

## February 2024 Newsletter

**HEART:** We all know when February is upon us. Stores are filled with Valentine's Day red and pink heart-shaped decorations, cards, love songs playing on the radio and heart-shaped boxes filled with chocolates and other goodies. Not to mention for the past month, our loved ones' subtly mentioning that piece of jewelry they liked at the department store...behind the counter... over by the perfumes... ask for Wendy; or in my case it's ask for Jim at the Firearm counter at Academy. We are constantly reminded of what this month is really all about: heart.

February is designated American Heart Month. This designation is designed to bring awareness to the leading cause of death for both men and women in the United States. Millions of Americans are affected by heart disease each year. The term heart disease, or cardiovascular disease, is used to describe a number of conditions affecting the heart. The most common is coronary artery disease (CAD) which results from plaque building up in the arteries of the heart, which is called atherosclerosis. This buildup causes blood flow to be disrupted and the heart to be starved of oxygen and vital nutrients, which can lead to heart attacks, chest pain, arrhythmias, heart failure and other problems.

Even with millions of Americans affected by heart disease there is good news; it is controllable and preventable. Steps can be taken every day to lead a more heart healthy life. These steps include:

- Eat a healthy diet
  - Eat plenty of fruits and vegetables; try to get 5 a day!
  - Eat lean meats
  - Eat whole grains
  - Limit salt
- Exercise regularly - 30 minutes most days of the week or a minimum of 150 minutes per week



Following these steps or, at the very least, improving on these steps is a start in the right direction. Improving what we eat and getting regular exercise leads to maintaining a healthy weight. Being overweight or obese increases the risk of developing heart disease as well as diabetes, high blood pressure, high cholesterol and developing some cancers.

This February, remember to love one another as well as yourself. The UMC Activities Center can help you in the pursuit of improving or maintaining these steps to a healthy lifestyle. Group fitness classes are an excellent way to get regular exercise while relieving stress.

## UMC ACTIVITIES CENTER

*Avery Williamson*

### Fitness Trends for Older Adults and their Health Goals

As our understanding of health and wellness develops, so do fitness trends, including those tailored to and used by older adults. This demographic increasingly embraces fitness to maintain physical health and mental well-being and enhance quality of life. Emerging fitness trends for seniors are diverse, accessible, and focused on holistic health.



**Wearable Technology:** Wearable technology is the most popular fitness trend with seniors. These devices can play a significant role as seniors pursue an active and healthy lifestyle. Fitness trackers and smartwatches provide real-time heart rate, step count, sleep patterns, and other data. This information can motivate seniors to stay active and safely reach their fitness goals. Many of these devices also offer safety features, such as fall detection and emergency alerts, as well as important health data, providing a sense of security to seniors and their family members. I personally love when members are wearing their smartwatches and look at their statistics. For some reason, I find heartrate during workouts very interesting. You can tell a lot about a workout and intensity based off of someone's heartrate.

**Fitness programs for older adults:** Fitness programs designed specifically for older adults is becoming very popular. Aging adults inevitably have different health needs than younger adults. Metabolism, hormones, wear-and-tear, and other factors of aging influence the best strategies for meeting health and fitness needs. Regular fitness activities that are tailored for senior adults can enhance strength, flexibility, balance, and endurance. These activities minimize the risk of falls and injuries and help maintain independence. Additionally, engaging in physical exercise can boost cognitive function, mitigate symptoms of depression and anxiety, and foster a sense of community among participants, all of which improve the overall quality of life. That is something we believe in here at the UMC Activities Center.

**Personal training:** One-on-one personal training is also very popular if your gym has it. Coming from the background of personal training, I found my senior clients always seeing the best results from training. We worked on fundamental strength and not power. I always say my philosophy for training seniors is not to be an NFL Linebacker or an Olympic sprinter. We train to increase the quality of life by making it easier for us to do everyday activities. I believe personal training can benefit your life greatly because you can specifically train for your goals. This personalized approach helps reduce the risk of injury and increases the workout's effectiveness. Personal trainers can guide proper exercise techniques, ensuring exercises are performed correctly and efficiently, reducing the risk of injury and providing maximum benefit from each workout. Having a personal trainer can provide motivation and accountability, which can be crucial for maintaining a consistent exercise routine.

Today's fitness trends for seniors create opportunities for them to monitor their physical health in real time, customize workouts to match their needs, and explore a world of fitness resources, making it easier than ever to incorporate regular exercise into a daily routine. The key is finding the best balance for each individual, creating a fitness regime they can enjoy and maintain in the long run.

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**Class Spotlight:** This month, we are highlighting a class that has done exceptionally well for only being on the schedule for 1 month. **Tone & Stretch** with Shana is becoming a popular exercise class with many members and newcomers. **Tone & Stretch** is a way to learn the basics of strength training and stretching to reduce muscle tightness and soreness while increasing joint mobility and flexibility. Shana will guide you through a slower paced workout focusing on resistance training with dumbbells, bands, and bodyweight and also provide a way to stretch using bands and ropes. Anyone come join **Tone & Stretch** and jump right into a workout without missing a beat. This class includes standing as well as seated activities. **Tone & Stretch** meets on Tuesdays and Thursdays at 9:30pm. This class is perfect for anyone who is looking to begin exercising regularly without wearing yourself out! 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.



**Announcements:** Do you have a fear of falling? Is it holding you back from being active? We want to help you out! The UMC Activities Center is will be hosting a **Matter of Balance** Class all through the month of March. **Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels. These classes will be held on Tuesdays and Thursdays throughout the month of March meeting from 4:30pm – 6:30pm and will be taught by Avery and Shana. We want a community of people to come and overcome their fear of falling by getting stronger mentally and physically! If you have any questions please contact the UMC Activities Center at 806-761-0676

**Closure:** The UMC Activities Center will be closing at 12:00pm on Friday, February 2<sup>nd</sup> due to staff retreat.

## VOLUNTEER SPOTLIGHT

*Catlin McCune*



February is the month of LOVE... so this month we are highlighting one of our Cancer Center volunteers! Betty Johnson loves volunteering in our UMC Infusion Center. She started recently in August and has embraced advocating for our Cancer Center patients and their care. Betty was born and raised in Childress, TX; she moved to Lubbock in November of 1977 and has been here since. She is an active member of Southcrest Baptist Church, serving and

working the kitchen on Wednesday evenings while also participating in various Bible studies. She is a member of Beta Sigma Phi, busy as a secretary for the Lubbock chapter. When she is not doing philanthropic activities- she is still active by enjoying water aerobics three days a week, catching up with friends, and seeing the latest movies. Betty says that she is a “pretty ordinary, retired person”- however, she is so much more with her participating in our Lubbock community. Thank you for being one of our AMAZING volunteers, Betty. We appreciate

## 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

### From an Auxiliary Member

Welcome to Flight 2024.

We are prepared to take off into the New Year.

Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position.

All self-destructive devices: pity, anger, selfishness, and resentment should be turned off at this time.

All negativity, hurt, and discouragement should be put away.

Should you lose your positive Attitude under pressure during this flight, reach up and pull down a prayer.

Prayers will automatically be activated by Faith.

Once your Faith is activated, you can assist other passengers who are of little faith.

There will BE NO BAGGAGE allowed on this flight.

God, our Captain has cleared us for take-off.

Destination – GREATNESS!

Wishing you a New Year filled with new HOPE, new JOY, and new BEGINNINGS!

Stay Blessed and welcome in 2024!!!

Have a Happy New Year. God bless you!!



## CONTACT US

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**FREE HELP WITH 2023 TAX RETURNS: (PUT IN JANUARY - MARCH)**

AARP TAX-AIDE, the nation’s largest volunteer-run tax counseling and preparation service, will prepare taxes at the Lubbock Adult Activity Center (Lubbock Senior Center), 2001 19<sup>th</sup> Street, on Wednesdays and Thursdays only, beginning Thursday, February 1<sup>st</sup> until Thursday, April 11<sup>th</sup>. Taxes will be done on a first-come, first-serve basis! Please do NOT call the office at the Lubbock Adult Activity Center to try to set up an appointment. Hours will be 8:30am-2:30pm. You are urged to check in early with all your documents.

Social Security cards are required for all persons listed on the tax return. Photo IDs are required for primary persons on the return. Please bring a copy of last year’s return. Also bring all 2023 W-2s, 1099s, 1095 A, B or C, end of the year Social Security statement(s), and any other pertinent forms.

Volunteers are trained and have experience. There are some return scenarios which will be considered out-of-scope for AARP TAX-AIDE. Examples are married filing separately, rental properties, and fam income. Come by if you have questions and volunteers will be happy to assist you.



**FROM THE DESK OF THE AUXILIARY PRESIDENT ~ Kathy Trout-Revier**

Welcome to 2024! What a great year this year will be. We had our first Auxiliary Board meeting on January 18, 2024. It was the first time some of us had had the opportunity to meet, but before long we were becoming best friends. We have a mission to be here to support the hospital, its patients and their families with our time and fundraising efforts. Every one of us has a connection or love of the hospital, its philosophy, its service and compassion. It is within that realm that we work and plan for the betterment of the hospital and our community. When we do for the hospital, we are doing for the community.

One of our goals this year is to be more active. Our committees will be working committees. We will meet; we will have projects; we will be seen and we will have fun as we accomplish our goals and reinforce our mission. What we do at the hospital helps our community and you are our community. We want you to see the UMC Auxiliary in action, and we will need your help. You are our resource and we need your skills...to build a car track for Pedi to use with the beautiful cars and trucks that one of our volunteers makes for the children, to make a simple doll house for others in the Pedi play room. To read a story to one or four children and use hand puppets to be more creative helps to take a child away from his pain for a little while. Adults enjoy the book cart or different crafts that are available to them. What ideas do you have that will keep hearts beating and minds working for a short while or for a long time. We need you. We need your expertise. We need your support. Join the Auxiliary. Our officers for the 2024 Auxiliary Board are:

- |                                     |                                   |                                   |
|-------------------------------------|-----------------------------------|-----------------------------------|
| President-Kathy Trout- Revier       | President Elect-Dottie Strickland | Vice President-Dionicia Rodriquez |
| Immediate Past President - Jo Shive | Secretary-Karen Evans             | Treasurer-Alice Jones             |
| Parliamentarian-Ann Sanders         |                                   |                                   |
| Directors at Large:                 | Shirley James                     | Carol Cloud                       |
|                                     | Kris Payne                        | Noelia Alvarado                   |
|                                     | Jan Lukens                        | Chris Shoop                       |



**Future of Cancer Care at University Medical Health System: TLC2 Foundation Cancer Center**

**Jessica Wolff, DNP, RN, PCCN-K, CNML**

**Director Oncology Service Lines**

UMC Health System in collaboration with Texas Tech Health Science Center is on the verge of an enormous change in our ability to provide Comprehensive Cancer Care in our region. With the breaking ground of the new TLC2 Foundation Cancer Center, UMC is one step closer to bringing state-of-the-art oncology/hematology care closer to home for our patients, families, friends, and surrounding communities. The TLC2 Foundation Cancer Center will forever change the landscape of the services currently offered with a plethora of additional support services. The extended and expansive footprint of the new building will increase access to provider appointments through an increase in clinic capacity by 75%, create a dedicated care arena for all care provided for pediatric hematology/oncology patients, increase capacity for chemotherapies and immunotherapies created with the mindset of restoring hope and easing suffering, provide drive up service to patients complementing our existing specialty pharmacy, create unique personalized care delivery for patients receiving radiation therapy, house many innovative and state-of-the-care oncology technologies and equipment.

Of important note are these additional services and highlights that will compliment patients and families on their journey. The addition of an Integrative Medicine Program far behind the traditional medicine of surgery, chemotherapy, and radiation, offering services such as a boutique for wig and prosthetic fitting, massage, psychosocial counseling, physical medicine and rehabilitation, acupuncture, and partnership with UMC’s Connect Medical Wellness program. The new Cancer Center provides an opportunity to increase our Hematology/Oncology faculty with emphasis on recruiting sub-specialties as well as supporting our commitment to providing training to tomorrow’s healthcare professionals. This space has several allocated and dedicated arenas for preventative and community outreach efforts and education to take place, increasing cancer prevention awareness and screening. Coupled with collaborative spaces designed for multidisciplinary teams to partner in aligning the highest quality of care offered to patients and families. And lastly, but incredibly vital, dedicated research space within the building to partner with Texas Tech Health Sciences Center in bringing new ways to find, prevent and treat cancer, improving the quality of life for patients and families.



# Seniors are Special travels to Eastern Canada Explorer featuring Ottawa, Toronto, and Niagara Falls July 12, 2024 – July 19, 2024

It's not too late to sign up, we still have a few spaces available!



**DAY 1:** Arrive in New York State: Arrive in Buffalo, New York and transfer to your hotel. Meet your Tour Manager and fellow travelers for a welcome dinner. Meal: Dinner

**DAY 2:** Travel Around Lake Ontario to Canada: Depart Buffalo this morning and travel around Lake Ontario to Canada. Have your passports ready as you cross the historic St. Lawrence River and into our "Neighbors to the North." The destination is the majestic city of Ottawa, your home for the next two nights. Meal: Breakfast

**DAY 3:** Ottawa, Canada's Capital City: Today a local guide conducts a narrated sightseeing tour of Ottawa, Canada's stately capital. See the picturesque Parliament buildings, the colorful open-air marketplace as well as the residences of both the Governor General and Prime Minister. Also

included are the War Memorial, the Peace Tower, and the historic Rideau Canal. In the afternoon you will tour the Canadian Museum of History followed by a narrated cruise to explore the Ottawa River and its rich historical surroundings. Meals: Breakfast & Dinner

**DAY 4:** Cruising In Canada's Thousand Islands National Park: Leave Canada's capital behind this morning and depart for the river town of Gananoque where you board your cruise vessel for a journey through Canada's Thousand Islands National Park. This collection of islands was known by the native peoples as "Manitoana" or the "Garden of the Great Spirit." You will see 5th and 6th generation family cottages, a wide variety of wildlife, lighthouses, and breathtaking views. Back on land,



continue to the Ontario capital of Toronto, your home for the next two nights. Meal: Breakfast

**DAY 5:** Toronto Touring and CN Tower: Welcome to Toronto, Canada's largest city. Here a local guide conducts a panoramic tour of this cosmopolitan city. See the unique City Hall building, Parliament, and Toronto's Chinatown district. Later, a visit to Casa Loma Castle is included. The home of Sir Henry Pellatt, a prominent Canadian financier of the early 20th century, this renowned Toronto landmark features unique architecture and beautiful stained glass. For some excitement, you will soar high to the top of the famous CN Tower. Experience the dramatic panoramic views of Toronto and enjoy a delicious, included dinner high atop the tower. Meals: Breakfast & Dinner

**DAY 6:** Niagara-on-the-Lake Wine Trail: Skirting Lake Ontario, your travels today take you through the winery-rich Niagara Peninsula. Here, a stop at the region's original winery, Inniskillin for a tour and tasting is planned. Then, continue to another of the peninsula's great wineries Jackson-Triggs. Here, you are treated to a casual family-style lunch served with a carefully paired glass of wine followed by an estate tour. Later, continue to the beautiful town of Niagara Falls, your home for the next two nights. Meals: Breakfast & Lunch

**DAY 7:** Exploring Niagara Falls: This morning take an unforgettable boat ride to the foot of Niagara Falls. Experience the power and majesty of Niagara Falls from this remarkable and up-close vantage point. Later, climb aboard the world-class Niagara SkyWheel for a breathtaking view of the Horseshoe and American Falls. At 175 feet tall and featuring 42 fully enclosed gondolas, this is the most exciting way to see the falls. Tonight, enjoy a farewell dinner. Meals: Breakfast & Dinner

**DAY 8:** Return Home from Buffalo: Bid a fond farewell to Canada this morning with a group transfer at 8:30a.m. to the Buffalo Niagara International Airport for flights out after 12:00p.m. Meal: Breakfast



**Costs:** The cost of this trip is \$3,749 per person with double occupancy (add \$1,089 for single).

Deposit is \$200 per person.

Travel Protection is available for an additional \$250 per person and must be paid at time of deposit.

\* Passports are required and must be valid for six months after the RETURN date of July 19, 2024.

For more information or to reserve your spot for this amazing trip, please call the office at 806-775-8760.