

March 2023 Newsletter

Staying Safe at Home ~ Julie Dominguez

My mother recently asked me to help her identify tripping hazards in her house and help make it safer. Both she and my father are feeling less stable as they age, but want to remain in their home and be independent for as long as they can; so they are looking to make their house as safe as possible before it becomes a major issue.

According to the Centers for Disease Control and Prevention (CDC):

Falls are common and costly, especially among Americans age 65 and older. But falls are preventable and do not have to be an inevitable part of aging. Every second of every day, an older adult (age 65+) suffers a fall in the US - making falls the leading cause of injury and injury death in this age group. One out of four older adults will fall each year in the United States making falls a public health concern particularly among the aging population.

Facts about older adult falls:

- About 36 million falls are reported among older adults each year resulting in more than 32,000 deaths
- Each year, about 3 million older adults are treated in emergency departments for a fall injury
- One out of every five falls causes an injury such as broken bones or a head injury
- Each year at least 300,000 older people are hospitalized for hip fractures
- More than 95% of hip fractures are caused by falling – usually by falling sideways
- Women fall more often than men and account for 3/4 of all hip fractures



I gathered some information and went armed to their home in Michigan with the following list of measures to address potential hazards:

Slippery Floors: Increase traction on slippery surfaces by adding slip-resistant mats or applying slip-resistant treatment to tile or hardwood floors.

Trip Hazards: Eliminate obstacles by installing electrical cord covers and if possible rearranging furniture to clear paths.

Loose Rugs: Install carpet tape or gripper pads under loose rugs. Over time, adhesive on tape can wear away. Periodically, check rugs/mats to see if new tape or gripper pads are needed.

Stairs: Reinforce stairways with sturdy handrails and secure railings (on both sides if possible).

Bathroom Hazards: Install grab-bars and non-slip strips in the showers and bathtubs, and seat risers and grab-bars for the toilets.

Instability: Consider mobility aids like canes or walkers when additional stability and support is warranted.

Visual assistance: Install brighter light bulbs, motion-sensor lights and/or night lights especially in crucial areas like stairs and hallways. Light switches should be easily accessible when entering a room, reducing the risk of falling when walking across a darkened room.

My parents had already taken steps over the past few years to reduce their risks. They have grab bars in the bathrooms; all three of their toilets have been replaced with taller ones; my father uses a cane to climb stairs; and they have several motion lights throughout the house. We added grippers to rugs and throw rugs; installed some brighter bulbs, added a couple additional motion-sensor lights, cleared some obstacles and moved some furniture to create wider paths. We all felt these additional improvements were substantial, and they both said they already feel safer.

March Seniors are Special Seminar

Wednesday, March 8, 2023

3:00PM-4:45PM

McInturff Conference Center at UMC

3:00PM – Jacqueline Brown *Live in Control, Managing Diabetes*

4:00PM – Anna Julian PT, DPT, NCS *Posture*

You are free to park in any of UMC's parking lots.

Access to the McInturff Conference Center is easiest through the Outpatient Surgery entrance.





UMC Employee of the Year

Seniors are Special would like to congratulate the UMC 2022 Employee of the Year, Sabrina De La Cerda! Sabrina works as a Guest Service Coordinator (otherwise known as a Blue Suit) in our department and we are all so very proud of her.

While finishing a shift in the East Tower, Sabrina heard a scream from the women's restroom. To her surprise, Sabrina discovered a woman inside giving birth, prompting her to alert the UMC medical staff immediately. With the baby on its way, Sabrina calmed the birthing mother and protected the baby as it was delivered, resulting in the best possible outcome.



UMC ACTIVITIES CENTER

Avery Williamson

Social Activities for Seniors

I know we have talked about activities to do as a senior before in this newsletter. But, I want to discuss activities you can do with other people in this newsletter. As I was researching what to write about I came across many different activities for seniors to participate in with other people.

First, I want to tell you why it is important to keep your social life... well, social.

Obviously, it is good for our emotional health. As we get older, it is common to not go out as much or see other friends. This isolation can cause people to develop a sense of loneliness and depression. Social activities help people to build connections with others and improve their mood and I believe their quality of life. I think it is a natural human desire to be with other people. Yes, being alone is sometimes a wonderful thing, but being alone your whole life is not healthy. We need people in our lives!

Here are some activities that might spark up a few ideas so you can get moving and build connections with other people.

Swap a dish - I found this subject really interesting. In order for it to work, both parties need to be all in. In this activity, each party is going to create a dish full of flavor and deliciousness. The dish could be the same or totally different than what your partner is creating. Each person will swap the dish they made with the one their partner made and both will enjoy a wonderfully cooked meal. This is a fun way to get creative with cooking and maybe some feedback (if you're looking for it)!

Coffee Club - Coffee is the most popular drink in the world. It is a very popular social drink as well. Some of the best conversations happen over a cup of Joe. I actually know many retired adults who go get coffee at least once a week. It's a beautiful thing having great conversations with your friends.

Board Games - Board games are very social. It forces you to talk and compete against friends and family all while stimulating the mind to think quickly and strategize well against your opponents.

Cook Off - Think you're the best cook in the family? Prove it with a friendly competition in cooking against your closest friends and family. Make sure the judge is a good and trusted friend! The cuisine options are endless. Italian, Mexican, Korean, or my personal favorite, an American style Barbeque.

Exercise Classes - My personal favorite way to socialize is to join an exercise class. We just so happen to offer many classes here at the UMC Activities Center. Exercising with a group is a wonderful way to get social because everybody is doing the same activity working towards the same goal. It creates a bond between you and the other participants and over time, you'll have some great friends who can hold you accountable by making sure you are staying healthy by exercising. And that is a wonderful thing!

There are so many other activities that you can do with friends and family. Perhaps you are already participating in regular recreational activities with others. If you are, keep doing it because it is so good for you to get out and socialize. If you are not, I encourage you to get uncomfortable and do something social soon! It will only benefit your life and possibly others, too!

Live In Control: In the month of April, the UMC Activities Center will be hosting a class called **Live in Control**. The class is a family centered class that will be meeting every Friday in the month of April from 2:30pm – 4:00pm. The purpose of this class is to educate and empower individuals and their families about diabetes self-management strategies. Statistics have shown that the skills acquired through the **Live in Control** program result in better health outcomes for individuals, allowing them to focus on the many things they're passionate about, both at home and on the job.



If you have any questions feel free to call the UMC Activities Center at 806-761-0676 or email me or Jacqueline with any questions at avery.williamson@umchealthsystem.com and jacqueline.brown@umchealthsystem.com.



Class Spotlight: This month, I want to spotlight a class that has been becoming more and more popular is the **Stretch & Flex** class. **Stretch & Flex** emphasizes flexibility, mobility, range of motion, strength, and balance. Specifically, these categories are designed for the shoulders, knees, ankles and hips. There is a well balanced mixture of seated stretching and standing exercises. Shana Barnett is the instructor for this class. She understands the importance of having strong muscles with a better range of motion with our daily functional movements. **Stretch & Flex** is a class with very low intensity designed for individuals who may have shoulder or knee problems and would like to increase strength and range of motion in those joints. One of the highlights from the class is the balancing portion. This will challenge you mentally as well as physically. But the most important thing is it will get your results. **Stretch & Flex** meets on Mondays and Wednesdays from 2:15pm – 3:10pm every week. Although it is fairly new, members find it and can't stop showing up. 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.

AARP Safe Driver's Course

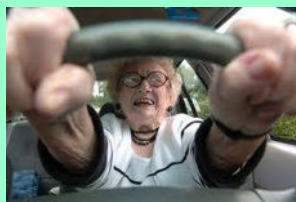
April 18th and June 13th

12:00pm-4:00pm

UMC Business & Technology Center

309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register



UMC Police/Security Department ~ written by Captain J.P. Wilson

Scams, let's talk about scams. We see this time and time again. An older individual reports that they have possibly been scammed, but it is usually too late to help or provide any assistance. Generally, scams are done over the phone and the scammer will attempt to convince you that they are someone they are not. It is usually some sort of scam involving gift cards, money orders, or your direct banking information. The scammer will ask that you purchase an absurd amount of gift cards and will ask you to provide the code from the back of the card to "release you from your debts". These scammers often claim to be from the IRS or Social Security Administration, tech support scams, prize, lottery or sweepstakes scams, and friend or family imposter scams. It is understandable as an older individual to be concerned about the topics these scammers claim to need payment for, especially if they claim to be with the IRS or Social Security. The IRS will only contact you by certified mail and will never ask for unusual forms of payment. We often see scams involving sweepstakes where the scammer will say you won a large sum of money and all you need to do is provide them with your bank account information so they can deposit the winnings.



Phishing scams can be detrimental to an older individual's financial health. It is extremely important for you to protect your

financial health. If you suspect you are being scammed, hang up the phone or discontinue communications with the individual. Reputable businesses and government agencies will never ask you for unusual forms of payments such as gift cards, or for your banking information. If you think the transaction could be legitimate but seems odd, contact the police before making any sort of payment. Once you make the payment it is nearly impossible to track to whom the payment was made, and scammers are usually from foreign countries which makes an investigation near impossible. We are happy to assist in determining if it is a legitimate transaction.

More resources can be found at the National Council on Aging (NCOA) or at the Federal Trade Commission (FTC).



CONTACT US

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VOLUNTEER SPOTLIGHT

Catlin McCune



Say hello to our March Volunteer of the Month, Dottie Strickland! Dottie is heavily involved in the Lubbock community through her various volunteering including knitting caps for cancer patients and babies, ushering at Buddy Holly & Cactus Theater, working the information desk at UMC's Southwest Medical, and finding various needs within the community and making it happen! When she is not busy volunteering, she is quite the social butterfly! She line dances, teaches knitting, is involved in 4H fundraising, and organizes social events for birthdays and holidays for her friends; she is known as the social secretary! Thank you for all you do, Ms. Dottie!



On Sunday, March 12th it will be time to change our clocks again for Daylight Saving Time (DST). DST was originally recommended by

Benjamin Franklin in 1784, but it was not widely adopted until the 20th century. The idea behind DST is to make better use of the available daylight during the summer months, when the days are longer. By moving the clocks forward by one hour, people can enjoy more daylight in the evening and save energy by reducing the need for artificial lighting.

DST has been controversial, with some arguing that DST is unnecessary and disruptive. Studies have suggested that the time change can disrupt sleep patterns and increase the risk of accidents, particularly in the days immediately following the change.

In the United States, DST begins on the second Sunday in March and ends on the first Sunday in November. During DST, the clocks are moved forward one hour, and then moved back one hour when DST ends.

There have been ongoing debates about the usefulness of DST, and some countries and regions have decided to stop the practice altogether. For example, in 2018, the European Union voted to end DST by 2021, with individual member states having the option to decide whether to remain on permanent standard time or permanent daylight saving time. In the United States, some states have also considered ending the practice of DST, although no federal action has been taken to change the current system.

+ VOLUNTEERS NEEDED

Are you interested in helping support UMC Health System and our community? Volunteering is a great way to get involved! UMC Health System relies on the support of our volunteers who generously give their time in support of our mission to help the community and provide the best care possible. Here are some ways you can get involved:

- Greeting Program
- Courier
- Helping the Information Desks
- Therapy Programs (Pet & Music Therapy)
- Donations (Patient Care Packages, Nursing/Staff Care Packages, Books, Cards, Blankets, Toys, ect.)



Ready to get started or have questions? Please follow the contact information down below or scan the QR code on the back for more details!

CONTACT US:

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EMAIL: CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM

Texas Independence Day is celebrated on **March 2nd** to commemorate the signing of the Texas Declaration of Independence from Mexico in 1836. At that time, Texas was a part of Mexico, but the Texian settlers were unhappy with the Mexican government's policies and formed a provisional government. After a series of battles, they declared independence and drafted a constitution for the new Republic of Texas.

The Republic of Texas existed as an independent nation for almost ten years until it was annexed by the United States in 1845. Today, Texas Independence Day is a day of remembrance and celebration of the state's unique culture and history. It is a reminder of the bravery and sacrifices of the Texians and Tejanos who fought for their freedom and independence. Many communities hold parades, festivals, and other events to mark the occasion.

