

SWELL NEWSLETTER

June 2023 Volume 3, Issue 6

Save the date Wednesday October 4th, 2023, 4:30pm 6:30pm SWELL picnic!

Colleen Zelinsky



I joined SWELL in September of 2022 after hearing about it from Deb Adams, a current member. I retired from Kendall Hunt Publishing in 2011 where I worked in the Editorial Department. My husband and I moved to Dubuque in 1979 where he taught for 30 years at Northeast Iowa Community College. We have 2 daughters (one in Ankeny and the other in Dyersville) and 3 grandchildren. My husband and I deliver Meals on Wheels and I volunteer with Duride. I also love to read and feel we are fortunate here in Dubuque to have Carnegie Stout Library. I enjoy the diverse activities we have in SWELL. When I started, I found I did know a number of people who were already members, but all of the new members I have met are so friendly and welcoming. It is a great program and I feel fortunate to be a member.

Izayah McKinnie



I'm from Rockford, IL. I will graduate with a Wellness and exercise science major. I want to be a physical therapist assistant after the swell program. I love playing basketball and going on trail walks.

Joanne Errthum



I am Joanne Errthum. I retired as a medical speech therapist after 30 years in August 2017 from Mercy Medical center. When I retired, I began looking for an exercise program, as I was a little neglectful in my exercising when I was working. Yes, it was all the usual excuses, too tired, too busy, not a good time for me, etc. I began looking around and knew I did not want to do aerobics, jazzercise, strength training, yoga, hot yoga, or any of those types of exercise activities. I just wanted to improve my endurance, balance, and flexibility. It took me approx. 4 years to find SWELL. I had read about it in the TH in June of 2022, so I signed up. I got my call to come join the group in December, 2022. I have enjoyed it and it is exactly what I was looking for. I enjoy the comradery and visiting with the other participants. I have only missed it with our annual trip to Siesta Key, Florida in late

Feb or early March and after abdominal surgery, which prohibited a lot of exercises. (Oh, crap, no planks, or crunches for me for 6 weeks!!!)

I am married to Dale Errthum coming up on 45 years. We have 3 daughters Laura, Tina, and Diana. We have 5 grandsons, of which there are 2 sets of twins: one set identical (Lane and Parker) and the other fraternal (William and Grant). Laura and her husband Jason live in Cedar Falls, Tina lives in Colorado, and Diana and her husband Steve, live in Asbury. We have a lot of fun times with these guys; and boy, is raising boys different from raising girls!! I try to give my grandsons experiences rather than gifts and we have had many great adventures. But Grandma is not going to crawl around in that narrow cave, that will be something to do with your dad!!

In my spare time, I volunteer with St Vincent de Paul. I am the co-chair of the Voucher Center and Food Pantry downtown at 13th and Iowa. It keeps me very busy during the week, with ordering food and hygiene/cleaning supplies. We have clothing, housewares and furniture that are given out to our neighbors that need them. We have a great group of volunteers down there and we have a lot of fun with each other.

I also enjoy reading and gardening. We owned a lake house up on Park Lake in Pardeeville, WI, but we have recently sold it. We want to travel more, so we are hoping to visit many of the larger cities in America that we have not been to and visit the National Parks as well. What order we go to these places to be determined. We have traveled to Hawaii, Australia, Alaska, San Francisco, San Antonio and Seattle, Washington.

SWELL is a wonderful program and I recommend it to all my friends, who are now on the waiting list!! Thank you, Gary, for your leadership and commitment to SWELL.

Shannon and Bob Keller



Hi, we are the Keller's - Shannon and Bob –

We have been together since we retired in 2005. We met on RAGBRAI through our bicycle club - Hawkeye Bike. We continue to be grateful to share a second chance in life following our previous marriages.

Bob's career which he devotedly enjoyed was in Ophthalmology, practicing in Cedar Rapids for 37 years. He is one of the 3 ophthalmologists that founded the Iowa Eye Clinic on First Avenue. In training years and early private practice, Bob devoted 8 years to the Army Medical Reserves. He lived on an acreage at city limits and loved working the land and raising their horses.

As a young coach Shannon was hired by the Nissen Gymnastic Equipment manufacturing company in Cedar Rapids

to help establish gymnastic programs in Latin America and train instructors for those programs. This had her teaching in her second language of Spanish in both Ecuador and Venezuela. Upon returning to the United States she continued working with the Nissen Corporation in the International Department and Wellness Division until she became a mom. She was fortunate to spend 12 years at home with her son before returning to the work world. At age 51 she was the eldest of her class to be certified and licensed in Iowa for massage therapy. She then enjoyed working at St Luke's hospital Cedar Rapids for Women's Care as well as establishing her private practice. We began our retirement by building our dream home in Colorado in the Arkansas Valley south and west of Denver

The house sat at 8900' of altitude on the eastern slopes of Mount Princeton. There we enjoyed the camaraderie of fellow ATV/UTV /Jeep riders exploring the many trails and mountaintop vistas that Colorado has to offer. In Bob's early practice years he had done much of the same and was pleased to be able to share it with Shannon. Shannon summited 4 of Colorado's 54 "14ers" as Bob had done on vacations a couple decades earlier. The 14ers are mountains that peak at 14,000 feet or more. Shannon now enjoys walking at this lower elevation. Living at altitude, for all those years with less oxygen, became a challenge. Our kids were busy raising their family. Their vacation times were limited, and it became apparent that it was time for us to make a change. It is that change that brought us to Dubuque in 2020-21.

Our 3 grandkids are here with their parents, and we have much catching up to do. Bob's son, Rob has a PhD in Math from UNC. He has been at Loras, first as a teaching Professor and then later adding to that as Department Head of Mathematics, Engineering and Computer Science. His wife Sara works from home for Swiss Colony and is a devoted mom. Our eldest granddaughter, Dani, just graduated Loras in Psychology. Our grandson, Robbie, is now an upperclassman at UNI studying Business and Finance. Our youngest, Abbie, is at Wahlert on the competitive dance team and also an Elite competitive dancer with Dubuque Dance and Gymnastics Studio.

Retirement brings us many wonderful travel opportunities including to Australia, New Zealand, Hawaii, Alaska, Europe, Russia. We now are touring the National Parks while covering much of the United States. We both enjoy photography with Bob focusing on the creative side of editing.

Shannon is a constant knitter making prayer shawls for those she loves and those in need. To date, she has knitted more than 70 prayer shawls. This project began when her son was affected by a work injury. We have a Birman cat, 10-year-old Lily, who claims ownership to all of our house and most especially to each blanket even before completion.

We are happy to have at this stage of our lives here in Dubuque, a chance of improving our health with the SWELL program with Gary. We plan to continue with active opportunities and with SWELL knowing that we will be in a better position to continue. We appreciate the warm welcome and meeting all of you.

We have found that watching and reviewing the Tai Chi videos makes it easier for us to do the exercises, especially learning the names of the positions and their transitions.



Donna Phillips, I joined the SWELL program in September of 2022. I enjoy all the activities the program offers. Walking before and after class has given me the opportunity to meet many of the other members. I worked in health care as a Surgical Tech for 41 years. I started at the Galen Hospital then joined The Finley Hospital when a position became available. My husband and I have two daughters. One lives in Bettendorf, the other lives in North Liberty. It is nice to have them both living relatively close to us. In the summer I like to play golf. Since retiring I have joined a morning league. I also play some pickleball and like to take walks on the trail. In the winter months I started snowshoeing. I am so happy I was able to join the SWELL program and look forward to meeting more members and growing younger.

Are Seniors Too Old To Learn?

As we grow into our senior years, many of us realize that it is more difficult to learn new things. Our once sharp minds could pick up on new information, process it, and use it. Now it seems that our memory isn't what the use to be. Dr. Matthew Walker, PhD Professor of Neuroscience and Psychology at the University of California, Berkeley, and Founder and Director of the [Center for Human Sleep Science](#) has completed studies that explain what is going on with our brains. The hippocampus section of the brain stores short term memory information but has a very small capacity that fills up quickly. This leaves us with a maxed-out learning capacity for the day. The only way to empty the hippocampus is to sleep. Specifically stage 2 NREM sleep. During this stage sleep spindles in the brain

transport short term memory information to the cortex to be stored in long-term memory learning or information that can be used later. The hippocampus empties and allows for more short-term learning. This is how our brain works. Dr. Walker did a study having subjects take naps after learning facts during the day. The naps emptied the hippocampus allowing a 20 percent increase in learning over subjects that did not nap. In more recent work Dr. Walker found that seniors (aged sixty to eighty years old) are unable to generate sleep spindles to the same degree they did during their younger years, resulting in a 40 percent deficit in learning. Does this mean we are unable to learn? Professor Walker emphasizes the importance of more sleep for seniors to improve you learning and memory storage. Seniors need more sleep per night to generate more sleep spindles as opposed to their younger self. Now you are probably wondering if we will end up sleeping our life away. You are right, we can't sleep all the time. We need to move to stay healthy. Walking, exercising, and doing Tai Chi are also very important. So how can we improve our memory without sleeping our life away? Can we improve our sleep and learning capacity without taking long naps through the day? How does meditation fit in to all this? Meditation is a way to improve our brain function, reduce stress, and continue learning at the rate we did when we were younger. According to the Associated Chamber of Commerce and Industry of India (ASSOCHAM) 20 minutes of meditation is equivalent to 4-5 hours of sleep. During meditation you go through all of the sleep cycles reducing stress, creating more sleep spindles, and improving your memory and learning capacity. The more you do meditation the better it will work.

I have been meditating for over 50 years and now teach meditation to the University of Dubuque students. Before each class the students meditate for 5 minutes. The students journal each week telling me about their meditation experience. Their comments point out how they have less stress, have increased their memory and learning capacity along with being calm and more patient. I have also noticed their ability to remember my lectures, LOL. Where does this leave us? You are in luck; I have a 15-minute meditation audio tract on Vimeo without commercials. You can practice this meditation by listening to the audio track. Once you have learned how to meditate you will not need to listen to the audio tract. You can sit in a quiet place each day and meditate for 5 to 15 minutes by doing breathing techniques you have learned. Meditation will help you remember the routine need to meditate. Meditation will improve your memory and capacity to learn and relieve stress in your life. We are not too old to learn. We can get younger by going to SWELL exercises and meditating to have a younger mind.

<https://vimeo.com/garywittman>

--Gary Wittman

Walker, M. PhD (2017). Simon & Schuster, Inc. Why We Sleep. New York, NY: Simon & Schuster, Inc.





103 Years of Broadway
Direct from New York and featuring Dubuque native Rita Harvey, producer/pianist/composer Neil Berg returns to Heritage Center with a sequel to his hit Broadway revue with a cast of stars from Broadway's greatest musicals. 106 SWELL members bought tickets and 7 SWELL ushers observed this talented performance. Proud parents Mal and Theresa Harvey set up front to watch their daughter and star of the show Rita Harvey. We were assigned to section 205, rear balcony with a 11-dollar discount. No one reported nose bleeds, but a few complained of eye strain. Don't worry about the coming performance of Brit Beatles on Saturday Sep. 23 at 7:30pm. We will be closer.

Outside in April, the wind chill, 32 degrees. A cold and windy day.



Who are these people? They are SWELL people who keep moving every day to get younger “No Excuses”.

Peggy Howard



Hi! My name is Peggy Howard and I joined Swell in Oct. 2022. I was looking for a way to stay fit and when my friend Debbie Anderson told me about Swell, I thought it sounded perfect. So, after a little wait I was able to join. I was born and raised in Dubuque, one of seven children born to Leo and Doris O’Neill. I attended St. Patrick’s grade school and graduated from Wahlert in 1969. After high school I worked as a nanny for a prominent family in Milwaukee, for 2 years. On a visit home one weekend I met Steve. In order to pursue the relationship, I moved back to Dubuque. I married Steve Howard in 1972. We were blessed with 5 children and from those 5 kids we now have 13 grandchildren with another one coming in June. We also have 1 great granddaughter: all living in Dubuque! Our oldest, Heather, works for President Collins at Loras College and is married to Bobby Jungblut, a firefighter. They have 3 kids, Bailey, Riley, Kyler, and a granddaughter Saylor. Katie is a nurse at Mercy. She is married to Eric Mottet, an engineer at John Deere. They have 4 children: Kyle, Caleb, Adelyn, and Elaina. Wendy works at Assured Partners Insurance Agency and has 2 boys, Carter, and Cooper. Sadly, her husband, Rob McKernan passed away 4 years ago, due to diabetes. Lisa works at Dupaco and is engaged to Nick Donarski. They have a 14-month-old son Stryker and are expecting a baby in June. Our son Scott works at Mi-T-M and is married to Tessa Peterson who works at Medline. They have 3 little kids, Shaylee, Cora, and Cole. When I started my family, I knew I wanted to stay home with them, so I began doing daycare in my home. I did this for 20 years then stopped but continued watching grandkids 2 days a week while also working part-time at the Locust Street Hy-Vee in the Seafood Dept. I retired from Hy-Vee in Oct. 2021. I still watch grandkids 2 days a week and also help out at

Peggy and Kids



Leonard Funeral Home. I've always loved traveling and taking summer vacations with the kids was always very important. We traveled a lot to California and Colorado to visit family. We also enjoyed lots

of camping on weekends. Steve and I were very fortunate to be able to travel by ourselves once our kids were grown. We took a couple trips to Europe which we really enjoyed. Sadly, our traveling days were cut short when Steve died of cancer in 2012. I continue to travel with friends and family. My most recent adventure was my first cruise! It was on the Mediterranean and we visited ports in Italy, France, and Spain. It was awesome! I am a 19-year breast cancer survivor and I want to do what I can to live a healthy life. I've really had a wonderful life and I'm hoping with Swell I will have many, many more years of good health. Thanks, Gary, for this wonderful opportunity!



Peggy's Grandkids

Linda and Gary Sewell



Greetings Swell Friends from your Sewell Friends,

We were both born in SE Iowa, Gary around Letts, and Linda south of Muscatine on a farm (Muscatine Island, watermelon country). We both went to Louisa Muscatine (L-M) high school, with Gary 2 years ahead of Linda. We didn't start dating until Gary had graduated. Gary went to DeVry Tech School in Chicago for his undergrad and then to DePaul for his master's in computer science. Linda went to Muscatine Community College for 1 year, College of DuPage 1 year and then finished my undergrad in Accounting at Univ of N Illinois in DeKalb. All of this took place over an 8-year period while working off and on before both graduating and while living in the city of Chicago and in the suburbs.

For 4 years we lived in the Lisle/Naperville area so Gary could commute 1 hour east to downtown Chicago in the evenings to DePaul (while working full time at Western Electric) and Linda commuted 1 hour west to DeKalb while working part time for the Soil We were married somewhere in the middle of all of that. We were young at that time (19 & 21 yrs. old) and this fall we'll celebrate our 45th anniversary

Expecting our first child started Gary looking for employment closer to home (and away from the Chicago area). CyCare brought us to Dubuque 40 years ago and since then he has also worked for Medical Associates, IBM (all in IT) and now Crescent Community Health Center for the past 7.5 years. His job with Crescent started as Compliance but somehow, he's acquired IT, Facilities Management, Risk & Safety but retirement is in sight. Linda's focus has been on the home front with the kids and their activities while working part-time at various points throughout these years. She hopes to retire in the next few months as Finance Officer for the Dubuque Symphony Orchestra, a position she's held for 17 years.



We love the Dubuque area and have made it home for our four kids who are all adults now. Jenny (Librarian at Clarke Univ) is married to Andy Parker (Seven G) and they have 2 boys – 7 year old Henry and 4 year old George. Anna is married to Cole Chapman, and they reside in Iowa City with their two littles – 8-year-old Jude and 4-year-old Lucy. Cole teaches at the U of Iowa and Anna manages their home front. John is married to Emily, they live in Dubuque, and they have little Hugo, who will turn 2 yrs. old this summer. John works for the Grant County Soil Conservation as a Conservation Technician and Emily is an architect for Gronen Properties. Kelly, our youngest daughter, currently lives in Chapel Hill, NC with her significant other, Nolan. Both are working on

further schooling and Kelly just graduated with her master's in public health from Univ of NC and Nolan has a couple of years left for his doctorate in Science Communication at NC State in Raleigh. Kelly is working in the area of research for climate change and Nolan hopes to teach at the College level.

With retirement Gary hopes to have time to restore his '64 1/2 Mustang and have more time for gardening, travel, and grandkids. Linda hopes for more time for sewing, gardening, reading and grandkids. We both enjoy a little traveling, but the best part always seems to be coming back home. In the past few years, we have both geeked out a little on the gardening scene. Linda likes to start all our plants from seed, mostly heirloom, especially many varieties of tomatoes. Gary has had good luck with straw bale gardening, and we have dabbled a little with aero gardening also. Staying busy is never a problem for us.

We both enjoy craft beer (Gary most all of them, but for Linda it has to be a VERY cold hazy IPA). We tend to enjoy the quirky things in life. Our most recent road trip was to visit several breweries, the largest popcorn ball in the world (Sak City, IA) and the largest frying pan (Brandon, IA) We can now check those things off of our 'to-do' list.

We are very happy that we were able to start coming to SWELL in November of 2022. Currently Gary can only attend on Fridays, but someday he hopes to pick up the pace. While we learned of the group from the TH article, we found that we already knew several members from Gary's softball team, our kids' former teachers, and church. While we find benefit in all parts of the class, we really appreciate the stretching and are amazed at how good we feel as a result of it. Tai chi is a bit more challenging, but we just try to keep moving, even if it's not in the right pose or direction! Not falling over is always a plus. A bit of advice to you all – don't stand behind us thinking we can help you with the moves! Meeting new members at SWELL has been great. It's such a friendly and affirming group, so thank you all! Kudos to Gary (Whitman) for his dedication and encouragement to this group. You are doing a great service.

Chris McNamara



I have been a member of SWELL since October of 2022, but I am still employed so I cannot attend as often as I would like. When I finally make the decision to retire, I look forward to attending more classes. It is a great atmosphere, and everyone is so welcoming. My husband is Pat, we have been married for 44 years. We have three children, Peter (married to Christina with 2 children, Nora and Will), Daniel (engaged to Jenna Petsche) and Sarah (married to Eric Stevens). Two of our children have lived throughout the country over the past years so we have had the opportunity to visit them in Mississippi, Washington State, Las Vegas and now Oakland, CA. When we plan our vacations, they always include finding interesting hiking areas, both in the states and overseas. Pat and I have found some beautiful hikes in Hong Kong, China, Taiwan, several national parks, including Zion, Grand Canyon, Bryce, and Sequoia. I am active with St Vincent de Paul and the Habitat for Humanity Restore.

Miki O'Neill



I joined Swell in the fall of 2022 after reading an article in the TH that made it sound like a perfect fit for me. It was a pleasant surprise to find how many people I know that participate in Swell. Ed and I were both raised in Dubuque. We were married in 1972 right after I graduated from the College of St. Catherine in St. Paul. I worked as a medical technologist in a chemistry lab while Ed was in medical school and training. Once we settled in Dubuque in 1981, I spent a lot of time volunteering at St. Columbkille's, Wahlert and Mercy Gift Shop. We have a daughter, son, daughter-in-law, two grandchildren and one on the way. We love family time and as avid Hawkeye fans spend lots of fall weekends together.

Since retirement we have spent our winters in Florida. I certainly enjoyed access to Gary's videos while away. We also enjoy travel adventures and plan to resume them next year. I look forward to making new friends at Swell this summer. Thank you for the great program, Gary!

Debbie Link



Personal

Born: Dubuque, Iowa. Second oldest of six; 2 brothers, 3 sisters

Family

Married to Lon for 42 years, retired (8-2014) after working at John Deere Dubuque Works for 37 years

and Deb retired (6-2015) and taught 37 years at Western Dubuque Schools and Dubuque Community

Schools. In retirement, they enjoy spending time together traveling, especially visiting their kids and 1st

Granddaughter, (Olivia), golfing, biking, pickle ball and gardening. During the winter months they enjoy time in Palm Springs CA.

Tony and his wife Emily were married on October 6, 2012, both work at Lawrence Livermore National Laboratory in Livermore CA. Tony and Emily both have a PHD in physics and work in the research/

experimental lab and live in Livermore, California. Tony's hobbies are reading, cooking and his Friday night gaming group. Emily's hobbies include playing the violin, gardening, reading, and running. Peter lives Waukesha, WI, and works as a Plant Financial Analyst for Eaton Corporation's Power Division. Peter enjoys golfing, grilling out, biking, and attending sporting events.

Jennifer and Anthony Bonafeste were married on June 10, 2017, and live in Oak Creek, WI, with daughter Olivia (born September 7, 2020) and their dog Stanley. Jennifer works at Bombardier Recreational Products (BRP) as a Corporate Recruiter where she is responsible for hiring in the Research, Development & Engineering departments. Anthony works at SC Johnson as a Financial Manager where he provides guidance on global pricing for a variety of products. In their free time they enjoy going to Milwaukee Bucks and Brewers games as well Marquette basketball games. Anthony also enjoys golfing and using his smoker to cook a wide variety of meats.

Volunteer Work/ Organization

Past T.T.T. Chapter member

Past Discovery Shop Volunteer

Delta Kappa Gamma

Tutor

Personal Interests

I enjoy decorating, gardening, reading, shopping, biking, golfing, traveling and spending time with family and friends. We are an Iowa Hawkeye family...



Healthy Recipes By Sue Olson

Summer will soon be here! Perfect time to enjoy a daily green salad. Swap out different greens for variety and substitute cooked Salmon for the Chicken. Always a great meal on a hot day. Blessings, Sue Olson



VEGGIE and PROTEIN SALAD Makes 1 Big Serving!

Ingredients:

- 1/2 c organic spinach
- 1/2 c organic arugula or Swiss Chard or Young Beet greens
- 4 oz. Cooked, diced organic Chicken
- 2 TBSPS raw pistachios
- 3 Radishes, diced
- 1 whole organic Pickle
- 1/2 Avocado, diced
- 1/2 Roma Tomato, diced

Directions:

1. Cut ingredients to desired size, dice or slice, I leave the pickle whole and enjoy a few bites between crunching the salad!
2. Add all ingredients into a large bowl and toss.

3. Add favorite homemade dressing like this one:

Dressing Ingredients: 1 tsp Sea Salt

- 1/4 to 1/2 tsp freshly ground Black Pepper
- 2 cloves Garlic, finely chopped
- 1 tsp Dijon Mustard
- 1/2 C organic lemon juice, freshly squeezed
- 1 C Extra Virgin Olive Oil

Dressing Directions: Combine all ingredients into a small jar with lid. Gently shake to combine. Pour desired amount onto your salad. Refrigerate unused dressing.

Storing dressing in a small jar allows you to easily shake and serve!

THE STAFF

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Healthy RecipesSue Olson

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

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

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