

## September 2023 Newsletter

### September Seniors are Special Seminar

Friday, September 15, 2023

3:00PM-4:45PM

UMC Activities Center

7105 Kewanee Ave

3:00PM – Stop the Bleed with UMC EMS

4:00PM – Active Shooter Training with Stewart Naron, UMC Police Educator

With the ongoing construction and navigating the main campus of the hospital we have decided to move our Seniors are Special Seminar to the UMC Activities Center, inside the Team Rehab building located off 71st and Milwaukee. September's meeting will be full of very useful lifesaving information. If you have any questions, feel free to call the UMC Activities Center at 806-761-0676.

First day of Fall is right around the corner, soon we should be experiencing cooler weather and I for one am ecstatic! More importantly, the first day of Fall, September 22nd, is Fall Prevention Awareness Day.

#### Why is Fall Prevention important?

- Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.
- One-third of Americans aged 65+ falls each year.
- Falls result in more than 2.8 million injuries treated in emergency departments annually
- In 2013, the total cost of fall injuries was \$34 billion.

There are many myths about falls and older adults. Let's explore a few:

**Myth 1:** Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing medications, vision checks and making your environment safer are all steps you can take to prevent a fall.

**Myth 2:** If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

**Myth 3:** As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Add grab bars in the bathroom, second handrail on stairs and non-slip paint on outdoor steps.

**Myth 4:** Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It is never too late to start an exercise program.

**Myth 5:** I do not need to talk to family members or my health care provider if I am concerned about my risk of falling.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help.



Continued on the next page

**Myth 6:** I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling.

**Reality:** Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, setting up a vision exam, reviewing medication with them, and helping them find appropriate physical activity.

The UMC Activities Center offers several classes each week that incorporate balance exercises into them including, **Mobility and Balance** with Sharon. **Mobility and Balance** is a low intensity class that meets Tuesdays and Thursdays at 10:30AM. The focus of this class is directed towards improvement of balance and gentle developmental movements to enhance mobility. Use of chairs for stability may be utilized. Emphasis is on basic skills and building strength. For more information, contact the UMC Activities Center at 806.761.0676.



## VOLUNTEER SPOTLIGHT

Catlin McCune



Meet one of the newest volunteers, Michelle Edwards! Michelle has been with our volunteer team since this April and has lived out our UMC culture and servants' heart by being a dedicated member of our NICU Cuddle Club. She visits our NICU on Wednesday morning to check in on our sweet babies and nurses. She enjoys going above and beyond by visiting our Pediatric unit to check in our precious kiddos, as well! Michelle is from Queens, New York and when she is not volunteering, she enjoys traveling, decorating, and shopping! She has been a foster parent since 2008 and is beyond passionate about the foster care community. She stays very busy with her 4 kids and 6 grandbabies! We are so thankful for Michelle and love her love for volunteering!

# + 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 INVITES YOU TO A FALL PREVENTION SEMINAR FOR YOU AND YOUR LOVED ONES

Falls are the number one cause of injury in older adults, and 1 in 3 older Americans fall annually. Please join us for this **FREE** event to learn how to help keep you and your loved ones safe and reduce the risk of falls.

- Balance testing to assess your individual fall risk
- Home safety
- Healthy aging resources
- Staying active in Lubbock
- Blood pressure screening
- Medication education
- Injury prevention

**SATURDAY, SEPTEMBER 23<sup>RD</sup> | 9AM - 11AM**  
Come and Go • Presentations will be at 9AM & 10AM  
Sample Balance Classes will be at 9:30AM & 10:30AM

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**UMC OUTPATIENT CENTER:** 7105 Kewanee Ave, Lubbock, TX, 79424

**Our PASSION is YOU**

umchealthsystem.com |



Hello all, my name is Mary Louise and I am the new Volunteer Coordinator. I'm thrilled to have met and spoken with so many of you. I cannot wait to work with the rest of the group. I am originally from Lubbock but moved to Seattle, Washington in 2019, I moved back July 2022. I'm extremely happy to be back home. Some of my hobbies include reading. I am currently on a thriller phase although, historical fiction has always been my favored choice. I ran a small photography business a few years back and continue to take photos for close friends and relatives. Another hobby is traveling. I've gone throughout the Caribbean and each place is my new favorite.

# UMC ACTIVITIES CENTER

Avery Williamson

## What to Do in Retirement

Getting older usually correlates directly with retirement. However, as people get older, a few things may happen. Whatever the reason, whether you are just tired of working or not able to work, you saved up enough money to live comfortably the rest of your life, you realized that spending time with your grandchildren is more important than being at work, retirement is a really good thing.

Now that you have retired, do you feel so overwhelmed with the amount of freedom and time you have that you just cannot decide what to do? Or, are you wanting to get out of the house but may be too scared to go do something? Here are some ideas to do while you are in retirement to help keep you sane!

**Travel** - Travel is, in my opinion, is the most popular thing to do in retirement. It is something I look forward to when I retire one day. Retirement is the perfect time to travel because of all the free time you have now compared to when you were working. When you travel, you get to experiencing new cultures and foods. Another reason to travel is to see the different landscapes and terrains the world has to offer. Some places have mountains and valleys, others surrounded by beaches and rainforests. No matter what you desire to see it is possible. Visiting new places can open the mind and develop a new passion and drive you didn't even realize you had. However, traveling does not have to consist of visiting other countries or going around the world. Traveling is simply going somewhere whether it be across the county or across the country. There is something special about going somewhere new and breathing in that fresh air. If you are new to retirement and don't know where to go, start somewhere small and not too far away. Look up things to do and places to see before starting your journey. So, why don't you travel? Get out of your comfort zone and experience what this world has to offer.

**Hobbies** - Having a hobby is important to new retirees because it involves a type of skill. Whether it be learning a new hobby or continuing the hobbies you have, hobbies serve a great purpose and that is to keep your mind sharp and your body active. I am a huge advocate for activity. Whether the activity is physical or mental, it is important to always learn and grow. In discovering new hobbies or trying new things, we learn more and grow stronger and smarter. It can keep us healthy as well. Some of the most popular physical hobbies for retirees involve golfing, fishing, cooking, and gardening. For mental activity, try getting into board games such as chess or checkers, different styles of poker, and other fun family games. When you do learn a new hobby, you must remember that you do not have to be good at it. The only requirements are that you enjoy it. Comparing yourself to others will put too much stress on yourself and you may end up unsatisfied. However, if you are coming from a competitive nature, there is nothing wrong with some friendly competition. Use sports like golf or pickle ball to bring some competition to your life. Overall, as long as you are having fun and staying active (Physically or mentally), you are doing something good for yourself.

**Mentor** - I get to work with senior members every single day for my job, most of whom are retired. Every so often, a member will tell me about their life through beautiful story about their past. The seniors I work with tell me all kinds of stories about life, love, and war. Some of the best conversations I've had with our members are the ones that not only provide a great story but a lesson is involved, too. I enjoy sitting down and talking to the ones who have had the most experience in life. I recently got an opportunity to be mentor by someone great with tons of advice through honest feedback. Mentoring is a wonderful activity to do in your retirement. It is very important to teach younger generations the wisdom that you have gained. As a 26 year old who has had many mentors in my life, I want to encourage you to do everything you can to teach those younger how to (or how not to)

live a life like yours. Whether you can teach someone the gospel, to work on vehicles, cooking, hunting, life skills, it needs to be learned by younger generations. I appreciate learning from elders who have had a life full of lessons learned. Becoming a mentor to a younger person allows you to act as both a teacher and a coach and make a positive difference in someone's life. Research in The Journals of Gerontology Series A: Biological Sciences and Medical Sciences has demonstrated that older adults who mentor young people are three times happier as those who do not.

Along with traveling, finding hobbies to do, and mentoring others, there are many different things you can do in retirement. You have time to relax and do what you want. You have earned that freedom because of the hard work and smart decisions you have made in the past. In conclusion, I just want to encourage you to become involved with people and enjoy your retirement.



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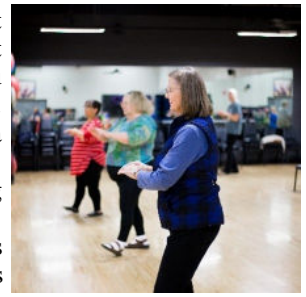
Stewart Naron, UMC

Police Educator

If you have any questions, feel free  
to call the UMC Activities Center at

806-761-0676.

The month of September is Fall Prevention Month. I want to remind you of some tips that might help to prevent falling. Your diet is one of the most important things you must keep up with to prevent any falling. If you are not drinking enough water, you could become dizzy and lose balance. If the food you are eating is not giving you enough nutrients, your bones and joints can become brittle and weak. Which leads me to exercise as my next point. Exercise should be a part of your daily life, especially in retirement. We need to have the mindset of training for a bigger purpose, to increase the quality of life. We must train to stay strong so we can prevent accidents like falling. If we do not exercise, our bones can become frail and brittle while our muscles become weak and tight causing problems all throughout our bodies.



**Class Spotlight:** Because this month is Fall Prevention Month, our class spotlight is *T'ai Chi Chih*®. *T'ai Chi Chih*® is a mindfulness-moving meditation practice that's easy to learn.

The series of 19 movement and one pose helps circulate the Vital Energy, the Chi. *T'ai Chi Chih*® uses physical postures, breathing practices, relaxation, and meditation to harmonize the body, mind and spirit. The UMC Activities Center offers *Forms of T'ai Chi* with Larry on Wednesdays at 10:50am and *T'ai Chi Chih*® with Cindy on Tuesdays and Thursdays at 3:30PM. *T'ai Chi Chih*® is a great way to reduce stress levels and practice mental strength as well. Intensity level: Medium Low.

*T'ai Chi Chih*® may be ideal for individuals looking to improve their strength, balance, sleep or for a mind body experience without having to get onto the floor. A study from Emory University showed people

Come out to the UMC Activities Center, if you are not a member, you can drop in for \$5 per day and see what we are all about! The UMC Activities Center is conveniently located at 7105 Kewanee Avenue. For further

information, contact the office at (806) 761-0676.

**NOTICE:** The Activities Center will be closed on Monday, September 4th due to Labor Day. Classes will continue back to regular schedule on Tuesday, September 5th. Enjoy your Labor Day!

### Medicare Overpayment

~ Terry McKenzie, CPA, Director Government Reimbursement  
 UMC Health System – Lubbock



UMC takes Governmental overpayments very seriously. A credit balance is an improper or excess Medicare payment made to a provider as the result of patient billing or claims processing errors. Examples of Medicare credit balances include instances where a provider is:

- Paid twice for the same service either by Medicare or by Medicare and another insurer;
- Paid for services planned but not performed or for non-covered services;
- Overpaid because of errors made in calculating beneficiary deductible and/or coinsurance amounts; or

- A hospital that bills and is paid for outpatient services included in a beneficiary's inpatient claim.

Credit balances would not include proper payments made by Medicare in excess of a provider's charges such as DRG payments made to hospitals under the Medicare prospective payment system.

Medicare credit balance is an amount determined to be refundable to Medicare. Generally, when a provider receives an improper or excess payment for a claim, it is reflected in their accounting records (patient accounts receivable) as a "credit." However, Medicare credit balances include monies due the program regardless of its classification in a provider's accounting records. For example, if a provider maintains credit balance accounts for a stipulated period; e.g., 90 days, and then transfers the accounts or writes them off to a holding account, this does not relieve the provider of its liability to the program. In these instances, the provider must identify and repay all monies due the Medicare program.

Medicare credit balances are reported on the CMS-838. To help determine whether a refund is due to Medicare, another insurer, the patient, or beneficiary, refer to the sections of the manual [each provider manual will have the appropriate cite for that manual] that pertain to eligibility and Medicare Secondary Payer (MSP) admissions procedures. A suspension of Medicare payments may be imposed and your eligibility to participate in the Medicare program may be affected for failing to submit the CMS-838 or for not maintaining documentation that adequately supports the credit balance data reported to CMS. The report must be filed within 30 days after the end of the quarter (no later than January 30, April 30, July 30, and October 30). You must sign and return the certification form even if your total credit balance amount for Part A and Part BB is zero

MSP regulations at 42 CFR 489.20(h) require you to pay Medicare within 60 days from the date you receive payment from another payer (primary to Medicare) for the same service. Submission of the CMS-838 and adherence to CMS' instructions do not

### CONTACT US

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