

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



GIVE65 FOURTH-ANNUAL FUNDRAISING EVENT JULY 9th - 11th



GIVE65 update. The prescheduled donations continue to come in. So far we have received \$6,110 from 69 generous donors. These early donations increase our chance of receiving up to a \$5,000 matching grant.

We also have an opportunity to receive a \$10,000 financial reward for, either the most dollars raised or the most donors.

The funds raised will be used for:

- Participant retention and incentive programs
- Update and replace fitness equipment
- Facility improvements
- Subsidize our Evidence Based programs
- Scholarship programs

It's easy to make a donation, just visit www.give65.org, search for Engage Wellness and follow the instructions. If you prefer, stop by the front desk and make a donation by check or credit card. We will do the entry for you. For prescheduled donations (prior to July 9th) the donor will receive an e-mail confirming that your donation will be processed on July 9th. You will also receive an emailed donation receipt from the Home Instead Senior Care Foundation once the donation is processed. The transaction will appear on your credit card or bank statement as "GIVE65".

We are proud of our program and our wonderful participants. Please consider making a donation. If everyone made a donation, even a \$10 donation, what a difference it would make. We sincerely thank you!!!



HOLIDAY CLOSING

In honor of Independence Day, Engage Wellness will be
CLOSED Thursday, July 4th.
Enjoy celebrating with family and friends!



WELCOME

A warm welcome to new participants that joined our Engage Wellness family in the month of June:
Tony A., Kathy W., Mark W.

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

SPECIAL OFFER!

New participants who enroll in July receive **\$25.00** off enrollment:

Individual enrollment **\$50.00 + tax** (normally \$75.00 + tax)

Couple enrollment **\$75.00 + tax** (normally \$100.00 + tax)

This is a perfect opportunity for you to refer family and friends, who want to fire up their wellness program. Don't forget, 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 July you will get one month FREE. Congratulations to Pat M. who earned 2 free months for referring 2 new members!

SPEAKER SERIES PRESENTATION



Presented by: Emily Niebrugge - Public Outreach Coordinator at Live On Nebraska

Organ and tissue donation is a powerful act that has a lasting impact on the lives of so many. One simple decision - becoming a registered donor - gives hope to those in need of donated organs and tissue. Currently there are more than 113,000 people waiting for a lifesaving organ transplant, and a new name is added to the waiting list every ten minutes. Every newly registered donor helps lower the number of people in need of a lifesaving transplant. Live On Nebraska moved to their new location across from Engage Wellness. Please join us to learn more.

Friday, July 19th
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!

Q&A Session with Mary Clarkson and Bob Broom

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

A: Since January of 2017.

Q: What activities do you participate in?

A: Bob likes the CyberCycle best, followed by the lateral trainer and the upper body machines. Mary switches between the lateral trainer, standing elliptical, NuStep, bike and treadmill. We both do most of the resistance training machines.

Q: What is your favorite aspect of Engage Wellness?

A: The fact that it's designed for all personality types. Those who want to socialize have lots of opportunity to do so. Those like Bob and Mary who like to concentrate on the exercise aspect can do that too. Bob is a "numbers man" and likes to track his progress on the CyberCycle and watch his place on the leaderboard. Mary likes to get lost in her IPOD music and work up a sweat. Both like steadily increasing the weights on the resistance machines.

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

A: It is a habit that we miss doing if we aren't able to come 4 days a week.

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

A: Start slow, progress steadily, keep your schedule faithfully and it will become a habit that will make you feel better and stronger.

Q: How has exercise helped manage any chronic conditions?

A: Mary use to swim to control her arthritis but has discovered the combination of aerobic and resistance exercise has, surprisingly, given her better control of the symptoms. Bob has had some objective gains in his heart strength.

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

A: Find your passion and chase it.

A few facts about us:

Both Mary and Bob are retired attorneys. Both got their undergraduate degrees from the University of Illinois where they met. Bob also got his law degree from Illinois and Mary went to Creighton Law School. They both practiced law with the Legal Aid Society and later opened their own firm with Vard Johnson where they worked until they retired. They concentrated on representing the otherwise under-represented in the areas of civil rights, employment law, and disability benefits. Bob was lead counsel for the African-American parents and their children in the Omaha Public Schools desegregation case in the 1970's and 80's. Mary was lead counsel in the housing desegregation case in the 1990's that led to the closing and demolition of the Logan-Fontenelle public housing project and the development of hundreds of scattered site housing units. They have been married for 47 ½ years and have two wonderful children who chose great spouses, who in turn have provided tremendous retirement entertainment with four grandchildren. Bob loves all sports (particularly basketball and baseball), reads only nonfiction, and is a dog lover (they have two collies). Mary, like Bob is a devoted Cardinals baseball fan, and is an avid quilter and gardener. They like to take trips to Oregon and Chicago to enjoy their children and grandchildren and to a new city each year to watch the Cardinals play and to visit the city's museums and botanical gardens--with time allowed for Mary to check out fabric stores as well.





REASONS TO SUPPORT FARMER'S MARKETS

From savoring produce at peak of freshness to meeting people who grow your food, there are countless reasons to support farmers markets. Here are just a few!

Taste Real Flavors - The fruits and vegetables you buy at the farmers market are the freshest and tastiest available.

Enjoy the Season - The food you buy at the farmers market is seasonal. It is fresh and delicious.

Support Family Farmers - Family farmers need your support, now that large agri-business dominates food production in the U.S.

Protect the Environment - Food in the U.S. travels an average of 1,500 miles to get to your plate. Shipping uses large amounts of natural resources, contributes to pollution, and creates trash.

Nourish Yourself - Much food found in grocery stores is highly processed and grown using pesticides, hormones, antibiotics, and genetic modification. Some of it has been irradiated, waxed, or gassed in transit.

Discover the Spice of Life: Variety - At the farmers market you find an amazing array of produce that you don't see in your average supermarket, red carrots, a rainbow of heirloom tomatoes, purple cauliflower, green garlic and much more.

Promote Human Treatment of Animals - At the farmers market, you can find meats, cheeses, and eggs from animals that have been raised without hormones or antibiotics, grazed on green grass, and spared the cramped, unnatural living conditions of feedlots and cages that are typical of animal agriculture.

Connect With Your Community - Wouldn't you rather stroll amidst outdoor stalls of fresh produce on a sunny day than roll your cart around a grocery store with artificial light and piped in music? The farmers market is a community hub - a place to meet up with friends, or just get a taste of small-town in the midst of our wonderful city.

Resource: cuesa.org/learn/

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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.

Visit us online!

www.unmc.edu/engage

