

May 2024 Newsletter

Healthy Hydration

The hot, sweat-inducing summer months and the cold, dry temperatures of winter have more in common than just being an inconvenience. The extremes of these seasons can exacerbate instances of dehydration in seniors.

According to awareness organization Hydration 4 Health, dehydration in the elderly is “associated with increased mortality rates among hospitalized older adults and can precipitate emergency hospitalization and increase the risk of repeated stays in the hospital.” They have also found that dehydration is one of the ten most frequent diagnoses leading to hospitalization in the country. It is essential to understand the risk, watch for signs, and put together a prevention plan to address this preventable ailment.



How Hydration Needs Change with Age: Understanding hydration and seniors can be tricky. On the surface, it seems so intuitive: when someone’s thirsty, they’ll reach for liquids, and soon the problem is solved. As we age, however, thirst no longer precipitates dehydration in the same way as when we’re young, as shown by research from the National Academy of Sciences.

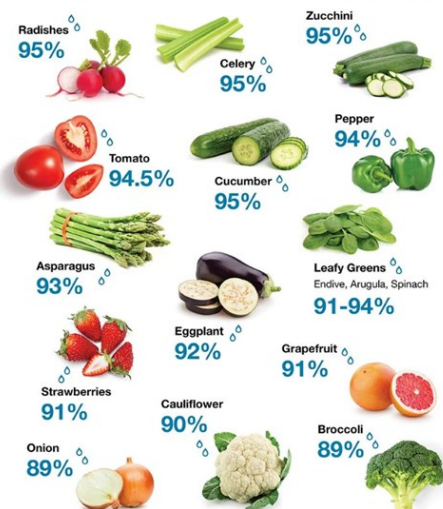
According to the National Academy of Sciences, the brain of an older adult gives signals to the body that thirst has been satiated when, in fact, it has not. This miscommunication is thought to be connected to weakened stomach muscles, which in older adults can expand more with less intake, leading elders to feel full and stop consuming liquids before they’re adequately hydrated.

Another difficulty when it comes to hydration and the elderly is their physiology. Humans are mostly made up of water, but according to Hydration 4 Health, that amount decreases by approximately 15% between the ages of 20 and 80. Additionally, the Mayo Clinic’s risk factors of elderly dehydration show that certain chronic diseases (heart failure, diabetes, kidney disease, etc.) can also affect the body’s ability to stay hydrated and, of course, chronic diseases are more common as we age.

Preventing Dehydration in Seniors: A 2007 Australian study found that older adults don’t drink enough water and become dehydrated during heat waves, proposing that their brains and bodies don’t correctly coordinate thirst signals. While the researchers aren’t sure whether the body is ineffectively sending these signals (due to weakened stomach muscles, reduced throat

Eat Your Water

14 Zone Favorable Foods to Help Reach Your Daily Hydration Goals



sensitivity, or diminished kidney function) or whether the brain is ineffectively interpreting them. Regardless of the causes, this finding is important because it puts elderly hydration at the forefront of senior health.

Since thirst isn’t the reliable indicator of dehydration it is for younger people, it is important to be on the lookout of other signs of dehydration. Fatigue and headaches may show that something is wrong. So can decreased urine output, dry nasal passages, or dry mouth. Lastly any issues of confusion, lightheadedness irritability, or illness where fluids are lost (vomiting or diarrhea) should be considered indicators of dehydration.

Hints for Hydration: To prevent dehydration, scheduled hydration should be considered. As mentioned before, older adults may feel full with less, so the goal is not to down a day’s worth of liquids in one sitting. Instead, try splitting the recommended amount of water intake throughout the day using a measured water bottle, and encouraging progress at regular intervals.

Also remember that other age-related physical conditions may make ambulatory movements a little harder, so try to end hydration regimen a few hours before bedtime to prevent having to make trips to the bathroom at night.

Finally, it is important to remember that water, though the best hydrator, isn’t the only one. Fruits and vegetables can help with hydration which is why it is important to consume at least 5 servings of fruits and vegetables per day.



Speaking of eating your vegetables, here is a yummy Summer Salad Recipe, perfect for those BBQs and family gatherings.

Salad ingredients:

- 1 Can Black Beans, drained/rinsed
- 2 Large handfuls chopped Baby Spinach Leaves
- 4-5 Heirloom Tomatoes, chopped
- ½ Cucumber, chopped
- 1 Mango, peeled and chopped
- 1 Large Red Onion, halved and sliced
- 6-8 Radishes, sliced
- 2 Large Avocados, peeled and sliced
- ½ Cup Feta Cheese, crumbled

Dressing ingredients:

- Large bunch of Mint
- Small bunch of Coriander
- Small bunch of Basil
- 1 Green Chili, deseeded and chopped
- 1 Small Garlic Clove
- ½ Cup Extra Virgin Olive Oil
- 2 Limes, zested and juiced
- 2 Tsp White Wine Vinegar
- 2 Tsp Honey

- Make the dressing by blending all the ingredients in a food processor (or very finely chop them). You can make the dressing up to 24 hours before serving.

- Scatter the beans and spinach over a large platter. Arrange the tomatoes, cucumber, mango, onion and radishes on top and

UMC ACTIVITIES CENTER

Avery Williamson

Why Exercise is one of the Best Medicines: If exercise was a pill, it would be regarded as a wonder drug, the best medicine. So powerful are its known effects to improve everything from general well-being, to musculoskeletal disease, to cardiovascular problems, to diabetes, multiple sclerosis, mental health, anxiety and depression.

**Exercise
is Medicine®**

So aside from getting stronger and fitter, here are three big reasons to keep exercising – or to start if you aren’t already.

Support your Immune System: It’s simple, being physically fit increases your immunological fitness, too. Basically, exercise increases blood flow and mobilizes white blood cells, one of the main defenses against harmful microbes. At least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous exercise per week is recommended, but anything is better than nothing. Even one study found that just 30 minutes of brisk walking increased the circulation of natural killer cells, white blood cells, and other immune system warriors. Blood flow throughout the body heals. Blood carries the oxygen and white blood cells to heal any part of the body that is harmed. Whether it is a small scratch, sprained ankle, or cold, Movement increases blood flow and heals. Movement is Medicine.

Reduce Your Risk of Chronic Illness: The American College of Sports Medicine’s “Exercise Is Medicine” project has documented the myriad of health benefits of exercise, including lowering the incidence of various cancers, reducing the risk of excessive weight gain (with its associated health problems, including diabetes), and improved cardiovascular health (including lower risk of hypertension and stroke).

All of these contribute to an overall lower risk of all causes of mortality in people who exercise. Another large analysis reported in 2009 found these same benefits were experienced by people already suffering from chronic conditions.

Improve Your Mental Health: Stress hormones compromise immune function but exercise, including yoga, is very good at combatting stress. Numerous studies have shown that regular physical activity is associated with better mental health, including a reduced feelings of anxiety and depression, improved cognitive function, improved quality of life, and improved sleep. Again, the latest neuroscience shows that even moderate physical activity can have major benefits.

To say exercise is better than conventional medicine is a stretch, and no one is saying a workout will help in a genuine health emergency. But a huge 2013 comparison study of exercise and drug interventions found that being fit was a good if not better at combatting a number of chronic illnesses. In short, exercise is really good for you, so keep it up.

May is “Exercise is Medicine” month and what a better time to get into an exercise routine. Not sure where to start? Visit the UMC Activities Center located at 7105 Kewanee Avenue and talk with our staff about an exercise program just for you.

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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

Robin Welch
Program Manager
Volunteer Services
(806) 775-8238
Robin.Welch@umchealthsystem.com

Class Spotlight:

The featured class of the month is *Aerobics* with Robin, which meets on Tuesdays and Thursdays at 8:30AM. *Aerobics* is a moderate to high intensity level class ideal for individuals who are looking to increase their cardiovascular exercise. *Aerobics* with Robin combines continuous movement exercise like Zumba or other aerobic movements with strength and flexibility training. If you are looking to get moving in the morning check out *Aerobics* on

Tuesdays/Thursdays at 8:30AM.

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.

Closed for a Long Weekend: The UMC Activities Center will be **CLOSED on Monday, May 27th** in observation of Memorial Day. Regular hours will resume on Tuesday, May 28th. Enjoy the extra time off this Memorial Day weekend!



Communication and Swallowing Disorders Common in Adults ~ Janell Miller, M.S. CCC-SLP

Lubbock Area Residents Encouraged to Learn the Signs & Seek Help, if Needed This National Speech-Language-Hearing Month

With speech, language, voice and swallowing disorders common in adults following stroke, head and neck cancer, and a variety of other illnesses and injuries, University Medical Center based speech-language pathology team encourages residents to learn the signs—and seek an evaluation—if they have concerns about themselves or a loved one. This message is being sent out as May is recognized as National Speech-Language-Hearing Month.

If you have experienced a change in health from an injury or illness, your ability to communicate effectively, think clearly or swallow safely may be different. Effective communication, thinking and eating is critical to your recovery and to your quality of life.

Communication, thinking and swallowing are things we often take for granted until we are faced with challenges, but these are central to everything that we do. Luckily, speech-language pathologists can help people who have had strokes, traumatic brain injuries, and other life-altering events make progress so they can share medical information, stay connected to friends and family, and return to the activities that make up their daily lives.

The causes of speech and language problems that begin for the first time in adulthood can vary. Common causes - in addition to strokes, cancers in the head and/or neck region, and brain injuries - include Alzheimer's disease, multiple sclerosis, and Parkinson's disease. Communication difficulties can also stem from breathing problems and voice damage.

Speech and language disorders that may be acquired in adulthood include the following:

- **Aphasia.** This involves problems speaking or signing, understanding, reading, and writing. Often misunderstood, aphasia does not affect a person's intelligence. The most common cause of aphasia is stroke.
- **Cognitive-communication disorders.** This involves problems with thinking that can affect communication. Some examples are difficulty paying attention, remembering, organizing thoughts, and solving problems.
- **Apraxia of speech.** This involves the way the brain plans and coordinates movements for speech.
- **Dysarthria.** This involves changes in the muscles and nerves used for speech and/or breathing.
- **Voice disorders.** This involves changes in pitch, loudness, and vocal quality that negatively impact communication.
- **Dysphagia.** This involves difficulty or discomfort in chewing or swallowing.

Speech-language pathologists also help people with swallowing disorders—such disorders are called dysphagia. Dysphagia is caused by numerous diseases and injuries in adults. A person's ability to eat and drink is related to maintaining good health, recovering from illness, ensuring quality of life, and is a central part of many social experiences and family traditions.



Continuation:

Speech-language pathologists treat dysphagia in various ways:

- Exercises to help strengthen muscles for chewing and swallowing.
- Techniques to help food and liquid move differently while chewing and swallowing.
- Guidance to help reduce the risk of illness related to swallowing.

Learn more about speech, language, and swallowing problems in adults from the American Speech-Language-Hearing Association. Lubbock Area residents who would like to discuss their speech, language, and swallowing concerns may contact Janell Miller at (806)775-9275 or janell.miller@umchealthsystem.com

VOLUNTEER SPOTLIGHT

Robin Welch



This month we are featuring Felicia Fillingim. Felicia has been a dedicated volunteer with UMC for over 16 years. When asked why she volunteers she told us she likes to help people. And when people come to this big hospital from a small town it is overwhelming, she is able to help ease their anxiety. In her free time Felicia enjoys cooking, gardening, and quilting; she participates in Quilts of Valor, an organization that makes handmade quilts for veterans and service members as a way to comfort and heal them. Thank you, Felicia, for your dedication, to our hospital, and the community!

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. Ways to get involved include:

- Greeting Program
- Messenger
- Information Desks
- Therapy Programs (Pet & Music Therapy)
- Donations (Patient Care/Nursing/Staff Care Packages, Books, Cards, Blankets, Toys, Etc.)

Ready to get started or have questions? Please follow the contact information below.

Contact Us:

Phone: 806.775.8680

Email: VolunteerServices@umchealthsystem.com

From an Auxiliary Member:

We are frequently told that "Life is Short." I believe this is only true in retrospect. Looking back on life shortens it. So much is left out, overlooked. So many moments, years are not thought of. But living is not this way. We must go through each day and each experience in its own time. We should try to fill all this gift of time with something of value. Value to ourselves, to our family and to others. Take the amount of time you are given and make the world better, more kind, more caring. As an example, I believe that we do this by volunteering. We try to do something of value.

From the Desk of our Auxiliary President National Volunteer Week

'America's volunteers embody the core values that define our Nation: an optimism that is tested yet resolute; a courage that digs deep when we need it most; and an unshakeable faith in one another, our Nation, and the future we can build together. During National Volunteer Week, we celebrate the millions of selfless Americans who keep faith in all of us and give their time, service, and hearts to make sure no one is left behind.

I have often said that America is a good Nation because we are a good people - every day, our country's volunteers prove that to be true. They lead by the power of their example. From helping rebuild homes after devastating disasters to tutoring our youth and helping ensure orderly elections, volunteers strengthen our communities and improve the lives of people across our Nation and around the world. Through these extraordinary acts of service, volunteers also have the opportunity to engage with new communities and try new things - building professional networks and friendships, learning skills, and finding a sense of purpose. Volunteering is truly at the heart of our American spirit: working together to build a future of greater possibilities.'

These paragraphs are from a proclamation that President Joe Biden issued from the White House for National Volunteer Week. We celebrated our Volunteer Appreciation Week, April 14th-20th and the foundation of our Volunteers is built on our opportunities to serve.....our fellow man, our friends and family. At some point in our lives, we all have needed some sort of assistance. Perhaps it was emotional help after losing a friend or family member, financial help when times were strained, etc., the point is that there was someone there when you needed them. Take a moment and think of someone that gave you advice, or helped you move, mowed your yard, or brought you food and asked for nothing in return. That feeling of receiving you had was so special...it gave you that feeling of goodness that you received in no other way. You quickly learned that in order to receive that feeling you wanted to give to others. It is contagious! You do something for someone, they do something for someone, who does something for someone else and on and on...making it a domino effect. You made a difference! No matter how grand, no matter how inconsequential, you made a difference.

During National Volunteer Week, we remember that even one act of service - big or small - can make a difference. Volunteers spread hope and, in the process, inspire so many to give back to their communities. I encourage everyone to look for ways to volunteer in your own community, show up for one another, and step up for those in need. If you know a volunteer, thank them for being there for someone; if you wish to volunteer, call Julie Dominguez at 806.775.8760; if you are a volunteer, hooray! We need more just like you.

