

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

## October is Breast Cancer Awareness Month

From 2015-2019 (most recent data available), the median age of diagnosis of breast cancer for women in the U.S. was 63. That means about half of women with breast cancer are diagnosed after age 63.

Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- If you are taking, or have been told to take, hormone replacement therapy, ask your doctor about the risks and find out if it is right for you.

- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.

Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.

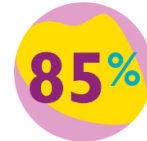
Early Detection is Key! According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams, and scheduling regular clinical breast exams and mammograms.



1 in 8 women will be diagnosed with breast cancer



Breast cancer affects women of all races



85% of those with breast cancer have no family history of the disease.

Division of Cancer Prevention and Control, Centers for Disease Control and Prevention



We are off to a great start with the addition to Pickleball at our facility! Our demo classes were well attended in September. Keep an eye out for more upcoming sessions to answer questions, get a feel for the paddle and learn the rules. We have also started adding in specific “Adaptive Pickleball” times to our schedule. During this time, you may find people playing from a chair or using a larger paddle, and even a different style ball. Check out the weekly Pickleball schedule on our [website](#).

For the month of October, we will be having our first Pickleball challenge. It will last the entire month, and you can try as many times as you would like. The first challenge is.....drum roll....a rally challenge (with you and a partner)! A rally is how many consecutive shots the two of you can complete back and forth. The only rules are that it must stay in the court of play and there can be no more than one bounce per side.

**Patient vs. Provider Pickleball Tournament October 17-28** (see Coming Events on pg. 2 for more info)

# Mark your October calendar with our upcoming events!

## Active Aging Week ~ CyberCycle Challenge

October 3rd – 7th

GOAL: Pick any roads or games on the CyberCycle and ride as many miles as you can during Active Aging Week! Ride 10 miles or more to earn your Active Aging Week Badge. (To take part in this challenge, all you need to do is log in and complete a ride on the bike. You will automatically join the Engage team).



## Engage Reunion

Friday, October 14th, 12:00-1:30pm

All current and former members are invited to an outdoor gathering to catch up with your Engage friends! Light lunch will be provided. Former members can come in to work out, and check out Pickleball too. We will also be honoring our Charter Members who have been here since the beginning of Engage Wellness. **RSVP is required by October 7th.** Call 402.552.7210 or email [engage@unmc.edu](mailto:engage@unmc.edu). In case of inclement weather, the event will be moved inside.

## Pickleball Tournament

October 17th - 28th

Take on your favorite physician or nurse from the Geriatrics clinic upstairs in our *Providers vs. Patients Pickleball Tournament*. A signup up sheet for tournament times will be available at the front desk. No need to be a Nebraska Medicine patient, all members are welcome to play!

## Pumpkin Decorating Contest

October 19th -31st

Drop off your decorated (not carved) pumpkin, October 19-24. Starting the 25th, vote for your favorite and most creative pumpkin to win a prize! Pumpkins will be displayed at Engage until the winners are announced October 31st at Noon. Winners do not need to be present to win prizes.

## Game Time, Hosted by AIG Students

Thursday, October 20th, 3:00-4:00pm

Let's get together and have some fun! Join your fellow Engage Wellness members and staff as well as students from the Aging Interprofessional Group (AIG) to play a variety of games such as Monopoly, Life, Chess, Checkers, Yahtzee, and UNO. AIG is a UNMC student organization composed of physical therapy, pharmacy, physician's assistant, and medical students, who are all interested in learning more about geriatric healthcare. They organize social and health-related events in order to gain direct involvement with their future patient population.

## Wellness Workshop

Friday, October 21st, 12:00-1:00pm

Dr. Maureen Choman, MD (Geriatric Medicine Fellow) will be presenting "Maximizing Your Health Potential Through Medication Management." Join us in-person in the Group Movement Room or on Zoom.





Kent G.	10/04
Mary Beth B.	10/04
David S.	10/05
Ginny B.	10/05
Diana K.	10/06
Sherry W.	10/10
John N.	10/12
Mary P.	10/14
Greg A.	10/15
Michelle U.	10/22
Rachel T.	10/24
Carol H.	10/25
Lynette P.	10/28
Mark W.	10/28

## Facility Updates

**Group Movement Schedule** - starting Monday, October 3rd, the schedule is changing slightly. Cardio Balance will be offered on Mondays as well as Wednesdays at 9:00am. Yoga class will only be held on Thursdays (no Tuesday yoga). Check out the new schedule on our [website](#) or pick up a copy at the front desk.

**Mask Policy** - on September 26th, UNMC and Nebraska Medicine announced a change in their mask policy. Masks are no longer required in non-clinical settings if you are fully vaccinated. We keep a record of your COVID vaccine status in our system. Please bring in your vaccine card so we can update your information if you choose to go without a mask at Engage Wellness. Please continue to social distance, and be sure to stay home if you have any symptoms of illness.

**Picture Day** - Say cheese! We will be updating member pictures on your account this month. We'll snap a quick photo of you at the front desk when you come in to work out.

**Free Fridays** - starting on October 7th, adults in the community can come try Engage Wellness for free on the first Friday of each month. Tell your friends!

### Veteran's Wall of Honor

During the month of November we will be honoring members and staff that are military veterans. If you are a veteran and would like to be included in our Wall of Honor please email [engage@unmc.edu](mailto:engage@unmc.edu) or stop by the front desk for more information. Submissions are due by October 21st.



## HALLOWEEN WORD JUMBLE |



MORBO	<input type="text"/>
DNACY	<input type="text"/>
MIPUPKN	<input type="text"/>
STOHG	<input type="text"/>
EIPSDR	<input type="text"/>
MTUSOCE	<input type="text"/>
ICTWH	<input type="text"/>
REPVIMA	<input type="text"/>
TEELSONK	<input type="text"/>
STONEMR	<input type="text"/>
CLABK	<input type="text"/>

What was the witch's favourite subject in school?

Answer on page 4!



**HOURS OF OPERATION:**

**MONDAY – THURSDAY**

7:00am – 6:00pm

**FRIDAY**

7:00am – 4:00pm

**SATURDAY & SUNDAY**

CLOSED



A warm welcome to our new members who joined in September.  
Thanks for letting us be a part of your wellness journey!

Mary R.

Bill F.

Michele M.

Kathy G.

Mary Ann M.



Check out our participants who achieved special attendance milestones in September!

**Joe P.** - 900

**Liz F.** - 300

**Hanna E.** - 500

**Rae B.** - 300

**Terry F.** - 400

**Mike O.** - 100

*Well Done!*



**“Interest in the Arts”**

Join us through the month of October as we discover and celebrate our creative spirit! We’ll be sharing various opportunities to explore your artistic side and have a little fun while doing it. See the “Arts Calendar” for more information of events that can be done virtually, at home or in-person. Be sure to join our pumpkin decorating contest! More details to come.

Word Jumble Answer: Spelling

**Engage Wellness Staff**

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Manager

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**Chelsea Lewis, M.S.**

Wellness Specialist

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**Libby Guenther, M.S.**

Wellness Specialist

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**Sara Huebert, B.S.**

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**Greg Jones, M.S.**

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**Lesley Wadhams, M.Ed.**

Operations Assistant

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Visit us online!

[www.unmc.edu/engage](http://www.unmc.edu/engage)

