

August 2023 Newsletter

Do you sit a lot? Probably more than you realize or want to admit? I know I do! It is tough not to sit too much. Our lives revolve around tables, desks, chairs, and sofas. Our livelihoods do not require us to walk to the store, manually wash dishes, chop wood, or perform manual labor every day. Our lives have become more sedentary over the years. This is both a blessing and a curse. It has made life easier for most of us, but it has also made us less active.

There is growing research that links sitting for long periods of time to increased risk of developing dozens of chronic conditions, from cancer and diabetes to cardiovascular disease and nonalcoholic fatty liver disease. US adults spend an average of 6-8 hours per day sitting and those over 60 years of age spend 8.5-9.6 hours per day in sedentary time. (www.medscape.com)

Just because you are sedentary does not mean you are sitting on the couch watching TV or reading a book. It includes sitting to eat a meal, time in the car driving to and from our many appointments during the day, sitting in the waiting and exam room for a doctor's appointment, as well as time spent at a desk working. Any time not standing or moving is considered sedentary time.

What can we do to combat the negative consequences of sitting? Stand up and get moving! Try not to sit for hours at a time, get up each hour and move. Get off the couch/recliner or get away from your computer and desk. Standing in place is even better than sitting. Next time you are on the phone, try to stand or move through as much of the conversation as you can; I personally like to do my boring tasks such as washing dishes or putting away laundry while talking on the phone. You might also try to get up and walk around during the commercials of your favorite TV show.

Exercise! There is considerable evidence that exercise has many health benefits. The good news is if you can find the right class, you will go to class - and without complaining. Here are seven good reasons you will be glad that you choose to exercise:

- Reason #1: It will extend years of active independent life.
- Reason #2: It does not have to be hard, fast, and pounding to reap rewards.
- Reason #3: You must use it or you will lose it.
- Reason #4: It may prevent a bad fall.
- Reason #5: It will improve your health (even with serious conditions).
- Reason #6: It may improve your mood or lessen your need for medication.
- Reason #7: The benefits are the same for both men and women.



You must find something that is right for you. For example, try a class at the UMC Activities Center; once you have chosen one, attend at least five sessions before you give up. It is OK to keep looking until you find the class that you know is the right "fit" for you. Do all the exercises that you can, but do not worry if you can't do everything. Learn from the other class participants and the instructor. Good luck...and happy exercising!

Members from the UMC Activities Center regularly mention how exercising has helped them accomplish something they didn't think physically possible. Members will talk about how their doctor decreased their medication since they started consistently attending classes. The reasons vary on why members attend classes at the UMC Activities Center, but all members agree the benefits far outweigh the reasons not to exercise.

Contact the UMC Activities Center and let them help you find the class that is the right "fit" for you. You can call the office at 806-761-0676 or stop by 7105 Kewanee Ave to see what they have to offer.

VOLUNTEER SPOTLIGHT

Catlin McCune



This month we are spotlighting our very own, Jan Lukens! Jan has been a passionate and dedicated volunteer since 2008. She has served in the following areas: Information Desks, Southwest Medical, Cancer Center, UMC Activities Center, SAS Messenger, and Popcorn! In the past month, she and many student volunteers have worked many hours each Wednesday bringing back the Popcorn Program. This program raises money for the UMC Auxiliary Scholarship, which gives back to students going into pre-health professional fields. The popcorn program has been a huge success due to the hard work and commitment the popcorn team serve every Wednesday. When Jan is not volunteering, she enjoys spending time with her grandkids, reading, landscaping on her 4 acres, and taking in the simple things in life. She says, "My favorite part of volunteering at UMC is gaining the feeling of helping and doing something that matters to someone's life, even if it's a small act... and popcorn makes many people happy!" Thank you, Jan. You are an asset to our team, and we appreciate you!

+ 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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AARP Safe Driver's Courses Available:

When: August 5th

October 10th

December 12th

Time: 12:00pm-4:00pm

Location:

UMC Business & Technology Center
309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register

Cost:

\$20 for AARP Members

\$25 for non-members



Congratulations Carol Burrows!

Our Gift Shop Partner (Lori's Gifts) gives out an award called the Make Your Mark Award. This award is given out to an individual that goes above and beyond to "Make their Mark" by providing exceptional service. We are very excited to announce that our Gift Shop Store Manager, Carol Burrows, is the most recent winner of this award! Way to go Carol!



"Carol tirelessly works so hard and is the nicest person I know in the service industry."

"Carol provides a welcoming atmosphere the second you walk into the store!"

"Carol's ability to effectively manage and motivate a team has resulted in remarkable outcomes for her multiple locations."

UMC ACTIVITIES CENTER

Avery Williamson

Forming Healthy Habits It begins with a choice. Whether you are a morning person or you enjoy waking up later, a lover or a fighter, an extravert or an introvert, exercising can be a tough thing to do. Physically, of course, but also mentally. Forming a healthy habit, like exercising, begins with a choice. That's life, right? Choices are made every single minute of our lives. Sometimes, it is easier to be stagnant than to move.

Today I want to open your eyes to help you see how to make your choices easier when deciding to exercise. Rest is the first thing we need to consider. I have found myself multiple times intending to workout at 5:00am but, have come to realize that the less sleep I get the night before, the harder it is to make the choice to get up early to go exercise. If I had gone to sleep earlier, I'd feel more rested in the morning and it would be easier to get out of bed and hit the gym. People tend to spend more time on activities that they prioritize. For me, this may be spending too much time on my phone, or watching TV too late the night before. Whatever it may be, I chose to participate in the distraction. Making good choices in preparation for what we ultimately want is wonderful way to start. So, if you are having trouble being motivated to exercise, you may want to dig into the source of the problem. Examples:

- Am I sleeping enough?
- Is the food I'm eating making me feel bad?
- Are my friends a bad influence?

All of these choices may have a huge effect on why it is so difficult to have healthy habits? For most people, doing the same thing over and over again can get old really fast. It turns into something people dread. Even though we are trying to form healthy habits, it is important to develop a habit that is not going to cause burnout. This is why we need to add a little spice in all of our daily routines, but especially in exercise. When exercising, it is a great idea to have fun and enjoy the opportunity. It is also ok to try different classes every once in a while. Here at the UMC Activities Center, we offer a huge variety of classes: from dancing, to strength, to yoga classes. If you only come to yoga classes, it could be fun to try a strength class. Sometimes trying something new can be fun, challenging, or both. I personally love trying new things because I enjoy challenging myself. Life is a lot easier when you are with people who love you and genuinely care for you. That is a fact. So go out and find yourself a gym buddy! Why not incorporate them into forming your healthy habits. Partnering up in the gym is a great way to make a habit. It not only holds you accountable, but your partner as well. Sometimes conversations with the people we love can be difficult. However, that is the point of accountability. Forming healthy habits, might be easier if you have another person to encourage you to go to the gym, not to eat that bag of chips, and/or not to stay up late. This might be just what you need! Keep your goals and expectations real and reasonable. When I was doing personal training, I would evaluate a client and ask them what their goals were and how long they thought it would take them to get there. Most of the time, my clients would give me a ridiculously high number of pounds they want to lose in a ridiculously short amount of time. I discovered that social media has a huge effect on the way we see ourselves because we are constantly comparing ourselves to people we see online. We can see influencers with "washboard abs" and instantly desire a body like theirs. However, most of the time it is unrealistic to set a standard like that. Not to mention, it is very unhealthy to have zero fat percentage on your body. For someone to form healthy habits, the goals and expectations must be reasonable. Unreachable goals will discourage a person and will keep them from trying again. I think forming healthy habits is crucial to someone who has goals they want to meet. When it comes to exercise, one workout is not going to be enough; it can take many years for someone to get to where they want to be. Forming good habits and continuing on a consistent path is going to be more beneficial than "going every now and then."



Class Spotlight: Exercise 2 is a fun, upbeat class designed for individuals who want to get up and move around to the rhythm of music. Robin is one of our most excellent teachers and has built this class to increase strength, balance, mobility, coordination, and confidence in your daily life. Exercises are performed standing and sitting. **Exercise 2** starts off with the first half of class with an aerobic style of exercising. You will move your body targeting the aerobic system using only your bodyweight as resistance. Moving each limb safe and effectively to get your body feeling alive and well. The second half of class is focused on working the muscles with resistance training using weights like dumbbells, barbells, and ankle/wrist weights. Robin focuses on building muscle and strength in this segment with exercises like bicep curls, arm raises, and squats. **Exercise 2** is designed to be a full body workout to benefit your like by making you stronger in every day functional movements.

Robin has perfected the class to get exactly what you need to get results and see a better quality of life.

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 Avenue. For more information call the office at 806-761-0676

FROM THE DESK OF AN AUXILIARY MEMBER

1. Talk to yourself. There are times you need expert advice.
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop ticking you off.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie that you tell yourself is, "I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid, but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken much, much longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age and hope you never will.
13. And one more: ... "One for the road" means you need to take a potty break before you leave the house.



UMC RX PERKS CLINIC:

Prescription drugs can be very costly for all patients, but especially older adults. Even with a prescription drug plan, or Medicare Part D Plan, some prescription drugs can be over \$300 per month (or more!). The UMC Rx Perks Clinic has helped individuals drive down costs for prescription drugs significantly, regardless of their current insurance (or lack thereof) or income level.

However, the Rx Perks Clinic is so much more than patients simply receiving "cheap drugs." When a patient sees a pharmacist in the Rx Perks Clinic, they receive a concierge service. After an initial phone consultation, a face-to-face appointment is scheduled with a pharmacist in the clinic. During their appointment, the pharmacist will review their medication list for accuracy, check for drug-drug interactions and appropriateness of therapy, and verify safety. Additionally, they help coordinate potential alternatives with a patient's doctor if a particular medication is unaffordable. We work in conjunction with patients' current providers.

The pharmacist will then pass along information to the UMC Pharmacy, allowing the patient to fill their medications at the lowest price possible.

Beginning in August, UMC Rx Perks will have a clinic located at the UMC Outpatient Activities Center (formerly Team Rehab/UMC Activities Center) at 71st & Kewanee Avenue, in addition to their current location at Medical Office Plaza 2 at the main UMC Hospital. There will be an additional UMC Retail Pharmacy at the Outpatient Activities Center as well.

Teryn Walker, PharmD, BCACP



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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

August – Thursdays 2:00pm-3:30pm

September – Thursdays 2:00pm-3:30pm

October – Thursdays 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



Seniors are Special is a Service of UMC Health System

602 Indiana Avenue | Lubbock, TX 79415 | 806-775-8760