

## March 2024 Newsletter

### March 2024 Seniors are Special Seminar

Friday, March 8, 2024

3:00PM-4:45PM

UMC Activities Center

7105 Kewanee Ave

Terry Smythe, Mayflower Cruises and Tours - Iceland 2025

Aaron Walder, UMC Team Rehab - How to Strategize Packing for Travel

Avery Williamson, UMC Activities Center - Exercise for Travel

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.



### TRIP ALERT!

#### Seniors are Special travels to Iceland: Land of Fire and Ice March 12, 2025 - March 19, 2025

**DAY 1: Depart the USA:** Today you'll depart the USA on your overnight flight to Keflavik, Iceland.

**DAY 2: Keflavik, Iceland:** Iceland is full of surprises – for one, it isn't covered in ice! It's a stunning mix of green plains, wild volcanic scenery, beautiful coasts and lakes, spouting geysers, hot springs, mud pools and sophisticated cities. Topped off by clean, fresh air, you'll find yourself in a trance surrounded by unique natural beauty throughout the country. Upon arrival, you'll be met by a representative of Mayflower Cruises & Tours and transferred to your hotel in the town of Hveragerdi or Selfoss. Rooms will be available for check-in upon arrival. All flights should arrive by 3:30 pm. This evening, enjoy a welcome dinner at the hotel. Meal: D

**DAY 3: Iceland's South Shore:** After breakfast, your adventure to the South Shore begins with a journey through small villages and farmlands to the majestic mountains with views including Mt. Hekla, the most active volcano in Iceland, and the towering, ice-capped strato volcano Eyjafjallajokull, which last erupted in 2010. Iceland is also famous for its waterfalls and you'll see two of the most magnificent—the Seljalandsfoss which tumbles over high



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rock escarpments allowing you to walk behind the waterfall, and Skogafoss. Learn about the preservation of the Southern Iceland cultural heritage on the visit to Skogar Folk Museum. Exploration continues to Dyrholaey, a magnificent rocky headland with sheer cliffs, en route to the village of Vik. Head to the seashore, flanked by steep bird cliffs rising high above the beautiful black sand beach. In the sea, just outside of Vik, see the Reynisdrangar Rocks which stand 216 feet above sea level at their highest point. Meal: B

**DAY 4: Reykjanes Peninsula / Blue Lagoon:** This morning, head for the rough tracks of Reykjanes, one of the most active volcanic areas in Iceland. Visit the geothermal area of Krysuvik and Lake Kleifarvatn with its hot springs and solfatares. The moonlike surroundings of the lake never fail to leave a strong impression on visitors! A remarkable life enriching experience is a visit to the Blue Lagoon – a lake of warm, mineral-rich geothermal water, internationally renowned for its healing prowess. Located in the middle of a lava field in the pure and beautiful Icelandic wilderness, water is heated by underground volcanic activity at a depth of 5,400 feet and is pumped to the surface to form this man-made wonder. The Blue Lagoon is known for its special properties and its beneficial effect on the skin. Visitors from all over the world come here in search of health, relaxation and an exotic experience. You'll have an opportunity to soak in the pleasantly warm mineral-rich water. Meal: B



Relax in the Blue Lagoon

**DAY 5: Reykjavik:** Reykjavik, Iceland's capital city of 100,000 people, is unique in many ways. This capital is a modern city with a variety of restaurants, museums, galleries and theaters. Heated entirely by geothermal water, it is home to the "smoking bay", so named for the rising steam that greeted the city's Viking founder, Angolfr Arnarsson, as he sailed into the bay here in 874 AD. The city center is the heart of Reykjavik and home to many charming historic buildings of stone and timber contrasting with imaginative modern architecture. It has the features of a modern society complemented by a close connection to natural wonders right on the city's doorstep. Hot springs, glaciers, lava fields, midnight sun, waterfalls, northern lights, volcanoes and bizarre landscapes – the city has them all! On the included panoramic city tour of the world's most northerly capital, see the old town center, Parliament, cathedral, harbor, National Museum, "Pearl" and Hofoi House (site of the Iceland summit of 1986), and Hallgrímskirkja Church whose steeple is a landmark of the city. Enjoy free time for lunch on your own and shopping, then prepare to "take off" as you visit FlyOver Iceland. During this virtual flight, experience waterfalls, geysers, scenic landscapes, and the spectacular natural wonders of Iceland like never before. With the special effects of motion, wind, sound and scents, this unique "flying" experience is sure to be a highlight of your day! Return to the hotel late afternoon for an evening at leisure. Meal: B

**DAY 6: The Golden Circle:** On the full-day tour of the Golden Circle, enjoy scenic drives along with the geological and historic sites of the island. Your excursion includes a drive to the UNESCO World Heritage Site of Thingvellir National Park. A remarkable geological site, it is one of the few spots in the world where the Mid-Atlantic Ridge is seen above water. The amazing canyon that runs through the park is a meeting point of two of the earth's tectonic plates. The park is situated by Lake Thingvallavatn, the largest lake on the island. The park is also the most historic site on the island as the world's oldest democratic parliament was founded here in 930 AD. You'll see outstanding natural wonders when you visit Geysir, Iceland's most famous area for thermal activity. View "Strokkur", one of the most active geysers, and "Gullfoss" (Golden Waterfall), Iceland's most famous waterfall. Before returning to the hotel, a visit to a local farm gives you the chance to meet some of the native Icelandic horses, as well as learn about the growing of healthy tomatoes using green energy, pure water and organic pest controls. This evening, join your travel companions for the farewell dinner. Meals: B, D



**DAY 7: Iceland / USA:** Following breakfast, transfer to Keflavik Airport and bid a fond farewell to amazing Iceland, as you return home with memorable life enriching experiences to cherish. Meal: B

**Costs:** The cost of this trip is \$3,699 per person with double occupancy (add \$1,149 for single traveler); this includes round trip airfare between Lubbock, TX to/from Keflavik Iceland. Deposit of \$500 per person is due by March 31, 2024, to lock in this rate. After March 31st, please call the office for updated pricing.

Travelers Protection Plan is available for an additional \$399 per person and must be paid at time of deposit.

Passport copies are required and must be valid for six months after the RETURN date of March 19, 2025.

Reservations will begin on Friday, March 1st. If you are unsure, please join us at our March Seniors are Special Seminar at the UMC Activities Center and listen to more details from Mayflower Cruises and Tours about this opportunity. For more information or to reserve your spot for this trip, please call the office at 806-775-8760.



The beautiful village of Vik, Iceland



"Strokkur" – one of the most active geysers in Iceland

# UMC ACTIVITIES CENTER

Avery Williamson

Spring is coming and it is coming fast! The birds will be chirping soon, the flowers will be blooming, and green grass will begin to overtake the local real estate. Spring always gives me a fresh feeling like the start of something new. We all know what spring cleaning is and we know that it is good for us. I have researched exactly how it can benefit your life. Let's take a look.

**1. Stress less.** Did you know just 20 minutes of cleaning can reduce stress and anxiety levels by as much as 20%, according to the British Journal of Sports Medicine. I personally enjoy having a clean house. It makes me feel better knowing that I don't have dishes waiting to be done or a bed to be made up.

**2. Boost productivity.** Perhaps you've heard the saying, "clean space, clean mind?" The Journal of Neuroscience discovered that too much mess significantly clutters up your brain's ability to process. Less chaos means more headspace for tackling that to-do list. It's hard to focus on important tasks when you need to get all the little things done first

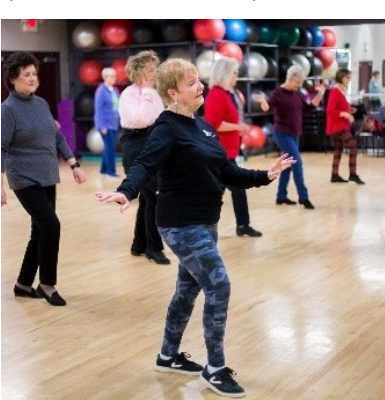
**3. Breathe easier.** The American Lung Association notes that hundreds of thousands of dust mites can live in bedding, mattresses, upholstered furniture, carpets or curtains in your home, triggering allergies and asthma. Dusting regularly helps you breathe better by preventing respiratory issues and supporting a healthy immune system.

**4. Fewer falls.** According to the Centers for Disease Control and Prevention (CDC), one in five falls causes a serious injury such as broken bones or a head injury. Reducing home hazards such as clutter minimizes your risk of tripping and hurting yourself.

**5. Eat healthier.** How tidy you keep your home office can affect your food choices. A study published in Psychology Science showed that people who worked in an organized area were twice as likely to opt for an apple over a chocolate bar than those who worked at a messy desk.

**6. Sleep better.** The National Sleep Foundation (NSF) found that people who regularly wash their bedding and sheets weekly reported 19% better rest at night.

**7. Burn calories.** This spring, you can get your gut and gutters in gear. The American Heart Association counts housework as moderate exercise meaning you can burn as many calories vacuuming as you can on a leisurely walk.



**Class Spotlight:** For the month of March, we are highlighting *Line Dance with Terri*. *Line Dance with Terri* is one of our many Line Dance classes. Terri is an experienced and expert line dancer. She teaches her class with a smooth a fun attitude giving everyone a great opportunity to learn the dances and have fun. To take *Line Dance with Terri*, it's best to have some knowledge and experience of line dance before. Terri goes over dances that have been introduced in other line dance classes and has minimum teaching and cuing. *Line Dance with Terri* is place to have fun exercising your muscles and brain all while being a part of a great group of people. *Line Dance with Terri* is on Thursdays from 1:30pm – 2:25pm. Meets immediately after Line Dance Level 3 with Gail. Most members come to Line Dance Level 3 and stay



for *Line Dance with Terri*.

**Announcements:** 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.

## CONTACT US

**Julie Dominguez**  
Director Volunteers,  
Guest Services  
& Seniors are Special  
(806) 775-8760  
Julie.Dominguez@umchealthsystem.com

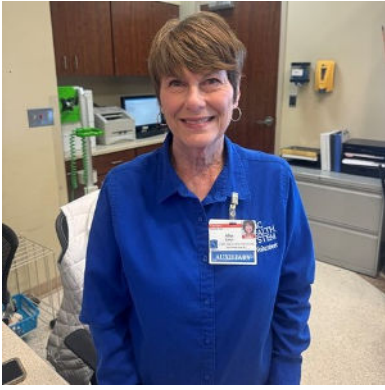
**Shana Barnett**  
Program Coordinator  
UMC Activities Center  
& Seniors are Special  
(806) 761-0676  
Shana.Barnett@umchealthsystem.com

**Avery Williamson**  
Program Coordinator  
UMC Activities Center  
(806) 761-0676  
Avery.Williamson@umchealthsystem.com

**Catlin McCune**  
Program Manager  
Volunteer Services  
(806) 775-8238  
Catlin.McCune@umchealthsystem.com

# VOLUNTEER SPOTLIGHT

Catlin McCune



This month we are featuring our long time UMC Auxiliary Treasurer, Alice Jones! Alice has been an active volunteer with us since 2017. She currently volunteers at our front desk and gives plenty of time during her week to ensure our Auxiliary funds are safe and prioritized. Alice is a retired

educator, dedicating 30 plus years in Abilene. She moved to Lubbock in 2016. Alice has 2 granddaughters; she enjoys spending plenty of time with them and watching them play basketball! When Alice is not volunteering or with her family, she is quite the bookworm and loves to read. When I asked her, “what is a fun fact about you?”, she told me that she can stick her whole fist in her mouth! How many of us can say that?

## 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](mailto:CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM)

## Strategic Travel Planning and Packing

~ Written by Patti Kissko, PT, DPT and Aaron Walden, Insurance Access Representative Team Rehab I-27.

Souvenirs from traveling can include bottles of wine, t-shirts, coffee mugs, and post cards. Hopefully new injuries, aches, or pains are not part of the treasures that you bring home. Whether traveling in a car across the state or flying in an airplane to another country, it is important to consider what you pack and how you will carry all that you take. Lighter packed luggage means less heavy lifting and strain on your back when maneuvering luggage from a conveyer belt, lifting a carry-on into the overhead bin, or putting your bags in and out of a car trunk. Repeatedly lugging around heavy bags can not only become cumbersome, but it could lead to sore shoulders, neck, or back. To ensure an enjoyable trip and return home be strategic about how you pack.

Knowing the type of activities, you will be doing most during your trip will then guide the clothing items that go in your bag. Light weight organizer cube sets will help keep your clothes less wrinkled and are conducive to wearing pants, jackets, and shirts more than once. Laundry detergent now comes in a sheet form, which gives travelers the convenient option of hand washing or to having handy if using a laundromat. To keep from packing similar items consider investing in a multipronged charger, if traveling internationally.

If your destination is going to include extensive sightseeing, then one of the most important items to allow room for in your suitcase is a comfortable pair of walking shoes. Hopefully that will be the second pair of comfortable shoes, assuming the first pair will be on your feet. Ensure socks and footwear are of good quality and proper fit to avoid blisters. Having a few band aids and ointment on hand just in case might be a good idea. When lifting your bag, be sure to use good body mechanics lifting with your legs. Carryon luggage should be kept at a manageable weight if it is going into the overhead compartment of a plane.

While on the plane consider cushions or neck pillows to allow support and alternate positions when seated for long durations. Simple movements including ankle pumps, leg lifts, shoulder shrugs, and neck turns can improve circulation and decrease stiffness. Compressive socks can be worn to improve circulation during long trips. Standing up periodically to stretch and move is ideal. Stopping every two to three hours when traveling by car will be most appreciated by your joints and will make you feel good when you arrive at your destination. If you have been stationary for a while, consider warming up your body and joints prior to lifting your suitcase and bags.

Finally staying in good physical shape to endure the extra physical demands of traveling is an excellent reason for ongoing exercise and fitness programs. If you find that you have a trip approaching and you don't feel ready due to a painful joint; a few weeks of physical therapy may be in order. If decreased endurance and strength is your concern, UMC has a variety of classes offered at the UMC Activities Center.

