

November 2023 Newsletter

Why Should You Volunteer?

When I talk with those in the community about volunteering the comment I hear most often is “I’m retired, I’ve done my time.” I’m here to tell you that retired individuals can benefit from volunteering in various ways, and their contributions can have a significant positive impact on communities and organizations. Here at UMC there are volunteers of different ages from a variety of backgrounds, but we are always looking for more! Below are some reasons why you should consider volunteering at UMC:

Sense of Purpose: Many find volunteering gives them a renewed sense of purpose and fulfillment. It provides an opportunity to continue contributing to society and making a difference in the lives of others.

Staying Active: Volunteering can help you stay physically, mentally, and socially active. Engaging in volunteer work can help combat feelings of isolation and maintain a healthy, active lifestyle.

Skills and Experience: Individuals often have a wealth of knowledge and experience accumulated over their careers. Volunteering allows you to share your skills and expertise with others, making a meaningful impact.

Mental Stimulation: Volunteering can provide mental stimulation and opportunities to learn new things. It challenges the mind, promotes problem-solving, and can contribute to cognitive health.

Social Connections: Volunteering offers opportunities to meet new people, make friends, and build social connections. It can help combat feelings of loneliness and provide a sense of belonging to a community.

Giving Back: Many individuals feel a strong desire to give back to the community or causes they care about. Volunteering allows you to support these causes and make a positive impact.



Flexibility: Volunteering can be tailored to fit your schedule and preferences. Whether it's a few hours a week or a more significant time commitment, there are numerous opportunities to match your availability.

Personal Growth: Volunteering can be a source of personal growth and self-discovery. It can lead to new interests, hobbies, and a sense of accomplishment.

Mentoring and Role Modeling: You can serve as a mentor and role model for our younger generations; Providing guidance, support, and wisdom to individuals just starting their careers or navigating life's challenges.

Health Benefits: Studies have shown that volunteering can have positive health effects, such as reducing stress and increasing overall well-being. Engaging in purposeful activities like volunteering can lead to a healthier and happier retirement.

Economic Benefit: Volunteering can be a cost-effective way to pursue interests and hobbies. It can be more affordable than other forms of entertainment or leisure activities.

In summary, retired individuals should consider volunteering as a way to maintain an active and fulfilling lifestyle, sharing your knowledge and skills, and continue making a positive impact on your community. Volunteering offers numerous personal, social, and health benefits while supporting causes and organizations close to your heart. When I spoke with one of our regular volunteers and asked, why do you volunteer? Her response was, “I like to feel like I am doing something useful. And I’m not sitting around waiting for my children to call me.” For more information on how you can volunteer with UMC please contact our Volunteer Manager, Catlin McCune at 806.775.8238 or Catlin.McCune@umchealthsystem.com



VOLUNTEER SPOTLIGHT

Catlin McCune



This month we would like to highlight two of our special volunteers, Kathleen Hudson and her Boston Terrier, Jaci Hudson! Kathleen and Jaci have been volunteering with us for a year and a half. They love coming to UMC to visit our friendly and appreciative patients, guests, and staff. Kathleen and Jaci are Lubbock natives and often go to local parks to visit former training classes to advocate and promote Alliance Pet Therapy Dogs and volunteering. Kathleen recently started being a tester for Alliance Therapy Dogs to certify more fur babies and their owners.

The duo's favorite story from the hospital is being a visitor for a young stroke victim. As Kathleen was talking to the nurses, she noticed that one of them had tears in her eyes as the patient was petting Jaci. It was a very rewarding experience and a moment she will not forget.

Thank you to these two volunteers for the happy wags, pets, and impact they both make throughout our healthcare system!

From the UMC Auxiliary

On October 25th the UMC Auxiliary held its annual Fall Membership Meeting and voted on Board members for next year. Please help us welcome the following volunteers to the 2024 UMC Auxiliary Board:

- Kathy Trout-Revier, President
- Dottie Strickland, President-Elect
- Dionicia Rodriguez, Vice President
- Karen Evans, Secretary
- Alice Jones, Treasurer
- Carol Cloud, Director at Large
- Shirley James, Director at Large
- Kris Payne, Director at Large
- Noelia Alvarado, Director at Large
- Jan Lukens, Director at Large
- Chris Shoop, Director at Large

The UMC Auxiliary has been a part of UMC Health System since it opened in 1978. It is an independent corporation that exists to assist the hospital in the development of high-quality patient care by providing volunteer services, promoting better understanding between the hospital and the community, and assisting in financing of various programs and equipment.

In order to provide financial support to UMC, the Auxiliary raises money through income at Lori's Gift Shop, vending machine proceeds and two Bake Sales yearly. The Auxiliary also sells popcorn to support their scholarship program.

UMC is very appreciative of the support provided by our UMC Auxiliary and all our volunteers. If you are interested in more information about joining the UMC Auxiliary, please contact the office at 806.775.8760.

+ 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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Welcome Robin: We are excited to introduce and welcome Robin Welch to our program as the Volunteer Coordinator. Robin shared the following about herself: “I was born and raised in Uvalde, Texas, graduated from high school and moved to Lubbock to begin my new chapter at Texas Tech University. I graduated in 1993 and started a career in public education lasting 25 years. I married Ron Welch in 1994 and we were blessed with two sons, Garrett and John. Our life has taken us to different areas of Texas including Muleshoe, San Saba, Plains and now, Lubbock. We were blessed with our first daughter-in-law, Raylee, in 2022. My favorite hobbies include spending time with family, creative arts, shopping, and baking. I have two dogs, JoJo (golden-doodle) and Oakley (chiweenie). Over the past 3 years I have worked in numerous jobs looking for my next good fit. Through this journey, I have learned that service is my love and passion and it brought me to UMC.” If you see Robin, please give her a warm welcome!



UMC ACTIVITIES CENTER



The holiday season is here again! The time when we eat and eat, and are busy, busy, busy. Halloween gave us all its candy. Now, Thanksgiving is right around the corner, followed by Christmas and New Year’s. Every time you turn around there is another gathering to attend that has food and drinks, not to mention the hustle and bustle of church functions, work engagements, child/grandchild events, and Black Friday/Cyber Monday sales that put a strain on our time, energy, and wallet. The weather can also add to the holiday frenzy. Cold winds, wet sleet and maybe even some snowflakes are bound to slow us down and help convince us to stay in, bake comfort foods, and curl up in front of the fireplace. There are plenty of reasons to skip your favorite exercise during these months.

Slacking off on your exercise during the holidays will only leave you more stressed, feeling guilty, and could potentially cause you to gain more weight. With that said, it is normal to

lose motivation or want to take time off during this time of year.

Below are some suggestions to help keep you motivated to keep exercising through the holiday season:

1. Acknowledge that holidays affect not only your exercise routine but daily routine. Make adjustments that will allow you time to exercise. Instead of squeezing exercise in, take something else out. The goal should be not to do more but to do it all well.
2. Make fitness a priority: Schedule when to exercise. Add a walk into your day. Park further away when running errands. Be flexible, mix it up, try something new. Manage your time.
3. Do not worry about losing weight. Instead, work to NOT add extra holiday pounds.
4. Most Importantly: Do not give up! Slip-ups happen, just get back on track as soon as you can.



The holiday season can be a trying time for everyone, even the most dedicated exercisers. Do not let the holiday spirit take hold of you and keep you away from what is important to you the other 11 months out of the year such as exercise, family, or time alone. The suggestions above are just that, suggestions. Some may work for you and others may not. Find the right balance that works for you!



Happy Holidays from your friends at the UMC Activities Center!

Congratulations! This past month Avery and his wife, Jordan welcomed their first child into the world. We are very thrilled for Avery; he is going to make a great dad. Please congratulate Avery the next time you see him.

Thanksgiving Hours: The UMC Activities Center will close at 12:00pm Wednesday, November 22nd and remain closed through Sunday, November 26th so that our staff can spend the Thanksgiving Holiday with their families. Have a safe and happy holiday weekend! Regular hours will resume on Monday, November 27th.

Seniors are Special Travels to the Midwest

This past month I had the pleasure of taking 29 of our Seniors are Special members on a trip to some of my childhood favorite places in my home state of Michigan. We visited Traverse City, Sault Ste Marie, Mackinac Island and Dearborn; saw the fall colors, made new friends along the way, but most of all have great memories. If you are interested in traveling with Seniors are Special keep your eye out in upcoming newsletters for future opportunities.



The Volunteer, Guest Services, Seniors are Special, and Activities Center staff would like to wish you and yours a Happy Thanksgiving!



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