

April 2023 Newsletter

Advance Directives ~ Julie Dominguez

April 16th is National Healthcare Decisions Day. This day encourages people to make advance directives about their medical care in case they are unable to make decisions for themselves. As you may remember from my last newsletter, I recently went to visit my parents in Michigan and another task on my list during that visit was to assist my mother and her friend with their advance directives. Although it can be a difficult discussion for some, it is a simple thing to do.

An advance directive is an important tool that allows individuals to plan for their future medical care and ensure that their wishes are respected. Advance directives are important for many reasons.

First and foremost, advance directives help ensure that an individual's medical wishes are honored. By specifying their preferences for medical treatment, individuals can ensure that their wishes are respected, even if they are unable to communicate them at the time. This can provide peace of mind for both the individual and their loved ones.

Advance directives can also help to reduce stress and confusion for family members who may be faced with difficult medical decisions on behalf of their loved ones. By having clear guidance from the individual, family members can make decisions with confidence, knowing that they are fulfilling their loved one's wishes.

Another important benefit of advance directives is that they can help to avoid potential conflicts or disputes among family members regarding medical treatment. By specifying their preferences in advance, individuals can prevent disagreements and ensure that everyone understands the patients' preferences for medical care.

Advance directives are also important for healthcare providers, as they provide clarity regarding desired care. This can help healthcare providers to make informed decisions about treatment and ensure that the individual receives the care they want and need.

Advance directives are an important tool for individuals to plan for their future medical care and ensure that their wishes are respected. They provide clarity and guidance to healthcare providers and family members, reduce stress and confusion, and help to avoid potential conflicts or disputes. Everyone should consider creating an advance directive to ensure that their medical wishes are honored, especially if they are unable to communicate when the time comes for medical decisions.

Advance
Directives



NATIONAL VOLUNTEER WEEK

National Volunteer Week is an annual celebration that takes place in the United States during the third week of April. It is a time to recognize and appreciate the contributions of volunteers in our communities and encourage others to get involved in volunteer work. This year, National Volunteer Week takes place April 18th-24th.

Volunteering is an important aspect of our society, and it plays a vital role in improving our communities. Volunteers are individuals who donate their time and energy to help others without expecting anything in return. They serve as a backbone for various organizations,

charities, and non-profit groups that provide essential services to people in need.

National Volunteer Week is an opportunity to showcase the value of volunteering and to encourage more people to become involved. It is a time to recognize and appreciate the hard work and dedication of volunteers who help in hospitals, schools, food banks, animal shelters, and other organizations. Volunteers also play a significant role in disaster relief efforts, helping rebuild communities affected by natural disasters. Volunteering provides a unique opportunity to meet new people, gain new skills, and contribute to the greater good. It also allows individuals to give back to their communities and make a positive impact on the lives of others. Volunteers are often the unsung heroes of our society, and National Volunteer Week serves as a reminder to thank and appreciate them for their hard work and dedication.

In conclusion, National Volunteer Week is an important celebration that highlights the significant contributions of volunteers in our communities. It is a time to recognize the value of volunteering and encourage more people to become involved. If you are at UMC please take the opportunity to thank and appreciate the hard work and dedication of our volunteers who work tirelessly to make our world a better place. By volunteering, we can all make a difference and create a more compassionate and caring society.

Seated Exercises to Improve Posture ~ Anna Julian PT, DPT, NCS

Last month Anna presented at our Seniors are Special meeting and provided us with helpful exercises to improve posture. Below are some examples of those exercise.

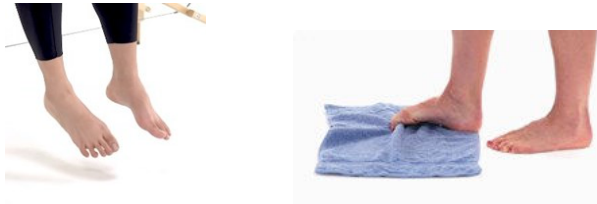
The goal: to improve range of motion through joint systems and build endurance strength.

Stretches should be held for at least 30 seconds and performed 3 times on each side.

Strengthening exercises should be performed 10-20 times each.

Ankles:

Ankle Alphabet – Trace out letters with toes
Towel Scrunches



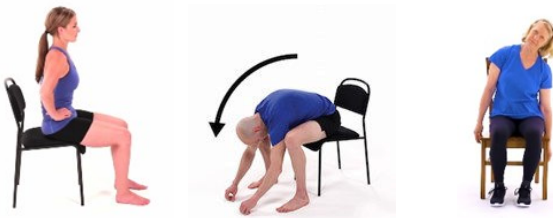
Knees:

Seated Hamstring Stretch
Quadriceps Stretch
Seated Heel slides
Sit-to-Stands from a chair



Hips:

Pelvic Tilts – Arch and flatten back
Abdominal Bracing
Lumbar stretch – Forward Fold
Side-bending stretch
Seated Hip Hikes
Figure 4 Stretch
Abductor Strengthening – push knee out, into hand



Upper Back and Shoulders:

Shoulder Rolls
Corner Stretch
Shoulder Retractions
Arm Pulses: I's, T's, and W's



Neck:

Side bending stretch – with chin to chest and with chin to ceiling
Chin Retraction and Chin Tuck



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
Cost is \$20 for AARP Members



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VOLUNTEER SPOTLIGHT

Catlin McCune



This month we are putting the spotlight on Mrs. Jo Shive as our Volunteer of the Month! She currently volunteers at the East Tower Information Desk.

Jo was an elementary school educator for 27 years... primarily working with 2nd, 3rd, and 4th graders. She worked in at various schools in Lubbock such as, Neal Wright, Parsons, and Bayless. When she is not volunteering, she is a dedicated to serving as the UMC Auxiliary President. She has taken on this

new role with grace and willingness to learn. She has assisted with recruitment of the UMC Auxiliary and has been a solid participant in fun and social events hosted by the UMC Auxiliary! When she is not volunteering her time to UMC she enjoys reading for pleasure, doing crossword puzzles, and travels as much as she can. We appreciate all that Jo does for Team UMC!



FROM THE DESK OF AN AUXILIARY MEMBER

Last week I went to lunch with some friends. The place was busy and noisy, but it wasn't long before we were adding to the chatter in the room. As we waited for our food to be served, we noticed a wall with a quote from the owner of the restaurant that gave us a moment of reflection:

"See how beautifully God has added one more day to your life...

not necessarily because you need it, but because someone may need you."

~ Cast Iron Grill

We thought about these words for a brief moment before someone started reminiscing about how that changed everything...it takes us out of the receiving side and puts us smack in the middle of the giving portion of our lives. We give freely to our families, to our communities, to our churches and to the organizations we represent. We expect nothing in return because we "volunteered" our time and our services. We understand that we will gain a satisfaction and a sense of well-being knowing that what we offer makes a difference to someone else and comes back to us in a 'deed well done' type of feeling.

Volunteering is a positive effect that allows us to give to others, but it gives us much more in return.

Volunteering gives us an opportunity to

- * Help others
- * Meet new people
- * Experience new places and tasks
- * Have a purpose
- * Develop our skills in a new way and to develop new skills
- * Connect with the community
- * Discover a platform that makes a difference to one person or to many people
- * Learn new skills and expand the ones we have
- * Get out of the house, make new friends and have fun.

Volunteering is about caring and sharing; about kindness and compassion; about generosity. It is the core of our humanity, it cost little or nothing. Perhaps it is your time to give back some of what you have been given. We would welcome you to volunteer at UMC and join our Auxiliary. The rewards are great.

+ 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:

PHONE: (806)775-8238

EMAIL: CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM



UMC ACTIVITIES CENTER

Avery Williamson

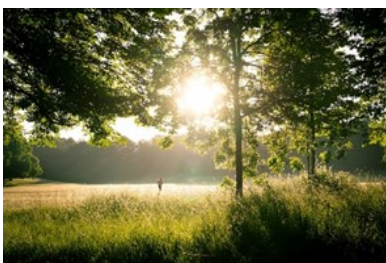
Soaking up the Sun

Spring is one of my favorite seasons. After a long winter with faded color, we begin to see vivid pigments of all kinds painted around the town. Everything seems to be brighter under the sun (Maybe because we can actually see the sun). One thing to watch out for during the spring season in Lubbock is the biting wind that picks up the sand from surrounding areas and lifts it up hundreds of feet in the air and drops it all over the city of Lubbock. Sometimes the wind only picks up a few feet from the ground and that is the sandstorm you want to avoid. The sand will give a piercing pain to any person with any skin showing. Anyways, minus the windiest days of Lubbock, spring is perfect!



This leads me to my point, we should get outside more this spring. Take advantage of the sun while it isn't hot yet. There are tons of benefits to being outside. Let me help you understand them!

- You absolutely need Vitamin D! I'm not talking about the pill or supplement version, I am talking about how your body makes vitamin D when you are in the sun! The health benefits are incredible! Getting exposure to the outdoors lowers the risk of cardiovascular disease, obesity, diabetes, and asthma hospitalizations. It is so good for you to be outside.
- It's also really good for your brain. Exposure to nature has been proven to lead to better cognitive function in a number of studies. It's also been shown to decrease stress and boost happiness, both of which are crucial for maintaining good mental



health, fighting depression and anxiety. One study showed a significantly lower risk of psychiatric disorders (such as depression, mood disorders, and schizophrenia) in children who grew up with more access to nature. Even if you didn't grow up with a lot of access to nature, there is no time like the present to start. I think it is absolutely necessary to get outside and catch some rays. As soon as your body is exposed to the sun, the benefits begin. Get outside, take a deep breath, and enjoy the views.

- Some people might have trouble getting outside and actually enjoying the outdoors. I don't want anyone to be held back from enjoying life because of their health. I think we need to be doing the absolute best we can for ourselves and our bodies. Little things like getting some sun every day can benefit your life so much. The more you take care of your body, the more your body will take care of you, I want to end my article with a Sir Isaac Newton's first law of motion, "An object in motion remains in motion, and an object at rest remains at rest." Our bodies act in the same way, we need to keep our bodies active so they can remain active. A body at rest will remain at rest and cause so much more pain when you do try to move.

The UMC Activities Center is here to help you in the pursuit of improving or maintaining these steps to a healthy lifestyle. Come out this month to the UMC Activities Center and work on a step to a healthier lifestyle. If you are not a member you can drop in for only \$5 per day and see what we are all about! The UMC Activities Center is located at 7105 Kewanee Ave. For more information call the office at 806-761-0676



Class Spotlight: *Exercise 2* is taught by one of our most highly respected instructors Robin Walker. Robin's *Exercise 2* class offers a variety of exercises all in one class. Coming from an Aerobic style, Robin likes to teach her class in the rhythm of fun songs. *Exercise 2* offers a mix between cardiovascular exercise and strength training with resistance like dumbbells or barbells. Robin also mixes how the exercises are performed. Some exercises will be done standing and some seated in a chair. No matter how the exercise is done, Robin coaches it well. *Exercise 2* is a low to moderate intensity level class meaning it is a slower paced class that is easy to follow. In *Exercise 2*, Robin emphasizes strength, cardio, flexibility, and balance.



Construction Update: Just a reminder, the UMC Activities is under construction as we are transitioning from phase one to phase two. Some spaces may be tight due to UMC Activities Center members and UMC Team Rehab patients crossing paths every day. I want to remind seniors about respecting the space of others. Especially when therapists are working with their patients. If there is a patient with a therapist, we need to remember to always give way to someone with mobility and walking issues.



Seniors are Special is a Service of UMC Health System
602 Indiana Avenue | Lubbock, TX 79415 | 806-775-8760