

# Engage Wellness is the medically-based way to get and stay healthier



## FIT & STRONG!

Do you have pain or stiffness in your lower body?  
Join Fit & Strong! to improve the quality of your life!

**Mondays, Wednesdays, & Fridays from 1:30pm - 3:00pm**  
**4/29/19-6/21/19 (8 weeks - 3 classes per week)**

This award winning exercise/behavior change program is for older adults with lower extremity osteoarthritis. The class includes 60 minutes of exercise, and 30 minutes of group discussion/health education.

### Benefits to you:

- Manage arthritis
- Decrease joint pain & stiffness
- Reduce anxiety and depression
- Exercise safely
- Improve daily function
- Develop and maintain an active life style

Classes held at Engage Wellness, 730 South 38<sup>th</sup> Avenue.

Please register by April 21<sup>st</sup> call 402-552-7210!

Pricing: Premium Participant \$75.00 individual

Basic Participant \$100.00 individual

Non-Participant \$125.00 individual

Note: This class is being subsidized by Give65<sup>SM</sup> funds. Prices listed reflect \$75.00 off!



## SPEAKER SERIES PRESENTATION

### COMBATING ARTHRITIS: HOW TO KEEP PAIN AT BAY

Presented by: Chad Doememan PT, DPT & Bill Koch PTA of ATI Physical Therapy

Please join us to learn about how to combat Arthritis!

Background: Types of arthritis / Signs and symptoms / Treatment options /  
How to keep moving / Home program

**Monday, April 15<sup>th</sup>**

**12:30pm - 1:30pm**

**Multi-Purpose Room**



Please add your name to the sign-up list, by the front desk.  
This is open to the public. Invite your friends!



A warm welcome to new participants that joined our Engage Wellness family in the month of March: Jennifer F., Nancy M., Phil W., Veronica W., Mike H., Ruth E., Malcolm R., Kate L., Nick D., Kathy G.

Thank-you for choosing us to be part of your wellness journey!

### “NO APRIL FOOLIN” SPECIAL OFFER!

New participants who enroll in April receive **half off** enrollment:

Individual enrollment **\$37.50 + tax** (normally \$75.00 + tax)

Couple enrollment **\$50.00 + tax** (normally \$100.00 + tax)

This is a perfect opportunity for you to refer family and friends, who don't want to fool around getting started on a new wellness program. Remember, participants receive one month free for referring a new individual that joins!



### REFER ONE, GET ONE!

Attention Participants, if you refer an individual that joins in the month of April you will get one month FREE. Congratulations to Kathy G. who earned a free month of participation by referring a new member. Nice Job!

### MYTH vs. FACT

**Myth:** Eating too much sugar causes diabetes.

**Fact:** No.

Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease. Type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk for developing

Type 2 diabetes and a diet high in calories, whether from sugar or from fat, can contribute to weight gain. If there is a history of diabetes in your family, eating a healthy meal plan and regular exercise are recommended to manage weight.

**Myth:** People with diabetes are more likely to get colds and other illnesses.

**Fact:** People with diabetes are no more likely to get a cold or another illness. However, people with diabetes are advised to get flu shots. This is because any illness can make diabetes more difficult to control, and people with diabetes who do get the flu are more likely than others to go on to develop serious complications.

Source: American Diabetes Association



## INTERN PRESENTATION

### MINDFULNESS - BEING PRESENT AND LIVING WITH INTENTION

Presented by: Michele Magner, MBA, CDP

Michele is a Graduate Student in UNO's Gerontology Program, interested, and studying ageing and wellness. Please join Michele for her presentation, right after Chat Café:

**Friday, April 26<sup>th</sup>**

**12:15pm - 1:00pm**

**Multi-Purpose Room**



Please add your name to the sign-up list. This is open to the public. Invite your friends!



### ENGAGE AND TAKE THE PLUNGE - 30 DAY WATER CHALLENGE!

Who's up for some healthy fun? During the month of April all Engage Wellness participants are invited to take part in a 30 day water challenge. All you have to do is:



- ~ Pick up a tracking sheet at the table across from the front desk
- ~ Add your name
- ~ Track how many 8 ounce classes of water you drink daily



Our goal is to drink 64 ounces of water each day. In May, turn in your completed tracking sheet to the designated box on the table near the front desk and you will win a prize!!!

So, don't be a big drip, let's make a big splash!

### 10 REASONS WHY YOU SHOULD DRINK MORE WATER

- Increases energy and relieves fatigue. Since your brain is mostly water, drinking it helps you think, focus and concentrate better and be more alert. Plus, your energy levels are also boosted.
- Promotes weight loss. Removes by-products of fat, reduces eating intake (by filling up your tummy if consumed prior to meals), reduces hunger (hello natural appetite suppressant), raises your metabolism and has zero calories.
- Flushes out toxins. Gets rid of waste through sweat and urination which reduces the risk of kidney stones and UTI's (urinary tract infections).
- Improves skin complexion. Moisturizes your skin, keeps it fresh, soft, glowing and smooth. Gets rid of wrinkles. It's the best anti-aging treatment around.
- Maintains regularity. Aids in digestion as water is essential to digest your food and prevents constipation.
- Boosts the immune system. A water guzzler is less likely to get sick. And who wouldn't rather feel healthy the majority of the time? Drinking plenty of water helps fight against flu, cancer and other ailments like heart attacks.
- Natural headache remedy. Helps relieve and prevent headaches (migraines and back pains too) which are commonly caused by dehydration.
- Prevents cramps and sprains. Proper hydration helps keep joints lubricated and muscles more elastic so joint pain is less likely.
- Puts you in a good mood when the body is functioning at its best, you will feel great and be happy.
- Save Money! Water is free. Even if you choose bottled/filtered water, it's still cheaper than high sugar and fat-filled latte!

Source: <https://www.mindbodygreen.com>

## APRIL IS NATIONAL VOLUNTEER MONTH

Volunteer... a person who voluntarily undertakes or expresses a willingness to undertake a service.

National Volunteer month in the United States takes place in the month of April. This month is dedicated to honoring all of the volunteers in our communities as well as encouraging volunteerism throughout the month. April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991.



Volunteerism runs deep at Engage Wellness. We'd like to take this opportunity to thank and highlight some of the special things our wonderful participants do, such as:

- Donating to our GIVE65 and Giving Tuesday fundraising events
- Offering to get pre-paid gift cards for others to purchase for fundraising events
- Paying for the annual subscription to the Omaha World Herald
- Regularly donating to the participant funded coffee and water fund
- Supplying coffee, paper products, plates, napkins, plasticware
- Cooking, baking and making delicious food for our Friday Chat Café
- Bringing the yummy birthday cake for Birthday Chat Café
- Sharing books and magazines to fill our library
- Recycling your plastic water bottles
- Bringing in a change of shoes during bad weather conditions
- Lending a helping hand, a smile, a kind word to brighten someone's day



A special thank you to all our amazing Ambassadors who step up to the plate whenever asked to help with tasks, events, and special projects. You make it happen and your commitment is sincerely appreciated.

MaryAnn B., Peggy B., Rosemary B., Bob D., Gloria D., Terry F., Katherine H., Bonnie L., Nancy M., PK M., Patricia M., Linda P., Becky S.

Last month Engage Wellness teamed with UNMC's Division of Physical Therapy Education to pair up six of our participants with six students from China. The students are in the first year of a four-year Masters/ Doctor of Physical Therapy degree program. Knowing that relationships are so important in healthcare our participants met one-on-one with a student to practice verbal communication and non-verbal skills during the interaction. It was a rewarding collaboration for everyone involved. Our participants shared their knowledge and experiences with these young students resulting in a positive learning experience.

During one of the sessions our participant discovered the student enjoyed playing the violin. They both have a love for music. Things ended on a special note, they will both be going to the Symphony together!

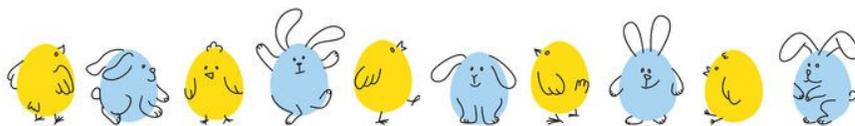
As volunteer opportunities become available, they will be posted at Engage Wellness. For opportunities at Nebraska Medicine call 402-559-4197 to register for class get or get additional information from the website

<https://www.nebraskamed.com/giving/volunteer-services> .



Heartfelt  
**THANKS**  
TO OUR VOLUNTEERS!





**Engage Wellness Staff**

**Kristina Janousek - B.S., MPH**  
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**Tanner Dewey**  
P.T. Student/Work Study Employee

**Jaelynn Griess**  
P.T. Student/Work Study Employee

**Kristina Hedum**  
P.T. Student/Work Study Employee

**Emily Williams**  
P.T. Student/Work Study Employee

**Cierra Wynn**  
Student/Work Study Employee

**CLASS UPDATE**

The first 15 minutes of class will be  
"Introduction to Line Dancing"

If you've always wanted to try it, please join us!!!

Classes: Mondays & Wednesdays

11:15am - 12:15pm



**APRIL 21<sup>st</sup>**



**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.

Visit us online!  
[www.unmc.edu/engage](http://www.unmc.edu/engage)

