

# UPMC

## WESTERN MARYLAND

# Real WELL

FALL 2023

WELLNESS NEWS YOU CAN USE!



## FALL HAPPENINGS

at the UPMC Western Maryland  
Wellness Center

Call **240-964-8424** or email  
[leesm9@upmc.edu](mailto:leesm9@upmc.edu) to register.

### RESISTANCE BAND CLASSES

allow participants to build strength, increase bone density, and decrease arthritis pain all in one. Classes at the LaVale Library (six-week sessions) are suitable for all fitness levels. Bring a mat, water, and a friend! Please call 240-964-8424 for the current class schedule. Walk-in registrations are welcome.

### FREE YOGA CLASSES at your local libraries!

**Wednesdays at 11 a.m.** South Cumberland Library  
**Fridays at 10:30 a.m.** LaVale Library

Join this beginner-friendly class to experience how gentle stretching and mindful breathing can make you feel better fast!

### SMART RECOVERY

**Every Thursday from 12 p.m.-1 p.m. online**

This is a SELF-EMPOWERING addiction recovery support group. SMART Recovery can help people recover from all types of addiction and addictive behaviors including alcoholism, drug abuse, drug addiction, substance and alcohol abuse, gambling addiction, and food addiction. This is not a spiritual-based program but a self-empowering, abstinence-based, self-help support group for both men and women. For more information, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-962-8418.

### BUILDING BETTER CAREGIVERS

is a 7-week course for caregivers of a loved one with dementia, PTSD, brain-related injury, and more. Registration is ongoing. Respite care funds are available to qualified participants. Please contact 240-964-8424 for more details.

### BETTER TOGETHER SUPPORT GROUP

is an online support group for adults looking to change or maintain habits to live their healthiest lives. The group meets online on the fourth Wednesday of each month from 5:30-6:30 p.m. For more information or to register, please email Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-964-8418.

**CHAIR YOGA** is offered by UPMC Western Maryland every Monday at the Gilchrist Museum of the Arts at 104 Washington Street in Cumberland, MD, at 2:30 p.m. Please register to attend in person or online via ZOOM by contacting Christina Collins-Smith at [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu).

### HEALTH COACHING

Have you tried to change your lifestyle only to find yourself falling back into the same routine and not-so-healthy habits? A certified health coach can help! Health coaching services are free. Learn more at [UPMCWesternMaryland.com/Wellness](http://UPMCWesternMaryland.com/Wellness).

Activities and events are always being added. For an up-to-date listing, contact the Wellness Center at 240-964-8424 or UPMC Western Maryland on Facebook!



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

With the long days of summer behind us, I look forward to the crisp air of autumn, fall sports, all things pumpkin spice, and the spectacular reds, gold, and yellows of our annual fall foliage show. If leaf peeping is your thing – get out there, explore and enjoy it. Plan a hike, take a walk, or just hop in the car and go for a ride; be sure to take some pictures. The natural beauty of our region is both amazing and relaxing at the same time. We are so fortunate to live amongst the mountains, providing such a serene experience!

For our gardeners out there, now is the time to divide your perennials and plant bulbs for next spring, collect and save seeds for next year, remove all debris from this year's crop, and prepare your soil for winter. Local garden centers provide plenty of tips if you are unsure what to do in preparation for next year's garden. If you have never planted a garden, consider it for next year – it is so rewarding to watch the vegetable plants grow and reap the rewards of your fresh harvest.

Cooler temps allow most of us to get back outside and exercise. It's essential to keep your health goals in check moving into the fall since we will be tempted by all the great traditions coming our way: football parties/tailgating, fall festivals, Halloween, and Thanksgiving. Start planning to find healthier ways to prepare your favorite dishes or substitute ingredients to enjoy this time with family and friends more healthily and mindfully. If you are struggling to get motivated to make these changes, reach out to a health coach or a dietitian who can assist you on your journey to a healthier you.

Also, a couple of gentle reminders to make YOU a priority - get enough sleep, manage your stress, and don't forget to talk to your provider about vaccinations that are right for you.

Make health a habit; choose one thing you want to change this fall!



## Autumn Holidays, Celebrations & Remembrances

**First Day of Autumn 🍂 September 22**

**Columbus Day/Indigenous Peoples' Day 🍂 October 9**

**Thanksgiving Day 🍂 November 23.**



**REMINDER:**  
Daylight savings time ends  
Sunday, November 5. Don't forget  
to turn your clocks back one hour!





# SAFETY FIRST

Susan Lee, Administrative Assistant

As we anticipate the upcoming holiday season, fall is often a clean-up season for many. Leaves are raked, and errant limbs are trimmed from trees. This would be a great time to address any clutter monsters in the garage, home, and workplace. It's incredible how a small pile of something can morph, seemingly overnight, into a mountain of "what should I do with it" paraphernalia. If we are not careful, the clutter monster can pose a severe safety issue and may result in injuries from a fall, and at the very least makes cleaning a much more difficult and tedious job.

Excessive clutter may do more than just pose a physical risk. According to Psychology Today online\*, clutter can impact mental health, contributing to depression, anxiety, and stress. Decluttering improves your mood and allows for better time management – and who couldn't use more time these days?

A few tasks to consider include:

- ✓ Check the condition of throughways at work. Keep hallways, aisles, entrances, and exits free of obstruction. Boxes and equipment left in these areas pose a trip hazard, and block exits in emergencies.
- ✓ At home, ensure the entrance and exit points are easily accessible and free from obstruction. If an emergency occurs (such as a fire), provide you and your family with a clear path to exit the home safely.
- ✓ Unsecured objects outside can become dangerous missiles in windstorms, causing damage to your home and physical injury; find a way to secure them, store them or remove them.
- ✓ This is a great time to dispose of broken or unwanted items. If something is still usable, but you no longer need it, consider donating to local charities that accept such items.
- ✓ Store paper documents properly, away from potential ignition sources (space heaters, fireplaces, furnaces, etc.).
- ✓ Keep hazardous cleaning agents and any other hazardous chemicals safely stored, away from the reach of children and pets. If you don't need it, find a way to dispose of it properly. Contact your local city or county government office to find out what can be placed in standard garbage pickup and what needs to be disposed of at a facility specifically for hazardous substances.

These are just a few suggestions for you to consider for your fall clean-up activities. Look around and make a plan that suits your needs.

Have a safe and happy fall!

\*For more information on clutter's effect on our mental health, click on this link [The Many Mental Benefits of Decluttering | Psychology Today](#)

BE FAST

When You Spot Stroke Warning Signs



Balance: Loss of coordination or balance



Eyes: Sudden double vision or vision loss



Face: Facial dropping on one side



Arms: One arm becomes weak or numb



Speech: Slurred speech



Time: BE FAST. Call 911



SELF-CARE  
with  
HEALTH COACH  
CAREY MOFFATT,  
MS, NBC-HWC

Rebuilding Lives Through  
Recovery Coaching

Recovery from addiction is a transformative journey that involves rebuilding emotional well-being, physical health, and a sense of purpose. A recovery coach works closely with individuals to set goals in all dimensions of wellness, which helps a person regain control over their lives. The coach assists an individual in identifying barriers to recovery, exploring new and healthy coping skills and resources, and offering guidance in developing a personalized wellness recovery plan. Each person's journey is unique, and recovery coaching meets an individual where they are. Through ongoing non-judgmental support, encouragement and accountability, individuals feel empowered to reclaim their lives.

If you or someone you know is on a recovery journey, please consider exploring the invaluable benefits of recovery coaching. For more information, please email [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-964-8418.

Information provided by the Recovery Coach Academy







# THE MIRACLE OF MUSCLE RECOVERY



Michael Browning, MA, NBC-HWC

**Our bodies are amazing and intelligent. I bet you didn't know you had super healing and adaptation powers. Also, I bet you didn't know that you don't become stronger during exercise but during recovery after exercise. If you're curious about how sore you should be after a workout, how long you need to wait to exercise again, if you are over-training or if you want to know more about your superpowers, I hope you read through the rest of the article.**

When you perform resistance training properly, you begin the "Muscle Hypertrophy," which is the growth and enlarging of muscle cells. Here's how it works: microscopic damage (microtears) occurs to the myofibrils within the muscle fiber when people lift weights. These micro tears stimulate the body's repair response (your superpower). The body delivers nutrients that flow to the muscle cells to repair the damage and to encourage more myofibrils to grow. The increased number of myofibrils causes muscle fibers to enlarge, increasing their volume, size, strength, and function.

It's important to note that the recovery phase is where you become stronger, not during the workout. So, when does this repair response occur and how long does it take? Repair begins directly after you finish exercise and lasts approximately 36-48 hours, depending upon many factors, including exercise intensity, fitness level, sleep quality, and nutrition quality. Eating a well-balanced diet with the appropriate amount of calories will be key, and you can see a licensed dietitian to figure out those numbers or visit the government's MyPlate site at [www.myplate.gov](http://www.myplate.gov). If your body is getting proper nutrition, that's great, but you must also get quality sleep to build muscle. According to the National Sleep Foundation, the amount of sleep needed for healthy adults is seven to nine hours per night. The reason this is crucial for muscle building is multi-faceted. First, growth hormone secretion and tissue repair occur during stage 3 of the 4 stages of sleep. Without going into scientific detail here, a good 7-9 hour sleep cycle allows us to hit all stages of sleep multiple times, increasing our muscle healing and recovery. Secondly, proper sleep gives us more energy and motivation to exercise with the intensity needed to restart the hypertrophy process.

One question I always get is, "How long should I feel sore?" This highly subjective question relates

well to the recovery process and what to expect. Soreness will be most prevalent for those who haven't performed resistance training in a month or longer. For this group of exercisers, expect to be sore for the recovery time, that 36-48 hour period. If you are sore for longer, that is not entirely abnormal; just make sure you are not experiencing any sharp pains and extend the recovery period another day or two for whatever muscle ails you. Stretching and light activity can help alleviate soreness, so it's great to incorporate an excellent static and dynamic stretching routine. You may be overtraining, not getting adequate nutrition or getting insufficient sleep if you are continuously sore. For people who exercise consistently, expect the effects of soreness to decrease gradually, and that's okay, too. It doesn't mean you had a bad workout.

Now you know the magic of muscle healing, growth, and adaptation happens in recovery after exercise. I find it fascinating how our body can heal and become stronger; it truly is a superpower, and I hope you tap into it. We can use this knowledge for motivation to exercise and find our best, most healthy selves. If you want the UPMC Community Health and Wellness team to develop a personal exercise plan for free, we would love to help you. You can reach us at 240-964-8424.

## Fall Prevention Tips for Fall A Season for Balance

With Christina Collins-Smith, MLA, LMT, RYT-500



**The season of fall brings a breeze of freshness to the body, mind, and spirit. It is a season for reflection and balancing. Inspired by golden yellows, bronzy browns, and ruby reds touched by earthy plum-green colors, it grounds us in gratitude as we think about our gifts and graciously accept our challenges.**

As we embrace those challenges, it is also important to think about another kind of "fall" - the fall we need to prevent. Suffering an accidental fall can mean months in recovery that force the cancellation of happier plans. Here are some simple tips that can help prevent this from happening: First, clear the clutter - say goodbye to those piles of things you no longer need. Remove all trip hazards. Check that rugs are not loose. Check or install railings on stairs and bathrooms. Install motion sensor lights in bedrooms and hallways. Be informed and well-organized about your medications and diet. Enhance your fall-prevention plan with gentle exercises that improve balance, stability, and flexibility, as well as simply helping you feel better.

Yoga is a great way to move and promote good balance that, with adjustments, can be practiced by most people at any age or level of health. UPMC Community Health and Wellness offers three free yoga sessions every week.

**CHAIR YOGA**  
**Mondays at 2:30 p.m.**  
at the Gilchrist Museum of the Arts  
104 Washington St., Cumberland

**GENTLE FLOW YOGA**  
**Wednesdays at 11:00 a.m.**  
at the South Cumberland Library  
100 Seymour St., Cumberland

**GENTLE FLOW YOGA**  
**Fridays at 10:30 a.m.**  
at the LaVale Library  
815 National Highway, LaVale

Join us to see how simple movements, practiced regularly, can make a big difference in how you feel!







# HEALTHIER TOGETHER:

## Be Mindful of Your Social Connectedness

Pam Jan,  
NBC-HWC



**The Office of the U.S. Surgeon General recently published an advisory on the healing effects of social connection and community. It got my attention as it falls into my wheelhouse as a health coach. Why? Because loneliness and isolation are major players in our health and are at epic proportions.**

The statistics are startling. Reading “the mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity” compelled me to share these highlights from the Advisory.

Studies establish the lack of social connection is an independent risk factor for deaths from all causes, including deaths caused by diseases. Key data from studies show how debilitating a lack of connection can be to our individual and community health:

### INDIVIDUAL HEALTH:

- Poor social relationships (social isolation, poor social support, loneliness) were associated with a 29% increase in the risk of heart disease and a 32% increase in the risk of stroke.
- The involvement and support of family members have been repeatedly shown to improve disease management and the health of people with type 1 diabetes and type 2 diabetes.
- Chronic loneliness and social isolation can increase the risk of developing dementia by approximately 50% in older adults.
- Loneliness and social isolation among children and adolescents increase the risk of depression and anxiety.
- Adults across the globe rate their social relationships, particularly with family and close friends, as the most important source of meaning, purpose, and motivation.

### COMMUNITY HEALTH:

- On average, a one-unit increase in social capital increases the likelihood of survival by 17% and of self-reporting good health by 29%.
- One recent study on community violence showed that a one standard deviation increase in social connectedness was associated with a 21% reduction in murders and a 20% reduction in motor vehicle thefts.
- A three-year study of 26 cities in the U.S. found that those with the highest levels of resident attachment experienced the most significant growth in GDP during the study period.
- Growing ideological divisions in America fuel skepticism and even animosity between groups across the political divide: sentiments of enmity and disapproval between Democrats and Republicans more than doubled between 1994 and 2014.

One may think with all the social media sites and apps, no one would feel disconnected. In fact, they may be one of the causes, as some give a false sense of connection (Jung, 2015). The components of social connection are:

- **STRUCTURE:** The number of relationships, variety of relationships (e.g., co-worker, friend, family, neighbor), and the frequency of interactions with others.
- **FUNCTION:** The degree to which others can be relied upon for various needs.
- **QUALITY:** The degree to which relationships and interactions with others are positive, helpful, or satisfying (vs. negative, unhelpful, or unsatisfying).

**For a deeper dive and review of references, I encourage you to read the Advisory: [Our Epidemic of Loneliness and Isolation \(hhs.gov\)](#)**



Brittany Friend, MS, NBC-HWC

# LET'S HEAR IT FOR THE TEACHERS!



**Our teachers are amazing! After an entire summer of our kiddos at home, we are more than happy to send them back to these wonderful people who deal with them most days a week for 6+ hours a day. They are our heroes. So, thank you from the bottom of our tired, parent hearts for all our teachers out there!**

Here are some tips for the teachers to get your kiddos some much-needed activity breaks during the school day. It's easy for kids to get bored with daily routines and to lose interest or focus. This can lead to various difficulties in school, such as acting out, disengaging, or even falling asleep. One way to prevent this is to have them get up and move every hour for just a few minutes. Incorporating “move breaks” can help to give them a little more energy, wake up their minds, and fuel their bodies with some great physical activity.

According to the Centers for Disease Control and Prevention, data from the National Youth Risk Behavior Survey conducted in 2019 shows that students with higher grades are more likely to be physically active than their peers with lower grades. This survey also showed that students with higher grades are less likely to overuse screen time and are more likely to be involved in a sports team. For more data on this survey, you can visit: [https://www.cdc.gov/healthyschools/health\\_and\\_academics/physical-activity-and-sedentary-behaviors-and-academic-grades.htm](https://www.cdc.gov/healthyschools/health_and_academics/physical-activity-and-sedentary-behaviors-and-academic-grades.htm).

As teachers, you can help foster the importance of physical activity and less sedentary behaviors by incorporating chances for movement in your classroom. A great way to do this is to use a beach ball. Take the sections of the ball and write activities on each panel. Examples could be jumping jacks, running in place, going for a classroom walk, or taking a water break. One of my favorites is jumping into the air and yelling, “I’m a pretty pink star!” That one is enjoyable to watch in high school classrooms.

If you want to use the ball for more than just exercise, feel free to incorporate things to help with mental health and stress management, such as breathing exercises or simple yoga poses. Get creative and get those kids moving. What I’m also saying is to wear them out so that when they come home to us, they are too tired to give us those attitudes we love so much!





# SPOTLIGHT: ALLEGANY COUNTY HEALTH PLANNING COMMISSION

**PATH2HELP:**  
Connecting the Maryland community to  
improve health outcomes.

An important part of improving an individual's health outcomes is focusing on their social determinants of health (SDOH). SDOH are the non-medical factors, like education, job opportunities, income, or access to transportation, in which people are born, grow, work, live, and age. Research has repeatedly shown that when these social needs are addressed, people start to see an improvement in their health. At some point in their lives, many people have needed to find social care resources (such as food, housing, transportation or education) to address SDOH for themselves, family members, or friends. But often, that search is difficult because these resources are not in one place. That's why Path2Help was created to be a one-stop shop for easy and fast resource directory listings.

Maryland Physician's Care, a Medicaid provider in the state of Maryland serving more than 250,000 individuals, has recognized the importance of addressing SDOH among its members and individuals in need by using Path2Help. The publicly accessible social care coordination solution has allowed individuals

in western Maryland to take control of their health by helping them locate nearby resources that meet their social needs. Path2Help also connects the health systems, medical providers, and community organizations that Maryland Physician's Care works with to help connect individuals to much-needed resources.

**Path2Help is a social care coordination portal and resource directory that allows more efficient searches for social service resources in a specified area. Powered by WellSky, a leading technology company, it helps providers, payers, health systems, and community organizations solve tough SDOH challenges, improve collaboration and achieve better outcomes by connecting clinical and social care.**

Anyone searching for resources in western Maryland can immediately access [Path2Help](#) on the Allegany County Health Planning Coalition's website.

Once on [the site](#), you will be able to search for resources right away. Simply type in the service, program, or organization you are looking for, select a mileage range, and then type in an address, city, or ZIP code. You will get detailed information on the resources that fit your needs and can save or share them. The resource sites contain everything you'd want to know, such as services provided, location, website, phone number, eligibility requirements, hours, and more.

The goal of Path2Help is to get individuals the help they need to improve the quality of their lives and health outcomes. For more information on WellSky or Path2Help, please contact Jen Thomas, Network Director of Relationships for the State of Maryland, WellSky: [jen.thomas@wellksy.com](mailto:jen.thomas@wellksy.com)

**Challenge yourself today  
by helping yourself or  
someone else in need!**



## SPIRITUAL WELLNESS HOPE IN THE MIDST OF QUESTIONS

Pastor Bruce McBride, MA, M.Div  
Director, Pastoral Care, UPMC Western Maryland

**Are you dealing with anxiety and depression?** We live in a world that can be scary at times, and we need faith to remain solid and strong. We need to base our lives on an unshakable hope and a rock-solid foundation. Too many families have no hope, struggle to get through and wonder, can I ever be well again? Where can I turn when hope is gone? What can I believe in when the doubts and concerns overwhelm me and my family? Disappointments are part of every day. Sometimes, we reach for answers, and the heavens seem silent. Can God work in the midst of hurts? What facts can we rest on in the midst of so many unknowns?

**#1 - All of us go through hurts at some time in our lives.** None of us are exempt from a crisis or trauma in our families. We have seen our loved ones suffer and that is a given for all humanity. Where we lay the hurt is the choice we all have. I can lay the burden at my own feet, or I can give it to the Lord Jesus, who cares for us all.

**1 Peter 5:7 - "Casting all our cares upon Him, because He cares for you."**

When we are broken and hurting, we need an anchor to help us focus on the positive and see the Lord working in our lives even when we're in the valley. Chaplains are available at UPMC 24/7, and our prayer partners are volunteers who visit patients and offer a vertical perspective to their lives. We all need encouragers, and we hope our staff here can assist your family in knowing the Lord and leaning on His promises in your life. Don't ever think you are alone in your life. We are here to offer support, prayer, and comfort in your journey. We want to hold your hand and help in whatever you are facing. Thank God we can be there for your family. Pastoral care is committed to helping in any way we can. **God be with you today.**

**#2- Who is your rock to lean on?** Perhaps it's your spouse, girlfriend, son or daughter, or maybe even your dog or cat. Each of us needs someone to lean on when we are weak and tired of battling; God's Word allows us to stand on truth, and His Word gives us hope to hang in there. Promises are the key to believe in and remember. When we hit a dead end - we need HOPE - remember Hebrews 13:5 below.

**"I will never leave you nor forsake you, so we may boldly say, The Lord is my Helper, I will not fear, what can man do to me."**





# IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



## Fall in Love with Fall Flavors!

Autumn is the perfect time to enjoy the beauty of fall foliage, cool days, and the abundance of fresh and deep-colored produce. Fruits and vegetables are the ideal canvas to use the flavors of autumn in healthy and comforting ways. Use these recipes to spice up your meals with warm fall flavors of cinnamon, pumpkin, nutmeg, and sage.

### Pumpkin Protein Overnight Oats



#### INGREDIENTS

- ½ cup old fashioned oats
- 1 Tbsp chia seeds
- ¼ tsp cinnamon
- ¼ tsp pumpkin pie spice
- ¼ tsp nutmeg
- ½ tsp vanilla extract
- 2 Tbsp pumpkin puree
- ½ cup unsweetened vanilla almond milk or milk of choice
- 1 Tbsp creamy almond butter or peanut butter
- ½ Tbsp maple syrup optional for sweeter oats
- 1 Tbsp chopped pecans, walnuts, and/or pepitas, optional for topping
- 1 scoop protein powder (vanilla or unflavored), optional for additional protein

#### DIRECTIONS

- 1.) Combine all ingredients, except pecans/nuts, in a mason jar. Add the lid and shake vigorously until mixed well and the ingredients are evenly distributed.
- 2.) Let sit in the refrigerator overnight or for at least 6-8 hours. Add chopped walnuts, pecans and/or pepitas the next day if desired.
- 3.) Add cranberries to mixture and serve warm.

<https://wellnessforthewin.com/pumpkin-protein-overnight-oats/#recipe>

### Herb Roasted Acorn Squash with Parmesan



#### INGREDIENTS

- 1 large acorn squash (or 2 small)
- 1/3 cup parmesan cheese + more for garnishing
- 3 Tbsp. Fresh herbs or 1 tsp dried herbs + more for garnishing (I suggest thyme, sage, Rosemary, oregano, or a mix of these)
- 1 Tbsp. butter or ghee melted
- ½ tsp garlic powder
- ¼ tsp salt
- 1/8 tsp black pepper

#### DIRECTIONS

- 1.) Preheat the oven to 400°. Line one large (or two medium size) baking sheets with parchment paper.
- 2.) Cut the acorn squash in half, from stem to tip and scoop out the seeds. Then, cut each squash half into ½-inch thick moon-shape slices.
- 3.) In a bowl, combine the Parmesan, herbs, melted butter, garlic powder, salt, and black pepper; toss until well mixed.
- 4.) Spread the acorn squash pieces onto the prepared baking sheet(s). Using your hands, gently press the Parmesan mixture onto one side of each squash piece for maximum coverage (it's OK if a little falls off).
- 5.) Bake until the acorn squash pieces are tender, and the Parmesan topping is crispy and slightly browned about 25 minutes. If desired, garnish with additional Parmesan cheese and herbs. Use a flat spatula to lift each piece off the baking dish and onto a serving tray or dinner plates.

<https://therealfooddietitians.com/herb-roasted-parmesan-acorn-squash/>

LAUGHTER  
IS THE BEST  
MEDICINE



From *Good Housekeeping* online ...

**My toddler is refusing to nap.**  
*He's guilty of resisting a rest.*

**My boss asked me why I only get sick on workdays.**  
*I said it must be my weekend immune system.*

