

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

## Food For Thought

February is American Heart Month! Don't get discouraged if you haven't taken much time to focus on your heart health yet. It's never too late to start taking care of your heart! Consider small changes you can make every day like moving more and eating well.

Changing up your go-to snack is a great way to make your heart happy. Add a couple heart healthy options to your grocery list:



### Munchies that crunch

- Apples sliced with a tablespoon of low-sodium peanut butter
- Pears dipped in fat-free/low-fat cottage cheese
- Vegetables paired with hummus or tzatziki sauce, such as:
  - Carrot and celery sticks
  - Bell pepper slices
  - Zucchini or cucumber rounds
  - Broccoli and cauliflower florets
  - Cherry or grape tomatoes
- Roasted chickpeas
- Popcorn
- Rice cakes and whole-grain crackers
- Unsalted nuts and seeds

### Rethink your drink

If you drink regular soda or energy drinks, look at the amount of added sugar on the Nutrition Facts label. Sugar drinks easily can add excess calories and pounds. Instead, try:

- Plain or sparkling water. Add citrus or cucumber slices, mint or other herbs for flavor
- Fat-free/low-fat dairy milk, plain soy milk or unsweetened oat or nut milk
- Unsweetened tea or coffee
- 100% fruit juice
- Low-sodium tomato or mixed-vegetable juice

### Other simple, healthy snacks

- Whole-grain toast with low-sodium peanut butter or other nut butter
- Fat-free/low-fat cheese.
- Fat-free/low-fat plain with fruit
- Fruit and veggie smoothie
- Whole-grain crackers with canned very low sodium tuna or low-sodium salmon
- Canned fruit (packed in its own juice, water or light syrup)
- Baked or raw apples sprinkled with cinnamon
- Raisins, dates, figs and other unsweetened dried fruits
- Frozen banana
- Frozen grapes
- Fresh fruit salad flavored with fresh herbs, such as mint, or fresh gingerroot

[www.heart.org](http://www.heart.org)

Happy  
Anniversary  
Engage Wellness

*Cheers to 13 years!*



Thank you to our members, staff, interns, volunteers, community partners and everyone who has supported us over the years. We're just getting started!

## **February Events**

### **Free Friday**

**February 2nd**

Any adult in the community can come try Engage Wellness for free on the first Friday of each month. Tell your friends! Virtual members are welcome to workout in the facility too!

### **Engage Wellness 13th Anniversary**

**Monday, February 5th**

As we celebrate 13 wonderful years, we would like to say THANK YOU to all of you! Enjoy a treat and snap a picture at our photo backdrop.

### **Make a Valentine**

**Monday, February 5th**

**Tuesday, February 6th**

Make someone's day by crafting a valentine or two for an older adult in the community. We will have all the supplies you need to make a simple card that will be delivered by UNO Gerontology to a local nursing home resident.



### **Lunch Bunch Potluck**

**Friday, February 16th**

**12:00 - 1:30pm**

All Engage Wellness members are invited to attend a potluck-style lunch. Bring a dish to share or bring a lunch for yourself if you'd prefer. Members are welcome to use our kitchen including the fridge before we setup for lunch. We have tons of utensils and serving dishes, so no need to bring them from home. We will celebrate all our members with birthdays this month at lunch also.



We are open regular hours  
on Presidents Day,  
Monday February 19th!

### **Wellness Workshop**

**Friday, February 23rd**

**11:00am**

Presented by Brett Woslager, PT, DPT, from Nebraska Medicine's Rehabilitation Services. This workshop will focus on how our gait changes with age, and provide resources and recommendations on choosing proper footwear to improve balance and reduce the risk of falling or serious injury.



**Wellness Workshop -  
Tips for Talking to your Doctor**

**Friday, March 29th  
at 11:00am**



A warm welcome to our new members or previous members that rejoined Engage Wellness in the month of January. We are honored to be part of your wellness journey!

Becky M.

Karen M.

Mike R.

Ed Q.

Kate H.

Paul B.

Evie C.

Kit D.

Sarah M.


Gary S.

Mary Alice S.

Joel B.

Mary L.

**Congratulations to all the members who reached attendance milestones in January. We are proud of you!**

<b>Roger E.</b> 2000	<b>Betty W.</b> 1000	<b>Deb H.</b> 400
<b>Fred K.</b> 1900	<b>Carol H.</b> 1000	<b>Barb B.</b> 300
<b>Marcia V.</b> 1900	<b>Virginia D.</b> 800	<b>Dave F.</b> 200
<b>Kathleen M.</b> 1500	<b>Rich T.</b> 700	
<b>Miriam S.</b> 1400	<b>Gloria D.</b> 600	



An amazing achievement by Roger E.  
His positivity is infectious and his  
commitment inspiring. Congratulations Roger!



**How do you pronounce Bada?**

“Bad-Ah”

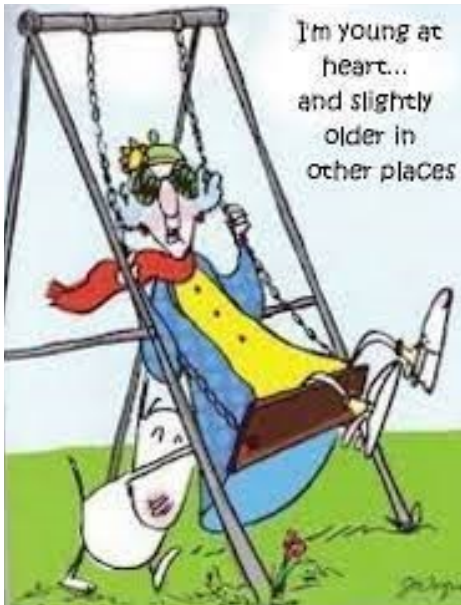
## **Meet Bada – Engage Wellness Intern!**

I'm Badawiya, but I go by Bada as well. Originally from Togo, West Africa, I've been living in Nebraska for seven years. Married with one baby boy, I am very passionate about healthcare and enjoy working with seniors. I am a UNO student majoring in Multidisciplinary Studies with a minor in Gerontology. This is my last semester at UNO and I will be an intern here at Engage Wellness until May. My hobbies are writing and drawing. I also love watching documentaries and films in my free times. Excited to be here and know you.

## **Member Updates and Reminders**

- Thank you for your patience during the crazy winter weather we had recently. If you would like to sign up to get a text alert from Engage when there are changes to our facility hours, please let us know at the front desk.
- Please remember to bring a change of shoes on days when the weather is snowy. That will help us cut down on the amount of salt that will get on the equipment. Thank you!





Linda L.	02/01
Linda P.	02/03
Chris K.	02/03
James W.	02/04
Joe W.	02/07
Liz F.	02/09
Ron B.	02/10
Mary L.	02/10
Rose N.	02/11
Diana K.	02/13
Dana T.	02/14
Maxine M.	02/14
Cookie S.	02/14
Mollie F.	02/19
Joseph G.	02/20
Bob H.	02/22
Karen G.	02/25
Barb G.	02/25
Paul M.	02/26

## Move more, with more intensity, and sit less.

The science is clear that being more active benefits everyone and helps us live longer, healthier lives. The American Heart Association recommends at least 150 minutes a week of moderate activity for heart health. Will you move more this month to help your heart?



### Engage Wellness Staff

**Meg Davis, B.S.**  
Manager  
402-552-7227

**Libby Guenther, M.S.**  
Wellness Specialist  
402-552-3218

**Sara Huebert, B.S.**  
Wellness Specialist  
402-552-7229

**Kaity Jankovich, B.S.**  
Marketing Associate  
402-552-7228

**Lesley Wadhams, M.Ed.**  
Operations Assistant  
402-552-7210

### Black History Month

“History has shown us that courage can be contagious, and hope can take on a life of its own.”



—MICHELLE OBAMA,  
FIRST BLACK FIRST LADY  
OF THE UNITED STATES

### Engage Wellness Facility Hours:

MONDAY – THURSDAY	7:00am – 6:00pm
FRIDAY	7:00am – 4:00pm
SATURDAY & SUNDAY	CLOSED

Check our website for current schedule, updates and more information, [www.unmc.edu/engage](http://www.unmc.edu/engage).

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



UNIVERSITY OF  
**Nebraska**  
Medical Center

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