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

“EXERCISE IS MEDICINE FOR SUCCESSFUL AGING”
OPEN HOUSE

♦ Thursday, September 21st
♦ 9:00 a.m. to 5:00 p.m.
♦ EngAge Wellness (730 South 38th Avenue)

Participants are encouraged to invite family and friends so they have an opportunity to learn about our EngAge Wellness program and tour the facility. In addition, they can obtain information on how Exercise is Medicine for Successful Aging. There is no cost, refreshments will be served, and this event is open to the public. Remember, if you refer an individual who becomes a member you get one month free!

WELCOME UNMC NURSING STUDENTS!

On Wednesdays and Thursdays, you may have noticed a group of young, bright nursing students at EngAge Wellness. They are part of UNMC College of Nursing’s Population Centered-Care course and will be interacting with participants to gain experience and learn about our interests. At the end of their six week visit they will develop an educational presentation for those who are interested in attending. Dates and times will be announced.

A special thank you to all our participants who took a few minutes to complete a survey for the students, on medical topics you are interested in. The information you provided is being used by the students to develop their presentation. This is a great collaborative effort that benefit the students, as well as our participants.

NATIONAL PREPAREDNESS MONTH

We should all take action to prepare! We are all able to help first responders in our community by training how to respond during an emergency and what to do when disaster strikes — where we live, work, and visit. The goal of NPM is to increase the overall number of individuals, families, and communities that engage in preparedness actions at home, work, business, school, and place of worship.

Know what disasters could affect your area, how to get emergency alerts, and where you would go if you & your family need to evacuate. Be Prepared!

Resource: ready.gov/september
ACTIVE AGING WEEK!
September 24th — September 30th

Initiated in 2003 by the International Council on Active Aging® (ICAA), Active Aging Week takes place each year during the last week of September. The weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way. Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life — physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the life span.

In honor of Active Aging Week, we will be having some fun events to keep us active.
Stay tuned for upcoming announcements!

EngAge Wellness Wins Silver!

EngAge Wellness earned 1,500 points during the Team Stage Race, of the CyberCycle Games Challenge. Thank you to the 15 riders that pedaled us into 2nd place!!
Once the official results for the Individual Time Trial and the Individual Stage Race, are received, they will be posted.

New CyberCycle Challenge - Ignite Your Passion

It’s simple. Ride 10 miles on the CyberCycle during Active Aging week (September 24th - 30th). Riders who do will be honored with an Explorer Badge next to their name on the CyberCycle leaderboard, and will unlock the ability to purchase their Official Active Aging Week T-shirt. Ride more than 10 miles and watch your name climb the leaderboards! The top teams in each division with the most miles will win the official trophy. Get ready to ride!
Think it’s too late to “reinvent” yourself? Think again. It’s never too late to find a new career, a new sport, passion, or hobby. September is Healthy Aging® Month, an annual health observance designed to focus national attention on the positive aspects of growing older, began over 20 years ago.

According to Carolyn Worthington, publisher of Healthy Aging® Magazine, September is Healthy Aging® Month provides inspiration & practical ideas for adults, ages 50-plus, to improve their physical, mental, social, and financial well being. “Use September as the motivation to take stock of where you’ve been, what you really would like to do,” Worthington said. “Make your list based on your gut feelings and thoughts, no-holds-barred. And try it! Who says you have to do something related to what you studied in school? Who says, you can’t become an entrepreneur, start your own home business later in life, test your physical prowess, or do something wildly different from anything you’ve done before? Live somewhere else, somewhere exciting? Only that person you see in the mirror!”

To get you started on reinventing yourself, here are some ideas from the editors of Healthy Aging® Magazine. Maybe they will help you think “outside the cage” or outside the box:

10 Tips for Reinventing Yourself during Healthy Aging® Month:

* **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it’s positive thinking and goes a long way toward feeling better about yourself. (Tip: Don’t keep looking in the mirror, just FEEL IT!)

* **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).

* **Ditch the downer friends.** Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It’s contagious and wards off naysayers).

* **Walk like a vibrant, healthy person.** Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes).

* **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice).

* **How’s your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

* **Lonely?** Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out).

* **Start walking** not only for your health but to see the neighbors. Have a dog? You’ll be amazed how the dog can be a conversation starter. (Tip: If you don’t have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

* **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the My Health Finder. Here’s what Medicare Covers).

* **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

source: healthyaging.net
Healthy Aging® Month Tips: 6 Healthy Life-style Ideas

Take cat naps. It’s proven that naps are not just good for toddlers but for people of all ages. A study revealed people who take naps are 37% less likely to die from heart disease.

Mix and mingle with the right crowd. There is a clear link between having the right social ties and living a longer life. Surround yourself around positive people who help lift you up and encourage you to follow your dreams. Continue your old hobbies and find new activities that you can do with your friends or alone.

Set realistic goals. Make a plan to clearly define where you are going and how you will get there. Research has shown those who have a clear sense of purpose and drive have a less chance of getting Alzheimer’s disease.

Stay active. Exercise regularly. It is recommended to get at least 2.5 hours of exercise a week. Not everyone likes the gym but how about a nice nature walk or dancing?

Budget and spend your money wisely. Create a budget. Know where your money is going. Try to cut down your expenses. Not being able to afford things you want to do in life can stress your life. Look at ways you can lower regular bills and allocate it to other things like traveling, hobbies or sports.

Eat foods that give you natural energy.

Iron Rich: If you feel lethargic it may be worth examining if you are eating iron rich foods. It’s a fact that almost 10% of women are iron deficient. Increasing your iron intake will get more oxygen to your cells by eating more foods like spinach, beans, dried fruit and meats.

Right Formula for every meal: It’s one thing to eat one or two healthy foods a day but if you add the right foods at the right times together it will give you more energy. One example, is one fruit or veggie, a whole grain, a lean protein, a plant-based fat food (avocado, nuts, coconut oil) and top it off with a fresh herb or spice.

Healthy snacking: Everyone knows to stay away from processed sugar foods but there are many other snack options out there that are just as bad. It’s great to read the labels to see what you’re eating instead of going for a convenient packaged item like chips. Try nuts, dried fruit or trail mix. Consider making your own fruit and energy nut bars. You will notice a difference in your energy levels as you continue to make heathier snack choices.

Source: healthyaging.net

EngAge Word Jumble

Created & drawn by: Patrick Bartmess

The letters in the four words to the right 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!! 😊
Q&A Session with Sharon Wood:

Q: How long have you been coming to EngAge Wellness?
A: I have been coming to EngAge Wellness for about 5 years.

Q: What activities do you participate in?
A: I do cardio and weight training, nothing else.

Q: What is your favorite aspect of EngAge Wellness?
A: I like that there are no TVs, and that I don’t run into my students!

Q: How has your motivation to exercise changed, since you started coming here?
A: I don’t think my motivation has changed since I started coming.

Q: What advice would you give other EngAge participants, to help them achieve their fitness goals?
A: I think the best advice I can give is to just keep at it. There are days when I’m really tired from work and I’m tempted to skip, but I usually find that I feel better after a workout.

Q: How has exercise help manage any chronic conditions?
A: After a diagnosis of metabolic syndrome, I joined EngAge Wellness. I lost about twenty pounds, and my blood pressure and A1C numbers have been good.

Q: Any tips for successful ageing you would like to share?
A: Yoga. I recommend yoga to everyone. It has restored my flexibility and improved my balance. After I had been doing yoga for about six months, I realized that my body felt about fifteen or twenty years younger. That’s a pretty good payoff.

A few facts about me:

I grew up in Charlottesville, Virginia, and suburban Dallas. I came to Omaha about twenty years ago to take a job teaching American History at UNO. I have lived in eight states, but Nebraska is the furthest west. I like to cook, and I grow vegetables and herbs to support my cooking habit. (Many of you know that already!) At this time of year, I enjoy taking a walk through my yard to decide what to fix for supper. I bake my own whole-wheat sourdough bread every week, and I make my own file powder for gumbo.
### EngAge Wellness Staff

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**Maggie Morehouse**  
P.T. Student/Work Study Employee

**Rachel White**  
P.T. Student/Work Study Employee

**Patrick Bartmess**  
Volunteer Newsletter Developer

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### NEBRASKA CORNHUSKERS 2017 FOOTBALL SCHEDULE

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<th>NEB Score</th>
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**Jumble answers:**

- Wedding
- Change
- Tipsy
- Oasis

**Answer to Cartoon:**

Weighty Decisions

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**EngAge Wellness Hours:**

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

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September is Self-Improvement Month!

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Visit us online!  
www.unmc.edu/engage

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Fall starts September 22nd