



# A winter welcome

Winter is the most wonderful time of year, but it also very busy with so many things to do. It seems once we finish one holiday we are full speed ahead to the next. We can very easily get caught up in the hustle and bustle of gift buying, decorating, traveling and more. This is piled on top of our jobs, family, and daily chores. Do you ever feel like you're burning the candle at both ends and working way harder than you should?

If you answered with an resounding YES or even



Jen Thomas

paused to think about that question, then you are probably in need of some increased self-care time! Just what is self-care you ask? And, frankly, who has

time for it? By definition, self-care is "the practice of taking action to preserve or improve one's own health." It's what brings you sustained happiness and good health.

Some simple strategies for me are to slow down and breathe, take in the beauty of winter, stay well hydrated and rest when I need it. Try incorporating just one self-care strategy this season as a gift to yourself.

I hope you enjoy this issue of **Real Well**. Please check out the new and ex-

citing classes we are offering, read all of the amazing articles from the wellness team, try a delicious new recipe to warm you up, and I especially encourage you to learn more about our Diabetes Prevention Program.

In happiness and health,

Jen

## What's happening at the Wellness Center?

**Building Better Caregivers:** This seven week course is for caregivers of a loved one with dementia or a brain-related injury. Classes are held Thursdays starting January 6 and end February 17. The sessions run from 10 a.m. - 12:30 p.m. These will be held virtually through Zoom.

**Diabetes Prevention Program:** DPP is a lifestyle change program to prevent or delay type 2 diabetes. Forming healthy habits can be hard without a support system, so we are here to give you the encouragement you need to eat better, increase your physical activity and lose weight – all of which can delay or prevent the onset of type 2 diabetes.

**Diabetes Self-Management Education and Support:** (DSME/S) This program is for people living with diabetes. It can help you learn skills to manage your diabetes more effectively by checking blood sugar regularly, eating healthy food, being active, taking medicines as prescribed, and handling stress.

**Chronic Pain-Self Management Program:** Wednesdays starting January 5 and ending February 9, from 1-3:30 p.m. These will be held virtually through Zoom. This interactive workshop is for people with all types of chronic conditions.

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

**Womens Wellness Expo:** Fitness, Fashion, and FUN! A new year's event you won't want to miss! Grab your moms, sisters, daughters, aunts, grandmas, work friends, best friends - you name it! Wednesday January 19, 2022, from 3-6 p.m. at the Cumberland YMCA on Kelly Road. Vendors, speakers, food, craft stations, door prizes and a whole lot more. You won't want to miss the fashion show at 5 p.m.

Activities and events are always being added. For an up-to-date listing, contact the Wellness Center at 240-964-8424 or visit Get Healthy Allegany on Facebook.

To register for any of these opportunities, give us a call 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. We'll pick a new winner for each edition of Real Well.

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

## Congrats to our Fall edition winners



From left to right, Amanda Rigglesman and family at Roanoke Island. The Rigglesman's never have a vacation without a history lesson. Barbara Buskirk with her husband Richard at Seneca Rocks. Jamie Andres with her grandson Daniel at Deep Creek Lake.

## Family Fun!

Check out these fun and not-so common ways to celebrate with your kids to beat winter boredom!

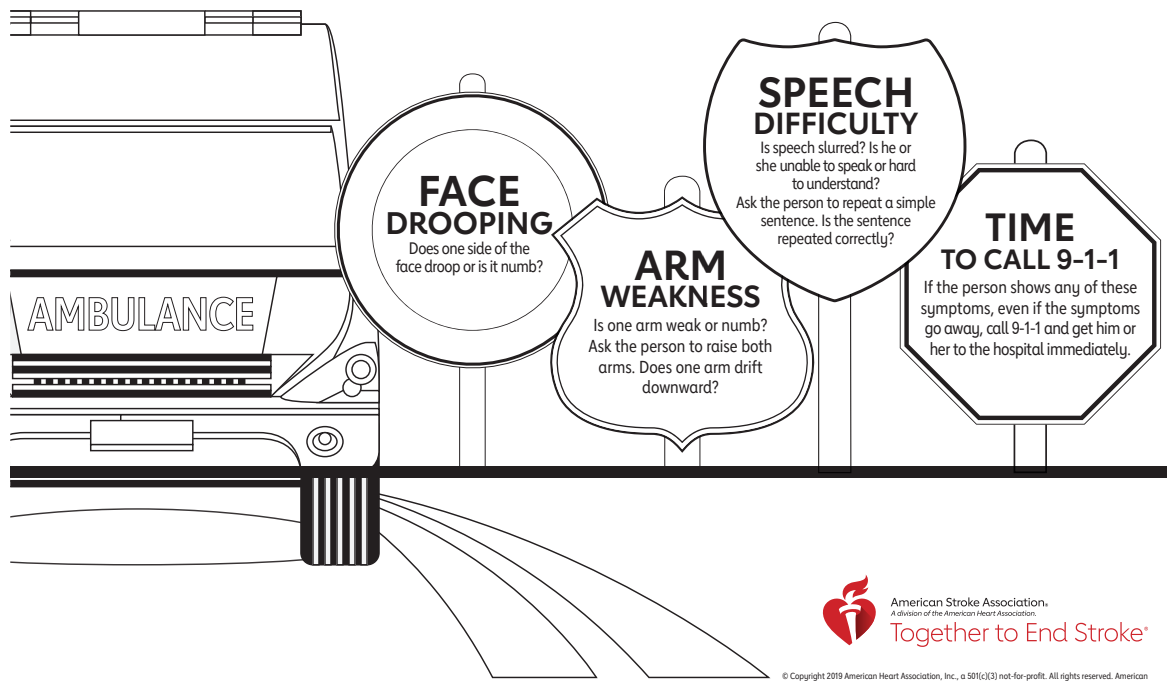
December 20 – Go Caroling Day  
January 19 – Popcorn Day  
January 31 – Backwards Day  
February 26 – Tell a Fairy Tale Day  
February 20– Love Your Pet Day





## SPOT A STROKE F.A.S.T.

Stroke.org/warningsigns



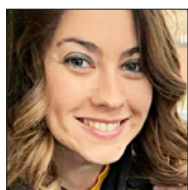
## Stroke facts: did you know?

On average, someone dies of a stroke every 3 minutes and 33 seconds in the United States. There are about 405 deaths from stroke each day, and more than 80% of strokes are preventable. Early recognition of stroke like signs and symptoms is vital. For more information, please contact Dan Haines, Improvement Specialist at 240-964-4633 or [hainesdt@upmc.edu](mailto:hainesdt@upmc.edu).

## Brittany's brrrrright ideas for winter fitness

It's that time of year again! Snow, holidays, shopping (the online kind of course), and family time - all while being stuck inside because it's too cold to put one toe out that door!

However, cold weather doesn't mean we have to stay on the couch eating Christmas tree cakes. There are many things you can do as a family to stay active through the winter months - even inside! According to ACE Fitness, here are a couple ideas to get you started: **Shoe Tie Challenge** - helps with balance and coordination, while also working on strength. Stand on one leg. While holding the other leg up off the floor, try to untie and then tie your shoe. Switch legs. Want to make it more challenging? Close your eyes. Take your entire shoe off and then put it back on. Race your family! Who can get both shoes tied first?! **Bean bag toss** - helps with strength and large range of motion. Sit on the floor, crisscross apple-sauce style. On the count of three, throw the bean bag (or other soft



Brittany Friend

Start in different positions - lying down on your back, push-up position, curled up like cat, etc. Start with your eyes closed and then throw the bag. Catch it with one hand only. Spin around, sit down, and then toss. **Math race** - create an aerobic challenge combined with a mathematical challenge. Stand back to back with your child. Both start by doing a physical activity, such as jumping jacks, mountain climbers, or running in place. On the count of 3, you both turn and face each other and hold up fingers on each hand. The first to correctly add up all the numbers on all hands wins! The winner

household object) in the air. Attempt to stand up quickly and catch the item before it hits the ground. Want to make it more challenging?

then chooses an exercise to do for 10 repetitions such as push-ups, crunches, or lunges. Want to make it more challenging? Add another person to the mix. Increase the time doing the activity before turning around. Increase the repetitions. Multiply your own hands and your child's and then add them together!

You don't have to look far to create activity and fun in your own house! Ask your child to come up with their own game. Make sure they include physical fitness in their game and play it with them! One more idea? Before your extended family is allowed to open any gifts, they have to tie their shoes - on one leg! Happy Holidays!

More ideas from ACE Fitness can be found at: <https://www.acefitness.org/education-and-resources/lifestyle/blog/7177/5-winter-activities-for-kids/> Contact Brittany for more info: [milbournefriendb@upmc.edu](mailto:milbournefriendb@upmc.edu)

## Self-care with Carey

### Mental Wellness for Everyone

There are a variety of options that may help a person improve their mental wellness. Therapy sessions with a licensed professional offer individual or group support. Encouraging self-help resources and connection to healthy support systems are additional examples. Technology-based support provides new opportunities in accessing mental health care and providing helpful tools to live mentally well.



Carey Moffatt

Some examples of self-help resources are:

- Online support groups
- Mental wellness apps
- Telehealth
- Evidence-based websites
- Self-help books
- Integrative health (Reiki, Yoga, Qi Gong, acupuncture, Tai Chi, massage, aromatherapy, reflexology, exercise, pet therapy, medical nutritional therapy, mind-body skills, Ayurveda, prayer, and creative therapies like art, music, and dance)

If you want professional help or if you are unsure if professional help is needed, please call UPMC Western Maryland's Outpatient Behavioral Health Department at 240-964-8585 for an evaluation.

If you are struggling and in need of immediate assistance, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or dial 911. Or go to the nearest emergency department. You are not alone! Take advantage of the many available resources for mental wellness.

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

## Mental health resources

### MENTAL HEALTH RESOURCES

<b>General Mental Health Websites</b> National Alliance on Mental Illness National Institute of Mental Health Substance Abuse and Mental Health Services Administration Teen Line Online (teens helping teens)	<b>Anxiety Websites</b> Anxiety Slayer Anxiety.org Social Anxiety Association Anxiety Social Net
<b>Suicide Prevention Websites</b> The Trevor Project (Suicide Prevention for LGBTQ+ Community) National Suicide Prevention Lifeline American Foundation for Suicide Prevention Mdcrisisconnect.org (Maryland crisis website) Grassrootscrisis.org (Crisis website)	<b>Depression and Bipolar Disorders Website</b> Depression and Bipolar Support Alliance
<b>Substance Use Disorders Websites</b> National Council on Alcoholism and Drug Dependence, Inc. National Institute on Alcohol Abuse and Alcoholism National Institute on Drug Abuse Al-Anon and Alateen Narcotics Anonymous and Alcoholics Anonymous SMART Recovery Substance Abuse and Mental Health Services Administration	<b>Schizophrenia and Related Disorders Website</b> Schizophrenia and Related Disorders Alliance of America
<b>Eating Disorders Websites</b> National Association of Anorexia Nervosa and Associated Disorders National Eating Disorders Association Gurze Books Website Eating Disorders Anonymous Overeaters Anonymous	<b>Screening Tools Websites</b> www.drugscreening.org www.alcoholscreening.org www.depressionscreen.org
<b>Mental Health Help Lines</b> National Suicide Prevention Hotline: 1-800-273-8255 Crisis Text Line: Text Connect to 741741 Teen Line: 1-800-TLC-TEEN or text TEEN to 839863 Maryland Crisis Hotline: 1-800-422-0009 Maryland Crisis Connect: 211 UPMC Western Maryland Crisis Counselor: 240-964-1399 Eating Disorder Hotline: 1-800-931-2237	<b>Mental Health/Stress Management Apps</b> Tingles-stress management Thinkup-positive affirmations Stress Check-stress management What's Up?anxiety, depression, stress, anger Insight Timer-meditation Mindpath-depression My3-suicide prevention Calm-Reduce anxiety and stress management 7 Cups-text chat about mental health Relax Melodies-stress management Headpace-meditation and mindfulness Thisissand-stress management technique Simple Habit-meditation Motivation-inspirational quotes Happify: for stress and worry (games) Breathe2Relax: breathing technique There Is Hope: crisis intervention Fluidity: stress management technique Virtual Hope Box: stress management



## Laughter is the best medicine!

What do you call a wolf that meditates? Aware wolf!  
What do snowmen have for breakfast? Snowflakes!  
Knock, knock. Who's there? Scold. Scold who? Scold outside!





## The meaning of Christmas

I love this time of year. I love the lights, the presents, the food and the cookies. I love my time with family, Thanksgiving turkey and the spirit of Christmas. To me, when I think about Christmas, it's all about love, God's love.

As John 3:16 says, "For God so loved the world that He gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." All about God's love, that He loves us and that He came and gave His life for us so that the ones that I love may have hope and joy.

As the Angels said, He will be called, Emanuel, which means "God with us." That we never have to be alone. To me, with Christ the meaning, it means peace and goodwill to all men. It means God loves me and that the ones I love have an everlasting hope of salvation and Heaven.

The present of Christmas is His presence and the gift of Christmas is salvation. That the babe in a manger came to give His life as the Lamb of God for our ransom. No greater love has any man than this, than to lay down his life for his friend. That He was wounded for our transgressions and bruised for our iniquities, the chastisement for our peace was upon Him and by His stripes we are healed. With Christ, there is the meaning and love of Christmas.

As you enjoy this holiday season, may you and your family be blessed with love and joy. May the Prince of Peace bless you with the peace that only He can give. May God bless you with His presence and gift of assurance of an everlasting hope of salvation, as you trust Him. May He bless the New Year and may God bless you and to know how far, how deep and how wide God loves you! God Bless you with Christmas meaning. Thank you for letting me share.

From the Hospice chaplain's heart,  
Rev. Seth Wharton



Rev. Seth Wharton

## Practical exercise advice for the holiday season

As if January-October were not busy enough, we had to put three major holidays in less than a two-month window. Good grief.

I remember loving this time as a kid, thanks adulthood! Okay, I still love the holidays, but it does put a hamper on my wellness routine. Thankfully, I have figured out a few simple tricks along the way to help keep myself and you from going off the rails. As the title suggests this article is about exercise, so I promise I will stay in my lane and not re-iterate holiday meal portioning control.

I will begin with the obvious. If you are currently exercising, keep as much of your exercise routine intact as you can. Cutting back exercise is okay, but giving it up entirely can be problematic. For example, maybe you don't have the full hour to spend at the gym that you previously did, so perhaps it's possible to cut out the drive to the gym and do a 20-30 minute home workout. By eliminating the commute and reducing actual exercise time you can save big chunks of time. It may turn out you enjoy this change of pace and it's good to mix things up a bit. There are plenty of free exercise routines you can follow online in the comfort of your home.

Begin to think of everything, especially your busy-ness, as an opportunity to move. If you can do this you will have implemented two critical ideas in the world of wellness: motivation and mindfulness.

Let's face it cleaning, cooking, shopping for the holidays is fun for some but for most of us not so much. However, once you're able to



Mike Browning

look at these tasks as an opportunity to move it can motivate you to get things done and out of the way.

So how are the above considered exercise? Well, they just are, and you can control the degree of exercise of each very simply by speeding up or slowing the tempo.

For example, put on some higher tempo music while you clean, it will naturally increase your pace without thinking about it. Not all chores are created equal. Scrubbing walls or mopping floors is more on the vigorous side of cleaning exercise while brooming or folding clothes is on the easy or moderate end of the spectrum.

How you know your chores are exercise: (Experiencing just 1 of these means you are exercising)

- Who turned up the heat? If your body is heating up you are exercising and burning calories.
- Breathing or ability to converseate. The harder these become the more vigorous the exercise

• Did you get a little stiff in the evening? If so, congrats, you did some heavy lifting today!

If you didn't experience any of these try turning up the tempo a bit for a small amount of time.

Some other helpful holiday movement tips:

- Chair exercises like squats during Hallmark or Sports commercial breaks.
- Stand more than you sit at holiday parties
- Serving others is another way to keep yourself active during holiday parties.
- Go out and support local for your shopping instead of online
- Grocery shop in the store
- Need a break from uncle John's infamous jokes or grandma's brutal honesty? Take a walk.

There you have it! Simple ideas that will keep you moving during the holidays, and you didn't even have to re-join the Walmart holiday shopping fight club on Black Friday as a substitute for your kickbox class.

I told you I was not going to make this about making sure to use smaller plates and controlling portions while everyone around you has 2-3 main helpings and multiple servings of grandma's famous pumpkin pie.

Remember, at the UPMC Western Maryland Wellness Center we are here to help everyone live a more healthy lifestyle. We can help create exercise programs and keep you accountable. Call us at 240-964-8424 to set up an appointment.

# Show me love

Je t'aime. Ti amo.  
Seni seviyorum.

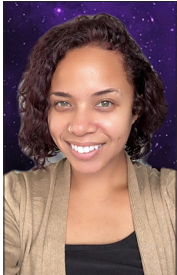
These are just a few of the many translations of "I love you." Imagine if your partner tried to express that they loved you in a language you didn't understand. How would you receive that? Would you even know what they were trying to say?

According to Gary Chapman, Ph.D., everyone has a different way in which they communicate love to others and each person also has a different way in which they prefer to receive love.

In his book, **The 5 Love Languages: How to Express Heartfelt Commitment to Your Mate**, Chapman identifies five ways in which we tend to communicate love. And while we may like all of these ways at times, we tend to prefer one or two of these "love languages" in order to feel fully loved and appreciated.

### The 5 ways we communicate love

Chapman's research suggests that we communicate love in the following 5 ways: words of affirmation, acts of service, receiving gifts, quality time, and physical touch.



Tawni Arthur,  
Intern

Each of these ways of expressing love can be valued for everyone, but we tend to prefer one or two that truly communicates to us that we are loved.

Often, when our partner or loved one expresses love in one of the ways we don't typically value, the communication of love can get lost.

For example, a father who shows his love by doing acts of service for his child (working to provide for the family, fixing broken toys, changing the car oil, etc.) may feel that this is the best way to show love to their child.

However, these acts often take up much of his time. How is this expression of love received by a child who prefers to have quality time with their father in order to feel loved? Neither are wrong, but it presents a risk that the love could be miscommunicated. Imagine a partner who loves to buy you lavish gifts, but may struggle to verbally express their feelings about you.

What does this communicate to you if you prefer to be told you're loved and valued through words of affirmations? Identifying each other's preferences and learning to express them can be rewarding in our relationships.

### What language do you speak?

Chapman created a quiz to help identify which language is preferred with the hopes that understanding your language or that of your loved one will help us to better communicate with each other and ultimately improve our relationships. Take this short quiz based on Chapman's original 5 Love Languages Quiz to determine what language you speak. Then have your loved ones take it too!

### Applying the languages

The love languages are not limited to romantic relationships. With some modifications, these languages can be used to show love and appreciation between parent/child, siblings, or any loved ones we wish to share our feelings towards. You can even learn creative ways to apply the languages in showing self-love. And this can also be applied in the workplace in the form of appreciation.

What is your love language? Words of Affirmation? Acts of Service? Receiving Gifts? Quality Time? Physical Touch? Take this quiz to find out! <https://www.5lovelanguages.com/quizzes/love-language>

**References:** Chapman, G. (2001). **The Five Love Languages: How to Express Heartfelt Commitment to Your Mate** [Jun 30, 2009] Chapman, Gary. Manjul Publishing House.

## Healthy Aging

### Maryland Dept of Aging Introduces Durable Medical Equipment Re-Use Program

This program provides Maryland residents with donated equipment – such as wheelchairs, walkers, hospital beds, scooters and even pediatric equipment that have been sanitized and repaired – at no cost.

Applicants do not have to meet any income requirements to receive equipment. Marylanders with any disability, illness or injury can receive this equipment regardless of age, according to the program website.

The only drawback to this program is that the nearest pick-up site is currently in Washington County.

If you need equipment to improve your mobility or make daily activities easier, please email [DME.MDOA@maryland.gov](mailto:DME.MDOA@maryland.gov) or call

240-230-8000 to learn more.

## Fun in Allegany County!

Visit [mdmountainside.com](http://mdmountainside.com) for details on lots to do this winter! (brought to you by our friends at Allegany County Tourism!)

**December - BIG focus on shopping small! Shop Small Win Big!**

**January - First day hikes! A great way to kick off the new year.**

**February - Must do winter activities!**





# Warming winter bites

Eating nutritious fruits and vegetables in the winter months may seem like a daunting task. But with the variety of autumn and winter produce available - fresh, frozen, or canned - it's easier than you think! This recipe is an inexpensive way of using up leftover fresh or frozen vegetables. It's also very versatile where you can add or replace any vegetables that you have on hand and incorporate them right into the soup. Try adding cauliflower florets or kidney beans to boost the protein content. (Provided by Kyle Cervellino, dietetic intern)

## Vegetable beef soup

### Ingredients

- 1 1/2 lbs beef stew meat
- 2 1/2 Tbsp olive oil, divided
- Salt and freshly ground black pepper
- 1 3/4 cups chopped yellow onion (1 large)
- 1 1/4 cups peeled and chopped carrots (3 medium)
- 1 cup chopped celery (3 medium)
- 1 1/2 Tbsp minced garlic (4 cloves)
- 8 cups low-sodium beef broth or chicken broth
- 2 (14 oz.) cans diced tomatoes
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 lb red or yellow potatoes, chopped into 3/4-inch cubes
- 1 1/2 cups (5 oz.) chopped green beans (trim ends first)
- 1 1/2 cups frozen corn
- 1 cup frozen peas
- 1/3 cup chopped fresh parsley

### Directions

1. Heat 1 Tbsp olive oil in a large pot over medium-high.
2. Dab beef dry with paper towels, season with salt and pepper then add half of the beef to pot and brown about 4 minutes, turning halfway through.
3. Transfer to a plate, add another 1/2 Tbsp oil to pot and repeat process with remaining half of beef.
4. Add another 1 Tbsp oil to the now empty pot, then add onions, carrots, and celery and sauté 3 minutes, add garlic, sauté 1 minute longer.
5. Pour in broth, tomatoes, browned beef, basil, oregano, thyme and season with salt and pepper. Bring to a boil, then reduce heat to low, cover and simmer, stirring once or twice throughout, for 30 minutes.
6. Add potatoes and continue to simmer, covered, 20 minutes (you can also add green beans with potatoes if you like them very soft).
7. Stir in green beans and simmer 15 minutes longer, or until all the veggies and beef are tender.
8. Pour in corn and peas and simmer until heated through, about 5 minutes. Stir in parsley and serve warm.

<https://www.cookingclassy.com/vegetable-beef-soup/>



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



Chili is a great winter recipe because it's hardy and brings so much warmth on a cold day. It's also a great way to disguise vegetables into your dinner. You can even add red bell pepper or carrots to boost the number of vegetables! Try pairing it with a whole grain bread or cornbread. This dish is simple to make, full of plant-based protein, vegetables, and is ready in less than 30 minutes! (Provided by Kyle Cervellino, dietetic intern)

## Sweet potato and black bean chili

### Ingredients

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 (15 oz.) cans black beans, rinsed
- 1 (14 oz.) can diced tomatoes
- 4 teaspoons lime juice
- 1/2 cup chopped fresh cilantro

### Directions

1. Heat oil in a large pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes.
2. Add garlic, chili powder, cumin, chipotle, and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer.
3. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
4. Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often.
5. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro. Add diced avocado for some healthy fats!

<https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

## Learn winter storm safety

Staying weather aware allows you to take the precautions needed to remain safe during winter weather events.

### Winter Weather Advisories, Watches and Warnings

The National Weather Service has three basic winter weather categories: **Advisories:** Winter weather conditions are expected and may postpone or cancel some activities;



Sue Lee

use caution while driving, dress for the weather, and be prepared for sudden changes in the forecast.

**Watches:** Conditions are favorable for significant winter weather and extreme cold events. **Warnings:** Conditions are expected to be extremely hazardous and, if at all possible, it is best to delay travel until conditions improve.

### Prepare

Everyone has different levels of need for weather related emergency supplies. Infants, pets, and the elderly will have different or additional requirements to be addressed. A portable supplies kit should be kept in your vehicle, and you may want to keep some supplies at your workplace. Your situation is unique to you; plan accordingly. FEMA provides more information on how to stock your emergency supplies and prepare for winter weather emergencies. Visit <https://www.ready.gov/winter-weather>

### During the Storm

Ideally, it is best to stay off the roads during winter weather events. Don't wait until the last minute to obtain supplies or to refill prescriptions. Keep your cell phone charged and conserve the battery for emergency communications. If you absolutely must travel, SLOW DOWN. Clean the ice and snow from your vehicle so you can see and be seen. Let someone know the route you are going to travel; if you don't arrive at your destination, first responders will know where to begin a search.

### Maryland CHART

Maryland Department of Transportation CHART is the State's official "511" traveler information website. Live traffic cameras, current road conditions, severe weather information, road closures and other useful information is provided 24/7 in an easy-to-use format. Know Before You Go, <https://chart.maryland.gov/>.





# What is diabetes and what can you do?

Diabetes is a chronic disease that impacts how your body can turn food into energy. Most of the food you eat is broken down into sugar or also referred to as glucose and that is released into your bloodstream. When your blood sugar goes up, it alerts your pancreas to release the insulin which acts like a key to let the blood sugars into your body's cells to be used as energy.

If you are diagnosed with Diabetes, your body either can't make enough insulin or can't use what insulin it has as well as it should. When you don't have enough insulin or your cells stop responding to insulin, too much blood sugar stays in your bloodstream.

As time goes on this can cause serious health problems, such as heart disease, blindness, and kidney disease. With no cure yet for Diabetes there are steps you can take to help prevent serious health issues.

You can take the first step by reaching out to your healthcare provider about the Diabetes Self-Management Training (DSMT) offered by our hospital and by keeping your health care appointments this can also reduce the impact this disease can have on your life.

#### Stats from the CDC about Diabetes

-34.2 million US adults have diabetes, and 1 in 5 of them don't know they have it.

-Diabetes is the 7th leading cause of death in the US.

-Diabetes is the No. 1 cause of kidney failure, lower-limb amputations, and adult blindness.

-In the last 20 years, the number of adults diagnosed with diabetes has more than doubled.

#### Types of Diabetes

-Type 1: the body attacks itself and it stops

your body from making insulin. Type 1 is often diagnosed in children, teens and young adults. With type 1 you need insulin to survive and still no one knows how to prevent it.

-Type 2 develops over many years and is usually diagnosed in adults. Recently however more and more children, teens, and young adults are being diagnosed with type 2. This type can be prevented or delayed with lifestyle changes such as losing weight, being active and healthy foods.

-Gestational diabetes happens in pregnant woman and with most it goes away after birth. If you are diagnosed with gestational diabetes, it does increase your risk of diabetes later in life as well as does increase your babies' risk of health problems and diabetes later in life as well.

-Prediabetes increases your risk of developing type 2 diabetes. In the US more than 1 in

3 adults have prediabetes and many of them don't know. With prediabetes you have the chance to prevent or delay the onset of type 2 by instilling new lifestyle changes and the first step is to speak with your healthcare provider or take the prediabetes risk test.

Once you have assessed your risk you can decide if joining a diabetes prevention program (DPP) is the best option for you. DPP is a Centers for Disease Control and Prevention recognized lifestyle change program that is offered at UPMC Western Maryland that can help you make healthier choices to better your life. Call 240-964-8424 for more information and to sign-up.

Could you have pre-diabetes? Take the test!

<https://www.cdc.gov/prediabetes/takethetest/>

## Mindfulness Moments with Pam

### Wishing You a Merry and Mindful Holiday Season

The holiday season is here, and many of us find ourselves with a long list of preparations including: making travel arrangements, mailing stacks of "Season's Greetings", and

planning meals for family and friends. While focusing our energy primarily on preparations to make the season merry and bright, we might attempt to push negative emotions aside by: ignoring feelings of overwhelm, suppressing sadness about those who cannot be with us, or silently blaming others for not "doing their fair share".



Pam Jan

In the same way that we take time to prepare for the shared, outward experiences of the holiday season – favorite foods, decorating and special traditions – we can spend time preparing for our own blissful internal experiences, too.

In other words, we can cultivate tools to manage the stress of the holidays by adding a little mindfulness to reduce potential madness.

#### Holiday Mindfulness Activities

Look Around You. The next time you are at leisure – like queueing at the supermarket or waiting for the bus on your lunch, look around you like you were doing it for the first time. Be curious about your surroundings and other people instead of taking out your phone and diving into the internet.

Hanging around on Meta (a.k.a. Facebook) stresses your brain more than working. Give

your brain a rest whenever possible, so that you can experience yourself as part of the world around you, at peace and present.

**Let go, close your eyes and breathe normally.** Every time you breathe out, imagine blowing out tightness, negative feelings, stress and tenseness in your body. Imagine these things leaving your body with every exhale. Do this for about 5 - 10 minutes (it's okay to start with 2 and work up). Breathing calms you down and the exercise can make you feel lighter!

#### Give Yourself Mind Candy

Give yourself a thought treat – just like you would a piece of holiday pie. What is the most delicious, happy thought you can think of? What thought makes you smile? Bring that thought into your mind and bathe in it for 5 - 10 minutes.

The body reacts to positive thoughts with good hormones, which help you relax.

## Chair yoga with Christina

### Are you ready to welcome healthy movement, increased flexibility, strength, and joint mobility regardless of your age and fitness level?

So many people today believe that experiencing aging or injury means to physically decline, so they just give up. Having experienced these things in my own life, I understand how it feels to be concerned about maintaining one's wellness as the body ages. My personal yoga practice has offered me the opportunity to increase my own flexibility, range of motion, strength, and sense of balance. And now, I am happy to be able to offer the same opportunity to you.

A regular Chair Yoga practice of gentle but powerfully effective movements combined with focused breathing techniques is a mellow, and restorative movement practice designed to renew, restore, and refresh as you strengthen, tone, and stretch your body in complementary ways that support overall stamina, cleansing, balance, and flexibility.

Join us every Monday at 2:30 PM EST. Please check in 5 minutes prior to the start of class. Everyone is welcome. There is No Charge for attending.

Join our live class at the C. William Gilchrist Museum of the Arts, 104 Washington Street, Cumberland, MD 21502. On site classes are limited to 10 participants, so you must register. See email below.

You can also join via ZOOM starting at 2:25 PM EST every Monday.

<https://us02web.zoom.us/j/85956505255> Meeting ID: 859 5650 5255

Passcode: 845267



Chair Yoga is led by Christina Collins-Smith Nicolas - UPMC Health Coach, Wellness Center, MLA, E-RYT 200, RYT 500, LMT, YACEP

Sign-up by emailing Collins-Smithcd@upmc.edu. You may also leave a message or text at 410-967-9112.

Please note that it is your responsibility to consult with your doctor before beginning any exercise program.

#### A bit About Christina Collins-Smith Nicolas:

Working as a Health Coach at UPMC Western Maryland is the happy culmination of a career that began in the arts, art education, and community service.

Loving the exploration of the multi-textured world we live in brought me to the understanding that when all things are in balance, we are at our best as individuals and community.

My practice of and advocacy in the traditional arts as a way to uplift and strengthen community brought me to the realization that wellness itself is, indeed, an art.

That realization, along with the desire to maintain my own physical and mental resilience, led me to the natural transition of becoming both a student and teacher of yoga. I look forward to sharing this gentle practice that is so effective in enhancing day-to-day living with all those who choose to participate.

I am grateful to UPMC Western Maryland for this gift they sponsor in our community and to the C. William Gilchrist Museum of the Arts for providing a beautiful location for our practice.

