

SWELL LETTER

June 2026 Volume 6, Issue 6

person who makes a difference

Retired teacher lends a hand at local library

Lisa Johnson has been a volunteer for 11 years at Carnegie-Stout.

Every Friday morning for 11 years, retired educator Lisa Johnson has gone downtown and arrived at the Carnegie-Stout Public Library before the doors open and gone to work.

She grabs a trolley cart from a room behind the circulation desk and the library clerks hand her a list of every book that a patron has requested for a hold — 48 books this past Friday, both fiction and nonfiction, for adults, children and young adults; old-fashioned hardbacks and digital media.

“They give me a list; I check them off; it’s great to feel like I’m helping out,” Johnson said.

Johnson starts upstairs in the nonfiction section, making her way through the Dewey Decimal System till she hits the biographies, then winds her way downstairs for the children’s books, large print and adult fiction before ending with young adult books.

“Young adult is a growing field,” Johnson noted. “They have a lot of graphic novels.”

She said she has developed an interest in graphic novels through her book-finding work, picking up an illustrated version of “The Handmaid’s Tale,” before leaping to the classic Margaret Atwood novel.

Her book-sleuthing takes her an hour to 90 minutes, and she prides herself on retrieving as high of percentage of her list as she can. Friday, she found 45 — three books, including one missing since 2022, eluded her hunt.

Carnegie-Stout volunteer coordinator Maggie Turza said the library is always looking for more volunteers, but she especially appreciated those like Johnson who are not just consistent but have been coming for longer than she’s worked at the library and often know it better than she does.

“She can find things faster than most,” Turza said. “It saves time for our librarians and gives them an opportunity to focus on customer service.”

Johnson was born in 1955 in Syracuse, N.Y., but was raised in Wheaton, Ill., by an aunt and uncle after her parents were killed in a private plane crash. She attended the University of Michigan before graduating from Illinois State University. She began a career in special education at Audubon Elementary in Dubuque schools in 1977, working with kids who had physical disabilities while the children were still segregated from the general population.

Johnson left for work in Minnesota and back in Illinois before retiring in Dubuque after 33 years; her last position as a resource room teacher, helping youngsters who needed a little extra assistance with math and reading.

“It was a good job,” she said. After her retirement, she knew she had to find ways to fill her time. At first, she helped with the Humane Society and as a leader of FIDO — “Friendly Intelligent Dog Owners.”

In 2015, she took the volunteer post at the library and hasn’t looked back.

“When I first started, they needed someone to do Fridays so I said, ‘Let’s do Fridays,’” Johnson said. “More people should volunteer; it’s really fun. It gets you out of the house. It makes you feel good. And you can make your own schedule.”



Retired teacher Lisa Johnson has volunteered weekly at the Carnegie-Stout Public Library for the past 11 years.



Senior Wellness (SWELL): Program Goals Inspired by the 5 Global Blue Zones

The Power 9 principles distill the lifestyle secrets of the world's longest-lived populations

1. Movement integrated
2. Defined sense of purpose
3. Intentional stress relief meditation
4. Nutrition focuses
5. Moderate alcohol
6. Eating until only 80% full

Social Connection

7. Family
8. Connecting with the community,
9. Surrounding oneself with healthy social circles

SWELL Program Goals

1. Help seniors live healthy and independently throughout their life to become centenarians.
2. Improve Wellness and quality of life within the senior population.
3. Prevent long term health care in the senior population.
4. Improve strength, agility and balance.
5. Promote healthy eating to reduce body fat and replace with muscle.
6. Improve brain health and body detoxification through meditation.
7. Help seniors understand mental and physical health through articles in the SWELL newsletter.
8. Create an environment of social connection by
 - a. Updating the SWELL photo album
 - b. Scheduling walking social time before and after class
 - c. Scheduling entertainment with Swell members at the John and Alice Butler Heritage Center University of Dubuque.

Reaching SWELL Goals

Improving Flexibility

Purpose: To maintain walking, bending, getting up and down from the floor, and functioning in a normal life. Flexibility helps with confidence enhancing good posture and fluid walking form.

Developing Strength

Purpose: To do lifetime sports, negotiate up and down stairs, and support the skeletal system and spine. The National Strength and Conditioning Association (NSCA) explains that lifting heavy weights every day without recovery breaks down muscle fibers faster than your body can repair them. This prevents muscle growth, diminishing your physical performance, and drastically increases your risk of chronic joint pain, severe strains, and tendonitis. Many lifters complain about unexplained pain and injuries from muscle overuse. At SWELL we use light weights with high repetitions to warm-up the muscles for stretching exercises.

Compromised Immunity: Pushing your body past its limits suppresses your immune system, making you more susceptible to illnesses and infections.

Recovery from Strength training.

Between workouts: Wait at least 48 to 72 hours before training the same muscle group again. Many gyms and workout facilities violate this very rule and work muscle groups every day.

Improving Balance, Agility, and Stress Reduction

Sports Medicine (Clinical Journal) Balance & Agility: Improve balance by doing balanced exercises, Tai Chi, and using free weights to create agility and a greater range of motion and strength. Stress Reduction: Reduction of stress to mental and physical disorders through Tai Chi, Tai Chi walking, and meditation.

Strength Training: Dumbbells vs. Machines

The Journal of Strength and Conditioning Research (JSCR), **The Benefit of Dumbbells:** When developing strength, dumbbells are the most ideal form of strength training. With a 360-degree range of motion, dumbbells work each arm independently, creating balanced strength and range of motion. **The Downside of Machines:** With machines, your dominant arm will get stronger while the weaker arm becomes weaker. **Risks of Machines:** Machines are limited in core and stabilizer muscle engagement, have unnatural fixed movement paths that increase joint stress, and lack functional carryover to real-world activities. Machines put your body into unnatural positions and take your joints through dangerous ranges of motions. Over time, machines will lead to injuries, especially with the senior population. You should avoid machines at all costs.

Floor Exercises & Core Strength

The American College of Sports Medicine (ACSM) Health & Fitness Journal Benefits: SWELL floor exercise develops abdominal and core strength to prevent back injuries and soreness, along with toe rotations to reduce swelling in the lower extremities. Use of Weights: Using weights with abdominal and back exercises can challenge your muscles if you are an athlete but can also cause injuries to your back and spine. If you are not training to be a competitive athlete, you should avoid using weights with abdominal exercises.

Dynamic Exercises

Purpose: Dynamic exercises create balance while moving, developing agility and strength. Dynamics, Tai Chi walking, and balance exercises are designed to prevent falls the number one cause of death after age 65.

Cardiovascular and Nutritional Health

Purpose: Walking before and after class to create aerobic strength for the heart and cardiovascular health. Eating and following good nutritional habits found at RealFood.gov and Myplate.gov.

Social Connection and Newsletter

The American Psychological Association (APA) / *Journal of Health Psychology*. Purpose: Meeting in class and looking forward to seeing people in class to improve our mental motivation and inclusiveness with groups of positive people. **The SWELL newsletter** is dedicated to celebrating and informing our community by keeping members up to date on their peers' recent activities, volunteer efforts, and exciting vacation destinations, ensuring everyone receives the recognition they deserve. To motivate and improve everyday habits, we provide vital health and nutritional information, which now includes data from our recent member testing and research initiatives designed to give a deeper understanding of personal health factors. These research efforts serve a dual purpose by significantly enhancing the educational and hands-on training experience for our SWELL interns.

Longevity & Lifetime Sports

Vision: Being able to do lifetime sports into our 70's, 80's and 90's because of stretching to improve balance and flexibility. Lifetime Sports can include Swimming, walking, running, and hiking, croquet, Tai Chi, yoga, pickleball, dancing, lawn bowling, golf, walking soccer, biking, skiing and snowboarding, gardening, volleyball, and tennis, to name a few.

References:

The National Strength and Conditioning Association (NSCA). *Essentials of Strength Training and Conditioning*.

Sports Medicine (Clinical Journal). "Effectiveness of Balance Training on Motor Performance Profile in the Elderly."

Centers for Disease Control and Prevention (CDC) / National Center for Injury Prevention and Control. "Stopping Elderly Accidents, Deaths & Injuries" (STEADI) initiative, and the *Morbidity and Mortality Weekly Report* (MMWR).

The Journal of Strength and Conditioning Research (JSCR). Saeterbakken, A. H., & Fimland, M. S. "Effects of injury-prevention and performance strength training using free weights vs. machines."

Spine (The Leading International Journal for the Study of the Spine) / *The American College of Sports Medicine (ACSM) Health & Fitness Journal*. McGill, S. M. "Core training: Evidence-based program design for structural spine stabilization."

The American Psychological Association (APA) / *Journal of Health Psychology*. Study/Concept: "The power of group exercise: How social connection improves mental health adherence in older adults."

Journal of Aging and Physical Activity / The American College of Sports Medicine (ACSM). "Position Stand on Exercise and Physical Activity for Older Adults." Study/Concept: The role of joint range of motion (ROM) and flexibility in preserving athletic performance in master athletes.

About your instructor:

Dedicated Health Education Professor, Wellness Educator, and Clinical Exercise Specialist Gary is a true pioneer in senior fitness and wellness programming, bringing over **56 years of foundational fitness experience** in athletics, weight training, and athletic development to the fields of exercise science, strength conditioning, and gerontology.

1. Education & Credentials

- **M.S. in Exercise Science & Strength Training** – Eastern Illinois University
- **Master Fitness Specialist Credential** – The Cooper Institute
- **Specialization in Gerontology** – National AAHPERD

2. Career Highlights & Teaching Experience

- **Current Role:** Adjunct Professor at the University of Dubuque.
- **Decades of Impact:** Spent nearly 40 years designing and implementing safe, effective health, nutrition, and strength programs across every tier of athletic and functional fitness.
- **Inspiration:** Driven by a lifelong commitment to active aging and longevity, heavily inspired by the world's **five Blue Zones**.

3. The SWELL Program

Over 39 years ago, Gary architected the **Spartan Senior Wellness (SWELL)** program.

- **Target Audience:** Older adults ranging from ages 55 to 95.
- **The Framework:** An evidence-based curriculum backed by an extensive reference list of academic and clinical studies in psychology, aging, and weight training.
- **Core Objective:** Outlining physiological goals designed to promote **functional independent living**.

4. Philosophy: Commercial Gym Pitfalls vs. The SWELL Method

Gary shares his comprehensive framework out of a genuine concern for older adults who transition to commercial gyms, where they often encounter joint pain, strains, and injuries.

Be Well Be SWELL

—Gary



Esther and Dick Farnum sit at their home in Dubuque.



Their wedding day on April 30, 1966.

He set Dick up with Esther Gronau. They knew each other's faces from the roller rink, but nothing more than that.

When they came to the party, Dick brought Esther upstairs and introduced her to his grandparents. As it happens, Esther knew his grandmother from the youth development program 4-H.

"She used to come to our 4-H meetings and help us learn to cook and bake bread," Esther said.

Esther and Dick went on a couple dates, but Dick's number was pulled in the war draft a few months after the Valentine's Day party. He had dropped out of school and was eligible for the draft. "It was an awakening," Dick said. The U.S. Air Force was bringing him to Guam.

LOVE:

In retirement, adventures have included European vacations left, he proposed to Esther, who said yes. Esther and Dick wrote each other letters back and forth. He was set to be in Guam until the next September, but when his detachment was shut down, he returned home early. The two were married a week later on April 30, 1966, at St. Philomena's Catholic Church in Asbury, Iowa. They held a reception at The Circle in East Dubuque, Ill. Their honeymoon was in Columbus, Ohio, where Dick's brother was stationed in the U.S. Army. His brother could not attend the wedding, so they spent two days with him. Dick still had time to serve in the Air Force, and he was sent to Lowry Air Force Base in Denver, Colo. There he worked as an electronics instructor. Esther moved with him and worked as a key punch operator until their first son, Russell Farnum, was born. "We enjoyed Denver a lot," Dick said. "Relatives and friends would drive out because we could take them around and show them the hills and the mountains." Dick finished his military service in 1968, and the couple moved back to Dubuque because both of their families were there. In 1969, they built a house on the outskirts of Dubuque, down the road from Esther's mom. The Farnum's built it with the help of their brothers, who were in the trades. "They all said, 'Why don't you just settle here? We'll help you put it together,'" Dick said. "And they did. We worked really hard." Dick and Esther helped with the manual labor to build the home under the guidance of Esther's brothers. "I learned an awful lot of things," Dick said. They built the basement first and lived there for six years while they continued working on the other levels of the house.

Dick began working in the computer room at Flexsteel Industries. Six months later, he moved to John Deere Dubuque Works. Esther looked after their growing family. They had four more children — Ron, Randy, Vicky and Rhett Farnum. The family ate dinner every night at 5 p.m. "We had a nice meal and company at the table with my brothers and sisters," their eldest son Russell said. "We always had good conversations about our day." Growing up, Russell saw how much his parents adored each other. "That admiration and mutual respect for each other carried through to us siblings as well," he said. Dick and Esther became active members in 4-H. All of their kids went through 4-H and the couple served as leaders, organizing meetings and doing paperwork. "It's a lot of teaching the kids different skills," Esther said. They taught the kids to cook, sew, garden and more. Esther served on the Dubuque County Extension Council for 12 years after their children were long out of the program. In their free time, the couple enjoyed spending time with friends. They often played volleyball in church leagues inside church and school gyms. Later on, their group of friends turned more toward card playing than sports. The Farnum's took family camping trips. They would sneak away to different places in the area, including county parks, and pitch tents for the weekend. "It seemed like we only camped when it was going to rain," Russell Farnum said. On their early camping trips, the family slept in their big passenger van. Dick and Esther borrowed a tent one time, but it had a hole in the bottom. "Water came right into the tent," Russell said. The couple, with their four children, slept in the car that night.

Eventually, they bought a tent. "Those were really good times," Russell said. They camped out near Disney World for a week. Dick and Esther bought the kids park hopper passes, so that they could go all over. They also camped out near Adventureland in Altoona, Iowa, a few times. Dick retired from John Deere in 2001. The couple picked up their vacationing at that point. They traveled through Europe twice, including visits to Italy, France, Germany and Switzerland. They took a few cruises in the Caribbean, a couple trips to Hawaii and visited states across the country.

"I just like to go different places to see different things," Esther said. Now, they have 14 grandchildren. The secret to their more than 60 years of marriage is that it was not very difficult because they get along well together, Dick said.

"It's a give and take, and we pray together," Esther said. Their son Russell said they never stopped talking to each other. "They talk through their problems or concerns or issues and respect each other so much," he said. "They still adore each other."

THOMAS GLEASON • *Telegraph Herald*

The Impact of Dietary Timing, Exercise, and MyPlate Adherence on Body Fat Reduction in Older Adults

Authors: Gary Wittman M.S. (Adjunct Professor), Grace Brumley (SWELL Intern).

Affiliation: Department of Health, Exercise, and Sport Science, University of Dubuque

Abstract

Background: Managing body composition in aging populations is critical for maintaining metabolic health and mobility.

Objective: This study investigated how adherence to MyPlate dietary guidelines, increased weekly exercise frequency, and the avoidance of late-night eating affected body fat loss in older adults.

Methods: Fifty-one seniors (ages 60–95) participated in an 8-week lifestyle intervention. Body fat percentage was assessed pre- and post-intervention using the Jackson-Pollock 3-Site Skinfold protocol.

Results: Over the 8-week period, 74.5% of participants adhered to the MyPlate guidelines for at least 3–5 days per week, and 80.4% increased their weekly exercise by 1–2 days. Notably, 84.4% of participants restricted eating within three hours of bedtime. Restricting late-night snacking was identified as the most statistically significant variable associated with high body fat loss.

Conclusion: While modest increases in exercise and dietary quality contribute to wellness, avoiding food intake within three hours of sleep represents a highly effective, low-barrier strategy for reducing body fat in the elderly.

1. Introduction

As the global population ages, maintaining optimal body composition becomes a public health priority. Aging is naturally accompanied by sarcopenia (loss of muscle mass) and a reciprocal increase in adiposity, particularly visceral fat (St-Onge & Gallagher, 2010). These changes elevate the risk of cardiovascular disease, type 2 diabetes, and functional mobility limitations.

Standard interventions typically focus broadly on caloric restriction and increased physical activity. The USDA's *MyPlate* framework offers a simplified approach to balanced nutrition, yet its specific efficacy regarding fat loss in older cohorts requires further validation. Furthermore, recent developments in chrononutrition suggest that *when* people eat may be just as vital as *what* they eat (Jakubowicz et al., 2013).

This study evaluates the relative impact of three lifestyle components—adherence to MyPlate guidelines, increased exercise frequency, and nocturnal fasting windows—on body fat reduction in a sample of 51 older adults over an 8-week period.

2. Methodology

2.1 Participant Characteristics

A sample of $N = 51$ older adults (aged 60 to 95 years) was recruited through the University of Dubuque's SWELL program.

2.2 Experimental Design and Independent Variables

Over an 8-week intervention period, participants tracked three primary behavioral components:

1. Dietary Adherence: Frequency of following recommended guidelines from MyPlate.gov.
2. Exercise Frequency: Number of days per week participants increased physical activity above their baseline.
3. Nocturnal Fasting: Avoidance of eating or snacking within three hours of going to bed.

2.3 Anthropometric Assessment

To measure changes in body composition, the Jackson-Pollock 3-Site Skinfold Test was administered at baseline (Week 0) and post-intervention (Week 8).

- For male participants, skinfolds were measured at the chest, abdomen, and thigh.
- For female participants, skinfolds were measured at the triceps, suprailiac, and thigh.

Body density and subsequent body fat percentages were calculated using standardized age-adjusted equations (Jackson & Pollock, 1978; Jackson et al., 1980).

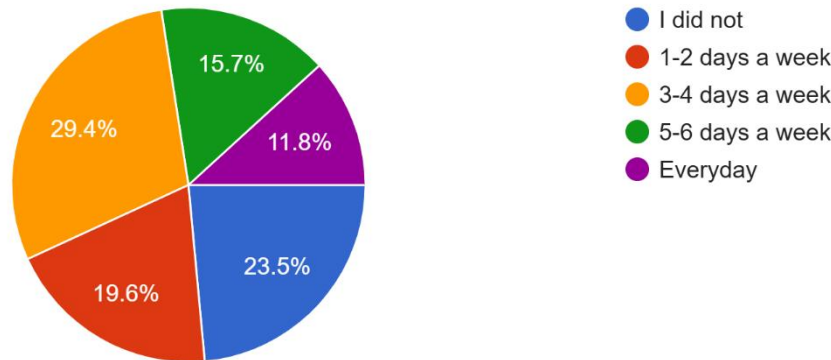
3. Results

3.1 Dietary Adherence (MyPlate)

The majority of the cohort attempted to improve their nutritional intake, with 74.5% adhering to the MyPlate

How many days per week did you improve your diet in some way based on MyPlate information?

51 responses



Questionnaire code for participants in the body composition test

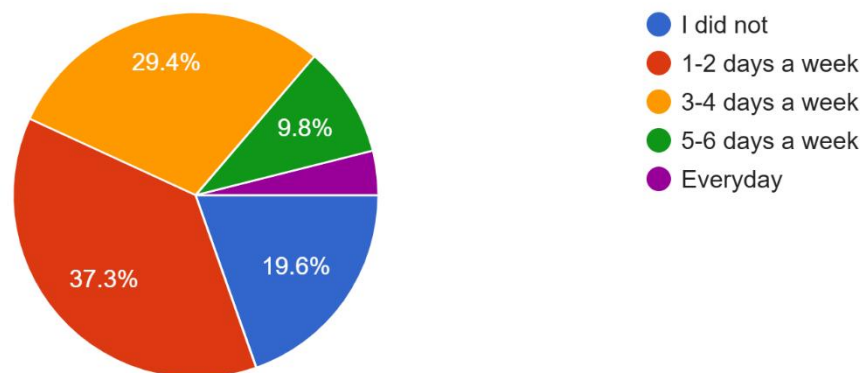
0 (I did not) 1 (1-2 days a week) 3 (3-4 days a week) 5 (5-6 days a week) E (Every day) guidelines to some degree. Conversely, 23.5% of the participants made no attempts to alter or improve their baseline diet. Among those who did follow the MyPlate model, the most common frequency reported was 3 to 5 days per week.

3.2 Exercise Frequency

Physical activity shifted positively for the vast majority of the sample: 80.4% of participants successfully increased their exercise frequency in some capacity, while 19.6% remained at their baseline activity levels. The dominant trend among active participants was a modest increase of 1 to 2 exercise days per week.

How many days per week did you increase your exercise in some way?

51 responses



Questionnaire code for participants in the body composition test

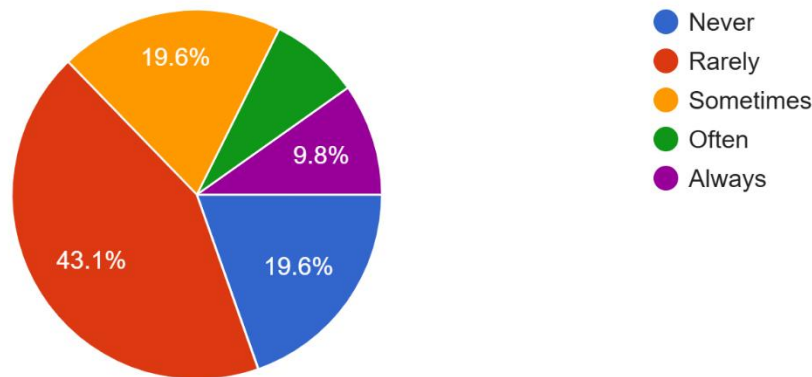
0 (I did not) 1 (1-2 days a week) 3 (3-4 days a week) 5 (5-6 days a week) E (Every day)

3.3 Nocturnal Fasting (Eating Before Bed)

Compliance was highest regarding nighttime eating habits: 84.4% of the subjects consistently avoided eating within the critical three-hour window before going to bed. Within this group, the majority categorized their late-night eating behaviors as "rarely," "seldom," or "never."

Did you eat or snack within 3 hours of going to bed.

51 responses



Questionnaire code for participants in the body composition test

N (Never) R (Rarely) S (Sometimes) O (Often) A (Always)

3.4 Correlates of Body Fat Loss

When correlating the three lifestyle components to the final skinfold results, restricting food intake within three hours of bedtime emerged as the most significant factor predicting high body fat loss. Participants who rarely, seldom, or never ate before bed demonstrated the most substantial decreases in body fat percentage compared to those who snacked late or focused solely on exercise adjustments.

| Variable Evaluated | Positive Compliance (%) | Primary Frequency Observed | Impact on Fat Loss |
|--------------------------------------|-------------------------|----------------------------|----------------------|
| MyPlate Dietary Plan | 74.5% | 3–5 days / week | Moderate |
| Increased Exercise | 80.4% | 1–2 days / week | Moderate |
| Nocturnal Fasting (>3 hrs) | 84.4% | "Rarely/Never" snacking | Highest Significance |

4. Discussion

The findings of this 8-week study indicate that while increasing physical activity and following structural dietary guidelines like MyPlate are beneficial, the timing of food consumption plays a paramount role in fat loss for older adults.

The high significance of nocturnal fasting aligns seamlessly with current research in chrononutrition. Late-night eating has been shown to disrupt circadian rhythms, blunt insulin sensitivity, and decrease nighttime lipid oxidation (Kinsey & Ormsbee, 2015). For seniors aged 60–95, whose metabolic rates are naturally lower, eating close to bedtime may result in greater fat storage due to decreased energy expenditure during sleep.

Interestingly, while 80.4% of participants increased their exercise, most only did so by 1 to 2 days per week. This volume of exercise, while excellent for cardiovascular health and mobility, may not have generated a caloric deficit large enough to match the fat-loss impact of eliminating late-night calories. Furthermore, the 23.5% of participants who failed to improve their diet highlight the persistent difficulty of dietary restructuring

in older populations, making simple rules—such as "no eating after a certain hour"—a highly practical alternative.

Limitations

Future studies should incorporate a larger sample size to run robust multiple regression analyses.

5. References

- Jackson, A. S., & Pollock, M. L. (1978). Generalized equations for predicting body density of men. *British Journal of Nutrition*, 40(3), 497-504.
- Jackson, A. S., Pollock, M. L., & Ward, A. (1980). Generalized equations for predicting body density of women. *Medicine & Science in Sports & Exercise*, 12(3), 175-181.
- Jakubowicz, D., Barnea, M., Wainstein, J., & Froy, O. (2013). High caloric intake at breakfast vs. dinner influences weight loss and satiety in overweight and obese women. *Obesity*, 21(12), 2504-2512.
- Kinsey, A. W., & Ormsbee, M. J. (2015). The health impact of nighttime eating: old and new perspectives. *Nutrients*, 7(4), 2648-2662.
- St-Onge, M. P., & Gallagher, D. (2010). Body composition changes with aging: the cause or the result of alterations in metabolic rate and core mechanisms? *The Journal of Nutrition*, 140(2), 390-394.

Bruce Rehmke Whitewater Rafting in the Grand Canyon



It never ceases to amaze me what our incredible SWELL members can achieve! When Bruce first dropped the news that he was taking on a grueling, multi-day expedition down the mighty

Colorado River through the heart of the Grand Canyon, I gave him strict orders: document the journey, capture the raw beauty, and bring back the story of his epic adventure.

When I tell you that our SWELL members are getting younger and stronger all the time, Bruce is the living proof! Long before he ever set foot on those massive river rafts, I watched him out



on the outdoor track, putting in the miles and conditioning his body to conquer the rugged canyon terrain.

Let Bruce's journey be a powerful reminder to the entire SWELL community: if you can think it, you can do it! Now Bruce's words...

I recently went on a whitewater rapids trip down the Colorado River through the Grand Canyon. Two large, motorized rafts carrying 22 guests and 6 crew, including our guide, launched April 28 in Marble Canyon AZ with all of our food and supplies for 9 days on the river. We travelled 226 miles downstream and disembarked at Diamond Creek on May 6.

During the trip we encountered numerous rapids. Some were relatively tame, but others were extremely challenging to raft. For the latter we just had to hang on tight and trust our boatmen to get us through. They were wild and thrilling to ride!

Late afternoons we made camp and slept on cots in sleeping bags under the stars. The night sky was beautiful with virtually no light pollution. Nighttime temperatures got down into the 40's - I slept with a stocking cap. The water temperature was in the 50's so I only took a couple baths...

We did same day hikes up out of the canyon floor. There were a number of waterfalls located higher up in some of the side canyons, but you had to work to see them. According to my watch, on one hike we vertically climbed over 2100 feet on switchbacks up the side of the canyon. I slept well that night!

The trip was a wonderful learning experience. Our guide has done research and taught university classes in archeology, geology and paleontology so the entire trip was an ongoing lecture about the canyon, the fossils and the people who have inhabited it. Some of the best



times though were just sitting back and watching the scenery as we traveled along. No cell or internet service for the entire trip.



SWELL Members Travel to Tuscany Italy

Carol Wyatt, Judy Kaleb, Liz Willems and Carleen Rehmke recently returned from a trip to Tuscany. We spent our first five nights in the Tuscan countryside at the cozy Borgo di Cortefreda in Tavaenella Valley di Pesa, which was our base to a pasta making class at Tenuta Torciano and explore the historic towns of Volterra and San Gimignano. We also travelled to Lake Trasimeno, where we boarded a ferry to Isola Maggiore.

On a trip to Pisa and Lucca, we visited Gothic places and many little shops. Siena, where the famous horse race, the Pablo, takes place was also visited. We also travelled to a beautiful Tuscan estate where we followed a dog hunting for truffles and then enjoyed a truffle inspired dinner. Our final two days were spent in Firenze (Florence) where we saw the famous Michelangelo statue of David and spent much of the day shopping. It was a wonderful trip, and we ate our share of pasta, olive oil, cheeses, balsamic vinegar and gelato with lots of red and white wine to wash it down. The weather was sunny and warm and



New SWELL At-Home Workout Now on Patreon! ☀️



Can't make it to class, or haven't been able to join SWELL just yet? We've got you covered! **Our latest At-Home Workout Video 5-31-2026** is officially live on Patreon. Filmed against the beautiful backdrop of the 2025 Tour of Gardens, this session is as scenic as it is therapeutic. These brand-new routine features all of our latest core updates, including:

- **Balance Tai Chi Walking** to build steady, confident steps.
- **Toe Rotations integrated** seamlessly into our **Double Knee Tuck** for improved lower body circulation, joint mobility and stability.

It's the perfect way to keep moving, stay strong, and protect your joints right from the comfort of home.

👉 [[Click Here to Watch the Video on Patreon](#)]

We can't wait to practice with you. Stay vibrant and keep moving!

THE STAFF

Editor..... Gary
Feature WriterBruce Rehmke
Feature Writer Carleen Rehmke
Feature Writer Grace Brumley
Article submitted by..... Tom Parkin
Feature Writer Gary

Thanks to those who submitted wonderful articles to our SWELL newsletter