

Commitment to SWELL

What does it mean to be committed to SWELL? WorldNet Dictionary says commitment is the act of binding yourself intellectually or emotionally to a course of action. Well let's add physically to the list. To get the



maximum benefits from SWELL we need to be committed. We need to show up three times a week and do **ALL** the exercises to the best of our modified ability. By modified meaning, do what you can do without harming your body. Go at

34 Years at SWELL Don and Wilma Sanders can do the Plank Correctly your pace, not the pace of the person next to. You need to listen to your body, if you feel overly exhausted slow down or do less reps. If you get too tired, take a few more breaths before you start the next exercise. You can push yourself, but not to the point of over exhaustion. When you are doing exercises, weights, stretching, tai chi, floor exercises, and dynamics, stay within yourself and go at your pace. Exercises breaks your muscles down, and as you recover your body will adapt, get stronger and more fit. If you push yourself too hard and become overly exhausted, you will not fully recover before the next class and will get diminishing returns. Diminishing returns can happen when the muscles break down too much and don't recover from that workout. If you push yourself beyond recovery you could end up having a possible injury. So go at your own pace and ask Gary if you have a question about the exercises.

You need to be committed to fueling your body as well. Healthy food and good hydration are essential to speed up your recovery from SWELL exercise. Make sure you eat complex sugars such as fruit and vegetables along with complex carbohydrates like whole grain bread and cereals. Proteins such as lean meat, fish, and eggs are the building blocks for your muscles that support your skeletal system. Milk and dairy foods are complete proteins that also provide calcium to strengthen the skeletal system, bones, and muscles. Eat healthy using the suggestions above and don't skip meals. If you feel like you need to cut down on calories reduce fats, simple sugar and simple carbohydrate intake. You can eat some baked goods and candy but don't overdo it. Deep fried and greasy foods should be avoided. The best option is to bake instead of fry. Don't cut back on healthy foods. You can eat smaller portions, if need be, but your body needs all food groups to recover from each day of movement and exercise. Without healthy foods in your system, your body will react in a negative way. You may feel overly tired and mentally slow.



Hydration is very important. Did you know that we sometimes confuse thirst with hunger, so we eat more when we need to drink more fluids. Some of you "guys" are thinking awesome, I can have another beer lol. The fluids that you should be focused on is water and healthy electrolyte drinks. Emergen-C is the electrolyte drink that I use. It helps my body get the balance of potassium and sodium need by all tissues in the body. Potassium carries an electrical charge that activates various cell and nerve functions. You may feel a surge of energy with a good balance of potassium and sodium. Most of us get plenty of sodium so we need to focus on our potassium intake. Other top ranked Electrolyte powders include, Nutricost, Key nutrients Electrolyte, and Dr. Berg Electrolyte. If you can't find them in the nutrition store you can get them through Amazon. I personally use Emergen-C from Wittman's Nutrition. You seem to be following me in class so maybe you would like to do what I do for fluid intake. In the winter I consume **120 to 136 ounces** and summer around **160 to 176 oz** of liquid daily. The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- **Do all of the Exercises and Hydrate!**
- **Commit for 34 years!**
- **Live Life to the Fullest!**

About 15.5 cups (124 ounces) of fluids a day for men.
About 11.5 cups (92 ounces) of fluids a day for women.

To get started you can drink 1/3 of your body weight in ounces. So, if your 100 lbs. you would drink 30 ounces daily. You should work up to what is recommended by The U.S. National Academies of Sciences, Engineering, and Medicine or get as close as possible.

The article in healthline, “The causes and symptoms from Dehydration in Older Adults”, points out what happens when your body loses more fluids than it takes in. Your body needs water for a variety of processes, including regulating your temperature, getting rid of wastes, and lubricating your joints. As we get older, we are at risk of becoming constipated, electrolyte imbalance, kidney problems and loss of balance or fainting because of dehydration. We don’t always intentionally stay away from drinking water. The thirst response becomes weaker with age meaning you don’t feel like you need to drink fluids. We need to be aware of how much we are drinking and not how thirsty we feel. Plan your fluid intake around meals and exercise to develop a good habit of fluid intake, scheduling fluid intake and not waiting a thirst response that may not happen.

Dehydration can be caused by exercise, warm days, illness, working harder to move with age, diabetes or kidney disease, diuretics, and blood pressure medication.

In summary, be committed to SWELL intellectually, emotionally, and physically. Use your mind and work out smarter going at your own pace. Enjoy the emotional connection with all of your friends at SWELL. Physically recover with good nutrition and hydration.



Walking Dead? No, it's the Committed SWELL Class Doing the Zombie



--Gary Wittman

Mayo Clinic Staff (October 12, 2022). (Water: How Much Should You Drink Every Day) Healthy Lifestyle Nutrition and Healthy Eating. Retrieved February 14, 2023.

Medically reviewed by Shilpa Amin M.D. (April 23, 2020). (The Causes and Symptoms of Dehydration in Older Adults) healthline. Retrieved February 14, 2023.

Barb Pfeiler



I joined SWELL in the spring of 2022 at the suggestion of my neighbors, Chuck, and Dawn Andracchio. I enjoy the friendly atmosphere every time I come. I am unable to join in on Mondays, as I work at the DuRide office helping them to find drivers for the week. It's a great service providing rides for Dubuque residents who are no longer able to drive. In fact, there are several drivers who belong to SWELL fitness! And DuRide can always use more volunteer drivers! (Hint, Hint)

I also volunteer for the Dubuque Arboretum when they need some office help.

My history goes back to growing up in Arvada, Colorado. After I graduated from HS, I looked for a Presbyterian college, and found one I liked right here at UD, graduating with degrees in elementary and special education. I have been in Dubuque now for 50 years. I spent 42 years in education- 20 years in Galena and 22 years in Dubuque. All but one of those years were spent in the field of special education ranging from 2nd grade students to juniors in high school. My last five years before retiring in 2019 included mentoring new special ed teachers as they entered the education workforce.

We enjoy seeing our children- my stepson in FL with his wife and two daughters ages 5 and 10; and my son who lives just north of Atlanta with his family and has a son who is 9.

I love to read, travel, play golf, and cook.

One fun fact about me is that during my senior year in HS, I worked hard to earn enough money (\$1000 to be exact) to tour five countries in Europe for five weeks, performing with a concert band and vocal choir from my high school. That was my trip of a lifetime. And yes, that was the total, all-inclusive price back in 1973.

As we all say, times have changed. But I agree with Gary in that we need to keep moving and be good to our bodies to keep them from changing in a negative way. See you next time!

Julie Burgmeier



Hi, my name is Julie Burgmeier and I have been a Swell member since the spring of 2022. I am a long time Dubuquer. I was married to Ted Burgmeier for 37 years, and we raised 4 children. Chris (Katie); Sarah (Tony);



Son John's wedding.

Stephanie (Jon) and John (Ali). I have 11 grandchildren, ages 7-16, and a baby due in early June! I was a registered nurse for 40 years. I worked a variety of nursing jobs and spent the last 23 years in student health

at Clarke University. I have been retired for 4 years and love the flexibility retirement brings! I enjoy time with my family and friends. I am an avid hiker and traveler. With my husbands' too early death, I had to push myself to try solo adventures. I joined the Sierra Club and Road Scholar groups. I also enjoy reading and have been a member of a great book club for the past 15 years. I have had more opportunity to be involved with organizations that need volunteers in our community. This past summer I was asked to join a weekly pickle ball group. I am enjoying the women a lot and am gradually learning the game. I think one thing I've learned about myself is that I have a zest for life. I am open to try new experiences. The Swell program is such a great way to work on "anti-aging" and meet good people! Thanks, Gary, for all you do!

Hiking in California with my brother Jim



Jim and Liz Willems



In 1974, Liz and I met while working at AJ August Menswear in Kennedy Mall. Do you remember the store? At that time, leisure suits for men were popular; generally, a two piece, all polyester suits worn, with these crazy patterned polyester shirts with large collars. We were married in February 1977 (46 years ago) and we have three children, two grandchildren; Daughter Sarah, and family live in Lake Forest, Illinois. They have a daughter Lydia, along with their family dog, Bowie (a pug). Daughter Kate, and her husband Darin with daughter Lila, live in downtown Chicago. They also love very much, Vera, a rescue cat of 19 years. Our son Steve, and his wife Cynthia, live near Newport Beach, Rhode Island and recently were married this

past November. Their dog Dylan loves to walk the beach and hang out with other dogs at pet-friendly breweries. I am a 1975 Loras College graduate and was an elementary school teacher for several years and then I made a career change into sales. This past August, I retired from Capital Sanitary, formerly Weber Paper Company located in Dubuque with 33 years of service as an outside salesperson. Liz recently retired. She worked for Mutual Wheel Company (15 years), Dubuque Community Schools (21 years), Dubuque City and County Government (10 years) and part-time for attorney Roger Kurt (Swell member). Together we enjoy many outdoor activities, like hiking (especially in the wintertime, no bugs), biking (no electric bike for us yet) or sitting around a campfire with friends. We love to travel, whether it's a day trip within a couple of hours from Dubuque (looking for that great hand-held sandwich and/or craft beer), visiting other parts of the US (California, Arizona, New England) or trips abroad to a foreign country (Belgium, Spain, Germany). We especially enjoy our annual trips to St. Pete's Beach, Florida, Manitowish Waters in Northern Wisconsin and Isla Mujeres, Mexico. Encouraged to join Swell from the "Not Dead Yet League" softball players (I think there are 7 of us now in Swell), I joined in early May of 2022, just making the 200 cutoff. Telling Liz how much I enjoyed the class we placed her name on the "waiting list" and she joined this past September. We love the exercise program including the walking, as the class has also given us the opportunity to have renewed old friendships and meet new Swell members. Thanks to all of you at Swell and especially Gary for encouraging Liz and I to work at having a healthier lifestyle.

Patricia Swartz



Hello Swell Participants,

A little about myself. I am a mom of two great children and a grandmother of 5 even greater grandkids. I have a 1-year-old Maltese/ Shih Tzu that is more a Shih Tzu than Maltese. I am a retired nurse, retiring from Medical Associates after 43 years. I am also a housing parent (called a billet) for hockey players. I have done this for the past 20 years. These are Dubuque Fighting Saint players. I lost my husband to cancer 29 years ago and my kids thought this would be a great opportunity for me as well as players I house. I love to cook; they love to eat. It has been a great experience. I have built great relationships with players and their parents all over the country as well as outside the country. I have not had any major travels past couple years due to Covid but do have a couple trips coming up this summer and fall. Scotland/ Ireland in June and Mackinac Island in September. So, who knows, maybe there will be pictures. And I better not miss too many days at Swell exercise class, I'll need to stay

young and mobile.

Stay young and healthy everyone!

Wes and Barbara Heitzman



When we shared with a younger acquaintance that we were attending SWELL class, the response was. "Oh, yeah, Sweating with the Elderly!" We have actually been so glad that we joined. It makes a great start to our Monday, Wednesday, and Friday, and we both have noticed increases in energy and flexibility. We also enjoy the many friendly people. We moved to Dubuque after retiring here 11 years ago. Wes had grown up in Dubuque, left for college in California, and then spent a career mostly with Deere in Moline and Waterloo. Barbara grew up in Michigan and moved to California after college, where we met. She taught at the UNI laboratory school and in the UNI Education department, where her area was teaching elementary ed majors how to integrate arts in the classroom. We have two daughters, an ordained pastor in Chicago, and a social worker in private practice in Coralville, and two grandchildren. Since moving to Dubuque, a lot of our activity has been in the arts. Barbara is a pastel painter and organizes the Plein Air Painters of

Dubuque (PPODS), a group that paints outdoors in various tri-state locations on Thursday mornings. Wes founded and chairs Bluff Strokes, which brings artists to Dubuque for an annual paint out (plein air painting competition) in the fall, and which also provides art workshops for aspiring and experienced artists. (Several SWELL class members have participated in workshops – if you are interested, talk to Wes, or visit Bluffstrokes.org). We both are involved in reading groups, are music and opera fans, review films for the film festival, and enjoy boating on the sloughs of the Mississippi. Barbara is also enjoying gardening and golf. Pre-covid we were traveling about a month a year to Europe, and we now are planning a trip to Portugal. Here are some pictures from our most recent trips to Greece, Germany, and Spain.



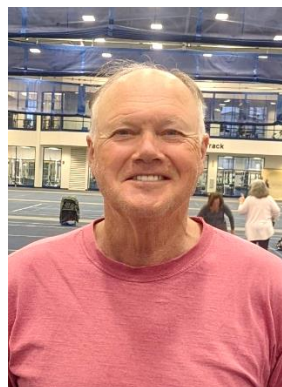
Mary Konzett



I believe I joined SWELL in March of 2022 and am enjoying the time spent in class. I have 4 older and 6 younger siblings and they have all moved away from Dubuque. So, no immediate family to call for a quick get together. I am a stepmom to 3 grown children, a grandmother to 7, and a great grandmother to 7! With the exception of one stepdaughter and a grandson they all live in Cedar Rapids, Iowa, so I don't have far to travel to visit them. I worked for 48 1/2 years at John Deere in the IT department; in those years I held a variety of job titles - data entry operator to Project Manager to all things in the middle. I have been retired for 7 years and still miss the work and the structure I had in my daily schedule. The best part of retirement is the ability to travel, I love, love, love to travel. I have 2 more states to visit, Oregon and Alaska, and I will have visited all 50 states. I have traveled to Ecuador and Cuba on mission trips - would recommend it to anyone. I have traveled to

Africa, Greece, and several European countries. Travel provides an opportunity to see how little we know about the world, more specifically the cultures. I am a true believer that education does not stop when you walk out of a classroom. Every day is an educational opportunity, and we should never ignore the possibilities of opening all kinds of doors, but especially the doors that may make us a little uncomfortable. I fill in my days volunteering for a variety of non-profits. Volunteering provides us with an insight to our community, the good and the bad, provides an opportunity to meet some of the most amazing people, and to learn where our community is strong and where it is weak. I belong to several Book Clubs, reading all genres, from murder mysteries to books on diversity and almost anything in between. I can always find time to read and have set a 2023 goal of reading 5 books a month. I know that doesn't sound like many to some avid readers who are reading 10+ a month, but currently it is a challenge to get 5 read, in fact I am not on target, and it is only month 2 of the year! I am also into daily journaling, well almost daily. For me if I write out my daily grateful items, what I learned in a day, what I did really well, but more importantly what I could have done better so I can improve myself. I can only get better at living a great life if I keep improving and making this place on earth a little better. And we all know we are never too old to learn how to get better at living. I love to do yard work but am finding it to be a little overwhelming. So, in 2023 I am looking at what steps I need to take to move into something more manageable. This will probably be one of my biggest challenges I have ever undertaken! Well next to writing my will!

Kari and Tony Zelinkas



We joined SWELL in the Spring of 2022, at the urging of Chuck and Dawn Andracchio. Several of our friends also joined at the same time, so it is great to see them every time we work out. Tony was born in Cleveland, Ohio and moved to Dubuque where he grew up with his family of 12 siblings. Kari was born in Des Moines and grew up with two brothers in Altoona. We married in 1989, while we were living in Orlando, Florida. Our first child, Molly, was born in 1990. Our son, Andy, was born in 1992. Tony has two daughters, Kara, and Erin, from a previous marriage. Kara is married and has given us three beautiful grandchildren. Sadly, Molly died from her injuries in car crash in October 2016. We have a 15-year-old English Setter,

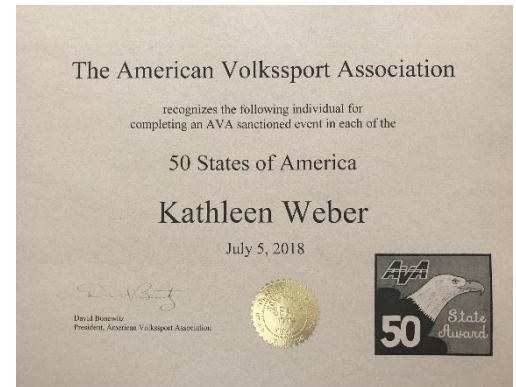
Maggie, and Mabel, a 12-year-old cat named after one of Kari's grandmothers. These will be our last pets, so that we are less restricted and freer to travel. We especially look forward to visiting as many national parks as possible, while also taking more international trips. Tony was a consulting Civil Engineer working for WHKS & Company most of his career. He retired in 2017. Kari taught elementary school, then went on to real estate appraisal, sales at McGraw-Hill, and finally retired as a paraprofessional in the Dubuque Schools. Kari enjoys gardening, birding, walking, biking, reading, and crafting. She has volunteered for the Humane Society of Dubuque, the Arboretum, Trees Forever, and the Mines of Spain. Tony enjoys boating, birding, fishing, hiking, biking, reading and just being active. He just signed up to be a volunteer at the Lantern Center, but otherwise is protective of his free time for coffee and with friends, and his book club. We appreciate the camaraderie, the regularity of meeting three-times a week, as well as the exercise variety. SWELL supplements our other types of exercise. We definitely feel like we are more flexible and have improved balance because of SWELL.

Kathleen Weber



I joined SWELL a little over two years ago. I have heard so many good things about the class, and I enjoy being active, so it's been a good match! I am a part-time participant with SWELL because I prefer Florida's warmth and sunshine to the cold snow of Iowa, as lovely as it might look. Being active consists of playing pickleball several times a week, Pilates, aerobic classes, biking, and walking. My spouse of forty-seven years, Dick Weber, died eleven years ago. Shortly after his passing, I overheard someone at the YMCA mention AVA,

American Volkswalking Association. It is an organization that promotes walking and has designated walks nationwide. I decided that would give me a goal and help me to move forward. As a result, I completed a 10K walk in each of the 50 states within five years. I wrote a summary of each walk and published a small book about that journey titled *Walking Home*. When I was dealing with cancer, a friend sent me a gratitude journal and suggested that I write down five things I was grateful for every day. I have continued to do that most days for the past twenty-seven years. It has been life changing for me. I have enjoyed traveling over the years, with my farthest destination being Russia in 1983. My recent trip was a "Gratitude Safari" to Tanzania with my children and grandchildren. We saw the great Wildebeest migration and a lot of zebras, lions, monkeys, elephants, and giraffes.



Slips Trips & Falls



Hello fellow SWELL members:

Why do I feel compelled to write on the subject of slips, trips, and falls? It's because in the last 10 months I have experienced all the above. Last spring, **I FELL** off a chair changing a light fixture in my family room. I hit my head, not sure if I went completely out, but hurt for a couple of weeks along with some dizziness. Then in October I was out scouting prior to deer hunting at my land when **I TRIPPED**, fell, and hurt my shoulder. My shoulder hurt pretty bad for a couple of months. I did some PT and had a cortisone shot under ultrasound to get relief. A few weeks ago **I SLIPPED**, in my driveway, hit my head and was unconscious for almost 5 minutes. It went so fast I don't even remember falling. One minute I was walking to the end of my driveway and then I woke up with two of my neighbors kneeling over me. I ended being taken to the hospital for a CT scan to be checked out. I was lucky and ended up with only a concussion, neck pain and a very sore right jaw. SLIP, TRIP & FALL all three in 10 months! Back in November I also had a serious case of BPPV (vertigo) which started at class as some of you witnessed. Not sure if the first two falls had anything to do with it, but I was pretty dizzy for a couple of weeks. I did PT to get relief. Klutz or unlucky? Not sure which I am, but very blessed to come out of all these unfortunate incidents without anything to serious.

Statistically falls are the leading cause of injury related deaths in people 65 and older!

Each year 3 million older people are treated in emergency rooms departments for fall injuries. More than 25% of people 65 and older fall each year. That's a total of 36 million age 65 and older falling, resulting in broken bones, head injuries and death. As you can see it can happen fast, without warning and can be very serious. Recognize your environment and at all costs take caution and baby steps to ensure your safety. As Gary states, the reason for us attending his class is to get younger, resulting in not becoming a statistic. Continue to attend class even when you don't want to and work on building up stamina and your balance! It's so important. Thanks for listening, your klutzy fellow SWELL friend.

--John Richey



SWELL Members Doing Dynamics to Improve Balance



Moving while working on balance will help prevent Slips, Trips, & Falls



By Sue Olson



FLOURLESS BROWNIE MUFFINS

INGREDIENTS

- 1 (15oz can) chickpeas (garbanzo beans), drained, rinsed
- 3 large eggs
- 1/4 cup pure maple syrup
- 1/3 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 3 Tbsp. coconut oil, melted
- 1 tsp. pure vanilla extract
- 1/3 cup stevia chocolate chips (option for dark chocolate chips)
- *optional 4-6 peppermint vitality essential oil

DIRECTIONS

1. Preheat the oven to 350 F
2. Prepare 12 muffin cups by lining with muffin papers or coating with nonstick cooking spray, set aside
3. Place chickpeas, eggs, maples syrup, cocoa powder, baking soda, coconut oil, and extract (and optional peppermint oil) in blender or food processor, cover and blend until smooth.
4. Divide batter among 12 prepared muffing cups
5. Top each muffin with about four chocolate chips, push into batter
6. Bake for 18-20 minutes, or until toothpick inserted in center comes out clean
7. Cool completely, and enjoy!

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 **We are looking for feature writers each month, try your hand at it. Suggestions (Vacation or travels, sports, important milestones like anniversaries, and hobbies). Email articles to: garydonaldwittman@gmail.com**