

# October 2022 Newsletter



This month I would like to introduce and welcome Catlin McCune, our new UMC Volunteer Program Manager. Catlin has been with UMC for a little over a year working in Patient Experience and joined the Volunteer and Guest Services team the end of September. She grew up in Lubbock, then attended Angelo State University for her bachelors' and masters' degrees. Catlin returned to Lubbock as soon as she could! In her spare time she enjoys spending a lot of time with family and her dog, Polly. Catlin says she is so excited to meet everyone and contribute to the growth and continued success of volunteer program and the entire department.

## TRIP ALERT!!! TRIP ALERT!!! TRIP ALERT!!!

### Seniors are Special travels to Mackinac Island MI, featuring the Agawa Canyon Autumn Foliage Train September 28th - October 6th 2023

Having grown up in Lansing, MI, I am so excited to have the opportunity to share some of my personal favorite places in the Midwest with Seniors are Special travelers and hope many of your are excited to join me!

**DAY 1:** Arrive in Chicago: Chicago is America's third largest city and boasts a friendly, Midwest atmosphere. For those arriving early, your hotel is close to the Lake Michigan waterfront. Visit one of Chicago's great museums or stroll along the "Magnificent Mile." Your Tour Manager is available in the lobby at 6:00 p.m. to assist with check-in and can offer suggestions for dining this evening.

**DAY 2:** Chicago to Michigan: This morning, begin the day with a panoramic tour of downtown Chicago with a local guide. Leave the big city behind for charming Traverse City, Michigan, known for its sparkling beaches, unique shops and cherry orchards. **Meal: D**

**DAY 3:** Traverse City: Begin your day exploring Sleeping Bear Dunes National Lakeshore that was named for an Indian legend. These expansive golden dunes stretch for more than 35 miles along the twinkling blue waters of Lake Michigan. A local guide tells the history and lore of the area including the peninsula and lighthouse. You're treated to a one-of-a-kind collection of rare antique musical instruments and music-making machines, from 1870 through 1930 at the Music House Museum. Nickelodeons, music boxes, pipe organs and a Belgian dance organ come alive. **Meal: B**



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**DAY 4:** Agawa Canyon Autumn Foliage Train: Today, cross the border into Canada and board the Algoma Central Railway for a spectacular train ride through scenic Agawa Canyon during autumn foliage time. This all-day adventure takes you past massive rock formations, through thick forests of maple and birch and over pristine streams and lakes as you wind your way to Agawa Canyon. Explore the Agawa River and its waterfalls on the valley floor before returning to Sault Ste. Marie. **Meals: B, L**

Continued on the next page



**DAY 5:** Mackinac Island's Grand Hotel: A trip to Mackinac Island is like a trip back in time. From its bluff cottages to its quaint horse-drawn carriages (no cars are allowed on the island), this peaceful resort island offers a glimpse into life during a simpler and more genteel era. Upon arrival, tour the Island via horse-drawn carriage and step back in time as you enjoy the atmosphere of this unique treasure. At the end of the tour, the carriage brings you to the crown jewel of Mackinac Island, the Grand Hotel, the world's largest summer hotel, built in 1897, and your home for the next two nights.

**Meals: B, D**

**DAY 6:** Explore Mackinac Island: You will have the entire day at leisure on Mackinac Island. Browse the many shops, visit historic Fort Mackinac or rent bikes and peddle along the coast of Lake Huron. "The Grand" is a venerable island institution and the perfect place to enjoy a stroll in the landscaped gardens or enjoy afternoon tea. Don't forget to sample the world-famous Mackinac Island fudge! During the day enjoy a private lecture with a local historian to learn the history of the island.

**Meals: B, D**



**DAY 7:** Traveling in the Great Lakes State: Leave Mackinac Island today and travel through the Great Lakes State. Michigan has the unique distinction of being surrounded by four of the five Great Lakes. Your destination is Dearborn, the heartland of the Ford Motor Company. **Meal: B**

**DAY 8:** Ford River Rouge Factory Tour and The Henry Ford Museum: This morning, you go behind the scenes at the world's largest automotive complex as you watch the Ford F150 pickup truck being built on a Ford Motor Company factory tour. This afternoon you will visit either The Henry Ford Museum, often called "the attic" or Greenfield Village, also known as "America's Hometown." Tonight, enjoy

a farewell dinner hosted by your Tour Manager. **Meals: B, D**

**DAY 9:** Journey Home: Your journey ends with a group transfer to the airport for your flights back to Lubbock. **Meal: B**



### **Tour Highlights**

- 12 Meals: 7 breakfasts, 1 lunch and 4 dinners
- Round trip airport transfers
- One night in downtown Chicago with a guided city tour
- Explore Sleeping Bear Dunes National Lakeshore
- Visit the Music House Museum with its one-of-a-kind collection of rare antique musical instruments
- Embark on a narrated rail excursion through scenic Agawa Canyon during autumn foliage time
- Spend two nights at the Grand Hotel, the crown jewel of Mackinac Island
- Explore the charm of a bygone era on Mackinac Island and learn of its history during a private lecture with a local historian
- Tour Mackinac Island via a horse-drawn carriage en route to the hotel
- Take the River Rouge Ford Factory Tour to see the F150 pickup truck being built
- The Henry Ford Museum or Greenfield Village

### **HOTEL ACCOMMODATIONS**

- Day 1 – Sable at Navy Pier, Chicago, IL
- Day 2 – Country Inn, Traverse City, MI
- Days 3 and 4 – Holiday Inn Express, Sault Ste Marie, MI
- Days 5 and 6 – Grand Hotel, Mackinac Island, MI
- Days 7 and 8 – DoubleTree Hotel, Dearborn, MI

### **TOUR ACTIVITY LEVEL**



**Costs:** The cost of this trip is \$3,699 per person with double occupancy (add \$1989 for single) plus airfare. **\$249 Round Trip Airfare per person when booked by November 30, 2022;** \$850 per person after that. Travel Protection is available for an additional \$225 per person and must be paid at time of deposit.

Mayflower will offer a travel presentation on Saturday, October 22nd at 10:00am at the UMC Activities Center located at 7105 Kewanee Ave. There will also be an opportunity to ask questions from the Mayflower representative at that time. For more information or to reserve your spot for this amazing trip, please call the office at 806-775-8760.



# UMC ACTIVITIES CENTER

Avery Williamson

## Improving our Quality of Life through Strength Training

When I became a personal trainer, I began acquiring many different types of clients from all walks of life. But, I had one type of client that was my favorite. Loretta was a senior lady who still worked, had grand-babies that she loved dearly, and a very incredible work ethic. I came from a background of heavy-hitting sports like football. Not only playing but interning as a collegiate strength and conditioning coach. I never would have thought that I would enjoy training seniors. It was in my blood to train athletes, so I thought. The day I met Loretta was at the gym. She was a brand new client to me but she had had a personal trainer before who unfortunately moved away and she was looking for a new trainer. As we began our first session, I could tell I was really going to enjoy working with her because she knew what she wanted and was willing to work hard. Over time, we became good friends and it was incredible seeing her improve with every single exercise. She

became stronger, more mobile, and her overall health improved. During my time with Loretta and other seniors for seniors to train. And so began a new passion of mine.

Many seniors get caught up sitting down for a really long time before they realize they need to do something about it. Muscles and joints begin to lock up and become weak, bones also weaken without movement as well. Sometimes, when seniors sign up for our Activities Center, they come to me embarrassed about not exercising enough and they can feel it. They know they need it and that it is good for them. It is never too late to start and I am always glad they found us.

### **Yes, exercise is good, but why is it important?**

We need to be consistently in a state of training throughout our entire lives. The benefits outweigh the negative effects like a brick to a feather. It is so worth it to train consistently. Why, you may ask? My answer to that is it ranges from your goals. I want to say this in the nicest way possible. But, don't you want to go see the world? Travel? Experience new things? Take advantage of your adulthood? Honestly, these are the least important reasons why we train. The most important reasons we train is to increase our quality of life and improve our everyday functional movements. Driving, for example, we need to be able to get in and out of a car, walk over curbs without falling or tripping, going shopping, walking up stairs should be easy, picking items up off of the ground, and taking items down from a tall cabinet. Being able to easily do the actions that we repeat every single day makes life easier and more enjoyable. Don't you want to be able to use the restroom on your own? I don't know about you, but I want to be able to move as needed to take care of myself when I am a senior. I would think you would, too.

I want to end this article with two stories that have come from members at the UMC Activities Center. A woman came up to me wanting to renew her membership. She enjoyed my Strictly Strength class and told me it was exactly what she was looking for. She needs to begin training because she had plans to go on a hiking/camping trip with her family and wanted to increase her strength and endurance so she can enjoy her trip and not suffer through it. This individual truly understands why she needs to train. She may have to go through difficult workouts and training sessions, but when she is able to hike up a trail with loose rocks, using her strong legs to lunge her forward each step, and use basic strength to set up a tent and pick up firewood, it is all worth it because it is not a hassle for her to do. Hiking (or just walking) is not fun or enjoyable when you have to stop every 2 minutes to catch your breath or have to let your knees rest because they are hurting. If we take care of our bodies by training, life becomes so much more full and enjoyable.

Another individual told me that she had fallen the other day and could not get up on her own. She was trapped for at least an hour until she finally gave up and called her son to come over and help her up. She told me it was truly humiliating to call someone to help her with such a simple task. She asked for some advice on how to get up next time it happens so she'll be ready. I proceeded to give her tips and show her the easiest way to get up. I also reminded her that this is one of those reasons why we train functional strength. Had this lady been strong enough to prevent the fall in the first place,



she would have never been stuck on the ground. Had she been strong enough to get up off the ground, it never would have been a problem. So why do we train? So we can prevent future injuries and enjoy life! Even though we may go through life not understanding just how much training benefits our lives, it really does work. That is something I have seen over and over again at the UMC Activities Center. I encourage everyone to start some kind of routine where physical fitness is a part of your life in some way. Do it for yourself, for your family and your future.

I want to end with this quote about falling. “For women 65 and older, there is a 50% chance she will never walk again. There is an extreme risk of death, often times people end up having to go to assisted living. There are very tragic and predictable outcomes that happen if you do not address muscular strength. There are multiple things that muscle does and also there is a natural decline in skeletal muscle as we age. We need to do everything in our power to prevent that. Resistance training does the job.”

**Class Spotlight:** The UMC Activities Center class spotlight is *Yoga PM* this month. *Yoga PM* is a Moderate Intensity Level class that revitalizes and rejuvenates your life by using the classic yoga poses and forms. *Yoga PM* is designed to be for those of us that are too busy in the mornings to come to classes or someone that needs a nice and relaxing yoga session after a long, hard day of work. In *Yoga PM* we use physical exercises and sequences of postures with conscious breathing used to develop awareness, balance, strength and flexibility. *Yoga PM* is taught by our highly certified, very experienced, and beloved Rhea Hill. She does excellent work making sure everyone in the class is getting a high-quality yoga workout in. *Yoga PM* is taught on Mondays and Wednesdays from 5:30pm – 6:25pm.

“I love *Yoga PM*, it’s the only class I can make with my schedule and Rhea does such a fine job teaching us.” – UMCAC Member

Minimum Physical Requirements: able to get up and down from mat and sustain standing postures for a period of time.

For those who are not a member of the UMC Activities Center you are welcome to try *Yoga PM* or 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 7105 Kewanee Ave.

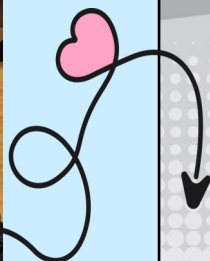


**The Volunteer & Guest Services Staff would like to wish everyone a Happy Halloween!**

## VOLUNTEER SPOTLIGHT

*Shana Barnett*

Our Volunteer Spotlight for October is on Sophie Holligan and her human, Alicia. She’s a two-year-old Golden Doodle who has been volunteering with us at UMC since October of 2021. Sophie and Alicia are from Lubbock. She loves visiting the patients & staff in Pediatric Oncology. She is a very happy girl who brightens up a room whenever she enters and loves her work. Thank you Sophie and Alicia for your dedication to patients, families, and employees at UMC!



### Volunteers

Are you interested in supporting UMC Health System? Volunteers are needed now more than ever. Set your own schedule, all shifts are available. Volunteers & staff follow safety and health protocols to minimize risk.

If you are interested or have questions call (806) 775-8238 or email [Shana.Barnett@umchealthsystem.com](mailto:Shana.Barnett@umchealthsystem.com)





**From Julie's Desk:** Do you sit a lot? Probably more than you realize or want to admit? I know I do! It is tough not to sit too much. Our lives revolve around tables, desks, chairs, and sofas. Our livelihoods do not require us to walk to the store, manually wash dishes, chop wood, or perform manual labor every day. Our lives have become more sedentary over the years. This is both a blessing and a curse. It has made life easier for most of us, but it has also made us less active.

There is growing research that links sitting for long periods of time to increased risk of developing dozens of chronic conditions, from cancer and diabetes to cardiovascular disease and nonalcoholic fatty liver disease. US adults spend an average of 6-8 hours per day sitting and those over 60 years of age spend 8.5-9.6 hours per day in sedentary time. ([www.medscape.com](http://www.medscape.com))

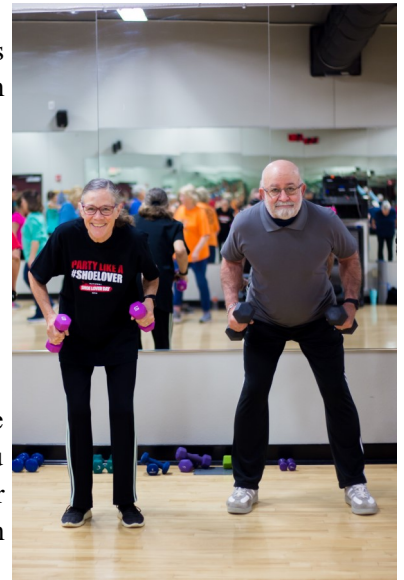
Just because you are sedentary does not mean you are sitting on the couch watching TV or reading a book. It includes sitting to eat a meal, time in the car driving to and from our many appointments during the day, sitting in the waiting and exam room for a doctor's appointment, as well as time spent at a desk working. Any time not standing or moving is considered sedentary time.

What can we do to combat the negative consequences of sitting? Stand up and get moving! Try not to sit for hours at a time, get up each hour and move. Get off the couch/recliner or get away from your computer and desk. Standing in place is even better than sitting. Next time you are on the phone, try to stand or move through as much of the conversation as you can; I personally like to do my boring tasks such as putting away laundry while talking on the phone. You might also try to get up and walk around during the commercials of your favorite TV show.

Exercise! There is considerable evidence that exercise has many health benefits. The good news is if you can find the right class, you will go to class - and without complaining. Here are seven good reasons you will be glad that you choose to exercise:

- Reason #1: It will extend years of active independent life
- Reason #2: It does not have to be hard, fast, and pounding to reap rewards
- Reason #3: You must use it or you will lose it
- Reason #4: It may prevent a bad fall
- Reason #5: It will improve your health (even with serious conditions)
- Reason #6: It may improve your mood or lessen your need for medication
- Reason #7: The benefits are the same for both men and women

You must find an exercise program that is right for you. I encourage everyone to try out the UMC Activities Center, once you have chosen a class, attend at least five sessions before you give up. It is OK to keep looking until you find the class that you know is the right "fit" for you. Do all the exercises that you can, but do not worry if you can't do everything. Learn from the other class participants and from the instructor.



On a regular basis we hear how exercising at the UMC Activities Center has helped a member accomplish something they didn't think physically possible. Members will talk about how their doctor decreased their medication since they started consistently attending classes. The reasons vary on why members attend classes at the UMC Activities Center, but all members agree the benefits far outweigh the reasons not to exercise. For more information you can reach out to the UMC Activities Center at (806) 761-0676.



## **AARP Safe Driver's Courses**

October 18<sup>th</sup> & December 6<sup>th</sup>

Classes will be 12:00pm-4:00pm

UMC Business & Technology Center

309 N. Slide, Lubbock TX 79416

Call (806) 775-9315 to register

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

## **CONTACT US**

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

RETURN SERVICE REQUESTED



Prevent poisonings, abuse, and misuse. Protect the environment.

Bring unused, expired or no longer needed medications

*\*Please leave medications in their original containers.  
Households only - See website or call for restrictions.*

Drive Through at:  
TTUHSC Physicians Medical Pavilion  
3601 4<sup>th</sup> Street  
Saturday, October 1<sup>st</sup>  
10:00am to 2:00pm



Seniors are Special is a Service of UMC Health System  
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