

Engage Wellness is the medically-based way to get and stay healthier

November 2024 Calendar

Free Friday

Friday, November 1st

Any adult in the community can come try Engage Wellness for free on the first Friday of each month. Tell your friends!

VAS Medicare Open Enrollment

Wednesday, November 6th

Volunteers Assisting Seniors (VAS) will be holding a free open enrollment event. Registration is required, NO WALK-INS. To reserve a spot, please call VAS at (402) 444-6617.

Veterans Day

Monday, November 11th

To our many member that served, we thank you!

Lunch Bunch

Friday, November 15

12:00pm

All Engage Wellness members are invited to attend a potluck-style lunch. Bring a dish to share or bring a lunch for yourself if you'd prefer. Members are welcome to use our kitchen including the fridge before we setup for lunch. We have tons of utensils and serving dishes, so no need to bring them from home. We will celebrate all our members with November birthdays at lunch too.

Closed for Thanksgiving

Closed November 28th and 29th

We hope you have a great Thanksgiving!

Attitude of Gratitude

Gratitude Rocks

November 4th– 8th

Join in on the festive fun and write on a rock with something you are grateful for, something that makes you smile, someone you appreciate, and/or something that makes you happy. Once collected, the Engage team will make a stone garden at the front of the facility for all to enjoy!

Thank You Notes

November 11th-15th

Write a message to someone you are thankful for, you appreciate, that did something nice for you, and/or makes you happy. Sign, seal and deliver it!

Thankful Tree

November 11th-25th

Write what you are thankful for on a paper leaf and stick it on the tree located in the coffee area.



Please be aware that changes in Medicare might impact membership coverage. If you get a new insurance plan and it affects your membership, please let us know.





Dave P.

Sheilah S.

A warm welcome to our new members who joined Engage last month. We are so happy you are here!

Jorja S.



Congratulations!

Check out our participants who achieved special attendance milestones in October!

Kathleen M. 1,600	Joe W. 700
Pat W. 1,100	Connie R. 600
Marlene M. 1,100	Mary P. 500
Cherie F. 1,000	Betty E. 500
Diana K. 900	Chick M. 400
Don F. 900	Rita Y. 100
Virginia D. 900	Jim P. 100
Rich T. 800	<i>Well Done!</i>



Winter Weather Policies:

Now that colder weather is on it's way (unfortunately), a few reminders for the season:

- On wet days UNMC's Facilities Department will put Ice Melt on our sidewalks to help prevent slips and falls. Please bring a clean pair of shoes for exercising to prevent tracking the salt into the facility. Help us keep our workout areas, equipment and carpets clean!
- If Engage has to close or adjust our hours, we will let you know on Facebook. You can also call and check the message on our voicemail.



Visit us online:



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Member News:

- **No changes to the Group Movement class schedule in November!** A couple of individual classes may be cancelled due to staff vacations. If you haven't already, make sure to follow our Facebook page to stay up to date on any changes.
- **Daylight savings begins November 3rd!** If required don't forget to set you clock back an hour.

Facility News

- **Staff updates!** Tyra, our Marketing Associate, has left Engage to further pursue her marketing career. While we will miss having her, we wish her the best on her new journey!
- On a positive note, Engage has hired a new part-time closer in the afternoon. We are very excited to have Caitlin as part of the team! Here are some facts about Caitlin!
 - She is from Council Bluffs, Iowa.
 - Is a current student at Clarkson College.
 - She enjoys spending time with her large family, crafting, and all things Huskers!



Michele M. 11/01	Kathy C. 11/07	Rebecca S. 11/09	Cheryl W. 11/14	Paul B. 11/22	Mary Ann M. 11/23	Linda M. 11/26	Jackie G. 11/29	Marcia V. 11/29
Jack K. 11/03	Jan T. 11/07	Donna L. 11/11	Dave R. 11/20	Marlene M. 11/22	Connie R. 11/23	Diane B. 11/28	Jim N. 11/29	Ann G. 11/30
Barabara J. 11/04	Peg L 11/08	Carla G. 11/14	Peg N. 11/21	Eric P. 11/22	Pete P. 11/24	Donna R. 11/28	Joe N. 11/29	



SANTA TO A SENIOR

Engage Wellness has partnered with the Eastern Nebraska Office on Aging to help brighten the holidays for seniors in our community. ENOA staff identifies nursing home residents in need, and arranges for Santa's helpers to deliver gifts for them.

If you would like to participate in this project, please stop by Engage Wellness and select an ornament with a seniors name and requested item on it. Make sure to write your name on the sign-up sheet.

Please return your *wrapped* gift donation to Engage Wellness by Friday, December 6th.

Contact Ireisy with any questions at 402-552-7210 or lihernandezmadrid@unmc.edu.

Thank you for your generosity!

Visit us online:
www.unmc.edu/engage



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Volume 13, Issue 11, Nov. 2024