

## June 2023 Newsletter



**Kindness:** “It is better to give than to receive.” “Treat others the way you want to be treated.” Have you heard these sayings before? What meaning does it hold in you? Our wellbeing often relies heavily on our kindness and health. Let’s see how these work together.

Kindness is the quality of being friendly, generous, and considerate. We have so much going on in our lives that we push kindness and wellbeing to the wayside. Studies have shown that being kind helps to relieve stress in your life along with those around you, as well as bring out more happiness and self-esteem in others’ lives!

Our health is also linked to our kindness and happiness. When we are more active our bodies let out different stimulates to leave us happier and more relaxed. You also grow your self-esteem and confidence being surrounded by other hard working and happy people.

Let’s keep this in perspective. We don’t realize the way we impact the ones around us. There is evidence and studies that show when we are more aware of our kindness it can increase feelings of happiness, optimism, and satisfaction.

Now don’t forget about yourself either. Being kind to yourself can help to improve your wellbeing. Prioritizing “me” time can help you stay relaxed and feeling better every day. Treat yourself to something small, do something you enjoy, and remember to stay active!

**Let’s talk about “Self-Care:** Self-care is defined as any action or behavior that helps us avoid triggering health problems and benefits us by improving our mental and physical health through better self-esteem, less stress and overall wellbeing. Self-care behaviors help provide balance in an increasingly overstimulated world. They are an essential part of a healthy lifestyle that keeps us healthy, happy and more in tune with our minds and bodies.

What is wrong with a little self-care? Absolutely nothing! But others associate our self-care with selfishness, being lazy and maybe overindulgent behavior. These judgmental attitudes make us feel guilty for taking a break from our lives to do something that makes us feel better. But, putting “me time” on the back burner is a big part of why we feel rundown, frenzied, and overwhelmed. It can also make existing conditions worse and take a toll on us emotionally.

Self-care can be difficult for many of us to participate in for several reasons. Often making healthy changes to our life can be difficult and managing stress better is tough. We have responsibilities that often do not lead to a lot of our “own time.” People are caregivers for family or are just plain busy. We feel guilty for doing something for ourselves. There are many reasons and all very valid.

There is no set prescription for how or when to do self-care. Just spend at least 20 minutes a day doing something for yourself. Not quite sure what to do or try? Below are some suggestions but remember, this is your time so find something or multiple things that appeal to you:

- Exercise! Break a sweat. The UMC Activities Center has a variety of classes that could meet your needs.
- Volunteer, help others in need. At UMC there are numerous opportunities available.
- Spend time outdoors. Whether you enjoy going for a walk, doing yard work or just want to sit outside.
- Be mindful. Focus on the present. Do not dwell on the past or what you cannot control.
- Listen to music. Have a favorite song that puts a smile on your face? Listen music you enjoy.
- Read a book. Reading keeps the mind sharp and may improve sleep.
- Get your Zzz. Too little sleep can increase blood pressure, cause weight gain, and make us moody.
- Unplug. Stay off your phone, computer, or TV. A break can help recharge and gives our brain a break.

Remember these are just a few suggestions for self-care strategies. What truly matters is you. Find what you need to do to decrease your stress, boost happiness and improve your health and take at least 20 minutes a day for yourself.



### June Seniors are Special Seminar

Wednesday, June 14, 2023

3:00PM-4:45PM

McInturff Conference Center at UMC

3:00PM – Ezekiel Nino, MS, UMC Cardiac Rehab Exercise Specialist will present "Exercise is Medicine"

4:00PM – Samantha Jackson, UMC Clinical Dietician will present "Smart Food Choices for Healthy Aging"

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.

# VOLUNTEER SPOTLIGHT

Catlin McCune



Say hello to our June Volunteer Spotlight, Mrs. Carol Cloud! Carol has been a volunteer with UMC for almost 2 years, serving at our Southwest Medical and UMC East Tower information desks. She is active in our Auxiliary, serving on the Board and continuously looking for ways to advocate for UMC and our patients. Carol has a long history with UMC, as she started as a bedside nurse in 1984 and was employed with us for 33 years. Now that she is retired, she enjoys being with her five, very active grandchildren. When she is not with her family or volunteering, she enjoys gardening in her greenhouse, canning, and helping at her home church Southcrest Baptist! Carol, we appreciate your loyalty to UMC and dedication our patients and health system. You make a difference!



## CONTACT US

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## + 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!

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## FROM THE DESK OF AN AUXILIARY MEMBER:

It is easy to sing praises of all the good volunteering does for organizations and communities, but there are benefits to the volunteer that far exceed any expectation imaginable. Here are four major benefits that you may not have thought about keeping you healthier while you volunteer.

Volunteering connects you to others...

One of the more prominent benefits of volunteering is that it allows you to connect

with the people in your community and make it a better place for all. Even the smallest task makes a real difference in the lives of others. Volunteering helps you make new friends and expands your social skills and opportunities.

Volunteering is a great way to meet new people with common interests, learn about neighborhood resources and participate in fun activities. This is an optimum way for shy people or new people to meet people with like interests and feel safe in a more controlled atmosphere.

Volunteering is good for your mind and body...

Volunteering is one of the best antidotes for depression. Not only are you in contact with other people, but you are also giving of yourself. This builds a strong support system, which protects you from depression.

Volunteering helps relieve the effects of stress, anger and anxiety. You have a purpose and a connection with your organization that resolves the anxiety that you feel when alone. The stress is less and your feelings of anger fades.

Volunteering makes you happy. Being helpful to others gives you a pleasure like no other. At an early age, we are taught to be helpful and to lighten the duties of others. The more we give or help, the happier we are.





Volunteering gives you a sense of purpose. Someone is depending on you. In thinking of someone else or something we can do for someone, we forget about our worries. We now have a greater purpose in our life.

Volunteering increases our self-confidence. The better you feel about your role as a volunteer, the greater your purpose becomes. The better you feel about yourself, the more likely you are to have a positive view of your life and future.

Volunteering helps you stay healthy. Studies show that physically volunteers are healthier...they walk more, have better thinking skills and have lower blood pressure.



Volunteering can enhance your career...

Volunteering teaches you new job skills and it encourages you to teach your job skills to others. Learning new job skills is beneficial as a volunteer, but not a prerequisite for the job. The most valuable assets that you can bring to any volunteering experience are compassion, a willingness to pitch in wherever needed, an open mind and a positive attitude.

Volunteering brings fun to your life...

Volunteering gives you a way to explore new interests and to develop a passion. Volunteering can be relaxing and energizing as it gives you an opportunity to renew your creativity, motivation and vision that is carried over in your day to day life.

In our busy lives, it may be hard to find the time to volunteer but the benefits reach farther than any excuses that come to mind. The right match can help you find friends, connect to the community, learn new skills and give someone the benefit of your knowledge and skills. Giving to others protects your mental and physical health by reducing stress and keeping you mentally stimulated. The more you volunteer, the greater the benefits you experience. Giving in simple ways help those in need and improve your health and happiness.

#### **Aging Gracefully** - Kyle Galyean, Director of UMC Social Services

The title is intriguing, right? Is this an opinion article on Botox and fillers? Maybe a story of someone who aged with elegance and high-class? Thankfully, it is neither. It is a simple story of the wonderfully amazing grandparents I grew up with and their secret recipe to 'aging gracefully' to the accomplished ages of 89 and 90 years old.

Grandparents are special people. To a youngster they look like they're "living the life" with no agenda, freedom to do what they want when they want, and spoiling grandkids with no consequences. Or at least that was my take on it when I was younger. As I started accumulating birthdays, also known as getting older, I learned there was much more to being a grandparent as it related to aging gracefully. Turns out my grandparents were way busier than I thought.

- 1) Volunteering with the Good Sam club,
- 2) Being members of the Sojourners,
- 3) Building and remodeling church camps with other retired folks,
- 4) Helping with church activities,
- 5) Finding people in need.

They retired only to pick up full-time jobs!

As I watched them start those second careers in volunteering, I learned the ingredients to that secret recipe of aging gracefully. It is such a simple list with powerful outcomes. If my grandparents were alive today, I am confident they would approve of the ingredients below.

- Learn to be okay with asking for help
- Stay active, move, move, move
- Eat healthy as often as possible
- Socially engage and stay connected to friends, old and new
- Find new hobbies including ones that challenge your brain
- Maintain routines and your drive to keep your days full

There you have it. Nothing profound or groundbreaking, yet highly effective to aging gracefully. Also, much cheaper than Botox or fillers!



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

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



#### **Live in Control - Diabetes Classes Available**

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.

Upcoming Classes

July – Thursday Evenings 6:00pm-7:30pm

August – Thursday Afternoons 2:00pm-3:30pm

September – Thursday Afternoons 2:00pm-3:30pm

October – Thursday Afternoons 2:00pm-3:30pm

All classes are FREE and will be held at UMC's Business & Technology Center located at 309 N. Slide. For more information or to register contact Jacqueline Brown at 806-761-0530 or [Jacqueline.Brown@umchealthsystem.com](mailto:Jacqueline.Brown@umchealthsystem.com)



# UMC ACTIVITIES CENTER

Avery Williamson

## Whole foods or Supplements?

Nowadays our lives can be incredibly hectic. But I do not want anybody not getting enough nutrients because their life may be crazy. Making sure we're getting enough vitamins and nutrients should be a main priority. It may be easier just to grab vitamins or supplements to replace what you're missing in your diet instead of worrying about what you're eating. Are you getting the same effect with the supplements than you would with whole foods?

The answer is simply a no. It's important to try and get vitamins from whole foods before turning to dietary supplements. The Dietary Guidelines for Americans says that your nutritional needs should be met primarily through your diet, although you can supplement with vitamins if your needs can't be met through food alone.

## The Difference between Food and Supplements

Multivitamins and supplements can't replace food. They never have and never will. Whole foods have benefits that supplements just can't provide. Some of the benefits to whole foods include a complex nutrition with varied nutrients that just can't fit into a pill. Antioxidants are also more beneficial when they are consumed through whole foods. There are numerous choices for antioxidant-rich foods. Whole foods, especially those with dark, rich color not only deliver antioxidants but other necessary nutrients as well. Overall, some nutrients are most potent when they come from food. Vitamins from food come with other nonessential but beneficial nutrients like carotenoids, and flavonoids.

## How to Get Enough Vitamins

With today's modern diet, there are some nutrients that are hard to get enough of – even when we eat properly. According to the U.S. Department of Agriculture, adult Americans don't usually get enough calcium, potassium, fiber, magnesium, and vitamins A, C, D, and E. Foods that are high in these nutrients include:

**Calcium:** Yogurt, cheese, sardines and salmon, soybeans, and white beans

**Potassium:** Sweet potatoes and white potatoes, beans, yogurt, milk, tomato products, bananas, and peaches

**Vitamin A:** Organ meats, sweet potatoes, pumpkin, carrots, spinach, cantaloupe

**Vitamin C:** Guava, oranges, kiwi, raw red sweet pepper, Brussels sprouts, broccoli

**Vitamin D:** Fatty fish, fortified milk and cereal, fortified orange juice, yogurt, cheese

**Vitamin E:** Nuts, seeds, turnip greens, peanut butter, avocado, tomato-based products

To get enough vitamins from food, make sure you're eating a healthy, balanced diet made up of a variety of whole foods. Eat enough protein leafy greens, fruits, and vegetables as well as whole grains.

If you think you're not getting enough vitamins, first try to improve your diet. Ask your healthcare provider for advice if you think you may not be getting enough of certain nutrients. In addition to counselling, they can do a blood test to confirm and give you a recommended diet plan or supplements if needed.



**Class Spotlight: Seated Strength** takes our spotlight for the month of June. **Seated Strength** is an essential class here at the UMC Activities Center. It is completely designed for individuals who physically can't stand for a full length class or simply don't want to stay standing for 45 minutes. **Seated Strength** provides an excellent workout targeting muscles mostly in the upper body. But don't get too comfortable, there are plenty of lower body exercises to do while seated, too! The instructor always finds ways to challenge the members in new ways every week. In **Seated Strength**, they use dumbbells, pilates rings, exercise balls, and resistance bands. The class hosts an average of 10-15 people each class and meets every Monday and Wednesday between 3:15pm and 4:00pm. They always start off with a warm up stretch and end the workout with a cool down from all the hard work put in. **Seated Strength** is always welcoming new members. Especially members new to fitness or coming off of an injury or surgery.

Members also love the class because of the relationship that have been made along the way. If you are interested, come try **Seated Strength** on Mondays and Wednesday at 3:15pm.



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.