



**Jen Thomas**

Happy JUNE! Can you believe it will officially be SUMMER this month?

June is one of my favorite months for a lot of reasons... longer days, BBQ's, farmer's markets, backyard campfires, stargazing, road trips, lying in a hammock with a good book (or quick nap!) ... the list goes on and on!

With longer days we are given more daylight which allows us the opportunity to find some extra time for adding more movement into our lives. A walk after dinner, maybe some backyard frisbee with the family, or finding an outdoor fitness class. Check out Mike and Carey's FREE outdoor fitness classes featured this month, Christina's chair yoga, and Brittany's new family hiking program at Rocky Gap State Park! Also featured is a clickable link to find fun things to do in Allegany County.

I hope you enjoy this month's edition of *Real Well*, and, until next month, I invite you to get outside and play! I'd love to hear what your favorite summer-time activities are!

Drop me a line, and we'll include them in next month's edition!

In happiness and health!

*Jen*

**June 15th is Smile Power Day!**

Give everyone you see a big, friendly, smile! You never know; your warm smile just might turn someone's day around!



# What's happening at the Wellness Center?

**Happy Feet Youth Hiking** - UPMC Western Maryland Wellness Center and Rocky Gap State Park, Healthy Parks Healthy People are teaming up to bring a fun youth hiking series to Allegany County for parents and youth. Get outside with your littles (and not so littles) every Thursday starting June 10 to engage in the outdoors, hike, and explore. Visit the Friends of Rocky Gap Facebook page for event details and more info. For questions, please contact Brittany Friend at 240-964-8421 or milbournefriendb@upmc.edu

**Community Fitness Class** - Join trainer Mike Browning and reach for the stars as you train on the TOP FLOOR of the parking garage at UPMC Western Maryland! This class is FREE, and runs every Monday from 4:30-5 p.m. Call 240-964-8420 for more info.

**Living With Chronic Pain?** Join this FREE virtual class every Wednesday beginning June 2 - July 7 from 1:00 - 3:30 p.m. You will discover strategies and skills to help manage your pain and also meet new people! Call 240-964-8424 to register.

**Healthy Parks Healthy People HIIT classes** - Change up your routine with HIIT for Beginners (High Intensity Interval Training). This free, 45-minute fresh-air class will benefit both your body and mind. All fitness levels are encouraged, as each move can be adjusted to individual needs. Meet near the Mountain View Pavilion at Rocky Gap State Park in the Day Use Area. Workouts will be led by UPMC Western Maryland Health Coach and ACE certified personal trainer, Carey Moffatt. Upcoming dates: June 22, June 23, June 29, and June 30. All

classes are from 5:30-6:15 p.m. For more information, visit the Friends of Rocky Gap Facebook page

**Chair Yoga** is designed to improve balance, flexibility, range of motion, and overall strength. Join for FREE every Monday at 2:30 p.m. at the Gilchrist Museum in Cumberland. This class will also be offered via Zoom! Receive the link by emailing collinssmithcd@upmc.edu.

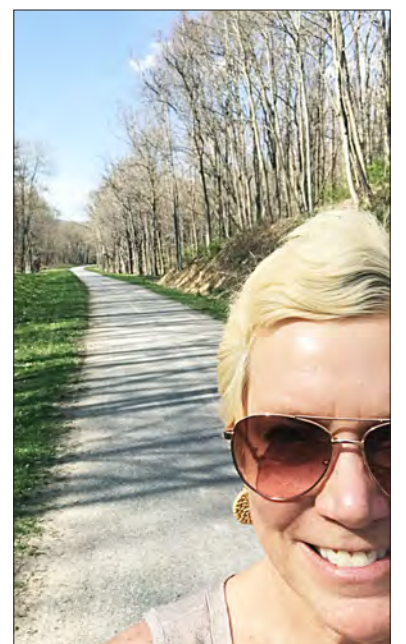
**Diabetes Prevention Program** - DPP, a lifestyle change program to prevent or delay Type 2 diabetes, begins June 29. Call 240-964-8424 for more info.

**Health Coaching** - Are you having trouble making healthy habits stick? Teaming up with a health coach could be a life-changer! A health coach can help to empower you to achieve wellness through goal-setting, encouraging motivation, and providing on-going support at no charge! Call 240-964-8424

**SAVE THE DATE! The 54th Institute on Medicine and Religion:** Guest speaker Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker, and suicide prevention and mental health advocate who reaches audiences with his story of unlikely survival and his strong will to live. The event will be held October 22, 2021, 9 a.m. - 4 p.m. at Allegany College of Maryland. The \$79 registration fee includes a continental breakfast, lunch, and contact hours. For more info contact Christa Snyder at 301-784-5530 or casnyder@allegany.edu.

## WHERE IS JEN?

Send your guess to [thomasj39@upmc.edu](mailto:thomasj39@upmc.edu)



## Congrats to May's winner Julie Stakem-Thomas!

Last month, Julie Stakem-Thomas correctly guessed that Jen was on the GAP trail. Julie and her husband Brad LOVE the trail and walk their dogs there on a regular basis. Something super cool about them is that they are volunteer dog transporters! They help dogs, like the ones pictured above, find great foster homes. So dog-gone sweet!



## Get moving with Mike

### How to plan for a hike

June 12 is Family Health and Fitness Day, and there are few things more enjoyable for the whole family than a walk in the woods.

Fortunately, most people reading this live in Allegany County and the surrounding area, which is home to many state parks, forests, and just great outdoor scenery.

Planning a hike for the family may seem like a chore, so I did some of the work for you. In this article we will talk about where to go, what you need, and how to be safe.

First, let's talk about planning where to go. The first thing to consider is who will be hiking with you. Plan your hike upon the person who has the greatest limitations. This may be a young child or a family member or friend with mobility issues.

Some easier hikes will be places with large bodies of water, which typically have a level loop and well-defined path around the body of water. A great local example would be the lake loop around Rocky Gap. Bike paths are also a great place for a walk, and you can generally find flat areas for easier hikes, like at the canal path in Cumberland.

Wherever you decide to go, try to find a map so you can plan your travel distance, and, more importantly, tell someone where you are going and how long you expect to be gone. Before you go out the door, don't forget to check the weather and consider all factors like temperature, precipitation, and wind.

Finally, let's examine what you need. Bring only the essentials. Your hike will be more enjoyable if you lighten the load. Remember, you're most likely not going on a luxury weeklong walk in the woods.

Here is a list of items recommended by the American Hiking Society:

**Water** – half a liter per person per hour.

**Appropriate footwear** – traction, support, protection.

**Map and compass** – smartphones have both.

**Food** – calorie dense foods such as peanut butter, granola bars, or protein bars.

**Rain gear and appropriate layers** – wear moisture wicking clothes if you have them.

**Safety items** – light source, whistle, and lighter.

**Simple first aid** such as a bandage and antiseptic ointment.

**Knife or Multi tool.**

**Sunscreen and hat.**

**Shelter** such as a tent for long or advanced hikes. An emergency blanket is light and useful for short day hikes.

Check out the websites below for maps and info for state parks:

**Maryland State Park Trail Maps**

- [https://dnr.maryland.gov/Pages/DNR\\_TrailMaps.aspx](https://dnr.maryland.gov/Pages/DNR_TrailMaps.aspx)

**West Virginia State Park Info**

and Maps - <https://wvstateparks.com/things-to-do/hiking-trails/#>



Mike Browning



## More about Mike

**Position:** Health Program Specialist

**Years with UPMC Western Maryland:** Two in August

**Relevant experience/accomplishments:**

Certified Personal Trainer Since 2001, Certified Health and Wellness Coach for three years, BS Psychology, MA Teaching, volunteer baseball/basketball coach

**What did you want to be when you grew up?**

I wanted to be a professional athlete and beach bum. Once or twice a year, I nail the latter.

**Favorite activities outside of work:** Target shooting with a bow, watching my kids play sports, hikes, working on anything with an engine or carburetor.

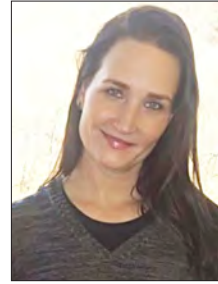
**Favorite food:** Seafood and veggies! I like all kinds except beets.

**Fun facts about me:** I stay in shape so I can run faster than bees fly! I haven't been caught by one yet that hasn't snuck up on me. I'm working on my irrational fears.

Contact Mike at [browningmr@upmc.edu](mailto:browningmr@upmc.edu).

## Self-care with Carey

This month, Carey Moffatt, Health Coach, Personal Trainer, and Mental Health First Aid Trainer/Facilitator shares some useful tips on dealing with stress.



Carey Moffatt

Under stress, some of us turn to unhealthy coping skills. These can include illegal drug use, emotional eating, using tobacco products, excessive alcohol and caffeine consumption, and becoming sedentary.

How can you cope with stress? Learning new

and healthy stress management techniques can help. One stress management tool is relaxing and destressing by using your senses. Using the senses can help with creating a safe space in your mind.

In stressful circumstances, the only thing you can control is yourself. You cannot control others, change your past, or predict the future. It is up to you how you choose to relax and destress. Be proactive and modify how you choose to calm yourself. Start experimenting with your five senses today!

To learn more, contact Health Coach Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu).

## Relax and Destress Using Your 5 Senses

Choose an item/activity under one or more senses.



### Smell

Experiment with essential oils.

- Lavender is calming and helpful for sleep
- Peppermint clears the mind, opens the airways, and lifts the mood



### Touch

Paint rocks or try an adult coloring book.

- Vent on a punching bag or use a pillow to hit a wall.
- Journal or draw your feelings. Write a nice letter to yourself.
- Make a memory/scrapbook.
- Play an instrument or learn a new skill.



### Hearing

Listen to relaxing music.

- Try a calming phone app like Calm.
- Listen to an inspiring audiobook or podcast.
- Call a loved one.



### Taste

Eat a couple pieces of dark chocolate.

- Cook or bake something.
- Try some soothing peppermint tea. Green tea is also great at stress-busting.



### Vision

- Look at a picture or photo that is meaningful to you and gives you strength.
- Try forest bathing. Go outside in nature. Take a mindful walk or practice Yoga.
- Watch a funny video.
- Read something inspirational.

## Laughter is the best medicine



A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do – from soothing tension to improving your immune system and easing pain!

Two pickles fell out of a jar onto the floor. What did one say to the other? **Dill with it.**

What do you call a fake noodle? **An impasta!**

How do they answer the phone at the paint store? **Yellow?!**

*"I tried every diet in the book. I tried some that weren't in the book. I tried eating the book. It tasted better than most of the diets."*

— Dolly Parton



## Mindfulness moments with Pam

A ruffled mind makes a restless pillow

Are you struggling to catch those zzzzzs? You aren't alone! Poor sleep is a common problem affecting the quality of life of those who suffer. Approximately 25% of U.S. adults report insufficient sleep 50% of the time.

Sleep is critical for our bodies to fight off infection, support the metabolism of sugar to prevent diabetes, perform well in school, and work effectively and safely.

Left untreated, sleep disorders and chronic short sleep (less than 6 hours/night) are associated with an increased risk of heart disease, high blood pressure, obesity, diabetes, as well as chronic disabilities and disorders. If you suffer from sleep loss, try these simple mindful techniques to help quiet the brain for a deeper sleep:

1. Set the stage by clearing your sleep space of bright light and electronics.
2. If your mind is racing, consider writing a to-do list and set an intention to let it go until the next day.
3. Focus your attention on something you are grateful for.

Enjoy this gratitude meditation:

<https://www.bing.com/videos/search?q=youtube+mindfulness+gratitude&view=detail&mid=8187C29F5B-1C5E18FE028187C29F5B1C5E18FE02&FORM=VIRE>

Have you figured out what works for you? Do you have a favorite meditation? If so, share it via an email to Pam at [janpa@upmc.edu](mailto:janpa@upmc.edu).



Pam Jan

## Healthy Aging

Making healthy food choices is a wise decision – no matter how old you are! Try this tip: Write down what and how much you eat each day to help you keep track of your total daily calories and also help you see if you are making healthy choices. Try to choose mostly nutrient-dense foods, like vegetables, fruits, fish, and beans. These foods give you lots of nutrients without a lot of extra calories.

Visit the following website for more great tips! <https://www.nia.nih.gov/health/smart-food-choices-healthy-aging>.



## Spiritual Wellness

with Pastor  
Bruce McBride

As you know, we celebrate Father's Day in June. Many of you had a hardworking, disciplined, godly father who emulated what it meant to be successful.

Like many of you, my father is no longer with us. Dad has been gone for eight years. Sometimes I will smell Aqua Velva and remember him or see a family eating McDonald's burgers and remember our family of seven getting lunch after Sunday church.

When I see an old station wagon, the memories return of packing that car with our family. I look at the phone and wished he would call me again, but it never comes.

Even watching old TV shows reminds me of Dad with a big pan of popcorn and RC Cola every Saturday night.

Honoring my dad is living the way he taught me. Let's pause and thank God for the fathers we had who poured into our lives lessons on respect, honor and duty.



Bruce and Judy McBride



Those lessons are likely why my brother retired after serving 30 years in the United States Army as a Colonel, serving four tours in Iraq and Kuwait.

We were both raised in the days of playing army, baseball, Hot Wheels cars, GI Joes and riding Honda 70s. Dad was busy working two jobs to put us through a Christian school, and he stood for patriotism as a veteran and made sure we obeyed our elders.

**"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you" (Exodus 20:12).**

**Proverbs 23:22 "Listen to your father who gave you life, and do not despise your mother when she is old."**

I join you in remembering our dads this June 20.

Pastor Bruce McBride, Director of Pastoral Care at UPMC Western Maryland, can be reached by phone 240-964-8292 or via email at [mcbrideba@upmc.edu](mailto:mcbrideba@upmc.edu).

## Brittany's mental health toolbox for KIDS

This month, Brittany Friend, Health Promotion Specialist at UPMC Western Maryland, teaches breathing techniques for kids!

Breathing is an important skill that can help us to navigate stressful moments or get in tune with our bodies. You can make it fun for kids with animal breathing techniques! Here are a few examples:

**Breathe like a Lion** - This helps children to release any anger or frustration they may be feeling. Let's be honest - this might help all of us when our temper gets the best of us! Get on the floor on all fours. Take a big deep breath in for a count of five. Breathe out and ROAR for a count of five. Repeat these steps three times or as many times as needed to release anger and frustration.

**Breathe like a Bumble Bee** - This helps to reduce heart rate and stress levels. Great for settling down before bedtime! Sit or kneel. Relax your eyes. Breathe in through the

nose for a count of five. Hold your breath for a count of three. Breathe out for a count of five while humming like a bumble bee. Repeat three times or as many times as needed to reduce heart rate and stress.

For more fun animal-breathing techniques, you can visit: <https://fit.sanfordhealth.org/resources/animal-breathing-techniques-video> or contact [milbournefriendb@upmc.edu](mailto:milbournefriendb@upmc.edu).

For more information, feel free to contact Brittany at [milbournefriendb@upmc.edu](mailto:milbournefriendb@upmc.edu).



Brittany Friend

## Looking for something fun to do this month?

June is Great Outdoors Month! Why not go for a hike? Check out the 2021 Visit Mountain Maryland Destination Guide for some great destinations, brought to you by Allegany County Tourism. Visit [MarylandMountainside.com](http://MarylandMountainside.com) for the link! Hiking is good for your body and mind. New to

hiking? Start slow. A short, local hike is best for beginners. Gradually work up to trails with hills or uneven terrain. More advanced? Head for the hills! Even a small hill will intensify your heart rate and burn extra calories. A 5% to 10% incline equals a 30% to 40% increase in calorie burn.

## More Family fun!

June is the perfect time to plant a garden. Clear a spot in your yard with plenty of sunlight. Work together to prepare the plot and select your favorite flowers and/or fruits and vegetables to plant. Then, together, plant, water, and nurture your garden.

Studies show the simple pleasure of seeing and smelling fresh plants and flowers has multiple benefits for enhancing and improving our state of mind. Vitamin D from the sun is also thought to boost mental health!



# The taste of summer

Your family will fall in love with these quick meals that call for five ingredients or less!



## Avocado Toast with Sunnyside Egg

Rise and SHINE with this powerhouse breakfast! Avocado is a good source of healthy fat and fiber - add the egg for protein and whole grain toast for added minerals and fiber.

### Ingredients

- 1 slice whole grain bread (toasted (1.5 oz))
- 1 oz mashed (1/4) avocado
- 1 large egg
- kosher salt and black pepper to taste
- hot sauce (optional)

### Instructions

1. Mash the avocado in a small bowl and season with salt and pepper.
2. Heat a small nonstick skillet over low heat, spray with oil and gently crack the egg into the skillet. Cover and cook to your liking.
3. Place mashed avocado over toast, top with egg, salt and pepper and hot sauce if desired!

Serving: 1 toast, Calories: 229kcal, Carbohydrates: 23g, Protein: 12g, Fat: 10g, Saturated Fat: 3g, Cholesterol: 186mg, Sodium: 223mg, Fiber: 5g, Sugar: 4g



## Cheeseburger Crunch Wrap

This wrap is so easy, stuffed with classic burger ingredients and wrapped in a crunchy tortilla. Use any burger meat you wish here! Who doesn't like a good crunch?

### Ingredients

- 8 ounces 93% ground turkey
- 3/4 teaspoon kosher salt
- 2 large 10-inch low-carb tortillas
- 2 slices American or cheddar cheese
- ketchup/mustard (if you wish!)
- dill pickle, red onion slices
- shredded lettuce

All recipes sourced from  
skinnytaste.com

### Instructions

1. Form meat into two flat patties, 1/3 inch thick. Season with salt. Spray a skillet and heat over medium heat. Add the burgers and cook 5 minutes on each side, until cooked through.
2. Place the burger in the center of the wrap followed by the cheese, pickles, onion, ketchup, mustard and lettuce. Fold the sides over to crunch wrap it by folding the sides over each other.
5. Place on the hot skillet, folded side down. Cook until browned, 1 to 2 minutes, then flip and continue cooking until browned and crisp, 1 to 2 minutes more.

Serving: 1 crunch wrap, Calories: 354kcal, Carbohydrates: 22g, Protein: 33g, Fat: 18.5g, Saturated Fat: 6.5g, Cholesterol: 103.5mg, Sodium: 1282.5mg, Fiber: 10g, Sugar: 1.5g

## Sauteed collard greens with bacon

How many times have you walked right by the collard greens in the veggie aisle? Not anymore! It is a fantastic idea to include collards in your diet regularly because of their ability to lower cholesterol and their cancer-preventive properties. They are low in carbs and calories and a good source of fiber, vitamins A, C, and K, and calcium. C'mon - give collards a try!

### Ingredients

- 1 slice bacon (chopped)
- 1 tbsp olive oil
- 3 cloves garlic (chopped)
- 1 large bunch collard greens (washed and dried)
- salt (to taste)

### Instructions

1. Remove the tough stems that run down the center of the leaf.
2. Stack a few leaves, roll and slice into thin strips.
3. In a large sauté pan, heat bacon on low heat.
4. When bacon fat renders, add oil and garlic, saute until golden, about 1 minute.
5. Add chopped collards to the pan, season with salt to taste and cover.
6. Cook until the leaves are tender, about 10 minutes, stirring occasionally.

Serving: 1/4 portion, Calories: 73kcal, Carbohydrates: 7g, Protein: 3g, Fat: 4.5g, Saturated Fat: 0.5g, Cholesterol: 1.5mg, Sodium: 68mg, Fiber: 2.5g, Sugar: 0.5g



No pain Discomforting Distressing Intense Utterly horrible Unimaginable unspeakable

## Living with Chronic Pain?

Discover strategies and skills to help you manage your pain

If you or someone you know suffers with chronic pain, please register for this research-based Chronic Pain Self-Management Program. Originally developed by Stanford University, this FREE six-week workshop explores:

- The mind-body connection
- The benefits of physical activity
- The connection between food and chronic pain
- Ways to communicate with your doctor and family

Virtual Class\*  
Every Wednesday  
June 2<sup>nd</sup> – July 7<sup>th</sup>  
1:00 – 3:30 p.m.

\*Amidst the COVID-19 pandemic, UPMC Wellness Center is pleased to offer this class utilizing Zoom. A community wellness team member will schedule a time with participants prior to the class start date to ensure accessibility and comfort.

For more information or to register, please contact  
UPMC Western Maryland Community Wellness at 240-964-8424

The Chronic Pain Self-Management Program is supported by:  
UPMC Western Maryland, AHEC West, Maryland Living Well Center of Excellence,  
The YMCA, Aetna Better Health of Maryland and  
the Allegany County Human Resources Development Commission.