

SWELL NEWSLETTER

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Sinking the Qi

Each Tai Chi movement is associated with an inhale and/or an exhale. When you move and exhale, you allow the body to sink into a feeling of effortlessness. The Chinese call this "sinking your Qi." Tai Chi is about *sinking* of a weightless release of muscles, allowing the skeleton to effortlessly hold the weight of the body. Let your relaxed shoulders sink away from your neck as you sink into your movements. By practicing this in Tai Chi you will move more effortlessly, and your balance will improve. This also promotes blood and energy circulation through the body and encourages less joint damage by removing chronic tension from your daily movements. Tight muscles make tighter joints. Your internal organs can heal from the sinking and relaxing the Qi.

-- Gary Wittman



Darlean Sabers, 2312 Pasadena Dr. #72 Dubuque, IA

I was a stay-at-home mom to 7 children. I have 19 grandchildren and 13 ½ great grandchildren. I have belonged to the exercise class for 31 years; it helps me keep moving and I enjoy meeting the exercisers. Through the years I have done a lot of volunteering especially at St. Anthony church and school. I love to read and hang out with family and friends; I have made over 60 quilts.

Howard Riedel 3125 Pennsylvania Avenue #112 2 adult daughters & a deceased son 4 grandchildren 2 are in college 2 adult step grandsons, I work part time @ Duluth Trading Co on Chavenelle Dr, I am single, I joined

Swell in October 2021, I worked @ Grahams Clothing Store for 23yrs, I like walking & working out @ Planet Fitness, and time with family, Swell gets me up on my days off & I enjoy the indoor facility @ UD.



Jean Ann Parrett, 8405 Heidi Re Cir, Dubuque

Married to Husband Mark Parrett, Daughter Jamie Becker married to Ryan Grandchildren Reid & Alexa, Son Justin Muehlenkamp married to Marissa Grandchildren Chase & Carter & Cannan

Have belonged to SWELL for 6 months. Previous work experience: University of Dubuque, Hillcrest Family Service, and American Trust & Savings Bank I enjoy: Helping my family - Husband Mark: Self Employed, Daughter Jamie: Dubuque Marina & Yardarm Offshore Son Justin: Dubuque Home Improvements. I enjoy: Water walking with my pool friends, Jazzercise, and learning new computer programs One thing I enjoy about the SWELL program: Everyone is happy and enjoy staying healthy with great exercises.

Other things You want us to know about You: I am an only child of 11 children (the baby) that is why I care about others, and I will help in many ways. I graduated from University of Dubuque with Bachelor of Business Administration minor Human Resources, Master's In management in Management Communication.



Jan Thyne, 1706 Lawndale Pets: _2 dogs Sadie and Cooper, have belonged to the SWELL program: 4 months Previous work experience: Taught PE and Math and coached field events in track, and volleyball at Wahlert and Mazzuchelli. In retirement, I am a Religious Ed Director Activities / Interest are Quilting, working with young people, walking, swimming. One thing I enjoy about the SWELL program: Seeing friends, always a good workout, especially Tai chi (sp), and talking to Gary about discus and shot!!!



Lesson 2 of Yang Style Tai Chi

I hear SWELL students say; “Why Gary why do you make us do this new tai chi?” Well, it is very simple. Remember our talk about neurons? Listening to music and doing tai chi will help slow memory loss and improve brain function says two of the leading research universities. “There are few things that stimulate the brain the way music does,” says Dr. David Eisele of Johns Hopkins otolaryngologist department-head and neck surgery an international leader in head and neck cancer care. Many leading neurologists tell us that we need to challenge our mind, especially as we get older. Research from Harvard Medical School, April 19, 2021, says tai chi can improve cognitive function and a sharper mind. What good is a strong, flexible, energetic body if our mind fails us. Harvard Medical says “Changes in your brain that start around age 50 can affect your memory, as well as other cognitive functions such as your ability to juggle multiple tasks, process information rapidly, and focus on details. By age 70, one in six people has mild cognitive impairment (which can progress to Alzheimer's disease). Up until about two decades ago, it was believed that your brain only produced new cells early in life. But research has shown that the brain has the ability to change throughout your entire life span, growing new cells, making new connections, and even increasing in size. As I have always said to all you SWELL people, we have 88% of our brain yet to develop. Changes can improve cognitive function—and various forms of exercise, including tai chi. In a meta-analysis from Harvard of 20 studies on tai chi and cognition, tai chi appears to improve executive function—the ability to multitask, manage time, and make decisions—in people without any cognitive decline.

“As we get older, we resist change, the very thing that helps us have a better memory”. Say Dr. Mark Hirsch, Ph.D., Senior Scientist Johns Hopkins University, and hospitals. New forms from Yang Style Tai Chi Lesson 2 will help make these changes. White crane spreads wings, magic needle on sea bottom, golden rooster on one leg, thunder clouds, sling shot, parting wild horses’ mane, white crane spreads wings with windmill/crane kick, will help our memory. “Learn new things develops more neurons” says Dr. Hirsch.

Don’t get frustrated. Use these tips to learn new moves before we move to more advanced lessons. When following me, mirror my moves. This means if I am using my left side, you should use your right side. Make sure you are in a good position to follow the moves. You will get it down and your mind will get sharper. If at first you struggle and are confused by new forms of tai chi, know that it is working and improving your memory. Click on this link and practice at home if you like. <https://youtu.be/e8AIH68MF2o>

-- Gary Wittman

Linda McDonald

Address: Dubuque

Family: 2 children

How many years have You belonged to the SWELL program: 1 year

Previous work experience: Social worker

Activities / Interest you enjoy: Reading

One thing you enjoy about the SWELL program: Great way to start the day.



Bob Reisch, I live in Asbury Iowa with my wife Shirley. I have been a Swell member since October of 2021. I enjoy golf, playing cards, chasing grandkids, and interacting with our friends. I have been elected to the Asbury city council 4 times and have served for 15 years. I love the people at Swell, they are very friendly, upbeat, and positive. I have lived in Dubuque and Asbury my whole life retiring from Honkamp Krueger as Facilities director in 2020. And has been a friend of Gary since middle school.



Roger Ruden

1020 Aspen Ct.

son-Marc-daughter-Lindsey, Been in swell 6 months

I worked at Flexsteel for 40 years

I golf every day during golf season unless it rains, or Patti has other plans.

I go ice fishing quite a bit during the winter with my grandson Colin. I also like to go trout fishing. I also lift weights every other day. I like swell mostly because of the stretching.



My wife Patti and I have been married for 50 years. We have a son and daughter and three grandchildren. Patti says I can do whatever I want, as long as it's alright with her.

If I'm ever talking to you and I mention any of my health problems. Just tell me.

"getting old ain't for sissies" That should shut me up.



I've been working out ever since I was 15 years old. 30 years ago, Century Health Club asked some of their members for comments. As I look back 30 years ago to what I said. I find it applies to today.

I have been a member of Century Nautilus Health Club for the past 10 years. I have maintained my weight loss ever since I joined & feel I am stronger now than ever before. I like the Nautilus equipment because I feel it's the safest equipment there is to work out on, especially since I have a bad back. I find by working out on the Nautilus machines my back is much stronger. I believe in today's society; our younger people are getting too out of shape & less active. I don't want to end up like that when I get older.



Jean Dorweiler, 1870 Horizon Ct, Dubuque, IA

I have a son Paul, daughter Lynne and sister Mary who live on the East Coast. I had a twin brother who died last year who I really miss. I have belonged to the SWELL program for 2 years.

I was born and raised in Cedar Rapids and graduated from Mt. Mercy College of Nursing with Gary's mother-in-law Phyllis Hoerner where we received a degree in nursing. I worked at University of Iowa Hospital and Clinics for a while before moving to Dubuque in 1956 where I met husband John. John was a professor of political science at Loras College for 45 years and passed away 20 years ago. I also worked at Ennoble Manner, Finley Hospital School of Nursing as an instructor, Xavier hospital in OB, and Stone Hill Care Center for 30 years. I took a break from working and stayed home raising my children for 19 years. I Love music play the piano, hanging out with groups of friends socializing, love to read, and am active in my church and the Discovery Shop volunteering. I enjoy SWELL because of the meeting new friends and reconnecting with previous coworkers. The physical activity keeps me more alert and healthier. I also do puzzles, knit, taking classes at Roberta Kuhn Center at Mt. Carmel, and stay aware of current issues.



"The Count Eileen", "81". March 21, 2022 – March 28 Ginny upped Eileen with 84.

About Women's History Month

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982, as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's

History Week.” In 1987 after being petitioned by the National Women’s History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as “Women’s History Month.” Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women’s History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as “Women’s History Month.” These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

When I’m and Old Lady

When I’m an old lady, I’ll live with each kid,
And bring so much happiness... just as they did.
I want to pay back all the joy they’ve provided,
Return each deed. Oh, they’ll be so excited!
I’ll write on the wall with reds, whites, and blues,
And bounce on the furniture wearing my shoes.
I’ll drink from the carton and then leave it out.
I’ll stuff all the toilets and oh, how they’ll shout!
When they’re on the phone and just out of reach,
I’ll get into things like sugar and bleach,
Oh, they’ll snap their fingers and then shake their head,
And when that is done, I’ll hide under the bed!
When they cook dinner and call me to eat,
I’ll not eat my green beans or salad or meat.
I’ll gag on my okra, spill milk on the table,
And when they get angry, I’ll run...if I’m able!
I’ll sit close to the TV, through the channels I’ll click,
I’ll cross both my eyes just to see if the stick.
I’ll take off my socks and throw one away,
And play in the mud ‘til the end of the day!
And later in bed, I’ll lay back and sigh,
I’ll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan. “She’s so sweet.... when She’s sleeping!
When I’m an old lady and live with my kids.
God Bless all Moms and Grandmas Everywhere!

Submitted by Barbara Callahan

From the June 1991 LAFF newsletter

How young can you get doing SWELL? In the article “The Gold Rush Fever is Here,” you will read about Henry and Clara Kubitz, Ralph and Dorothy Chapman, and Eugenia Turner and their adventure to the Senior Olympics. I also had the pleasure of coaching Henry and Clara’s grandchildren at Dubuque Senior Highschool. Their grandsons Nick and Zac Kubitz were top performers on the varsity track team at Senior H.S.

The Gold Rush Fever is Here

The gold rush is on, and it is being led by the “Golden Agers” who got fired up through LAFF and to who gold means being the best. Henry and Clara Kubitz, Ralph and Dorothy Chapman, and Eugenia Turner have earned thirty gold medals in two years of competition at the senior Olympics. In addition, they collected twenty-four silver and bronze medals at the Iowa Senior Games in West Des Moines and in the Wyoming games at Gillett, Wyoming, Where Mr. and Mrs. Kubitz took part last August. Gary Wittman passed out forms he received to go to the games and these 5 thought they would try it. After two years of competition, Henry waxes more enthusiastically than ever, pointing out that Renewing friendships from the previous year’s events is one of the great happenings at the Iowa Games, and there’s the good sportsmanship and the volunteerism in supervising everything. Approximately 150 persons of all ages help stage the games. The Chapmans speak of another great feeling which is engendered by participation. “The most important thing,” they say, “is to know that you are in good health as a result of regular exercise.” To which LAFF director Gary Wittman would respond “AMEN.” All five have experienced the thrill of being the best in what they do, not just in one event but in a variety. Eugenia,

in the 70-74 age group, claimed the gold medal for football distance, the discus throw, and in basketball free throw competition. She was also awarded silver medals for football accuracy and softball accuracy, displaying a good arm and a good eye. Ralph showed the benefits of his regular workouts by taking the gold in the 1500-meter, 5000 meters, and 800-meter race walks, and in the 50-meter dash. He took the silver in the 200-meter dash and the bronze in the 100-meter dash. Dorothy claimed gold in the 800-meter race walk and the football throw, silvers in the 100 meter and 50-meter dash, and in the standing long jump, and a bronze in the discus. Henry's golds in this year's competition were in the 100 and 200-meter dash and the standing long jump. He added a silver in the 50-meter dash, and bronzes in the 800, 1500, and 5000-meter racewalks. Clara's golds were in the 1500-meter race walk and softball throw accuracy. She claimed three silvers for 50-meter dash, football throw accuracy and discus, and a bronze in the 100-meter dash. The two couples have qualified for the nationals, and Mr. And Mrs. Kubutz plan to make the trip.

"Thars gold in them thar Thrills," and next year's games should see more participants from LAFF going to Des Moines.

-By George Freund



Good Job Wilma Sanders

90 years young, slipping on the ice and falling on your back won't stop Wilma

THE STAFF

- Editor..... Gary Wittman
- Reporter..... Doris Ries
- Ghost Writers..... George Freund (The Heavenly Age of 102)
- Submission..... Barbara Callahan
- Feature Writer..... Gary Wittman

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

Email articles to garydonaldwittman@gmail.com