

SWELL NEWSLETTER
July 2023 Volume 3, Issue 7

Save the date Wednesday October 4th, 2023, 4:30pm 6:30pm SWELL picnic!




Roger Ruden and Grandson Colin



Patti and Roger Ruden enjoying Door County



On June 1 -13 **Kris and John Richey, Ken and Kendra Kunkel and Pat Schwartz** (fellow SWELL members) traveled to Scotland and Ireland with a group hosted by Shamrock Imports. We started in Edinburgh Scotland toured the city and Edinburgh castle which the Scots were preparing for the arrival of King Charles. Then to St Andrews golf course the birthplace of golf and toured the distillery in Pitlochry. The next day we took a cruise to search for the Loch Ness monster and a Urquhart castle. Our trip took us through the beautiful Scottish highlands to Glasgow and a tour of the city. Onward to Ireland by ferry and a stop at Giants Causeway - beautiful cliffs and scenery. Derry and Donegal are famous for wool production, Donegal castle, Slieve League Cliffs the highest cliffs in Europe. Next on to Dublin where we had a dinner show and some great Irish music and entertainment. Of course, we toured another distillery along with the Guinness storehouse. Did I forget to mention the great food, people, and "pubs" Overall a great trip with great people? --**John Richey** 



LAFF/SWELL VETERANS

WALLY HARRISON



I live on the south side of Dubuque on Pego Court. That is just before you go down the hill into Rockdale. I retired from John Deere in 2001 and joined LAFF/SWELL class the same year. It is nice seeing everyone in class and also seeing all the new faces.

Wilma retired in 1989 and she and a neighbor began attending LAFF/SWELL exercise gatherings at Loras College. Don retired a year later, and Wilma “encouraged” him to join her at Loras and

so it was. We had a lot of things that we wanted to be a part of in our retirement years. These activities worked around our mornings and started LAFF/SWELL 34 years ago.

Don and Wilma feel that this bible verse sums up of how they feel about their life of 77 years of marriage and amazing life. “This is the day that the Lord has made, let us rejoice and be glad in it”.

DON SANDERS WILMA SANDERS



LYNN HAWKS



Lynn started LAFF/SWELL in 1992 and made a strong connection with Gary in keeping the class going. She would contact Gary each summer to return to class and connect with interns at Loras. We call Lynn the birthday girl

because she has had more birthdays than any girl in class. Thanks Lynn.



Front MARILYN GORUN

Left to Right THELMA SCHLUETER, EILEEN SCHUELLER, GINNY RAUCH VIRGINIA RAUCH AND LYNN HAWKS

Bonding with SWELL members at Panera Bread

BARBARA BLAKE



Barbara has experienced being a homeowner, an apartment renter, and now condo living at Country Springs. She is single and was a caregiver for an elderly parent for a number of years. Barbara started doing office work and then worked as an LPN at Finley Hospital. She enjoys traveling, crochet, playing cribbage, stamp collecting, and belongs to a postcard collecting club and volunteering at several places. Barbara has been to many states in the US and has traveled to all continents except Antarctica. She has belonged to the Dubuque Hiking Club for 19 years that meets weekly year around. Barbara started LAFF/SWELL in 2004.

**Times and dates that we will not be able to have SWELL 2023-2024
The CRWC or indoor track is closed.**

No excuses, you can choose one of 4 at home workouts and do it wherever you are.

2023 Dates

Monday July 3, 2023, **No Class**

Wednesday August 9, 2023, **Flora Park**

Wednesday Aug 16, 2023, **Flora Park**

Monday September 4, 2023, **Flora Park**

Wednesday November 22, 2023, **No Class**

Friday November 24, 2023, **No Class**

Friday December 22, 2023, **No Class**

Monday December 25, 2023, **No Class**

Friday December 29, 2023, **No Class**

2024 Dates

Monday January 1, 2024, **No Class**

Monday February 19, 2024, **No Class**

Friday March 29, 2024, **Flora Park**

Monday May 27, 2024, **Flora Park**

Sometimes the set-up and tare down will take another day. **On these extra days we try to go outside.**

Sorry for any inconvenience, we need to work with the University of Dubuque and their event schedules. The CRWC is the largest venue on campus, and it is needed for different activities, and we are lucky to use it.



If you have tried the meditation series found at **Spartan Senior Wellness** we would like to hear about your experience. As you have heard me say at SWELL class, “What good is a healthy body if our mind starts to fade. Thank you, Kris Hermsen, for your comment.

“Jerry and I listened to the 6-minute level 1 meditation audio track. Meditation is very relaxing and calming. It is short and easy to follow. It helps me clear my mind and focus on relaxing my body. Jerry and I have started listening to it in the evening and hope to get into a regular routine, gradually progressing to higher levels. Thank Gary for your encouragement and for always challenging us to live in a way that keeps us young in mind and body.”

--Kris Hermsen

Value of Exercise and Parkinson’s Disease

Barb Callahan handed me this article how exercise helps with Parkinson’s Disease. Parkinson’s disease is a disease that people seem to acquire during their senior years. Parkinson’s is caused when brain cells begin to die in the small part of our brain called the substantia nigra. There are 4 main symptoms of Parkinson’s. 1. Resting Tremors, this is when the body starts to shake during movement. 2. Muscle Rigidity or stiffness or hardness of the muscles. 3. Slowness of Movement, muscles begin to freeze when making turns or passing through narrow spaces. 4. Postural Instability or lack of balance. Most people with Parkinson’s disease take medications but it’s been found that exercise is one of the most important things patients can do to help their mobility and improve quality of life. Exercise slows the progress of symptoms making the disease less disabling. These patients have found an improvement in balance, walking smoother, better flexibility, and coordination.

Update Newsletter. (Spring 2023). (Value of Exercise and Parkinson’s Disease) Parkinson Research Foundation. Retrieved July 1, 2023.

--Gary Wittman

Healthy Recipe By Gary

People are always asking me about my smoked salmon.



It is fairly simple.

Soak hickory wood chips in water for 30 to 45 minutes.

Put soaked chips in smoke box and place on grill turned to high.

Use a large skinless salmon filet.

Spray with extra virgin olive oil.

Season with rosemary garlic and fresh ground pepper.

To cook:

Wait for the smoke box to begin smoking,

Turn grill temperature to medium or low.

Spray grill mat with extra virgin olive oil and place on top rack.

Put salmon on the grill mat and let smoke for 30 to 45 minutes until golden brown.

Test with meat thermometer, it is suggested to cook to 125 degrees.

I usually cook my salmon to 160 degrees, because that is the way we like it.

Pull salmon from grill and let rest for 5 minutes before serving.

If salmon reaches temperature quickly, turn grill off until smoke stops.

THE STAFF

Editor..... Gary Wittman

Feature Writer..... Gary Wittman

Feature Writer..... Kris Hermsen

Feature Writer..... John Richey

Healthy RecipesGary Wittman

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