



**HEART:** We all know when the month of February is upon us. Stores are filled with Valentine's Day red and pink heart-shaped decorations, cards, love songs playing on the radio and heart-shaped boxes filled with chocolates and other goodies. Not to mention for the past month, our loved ones' subtly mentioning that piece of jewelry they liked at the department store...behind the counter... over by the perfumes... ask for

Wendy; or in my case it's ask for Jim at the Firearm counter at Academy. We are constantly reminded of what this month is really all about: heart.

February is designated American Heart Month. This designation is designed to bring awareness to the leading cause of death for both men and women in the United States. Millions of Americans are affected by heart disease each year. The term heart disease, or cardiovascular disease, is used to describe a number of conditions affecting the heart. The most common is coronary artery disease (CAD) which results from plaque building up in the arteries of the heart, which is called atherosclerosis. This buildup causes blood flow to be disrupted and the heart to be starved of oxygen and vital nutrients, which can lead to heart attacks, chest pain, arrhythmias, heart failure and other problems.

Even with millions of Americans affected by heart disease there is good news; it is controllable and preventable. Steps can be taken every day to lead a more heart healthy life. These steps include:

- Eat a healthy diet
  - Eat plenty of fruits and vegetables; try to get 5 a day!
  - Eat lean meats
  - Eat whole grains
  - Limit salt
- Exercise regularly - 30 minutes most days of the week or a minimum of 150
- minutes per week

Following these steps or, at the very least, improving on these steps is a start in the right direction. Improving what we eat and getting regular exercise leads to maintaining a healthy weight. Being overweight or obese increases the risk of developing heart disease as well as diabetes, high blood pressure, high cholesterol and developing some cancers.

This February, remember to love one another as well as yourself. The UMC Activities Center can help you in the pursuit of improving or maintaining these steps to a healthy lifestyle. Group fitness classes are an excellent way to get regular exercise while relieving stress.

## **The Role of Grandparents**

By: Avery Williamson

To be a grandparent is an honor. It requires patience, experience, and wisdom. A perfect combination of all three attributes can create the best grandparents in the world. What does it really mean to be a grandparent? What are the roles a grandparent should play? From the perspective of a 25 year old man who had wonderful grandparents, let me tell you how grandparents impact their children and their children's children.

There is a unique bond between the grandparents and grandchild. Grandparents are not responsible for the daily care of their grandchild, the homework, the disciplining, or the chauffeuring. Grandparents have the freedom to decide how involved they want to be in their grandchildren's natural spontaneity, joy, innocence, and affection. In my opinion and from my point of view, I hope you are involved with your grandchildren's lives as much as you can be.

## **The Playmate**

Grandparents provide a safe harbor for their grandkids, helping them feel loved and secure, which can be especially beneficial in times of difficulty or stress. The most important thing that grandparents bring their little ones is love. Babies, toddlers and preschoolers learn and grow through close, caring relationships with the adults in their lives. The attention, interaction and unconditional love from grandparents (and parents,

of course) helps a young child feel safe and secure. And that's what they need for healthy brain development. Children gain self-esteem and self-confidence by feeling loved. The greatest gift grandparents can give their grandchildren is unconditional love and support. Research tells us that the bond between grandparent and grandchild is second only to the bond between parent and child. Kornhaber calls this bond "clear love" – love with no strings attached. Other studies have found that this special bond persists into adulthood. So, have fun with your grandkids and don't take life too seriously. Let the parents do that!

### **The Historian**

Every grandparent is a historian to their family. It is a role that is automatically given to you because of the adventures you've experienced and traditions you've held (or created). There is usually one person in charge of making sure the family traditions and culture remains in the family. Due to the well-deserved respect, this role is given the grandparents. If it is one thing that I love to do with my grandparents, it is listening to them tell stories of what their lives looked like when they were my age. A time where I didn't even exist or perhaps wasn't even a thought yet. I find it very fascinating to discuss history with seniors. That is one reason why I love my job. I get the opportunity to talk with seniors every single day. As the family historian, it is their job to instill the heritage and family traditions. Grandchildren need to hear of it all. Grandparents must leave a legacy that will forever be remembered and passed on through the generations to come. Recently, after talking with my Grandmother, I discovered something new in my family that I had never known before. It is always good to learn your family history whether it is good or bad. That way it can be prevented in the future or promoted to the next generation.

### **The Mentor**

Grandparents are a gold mine of knowledge, experience, advice, talents, and skills. Reading to grandchildren, telling stories, and sharing skills such as gardening, crocheting, cooking, and car repair give grandparents' ways to spend time with grandchildren. Spending time together not only allows grandparents to teach specific skills but also to talk together, listen, give advice, and share experience and ideas. Grandparents can show their grandchildren that growing older does not mean becoming bored or boring. As grandparents continue learning, stay active, enjoy hobbies, and keep mentally and physically fit, they show their grandchildren that the future is bright at any age. Grandparents who keep up with the times and are aware of what's going on around them build credibility with their grandchildren and are more likely to have an influence. By living with energy, purpose, and a good attitude, grandparents can send the message that life is good even as we age. There no better person to mentor you that has as much experience and wisdom as a grandparent. That is what we need in life – a role model to show us how it is done.

### **Class Spotlight:**

This month, I want to highlight **Total Body** with Janet. **Total Body** is a conditioning class with a moderate intensity level and an emphasis on endurance, strengthening, and stretching. This class includes standing as well as seated activities. In **Total Body**, members are constantly moving whether it is through cardiovascular exercises which works the aerobic system getting you into shape, or strengthening exercises which will build more muscle. Along with working the body physically, **Total Body** works 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 endurance and increasing activity level or for anyone who wants to work up a sweat but make sure that they can have fun while doing so!



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. Contact the office at (806) 761-0676 or stop by and see us at 7105 Kewanee Avenue, Lubbock, TX 79424.

## **FEBRUARY VOLUNTEER SPOTLIGHT**



Meet our February Volunteer of the Month, Stephen High! Stephen has served as a Volunteer Chaplain with UMC for only 3 months and has accumulated over 130 hours-incredible dedication to our patients and Health System! He dedicates his time to UMC patients primarily in the ICU. Stephen is forever grateful for UMC and the care he received as a patient. He states that being a volunteer chaplain is an indescribable feeling as he sees miracles happen every day! Stephen is an amazing volunteer with an amazing story. Thank you Stephen we appreciate you.



### **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.



### **AARP Safe Driver's Course**

February 9th, April 18th, and June 13th

12:00pm-4:00pm

UMC Business & Technology Center

309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register

Cost is \$20 for AARP Members

or \$25 for non-members

February is American Heart Month, a time when people focus on their cardiovascular health.

**What is heart disease?** The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

**What are the symptoms of heart disease?** Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include: - Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath. - Arrhythmia: Fluttering feelings in the chest (palpitations). - Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

**Know Your Risk for Heart Disease** Several health conditions, your lifestyle, and your age and family history can increase your risk for heart disease. These are called risk factors. About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking.

Some risk factors for heart disease cannot be controlled, such as your age or family history. However, you can take steps to lower your risk by changing the factors you can control.

#### **What health conditions increase the risk of heart disease?**

High blood pressure

Unhealthy blood cholesterol levels

Diabetes mellitus

Obesity

**What behaviors increase the risk of heart disease?** Your lifestyle can increase your risk for heart disease.

- Eating a diet high in saturated fats, trans fat, and cholesterol has been linked to heart dis-ease and related conditions, such as atherosclerosis. Also, too much salt (sodium) in the diet can raise blood pressure.
- Not getting enough physical activity can lead to heart disease. It can also increase the chances of having other medical conditions that are risk factors, including obesity, high blood pressure, high cholesterol, and diabetes. Regular physical activity can lower your risk for heart disease.
- Drinking too much alcohol can raise blood pressure levels and the risk for heart disease. It also increases levels of triglycerides, a fatty substance in the blood, which can increase the risk for heart disease. - Women should have no more than 1 drink a day. - Men should have no more than 2 drinks a day.
- Tobacco use increases the risk for heart disease and heart attack: - Cigarette smoking can damage the heart and blood vessels, which increases your risk for heart conditions such as atherosclerosis and heart attack. - Nicotine raises blood pressure. - Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry. - Exposure to secondhand smoke can also increase the risk for heart disease, even for nonsmokers.

### **What is cardiac rehabilitation?**

Cardiac rehabilitation (rehab) is an important program for anyone recovering from a heart at-tack, heart failure, or some types of heart surgery. Cardiac rehab is a supervised program that includes: Physical activity, Education about healthy living, including healthy eating, taking medicine as prescribed, and ways to help you quit smoking, and Counseling to find ways to relieve stress and improve mental health. A team of people may help you through cardiac re-hab, including your health care team, exercise and nutrition specialists, physical therapists, and counselors or mental health professionals.

**Source:** Centers for Disease Control and Prevention [www.cdc.gov](http://www.cdc.gov)



UMC Health System's Cardiac Rehab provides medically supervised and monitored exercise sessions. The focus is on secondary prevention, which allows the opportunity for the Cardiac Rehab Therapist to educate the patient about risk factors, nutrition, exercise, stress and emotional aspects of heart disease, medications, and anatomy and function of heart disease. Applying what is learned through cardiac rehab to everyday life will help to prevent the recurrence of a cardiac event. Through exercise and lifestyle changes, our program will help improve physical and mental health, decrease anxiety, and improve overall quality of life. For more information you can contact UMC's Cardiac Rehab at 806.775.8950