

January 2022 Newsletter

By: **Julie Dominguez**



I would like to introduce and welcome our newest Program Coordinator, Jamie Powell, to the UMC Activities Center. Jamie is a Lubbock native who graduated from Talkington SYWL. She has a bachelor's degree in History from Dallas Baptist University, with a double minor in English and Sociology. Jamie studied abroad in Ireland during college, and was able to continue her passion to travel this past October while she worked in Italy. Jamie has spent her last three summers as a Director at Vista Camps in Ingram, Texas. She loves to bake and has a small baking business where she sells her edible creations. Jamie also loves taking pictures and gets to capture life's special moments with photography. She has a bubbly personality and loves getting to meet new people, so make sure to drop by the office to say "Hi"! Jamie told me that she is looking forward to getting to know all of the members of the UMC Activities Center and Seniors are Special!

JANUARY SENIORS ARE SPECIAL MEETING

3:00pm - Michael Smith, MSN RN, will discuss Fall Prevention. He will cover topics such as common fall risks, locations where falls commonly occur, and the risks of injury. By identifying risks and common myths about falls we can make life safer. Michael has been at UMC for 16 years; 12 years in the Emergency Room and is currently the Outreach and Injury Prevention Coordinator in Trauma and Burn Services. Come learn about Fall Prevention with Michael.

4:00pm - Physical Therapist, Carrie Holly, DPT will share information on dizziness and some ways to handle it. Carrie has worked at the UMC for the past 6 years. She studied at Texas Tech for her Bachelor of Arts in Exercise Science before moving to Hardin-Simmons University to complete her Doctor of Physical Therapy. We are excited to hear from Carrie about her knowledge in dizziness, why it happens, and some tips to help prevent it.

UMC ACTIVITIES CENTER

Tiny Smith & Jamie Powell

UMC Activities Center

The UMC Activities Center is a place that can help you get active and stay physically fit in a group setting. Whether you are looking for a low intensity class, a high intensity class or something in-between we have what you are looking for. At the UMC Activities Center everyone is welcome and we will be happy to help you find a class that meets your needs.

Check out our classes:

Exercising/Conditioning

Mobility and Balance with Tiny (T/F @ 10:30AM): Focus is directed towards improvement of balance and gentle developmental movements to enhance mobility. Use of chairs for stability may be utilized. Emphasis is on basic skills and building strength. Intensity Level: Low

Intro to Wellness with Tiny (M/W/F @ 1:15PM): An introductory class to help get started with exercise or a class to stay involved with and enjoy the social benefits of exercise. Class consists of singing, stretching, strengthening and range of motion



exercises performed seated and some standing. Stretching bands, dumbbells and body weight are utilized as resistance. Intensity level: Low

Exercise 1 with Chelsea (TTH @ 2:30PM): Emphasis is on stamina, strength, balance and some stretching. Exercises are performed sitting and standing. Intensity Level: Low

Seated Strength (M/W @ 3:15PM): Low impact resistance movements, all performed sitting, that emphasize building strength and muscle. Class will utilize dumbbells and resistance bands. Class primarily focused on improving muscular endurance, strength, and bone density. Intensity Level: Low to Moderate.

Exercise 2 with Robin (TTH @ 11:30AM): Exercises are performed standing and sitting. Emphasis is on flexibility, strengthening, balance, and stretching.

Also includes rhythmic activities. Intensity Level: Low to Moderate

Total Body with Janet (MWF @ 12:15PM): Conditioning class-emphasizing endurance, strengthening, stretching, and shaping. Includes standing and seated activities and use of various equipment. Intensity Level: Moderate

Aerobics with Robin (TTH @ 8:30AM): Continuous cardiovascular movements along with strength training and flexibility. Emphasis is on building endurance through movement. Minimum Physical Requirements: able to step side to side, forward and back in a row without losing balance. Intensity Level: Moderate to High

Strictly Strength with Tiny (MWF @ 8:15AM): Class that puts the emphasis on resistance training in order to build strength/muscle. Class will utilize body weight, dumbbell, barbells, and band exercises. Improve muscular endurance, strength, bone density, and reshape your body. Intensity level: Moderate to High

Mind/Body

Chair Yoga with Anita (M/W @ 2:15PM): Emphasis is on flexibility, range of motion, strengthening, and balance. Primarily seated exercises, ending with relaxing activity/meditation. Goal of the class is to maintain and enhance functioning for daily living. Intensity Level: Low

T'ai Chi Chih with Larry/Cindy (T @ 9:45AM & T/TH @ 3:30PM): A Western style of movement related to Tai Chi that improves well-being. The class involves slow, continuous, circular, shifting movement to stimulate inner energy chi flow. Will increase balance and flexibility. May be performed standing or sitting. Easy to learn. Intensity Level: Low

Gentle Yoga with Anita (TH @ 10:30AM): This comfortable paced class combines floor and standing exercises consisting of gentle toning and stretching to increase mobility, flexibility, balance, and strength. Participants must be able to get up and down from the floor, but may use a chair as an aid. Intensity Level: Low to Moderate.

Yoga with Tiny (MWF @ 9:15AM): Uses the physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit as well as increase strength, flexibility and balance. Intensity Level: Low to Moderate

Transform Core with Janet (TH @ 9:30AM): System of strengthening and stretching exercises designed to develop the body's core, mobilize the spine and build flexibility. Increases range of motion in all joints and movements of the body. Exercises include both mat and standing activities. Intensity level: Low to Moderate

Yoga PM (MW @ 5:30PM): Set of physical exercises or postures, sequences of postures and conscious breathing used to develop awareness, strength and flexibility. Minimum Physical Requirements: able to get up and down from mat and sustain standing postures for a period of time. Intensity level: Moderate



Dance

Learn to Dance with Jim and Linda (M @ 6:30PM & W @ 4:05PM): Designed to teach basic dance steps to partner dances. Dances may include Waltz, Country Western Two-Step, Tango, Rumba, etc. For optimal results bring a dance partner. Intensity Level: Low

Line Dance Level 1 with Gail (T @ 12:30PM & W @ 10:30AM): Language of basic steps will be taught and explained through a "feet on" experience with a detailed walk-through. Each basic step will be incorporated into a dance exercise that is vocally cued with music. Basic line dance steps taught may include Waltz, Cha Cha, Rumba, Tango, Mambo, and Two-Step. Class prepares you for Beginning Line Dance. Intensity Level: Low to Moderate

Line Dance Level 2 with Gail (T @ 1:30PM & W @ 11:15AM): Experience and knowledge of Line Dance Vocabulary required. Intensity Level: Low to Moderate



Line Dance Level 3 with Gail (M @ 11:15AM): Preparation for more advanced levels of Line Dance. Need to have mastered Line Dance Vocabulary and understand basics of Beginning Line Dance. Dance to upbeat music while improving on the cha cha, waltz, mambo, 2-step, and rumba. Intensity Level: Low to Moderate

Line Dancing with Terri (TH @ 12:30PM): Experience and knowledge of Line Dance required. Emphasis will be on dances already

introduced with minimum teaching and cuing. Intensity Level: Moderate

Line Dance Level 4 with Nancy (M @ 10:15AM): Should have mastered Vocabulary and Beginner Classes. Emphasis is on learning new routines and dances. Intensity Level: Moderate to High

Reminder: *Line Dance Vocabulary with Gail* starts from the beginning of the "feet on" experience on Tuesday January 4th @ 12:30PM. You are more than welcome to start your "feet on" experience at any time but January 4th will start with the most basic steps. Line Dance Vocabulary with Gail meets on Tuesday @ 12:30PM & Wednesday @ 10:15AM.

CONTACT US

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JANUARY VOLUNTEER SPOTLIGHT

Shana Barnett



The Volunteer Spotlight shines brightly this month on our longest standing Auxiliary Volunteer, Ann Sanders. Ann began her volunteer journey on December 13, 1977. This was months before the hospital held its grand opening. She said a friend invited her to a meeting, she didn't know it was regarding volunteering, where she and six others formed the Auxiliary Board.

Ann has volunteered as a Messenger and is still going strong at our Guest Services Information Desk. She served for 21 years on the State Auxiliary Board and has held every office on our Auxiliary Board, except for Director at Large. She was the 2021 Auxiliary President, an office she has held a total of five times. Please help us thank Ann for her service and dedication to UMC.

HOW YOU CAN HELP

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 Desk**
- **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.



DOES IT HURT TO EXERCISE?

WATER COULD BE THE ANSWER

Patricia Kissko

For centuries, people have flocked to beaches or springs for the healing properties of water. In the 1950's exercise guru, Jack Lalanne and Hollywood swimmer, Esther Williams joined their talents and developed the first set of exercises to be done in the water to alleviate pressure exerted by gravitational forces. Currently, water exercise is performed in pools throughout the world including Lubbock, Texas to achieve the benefits of increased strength and stamina, decreased stress, and improved longevity. The physical properties of water which include buoyancy and hydrostatic pressure allow for low-impact exercises that take pressure off of muscles, bones, and joints. Aquatic exercise can be utilized as a stepping stone to improve a person's physical abilities and strength for daily chores and meaningful life activities.



Aquatic physical therapy is offered through UMC's Team Rehab Department for people who find regular exercises difficult due to pain, arthritis, neurological conditions, or weakness. The state-of-the-art therapy pool at Southwest Aqua Sport at 3909 N. Frankford is utilized for aquatic physical therapy treatments. The therapy pool is kept at a warm temperature of 90 degrees which gives comfort to painful or arthritic joints. The therapy pool features easy entry, benches for relaxation and seated exercises, and whirlpool jets. Exercises are done with the head above the water in an average of 4 to 5-foot depth of water and knowing how to swim is not required. To participate in aquatic physical therapy, please consult with your provider about a referral for aquatic physical therapy. A physical therapy assessment will then be completed by a physical therapist at one of the four outpatient Team Rehab physical therapy clinics. An individualized aquatic program will be designed by the physical therapist to help each patient achieve their specific goals. For some patients, aquatic physical therapy sessions will be done in conjunction with physical therapy in the clinical setting for maximum benefit.

Patients that have participated in aquatic physical therapy at Southwest Aquasport have reported improvement in their physical abilities in their homes. One patient stated, "I haven't been able to exercise for ten years due to my pain and now the water is allowing me to move my body again." Exercise in the water could be the jumpstart you or a loved one needs to get on the road to a more healthy and active lifestyle in 2022.

Patricia Kissko is a Physical Therapist at UMC Health System Team Rehab, a comprehensive team of specialists providing care in the areas of physical therapy, occupation therapy, and athletic training. For more information you can call(806) 775-9224.

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

RETURN SERVICE REQUESTED



Seniors are Special Monthly Meeting
Wednesday, January 12, 2022
3:00 PM – 4:45 PM
McInturff Conference Center at UMC

3:00PM - Michael Smith

Fall Prevention

4:00PM - Carrie Holly

Dizziness

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 the 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 your left-hand 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.