoskeletal disease, to cardiovascular problems, to diabetes, multiple sclerosis, mental health, anxiety and depression.

So, aside from getting stronger and fitter, here are three big reasons to keep exercising – or to start if you aren't already:



#### **SUPPORT YOUR IMMUNE SYSTEM**

It's simple – being physically fit increases your immunological fitness too. Basically, exercise increases blood flow and mobilizes white blood cells, one of the main defenses against harmful microbes.

At least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week is recommended, but anything is better than nothing. One study found that just 30 minutes of brisk walking increased the circulation of natural killer cells, white blood cells, and other immune system warriors.

#### **REDUCE YOUR RISK OF CHRONIC ILLNESS**

The American College of Sports Medicine's "Exercise Is Medicine" project has documented the myriad of health benefits of exercise, including lowering the incidence of various cancers, reducing the risk of excessive weight gain (with its associated health problems, including diabetes), and improved cardiovascular health (including lower risk of hypertension and stroke).

All of these contribute to an overall lower risk of all causes of mortality in people who exercise. Another large analysis reported in 2009 found these same benefits were experienced by people already suffering from chronic conditions.

#### **IMPROVE YOUR MENTAL HEALTH**

Stress hormones compromise immune function but exercise, including yoga, is very good at combatting stress. Numerous studies have shown that regular physical activity is associated with better mental health, including a reduced risk or incidence of dementia, reduced feelings of anxiety and depression, improved cognitive function, improved quality of life, and improved sleep. Again, the latest neuroscience shows that even moderate physical activity can have major benefits.

To say exercise is better than conventional medicine is a stretch, and no one is saying a workout will help in a genuine health emergency. But a huge 2013 comparison study of exercise and drug interventions found that being fit was as good if not better at combatting a number of chronic illnesses.

In short, exercise is really good for you, so keep it up.

Source: University of Colorado Anschutz Health and Wellness Center



May is "Exercise is Medicine" month and what a better time to get into an exercise routine. Not sure where to start? Visit the UMC Activities Center located at 7105 Kewanee Ave and talk with our staff about an exercise program just for you.

# UMC ACTIVITIES CENTER

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, social clubs, etc. 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](http://www.greatseniorliving.com)). The members at the UMC Activities Center already know firsthand the benefits of exercise. Even when they are living busy lives, they keep coming 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 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 Total Body with Janet! Total Body is a conditioning class with a moderate intensity level and an emphasis on endurance, strengthening, stretching, and toning. This class includes standing as well as seated activities. In this class, members are constantly moving whether it is through cardio an aerobic movement or strengthening exercises using various types of equipment. Total body not only exercises the physical body, but it exercises the mind and helps to increase confidence in movement

and mobility! Total Body meets Monday, Wednesday, and Friday from 12:15pm-1:00pm.

This class is perfect for anyone who wants to work towards having more endurance and increasing activity level or for anyone who wants to work up a sweat but make sure that they can fun while doing so!

**Member Spotlight:** “Total Body exercises your mind, it exercises you physically, and it’s about building relationships! It stretches you both mentally as well as physically!” -Jo Beth Gilliam

For those who are not a member of the UMC Activities Center you are welcome to any of our classes for a \$5.00 guest fee. We ask that you come a few minutes early to sign a waiver and pay your fee. We are here to help you find that right class. The class that “fits.” Contact the office at (806)761-0676 or stop by and see us at 7105 Kewanee Ave. Good luck....and happy exercising!

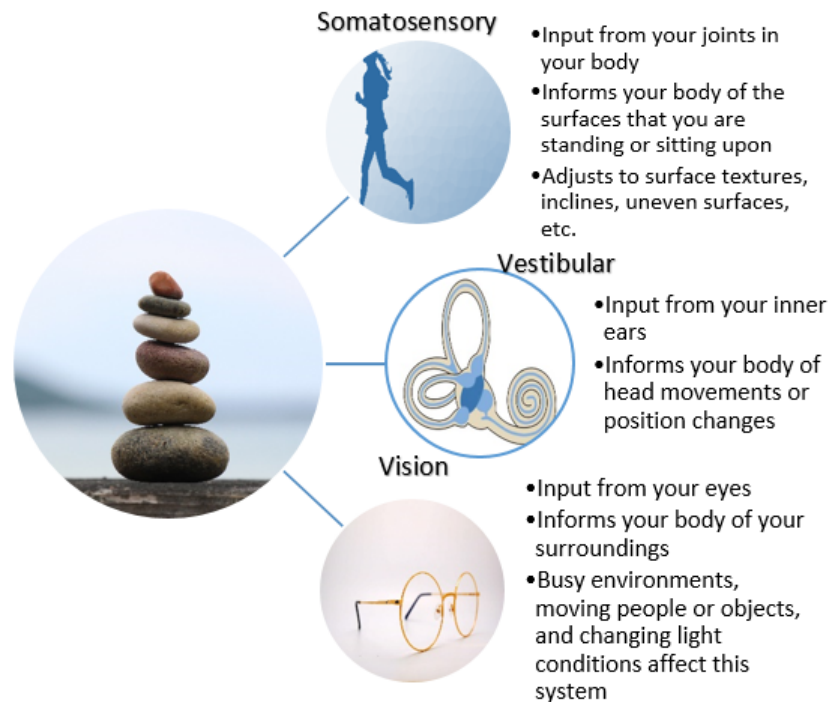
**Closed for a Long Weekend:** The UMC Activities Center will be closed on Monday, May 30<sup>th</sup> in observance of Memorial Day. Regular hours will resume on Tuesday, May 31<sup>st</sup>. Enjoy the extra time off this Memorial Day weekend!



## Why is Balance More Challenging in the Dark? - Anna Julian PT, DPT

Balance is a common issue as we age, especially when mobility issues increase and falls become more concerning. The hardest conditions for balance are in darkened areas, uneven surfaces, and unfamiliar environments. Why is it so much harder to balance with your eyes closed?

Balance relies upon the body's *accurate* use of 3 different systems.



Each of these systems must function correctly for you to maintain balance. If one system changes in accuracy or reliability, the body must adapt. You may experience imbalance and dizziness if your body does not adjust appropriately, especially with vestibular system dysfunction. If balance issues persist or begin to impact your daily life, physical therapy treatment could resolve the dizziness and improve balance dysfunction.

To test one of these systems, you must reduce the influence of the others. Here is an easy way to see if you have deficits in your somatosensory or vestibular systems:

Stand with your feet together in a corner, but do not lean against or touch the walls.

Close your eyes and maintain steady balance for 1 minute.

If you find yourself reaching out to the wall or quickly opening your eyes, you may have dysfunction in your somatosensory system.

Now with your eyes open, slowly nod your head up and down for one minute. Afterwards, slowly turn your head right and left for 1 minute. If balance is challenging here, you may have dysfunction in your vestibular system.

If you have difficulty with any of these positions, you are more reliant upon your vision for balance and may need to improve the function of the other systems. Difficulty with balance while your eyes are closed is why it is harder to balance in dark environments. It is also a reason why you might look at your feet while you walk, especially over uneven surfaces like ramps, grass, and gravel.

It is normal for these systems to change over the course of your life, especially with injuries, peripheral neuropathy, nerve damage in your feet, and vision or hearing loss. However, it is possible to improve your balance with targeted balance exercises. T'ai Chi and Yoga are great ways to improve and maintain your balance. If you have concerns about your balance or daily function, consider talking with your doctor about a referral for physical therapy.

Anna Julian PT, DPT is a Physical Therapist at UMC Health System Team Rehab, a comprehensive team of specialists providing care in the areas of physical therapy, occupational therapy, and speech therapy. For more information, you can call (806)775-9275.





## MAY VOLUNTEER SPOTLIGHT

This month we are featuring volunteer, Shirley James. Shirley worked for UMC Health System for 37 years. She retired and four years later she returned as a volunteer. She loves to Line Dance with her friends at the UMC Activities Center, travel and spend time with her two great-grandsons. We appreciate Shirley and her dedication to UMC through the years!

## 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.

### \*\*\* TRIP ALERT \*\*\*

Seniors are Special Announces  
Presidential Libraries Tour  
October 13-19, 2022  
7 Days / 6 Nights

#### **DAY 1: OCTOBER 13, 2022 - 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 14, 2022 - 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 15, 2022 - 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 16, 2022 - 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 17, 2022 - 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 18, 2022 - 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 19, 2022 - 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.

**Reservations:** Seniors are Special is now accepting reservations. To reserve your space, you will need to call the office at (806) 775-8760 and then mail in your deposit of \$200 to UMC Seniors are Special, 602 Indiana Ave, Lubbock TX 79415.



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## **CONTACT US**

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Volunteer Services*  
(806) 775-8238

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

RETURN SERVICE REQUESTED



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**Seniors are Special Monthly Meeting**  
**Wednesday, May 11, 2022**  
**3:00 PM – 4:45 PM**  
**McInturff Conference Center at UMC**

3:00PM – Ronica Farrar, Educator Texas Panhandle Poison Center  
*Poison Safety at Home*



4:00PM – Janell Miller, MS CCC-SLP UMC Team Rehab  
*Speech Therapy-It's More Than Just Talking*



UMC's Courtesy Shuttles will provide free shuttle service between 2:30PM-3:30PM and 4:15PM-5:15PM for our guests. The shuttle will pick up members at the Texas Tech parking lot located WEST of Texas Tech Parkway, off of 10th Street. Turn West away from the hospital at the 10th Street & Texas Tech Parkway light. The parking lot is located one block down on the left side of the street. Follow the SAS parking signs. The shuttle will take you to and from the lot to the McInturff Conference Center. You are also 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.