



## Get back on track!

### The UPMC Western Maryland Diabetes Prevention Program is here to help you live a healthier life

Most people have prediabetes before developing type 2 diabetes, which is a serious, chronic health condition that can lead to other serious health issues such as heart disease, stroke, blindness, and kidney failure. The good news is that prediabetes can be reversed. If you can prevent or even delay type 2 diabetes, you can lower your risk for all those other conditions. You have the power to make healthy changes to help prevent diabetes!

**What is prediabetes?** *If you are prediabetic your blood sugar level is higher than normal, but not high enough to be diagnosed with diabetes. It can lead to heart disease, stroke, and type 2 diabetes. One in three adults - 96,000,000 Americans - have prediabetes, and eight out of 10 are unaware. If no changes are made, diabetes can develop within five years.*

**Who is at risk?** *People who are overweight and obese, those 40 and older, folks with low physical activity, people with a family history of diabetes, those with high blood pressure and people with a history of gestational diabetes (diabetic with pregnancy or had a baby weighing over nine pounds).*

**Take the test on Page 2!** Find out in less than one minute. Turn the page to take our handy prediabetes risk test.

**What can I do to prevent or delay type 2 diabetes?** Consider the UPMC Western Maryland Diabetes Prevention Program. You can talk to your doctor or provider about your risk for prediabetes or self-refer to the program by calling the Community Health and Wellness Department at 240-964-8424. The program helps participants make healthy changes, offers group support-sharing similar goals, and small manageable steps. There is targeted wellness for diabetes prevention, and lifestyle coaches lead the program, teach skills, encourage setting and meeting goals, and help motivate participants.

**Choose the type of class that works best!** There are in-person and online classes available and there are tablets and smart phones available for those in need of virtual options.

**Class details:** The class meets weekly for one hour for the first six months, and then once a month for the final six months. During the first six months, the class will focus on food education, healthy eating, food choices, eating out, activity plans, increasing activity, problem solving, taking charge, stress management, lifestyle changes, and motivation. During the last six months the focus will be on food prep, recipe modification, variety & balance, handling holidays, vacations, and special events, preventing relapses, etc.

**Take steps now to live a healthier life!**

**There is no cost for this program if participants start in 2022. This program is not a fad diet and is not an exercise class. Call the UPMC Western Maryland Community Health and Wellness Department at 240-964-8424 to learn more or to register today!**

# We want you !

## As a Wellness Ambassador

Wellness Ambassadors play an important part of creating a culture of health and wellness throughout our region and addressing social determinants of health by linking individuals with resources, education, and social support.

Anyone with an interest in taking a leadership role to share and promote important health and wellness information and link those in need to resources is encouraged to apply. You are educators, resource specialists and connectors in the community!

You will address social determinants of health including providing resources for food, housing, transportation, social support, and health care; make referrals

to program and services; share information on upcoming events and programs; and encourage healthy habits among colleagues and the community.

Perks include being "in the know" on events and educational opportunities, recognition in your organization by receiving a Wellness Ambassador designation, an invitation to our annual recognition luncheon and awards ceremony and semi-annual meetings.



**To learn more about becoming a Wellness Ambassador, please call Brittany Friend, Health Promotion Specialist, at 240-964-8421 or Email [milbournefriendb@upmc.edu](mailto:milbournefriendb@upmc.edu)**

# Sweet summer time

Summer is a time to make the most of all the things you missed while being cooped up all winter long. Longer and warmer days allow us to spend more time outdoors - something many of us do not get enough of. Did you know that around 90 percent of people spend close to 22 hours inside every day?? Say WHAT! Not only can this make us feel stir crazy, but can also lead to feeling more anxious and stressed, cause us to sit more, and can interfere with our sleep patterns. Why not make a goal this summer to spend more time outside?

Spending time in nature could improve your physical



Jen Thomas

and mental health, ward off illness, and actually make you happier. Regular sun exposure is our best source of vitamin D. More outdoor time may reduce blood pressure, inflammation, stress, anxiety, and depression. You

will most likely burn more calories, get better sleep and just plain feel happier! Sneak some outdoor time in when you can - step outside for a walk, eat lunch outside, go for a walking meeting, head to the farmers market, or catch up with some reading on a cozy park bench. Whatever you choose to do - the benefits are fully in your favor!

The summer edition of REAL WELL is once again full of great information, free wellness opportunities, healthy recipes, and expert advice for all ages. I urge you to take the prediabetes risk test located on page two in this edition. Did you know

one in three adults have prediabetes and eight out of ten people have no idea? This condition can often be reversed with healthy lifestyle changes - and we are here to help!

Send me pics of your favorite places to be this summer (near or far!) and you just might see yourself next time!

In happiness and health,

*Jen*

**UPMC**  
**WESTERN**  
**MARYLAND**

## ARE YOU AT RISK FOR TYPE 2 DIABETES?

### We Can Help.

The Diabetes Prevention Program (DPP) is for individuals over the age of 18 who have prediabetes or are at risk for type 2 diabetes but who DO NOT already have diabetes.

Participants will work with a trained lifestyle coach to learn the skills needed to make lasting changes, such as eating healthier, losing weight, reducing stress, and increasing physical activity

To register, visit [UPMCWesternMaryland.com/DPP](http://UPMCWesternMaryland.com/DPP) or call UPMC Western Maryland Community Health at 240-964-8424.

### Risk factors include:

- 35 years of age or older
- Family history of diabetes
- Overweight
- Little to no physical activity
- History of gestational diabetes

### If You've Been Diagnosed with Type 1 or Type 2 Diabetes:

Living Well With Diabetes is a diabetes self-management program with interactive group education. A physician referral is required to attend. Call UPMC Western Maryland Center for Clinical Resources at 240-964-8787 for more information.





**Did you know?**  
**Now you can connect with a counselor from anywhere!**  
**Experiencing a mental health crisis?**  
**Call the 24/7 National Suicide Prevention Lifeline at 800-273-8255 or text HOME to 741741.**

UPMC | WESTERN MARYLAND  
 12500 Willowbrook Road Cumberland, MD 21502

**7** Diabetes is the **seventh leading cause** of death in the United States.<sup>1</sup>

**37.3 million** US adults have diabetes, and **1 in 5** don't know they have it.<sup>1</sup>

**1 in 3** people has prediabetes.<sup>1</sup>

In the last 20 years, the number of adults diagnosed with diabetes has **doubled.**<sup>1</sup>

People who have diabetes are **twice as likely to have heart disease or a stroke.**<sup>1</sup>

**DIABETES IS THE NO. 1 CAUSE** of kidney failure, lower-limb amputations, and adult blindness.<sup>1</sup>

<sup>1</sup>Center for Disease Control and Prevention

For additional information and to hear how UPMC Western Maryland Lifestyle Programs are changing people's lives, visit [UPMCWesternMaryland.com/FindOut](http://UPMCWesternMaryland.com/FindOut).

## Summer happenings at the UPMC Western Maryland Wellness Center

**Free fitness class** every Monday at 4:30 p.m. on the ground floor of the Allegany County Health Department. Join certified personal trainer Mike Browning for a full-body workout. There is space to socially distance. This class is for all ability levels and is a hybrid of resistance and cardiovascular training designed to burn fat and build strength.

**SMART Recovery** will begin on Thursday, June 23, from noon-1 p.m. online. This is a self-empowering addiction recovery support group. SMART Recovery can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, gambling addiction, and food addiction. This is not a spiritual based program but a self-empowering, abstinence-based, self-help support group for both men and women.

**Building Better Caregivers** is a seven-week course for caregivers of a loved one with dementia, PTSD, brain-related injury, and more. New classes start soon. June 8th - virtual, 9:30 a.m.-noon and June 9th in person, 10 a.m.-12:30 p.m.

**Health Coaching.** Have you tried to make changes to your lifestyle only to find yourself falling back into the same routine and not-so-healthy habits? A certified health coach can help! Health coaching services are free.

**Mind Body Skills Group** forming in June.

**Activities and events are always being added. For an up-to-date listing, contact the Wellness Center or visit Get Healthy Allegany on Facebook.**

To register for any of these opportunities, give us a call at 240-964-8424 or Email [leesm9@upmc.edu](mailto:leesm9@upmc.edu)

## Where is Jen?

Submit your guess along with a photo of yourself at your favorite place to [thomasj39@upmc.edu](mailto:thomasj39@upmc.edu). We'll pick a new winner for each edition of Real Well.



## Prediabetes Risk Test

### NATIONAL DIABETES PREVENTION PROGRAM

**1. How old are you?** Write your score in the boxes below

Younger than 40 years (0 points)   
 40-49 years (1 point)   
 50-59 years (2 points)   
 60 years or older (3 points)

**2. Are you a man or a woman?**

Man (1 point)  Woman (0 points)

**3. If you are a woman, have you ever been diagnosed with gestational diabetes?**

Yes (1 point)  No (0 points)

**4. Do you have a mother, father, sister, or brother with diabetes?**

Yes (1 point)  No (0 points)

**5. Have you ever been diagnosed with high blood pressure?**

Yes (1 point)  No (0 points)

**6. Are you physically active?**

Yes (0 points)  No (1 point)

**7. What is your weight category?**

(See chart at right)

**Total score:**

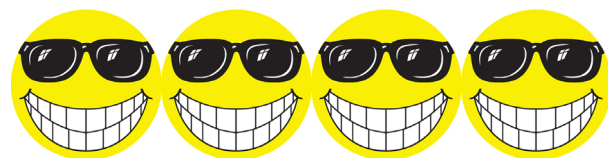
Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

## Do you LOVE Real Well?

Send us your email address so we can add you to the mailing list!  
 Shoot Jen a message at [thomasj39@upmc.edu](mailto:thomasj39@upmc.edu)

You will receive the quarterly edition delivered straight to your inbox!



## Laughter is the best medicine!

What kind of tree fits in your hand?  
**A palm tree!**

Where do sheep go on vacation?  
**The Baaaaaahamas**

What did the cupcake tell its frosting?  
**I'd be muffin without you.**

**If you scored 5 or higher**

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

*If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.*



## Healthy spiritual self care

When I think of Spring, I think of the new. There is new growth. Everything is new, fresh and green with beautiful flowers. As we move from Spring to Summer things become in full bloom. May that be the same for our lives.

It makes me think of one of the most popular Psalms, Psalms 23, that talks about (in Hebrew) "Jehovah Rohi" which means "The Lord Our Shepherd", who leads us. He leads us to green pastures and to still waters. He restores our soul. He makes us to lie down and be still. He supplies and restores so that we have no wants. Loving and forgiving, who will leave the ninety-nine and go after the wandering one.

The Bible says that love casts out fear and that He will give us a spirit, not of fear but of love, power and a sound mind. What a wonderful picture that is, of a loving Shepherd leading His sheep to peace. To be well fed and resting by streams of life.

May you be blessed with God's plans of hope and a future. Healthy spiritual self-care. To lie down and be at peace. To let all things become new and fresh in your life. For healthy growth to take place and to be restored, heart, soul, mind and body. May God bless and lead you. May your cup run over and dwell in His house forever. May you have a great summer! Enjoy your family, vacations, food, fellowship and The Good Shepherd. My blessing to you!

Thanks for allowing me to share, from the Hospice Chaplain's Heart.

Rev. Seth Wharton



Rev. Seth Wharton

## Healthy Aging

### Lonely? Call the friendship line

Feeling lonely or looking for support? Call 1-800-971-0016. The Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. While

there are other organizations that respond to the needs of people who may be contemplating suicide, none provides the type of services that IOA's

Friendship Line offers to respond to the public health problem of suicide among the elderly. Our trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults. The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls.



## Manage prediabetes with safe exercise

Finding out you are pre-diabetic or that you have type 2 diabetes can be a shock. You may be in denial about the diagnosis, or you may even feel other emotions such as anger or sadness.

There is hope in making healthier lifestyle choices that are within your control. One example is exercise, which has been proven to be very effective in managing diabetes, even without weight loss. In this article I will cover how exercise helps manage pre and t2 diabetes, how to be safe, how to begin exercising, and where you can get help here in Allegany County.

### How does exercise help manage diabetes?

Very simply, when you have pre or t2 diabetes your blood has a hard time getting rid of excess sugar. Think of the muscles in your body as a sugar sponge. You may already be arguing that you have no muscles, but I assure you that you do, you may just be working with a smaller sponge for now. Now imagine your sponge (muscles) already has sugar in it, and you squeeze that sponge (exercise) to release the sugar. What happens when you release the sponge? That's right, your sponge (muscles) wants to soak back up all the surrounding sugar our blood wants to get rid of.

This is a simple analogy of how exercise can help manage blood sugar for diabetics. Now imagine if you exercise regularly and you grow bigger muscles. Obviously a bigger sponge will soak up even more sugar.

### Benefits of Exercise

Visit <https://www.health.harvard.edu/staying-healthy/the-importance-of-exercise-when-you-have-diabetes> to learn more.

Exercise lowered HbA1c values by 0.7 percentage point in people of different ethnic groups with diabetes who were taking different medications and following a variety of diets—and this improvement occurred even though they didn't lose any weight.

All forms of exercise— aerobic, resis-



Mike Browning

tance, or doing both (combined training)—were equally good at lowering HbA1c values in people with diabetes.

Resistance training and aerobic exercise both helped to lower insulin resistance in previously sedentary older adults with abdominal obesity at risk for diabetes. Combining the two types of exercise proved more beneficial than doing either one alone.

People with diabetes who walked at least two hours a week were less likely to die of heart disease than their sedentary counterparts, and those who exercised three to four hours a week cut their risk even more.

Women with diabetes who spent at least four hours a week doing moderate exercise (including walking) or vigorous exercise had a 40% lower risk of developing heart disease than those who didn't exercise. These benefits persisted even after researchers adjusted for confounding factors, including BMI, smoking, and other heart disease risk factors.

### How to be safe

- Talk to your Dr. before starting an exercise program.
- Measure blood sugar before exercise: Exercise blood sugar safe zone = 100-250
- Glucose tabs are great to have during exercise if experiencing a blood sugar low.
- Exercise with a workout partner. If exercising alone be sure to have a phone, medical ID/bracelet, and let someone know where you will be.
- Stay hydrated

### How to begin

As mentioned above, cardio and aerobic exercise and resistance exercise are equally beneficial for diabetes management, so it comes down to what you like and or what is convenient for you.

Walking or increasing your daily steps is a great place to begin aerobic activity. Since modern devices like phones or watches track all forms of movement, simply doing more on your feet will add steps. Think of things like daily cleaning, grocery shopping, laps around the house, or taking the stairs.

If you are a beginner to resistance training and that seems more interesting to you try exercising with resistance bands or with body weight. There are great resources online to help you begin resistance band training and bands are a cheap alternative and more convenient for home use if you're not ready for the gym. Whatever exercise you choose stay safe and be consistent for continued management of diabetes.

### Where to get help

If you are a pre-diabetic, UPMC Western Maryland is offering the Diabetes Prevention Program (DPP). This course is a comprehensive lifestyle change program, facilitated by local health and wellness coaches.

DPP through UPMC is offered in virtual, in-person, and hybrid formats. If you are interested in signing up please contact Susan Lee at the Wellness Department (240) 964-8424.

If you have been diagnosed with T2 Diabetes, The CCR department at UPMC Western Maryland offers a Diabetes Self-Management Training course (DSMT). This program, like the DPP course, is designed to teach you how to manage your diabetes through lifestyle change education. To register call the CCR at (240) 964-8787.

## Self-care with Carey

### Small steps for difficult times: creating a future story

If you are overwhelmed by the magnitude of life responsibilities and struggle with managing daily tasks, focus on taking small steps. No matter how small. Even concentrating on just the basics like eating and bathing are enough.

When we feel powerless and stuck, the tendency is to fight, flight, or freeze. Our brains will focus on what is causing us pain and discomfort. This is known as the survival response. Having goals that help work towards a future story helps us refocus and gives us something to look forward to.

Future stories are unique to the individual. Consider what you would like to devote your time and energy to. Participating in a new activity that brings you joy? Working on



Carey Moffatt

relationships? A future trip? Let inspiration and self-awareness create the next chapter of your life.

Inspiration empowers us. Achieving a goal is one source of inspiration. Goals gives us something to move toward and helps us from becoming preoccupied with the past. How do you set a goal? Where do you start? Goals may require an assessment of oneself.

Health coaches can help you dig deep. Coaches use different self-exploration tools. One tool that I like to use is the free online survey called the "VIA Signature Strengths Questionnaire." This assessment can be used as a building block for goal setting and planning. Want to know more? Contact a health coach today.

For more information contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu)



# SUMMER Sizzle



When I think of summer, I think of brunch with family and friends on the weekends, lazy days by the pool, and grilled food. Standards like hot dogs and hamburgers may come to mind, but there are so many delicious options for food in the summer months. This is also the time of year where farmers markets are in full swing! Visit your local farmers market for fresh produce to help build balanced summer meals.

## Summer Pasta Salad

### Ingredients

- 1 lb. Rotini pasta cooked, al dente
- 2 cups cucumber cubed (or 1 large)
- 1 cup red onion chopped
- 1 yellow bell pepper chopped
- 1 cup medley tomatoes halved
- 1 cup Vinaigrette Dressing
- 1 Tbsp Basil Leaves
- Salt and pepper to taste
- 2 Tbsp Shredded Parmesan Cheese (optional topping)

### Instructions

1. Bring a large pot of water to a boil and add 1 lb of pasta noodles. Cook according to package instructions or until al dente, about 10-12 minutes.
2. While pasta is cooking, prepare your vegetables. Wash and chop cucumber, red onion, yellow bell pepper. Halve or quarter cherry tomatoes.
3. Once pasta is finished cooking, transfer to a strainer to drain liquid. Run cold water over the pasta until it is fully cooled.
4. Transfer cooked pasta to a large bowl and add all chopped veggies.
5. Next, pour in 1 cup of Vinaigrette Dressing (Specially Selected Gourmet House), 1 Tbsp of dried basil leaves, and salt and pepper to taste. Mix well.
6. Sprinkle shredded Parmesan cheese on top if desired.
7. Serve cold or store in an airtight container in the refrigerator for up to 4 days.

<https://theviewfromgreatisland.com/steak-fajita-bowls-with-chimichurri-sauce/>

## Rosemary-Mustard Pork with Peaches

### Ingredients

- Two 1 lb. pork tenderloins, trimmed
- Salt and pepper
- Vegetable oil, for grilling
- 3 firm ripe peaches, halved, pitted and cut into wedges
- ½ cup dry white wine
- 1/3 cup packed light brown sugar
- 1 lemon
- 2 tsp. whole grain mustard
- ¼ tsp. chopped fresh rosemary, 1-2 springs

### Instructions

1. Preheat a grill to high. Pat the pork dry and season with salt and pepper. Lightly oil the grill, then grill the pork, turning, until marked, about 10 minutes.
2. Combine the peaches, wine, brown sugar, and ½ cup water in a saucepan. Remove strips of zest from the lemon with a vegetable peeler and add to the pan. Squeeze in the lemon juice. Cover and cook over medium-high heat until the peaches are just tender, 5 to 7 minutes. Transfer to a bowl



with a slotted spoon.

3. Add the mustard, ½ tsp salt and ¼ tsp pepper to the juices in the pan. Transfer 1/3 cup of liquid to a small bowl and stir in the chopped rosemary; brush onto the pork and continue grilling until a thermometer inserted into the thickest part registers 145 degrees F, 10 to 15 more minutes. Transfer to a cutting board.
4. Simmer the remaining liquid in the saucepan until syrupy, about 3 minutes. Remove from the heat and season with salt. Return the peaches to the pan along with the rosemary sprigs. Slice the pork and serve with peaches.

<https://www.foodnetwork.com/recipes/food-network-kitchen/rosemary-mustard-pork-with-peaches-recipe-1928304>

## Infuse your water

Elevate your meal with an infused water to help you stay hydrated on hot summer days. Softer fruits like citrus or strawberries can be sliced thin, halved, or quartered, while harder fruits should be sliced thinly because they take longer to release flavors. Tear or crush leafy herbs like mint or basil to release their oils. Do you like carbonation? Try using carbonated water! See the recipe below to help you get started.

### Ingredients

- 2 quarts water
- 1 lemon, sliced
- 2 limes, sliced
- ½ cup mint leaves
- ½ cup cucumber

### Instructions

- Pour water into a pitcher
- Mix lemon, lime, mint, and cucumber together in a bowl. Mix well. Add to water and stir.
- Refrigerate and enjoy!

<https://www.allrecipes.com/recipe/242135/mint-citrus-water/>



**Interested in working with a dietitian like Rachel Sproat? Call 240-964-8416 to schedule an appointment.**



# How to survive summer break

School is done, the kids are home, and you're wondering when you can send them back!

How are you going to survive summer break?! To get the kids out of your hair and out of your house before it looks even more like you've relocated to tornado alley - here's some great outdoor activities (but, you probably should put them in play clothes on these days):

**Make water and sensory bins!** So easy! Grab a few plastic bins. You can fill them with water, sand, rocks, dried rice/beans, or anything that has a different texture! Then let them go to town with shovels, cars, dolls, etc.! Not to mention - it's outside, so if they spill - not your house, not your problem!

**Make garden soup!** Yep, you guess it - it's just a bucket of water that they can add all sorts of gross things from the yard to create their magical soup. If you want to know what



Brittany Friend

their soup can do - just yell from the window - don't you dare let them back inside!

**Create a "nature band"!** Using items they can find in the yard, they can make instruments and put on a show. And yes, your chair sits really good in front of the window to see the concert. Just tell them it's like you are in a theater watching their stage!

them it's like you are in a theater watching their stage!

**Wet sidewalk chalk art!** So simple and it's a two-in-one activity! Let them go to town with sidewalk chalk. Once they've created masterpieces, give them some larger paint brushes and water. As they paint over their pictures with water, they can watch a cool effect on their artwork. See who can make the biggest picture....you know....to buy some time. If you don't have a great sidewalk surface, rocks and large stones are great for chalk, too!



**Rock painting!** Yes, this seems silly, but I promise will provide hours of fun! All they need from you is paint, paint brushes and some water. Their goal is to collect the rocks and stand out of your house while doing this!

**Shaving cream fights!** Buy some cheap cans of shaving cream and let them wrestle it out - even more fun if you have a trampoline! The best part - getting to spray them with the hose when they are done. Don't forget your maniacal laugh during this part!

So, how do you accomplish this bliss?! First, put some sunscreen on those youngsters (safety first). Then, put on your shoe. Yes, only one - you aren't the one going outside! Use that foot to give them a swift kick out the door, and then quickly lock the door behind them. If they complain about thirst, there's always the hose! They are hot.... yep, you guess it - the hose! Too loud? You wouldn't know - you are inside with the music up and no way to hear them!

I mean, we do recommend you look outside every once in a while, because parents are responsible and love their children!

Good luck surviving summer break! I'm counting down the days to school with you.

## Chair yoga

For me, there is nothing more rejuvenating than a walk in the sunshine, stopping for deep breaths of fresh air that are released with a smile, and reaching my arms to the sky with a stretch that opens my heart to possibility.

Yoga also is a simple, natural practice that allows my body to continue this self-care by offering ways to perform simple, natural movements designed to maintain a healthy spine and joints - increasing flexibility, range of motion, and a sense of balance that helps me to feel calmer, more focused, and able to enjoy life. Merged with gentle moments of quiet



reflection that can be brief, when needed, or long, when possible, I have found that learning to access my own mind-body connection through the breath and the

stretches supports my overall health.

As the graces of summer allow us to enjoy the gift of being outdoors for walks and gatherings and an enjoyment of living that has been denied too long due to pandemic restrictions, this may be the year to reconnect with yourself and those you love. Why not also take this opportunity to feel your best as you make plans to enjoy the season!



Chair Yoga is offered by UPMC Western Maryland every Monday at the Gilchrist Museum of the Arts in Cumberland, at 2:30 p.m. Please register to attend in person or online via ZOOM by contacting Christina at [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu). Chair yoga is also offered on scheduled days at several area Senior Centers. Group yoga sessions for special events or regular groups are also available to be scheduled.

## Cracked Not Broken: The Kevin Hines Story

### A story of survival and hope

Join us on September 16, 2022 at the Lane Center at Frostburg State University. This full-day event will feature Kevin Hines, a storyteller at heart. He is a best-selling author, global public speaker, and award-winning documentary filmmaker.

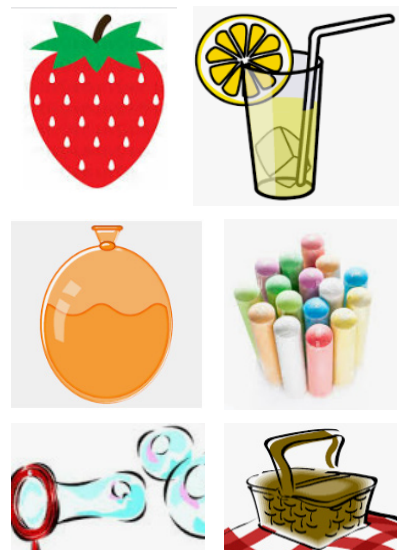
In 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. Many factors contributed to his miraculous survival including a sea lion which kept him afloat until the Coast Guard arrived. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness and the ability to survive pain with true resilience.

Kevin's will to live and stay mentally well has inspired people worldwide. There is a fee and registration is required. Visit <https://tinyurl.com/45ewrecy> to register.

For more information, contact Brittany Friend, M.S. Health Promotion Specialist UPMC Western Maryland 240-964-8421 or [milbournfriendb@upmc.edu](mailto:milbournfriendb@upmc.edu)

## Ideas for family fun

- Pick strawberries
- Make pudding pops
- Water balloon toss
- Blow bubbles
- Lemonade stand
- Sidewalk chalk art
- Play Frisbee
- Backyard camping
- Have a picnic





# Mindfulness Moments with Pam

## Caring for caregivers

New parents quickly find out that taking care of their children is filled with rewards and joy, and it can also be overwhelming and exhausting. The same is true for caregivers of aging family members or those with chronic and acute illnesses.

Caregivers work hard to enable their loved

ones to live as independently as possible with the highest quality of life. However, over half of caregivers indicate a decline in their own health compromises their ability to provide care. They report elevated levels of depression and anxiety, worsening physical health, higher use of psychoactive medications, and compromised immune function.



Pam Jan

In 2009, approximately 27% of caregivers of adults reported a moderate to high degree of financial hardship resulting from caregiving.

To be most effective, a caregiver can learn strategies for planning and problem-solving and, most importantly, for taking care of themselves.

Studies show that those caregivers who do not look after themselves are at high risk for burnout, depression, physical illness, abusive behavior, loss of friends and strained family relations.

As the number of older Americans increases, the demand for caregiving will also increase. By 2030 it is expected there will be 71 million people aged 65 and over. The number of potential adult caregivers per adult will decline from the current seven to only four.

**Are you a caregiver in need of caregiving? If so, UPMC Community Health and Wellness has a program for you! Build Better Caregivers is a 7-week course to help caregivers succeed at caregiving while taking care of yourself.**

**Two classes are forming now! Call 240-964-8424 to register:**

**Virtual: Wednesdays, June 8 – July 20 from 9:30 a.m. – noon**  
**In Person: Thursdays, June 9 – July 12 from 10 a.m. – 12:30 p.m.**

# Safety with Sue

## Food safety and power outages

Many of us have experienced a prolonged power outage caused by severe weather or the occasional vehicle accident.

Besides the inconvenience of the loss of utilities and creature comforts, our refrigerated and frozen food may not be safe to consume following an extended power outage.

We can, however, take steps which may keep our food safe, and when the outage is extended, we can know which food items are safe to keep and which food items should be thrown away.



Sue Lee

**(Food safety information courtesy of FoodSafety.gov.)**

### Before the power goes out:

- Fill plastic containers three-quarters full of water and freeze so you have a ready supply of ice to keep food cold when the power goes out. Water-tight zip-lock bags can also be filled three-quarters full to make cold storage ice.

- Place frozen foods close together in the freezer; this will help to keep the food colder for a longer period of time.

### When the power goes out:

- Keep refrigerator and freezer doors closed. A full refrigerator can keep food safe for approximately four hours if the doors are kept closed. A full freezer can keep food safe for approximately 48 hours; a half-full freezer will keep food safe for about 24 hours.

- If you don't have an appliance thermometer, you may want to consider obtaining one for the freezer and the refrigerator. Once power

is restored, you can check the internal temperature of your refrigerator and freezer to see if it is at 40° or below, which is the safety threshold.

- Inform First Energy of a power outage in your area. You can request a confirmation of power restoration at the same time. Using your mobile phone, text REG to 544487 (LIGHTS) to get started. You'll need your 12-digit account number and your Zip Code. Alternatively, you can search the Internet for First Energy Report Power Outage and use their Quick Access feature which requires only your registered phone number.

### When the power comes back on:

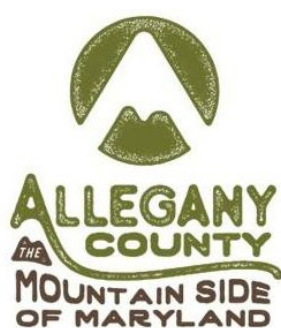
- If the power has been out for less than four hours and the temperature in your refrigerator and freezer is below 40° your food should be safe.

- If the power has been out for more than four hours or the temperature in your refrigerator or freezer is above 40° you will need to discard food items which are likely unsafe to eat.

**Please note, you can't always tell if a food is safe to eat by how it looks or smells. As such, when in doubt, throw out the following foods:**

- All perishable foods (including meat, poultry, fish, eggs, and leftovers) in your refrigerator if the power has been off for four hours or more.
- All perishable foods in your freezer if they have thawed.
- For a comprehensive list of what is safe to keep and what should be thrown away, please visit <https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>.

**Have a safe and happy Summer!**



Visit [mdmountainside.com](http://mdmountainside.com) for more information!

# Things to do this summer

Brought to you by our friends at Allegany County Tourism

**June 11-12: First annual Art in the Park and Outdoor Festival**  
- located at the amphitheater at Rocky Gap State Park.

**July 9-10: Eighteenth annual XTERRA EX2 Off-Road Triathlon and Duathlon**  
- Rocky Gap State Park.

**July 11-15: Young Naturalist Summer Camp**  
- Evergreen Heritage Center, Mt. Savage



# Healthy heart, brain, and aging

**80% Of Strokes and Heart Disease May Be Prevented**

1. Manage Blood Pressure, Blood Glucose, & Control Cholesterol
2. Sleep Well
3. Stop Smoking & Limit Alcohol Intake
4. Eat Better
5. Monitor Cognitive Changes
6. Get Physically and Socially Active
7. Lose Weight