



**What's happening**  
*at the Wellness Center?*

**Events and activities to help keep you healthy in July**

**Westernport Farmers Market!** Discover the flavor of locally grown food at St. Peter Church located at 127 Church Street, Westernport, MD, July 12th and July 26th from 4pm – 6pm. The Mountain Laurel medical center's wellness van will also be on site with giveaways! Show off your skills in the hula-hoop contest!

**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 at 10 a.m. and again at 5 p.m. 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 personal trainer Mike Browning for a FREE fitness class at Allegany College of Maryland. Class in the Continuing Education Building, room 18, and will be held every Monday beginning July 12 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 July 21 – August 25 from 1– 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: July 13, 14, 20, 21, 27 and 28. 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** - Classes are forming now for DPP, a lifestyle change program to prevent or delay Type 2 diabetes. 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 ongoing 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.

**So happy July is here**

Happy JULY! This is hands down one of my favorite months of the year! Summer really seems to shift into high gear, the sun is hot and bright, and the days seem endless for all our favorite summer-time activities.

When I was little, my fondest memories included backyard BBQ's, swimming all day long - only stopping for lunch, and playing under a HUGE oak tree in our yard. That tree was where my



Jen Thomas

sisters and I created, and imagined and grew up together. The swing our dad made us served as a constant activity in which we would take turns and push each other to see just how high we could go!

Think back to when you were a kid...what are some of your favorite memories?

As I grow older, for me, I realize it was all the little things. This serves as a reminder to me to slow down, breathe, look up, and pretend I am 8 years old again

with not a care in the world except the exhilarating feeling of freedom in that swing.

Take some time this month to reset and reflect and give thanks for our freedom as we celebrate Independence Day on July 4th – and every day of the year.

I hope you enjoy this month's edition of "Real Well" and until next time, I invite you to be a kid this month!

In happiness and health!

*Jen*



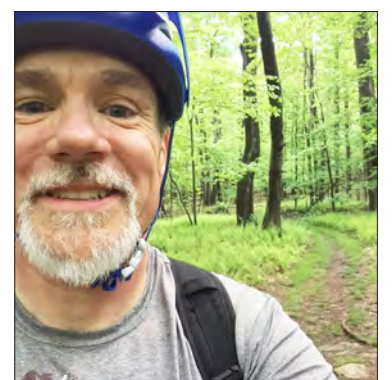
**WHERE IS JEN?**

Can you figure out where Jen is enjoying such a beautiful day? Submit your guess along with a photo of yourself enjoying your favorite place. A new winner is announced each month!

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

Congratulations to June's winner, Cumberland resident Paul Breiten, an avid outdoor enthusiast! Paul correctly guessed that Jen was at Rocky Gap State Park on the Old Hancock logging road at the dragon tree. Some folks also call this the rhino tree - what do you see?

One of Paul's favorite places is Deep Creek Lake State Park. "The park is covered with amazing trails for hiking and biking," Paul said. "The drainage is great so even after a rain it's almost never muddy for either activity. The best time to visit for views is in the fall when the leaves have fallen but before the snow starts." Thanks for the tips, Paul!





## Self-care with Carey

### Finding help just got easier with Path2Help!

This month, I am thrilled to share Path2Help with you. This amazing resource makes it easy to provide our community with reliable and up-to-date resources to promote help, health, awareness, and support.

Path2Help can be used by anyone in the community. It is a free online tool that connects people to free or reduced-cost programs for food, housing, health care, transportation, financial assistance and more.

The Path2Help website powered by Aunt Bertha is a population health initiative to improve community care. Partners include UPMC Western Maryland, the Department of Social Services, Associated Charities, AHEC West, Allegany County HRDC, and the Local Management Board.

Be sure to visit [path2help.com](http://path2help.com). Do not forget to investigate what UPMC's Wellness Department offers. Simply type the 21502-zip code into the search bar. On the next page, enter University of Pittsburgh Medical Center Western Maryland, and voila! Results will be displayed.

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



Carey Moffatt



## Catching up with Carey

**Position:** Health Coach

**Years with UPMC Western Maryland:** 11

**Relevant experience/accomplishments:**

I support individuals who want to develop personalized goals by informing, coaching, and identifying behaviors that promote healthy living and prevent disease. I am a trainer and facilitator of mental health first aid and Stepping On (a fall prevention program). I also facilitate mind-body skills groups and High Intensity Interval Training. I help coordinate the "Never Forgotten Suicide Prevention and Memorial Walk," and I am working towards becoming a National Certified Health and Wellness Coach and a Smart Recovery Facilitator.

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

**Favorite activities outside of work:** Hiking, reading, spending time in nature, and going to yard sales.

**Favorite food:** Sushi

**A fact about me you might not know:** I have been in recovery for 13 years.

**"The best way to find yourself is to lose yourself in the service of others"**  
-Mahatma Gandhi

## Get moving with Mike

### July is "Start Exercising Month"

Yes, I made that up, or at least I think I did, as it's probably a day on some obscure health and wellness calendar somewhere.

Starting exercise should be simple, right? It's not for most people, and for many good reasons, that's why this article is all about what barriers to expect and how to overcome them with a simple systematic process.

Let's start with the common barriers and why you shouldn't beat yourself up over dragging your feet with exercise. The most common barriers I hear about from clients are time, pain, lack of knowledge, and simply just not liking exercise.

I will admit that these are all good excuses and that most people are validated in their gripes over beginning a consistent exercise routine, but that's where I will stop. Plain and simple, if you want to avoid chronic disease and live in relative comfort, your body needs to move on a regular basis by engaging in moderately intense exercise.

**Time:** This is the most common validated barrier to exercise that I hear about, so we will begin here.

1. Evaluate your routine. Be mindful of your day-to-day routine, and take some time to think about each day of the week. Specifically try to pinpoint when you have at least 10 minutes to perform simple movements. You may have to sacrifice some leisure time.

2. Plan. Once you have some time you think may work, put it in your calendar. You may also use the allotted exercise time for other planning in the beginning, such as picking a place to work



Mike Browning

out, or finding an exercise partner.

3. Execute. It's in your calendar, so there's no more putting it off. Begin as simple as possible, maybe just a walk. The key is making it a consistent part of your life; you can make it more complex as you progress.

**Pain/Injury or Disability:** This is definitely a valid reason to hesitate when it comes to exercise.

1. Consult the professionals. First, schedule an appointment with your primary care provider. They will be able to refer you to the right specialist to deal with your specific issue so you can begin to exercise.

2. What to do during and when physical therapy ends. Stop exercising? NO WAY, unless you want to start at square one and risk having the potential for the pain to reoccur. Take notes and ask the therapist for exercise illustrations or plans, and ask lots of questions. If you plan on seeing a personal trainer to continue exercising, you should let them know what you have been doing and give them your therapy documents. A good trainer will

continue your therapy exercises and expand on them as you progress. Seek nationally certified trainers and ask for their specific certificate. If you plan on continuing exercise at home, make sure you let the therapist know what you plan on doing and what equipment you have.

**Lack of Knowledge:** Follow the steps for time and the pain section, if necessary.

1. KISS: Yes, Keep It Simple Smarty! Remember exercise is a lifestyle program, and you should be doing it the rest of your life. So, start small. Ten minutes several times a week is a good place to begin. Just start the routine of extra movement. You should eventually aim for 150 minutes of moderate intensity exercise per week, or five days for 30 minutes each day.

2. See one of the wonderful coaches or trainers at the UPMC Wellness Center (240) 964-8424. We can give you an exercise plan, coaching, and many other services all for FREE!

**I Don't Like Exercise:** Think of it this way, you probably like to move a lot more than you dislike exercise.

1. Think of exercise differently. Be mindful of all of the things you do like to do. Maybe that is playing with the kids or grandchildren. It could be hunting, dancing, or gardening. Exercise is not bound to a fitness center. Find what you like and do more of it.

Whatever your barrier to exercise, there is always a place to begin, and there is no better time than now. If you need guidance, don't hesitate to reach out to the Wellness Center at UPMC Western Maryland.

## Healthy Aging

### The Health Benefits of Walking for Seniors

By putting just one foot in front of the other, you can literally "walk" your way to better health. Walking is one of the easiest and most effective forms of exercise for seniors. Even with limited mobility, you can make your walk work for you. A regular walk can help you meet all of the four core fitness areas according to the National Institute on Aging, which include - endurance, strength, balance, and flexibility. Walking also encourages you to get outside and connect with others. If you are just starting out, start with small steps; don't push too hard, and stay safe by choosing comfortable shoes, drinking plenty of water and choosing safe routes.

## 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!

What kind of pictures do turtles take?  
**Shell-fies!**

How many tickles does it take to get an octopus to laugh? **Ten tickles**

Knock knock. Who's there? Taco. Taco who?  
**Taco to you later. It's taking too long for you to open the door.**

A mom texts, "Hi! Son, what does IDK, LY, & TTYL mean?" **He texts back, "I Don't Know, Love You, & Talk To You Later."**  
The mom texts him, "It's ok, don't worry about it. I'll ask your sister, love you too."





# Spiritual Wellness

## Exploring the benefits of Hospice care at UPMC Western Maryland

There are no words to say or way to describe the moments of a family in these most critical moments. As we take the hand of the dying, both the patient and their family are trusting us to be able to give reassurance, closure and comfort.

As I take the hand of a weakening loved one, I think of Jesus' words, "I will never leave you nor forsake you." I think that we never walk alone, as Psalm 23 says. He is our Shepherd who walks with us and gives us no fear, though we walk through the valley of the shadow of death.

As we pray and give everything to Him, He promises us eternal life, and, instead of my hand, His hand takes them on to the other side, giving everyone the peace that only The Prince of Peace can give, showing and feeling God's love for the patient and each one there.

No words can say the value, meaning or reward of those moments or what it means to work with a team of unbelievable and exceptional nurses, doctors, volunteers and all who make up the interdisciplinary team.

Hospice staff members show God's love and are His hands and feet extended. They are a special breed, and I am honored to work with them and be a part of the team. The care is not just for the moment but is varying in length, distance and duration, covering mile upon mile, all kinds of terrain, and any time - day or night.

The care includes helping patients and families, making arrangements and, long afterward, offering support, follow-up calls, and grief counseling. It has also been my privilege many times to perform services, giving last words and the graveside committal.

Hospice is an unbelievable service with immeasurable rewards. I am so thankful to be a part of it and to be able to show God's love in every situation.

The UPMC Western Maryland Hospice team is second to none and so intrinsically valuable. Their importance and value are priceless. The spiritual benefits of Hospice Care carry a lasting and eternal impact for patients, families and staff.

Thank you for letting me share these thoughts from the Hospice Chaplain's Heart.



Rev. Seth Wharton

Rev. Seth Wharton can be contacted at 240-964-8288 or by email at [whartons4@upmc.edu](mailto:whartons4@upmc.edu). If interested in contacting UPMC Western Maryland Hospice, please call 240-964-9000.

## Brittany's rainy day games for

# KIDS

Summer means storms. Storms mean rain. Rain means being stuck inside with kids full of energy. Try this fun challenge to get your kids moving while also getting rid of some of that rainy-day energy.



Brittany Friend

### Challenge 1: Jumping jacks.

How many can you do in one minute?!

**Challenge 2: House rollerblading (no real rollerblades please).** Moving your arms and legs like you are rollerblading through the house, set a distance and race!

### Challenge 3: Push-ups.

Can they beat you/each other in one minute? Clap in between push-ups? It's ok if they have to be on their knees, or if you do!

### Challenge 4: High knee/rear-end kick race.

Choose a distance - high knees there, kicks coming back!

### Challenge 5: Frog jumps.

Squat down like a frog with hands between your legs and touching the floor. Then, jump up off the ground with your hands in the air. The most frog jumps in a minute wins. Extra points for the best "ribbit".

### Challenge 6: Surfer.

Lie down on your stomach and pretend you are paddling for that big wave. On the count of three, push up off the ground and catch that wave as you jump into a surfer position. Who can get up first and catch the wave?

Contact Brittany for more info and ideas at [milbournfriendb@upmc.edu](mailto:milbournfriendb@upmc.edu).



## Looking for something fun to do this month?

July is National Ice Cream Month! Did you know we have an ice cream trail right here in Allegany County?

Now we know that doesn't scream wellness but maybe it can be a reward for working so hard. We may be located in the breezy mountains of Mountain Maryland, but that doesn't spare us from the sultry dog days of summer. Whether you're biking through Allegany County on the Great Allegheny Passage or just want a sweet retreat from the mountain's summer sun, Allegany County, Maryland, is home to some wonderful, notable ice cream stops. Visit the link below to learn more! <https://www.mdmountaininside.com/blog/allegany-county-ice-cream-trail>

Thanks to our friends at Allegany County Tourism for this great info!



## Family fun

### All-American pet photo day is July 11!

Do you have a beloved family pet? All American Pet Photo Day encourages pet owners to share their favorite pet photos on July 11. Be sure to charge your camera and be prepared to take adorable pictures of your pets! And kids! Make it a fun family day! It'll be so dog-gone fun and truly the cat's meow!



# Red, white, and blueberries

These recipes explode with flavor and will make sparks fly at your family gatherings and cookouts all month long

## Summer Berry Crostini with Lemon, Ricotta, and Honey

A delicious fresh berry crostini appetizer that will have you heading back for seconds. Or thirds. Or.... (shhh!)

### Ingredients

- 2 petite multigrain or whole grain French baguettes, cut into about 24 small slices, about 1/4 inch thick
- 1 tablespoon olive oil
- 1 1/2 cups low-fat ricotta
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey, plus extra for drizzling
- A pinch of salt
- 1-2 cups fresh organic summer berries (strawberries, blueberries, cherries, raspberries)

### Instructions

1. Preheat oven to 425 degrees F.
2. In medium bowl, mix together ricotta, lemon juice, a tablespoon of honey, and a pinch of salt. Taste; adjust flavors as necessary. You may want more lemon or honey.
3. Place crostini on baking sheet and drizzle with olive oil. Sprinkle with a dash of salt. Bake for 10 minutes or until slightly golden brown. Immediately spread ricotta over warm crostini and place berries on top. Drizzle with a bit more honey. Serve immediately.

Source: [AmbitiousKitchen.com](http://AmbitiousKitchen.com)



## Easy Caprese Salad with Balsamic Glaze

Head to your local farmer's market and get all the ingredients you need for this tasty summer salad!

### Ingredients

- 3 to 4 medium ripe tomatoes, sliced 1/4-inch thick
- 1-pound fresh mozzarella cheese, sliced into 1/4-inch-thick rounds
- 1/2 cup packed fresh basil leaves
- Flaky sea salt & freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic glaze

### Instructions

1. Place the tomatoes and mozzarella on a platter. Arrange tomatoes and mozzarella in an alternating pattern. Top with the basil leaves. Scatter the basil leaves over the tomatoes and mozzarella.
2. Season with flaky salt and black pepper. Sprinkle with a generous pinch of flaky salt and several grinds of black pepper, to taste.
3. Drizzle with the olive oil and balsamic glaze. Drizzle the olive oil and balsamic glaze over the tomatoes, mozzarella, and basil. Serve immediately.

Source: [AmbitiousKitchen.com](http://AmbitiousKitchen.com)



## Strawberry Sliders with Blue Cheese Sauce

Say what?! A Burger Slider topped with red ripe strawberry slices and a cool and creamy blue cheese sauce? This cannot be true, but yet it is! This one will surely be the super-star of the show at your next BBQ!

### Ingredients

#### For the blue cheese sauce:

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon white vinegar
- 4 teaspoons granulated sugar
- Salt & pepper to taste
- 2 oz blue cheese crumbled

#### For the sliders:

- 1 lb ground beef 80/20
- Salt & pepper to taste
- 1 cup sliced strawberries
- 1/4 cup chopped sweet onions
- Lettuce
- 16 slider rolls or sandwich bread cut into circles

### Instructions

1. Preheat outdoor grill to medium high heat.
2. In a small bowl, stir together all ingredients for the blue cheese sauce.
3. Divide ground beef into 16 even portions and form into mini burger patties the size of the slider rolls. Sprinkle with salt and pepper. Grill about 1-2 minutes per side or until cooked thoroughly.
4. To assemble, place lettuce on the bottom of the slider roll. Top with burger, strawberry slices, diced onion and blue cheese sauce. Top with other half of roll and repeat with the rest. Serve immediately.

Source: [AmbitiousKitchen.com](http://AmbitiousKitchen.com)