

## OCTOBER 2023 NEWSLETTER

Currently I am traveling with 30 of our Seniors are Special members in the Midwest; I thought to myself, "Everyone always says they enjoy traveling, but why?". After doing some research I found that traveling can offer numerous benefits as we age such as enhancing physical, mental, and emotional well-being. Below are some of the advantages of traveling I discovered:



**Stimulates Cognitive Function:** Traveling exposes us to new environments, cultures, and experiences.

This can stimulate cognitive function, improve memory, and keep the brain active.

**Social Interaction:** Travel often involves meeting new people, which can combat feelings of loneliness and isolation that some may experience. Engaging with others can boost mental and emotional health.

**Physical Activity:** Exploring new places typically involves walking, hiking, or other physical activities. These activities help us stay active and maintain their physical health.

**Reduced Stress:** Traveling can provide a break from daily routines and responsibilities, reducing stress levels. The change of scenery and pace can promote relaxation and a sense of well-being.

**Enhanced Mood:** Experiencing new cultures, trying new foods, and exploring different landscapes can be incredibly enriching and lead to a heightened sense of happiness and fulfillment.

**Sense of Adventure:** Traveling allows us to indulge in a sense of adventure and curiosity, providing a renewed sense of purpose.

**Learning Opportunities:** Traveling offers the chance to learn about history, art, and other cultures, fostering personal growth and expanding one's knowledge base.

**Reconnection with Loved Ones:** Traveling can be an opportunity to visit family and friends who live far away, strengthening relationships and creating lasting memories.

**Improved Sleep:** Travelers report better sleep, as they are often more relaxed and have fewer daily stresses to contend with.

**Boosted Self-Esteem:** Successfully planning and executing a trip can provide a sense of accomplishment and boost self-esteem.

**New Hobbies and Interests:** Traveling can spark new interests and hobbies. You may discover a passion for photography, cooking, or local history, for example.

**Increased Resilience:** Traveling may require adapting to new situations/challenges, which helps build resilience and problem-solving skills.

**Inspiration and Creativity:** Exposure to new cultures and environments can inspire creativity and encourage us to take up new artistic or creative pursuits.

**Quality Time:** Traveling often involves spending quality time with loved ones, whether it's with family, friends, or fellow travelers. This can strengthen bonds and create cherished memories.

**Appreciation for Life:** Travel can provide a fresh perspective on life and make you appreciate your own life more fully.

Where do you want to travel next? It's important to consider your health and mobility when planning trips and to consult with healthcare professionals if you have any concerns. With proper planning and precautions, anyone can enjoy the many benefits that travel has to offer well into their later years. If you are concerned about mobility or stamina for traveling, the UMC Activities Center has numerous classes that can accommodate you. For more information contact them at 806.761.0676 or you can visit them at 7105 Keweenaw Ave.

### UMC ACTIVITIES CENTER Avery Williamson

Do you like new things? How about a breath of fresh air? Change for the better? I know routine is quite important for seniors and we can easily become stuck in life and become bored without even knowing it. We can get so caught up in doing the same thing every single day we forget what it's like to 'breathe that fresh air' due to the blindness of our routine. I want to inform you about the importance of trying new things and then convince you to actually do it.

Humans are naturally curious. Our brains are geared towards novelty. Research shows that trying new things is very important to our well-being, so much so there is a dedicated term for the desire to have new experiences: neophilia. Neophilia is a predictor of longevity because it turns out that people who seek out novel experiences live healthier, happier lives. When we experience something new, be it new foods, situations, places or people, we stretch our senses and develop new neural pathways to handle the new situation. Our mood becomes elevated, and we experience a rush of delight. Specifically, the brain reacts to new stimuli by releasing dopamine, and the midbrain area is activated which strengthens long-term memory and learning.

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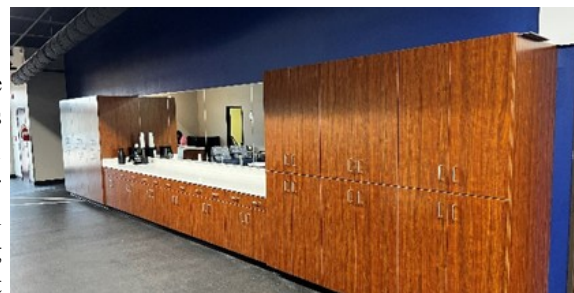
When we become complacent, we immediately stop growing. That goes for mental, physical, spiritual, financial, and every type of wellness you can think of. As humans, we need to be in a constant state of growth. As weird as it sounds, it's a good thing to be uncomfortable. Now, I am not saying do something dangerous and put your life at risk. There are plenty of activities to do that will help you grow and not have to risk your safety and health. When you try new things, chances are it will increase your self-confidence and open doors to enlightening experiences.

Trying new things is simply being open to new experiences. It can be as basic as talking to new people and making new friends. Maybe explore a new trail on the North Shore. Pick up a new musical instrument or art form. Check out new foods and ways to prepare them. Take up a new physical challenge and learn a new skill. The list is endless

The many benefits of staying curious and trying new things include:

- Improved memory, mood, and motivation (All good things!)
- Increased adaptability and agility to acquire new skills
- Overcoming fears and discovering new talents (who wants to be held back by fear?)
- Fulfilling your potential

Speaking of new things, the UMC Activities Center has been under construction for the past couple of months and we are finally at the finishing line. Our updated facility has arrived at its final destination where we will stay for the long term. The new entry will be on the North side of the building under our new sign. When you come in, enjoy our new sliding glass door with Shana and Avery greeting you as you come in. After you check in at our new desk you are welcome to enjoy a nice hot coffee in our new waiting area with updated seats and furniture. Come check us out and enjoy all things NEW at the UMC Activities Center



**Class Spotlight:** We are putting our Line Dance classes for our spotlight this month. Line Dance is taught by Gail, Terri, and Nancy. These ladies provide classes for every skill level and give great instruction that gives you the best opportunity to dance. So, whether you don't have a rhythmic bone in your body or if you were considering trying out for the Rockettes soon, our Line Dance classes are for you. Line Dance at the UMC Activities Center is one of our most popular classes. When you come to Line Dance, expect a wonderful greeting with very accepting people who want to know you and become friends. This is the perfect time to join our Line Dance classes because they are starting a new cycle in the beginning of October. If you were to join it should be today!



- Line Dance Level 1: Tuesdays @12:30 – 1:25pm
- Line Dance Level 2: Tuesdays @ 1:30 – 2:25pm
- Line Dance Level 3: Thursdays @12:30 – 1:25pm
- Line Dance with Terri: Thursdays @1:30 – 2:25pm
- Line Dance Level 4: Mondays @10:50 – 12:10pm

The UMC Activities Center is located on the North side of the UMC Outpatient Clinic. If you are not a member, you can drop in for \$5 per day and see what we are all about. We offer high quality classes that will benefit you and your life. We are located at 7105 Kewance Ave, Lubbock TX, 79424. For further information, contact the office at (806) 761-0676.



**AARP Safe Driver's Courses**

October 18<sup>th</sup> & December 6<sup>th</sup>

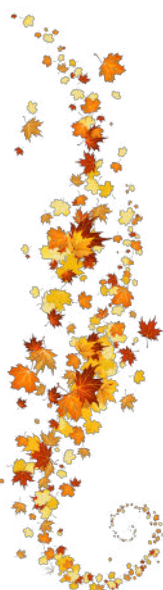
Classes will be 12:00pm-4:00pm

UMC Business & Technology Center

309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register

Cost: \$20 for AARP Members and \$25 for non-members



**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!

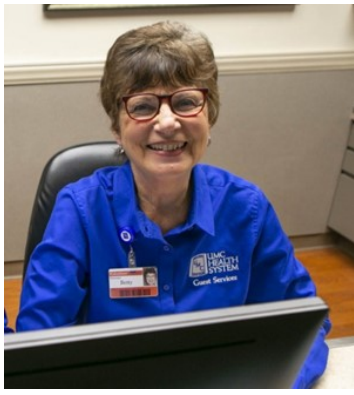
**CONTACT US:**

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EMAIL: CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM

# VOLUNTEER SPOTLIGHT

Catlin McCune



This month we are highlighting a volunteer of 15 years, Mrs. Betty Mullican! Betty started at UMC in 2008 as a SAS messenger for socks, then furthered her volunteer growth by working at our main information desk. She is dedicated and loyal to our health care system. Prior to her volunteering, she was a dedicated educator for 39 years... what an accomplishment! When she is not volunteering at UMC, she enjoys traveling to see her grandchildren in Dallas and San Antonio, her daughter in Nashville, or is enjoying her cabin with her husband in the mountains. She is very involved in her church by being a part of a community bible study, a prison correspondence ministry, and a helping hand where she can. Betty says the most enjoyable aspect of volunteering is meeting people she wouldn't normally meet of all paths of life. Thank you for your years of service, Betty. Your passion for service and people does not go unnoticed!



## FROM THE DESK OF AN AUXILIARY MEMBER

### How Far God Has Brought You

While volunteering at the front desk at UMC, a young lady comes up and nervously asks if I can call Security as someone has backed into her car. She asks if they can send someone that speaks Spanish. I call Security and make the request. She states that her vehicle is old but paid for; the truck that backed into her had a towing hitch. While speaking to me she watches outside to make sure the other driver does not leave. After about 10 minutes she decides to wait outside at the entrance of East Tower for Security to arrive.



When I was finished with my shift, I noticed she is still outside, so I go stand with her until Security arrives. She tells me that she has been in Orientation and is on her lunch hour, that she will probably not have time to go home for lunch now. I inform her that there is a cafeteria in the hospital, and she said, "Oh no, it is too expensive to buy food there."

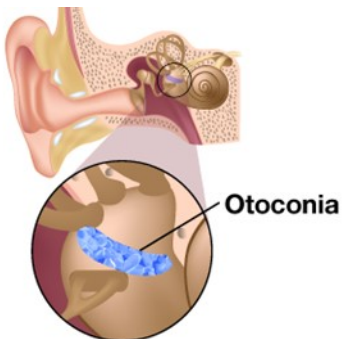
As I am watching her walk away with Security to her vehicle, I thought to myself, "I have never thought of hospital cafeteria food being expensive as I always have enough money on me to purchase whatever I want to eat." But at one time my whole family was in the same position as this young lady. For many years we were a migrant family and our income consisted of what we were paid for working the crops in the fields from South Texas to Michigan.

At that moment I thanked God for how far he has brought me and my siblings. I need to remember to not see people from my perspective, as not everyone is in the same position in life that I am in. Otherwise, the words I speak will not make a connection to the other person.

Each of us has a different family history and background. Let's not lose sight of that and how far God has brought us; and allow the hard times in your life make you a more understanding and compassionate person.

### BPPV—The Second Most Common Cause of Dizziness ~ Carrie Holly, PT, DPT with UMC Team Rehab

Dizziness can be such a subjective word. It seems to mean something different to almost anyone asked. *Lightheadedness. Spinning. Floating. Unsteadiness. Swaying. Vertigo.* No matter how you classify it, it is a very common problem, especially in those over the age of 65. In a recent National Health Interview study, it was estimated that as many as 35% of adults over the age of 40 have experienced dizziness at some point. And in the last year, 11.5% of adults have experienced dizziness. Most dizziness is linked to medications. In fact, if the average person looked at the common side effects of the medication they take on a daily basis, odds are that dizziness is listed on one, if not more, of them. This article, however, is not meant to take an in-depth look at the side effects of medications—that would be a discussion to have with your physician. This article is meant to teach you about the second most common cause of dizziness: Benign Paroxysmal Positional Vertigo, or BPPV.



Once the cases of dizziness related to medication are removed, the next culprit is the inner ear—more specifically, tiny crystals that exist inside the inner ear. These little crystals are called otoconia, but you may have heard them referred to as ear rocks. They exist to help you feel linear movement such as speeding up or slowing down in a car, or going up and down in an elevator. But, as we age, they begin to have imperfections in how they form. This can cause them to break apart, detach from where they are supposed to be, and fall into an area of the inner ear they do not belong: the semi-circular canals. When this happens, it causes vertigo, a false sensation of spinning, which is triggered by movement of the head or changes of position. This specific type of dizziness is called BPPV and it is the most common type of vertigo.

Benign Paroxysmal Positional Vertigo is quite a mouthful so let's breakdown what this really means.

**Benign:** it is not life threatening

**Paroxysmal:** It comes in sudden, brief, spells

**Positional:** It is triggered by changes of position or movement of the head

**Vertigo:** it gives a false sensation of spinning or rotational movement

BPPV is characterized by intense episodes of dizziness or spinning that last less than a minute. It is most commonly first experienced when a person wakes up and moves from lying down in their bed to sitting. Overnight, while you are lying down, the crystals that have gotten out of place are pulled by gravity down into the semi-circular canals and gather in a clump at the lowest point. The semi-circular canals are a fluid only system and the presence of these crystals disrupts the normal fluid flow that happens with movement. In the morning, when you sit up to get out of bed, this clump moves through the canal and causes an abnormal signal to be sent to your brain. Instead of feeling a short movement with a defined stopping point, the crystals cause this signal to be prolonged as they slowly move through the canal. A spinning sensation is felt until they finally settle in the canal; however, the dizziness will start all over again the next time you move your head, for as long as the crystals remain out of place.

There are several common movements that will cause dizziness with BPPV:

Lying down in bed

Sitting up from bed

Rolling over in bed

Looking up (washing your hair)

Looking down

Bending over to pick something up from the floor

Standing up quickly

BPPV symptoms usually last a few seconds to one minute and then settle. Some people will feel symptom-free between vertigo episodes, while others may feel imbalance, unsteadiness, or uneasiness. It is important to note that BPPV will not cause a change in your hearing, headaches, fainting, any numbness or tingling, or difficulty speaking; and if those symptoms are present with your dizziness, you should notify your doctor immediately.

#### Treatment for BPPV

BPPV is treated through positional maneuvers by healthcare providers who are trained in vestibular disorders. Physical therapists, occupational therapists, ENTs, and audiologists can have training to treat this type of vertigo. First, they will assess you by placing you in different positions to try to evoke your symptoms. Once they find the correct position, they will look at your eyes for small reflexive movements,

called nystagmus, to confirm the canal in which the crystals have gotten out of place. Then, the healthcare provider will take you through a series of movements to utilize gravity for returning the crystal to the part of the ear it belongs. It can take between 1-3 treatments to completely resolve BPPV for 90% of people, but once the crystals are removed from the canals the spinning should be gone. Some people do have slight motion sensitivity or unsteadiness after BPPV is resolved, but your healthcare provider can provide exercises to help correct this. BPPV does have a recurrence rate of 50% within 5 years, so this could be a problem that returns later in life.

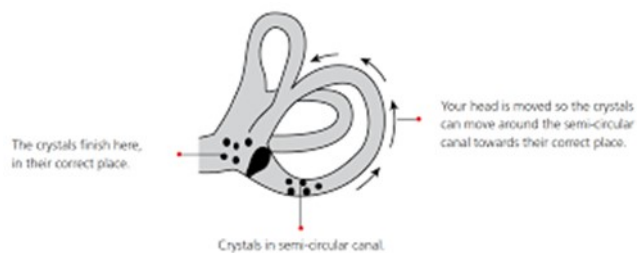
#### What should you do if this sounds like your dizziness?

*Go visit with your doctor!* It is important to let your physician know about any symptoms that are accompanying your dizziness so they can decide if further testing is needed or if there may be other, more severe, causes of your dizziness.

*Ask for a referral to physical therapy.* UMC has team of vestibular therapists right here in Lubbock. At Team Rehab Center, located at 7105 Kewanee Ave, we are specially trained to recognize BPPV as well as many other causes of dizziness that may be impacting your life. We can help you resolve your dizziness and improve your balance, which is often impacted by vertigo. All you need to do is speak with your physician about a physical therapy referral.

*Spread the word!* Now that you know how common this type of vertigo is, odds are there is someone in your life who is suffering with this daily. You could be the one who gives them the information that helps them get their life back!

Resource: Vestibular Disorders Association Vestibular.org



## CONTACT US

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