

SWELL NEWSLETTER
January 2022 Volume 2, Issue 1



Record numbers in December, "The count Ginny, 51-52- 59-55 the first 4 classes in December!"



JUDY BREDESEN

2935 St. Anne Dr. 52001, I have 3 grown sons, Eric's in Portland, Or. Doug and Edith in San Diego, CA, Christopher and kids in Denver, CO. We have 4 grandchildren. I have belonged to SWELL for 13 years. I taught 20 years at Prescott grades 1 and 2. My interest involve 2 book clubs, volunteering at the University of Dubuque Heritage Center and Holy Trinity Lutheran church. We take an annual family trip to N. Wisconsin Plum Lake since 1976. It is so good to work on staying fit and healthy and love meeting new people at SWELL. Gary always has a few new ideas, and he is lots of fun besides. I make myself get to exercise because it is so early but then I am glad I did.



NANCY NEBEL

3165 Foothill Ct. unit G, Dubuque, IA 52001. I have two girls, Melissa and Amber and son in law Tyler. My husband passed away suddenly November 2019. I have been coming to SWELL for 3 months. Worked at Dubuque Schools in food service, Aldi, and Dollar Tree. I enjoy walking, biking, and water walking in the summer and knitting, crocheting, and sewing in the winter. At SWELL I like the Low-Key pace and the routine as well as getting to know people and making new friends. I would like to thank Gladys Hillebrand for introducing me to SWELL class.



MARILYN GORUN

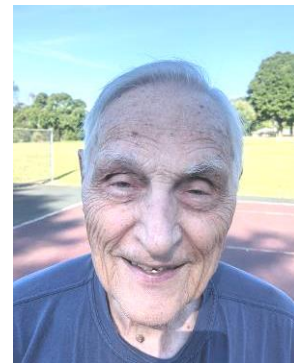
3113 Pasadena Ct. Unit 32 Dubuque, IA 2 grown children who live in the Milwaukee area and 5 grandchildren (6-19). I have belonged to SWELL for 17 years. Was a teacher (elementary and high school), editor, writer mostly in religious education. I enjoy reading, spending time with family and friends, cooking from scratch. I like SWELL because it keeps my body from falling apart. I wrote my life story for my kids and put together a photo book of each family member with Joel my late husband giving each member a copy. I highly recommend both projects.

KATHY HELLE

2553 Wheatland Dr. husband Marty, 3 children, 2 daughters in law 1 son in law
7 beautiful grandchildren, worked in sales, enjoy golf, cards, spending time with grand
Kids and enjoy the people at SWELL class



MEET THE BIRTHDAY BOY



Don Sanders was born 12-3-1929.

You can ask Johnny Cash and he will say “Don’s been everywhere man”

I’ve married Wilma, man

Married 71 years, man

I’m 92, man

I’ve been to Lima, Peru, Orlando, Dallas, Waxhaw, Eugene, Alabama, Alaska, Arizona, Arkansas, California, Colorado,

Connecticut, Delaware, Florida, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland...

I’ve been everywhere, man.

I’ve traveled 225,000 miles, man

Crossed into Mexico and North to Canada, man.

I’ve been to, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New

Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island,

I’ve been everywhere, man

Crossed to the Ivory Coast, man.

Safaried in West Africa, man.

I’ve been to, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin,

Wyoming,

I’ve been everywhere, man

I’ve breathed the mountain air, man

Of travel I’ve had my share, man

I’ve been everywhere...I’ve been everywhere.

–Gary Wittman



DIANNE UTHE

Address: 1820 Keymont Court

Family: Husband Dan. This is a second marriage for each, between us we have 4 adult children and seven grandchildren. My sister and brother-in-law, Patti and Roger Ruden and my sister-in-law, Linda Glass also attend SWELL.

I have been participating in SWELL one year and hope to keep coming 10-20 more. Thankyou Doris Ries for inviting and encouraging me to attend. Doris and I graduated from the University of Dubuque BSN program in 1987 after slugging through classes together while working and juggling our families. Socialization helped at that time also.

Work experience: I am a retired nurse. I worked 11 years in ICU at Finley and then 40 years at Tri-State Dialysis- 34 years as Director. I loved my job and patients, especially helping persons with ESRD (end stage renal disease) find their way through after their diagnosis.

Interests: I have always loved digging in dirt! We live in a townhouse with a small yard but still some garden space. My next-door neighbor has a larger landscaped yard/garden which I help take care of and satisfy my digging desires. I enjoy reading, staying active outside through walking and golf. We own a home in The Villages, Fl where we spend 4 months per year. There are many opportunities to be active there. And of course, we love to watch and encourage our grandchildren in their activities.

One thing I enjoy about SWELL: I love it, I love it, I love it all, best of all Tai Chi and the many new friends I am meeting.

Other thing to share: Alzheimer’s and Cancer are high risk factors in my family so I am trying to do all I can to minimize and keep them AWAY and stay healthy.



JOHN RICHEY

6416 Sandwedge Ct. Asbury, IA My family consists of Kris (spouse) children Jenny, Sarah, Ryan, and our golden retriever Enzo. Jenny a physical therapist in Cedar Rapids, Sarah HR specialist at John Deere and Ryan an architect for the State of Iowa in Des Moines. Retired from John Deere after 40 years and Kris is an RN retired from Mercy after 40 years. I enjoy golf, hunting, reading, traveling and especially my grandchildren. I enjoy SWELL because of the 3 days a week structured activities and all the friendly people. I have been married for 48 years to my high school sweetheart and 12 years on the Asbury City council.

From LAFF Newsletter May 1991

THE OTHER FELLOW

*How prone we are to think that rules
Are mostly made for Others!
The laws, it seems aren't made for us
But mostly for our brothers.*

*We criticize other's slips
Our indignation's rife.
"The doggoned So-and-So," we cry,
They ought to give him life."*

*And when we hear a sermon
Where the parson makes no bones
We're tickled inwardly and think,
"That sure fits old man Jones."*

*But old man Jones, two pews ahead,
Chuckles with inner glee
And thinks, "That sure fits old man Brown,
Two pews in back of me."*

*So, when you come right down to it,
Aren't we all like impish elves?
We're so anxious for others to toe the mark
We forget to toe it ourselves!*

--George Freund



MEL HARVEY



THERESA HARVEY

We have been married for 55 years and have 4 daughters and 9 grandchildren. 2 daughters live in the Twin Cities, One in Chicago and one in New York. Mel has been coming to SWELL for 8 months and Theresa 6 years. Theresa worked for the Archdiocese of Dubuque for 23 years. Directed the Worship Office the last 10 years and retired in 2010. Currently volunteers at the Discovery Shop for the last 7 years. Mel began work as a coal miner until he attended the University of Southern Mississippi where he met Theresa. Completed the physical therapy program at Ohio State University and worked as a physical therapist in the US Army and traveled and worked in Bradford, PA, Saginaw, MI, and Indianapolis, IA. Owned Dubuque P.T. until retirement in 2008 and went part time. Total career of 50 years. We are very involved with our Haitian Twin Parish. We have traveled to Haiti many times and have many Haitian friends. We are involved with “Take Away Hunger – Dubuque”. Mel is a SHIIP counselor assisting people with the intricacies of Medicare. Theresa is active in St. Anthony Parish ministry to a twin parish in Haiti for 25 years and president of “Take Away Hunger – Dubuque”. She loves to read and to garden – veggies and flowers. We enjoy traveling and love sports. Mel likes SWELL for the workout and the people and Theresa likes Gary’s leadership that motivates all of us and the awesome facility. Mel was born and raised in Knoxville, IA and Theresa born and raised in the Panama Canal Zone.



New SWELL At Home Workout. Students Exercising with Gary, coming in January 2022

Weight training not confined to bulging muscle builders

A popular misconception is that weight training is just for young men who wish to build large bulging muscles. Actually weight training is an excellent form of exercise for men and women of all ages, and if you use weights in a moderate way, you can gain a wider range of health benefits without the bulk and heavy muscle.

Weight training can actually have a fountain of youth effect on the body. By increasing your strength and flexibility you can prevent injury and slow the age-associated loss of muscle function. Many muscle and joint problems, such as back pain, are the result of weakness and inflexibility. Weight training has also been proven to be the most effective form of exercise in building strong bones and preventing the loss of bone mineral as we age.

Recent studies indicate that lifting weights helps lower blood pressure, cholesterol and high blood-sugar levels. To achieve these inner body benefits you need to use light or medium weights with more repetitions. It is important to learn proper weight training techniques, to lift weights that aren't too heavy for you, to move through the entire range of motion, and to breathe correctly.

People who want increased muscle mass need to use heavier weights and less repetitions. However, they will not receive the same inner-body benefits as those who work out with lighter weights and more repetitions. Beginners and older adults are especially encouraged to start out with light weights and

Staying Fit

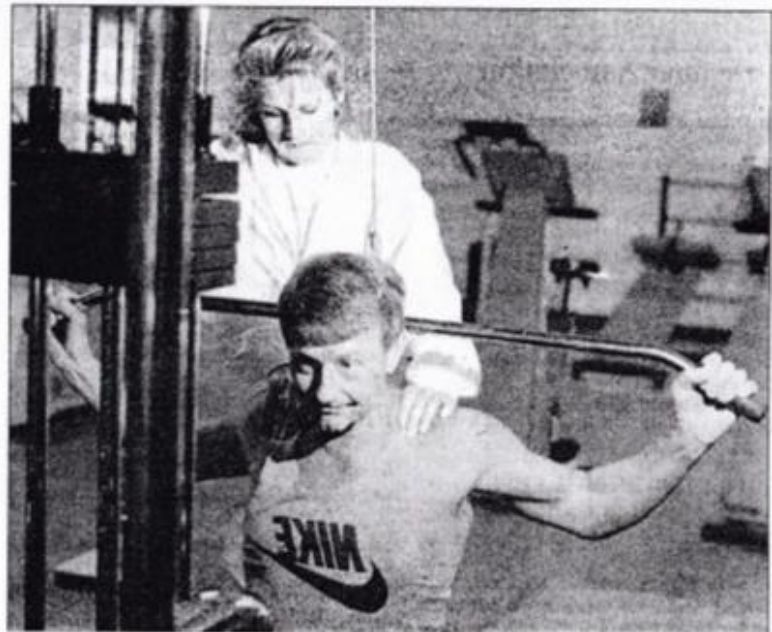
Bob Knepper



concentrate on good form and breathing. Weight machines are also recommended over free-weights for this group since they are generally easier to use and provide more stability during the lift.

Weight training and aerobic exercises such as walking, jogging or swimming, combined with sensible eating habits, are the most effective means of weight control. If you only diet or do aerobic exercises you will lose both fat and muscle. But, if you combine weight training with proper diet and aerobic exercise you will lose the right kind of weight (fat) while maintaining your muscle. And, muscle burns more calories at rest (than does fat) increasing your metabolic rate.

Weight training is also beneficial for people with special needs, including rehabilitation from such things as heart attacks, arthritis, strokes and multiple sclerosis. But, remember to consult your physician before starting any new exercise program.



Bob Casper is viewed through a mirror as he trains at the YMCA with the help of his daughter, Liza Clark. Casper had a heart attack in April and believes he would not have survived if not for the weight training he did prior to his attack. (Photo by Boyd Garey)

The Dubuque YM-YWCA weight training and aerobic center (named the super-circuit room) features a variety of weight machines and aerobic exercises such as stair climbers, "lifecycles" and rowing machines. The Y has a staff person on duty at all times to provide supervision and instruction to the participants.

During the month of October the YM-YWCA is offering a free orientation for per-

sons age 50+ who would like to use the super-circuit room. The orientation includes instruction on all of the exercise equipment (over 20 pieces). A Y membership is required to participate.

For more information, call the YM-YWCA at 319/556-3371 or stop by for a tour.

Bob Knepper is membership/adult program director at the Dubuque YMCA.

THE STAFF

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We are looking for feature writers each month, try your hand at it. Email articles to garydonaldwittman@gmail.com