

# UPMC

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## WESTERN MARYLAND

### Fall Happenings

#### HEALTH AND WELLNESS COACHING

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

#### FITNESS CLASSES

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

- **Body & Band Resistance classes** at the Frostburg Library every Monday, 1:30
- Contact us at 240-964-8424 to find out about times and locations for **Bingocize**.
- South Cumberland Library **Yoga Classes**, Wednesdays at 11 a.m.
- LaVale Library **Yoga Classes**, Fridays at 10:30 a.m.
- **Chair Yoga**, Mondays at 2:30 p.m., at the Gilchrist Museum of the Arts, 104 Washington Street, Cumberland, MD 21502. To register for the in-person or online class via ZOOM, contact Christina Collins-Smith at [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu) or call 410-967-9112.

#### ONLINE SMART RECOVERY

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

#### BUILDING BETTER CAREGIVERS

**FREE** Seven-week class offers valuable support and empowers caregivers to take a proactive approach in their vital role, exploring various aspects of self-care, stress reduction, problem-solving, managing thoughts and emotions, decision making, effective communication, and finding resources. Call 240-964-8424 for more information.

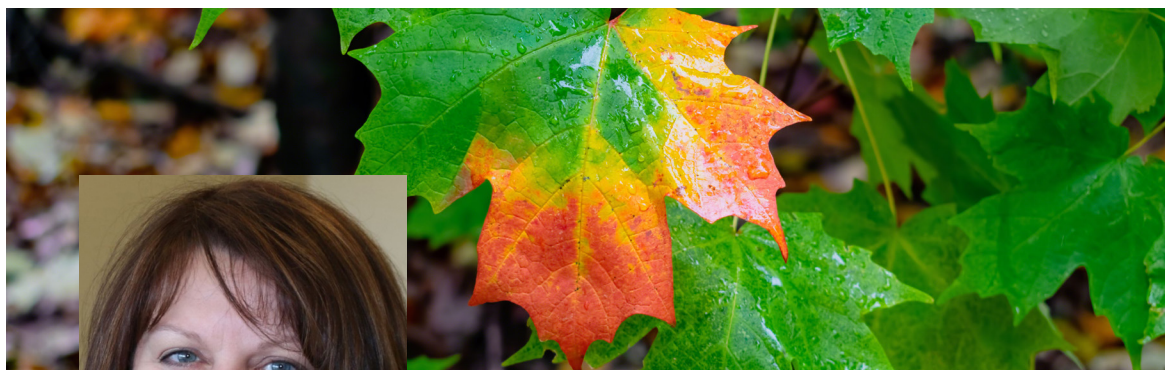
# Real WELL

FALL 2024

WELLNESS NEWS YOU CAN USE!

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## FALL TRANSFORMATION



**Stacey Blank, MS, BTSP RRT**  
Manager, UPMC Community Health and Wellness

**WELCOME TO OUR NEWLY TRANSFORMED REAL WELL NEWSLETTER!** I am thrilled to present a fresh format filled with valuable information – still packed with articles from our coaches and guests. Whether you're interested in health coaching or some of our other programs like Building Better Caregivers at UPMC Western Maryland, we've got you covered – and it is all free! Just give us a call to get signed up.

This fall, let's commit to making positive changes. Choose one thing you'd like to transform on your journey to a healthier you.

*stacey*

### In this Edition...

- Exercise Guidelines and How to Apply them in Real Life
- Health and Houseplants
- Progress not Perfection: Embracing a Growth Mindset
- Keeping Kids Active and Engaged: Fall Fitness Tips for Every Family
- The Gift of Self-Care
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- Featured Recipe
- Safety First
- Laughter is the Best Medicine

Visit our UPMC Western Maryland Community Health and Wellness Coaching Website at [UPMCWesternMaryland.com/Wellness](https://UPMCWesternMaryland.com/Wellness)

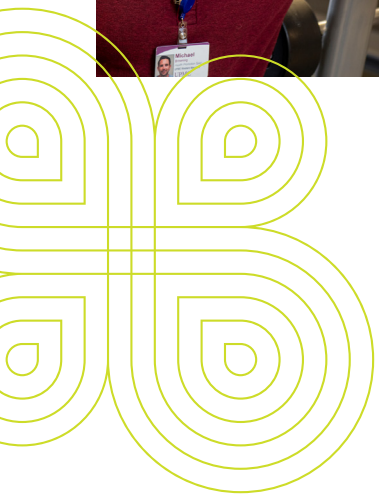


# EXERCISE GUIDELINES AND HOW TO APPLY THEM IN YOUR REAL LIFE

Michael Browning, MA, NBC-HWC

I get it, I work a full-time job and have four kids, along with hobbies and other commitments. Although it may sound reasonable to fit 30 minutes of exercise into your day, the reality is that it is a challenge, but a challenge that you can overcome with the right real-life guidance. Let's begin with the recommendations set by the CDC and a partnership with other health organizations. For cardiovascular exercise, the recommendation is 150 minutes per week of moderate-intensity exercise. For resistance or strength training, the CDC recommends two days of working your full body to fatigue. Follow this link for more info: [Walk. Run. Dance. Play. What's your move? - Move Your Way | health.gov](https://www.health.gov/moveyourway). Below are my real-life recommendations, so hopefully, you run to exercise.

- Research suggests starting with 10 minutes of exercise and slowly building yourself up to 30 minutes.
- 30 minutes can be broken down into three separate 10-minute bouts of moderate-intensity exercise.
- Schedule your planned exercise days into your calendar each week and set an alarm on your phone.
- House chores count as long as they are more than 10 minutes and maintain a sustained elevated heart rate for that duration. Fast-paced music is a great help.
- Involve the kids and pets. Go for walks, hikes, and bike rides.
- Get away from the kids! Go for walks, hikes, and bike rides.
- Call a Health Coach at UPMC who will guide you through the exercise process at 240-964-8420.



## HEALTH & HOUSEPLANTS

Pam Jan, NBC-HWC



Winter is right around the corner, and we'll soon be closing our windows and turning up the heat, which can affect the air quality in our homes. While we don't often hear about houseplants as medicine, they can benefit our health. Plants can help improve air and sleep quality and even be good for the soul.

Don't have a green thumb? No worries, many plants are easy to care for. A few of my favorites are:



**1. Spider plants** – Also known as *Chlorophytum comosum*, don't require constant attention and thrive with little time investment. According to NASA research, spider plants can be natural air filters for your home. They also multiply quickly, so you can place them throughout your home and have leftovers to share with friends.



**2. Pothos** – Also known as devil's ivy, have green or variegated heart-shaped leaves. They live happily in indirect sunlight with infrequent watering. They lower indoor ozone levels, making breathing easier and reducing the risk of respiratory ailments.



**3. Herbs** – If you're looking for inspiration to cook, herbs may be your plant of choice. Growing herbs has been shown to reduce anxiety. They also contain vitamins, minerals and antioxidants, further boosting your health. Growing them is inexpensive, and there's one less thing to add to your grocery list.

## PROGRESS, NOT PERFECTION:

Embracing A Growth Mindset



Carey Moffatt, MS, NBC-HWC



If the pursuit of perfection feels overwhelming, try adopting a growth mindset. A growth mindset celebrates progress. A growth mindset, coined by psychologist Carol Dweck, focuses on continuous improvement rather than flawless outcomes. It celebrates small victories and learning from mistakes rather than being paralyzed by the fear of imperfection.

Carol Dweck's concept emphasizes that a person's abilities can be developed through dedication and hard work. In contrast, a fixed mindset holds that abilities are unchangeable. A growth mindset empowers you to seek challenges, learn from criticism, and achieve goals through effort, thereby challenging the notion of fixed abilities.

A growth mindset celebrates small victories. A growth mindset recognizes and appreciates progress along the way. Whether mastering a new skill, overcoming a challenge, or making small improvements, each step forward is a success. Furthermore, a growth mindset encourages learning from mistakes. Instead of viewing failure as a setback, a growth mindset sees failure as an opportunity for growth. Setbacks and obstacles become valuable lessons that fuel progress.

Consider this mindset example:

- Fixed: "This is too hard."
- Growth: "The more I practice, the easier it will get."

By shifting our focus from perfection to growth, we unlock a world of possibilities. Embracing a growth mindset allows us to overcome fear and self-doubt, reach new heights, and achieve our full potential. True success lies not in perfection but in the continuous pursuit of improvement. So, let's celebrate each step of growth and remember that the journey itself is the true victory.

Source: Carol Dweck



## KEEPING KIDS ACTIVE AND ENGAGED:



### Fall Fitness Tips For Every Family

**Brittany Friend, MS, NBC-HWC**

Keeping kids active during the fall can help maintain their physical health and energy levels as the seasons change and school starts. One effective strategy is to take advantage of the autumn weather by participating in outdoor activities.

Some kids may enjoy team sports such as soccer, volleyball, or football. Or how about an outdoor outing?! Visit a pumpkin patch, a corn maze, a petting zoo, or an apple orchard. Hiking is another great option, as it can provide cardiovascular exercise and allow them to enjoy fresh air and beautiful leaves. Nature walks or bike rides through local parks or trails are excellent ways to explore nature while staying active.

And for the days when they just won't stop complaining, involve them in seasonal chores such as gardening or raking leaves. Who can build the biggest pile to jump in?! This keeps them active and teaches responsibility and the value of contributing to household tasks. Letting kids jump in leaves and puddles or just put their bare feet in the grass can create great sensory experiences. Encouraging active play with friends or siblings, whether it is a game of tag or setting up a mini-obstacle course in the backyard, promotes social interaction and physical fitness. Fall provides many great activities for kids; get outside and enjoy them!



<https://www.parents.com/kids/development/im-a-mom-and-an-expert-on-play-here-are-activities-you-didnt-know-were-so-good-for-your-kids/>

<https://www.verywellfamily.com/fall-activities-for-families-6742162>



## THE GIFT OF SELF-CARE



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

In her book "Yoga for One," Dr. Suzie Carmack writes, "Before the plot twists of the day can get to me, my yoga helps me to get in touch with me." As an inspiring friend and teacher, one of the most fundamental lessons Dr. Carmack has gifted me is a better understanding of the art of self-care for myself and how to teach it to others.

Most clients I interact with are deeply invested in their family, friends, and community. Many are also facing serious health challenges. When given the opportunity to practice a functionally adaptive, physically and mentally refreshing, restorative breath and movement synced hour of yoga, most become immediately aware of how much this self-care practice enhances their lives. They also become more aware of their capabilities and feel better prepared to meet their challenges. My message has long been, "When you give yourself the gift of self-care, it truly is the gift that keeps giving because everyone in your life will benefit from your well-being."

UPMC's free self-care community yoga sessions in Cumberland, MD, are Monday- 2:30 p.m. at Gilchrist Museum, Wednesday- 11 a.m. at S. Cumberland Library, and Friday- 10:30 a.m. at LaVale Library. Join us September 28 to 29 to welcome Dr. Suzie Carmack at the Gilchrist Museum's be Wellness Arts Festival for two days of free yoga and well-being on Centre Street and the Gilchrist Gardens under UPMC tents.



## SPIRITUAL WELLNESS



Pastor Bruce and Judy McBride

# WHERE TO FIND HOPE

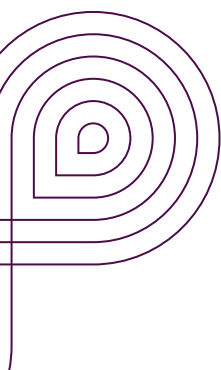
**Rev. Bruce McBride, M.A., M.Div.**  
**Director of Pastoral Care, UPMC Western Maryland**

When a diagnosis comes, and we hear news of tests and results from medical professionals, we sometimes do not know how to respond. People of faith have a spiritual resource that we can depend on in times of uncertainty. As someone once said, we're always in one of three places: heading into a storm, in a storm, or emerging from a storm. We think we have it under control until we suddenly don't. Storms cut us down to size and cause us to fear what we cannot control. God uses the storms of life to get our attention, demonstrate His power, and strengthen our faith in Him.

I remember **Psalm 119:71** - "It is good that I have been afflicted that I may learn your statutes." The Lord teaches us that our own emptiness drives us to our dependence on Him. The opposite of faith is fear. Belief breeds confidence, while unbelief breeds fear. Maybe there's a specific fear

that is troubling you today. Put your trust in the word of God and allow the Lord to encourage you in the midst of your questions. **HOPE** is spelled **H-O-P-E** (HELPING OPEN PEOPLE'S EYES). I use this daily with families who need hope in the Lord our God. You can find so many hopeful promises in the word of God to build your life on each day.

The Apostle James, the half-brother of Jesus, used a great illustration of storms - James 1:2-8; he says we will encounter storms in this life, and without faith, we will be "like a wave of the sea driven and tossed by the wind." Clear skies are never promised to us, but we have hope when we have faith that is secure in the God who loves us. Let us pray for you in the midst of your journey. Call the Pastoral Care office at 240-964-8292 and leave your prayer request so we can pray for your needs.





# IN THE KITCHEN with RACHEL



Rachel Sproat, RDN, LDN

Fall is here, which means it is time to savor the flavors of the season: warm spices, sweet apples, pumpkin, and squash. This dish is an easy, unique meal that can be enjoyed as lunch or dinner.



## Crockpot Apple and Pulled Chicken Pita Sandwich

### INGREDIENTS

- 1 apple sliced
- 1 sweet onion sliced
- 2 lbs boneless, skinless chicken breasts
- 1 tsp salt
- 1 tsp pepper
- 1 tsp chili powder
- 2 tsp dry mustard
- 12 oz non-alcoholic sparkling cider or apple juice
- 2 cups shredded pepper-jack cheese
- pita bread

### DIRECTIONS

- 1.) Place the onion and apple slices on the bottom of your slow cooker.
- 2.) Lay the chicken breasts on top of the apples and onions. Sprinkle all the seasonings and pour the sparkling cider over the top.
- 3.) Turn the slow cooker on low for 6-8 hours or until the chicken is cooked through and shreds easily.
- 4.) Remove the chicken from the slow cooker and shred it with two forks. Add shredded chicken back into the slow cooker.
- 5.) Toss the chicken, apples, onions, and cooking liquid using tongs.
- 6.) Using tongs, add the slow cooker mixture into the pita bread and top with shredded cheese.

Serve and enjoy!

<https://www.theproducemoms.com/crockpot-sweetango-pulled-chicken-pita-sandwiches/#wprm-recipe-container-99973>

## TIME TO CHECK YOUR SMOKE ALARMS



October 6 to 12 is National Fire Prevention Week, and this year's theme is "Smoke Alarms: Make them work for you!" Most of us have smoke alarms in our homes, but are they in good working order? According to the National Fire Protection Association (NFPA), having working smoke alarms in our homes reduces the risk of dying in a house fire by more than half. They also state, "... roughly three out of five fire deaths occur in homes with either no smoke alarms or no working smoke alarms. More than one-third of home fire deaths result from fires in which no smoke alarms are present."

### NFPA offers these tips on smoke alarm safety:

- Install smoke alarms in every bedroom, outside each separate sleeping area (hallway), and on each level of the home.
- Make sure smoke alarms meet the needs of all family members, including those with sensory or physical disabilities.
- Test smoke alarms at least once a month by pushing the test button.
- Replace all smoke alarms when they are 10 years old or don't respond when tested.

For more information on fire prevention, please visit <https://www.nfpa.org>

### BE FAST

When You Spot Stroke Warning Signs

UPMC  
LIFE CHANGING MEDICINE

**B**alance: Loss of coordination or balance



**E**yes: Sudden double vision or vision loss



**F**ace: Facial drooping on one side



**A**rms: One arm becomes weak or numb



**S**peech: Slurred speech



**T**ime: **BE FAST.** Call 911



LAUGHTER IS THE BEST MEDICINE



How do you make a robot angry?

Keep pushing his buttons

What do you call a rude cow?

Beef jerky

