

## March 2022 Newsletter

By: **Julie Dominguez**

**REST, FOOD and WATER;** all three are integral elements to consider for keeping your body in tiptop shape but are often overlooked.

**REST:** It sounds like a no-brainer. Get a good nights sleep you are good to go; ready to tackle the day. But that does not always happen. As we age we see changes in our sleep pattern. Common changes include: getting tired earlier in the evening, waking up earlier in the morning, waking up in the middle of the night and not being able to go back to sleep, or having insomnia. And contrary to popular opinion, older adults do not need less sleep; they actually need the same amount of sleep as when they were younger. The change in the sleep-wake cycle can be caused by a variety of reasons. Some are self-inflicting like smoking or drinking caffeine or alcohol. Certain medications, being in pain and various chronic conditions can interfere with sleep. To get back on track try these tips for getting better sleep:



getting better sleep:

- Go to bed and wake up at the same time each day
- Eat meals at set times
- Exercise
- Do not take naps longer than 20 minutes
- Avoid smoking, caffeine and alcohol before bedtime
- Get out of the house. Daylight helps regulate the sleep-wake cycle.

It is important to find the root cause of sleepless nights, especially if sleep issues are masking a deeper medical problem. See your doctor if you are not getting restful sleep at night, are unable to wake up refreshed or are only able to sleep in a recliner. Healthy sleep is something everyone should expect.

**FOOD:** Who does not like food? I talk about food and places to eat all the time. However, there is more to food than just eating to eat. There is a delicate balance in getting enough calories to provide energy and getting too many calories. Plus, all calories are not created equal. Healthy calories come from foods that provide good nutritional value. Calories from lean meats, vegetables, fruits and complex carbohydrates are the best sources. I cannot tell you how much to eat or what to eat as everyone is different and likes different food. Most of us will be ok if we watch our portion sizes and eat balanced meals which include lean meats, vegetables, and complex carbohydrates.

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**WATER:** I bet most of us do not get enough water each day. Drinking water seems like it would be a natural process. Get thirsty? Drink water and repeat as necessary. But, that is not normal for a lot of us. There are too many options we reach for instead of water like, coffee, tea, soft drinks, milk, or juice. There are also individuals who say they do not like water. So why am I talking about water? Water is an essential element to our health. Water keeps body temperature normal, lubricates/cushions joints, protects the spinal cord/other sensitive tissue and rids waste from our body through urination, perspiration, and bowel movements. Not getting enough water can lead to dehydration which can cause a whole host of problems. Sure, coffee, tea, soft drinks and juice contain water but they also contain caffeine and/or sugar, which we only need in a limited quantity. So, if you are not on water restrictions for a medical reason, reach for a glass of water and enjoy the many benefits of being hydrated.

REST, FOOD, and WATER are all essential elements in keeping us healthy and happy. Take care of yourself and, if you notice your body talking to you, take a look at these elements because one may be out of whack.

## UMC ACTIVITIES CENTER

*Tiny Smith & Jamie Powell*

### Community in Wellness

There is a sense of self in community. Having a community can be bigger than it seems. Here at the UMC Activities Center, we are all about community. It is what keeps us going; it brings us joy, and keeps us accountable. The added fact that we are getting healthy together is just a bonus.

The definition of community is a feeling of fellowship with others. You share a common attitude, interest, and goals. Our community at the UMC Activities Center is surrounded by bettering ourselves. We use our accountability to each other to be stronger, as well as becoming healthier. When you are surrounded by others that are putting in the work to better themselves it is a huge domino effect in your life.

This domino effect brings into play our overall health and wellbeing (i.e. wellness). Group exercise is just one way we can enhance our community. Exercise brings many great factors to our life. It boosts our mood, energy, and puts a spark back in our lives. Pair this with your friends in a class or on a walk and see how much you improve each day.

If you are looking for a community to call your own then our group fitness is for you. The UMC Activities Center is a great place to begin your health journey while finding a place to call “home!”

### Moves with Tiny

Sometimes it is hard to get yourself going in the morning or even after that big lunch! It is important to me to move as much as possible throughout the day and I wanted to offer some movement tips for all life-styles.

Here are 5 STANDING moves you can do to stay active while at home!

**Squats** – act like your about to sit down in the chair, then EXPLODE UP!



**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.

**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.

**Toe reaches** – standing tall, bend down and reach your toes. This aids in a great stretch too!

**Leg curls** – standing tall, bring your right heel to your right glute and lower slowly down. Repeat on the left.

Here are 5 SEATED moves you can do to stay active while at home!

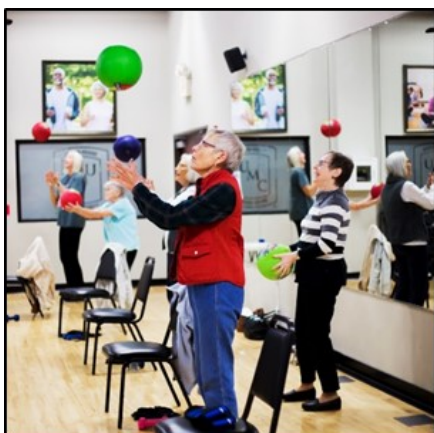
**Flutter kicks** – leaning back in your chair, raise your feet up slightly off the ground and kick like your kicking in a pool!

**Marches** – seated nice and tall, march your legs up as high as you can.

**Leg extensions** – starting with both feet on the ground, kick your right leg out even with the knee, lower slowly, and then repeat on the left side.

**Triceps extension** – leaning your chest into your lap, straighten your arms by your side and pulse them behind you as quickly as possible!

**Shoulder press** – sitting nice and tall bring your arms up to a field goal position. Press your arms up straight to the sky and lower them back into a field goal position.



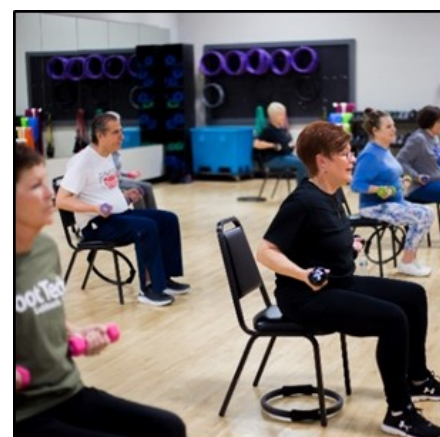
### Class Spotlights

**Exercise 1** is a great class to try if you are just starting to workout. It has an emphasis on stamina, strength, balance and some stretching. Exercises are performed sitting and standing. This is one of our beginner classes and you learn lots of trivia with Tiny! **Exercise 1** meets on Tuesdays and Thursdays from 2:30pm-3:25pm.

Member Spotlight: Nelle has been a member since 2021. Her favorite thing about **Exercise 1** is the variety of exercises and meeting new people. She has enjoyed the accountability and community she has grown through coming.

**Exercise 2** is a class that will keep you moving all the way through! You will be doing exercises standing and sitting with an emphasis on flexibility, strengthening, balance, and stretching. Robin also includes rhythmic activities! **Exercises 2** meets on Tuesdays and Thursdays from 11:30am-12:25pm.

Member Spotlight: Pam has been a member since 2020. Her favorite thing about **Exercise 2** is coming and seeing her friends. Pam loves to give the instructor a hard time when she can! She also said she has enjoyed all the classes and variety that the UMC Activities Center offers.



If you are not a member, you can drop in for only \$5 per day and see what we are all about! The UMC Activities Center is located at 7105 Kewanee Ave. For more information call the office at (806) 761-0676.

# MARCH VOLUNTEER SPOTLIGHT

Shana Barnett



Kathy Trout-Revier has been volunteering at UMC's information desk for the past three years. Before she became a volunteer, Kathy worked as a supervisor in UMC Environmental Services for the offsite clinics and offices. She has been married to Robert for 15 years. Fun Fact, Kathy and her husband live in the oldest house in Lubbock; built the same year Lubbock was incorporated into a township. The same family has occupied this home since 1908. She has two children, three grandchildren, and four great-grandchildren. We want to give a big shout out to Kathy. Several of our Auxiliary Volunteers took a hiatus during the pandemic and she stepped up by volunteering 4-5 shifts a week. Thank you for being so committed. You are appreciated!

## 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.



**Free Help with Your Tax Returns**  
AARP TAX-AIDE, the nation's largest volunteer-run tax counseling available in Lubbock at the **Lubbock Adult Activity Center, 2001 19th Street**. Appointments will be required (8:45am, 9:15am, 9:45am, 10:15am, or 10:45am) on Wednesdays and Thursdays in March. For more information, or to schedule your appointment please call (806) 767-2710.

## Ask a Physical Therapist:

This month we asked Taylor Polk, PT, DPT, COMT, “Why should I do physical therapy before my knee replacement?” and she shared the following information with us:

While physical therapy is a key part of the healing and recovery process after a total knee surgery, rehab beforehand can be very beneficial. The outcomes of surgery are improved when a patient goes into the surgery with overall better health and physical fitness. When coming into therapy prior to surgery, rehab is focused on improved knee range of motion, strengthening, and functional mobility including walking and standing up from a chair. Gaining knee motion



after surgery can be difficult due to the new onset of swelling and pain. If a patient can maximize bending and straightening of the knee before surgery, this allows the muscles and other tissues to have a larger available range that can be reached without as much force after surgery. Furthermore, there will be some muscle deactivation and atrophy after surgery due to swelling, post-op trauma, and decreased use of the knee. A patient can help slow and decrease this process by optimizing strength and muscle activation prior to surgery. Often, therapy prior to a total knee arthroplasty is brief and focused on a home exercise program; however, there are many benefits to seeing a physical therapist beforehand to improve post-op outcomes.



**Babies on Board!** The UMC Children's Hospital NICU Ambulance is up, running and ready to provide specialized care to our tiniest patients. This vehicle is equipped with state-of-the-art NICU instruments ensuring the safest travel for infant patients. While they may be our smallest patients, they deserve the world. At UMC, our goal is to give ALL our patients the care they deserve, and this ambulance is one step towards further achieving that.

## CONTACT US

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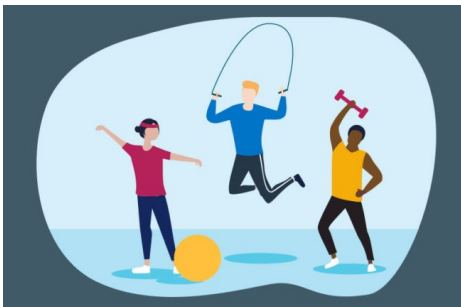
Seniors are Special  
602 Indiana Avenue  
Lubbock, TX 79415  
806-775-8760

RETURN SERVICE REQUESTED



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Seniors are Special Monthly Meeting  
Wednesday, March 9, 2022  
3:00 PM – 4:45 PM  
McInturff Conference Center at UMC



3:00pm

Tiny Smith, UMC Activities Center Program Coordinator  
*Power of Movement*

4:00pm

David Velsor, UMC Cardiac & Pulmonary Rehab Supervisor  
*Cardiovascular Health and the Benefits of Exercise*

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. Follow the SAS parking signs. 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 easiest through the Outpatient Surgery entrance.

Seniors are Special is a Service of UMC Health System  
602 Indiana Avenue | Lubbock, TX 79415 | 806-775-8760