

EngAge

WELLNESS

Successful aging through individualized
exercise of body, mind, & spirit.



**HAPPY 6th BIRTHDAY,
EngAge Wellness!!**



February 4th marks **6 years** of operation!

As we celebrate, we'd like to say **THANK YOU** to all our wonderful participants, for helping to make this the special place that it has become!! We're so glad to chose to be part of the EngAge Wellness family, and we're happy to be on this journey with all of you!



"EXERCISE IS MEDICINE FOR THE HEART" OPEN HOUSE

EngAge Wellness cordially invites you to our Open House!

- Tuesday, February 14th
- 7:00 a.m. to 7:00 p.m.
- EngAge Wellness (730 South 38th Avenue)

Please bring a friend and learn about our EngAge Wellness program and tour the facility. In addition, obtain information on how Exercise is Medicine for Heart Health. There is no cost, refreshments will be served, and this is open to the public!

♥ *Happy Valentines Day* ♥

SPECIAL OFFER

**NEW participants receive
FREE enrollment
through February 15!**

Row Row Row!

Interested in Personal Rowing Machine Training?

Would you like to get the most out of your rowing machine workout? Catherine Saarela-Irvin, is a certified Concept II rowing coach. In a one-on-one session she will coach you on form to ensure exercise safety and maximum benefit. She is available by appointment.

	Premium Participant	Basic Participant	Non-Participant
Ten ½-hr. Sessions	= \$220.00	\$250.00	\$295.00
Four ½-hr. Sessions	= \$ 96.00	\$110.00	\$130.00
One ½-hr. Session	= \$ 25.00	\$ 30.00	\$ 35.00

There are cardiovascular rowing machine benefits for women and men when individuals use their rowing machines for endurance training at low intensity and resistance. By raising their heart rate with a good rowing stroke as part of a workout routine, they are strengthening their hearts and lungs.

How to Reduce Your Heart Attack Risk

1. Choose a Heart Healthy Lifestyle:

- Engage in regular moderate aerobic exercise for at least 30 minutes five days a week or more vigorous workouts at least 20 minutes three times a week.
- Adopt a diet low in salt, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.).
- Maintain a normal body weight with caloric adjustment.
- Take fish oil supplements.
- Avoid smoking and recreational drug use.
- Consume no more than ½ to 1 alcoholic beverage per day.

2. Know and review your risk factors with a trusted physician.

3. Your physician may recommend medications to control cholesterol, hypertension and diabetes.

4. High-risk individuals should consider taking a daily aspirin.

5. Avoid hormone replacement unless you have severe menopausal symptoms.

6. In selected cases, it may be necessary to conduct non-invasive or even invasive tests to determine the nature and severity of the heart disease.

7. Sometimes angioplasty/stenting or even bypass surgery may be needed if you have severe and symptomatic arterial blockage.

8. Learn CPR.



February is Heart Health Month

What is Heart Disease?

Heart disease is actually a broad term used for a wide variety of diseases of the heart and blood vessels such as coronary artery disease, heart rhythm disorders called arrhythmias and defects of the heart present at birth, also called congenital heart defects.

To clarify, when we use the term heart disease on The Heart Foundation website, we are primarily referring to coronary artery disease, also called coronary heart disease or cardiovascular disease. This is a condition in which plaque, which is made up of fat, cholesterol, calcium and other substances in the blood, builds up inside the coronary arteries which supply oxygen-rich blood to the heart muscle.

This plaque build-up is called atherosclerosis. A plaque can grow large enough to reduce or completely block blood flow through an artery. More frequently, a plaque may rupture, causing a blood clot to form that either blocks the artery or breaks off and travels somewhere else in the body causing a blockage at another site. When the blockage takes place in a blood vessel that feeds the heart, the result is a heart attack or, depending on the severity, Sudden Cardiac Death.

If the plaque build-up or blood clot resulting from the plaque rupture occurs in the carotid arteries on either side of the neck, this is called Carotid Artery Disease and can result in a stroke. Peripheral Arterial Disease is when the major arteries that supply blood to the legs, arms or pelvis are obstructed. If blood flow to any of these areas of the body is reduced or blocked, numbness, pain and sometimes dangerous infections such as gangrene can occur.

Heart Attack Symptoms

Symptoms of a heart attack or myocardial infarction can vary greatly from person to person, but in order to help you identify a possible heart attack, we have listed some of the most common symptoms below:

- Approximately 2 out of every 3 people who have heart attacks experience chest pain, shortness of breath or fatigue a few days or weeks before the attack.
- A person with angina (temporary chest pain) may begin to find that it takes less and less physical activity to trigger the pain. Any change in the pattern of angina should be taken very seriously and brought to the attention of your physician.
- During a heart attack, a person may feel pain in the middle of the chest which can spread to the back, neck, jaw or arms. The pain may also be felt only in the back, neck, jaw or arms rather than the chest.
- A person having a heart attack may have gas-like pain or pressure in the stomach area which is often mistaken for indigestion. The pain is similar to angina, but it is usually more severe, longer lasting and does not improve with rest or a nitroglycerin pill.
- It is important to note that approximately 1 out of every 3 people who have heart attacks do not feel any chest pain. Many of these are women, non-Caucasian, older than 75, have heart failure or diabetes or have had a stroke.
- Nausea & vomiting which are sometimes mistaken for food poisoning or the stomach flu
- Lightheadedness or dizziness
- Shortness of breath, especially in older people
- Feelings of restlessness, sweatiness, anxiety or a sense of impending doom
- Bluishness of the lips, hands or feet
- Heavy pounding of the heart or abnormal heart rhythms
- Loss of consciousness (This can be the first symptom of a heart attack!)
- Disorientation resembling a stroke may occur in older people.
- Also, older people, especially women, will often take longer to admit they are not well and to request medical assistance.

For more information visit [the Heart Foundation](#)



PLEASE CHECK IN!

Please remember to check in at the front desk each day you come in to EngAge Wellness! This is important for many reasons including:

- ◆ You getting credit for each attendance
- ◆ Our overall attendance reporting
- ◆ Continuation of scholarship assistance for scholarship recipients

DON'T FORGET ABOUT OUR NEW EXTENDED HOURS!

- ◆ Monday thru Friday — 6:00 a.m. to 8:00 p.m.
- ◆ Saturdays — 8:00 a.m. to 2:00 p.m.



EngAge Word Jumble — Created & drawn by Patrick Bartmess

The letters in the four words below have been jumbled. Arrange them in the correct order and then use the letters that are in the circles, to solve the answer to the cartoon caption. (These letters will need to be unscrambled, as well).

ANSWERS are on the back!! 😊

PORTCUR

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LUAUNSU

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SSIINERT

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IAABBCRR

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HINT:
 It's a palindrome!

Q&A Session with Rori McGrath

Q: How long have you been coming to EngAge Wellness?

A: Two years, I think. Let's see, Heather had a baby, Sara got married, Chris joined the group (never forgets a name, how does she do that), Jeannie keeps things running smoothly and monitors malfunctioning equipment (love the cone). There are lots of new, young people to monitor your progress and increase the resistance (augh).

Q: What activities do you participate in?

A: I have developed my own workout and with such awesome equipment you are free to do the same. Example, upper and lower body workouts. The rowing machine is next.

Q: What is your favorite aspect of EngAge Wellness?

A: The equipment is awesome and staff is so knowledgeable. They keep challenging you. The atmosphere is casual and no one judges you.

Q: How has your motivation to exercise changed, since you started coming here?

A: I am becoming buff (ha ha). We all have our individual goals and this is the place to reach them.

Q: What advice would you give other EngAge participants, to help them achieve their fitness goals?

A: Don't underestimate what you are capable of. Give it some time and keep going. You may find it's easier to run at 4.7 to 5.0 miles per minute, than walk. Use your music to your advantage.

Q: How has exercise help manage any chronic conditions?

A: I have been blessed to be tumor free for four years. I have promised God that I will maintain my fitness and health because of that. I will continue to do so to the best of my ability.

Q: Any tips for successful ageing you would like to share?

A: Don't get down on yourself. You will miss days and not feel up to it. But, the more you do, the better you feel.

A few facts about me:

I am a retired nurse. I have three children and four grandchildren.
I love Nebraska football, Creighton Bluejays, and the Green Bay Packers!



UPDATE — Emile Street and Sidewalk Closures due to Construction Work

Over the next few weeks, Hausmann Construction will be installing foundation pilings along Emile Street for the new Global Center for Advanced Interprofessional Learning.

1. Starting Tuesday January 31 through Friday February 24, Emile Street and the adjacent sidewalks between 42nd and 41st Street will be closed.
2. Starting Monday February 13 through Friday February 24, Emile Street and the Southern sidewalk between 41st Street and 40th Street will be closed.
3. 41st Street and the Eastern sidewalk will remain open.



New Parking Entrance

There is a **new entrance** to the EngAge Wellness parking lot off of Jones Street. You may get to the new entrance from the East — access Jones Street from 38th Avenue or from the West — access Emile St. (turns to Jones) from 41st Street or 42nd Street.

EngAge Wellness Staff

Jeannie Hannan - PhD, ACSM-HFD

Wellness Manager
402-552-7227

Heather Shafer - M.S.

Wellness Specialist
402-552-7229

Sara Huebert - B.S.

Wellness Specialist
402-552-7229

Chris Kocol

Operations Assistant
402-552-7210

Natalie Albretsen

P.T. Student/Work Study Employee

Natalie Wheeler

P.T. Student/Work Study Employee

Dana Steffen

P.T. Student/Work Study Employee

Trent Werner

P.T. Student/Work Study Employee

Patrick Bartmess

Volunteer Newsletter Developer



Jumble answers:

Corrupt

Unusual

Sinister

Barbaric

Answer to Cartoon:

Bursitis Rub

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