



We are spreading your word, Gary! Gary Conlon, Kris, and Jerry Hermsen Take SWELL on Vacation
Article submitted by John Richey

Drs. Oz and Roizen: Are you off-balance - literally?

BY MICHAEL ROIZEN, M.D., AND MEHMET OZ, M.D. King Features

Feb 1, 2024

People are obsessed with balancing things. There are world records for balancing 12 hockey pucks on your forehead (50 minutes, 29 seconds), balancing a banana on your finger (11 minutes, 28.38 seconds), even balancing a banknote on your nose (7 minutes, 24.16 seconds).

But when it comes to balancing yourself — that’s when folks experience real challenges, especially as they get older. One study found that around 34% of folks age 65-plus report balance/walking problems and 23% reported falls.

Muscle weakness, lack of core strength, foot, and joint problems, and — surprise — vitamin D deficiency account for many folks’ balance problems, according to the Centers for Disease Control and Prevention. Whatever the cause, a study in the British Journal of Sports Medicine found that when folks age 50-plus cannot balance on one leg for 10 seconds, they have an 84% greater chance of dying from any cause in the next 10 years than their steadier peers.

How can you improve balance and master the one-legged stand? Exercises that increase the strength of your thigh, calf, hip and abdominal muscles improve balance dramatically. Also, practice one-legged stands facing into a corner (if you start to fall, the corner catches you) for 2 minutes daily. A JAMA Network study found that doing at-home strength and balance exercises for a year slashed participants’ risk of falling during the next year by 74%. And increase your vitamin D levels. Check out the [iHerb.com](https://www.iHerb.com) blog for “Which Foods Are High in Vitamin D?” And have a blood test to check your D level; if you’re deficient, take recommended supplements.

Dr. Mike Roizen is the founder of www.longevityplaybook.com, and Dr. Mehmet Oz is global advisor to www.iHerb.com, the world’s leading online health store. Roizen and Oz are chief wellness officer emeritus at Cleveland Clinic and professor emeritus at Columbia University, respectively. Together they have written 11 New York Times bestsellers (four No. 1’s).

Roizen Michael, Oz Mehmet “Are you off-balance-literally?” Telegraph Herald Dubuque, Iowa February 1, 2024



Jaidyn Williams SWELL Intern Spring 2024

From sand-fueled sprints to the science of peak performance: The exhilaration of the triple jump ignited a spark in me - a fascination with unlocking the secrets of human potential. Now, as a Wellness and Exercise Science major at the University of Dubuque, I'm not just executing explosive moves on the track, I'm dissecting their biomechanics. Professor Wittman's meditation class wasn't just about calming my mind; it revealed the power of inner strength, a crucial element for holistic well-being.

I'm eager to dive into SWELL's diverse offerings, connect with a community of passionate individuals, and emerge equipped to guide others towards sustainable well-being, not just fleeting trends.

Jaidyn is currently a 13th-ranked national athlete in both long jump and triple jump, and a two-time Great Rivers Conference Athlete of the Week. He brings dedication, experience, and a positive leadership style to the program.

We are lucky to have Jaidyn. He is a focused hard-working student/athlete and has already shown his skills and positive leadership in SWELL class.



The Greatest Birthday Ever

On Tim's 8th birthday, a quiet snowy night took an unexpected turn. We had just finished celebrating with a Happy Joe's Toco pizza. The snow was falling heavily, creating a perfect landscape. Inspired by the wintry wonderland, we decided to cap off the evening with a snowboarding adventure at Sundown. Rushing to the top of the mountain, we strapped in and carved our descent into the fresh powder. It felt like gliding on a cloud, leaving us as two dark figures against the vast white canvas. The world became a hushed symphony under a sky dusted with stars.



Reaching the bottom, we hopped on the triple chairlift, ascending towards Turkey Hill. It was then that something truly magical happened. Tim and I shared a moment that etched itself forever in our memories. It wasn't just about snowboarding; it was about the simple joy of sharing a passion, a father and son connected by the magic of a snowy night.

In a small voice filled with wonder, Tim declared, "This is

the greatest birthday ever!" This

realization hit me: the greatest birthdays aren't measured by extravagance, but by the precious moments that hold enduring value. It wasn't the destination or the mountain itself, but the quiet companionship, shared laughter, and unspoken bond that transcended words. It was a feeling of being seen, heard, and loved, all wrapped in the cozy warmth of a snowy night.

Even now, at 29, Tim and I still cherish that memory. We go snowboarding every year redoing the Greatest Birthday ever. This year Tim said the greatest birthday was still that night at sundown when he was 8. The memory of expensive trips seems to fade, but the echo of that night, the simple act of a father and son sharing a passion, remains vibrant. It serves as a testament to the power of being present, the enduring strength of love, and the simple truth that the most precious gifts are often the ones we share with loved ones, free from any price tag.

This story goes out to you, Tim, and to the greatest birthday ever, not for its extravagance, but for the love that made it so special. It's a reminder to all of us that amidst the noise and constant busyness, the most precious gifts are often the simplest ones, shared with those we love. May your slopes always be snowy, your laughter always echo, and your heart forever remember the magic of that night. - - Gary



Many of you are concerned about my snowboarding. Remember we are getting younger, and SWELL is making snowboarding easier each year.

Snowboarding video of Gary. <https://vimeo.com/915805577/f5785ecb0c>

The A Team

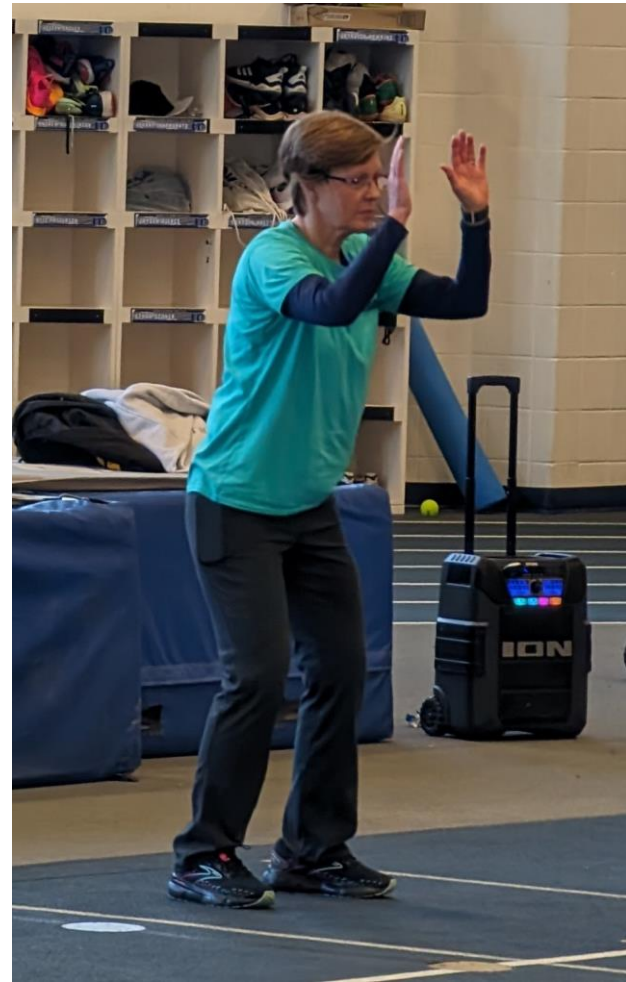
There are true gems in our world, people like Karen Knepper and Jaidyn Williams, who shine their light by caring about and helping others. What makes them, and so many of you, tick? I believe it's the spark of compassion and the inherent desire to make a difference.

Look around! Many of you volunteer tirelessly at soup kitchens, food banks, St. Vincent DePaul, clean-up projects, and with the Sisters of Charity. Even here, at SWELL you set out the stand and do attendance. This is a testament to your unwavering commitment to helping. It's as if you can't stop yourselves, compelled by an inner force to keep lending a hand.

And that's precisely why I love coming to class! Surrounded by these caring, smiling, helpful "SWELL" people, the atmosphere is infectious. It's a reminder that kindness and generosity are alive and well, even in challenging times.

Our world craves more Karens and Jaidyn's. Their dedication inspires us all, and the applause you shower them with is a well-deserved acknowledgment of their impact. Let their example be a beacon, guiding us towards a future where compassion and service are the norm. Thank you, each and every one of you, for making the world a brighter place.

- Gary



SWELL: A Beacon of Wellness Recognized by 365ink Impact Award

The University of Dubuque's **Spartan Senior Wellness (SWELL) program**, under the leadership of Gary Wittman, has been awarded the prestigious **2024 365ink Impact Award**. This recognition honors the program's profound and positive influence on the Dubuque community, particularly its older adult population.

For 37 years, Gary has dedicated himself to empowering individuals through fitness and community engagement. Initially known as "Life After Fifty-Five (LAFF)," the program adapted and thrived even amidst pandemic challenges. With the closure of their original facility, Gary's unwavering commitment led the group to the Eagles Club and then outdoors at Flora Park. Finally, in 2021, with the invaluable support of Professor Jim Romagna and the University of Dubuque administration, SWELL found its permanent home at the UD Chlapaty Recreation & Wellness Center.

Today, SWELL boasts over 200 members who actively participate in three morning sessions per week. The program combines a half-hour indoor walking session with an hour of diverse exercises, including bending, stretching, hand weights, Tai-Chi, and floor routines. Gary's philosophy emphasizes individual modifications and self-paced progress, encouraging participants of all ages and abilities to "grow younger."

SWELL's impact extends beyond physical fitness. Gary fosters social connection through organized events, concerts, picnics, and cultural outings. His motto, "Be Well Be Swell," embodies his dedication to motivating individuals to embrace lifelong physical and mental well-being.

The 365ink Impact Award recognition is a testament to Gary, his SWELL members, and the University of Dubuque's unwavering commitment and SWELL's significant contribution to the community. This program exemplifies how dedication, adaptability, and a passion for wellness can inspire and empower individuals to lead more vibrant and fulfilling lives.



- - From SWELL Class submissions

Healthy Recipe by Gary

Slice apples. With a good sharp knife and some patience will also work.

Season. Sprinkle with sugar/ or substitute and ground cinnamon

Air fry. Make sure to toss the apple slices multiple times while they cook, to ensure even cooking and prevent burning.

Cool. Apple chips need to cool to finish crisping up.

Making apple chips ahead of time

I don't recommend making apple chips completely ahead of time. They don't stay crisp when stored, so they're definitely best when made fresh.

However, the sugar and cinnamon mixture can be made ahead of time and stored in an airtight container at room temperature.



Air Fryer Cinnamon Apple Chips

Prep Time: 5minutes minutes

Cook Time: 20minutes minutes

Total Time: 25minutes minutes

Calories: 165

Servings: 1

These Cinnamon Apple Chips are a healthy and delicious snack, made easily in the air fryer!

Ingredients

- 1 large red delicious apple
- 1 Tbsp granulated sugar / or substitute
- 1/2 tsp ground cinnamon
- cooking spray

Instructions

1. Evenly slice apple into 1/8th inch thick slices. Remove any seeds. Place in a single layer on a flat surface. Set it aside.
2. In a small bowl, combine sugar and cinnamon.
3. Sprinkle apple slices with cinnamon sugar mixture on both sides. Lightly spray air fryer basket.
4. Add slices in air fryer basket, trying not to pile them on top of each other too much.
5. Set the air fryer to 300°F. Air fry for 15 minutes, tossing apple slices every 5 minutes (and more often towards the end of the cooking time), until golden brown and almost crispy.
6. Set apple chips on a cooling rack to cool completely. Chips will continue to crisp up even more as they cool.
7. Serve immediately.

Upcoming performance at the Heritage Center

University of Dubuque Department of Fine and Performing Arts presents

Godspell

by Stephen Schwartz and John-Michael Tebelak

**John and Alice Butler Hall, Heritage Center
University of Dubuque**

A group of people help Jesus Christ tell parables by using a wide variety of games, storytelling techniques, and a hefty dose of comic timing. An eclectic blend of songs, ranging in style from pop to vaudeville, is employed as the story of Jesus' life dances across the stage. Dissolving hauntingly into the Last Supper and the Crucifixion, Jesus' messages of kindness, tolerance, and love come vibrantly to life.



UNIVERSITY of DUBUQUE
- FINE AND PERFORMING ARTS -



Saturday March 23, 2024, 7:30 pm

GODSPELL by John-Michael Tebelak and Stephen Schwartz Godspell is the UD Fine Arts Theatre \$5 general admission. I will be closing the collections on March 18th. This will allow me 2 classes to get you, your tickets.

2024 Dates

Friday March 29, 2024, Flora Park

Monday May 27, 2024, Flora Park

THE STAFF

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Feature Writers SWELL Class
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Suggestions (Vacation or travels, sports, important milestones like anniversaries, and hobbies).
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