

SWELL NEWSLETTER
December 2022 Volume 2, Issue 12
Congratulations Wilma and Don Sanders



This year Wilma and Don hit milestones that very few people ever do. November 19th, 2022, they celebrated their 72nd wedding anniversary. Wilma was born January 6, 1932, and Don December 3, 1929, and will be 91 and 93 respectively in their upcoming birthdays. They also celebrate being the longest and most dedicated participants in SWELL. Wilma and Don started our exercise program January 1990 and will be coming up on 33 years of lifting, stretching, and doing Tai Chi. They never complain, they simply show-up and exercise with a smile. Wilma and Don started the class at the young ages of 58 and 60. Both drive and live in their home on Churchhill Drive in Dubuque. A few years ago, they would walk to class carrying their weights and mats over the hilly track across St. Anne Drive to Flora park. I truly want to be like Wilma and Don. You are outstanding role models for SWELL and our senior population.



The History of SWELL (Spartan Wellness)

In 1987 Dr. Robert Tucker, Department Head of the Sports Science and Wellness department at Loras College asked me if I would be interested in being on the faculty there. The position would be head men's and women's cross-country coach, assistant track and field, professor in the wellness department, and director of a senior citizen exercise program called Life After Fifty-Five? I was already coaching there and liked the idea of becoming full time. Dr. Joe DiBella started the class in 1986 after speaking to the Dubuque Rotary Club. He recruited fifteen seniors that came and exercised for 50 minutes. The class consisted of walking and stretching for 20 minutes and 30 minutes of classroom learning about health and wellness. Dr. DiBella liked to talk so he filled the students with knowledge about exercise and nutrition. DiBella received a job at the University of Illinois and was looking for a replacement for the exercise program. After meeting with Joe, he sold me on the idea of being the director. In the Fall of 1987, I started directing the class. I felt the need to become more certified to work with this special group of people. It was necessary to become knowledgeable to assure a safe and effective exercises program. I study and receive the master's Fitness Specialist certification at the Cooper Institute in Dallas, TX. To continue learning how to help seniors stay fit I also went to workshops to be trained in Gerontology, the study of the physical aspects of aging, as well as the mental, and social implications of aging. Our senior program continued to change and be updated through the years realizing that many of the programs for seniors were underachieving. Much of our change included more exercise with a focus on modification and individual pace.

In 1989 Bob Crippes, one of the members, asked about Tai Chi based on an article he read in a magazine. That is when we started doing the old form of Tai Chi. The class continued to change over the next 17 years until I left in the spring of 2004 to teach in the Dubuque Community School District. Numbers started to decline over the next 15 years, but we kept the class alive by meeting at Flora Park during the summer. Some of the members like Eileen Schueller helped instruct and teach interns when I was away teaching. The covid pandemic hit and we found our class in need of a permanent facility and a new identity. When retiring from teaching, we took our 15 to 20 remaining members, and exercised at the Eagles Club behind the mall during the fall and winter. We were very grateful to the Eagles Club, but it was crowded and difficult doing exercises and walking there. The summer of 2021 we approached Professor Jim Romagna chair of the Health, Wellness, and Sport department at the University of Dubuque to see if we could conduct Senior Wellness (SWELL) class there. With the help of Dr. Jim Romagna, Dr. Mark Ward, Wendi Wipperfurth, and Dr. Regan Wolbers, Spartan Wellness (SWELL) was born. We had our first class in the Chlapaty Recreation and Wellness Center (CRWC) October 11, 2021. Over the past year SWELL has grown to full capacity of 200 students with a waiting list currently over 130.

A big thanks goes to the University of Dubuque and Professor Jim Romagna for his diligence and push to make this wonderful class happen.



**Julie Burgmeier her two brothers and sister-in-law Carrie Breitbach travel to the Scottish Highlands
Carrie and Jeff Breitbach enjoying their 40th. Julie Burgmeier and Her two Brothers**



My brothers, sister-in-law and I spent 2 weeks in the Scottish Highlands in early October. The land was incredibly beautiful and rugged! October starts the rainy season, so we went well prepared for changing weather

each day. We spent our time hiking, visiting castles, the Culloden battlefield, sightseeing and stopping each morning for coffees and shared treats. We were fortunate to find authentic Scottish music at a local pub. A special bonus of our trip was celebrating Jeff and Carrie's 40th anniversary!

Authentic Scottish music at the local pub



Penny Splinter



Hi SWELL Family,

I am Penny Splinter. I have been with the SWELL Program since April 2022. I heard about this program from Dawn Andrachio and felt it was a great opportunity for me. I am originally from Platteville; Wisconsin and I have 2 older sisters and 1 younger brother. I married my high school sweetheart, Christopher. Christopher joined active-duty Army, after he was commissioned. We moved every 2-3 years, and we have 2 children. Christopher was sent to Iraq in July 2003, and we had just built a new house outside of Ft. Leonard Wood, Missouri. Our lives were changed forever December 24, 2003, when the kids and I were back in Wisconsin visiting family for Christmas. I felt like I was in a movie when I saw a man in uniform standing there telling me that Christopher was killed in a roadside bomb. The kids and I moved to Dubuque in June 2004 to be closer to family. I am a teacher, so I got a job part time

job with the school district, and I retired in June 2022. My children were 13 and 10 when their dad was killed and now, they are 32 and 29. My son lives in Madison with his wife and 2 children. My daughter and her husband have just moved back in the area with their 1 child. I enjoy cycling, hiking, snow shoeing, line dancing, taking cruises and spending time with my grandchildren. I have 2 cats that think they are dogs. For my retirement gift to myself, I bought a Camaro convertible and like to go cruising in that. I have really enjoyed the SWELL Classes everyone is so friendly. Thank you, Gary, to your commitment to wellness and to us.



Nancy Bahl



Hi Gary, Below is information about me (Nancy Bahl) for the December newsletter. Thank you for all you do. I have been a member of SWELL since April 2022. Everyone has been so welcoming, and I really enjoy the class. My husband, Al and I have been married for 43 years. Our oldest daughter, Laura lives in the Quad Cities with her husband, Kraig and our five-year-old grandson, Miles. Our youngest daughter, Katie lives here in Dubuque with her fur baby, Zoey. I worked for the Dubuque Community School District as an administrative assistant for 24 years and retired on September 30, 2022. I enjoy spending time with family and friends, traveling, biking, reading, and solving Sudoku puzzles. Happy to be part of SWELL!

Jerry and Kris Hermsen



Mt. Rainier National Park Glacier Bay National Park & Preserve Latest family picture
Jerry and Kris Hermsen joined SWELL in March of this year. We enjoy the variety of exercises that SWELL offers, the routine, and the opportunity to walk before and after class. We have enjoyed meeting many new people and forming new friendships. We have been married for 37 years. We have a son (Jon) who lives in Milwaukee, WI and works as a mechanical engineer for Blast Cleaning Technologies. We also have a son (Josh) who live in Oskaloosa, IA and works as a mechanical engineer for Musco Lighting. His wife (Janet) works for Pella Windows as a Senior Financial Analyst for Supply Management. Josh and Jon both attended Iowa State University, so we cheer on the Iowa State Cyclones, as well as the Iowa

Hawkeyes, the Minnesota Twins, and the Green Bay Packers. We love to travel. Door County is our favorite travel destination. This year, we were able to travel to Letchworth State Park in New York, Acadia National Park in Maine, and Great Smokey Mountains National Park in Tennessee. We just returned from a trip to Naples and Key West Florida. In August, we took a Holland America land and sea cruise in Alaska which was fabulous. We are planning a trip to visit the national parks in Utah next year. We hope to visit New Zealand someday, so if you have



been to New Zealand, we would love to hear about your experience. We also enjoy camping, hiking, walking, biking, skiing, gardening, and spending time with family and friends. Kris enjoys playing cards, sewing, scrapbooking, cooking, baking, and working on projects around the house. Jerry enjoys reading, doing yard work, volunteering at the arboretum, and tinkering around the house. Jerry worked for Dubuque Community Schools as a physical education instructor for grades K-6. In total, he worked as an educator for 40 years. Jerry earned his master's degree from UWL-Lacrosse. Jerry has been retired for 5 years and currently enjoys working part time as a driver for the Presentation Sisters. Kris worked for Dubuque Community Schools for 30 years as a kindergarten teacher. Prior to that, she taught at Beckman High School in Dyersville for 7 years and earned her master's degree in education at Clarke College. Kris retired in 2021 and often spends time in western Iowa with her mother, who is 92. We are enjoying the freedom that comes with retirement, as well as having less stress in our lives.

Our SWELL Intern Trae Samifua Leads the Spartans Defense

12:51 PM Fri Nov 4

www.dbq.edu

84%



Quick Links



Spartans of UD highlights what makes the University of Dubuque special - the people.

Trea Samifua, of Nanakuli, Hawaii, is a senior wellness and exercise science major. His position is defensive line on the football team.

What inspired you to play collegiate football?

"My uncle Levi Jr. Esene inspired me to play collegiate football. He played for San Diego State and then went on to play for the San Diego Chargers. As a kid, I always looked up to him and wanted to be just like him and play football. Every time I put those pads on and play football, I always think about him. Rest in peace."

What has been the highlight of your football career at UD so far?

"The highlight of my football career at UD so far would have to be me sacking the QB for Loras and beating them last year. But also, just going out there and playing with all my brothers."

Can you describe the team's mentality heading into the Key City Clash game against Loras College on Saturday, November 5, 2022?

"Our team mentality heading into the Key City Clash game is just playing 'our' game and playing fast and giving it all we got. This game means a lot to us especially the older guys, because we want that key to stay at UD forever."

What have you learned from being a member of the football team?

"I honestly learned a lot of life lessons from being a member of the football team. My Head Coach Z has been a great mentor to me and taught me a lot since I've been on his team, and I appreciate him for that."

What advice did a teammate give you and what advice have you given a younger teammate to pay it forward?

"Advice that a former teammate gave me when I first got here was just to be myself and work hard at whatever you do in life. Advice that I have given a younger teammate was to always accept help if you need it, because when I first got to UD I was kind of shy to accept help. But I'm blessed to have been able to meet some great people here at UD that helped me become a successful student-athlete."

Trea is Playing in Two Senior All Star Bowl Games

Trea has been invited to play in two Senior All Star Bowl games. One in Miami, Florida and the other in Texas. Both games will be in January. These Bowl games feature some of the top college football players in college and university football. Trea will be able to show his talents to NFL scouts as he goes against the best. In football this is called "Best on Best". Trea will also be bringing recognition to the University of Dubuque as he represents our university. Trea also needs a little help and will be doing a **fundraiser December 17th at Gary Dolphins Iron Bar, (333 E 10th St., Dubuque, IA 52001) to help fund his trips.** Good luck Trea, we will all be cheering for you.

Why do Dynamics?

At SWELL class on Mondays, I noticed that some of you SWELL people tend to wander away during dynamics. This is partly my fault because I haven't explained why we are doing dynamics. I know we look kind of goofy and crazy as we walk across the court like zombies, ducks, and penguins. We pretend we are going over invisible hurdles or stomping through mud when doing the lunge walk. Many of you don't want to look silly doing exercises and I don't blame you. But hear me out, this could be the most important exercise you can do to extend your healthy way of life.

I learned about dynamics while listening to track and field coaches talk about their successes with low injuries and improved performance. They stressed the importance of doing dynamics for strength, flexibility, and balance. Research presented at coaching clinics showed that doing static stretches can cause micro tears in muscle fibers that can result in injury. A static stretch is holding your muscle in a position of discomfort for a short period of time, usually without warming up the muscles first. Many track coaches decided to get rid of static stretching and only do dynamic movement. They explained that with dynamic movement, muscles warm-up as athletes go through a series of strength, flexibility, and balance movements. Coaches in all sports claim that dynamics help athletes perform better with less injuries. Over the years many of the athletes that I was fortunate to coaches reach their potential and didn't have to go through the ups and downs of injury.

I have used dynamics with all ages of student/athletes and have seen the benefits of these types of movements. When we lift with our weights and stretch the muscle at SWELL, we are using a form of dynamic. We breathe to relax the muscle to stretch further with every stretch. Notice that before we do any type of stretch in SWELL, we do a movement that warms the muscle first.

Dynamic movement is the way we move from one location to another using our body and muscles. A dynamic movement can include one or a combination of directional movements: lateral, side-to-side, left to right, linear, forward, and backward. On Mondays I have selected 10 safe dynamic exercises that you can also modify. You can choose to do less or even walk if it is too difficult at first. Frankenstein or Zombie Walk, Knee to chest, Hurdle forward, Hurdle backward, Walking Lunge, Reverse walking Lunge, Walking Karaoka, Walking toes inward like a pigeon, Walking toes outward like a penguin, Walking and bend toward the floor are the movements that we attempt to do.

Why do we do dynamics in SWELL? Well, there is a method in our madness. Research by the Center for Disease Control and Prevention (CDC) shows that falls are the leading cause of injury-related death among adults ages 65 and older, and the age adjusted fall death rate is increasing every year. The age-adjusted fall death rate is 64 deaths per 100,000 and walking is the most common fall-related activity among seniors. Yes, getting better at balancing on one leg while doing one leg squats is important. But to prevent the most common fall related accident we need to be moving while balancing. This is why we are doing dynamic movements. So we may look a little silly doing dynamics but trust me, I put a lot of time and effort into developing an exercise program that is safe and beneficial. Remember we are reversing and slowing down the aging process. At SWELL "We are Getting Younger."

--Gary Wittman

Center for Disease Control and Prevention (CDC) (July 9, 2020). Falls are leading cause of injury and death in older Americans.

Retrieved November 15, 2022

Kim Daykin



Carol Arling has been telling me about SWELL for years. She was sure I would love it as she does. So, when Barb Blake called and explained that there would be a limit to the number of attendees, I decided it was time to join the group. That was last spring. I absolutely love being part of this group and Tai Chi.

My husband, Steve, of 43 years died seven years ago. I have two children both living in Dubuque. Matt and his wife Rachel and three kids 8 years old and under, Melissa and her husband Kevin Cassill and two kids 5 years old and under.

I was a Physical Education teacher in the East Dubuque Public Schools for 32 years. I coached volleyball, softball and cheerleaders before my kids were born.

As for my education, I graduated from Sacred Heart, Wahlert in 1970, Mt. St. Clare Jr. College in Clinton, Iowa in 1972, and Loras College in 1974. I have 36 graduate credits.

Since retirement I have taken art classes and belong to a couple art groups. My favorite mediums are watercolor and quilting. I love to hike, kayak, water walk, cross country ski and play pickleball. I am a voracious reader of fiction.

I love to travel. I have visited many US cities and national parks, Mexico, Canada, Italy, Greece, France, and Spain. My latest trip was this September. I traveled to Colorado Springs for a Schnee (my maiden name) semi-family reunion to see UNI play the Air Force Academy. My nephew Sam Schnee is a receiver for UNI.

SWELL is a wonderful way to start my day, Thank you Carol and Barb for getting me involved in this group.

Chuck and Dawn Andracchio



Chuck & Dawn Andracchio SWELL Profile

We joined SWELL one week after Dawn retired, April 11, 2022. It was highly recommended by current participants and church friends, Karen & Bob Knepper....
THANKS, YOU TWO!!

We both were born, raised, educated in Dubuque and each came from a family of 6; 2 adults, 4 children.

We have one daughter, Gina, who lives in Iowa City with her husband, Justin, and their three children.

We claim over 40 pets, but don't own any of them! We live near the Arboretum and take daily walks

around the neighborhood, but never without our Milk Bone dog treats. Yeah, the dogs all love us and we can get our pet therapy in without the expense of ownership!

Dawn's profile: I retired March 31, 2022, from the Dubuque Community School District as a Payroll Specialist in the Payroll & Benefits Department. I enjoy helping my parents, volunteering at the Arboretum, taking little day trips along with a variety of many other interests too long to list!!

Other interests of ours include discovering new vacation destinations, and we enjoy working in our yard. Something you probably didn't know about me.... I took photos during the filming of the movie "FIST", starring Sylvester Stallone in 1977 to be used in Hempstead High School Yearbook while serving on the Yearbook Staff. I was also an extra in a TV series, "Life on the Mississippi" starring Ralph Waite, which was also filmed in Dubuque.

My favorite part of SWELL is that it gives me a set time to do something good for myself.

Chuck's profile:

I retired 5 years ago and had a long career in sales and marketing with Frommelt Industries, TRICOR Insurance and Eagle Point Software.

My activities include volunteering at the Arboretum and Little Maquoketa Mounds, fishing (mostly trout and spring walleyes), kayaking, playing guitar and walking.

My favorite part of SWELL is Tai Chi, which has helped me better control breathing and relaxation. However, we both agree that the feeling of "community" within the SWELL membership is the most awesome part of the entire experience.

Something you probably didn't know about me.... In the late 60's I volunteered to dance with the Dubuque City Youth Ballet Company and performed at both Clarke and UNI. This then led me to participate in plays at Wahlert High School.

Debbie Anderson



After months of gentle arm twisting by friends I joined Swell last May. I had a knee replacement last January and they thought this would be a perfect way to reenter the world of exercise. I honestly couldn't understand how 100 plus people all exercise could together but decided to give it a go. And wow, am I ever glad I did!! You couldn't find a better motivator and instructor than Gary and everyone is friendly and open to meeting new people. It took me a while to get the hang of Tai Chi but now I get so relaxed while doing it I think I could fall asleep on my feet!

I am married to the love of my life, Bobby Anderson. We were blessed with two children, Bo, married to Erin, and Meghan, married to Chris. Our four grandchildren, Dewell, Elijah, Anderson, and Ava have brought us insurmountable joy! We make many trips to Des Moines to share in all the activities of their lives. Before retiring I taught for 40 years. I was so fortunate to work beside and form relationships with so many caring, talented colleagues and be a part of the lives of so many kids over the many years. These last eight years of

retirement have been a wonderful gift of time to read, ride my bike, walk, and travel. I just returned from a trip to Budapest, Vienna, and Prague. I was overwhelmed with the beauty of architecture and be exposed to a wealth of history. I volunteer for Community of Change, helping to write curriculum for their community workshops. A big thank you to all of you who make Swell such a great experience!

Deb Adams



I have been a member of the SWELL program for one year. My husband is Jerry, and we have three wonderful sons, their spouses, and ten grandchildren who we love and adore. We have 2 cats and a dog who give us plenty of attention. We are fortunate all of our children are in town, and we keep very busy attending sport, music, and art events that the grandchildren are involved with. I am a nurse and worked for 43 years at a local hospital and in the Dubuque Community School District. I have only good things to say about the profession of nursing, it has been very rewarding, I was lucky to have the opportunity to work in many different areas and marvel at the progress that medicine has made along the way as well as the resilience of my patients and colleagues. I am retired and enjoy spending time with my family and friends, volunteering, traveling, walking, yoga, music and attending SWELL. I enjoy SWELL because it is a well-rounded exercise program and it's fun to be in

a large group doing the same activity. Something interesting about me is that during our travels Jerry and I have experienced a hurricane, earthquake, volcano eruption and an emergency landing and evacuation from a smoke-filled plane. Life is never dull!

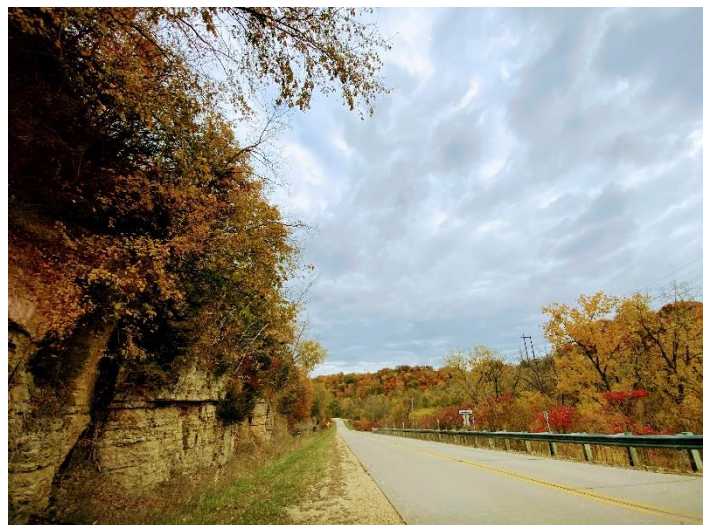
Aggie Tauke



HI, my name is Aggie Tauke. I've been in SWELL since earlier this year and joined at the recommendation of friends. I enjoy the variety of exercises, especially Tai Chi. It's also great to see and meet so many fellow participants. I am married to Roger Kurt (also in Swell) and between us we have 6 children and 6 grandchildren. Since most of them live out west, we spend a lot of time traveling. We also enjoying traveling abroad, and recently returned from a visit to Portugal. I worked for 34 years at the City of Dubuque in planning, community and economic development, and grant management, retiring in 2013. I then worked briefly as a grant manager at Northeast Iowa Community College until fully retiring in 2017. Since then, I started taking art classes and now enjoy painting with friends in a couple of groups (still continuing to learn) and I'm loving it! I also enjoy many activities, including yoga, cycling, hiking, canoeing, kayaking, pickle ball, gardening, and baking.

Roger Maiers Annual Fall Leaf Tour

Gary - Here are 'a few' of the photos taken on this year's leaf tour through the Balltown and North Buena Vista areas. The colors were especially great this year. The photo of Immaculate Conception Church in 'Beunie' appeared in the Telegraph Herald on Nov. 8. My personal favorite is the photo of the crucifix, which has been overlooking Buena Vista and the Mississippi River for decades. Not sure how long, but I know it was there when I attended grade school there in the 1940s. Happy Thanksgiving.



“Can I ask you something? Is this heaven”..... “It’s Iowa”

Tony and Kari Zelinskas Trip to Greece

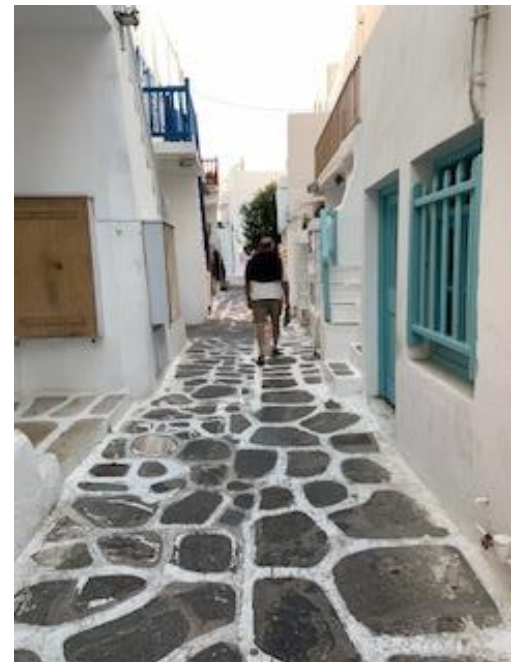


This October we went on a Telegraph Herald sponsored trip to Greece. While in Athens, we visited the Acropolis (including the Parthenon), the Acropolis Museum, the Olympic Stadium, and the Plaka, the oldest part of the city. We then flew to the beautiful Aegean Sea Island of Santorini, with its' blue domes and white-washed architecture, to sample wine and tour the island of Delos, one of the most important mythological, historical, and archaeological sites in

Greece. Then it was on to the Island of Mykonos by high-speed ferry, for two days of shopping and relaxation. After returning to Athens for an overnight stay, we traveled to the Meteora Monasteries of Kalambaka,



spectacular Greek Orthodox monasteries perched on sandstone peaks. We then traveled on to Delphi, the site of an ancient religious sanctuary sacred to the god Apollo, and famous for the famous oracle and home to stadium for the panhellenic Pythian Games. Our last archaeological visit was to Cape Sounion, home of the Temple of Poseidon, the Greek god of the Sea. After 12 days of incredible scenery, great food and traveling companions, architecture, and historical sites, we left to return home.





Cranberry Muffins or Loaves

Here is a tasty recipe that I've been making in late autumn for many years when the raw cranberries appear in the grocery store. When I can't find raw cranberries, I substitute Craisins and use a little less sugar because the Craisins already have sugar in them.

My favorite way to make this recipe is in mini-muffin tins. I have also made them cupcake size with paper liners or as two smaller loaves. The bread cooks faster and it is easier to tell when it is done in the middle.



- 2 cups flour
- 1 cup sugar
- 1.5 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp. salt
- 1 egg
- ¼ cup vegetable oil (I use Smart Balance)
- ¾ cup orange juice
- ¼-1/2 tsp. grated orange rind OR ¼ tsp. Tones orange peel spice
- 1.5 cups raw cranberries, cut in half (if large, cut in fourths)
- ½ cup chopped nuts (I use pecans)

Preheat oven to 350 degrees. Grease 1 bread pan. Blend dry ingredients. Mix in oil, orange juice, and egg. Fold in raw cranberries and nuts. Bake one hour to 75 minutes.

THE STAFF

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- Feature Writer.....Roger Maiers
- Feature Writer..... Tony and Kari Zelinkas
- Feature Writer.....Gary Wittman



We are looking for feature writers each month, try your hand at it.

Suggested information (Vacation or travels, sports, important milestones like anniversaries, and hobbies).

Email articles to: garydonaldwittman@gmail.com