

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



Engage Wellness celebrates 10 years of operation, February 4<sup>th</sup>. It's our place to witness fitness, move to the groove, hustle for the muscle, and we realize health is wealth. We make social connections, form forever friendships, have life long learning opportunities, get motivated and energized. Thank you to all our wonderful participants that make Engage the special place that it is. You are the best!

## DO YOUR PART, CARE FOR YOUR HEART!

Please join us in the month of February, for a challenge to see how many minutes of activity we can accumulate as a group! During "Do your part, care for your heart" we will be tracking minutes of structured exercise which will include: time spent doing cardio machines, strength training, participating in a virtual group exercise class or doing an exercise video, going for a walk or run, etc.! (Walking around the mall while shopping doesn't qualify). We will have everyone track their own time, and it can be reported daily or weekly. If you are currently coming to Engage, there will be a place for you to write down your time - but if you're at home, you can email your time to [sara.huebert@unmc.edu](mailto:sara.huebert@unmc.edu). For every 25 hours of time accumulated, we will add a heart to the candy jar. Let's see if we can fill it to the top!



## CONGRATULATIONS SARA - HAPPY 10 YEAR WORK ANNIVERSARY!



**What was your most memorable experience?** The first thing that comes to mind is how I started my job on crutches, due to a broken ankle! Some people don't know that I worked at the front desk during my first few years here, before transitioning to becoming a Wellness Specialist. Being on the fitness side of things was my goal & I'm grateful it happened. Another thing is how close the relationships are between the Engage participants & staff. It's like a family, and I'm so blessed to be surrounded by such wonderful people every day! Some of my favorite memories are from past Chat Cafe gatherings when we celebrated birthdays or had potlucks for the holidays. We had the BEST meals, and the fellowship was really something special.

**What was your biggest accomplishment?** My biggest accomplishment (besides reaching the 10-yr mark) would have to be when I went to Cal State Fullerton in Nov. of 2015, to get certified for the FallProof Balance & Mobility program. This made me one of two people in the state of Nebraska to be certified to teach the class. I've enjoyed helping all the participants who have taken the class, to feel more confident when it comes to their posture & balance!

**Who inspires you at work?** Both my coworkers & our participants inspire me. My coworkers help to challenge & motivate me and I'm lucky to work with a great team, where everyone encourages each other. The Engage participants make me strive to do my best every day, whether teaching a class or performing an orientation. It's rewarding to see the positive changes that exercise has on people, both big & small. I wouldn't still be here if I didn't feel like what I do makes a difference!

## HAPPY, HAPPY BIRTHDAY!

Happy birthday to participants celebrating February birthdays. ☺



Linda L.	Mike H.	Dana T.	Jean R.
Eva O.	Barbara T.	Maxine M.	Terry M.
Andy K.	Liz F.	Cookie S.	Jean S.
Linda P.	Ron B.	Ann G.	Karen G.
James W.	Rose N.	Kathy K.	Barb G.
Jeff H.	Susie T.	Susan P.	Paul M.
Carolyn M.	Terry F.	Mollie F.	Virginia D.
Joe W.	Diana K.	Judy N.	Chris K. ☺

## FACILITY UPDATES

Starting in February, you may schedule **5 visits** to the facility each **week**. With increased traffic in the facility, here are a couple of important reminders:

- ♥ If you schedule an appointment and are unable to keep it, please call the front desk 402-552-7210 as soon as possible, so that the appointment can be cancelled and opens the slot for someone else.
- ♥ If you schedule an appointment shortly before the hour (example: 1 hour prior) it's possible that the session will be at capacity and there are no openings available.

**Facility participants** please bring your keytag to scan in your attendance.

**Virtual Group Movement Classes on Facebook**, participants can e-mail your weekly attendance to [engage@unmc.edu](mailto:engage@unmc.edu) and it will be added to your attendance record.

## COVID 19 VACCINATION BEGINS

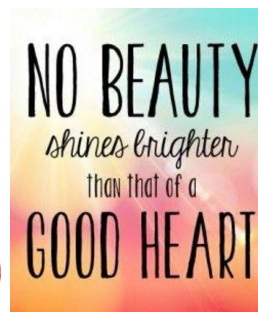


Douglas County has scheduled community vaccination clinics, beginning Tuesday, February 2<sup>nd</sup> for residents age 80 or older. Those who qualify can schedule online through the Douglas County Health Department - Covid - 19 vaccine scheduler. Please refer to the attachment for details or click on the following link <https://www.douglascountyhealth.com/covid-19>.

## LIFE LONG LEARNING

Following are great opportunities to interact, engage, learn, and grow. Lifelong learning nurtures curious minds, builds new skills, improves those you already have, opens minds, increases wisdom, improves memory, and increases self-confidence. If interested, please reference details in the attached flyers.

- ♥ Become A Book Partner
- ♥ Study on Building Habits of Improving Diabetes Self-Management Behaviors
- ♥ Aging with Passion & Purpose Annual Conference



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