

UPMC

WESTERN MARYLAND

Summer Happenings

HEALTH AND WELLNESS COACHING

FREE one-on-one personalized health and wellness planning for long-term behavior changes to improve well-being and health. Board-certified coaches can help with weight management, fitness planning, lifestyle changes, stress management, and recovery. Sessions are offered in person, via video, or by phone. Call 240-964-8424 for more information.

FITNESS CLASSES

Join a **FREE** fitness class offered in locations around the region.

- **Body & Band Resistance classes** at the Frostburg Library, Mondays at 1:30 p.m.
- Contact us at 240-964-8424 to find out about times and locations for **Bingo Balance**.
- South Cumberland Library **Yoga Classes**, Wednesdays at 11:00 a.m.
- LaVale Library **Yoga Classes**, Fridays at 10:30 a.m.
- **Chair Yoga**, Mondays at 2:30 p.m., at the South Cumberland Library. To register for the in-person or online class via ZOOM, contact Christina Collins-Smith at collinssmithcd@upmc.edu or call 410-967-9112.

ONLINE SMART RECOVERY

Tuesdays at 7:30 a.m., Wednesdays at 6:00 and 7:30 a.m., and Thursdays at noon. **FREE** self-help support group assists in recovering from all types of addictions and addictive behaviors. For more information, contact Carey Moffatt at moffattcl@upmc.edu or call 240-964-8418.

Real WELL

SUMMER 2025

WELLNESS NEWS YOU CAN USE!

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SUMMER HEALTH



Stacey Blank, MS, BTPS, RRT
Manager, UPMC Community
Health and Wellness

WELCOME TO OUR SUMMER HEALTH NEWSLETTER!

As we bask in the warmth and sunshine of summer, it's the ideal time to prioritize our health and well-being. In this edition, we'll provide tips and insights to keep you active and healthy throughout the sunny months. Whether you're embarking on outdoor adventures or enjoying the season at home, we've got you covered with advice to make the most of your summer. Let's celebrate this season of vitality and joy by taking a step forward in our journey towards a healthier community!

Stay healthy and happy,

stacey

In this Edition...

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Visit our **UPMC Western Maryland Community Health and Wellness Coaching Website** at
UPMCWesternMaryland.com/Wellness

Find us on Facebook at **Get Healthy Allegany**.



What Exercise Can Do for Your Mental Health

**Michael Browning
MA, NBC-HWC**



It all starts with blood circulation. The more we move, the easier it is for blood to travel through our body, including up into our brain to deliver its healing powers. More blood to our brain creates more neurons, which are our brain's message delivery system. This leads to better memory and learning and can decrease the risk of diseases such as Alzheimer's disease and dementia. Increased blood flow also signals the brain to release the chemicals dopamine and serotonin. These chemicals are linked with treating depression, can help improve mood and reduce stress and anxiety.

So, you are probably wondering what kind of movement and exercise can help you gain these benefits. The answer is simple: the more you move, the more circulation and the more mental health benefits you will gain. Start with simple movements like walking or stretching regularly. Aim to perform about 10 minutes' worth of these movements. When you start slow, it allows your body to enjoy the movement and then you can gradually increase how long or how hard you exercise, which will give you additional benefits such as increased endurance and heart health. The WHO (World Health Organization) recommends that adults aged 18-64 should do at least 150 minutes of moderate intensity exercise a week for the best health results. One more tip is to move your way – have fun! Movements such as dancing, playing with the kids, and taking the dog for a walk are all examples of ways to enjoy exercise. Try it out and don't forget to think about the benefits to your body and brain while you move!

Main Source: "Exercise and Brain Health" by Dr. Amrita Sharma, www.wholebrainhealth.org

HOW TO QUIET YOUR INNER CRITIC



**Carey Moffatt,
MS, NBC-HWC**



That nagging inner voice of self-doubt can be a real roadblock to achieving goals. Often rooted in deep-seated beliefs, it can hold us back if we do not keep it in check. The good news? We can change how we respond, build self-compassion, and move forward.

Steps to Turn Down the Volume:

- **Notice It** – Pay attention to negative thoughts and how they affect your confidence. Awareness is the first step to change.
- **Give It a Name** – Naming your inner critic helps you separate from it. I call mine "Penelope." Giving it a name makes it easier to recognize when it is being unfair.
- **Understand Where It Comes From** – That critical voice is often trying to protect you from failure or rejection, even if it does not go about it the right way.
- **Reconnect with Your Values** – When you focus on what truly matters, self-doubt loses its grip.
- **Challenge Negative Thoughts** – Ask yourself: Is this true? What evidence supports or contradicts it?
- **Talk to Yourself with Kindness** – Replace harsh self-talk with encouragement, just like the encouragement you would give to a friend.
- **Be Self-Compassionate** – Mistakes do not define your worth. Treat yourself with the same patience and understanding you would give someone you love.

Silencing your inner critic takes practice, but over time, you can reshape your inner voice, build confidence, and move forward

Source: *Wellness Coaching for Lasting Lifestyle Change* by Dr. Michael Arloski.



Summer Yoga

**Christina Collins-Smith,
MLA, E-RYT 500, LMT
Yoga, Health and Wellness Coach**



Here, in our beautiful Allegany Mountains, the summer season offers many opportunities to enjoy warm days of sunshine and uplifting activities. It is also a good time to focus on wellness. One simple yet powerful option to improve physical and mental wellbeing is yoga - a gentle movement, stretching exercise synced with measured breathing. Yoga offers scientifically proven benefits for enhancing flexibility, balance, strength, and relaxation for all ages and body types.

Yoga poses like Mountain and Tree strengthen muscles, improve posture, balance and stability. Downward Dog builds upper strength, and Warrior targets the full body. Forward Folds soothe the nervous system. Bridge strengthens the core. Cat-Cow, Child's, and Savasana poses help release tension, restore calmness, and improve sleep.

Yoga's gentle blending of movement, breathwork, and meditation helps reduce stress and anxiety as poses like these and others also enhance mental clarity, elevate mood, and support cardiovascular function.

Blending yoga into your summer routine can offer immediate health benefits that focus on balancing the body and mind to create more energy, less stress, and a clear focus that supports overall wellbeing. Happily, it's also something you can do anywhere, without special equipment or memberships. Join me at Community Yoga classes offered as a gift from UPMC Community Wellness and Allegany County Library System.

● **Chair Yoga:** Mondays 2:30 PM - S. Cumberland

● **Functional Yoga:** Wednesdays 11:00 AM - S. Cumberland and Fridays 10:30 AM - LaVale Library



PRENATAL AND POSTPARTUM EXERCISE

Brittany Friend, MS, NBC-HWC

Some women are hesitant to exercise during pregnancy due to fear of impacting fetal development. But the truth is exercise, including resistance exercise, can fit every stage of prenatal and postpartum care. Plus, it benefits both mom and baby. In fact, the American College of Obstetricians and Gynecologists recommends that women who are experiencing a healthy pregnancy should exercise at least 20-30 minutes a day. Exercise can help to reduce the risk of developing gestational diabetes, gestational hypertension, depressive disorders, and other fetal risks due to a mother's cardiovascular health.

Some exercises may need to be modified or changed as the fetus grows and changes the mother's center of gravity, but this does not mean that exercise should be stopped as a pregnancy progresses. Women who already engage in activity, such as running, can continue to do so during pregnancy. In the postpartum phase, there are other considerations, such as diastasis recti (the separation of the rectus abdominis which causes a bulging appearance in the stomach), and pelvic floor dysfunction. Working with a pelvic floor therapist or a personal trainer familiar with women's health and healing can help to make sure

that postpartum exercises are done in a safe manner for a woman's healing body.

Women can engage in different breathing patterns to help to reconnect to the core and help heal the abdominal walls, which can be difficult after a pregnancy, especially in those who experienced a C-section. In uncomplicated births, exercising after birth can happen as soon as a few days after birth but always follow the recommendations of your ob-gyn. Always discuss whether it is safe for you to exercise with your doctor before starting a program.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6527310/>

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period>

<https://www.cdc.gov/physical-activity-basics/guidelines/healthy-pregnant-or-postpartum-women.html>

SPIRITUAL WELLNESS

HAND IN HAND, HOSPICE CARE

**Rev. Seth G. Wharton, Chaplain-Hospice,
Home Hospice Department UPMC Western Maryland**

As the seasons change and we start to enjoy the nice, warm weather, birds singing, family and vacations, I think of how much I love my family and how thankful I am for all of God's blessings. I think of how I want the very best for them. I think about how I would not have made it through open heart surgeries, a deadly disease, and a lot of medical issues without the awesome care team I had. My parents and family, prayers coming in from all over, top doctors and nurses, I owe them a lot. The same goes for Hospice Care.

I am honored to be a part of the UPMC Western Maryland Hospice Care Team and have worked with them for about seven years. They are a special breed of health care professionals who love and care for those who are going through some of the most difficult situations. It makes me think of the scriptures that say to love one another and to pray for one another. To treat others the way we would want to be treated and how we would want our family treated. The golden rule and the golden standard. To do unto others as you would have them do unto you. That is the heart of the Hospice Care Team; with honor and respect, to take them by the hand, and as Galatians 6:2 says, "To bear one another's burdens." To be there for each other.



Back Row:
Isaiah (son),
Sarah (daughter)

Front Row:
Hannah (daughter),
Seth, Kendra (wife),
Rachel (daughter)

As the Hospice Chaplain, I see my job as taking the patient by the hand, until they are placed in the hands of The Lord. From hand to hand. To know you never have to walk alone. To support all (family, loved ones, patients, and staff) and to know that The Lord can give you the peace that passes all understanding. It is not giving up, it is getting the best care for the transition into the hand of The Lord. I think of when Jesus was dying on the cross, for us to be able to have eternal life (John 3:16). His hands were pierced for us. While dying, He said to His beloved Mother Mary and disciple John, "Women behold your Son" and "Son behold your mother." And that disciple took care of His mother, from that time on. He was making sure, before He died, that everything was in order and taken care of. As I like to say, we want to make sure we dot every "i" and cross every "t". To have peace with God and man. To be forgiven and to forgive. To be at peace with those you love; family, loved ones and with The Lord. He loves and forgives. That's why He died for us, that as we accept Him and His forgiveness, we may take Him by the hand and receive eternal life. As the promise of Isaiah 41:13 says, "For I, The Lord your God, will take hold of your right hand, saying to you, 'Fear not, I will help you.'" When you think of Hospice Care, think of hand in hand support. And that every life is special and deserves the utmost love, respect and care. Taking each other by the hand until we are in the hands of The Lord!

May God bless you. May He bless your family, to have a great, fun and safe summer. May you know how much God loves you and may He guide every decision and step.

Blessings to you! Thank you for letting me share, from the Hospice Chaplain's heart!



IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



Greek Sheet Pan Chicken

INGREDIENTS

- ½ cup olive oil
- 1 lemon, juiced (about 3 tablespoons)
- 4 garlic cloves, minced
- 2 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon Dijon mustard
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 6 chicken thighs, bone-in, skin-on
- 1 medium zucchini, halved lengthwise and sliced
- 1 yellow bell pepper, chopped into 1-inch pieces
- ½ large red onion, thinly sliced into wedges
- 1 pint cherry or grape tomatoes
- ½ cup kalamata olives, pitted
- 2 tablespoons finely chopped fresh parsley
- ¼ cup feta cheese



DIRECTIONS

1. Make the marinade. Preheat the oven to 425°F (220°C). In a small bowl, whisk together the oil, lemon juice, garlic, oregano, thyme, Dijon mustard, salt, and pepper.
2. Marinate the chicken. Place the chicken thighs in a bowl and pour ⅔ of the marinade on top, then use your hands to toss the chicken in the marinade and make sure it's well coated. Marinate the chicken for 10 to 15 minutes.
3. Prep the vegetables. While the chicken is marinating, spread the zucchini, bell pepper, red onion, and tomatoes onto the baking sheet and drizzle the remaining marinade on top. Toss together to coat the vegetables.
4. Bake. Add the chicken thighs the baking sheet, nestling them around the veggies, and bake for 30 minutes.
5. Sprinkle the chicken and vegetables with chopped fresh parsley before serving.

Source: Downshiftology.com

Peach Mango Salsa

INGREDIENTS

- 2 cups peaches diced (canned or fresh)
- 1.5 cups mango diced (about 1 fresh mango)
- ½ cup diced red onion
- ½ cup diced red bell pepper
- 1 jalapeno pepper, seeded, and minced
- ½ cup chopped cilantro
- 2 Tbsp lime juice
- ½ tsp salt



DIRECTIONS

1. Measure out all of the ingredients.
2. Combine all ingredients in a bowl. Let stand for 10 minutes before serving. Enjoy!

Source: eatingwell.com

Grilled Zucchini and Squash

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, minced
- 2 large zucchini, sliced lengthwise 1/2-inch-thick
- 2 large summer squash, sliced lengthwise 1/2-inch-thick
- 1 teaspoon ground pepper
- ¾ teaspoon salt
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoons finely chopped fresh parsley



DIRECTIONS

1. Preheat grill to medium-high (400°F-450°F). Combine olive oil and garlic in a small bowl. Brush zucchini and squash with the oil mixture; sprinkle with pepper and salt.
2. Oil the grill grates by partially soaking a few paper towels in canola oil and using tongs to quickly wipe the grates. Place the vegetables on the oiled grates; grill, covered, until the zucchini and squash are just tender and grill marks appear, 2 to 3 minutes per side.
3. Transfer the vegetables to a serving platter. Drizzle with lemon juice and sprinkle with parsley.

Source: eatingwell.com

SAFETY FIRST



Susan Lee, Admin Assistant

Summer is here, with blue, sunny skies beckoning to each of us to take a break and enjoy the best Mother Nature has to offer. We gather the family, pack our vehicle and head out on our vacation road trip. Did you know that summer is the most dangerous time of year for road construction workers? Summer is the time road work is underway to fill potholes, pave roadways, and make other highway repairs. The National Institute for Occupational Safety and Health (NIOSH) reports that nearly 100 workers are killed and 20,000 injured in work zone accidents every year. So, as you travel to your summer destination, please **stay alert for highway work zones**, move to the farthest lane away from the workers when safe to do so, and slow down as you drive past the repair activity. Have a safe trip!



BE FAST

When You Spot Stroke Warning Signs

UPMC
LIFE CHANGING MEDICINE

Balance: Loss of coordination or balance



Eyes: Sudden double vision or vision loss



Face: Facial drooping on one side



Arms: One arm becomes weak or numb



Speech: Slurred speech



Time: **BE FAST.** Call 911



**LAUGHTER
IS THE
BEST
MEDICINE**

From: www.fatherly.com



What does a cow use to do math?
A cow-culator!

Why do seagulls fly over the sea?
If they flew over the bay, they'd
be called bagels.

