

April 2022 Newsletter

***** TRIP ALERT *** TRIP ALERT *****

**Seniors are Special Announces
Presidential Libraries Tour
October 13-19, 2022
7 Days / 6 Nights**



DAY 1: OCTOBER 13, 2022 - Lubbock, TX to Dallas, TX

Start your journey today with a pick up from University Medical Center in Lubbock, TX. Ride with us in comfort to Dallas which is known for its cultural activities, including opera, ballet, musicals, and symphony concerts. Take a self-guided tour of the George W. Bush Presidential Library and Museum. The museum houses the archives of the George W. Bush presidency, 43,000 gifts & a replica of the Oval Office. Tonight, join your Travel Director and fellow travelers for a Welcome Dinner at your hotel. Meal: Dinner

DAY 2: OCTOBER 14, 2022 - Dallas, TX to Little Rock, AR

From Dallas, we begin our journey to Little Rock. Go on a guided visit of the William J. Clinton Presidential Library and Museum highlighting domestic and foreign policy, as well as life in the White House. Exhibits include replicas of the Oval Office and the Cabinet Room. As well as the Presidential timeline and exhibit alcoves. Meal: Breakfast

DAY 3: OCTOBER 15, 2022 - Little Rock, AR - St. Louis, MO

Travel with us to St. Louis, MO. On arrival, explore this city on an orientation drive before checking in to your hotel for your 2-night stay. Meal: Breakfast



DAY 4: OCTOBER 16, 2022 - St. Louis, MO Sightseeing - Springfield, IL - St. Louis, MO

Today, take a tram ride to the top of the Gateway Arch, the world's tallest arch and the centerpiece of Gateway Arch National Park. Then board the bus for a side trip to Springfield, IL to visit the Abraham Lincoln Presidential Library and Museum, which documents the life of the 16th U.S. president, and the course of the American Civil War. Return to St. Louis and explore the Anheuser-Busch brewery and learn why their beer is second to none: from its beginnings as quality ingredients, to its crisp taste as the finished product! Meal: Breakfast

DAY 5: OCTOBER 17, 2022 - St. Louis, MO - Independence, MO - Kansas City, MO

Travel to Independence, Missouri this morning for a guided visit of the Harry S. Truman Library and Museum. Truman shouldered the burden of leadership in a rudderless world. With courage, integrity, and humility, he vindicated the American conviction that an open society can produce leaders equal to any challenge. Afterwards, take some time to visit and explore the Harry S. Truman National Historic Site. Visitors can experience the surroundings Truman knew as a young man of modest ambition through his political career and final years as a former president. Continue to Kansas City for your overnight stay. Meal: Breakfast

Continued on the next page

DAY 6: OCTOBER 18, 2022 - Kansas City, KS - Abilene, KS - Oklahoma City, OK

This morning, make your way to Abilene, KS to visit the Eisenhower Presidential Library, Museum and Boyhood Home. The museum includes the home where Eisenhower lived from 1898 until his appointment to West Point in 1911, and is also the president's final resting place. Head to Oklahoma City, the capital of the U.S. state of Oklahoma. It's known for its cowboy culture and capitol complex, surrounded by working oil wells. Visit the Oklahoma City National Memorial, which includes the reflecting pool, empty glass, and bronze chairs recalling the victims of the 1995 bombing of the Alfred P. Murrah Federal Building. Meal: Breakfast

DAY 7: OCTOBER 19, 2022 - Oklahoma City, OK - Lubbock, TX

This morning, we will head home to Lubbock and will arrive back at University Medical Center. Meal: Breakfast

Cost: The cost of this trip is \$2,075 per person with double occupancy and \$2,790 for single occupancy. Travel Protection is available for an additional \$219 per person.

Reservations: Seniors are Special will begin accepting reservations April 1st. To reserve your space, call the office at (806)775-8760 and then mail in your deposit of \$200 to UMC Seniors are Special, 602 Indiana Ave, Lubbock TX 79415.

APRIL VOLUNTEER SPOTLIGHT



Raul Guerrero has been faithfully serving and ministering to patients and families as a volunteer chaplain for UMC since 2006 and is a beacon of hope and encouragement to everyone he encounters, plus, he always has a smile on his face. He is also a faithful member of Our Lady of Grace Catholic Church in Lubbock. Raul serves as an inspiration to many after a miraculous recovery from a devastating motorcycle accident, which left him and his family wondering if he would ever walk again or have a viable life going forward, but he persevered against all odds. A fun fact about Raul is that he is a connoisseur of motorcycles, especially Harley-Davidson, and has earned the nickname, "Speedy", here at UMC. We are so thankful for Raul, not just for his faithful service as a volunteer chaplain, but also for the positivity and encouragement, he brings to so many. Thank you, Raul, for who you are and for all you do to serve. You are greatly appreciated!

National Volunteer Week: is April 17-23 this year. National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society's greatest challenges, to build stronger communities, and be a force that transforms the world. National Volunteer Week was established in 1974 and has grown exponentially each year. Today, as people strive to lead lives that reflect their values, the expression of civic life has evolved. Whether online, at the office, your local food bank, a vote, a voice, or a wallet – doing good comes in many forms. Each year, UMC recognizes those who serve, thanking volunteers who lend their time, talent and voice to make a difference in our hospital and in our community.

UMC Health System is grateful to our volunteers. Volunteer opportunities exist in various capacities throughout the system, including greeting, wayfinding, activities cart, pastoral care, and more. If you are interested in volunteering, please call us at (806) 775-8238 or find out more online at: www.umchealthsystem.com/connect-with-us/volunteering

HOW YOU CAN GET INVOLVED

Are you interested in supporting UMC Health System? Volunteers are needed now more than ever. Volunteering is great for both the volunteer and the organization! UMC Health System relies on the support of volunteers who so generously give their time in support of our cause. UMC is seeking volunteers willing to fulfill various roles including:

- Information Desks
- Greeters
- Couriers
- Share Your Talent! (Music Therapy, Pet Therapy, & Patient Advocacy)
- Volunteer From Home by Donating! (Patient Care Packages, Nurse/staff Care Packages, Books, Cards, etc.)



All shifts available! You set your own schedule! All volunteers & staff follow safety and health protocols to minimize risk. All donations can be coordinated thru the Volunteer & Guest Services Department.

If you are interested or have questions call (806) 775-8238.

UMC ACTIVITIES CENTER

Tiny Smith & Jamie Powell

What About Spring?

Spring brings us new beginnings. We spring forward, the weather becomes better, and we tend to become happier. What about spring makes us this way? I'd like to think it's from exercise of course but the sun shining is a plus too!

Exercise and the outdoors tends to bring out our inner happy... and sometimes child. Research has shown that sunshine makes people happier and exercise releases endorphins to match it. As the weather gets better, so does our outlook on everything around us. It almost seems as though tasks become easier. Moving our activity outdoors can sour cancer-fighting cells, lower blood pressure, and make it feel more fun. Your mental health also improves!

5 ways to stay active outside this spring:

1. Going for walks with friends
2. Gardening
3. Reading a book on the front porch
4. Hiking/Biking
5. Cooking out or eating outside

These may seem silly but the effects they will have on your mental health, physical health, and friendships is worth it! If being outside isn't for you, follow along these fun moves to stay active inside!

6 STANDING moves you can do to stay active while at home:

1. Squats – act like your about to sit down in the chair, then EXPLODE UP!
2. Lateral leg lifts – standing tall, lift your right leg up to the side and slowly lower it back to standing. Repeat on the left leg.
3. Push-ups – doing these on the chair, wall, or ground, start with hands in line with your shoulders and bring your chest as close as you can to the object in front of you and push off quickly.
4. Toe reaches – standing tall, bend down and reach your toes. This aids in a great stretch too!
5. Leg curls – standing tall, bring your right heel to your right glute and lower slowly down. Repeat on the left.
6. March in place – pick your pace up from the comfort of home! Your heart rate will come up and that's how you know indoor walking is good!



Class Spotlight: T'ai Chi Chih® & T'ai Chi Ch'uan

Have you ever wanted to find your Chi? Your center? To feel one with nature and the earth? Well we have the class for you! T'ai Chi allows you to feel the slow movements of the earth and focus on the small movements of life, grounding you in the space you are in. One of the main goals in T'ai Chi is to fluidly move from one posture to the next in order to ensure that the body maintains a constant state of motion. T'ai Chi teaches you how to breathe steadily and concentrate on finding the mental space of growth and peace. Not only does T'ai Chi help to improve your physical balance through distinct and controlled movements, it also helps to balance your mind navigating through the chaos of your everyday life!

These classes both offer the benefits of moving meditation, focusing not on each move individually, but blending each move into one smooth motion. We offer two variations of T'ai Chi: T'ai Chi Chih® and T'ai Chi Ch'uan.

The UMC Activities Center offers T'ai Chi at the following times:

T'ai Chi Chih® (Larry) – Tuesday 9:30am-10:25am

T'ai Chi Chih® (Cindy) – Tuesday and Thursday 3:30pm-4:25pm

T'ai Chi Ch'uan (Larry) – Thursday 1:30pm-2:25pm



From the Membership: This month, our member Pam shared the following write-up: The date was 02/20/2020. With that many zeros and twos, I hoped it was a good sign for my knee replacement scheduled for that day. A physical therapist had me up and walking within five hours after surgery and I was sent home the next day. Physical therapy started with Home Health coming to my house for one week and continued at UMC Team

Continued on the next page

Rehab located at 7105 Kewanee Ave in Lubbock. Three weeks later, my doctor suspended PT because Covid-19 had arrived in the United States and he didn't want me to take the chance of catching it. I continued exercising at home, but never gained the range of motion that I desired.

Fast forward to 10/01/2021. Another date with mostly zeros and ones, and another eventful date for me. I stepped off of a curb and broke my elbow. This wasn't just a small break; I broke off part of the lower portion of the upper arm. Physical therapy began the same week of surgery, and lasted until the second week of January, 2022. Days that I worked extra hard to recover my range of motion, I would go home in great pain and spend the rest of the day and the next day not doing much because my arm hurt intensely.

I tell you this because I want you to know the history of my injuries the day that I walked into the UMC Activities Center to begin my exercise program. My intent was to become more active. Little did I realize how many changes this would make for me.



The first week, I attended every low intensity class that I could fit into my schedule. I hoped this would give me an idea of which classes would pique my attention and fit my skill level. I was tired after most classes, which was no surprise. I hadn't been this active in years, even though I thought I was being active. Some days, I would take a nap because I felt so expended, especially if I participated in two classes.

The second week was better. I was gaining strength and endurance. I noticed that many members had injuries, limitations, or health issues that made them have to modify some of the exercises, just like I had to do. Stretching during the classes was helping my back pain. This week, I added a moderate intensity class to my schedule. Naps weren't so frequent, and I was sleeping better at night. During the third week, I realized that I was rising from a seated position without using my hands/arms to push me up. That made me take notice of my legs. The thin legs that I felt looked slim and trim had suddenly become firm and curved again. I HAD MUSCLES! I noticed my arms. The biceps were showing strong

bulges and the triceps were firming. I liked what I was seeing in the mirror.

That was all the encouragement that I needed. I am signing up for a full year membership at UMC Activities Center, and encourage others to do the same. In three short weeks you can see an improvement in your body image and muscle strength.

Fun Things at the UMC Activities Center in April:

Easter Bingo- Join us at the UMCAC for an exciting adventure as we go on the "hunt" for activity and fun! Grab a card and "black out" your squares over the course of April. Grab a friend to join too as you try new classes.

Importance of Cardiac Rehab Lecture – Jadsia Warden
Wednesday, April 13th @ 2:00pm 7105 Kewanee Ave

Overview of Nutrition Labels - Samantha Jackson, MS, RD, LD
Tuesday, April 26th at 11:30am 7105 Kewanee Ave



The lectures are open to anyone so feel free to invite a family member, friend, or neighbor to attend!

For those who are not a member of the UMC Activities Center you are welcome to any of our other 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 find that right class. The class that "fits." Contact the office at (806)761-0676 or stop by and see us at 7105 Kewanee Ave.

Good luck....and happy exercising!



AARP DRIVER SAFETY COURSE

1-4pm, April 14, 2022

UMC Business & Technology Center

309 N Slide, Lubbock, TX 79416

Call (806) 775-9315 to register

Cost is \$20 for AARP member
and \$25 for non-members.



Newsletter Mailings

To reduce the printing and mailing costs, I am asking everyone that can receive the newsletter by email to please do so. If you are willing to go paperless, please send your name, current address we are mailing your newsletter to and email address to Julie.Dominguez@umchealthsystem.com

To keep the mailing list current, I need your support. Please notify the office of any changes in your address, if you are receiving more than one copy or if you no longer wish to receive the newsletter. Also, please inform us of any demographic changes such as a name change due to marriage, the death of a member, or anything that might affect your mailing address. Your help is greatly appreciated.

TIME TO GET MOVING - Cara Smith, PT, DPT

In the past two years of the pandemic, there has been a decrease in the activity level for many people, which has caused an increase in various health conditions including increased joint pain. In addition, more people have sat in front of screens, which is commonly correlated with poor posture that can lead to neck or back pain. There has been evidence supporting that being active can prevent heart disease, depression, joint pain, type 2 diabetes, and premature mortality. Also, it prevents falls, maintains a healthy brain, and strengthens postural muscles.

According to the American College of Sports Medicine (ACSM), it is recommended to have 150-300 minutes of moderate aerobic activities a week and two strength-training sessions per week. Examples of aerobic activities may include performing an exercise video, gardening or lawn work, or a brisk walk around your neighborhood or park. Examples of strength training may include lifting weights, working with resistance bands, single leg step-ups on chairs, or repeated sit to stand exercises. For ways to remain active outside the home, the UMC Activities Center



offers various classes that fit different activity levels and interests. Other ways to remain active at home include home exercise videos or taking turns performing household chores during commercial breaks. For people who have difficulty with balance or are unable to be active on their feet, some examples of chair exercises include seated marching, kicks, arm circles, or punches. The ACSM website (www.acsm.org) has several educational resources and tools to assist individuals with remaining active. For people who enjoy their screen time, we encourage people to take time to move approximately every 30 minutes to help relieve postural strain, promote blood flow, and encourage muscle activation. Performing activities every 30 minutes may include taking a lap around the house/workplace, performing 10 repetitions of an exercise (squats, arm circles, etc), or performing a household chore. There are several opportunities to increase your daily activity level and it is important for your overall health to seek out those times and move.

If you are unsure about your health conditions and appropriate ways to increase your activity level and strength, please contact your doctor to discuss your options. Also, you can seek a referral from your doctor for a physical therapy evaluation in order to get a jump start with exercises to appropriately address any specific pain or dysfunctions. Some common diagnoses seen include: generalized weakness, impaired balance, and joint pain (ex: knee pain, neck pain, low back pain, etc). UMC has four convenient physical therapy locations placed throughout the community for patients. Our staff cares about you and your activity level and would love to help you increase activity while decreasing pain.

Cara Smith, PT, DPT is a Physical Therapist at UMC Health System Team Rehab, a comprehensive team of specialists providing care in the areas of physical, occupational, and speech therapy. For more information, call (806)775-9275.

CONTACT US

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

**Tiny Smith and
Jamie Powell**
*Program Coordinators,
UMC Activities Center*
(806) 761-0676

Shana Barnett
*Program Coordinator,
Volunteer Services*
(806) 775-8238

Seniors are Special
602 Indiana Avenue
Lubbock, TX 79415
806-775-8760

RETURN SERVICE REQUESTED



Seniors are Special Monthly Meeting Wednesday, April 13, 2022 3:00 PM – 4:45 PM McInturff Conference Center

Chad Curry, Training Chief, Licensed Paramedic UMC EMS
Stop the Bleed & Hands Only CPR

SAS has partnered with “Lubbock Shuttle” to continue providing free shuttle service between 2:30PM and 5:30PM for our guests.

The shuttle will pick up members at the Texas Tech parking lot located WEST of Texas Tech Parkway, off of 10th Street. Turn West away from the hospital at the 10th Street & Texas Tech Parkway light. The parking lot is located one block down on the left side of the street. The shuttle will take you to and from the lot to the McInturff Conference Center. You are also free to park in any of UMC’s parking lots.

During construction, access to the McInturff Conference Center is available through the Outpatient Surgery entrance.