

SWELL NEWSLETTER

May 2022 Volume 2, Issue 5



Ginny the count? “94 a record” we have been averaged close to 90 during early April.



ANN LUDOVISSY

I joined the Swell class in November of last year. While I enjoy all aspects of the class, I especially like the upper body exercises as well as the stretching that we do in between the routines. I would recommend this class to anyone who is looking for a way to get/ keep fit. Dave and I will celebrate our 50th wedding anniversary this fall. We have 3 children and 8 grandkids. We love attending any events they participate in. I taught 4th grade for 34 years and after I retired supervised student teachers for Clarke and did some substitute teaching. I enjoy golfing (most of the time) and reading in my free time.



MARY JO OCONNEL

1700 Avoca Street

I moved to Dubuque in 1976. I have two children—Robert who lives in Madison; Kathy, who married Scott Ellerbach and have three children: Ben, Emmie, and Maggie. I retired from Hempstead after teaching there for 30 years. I taught Business Education classes and the Business Professionals program. I’m enjoying working at the Arboretum and Mercy Gift Shop and doing other volunteer activities. I also enjoy being with family, walking, and reading. I have been with the SWELL program five months. I enjoy meeting new people, and the variety of exercise we have each time we meet. It’s ideal for someone my age.



CATHY PULS

My husband Tom and I have been married 47 years in August. We have 3 children. Jonathan and his wife Ludmila live in Colorado, they have 2 children Marcus and Larissa. Melissa, our daughter, lives in West Des Moines and is married to Rob Scigliano and they have 3 children Sammy, Lilianna, and Jacob. Nicholas our youngest lives in Dubuque and has 3 daughters Clara, Amelia, and Gabriella.

Tom is retired from John Deere after 40 years. He spends his summer golfing. I was an RN. I worked at Xavier hospital until it closed in 1982. I transferred to Mercy and worked there in ICU and the cardiac cath lab until 2004. I left there and began travel nursing. I worked in Fredericksburg, VA, San Jose, CA, San Francisco, CA, Omaha, NE among others. I loved travel nursing!

I now enjoy being a grandmother to my 8 grandkids. I volunteer at the Arboretum in the summer. We are members of the Mooselodge355. I enjoy sewing, scrapbooking, card making and reading. I love traveling.

I started SWELL in late November of 2021. My neighbor Dianne Uthe brought me with her. I enjoy the walking and stretching exercises. I wasn't sure about the Tai Chi but am beginning to appreciate it more. I like that I have a reason to get up and get moving in the morning. I enjoy the new people I have met and connecting with some old friends. It's a great group!



**April 27, 2022, Temperature 34 degrees felt like 27, 32 brave soles
Notice in the middle Wilma and Don Sanders 91- and 93-years young,
Their new nick name (No Excuses Sanders) they never miss class.**

SUSIE SCHUMACHER



Joyce Tierney, I have lived in Dubuque for the last 17 years. Before that I lived in Dyersville all my life. I married John Tierney 19 years ago, I have 3 children and he has 4 children. Together we have 19 grandchildren. Yes, i said 19, and we love them all to pieces. I work 2 days a week at Mercy One Hospital and come this October I will have completed 50 years at Mercy. Some of my favorite things to do are baking, reading , walking, playing cards, traveling, and spending time with family. Swell is a great way to keep moving and meeting new people.

John Tierney, Born in Fort Dodge and moved to the Dubuque area when I was two and have lived here ever since. I come from a family of 8 siblings, six sisters and 1 brother. My father was part of the Hoffman Tierney funeral home, and my mom was a teacher. I have had various jobs, but I retired last may after 24 years in sales at Richardson's Motors. Married to Joyce Tierney in 2003, We now have a large family of 7 children and 19 grandchildren. I enjoy exercise, traveling, golf, playing cards and spending time with family. I enjoy the Swell class, because it keeps me focused on staying active with my body and mind.



The count Ginny "A new record 106", First time over 100, April 13, 2022

I Can't Remember

Just a line to say I'm living
that I'm not among the dead,
Though I'm getting more forgetful
and mixed up in the head.

I got used to my arthritis
to my dentures I'm resigned,
I can manage my bifocals,
but, God, I miss my mind.

For some time, I can't remember
when I stand at the front of the stairs,
If I must go up for something
or have I just come down from there.

And before the fridge so often
my poor mind is filled with doubt,
Have I just put food away?
Or have I come to take some out?

And there's time when it is dark
with my nightcap on my head,
I don't know if I'm retiring or
just getting out of bed.

So, if it's my turn to write you
there's no need for getting sore,
I may think that I have written
and don't want to be a bore.

So, remember that I love you
and wish that you were near,
But now it's nearly mail time
so must say goodbye dear.

There I stood beside the mailbox
with a face so very red,
Instead of mailing you my letter
I opened it instead.

LAFF newsletter June 1991
-- Clarence Porter

How much of our brain do we really use?



Well, you caught me, I was called out by one of our SWELL members stating in her readings that we use more than 10% of our brain. Well at least some of us LOL. Sixty-five percent of people believe that we use 10% of our brain and Albert Einstein's brilliance attributes to his use of 15% of his brain. Well, this is one of Hollywood's biggest myths. There were 5 movies about Einstein that made us believe that our brains were less developed than his. Much of Einstein's brilliance and theories came from his IQ around 120. In comparison 68% of us fall within an IQ range of 85 and 115. There were several people with higher IQ's than Einstein. Marilyn Vos Savant set the Guinness World Record for her IQ of 228. But the highest was Adragon De Mello with a 400 IQ. He graduated from the University of California, Santa Cruz with a degree in computational math at 11 years old. In 1988 he was the youngest college graduate in the United States.

Albert Einstein's brilliance came more from his high IQ and his creative mind and not the percentage of brain that he used. Throughout the day we use every part of our brains. On an average day we use 100% of our brains. Changes to your body and brain are normal as you age starting around 50 for most people. But we still have more brain to develop and use. Mayo Clinic Health System sites 5 areas that can slow memory decline and lower your risk of Alzheimer's.

You will be glad to know that you are already doing some of these things at SWELL class. 1. Regular exercise: research from Mayo shows that people who exercise regularly are less likely to experience mental decline. 2. Stay mentally active: Your brain needs to be exercised to stay in shape just like other muscles in your body. You can do crossword puzzles, reading, playing cards, and putting jigsaw puzzles together and I think they mentioned SWELL class LOL. You can cross-train your brain by doing different activities like Tai Chi, Simon Says, and changing up your daily routine. Extensive research from Harvard in cooperating Tai Chi shows improved cognitive function such a multitasking, time management, and making sound decisions as I stated in the previous newsletter. Neuroscientist Sara Lazar of Mass General, Harvard Medical School showed in a long-term 9-year study that meditation can increase grey matter in sensory regions of the brain. After just eight weeks into the study of consistent meditation, a group who had never meditated showed their brains evolve, becoming stronger and thicker. Movement meditation such as Tai Chi helps the brain develop more grey matter and increase brain size and development. So yes, you are developing more neurons and helping preventing dementia and, in a sense, using more brain because your brain is growing. 3. Socializing regularly: wards off depression and stress, another great reason to have 200 SWELL members. 4. Sleep well: this 10-minute imagery track on YouTube <https://youtu.be/EFWkcfQXm8w> helps put you to sleep. Doing Tai Chi just before you go to bed will put you in to a sleepy mood and help with weight control as well. 5. Eating healthy: a healthy diet such as fruits, vegetables, whole grains, low-fat protein such as fish, beans, and skinless poultry. Drinking alcohol and using drugs can lead to confusion and memory loss. When going out we've always joked that alcohol kills brain cells this is another myth. All alcohol does it damage the ends of neurons so they can't send important nerve signals, this causes damage to the brain and increases the risk of strokes, head injuries, and accidents.

So how much brain do we really use? The answer lies on how much brain do you have. To grow more grey matter and increasing the size of your brain coming to SWELL helps in many ways. Doing Tai Chi, socializing with our 200 SWELL students is helping with the growth of your brain. You can also try our SWELL audio track Relaxation the Night Before to help you sleep and improving your eating habits will help. BE WELL BE SWELL

--Gary Wittman



117 Attended SWELL April 25, 2022

THE STAFF

- Editor..... Gary Wittman
- Ghost Writers..... Clarence Porter (The Heavenly Age of 96)
- Feature Writer.....Gary Wittman

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

Email articles to garydonaldwittman@gmail.com