

# SWELL NEWSLETTER

February 2022 Volume 2, Issue 2



**Kay Brimeyer**

2630 Marywood Dr

I am married to Jim (JL) and have two children—a son who lives in Seattle and has three children and a daughter who lives in Dubuque and has two children.

I taught at Sacred Heart, Holy Ghost, and most of my career at St Anthony's. I also did several years of subbing in the public and parochial schools.

I do yoga two-three times a week and try to walk daily. In the summer, you'll find me at the pool swimming laps or hanging out in the 12 foot.

I have been with the SWELL group for about six months. I like everything about the program. Everybody has been so welcoming. Gary does a wonderful job of leading us in exercises that include stretching and improving muscle strength. He also promotes community with his circle of information and prayer. This is a wonderful program for all ages!



**"It was a cold day in SWELL,"** -7 degrees didn't stop these 27 Gary took the picture. No excuses, The Birthday Boy Don (93) Wife Wilma (90), and Birthday Girl Lynn (91) were there.



**Kendra Kunkel**



**Ken Kunkel**

**Kendra Kunkel**

4830 Camelot Dr

I am married to Ken. We have two daughters—Krystal, who is married to Lincoln and lives in Cedar Rapids with their three children: Lela, Lydia, and Liam. --Kara, who is married to Billy and lives in Dubuque with their three children: Sophie, Keegan, and Ellie.

I am retired from the Dubuque Community Schools—I taught three years at Senior High School and twenty-seven years at Washington Middle School. I taught Family Health and Consumer Studies (beginners cooking, sewing, and consumerism) Financial Literacy, Social Studies, and language arts.

I enjoy walking, working out, reading, doing crafts, and being with Family.

I have been with the SWELL program for six months. I enjoy the all over body work out and the variety of wonderful people I have gotten to know.

Gary and his wife Lisa met at our wedding 41 years ago!

**Ken Kunkel**

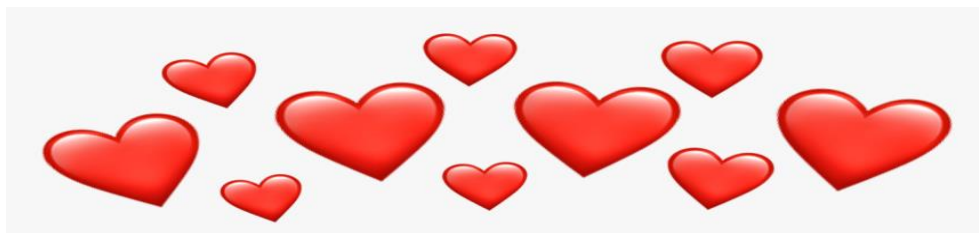
I am married to Kendra—see hers for Family.

I worked at John Deere for five years and recently retired from East Dubuque Nitrogen Fertilizers after thirty nine years.

I enjoy playing GOLF, walking, yard work, hunting, fishing and being with the Grand kids.

I have been with SWELL for two months. I really like having an activity through the cold months with friends.

I have always been active in sports and am a proud Dubuquer!



**Heart Health for Seniors**

**February is American Heart month. A time to think about YOUR heart health—How is YOUR heart?**

**Heart disease is a leading cause of death for both women and men in the US. You have probably heard of “heart disease”, but do you really know what it is? Heart disease is what’s known as an “umbrella” phrase, meaning it’s used to describe a variety of diseases that affect the heart and its blood vessels. All sorts of conditions fall under that umbrella including arrhythmias (heart rhythm issues), coronary artery disease, and atherosclerosis.**

**Most conditions which fall under “heart disease” can increase a person’s risk of heart attack, chest pain, or even stroke. That’s why it is important to have regular check-ups, so you know your overall health, including the fitness of your heart.**

Would you know the signs of a heart attack if you or a loved one were experiencing them? It's important that everyone know the symptoms of a heart attack because when one occurs, immediate emergency care is necessary!! The longer a person goes without treatment, the more damage the heart incurs. You may have heard "Time is muscle". The heart muscle is injured when it does not receive the blood flow needed. The American Heart Association identifies the following common symptoms:

- ★ Chest pain or discomfort
- ★ Shortness of breath
- ★ Extreme fatigue
- ★ Pain in the back, neck, abdomen, or jaw
- ★ Gas-like pain or pressure
- ★ Lightheadedness
- ★ Nausea



Women often experience heart attacks differently than men. While men typically experience chest pain, women may not, and they often experience the lesser-known symptoms such as pain radiating down the arms or extreme fatigue.

Living a heart healthy lifestyle is important for Seniors.



- Get regular physical activity—like participating in SWELL!
- Limit alcohol consumption
- Get plenty of quality sleep—seven to eight hours each night
- Eat a balanced diet—aim to fill your plate with plenty of fruits and vegetables, lean protein, (like turkey or chicken), whole grains, and a small amount of healthy fats.
- Get a regular check-up and age-appropriate screenings

When you get those check-ups, make sure your doctor is ordering blood work to know what shape your heart is in. To get a good gauge on heart health, you'll want to know what your blood pressure, blood sugar, and cholesterol levels are. Here is what is recommended:

- Blood Pressure of 120/80 mmHg or lower
- Fasting Blood Glucose (blood sugar) of 100 mg/dl or lower
- Total Cholesterol of 200 mg/dl or lower
- LDL (bad) Cholesterol of 100 mg/dl or lower
- HDL (good) Cholesterol of 40 mg/dl or higher for men, 50 mg/dl or higher for women
- Triglycerides of 150 mg/dl or lower



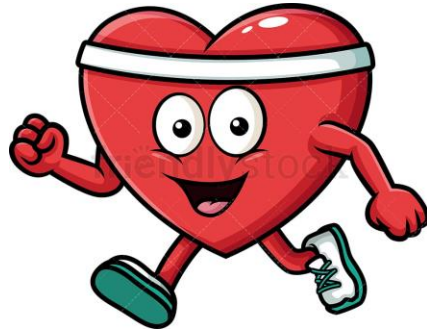
These are the general guidelines. Talk to your doctor about what numbers are right for you based on your individual and family health history. You and your doctor can plan how to protect your heart now and in the future.

Remember, if you or a loved one are experiencing any of the heart attack symptoms—you need to get emergency help RIGHT AWAY!! CALL 911!!! Many people put off the symptoms thinking



**they will go away—it's better to be safe than sorry (dead). Time is muscle! EMS can start the emergency care you need before arriving at the hospital. Time is of the essence!!**

**Continue to participate in SWELL and do your Heart good!**



**--Doris Ries**

### **Lynn Hawks the Birthday Girl**

Lynn is 91 years young as of January 18<sup>th</sup>. She has had more birthdays than any girl at SWELL, hence the title “Birthday Girl”. Lynn has attended SWELL regularly for the past 30 years. She started when she was 61. If you need motivation watch the birthday girl do Dynamics on Mondays as she glides across the CRWC floor. We can also learn from her about commitment and dedication. When you are lying in bed in the morning, wondering if you want to get up and go to SWELL class, think of Lynn Hawks always the first to enter the building. Congratulations Lynn on your 91<sup>st</sup> birthday and being a strong role model for SWELL.

**--Gary Wittman**



**Joan Lagen**

I have been married to my husband Chris for 41 years. We have 2 pets: Boo, our cat and Maggie, our dog. Maggie takes me on 1 and sometimes 2 walks a day. Some of our favorite places include Bee Branch, Swiss Valley Nature Center, and Bergfeld pond. When it is cold out, Maggie has put our treadmill to use. (at least someone is using it). After 20 years of working at Dubuque Community School District's IT dept, I retired to work part time at Medical Associates. I just completed my 4<sup>th</sup> year at Medical Associates, having started in their Release of Information Dept and then moving to Patient Services as a clerk this fall. Before working at the school district, I was employed at Hillcrest Family Services for 18 years in the finance department.

I enjoy biking, reading a good book, watching Netflix and HBO, and family gatherings.

I started coming to LAFF/SWELL this past summer and am inspired by those who have been part of the group for years.



**Patti Peters**

3018 Huntington Dr.

My husband, Jim and I have 3 grown children: Kyle, Lexington, KY, Paige, Madison, WI and Sarah, Iowa City (during school months).

We are semi empty nesters since last August, when our youngest, Sarah became a Hawkeye, but we still have a 13 ½ year old beagle bichon, Milo at home. I began coming to SWELL in September upon invitation from my dear friend, Melissa Compton.

I am a teacher by education, having taught in Urbandale, IA, Everett, WA and then substituting in the DBQ schools after moving to Dubuque in 2000. For the past 13 years however, I have worked part time at Great River Oral Surgery. I enjoy traveling with my family, weekly Bible study with friends, walking, bicycling, scrapbooking, gardening, and volunteering.

SWELL has become a wonderful addition to my weekly schedule! I love meeting and visiting with such a friendly and energetic group of people while gaining strength and flexibility.

### **I'm Fine**

There is nothing whatever the matter with me  
I'm just as healthy as I can be,  
I have arthritis in both my knees,  
And when I talk, it's with a wheeze.  
My pulse is weak, and my blood is thin,  
But I'm awfully well for the shape I'm in!  
My teeth will eventually have to come out,  
And my diet I hate to think about.  
I'm overweight and can't get thin,  
But I'm awfully well for the shape I'm in!  
Arch supports I have for my feet.  
Or I wouldn't be able to walk the street.  
Sleep has denied me night after night,  
And every morning I'm quite a sight.  
The moral is as this tale we unfold,  
That for you and me who are growing old,  
It's better to say "I'm fine" with a grin,  
Than to let others know the shape I'm in!

**--Jay & Melba Moeller**



**Carol Rusch**



**Dan Rusch**

**Dan Rusch**

1760 Horizon Ct

I am married to Carol. I am the oldest in a family of four-- one brother and two sisters. I have four children—three boys and one girl. I have eight grandchildren and will be a Great Grandparent in June.

I worked at John Deere for forty-three years. The last twenty as a toolmaker.

I enjoy bike riding, playing golf, walking, cutting the grass.

I have been with the SWELL group for two months. I like the friendly environment of the SWELL program.

I play a Tenor Sax with the New Horizon's Band.

**Carol Rusch**

1760 Horizon Ct

I am married to Dan. I have a sister who lives in Washington DC. I have four children—three sons and finally got a daughter. I have eight grandchildren—six girls and two boys.

I am retired. I worked at Flexsteel as a sewer.

I enjoy walking, biking, and shopping.

I have been with the SWELL program for two months. It's so much fun getting into shape.

I am excited to be a Great Grandma in June!



**Ellen Shook**

Address: 2370 Spruce Wood Dr, Asbury, IA

Family/Children/Pets: Husband – John Shook, Associate Professor of Criminal Justice at University of Dubuque.

Children: Nora and Amy. Pet: Gus – yellow lab that we call Gus Too Much!

How long have you been in the SWELL program: About 3 months?

Previous work experience: Dubuque Area Chamber of Commerce

Activities /interests: I walk my dog Gus every day and enjoy walking. Other interests: reading, traveling, visiting friends, volunteer with the Iowa Child Advocacy Board as a Court Appointed Special Advocate.

One thing you enjoy about SWELL: I like that I am working all my muscles!

Other things you want us to know about you: My husband and I have lived in Chicago, IL; Springfield, MO; Danbury, CT; Lake Placid, NY; Washington, DC; Edwardsville, IL; Millville, NJ; Stevens Point, WI; Shawnee, KS; Forest City, IA and have lived in Dubuque for 7 years.

**SWELL is off to a good start after 3.5 months at the University of Dubuque  
62 SWELL folks came to exercise Friday January 29, 2022**

On Monday, January 11, 1993, 7 years after the induction of LAFF, the year got off to a rousing start as **100** “antique teenagers” showed up for exercise class. And we didn’t look too bad as Gary and Theresa put us through our paces. Oh maybe a few of us need to knock off the five pounds we gained in all the holiday feasting, but, as a group, we looked pretty good. Looking around, one wondered if the attendance was the result of New Year’s resolutions. If so, let’s keep those resolutions!

Dr. Robert N. Butler, former head of the National Institute on Aging, outlined a recipe for successful aging as follows:

**1. Maintain Physical Fitness**

Watch diet, maintain proper weight, get sufficient exercise, avoid smoking, and keep alcohol intake to a minimum.

**2. Remain Mentally Alert**

Having goals and some organization in one’s daily life is statistically associated with survivorship.

**3. Broaden Your Circle of Friends**

Social networks help people cope with their problems and contribute to their good health. One person can improve the outlook of another just through regular contact.

When one reads Dr. butler’s recipe, he seems to be describing the SWELL program. Gary has put together a comprehensive schedule for three days a week which covers all of Dr. Butler’s points.

So...if you haven’t yet made your New Years’ Resolution, do it today...to be at SWELL class every time. You’ll be glad you did.

**--George Freund**

**Remember we do not have SWELL class when  
Dubuque Community Schools cancel class because of weather**

**THE STAFF**

Editor..... Gary Wittman  
Reporter..... Doris Ries  
Ghost Writers..... Dr. Jay & Melba Moeller (Age 96)  
Ghost Writer .....George Freund (Age 102)  
Feature Writer..... Doris Ries  
Feature Write.....Gary Wittman

**We are looking for feature writers each month, try your hand at it.  
Email articles to [garydonaldwittman@gmail.com](mailto:garydonaldwittman@gmail.com)**