

Inspiration: Member Success Stories



Deacon Bob Smith

It took just six weeks of working out at Welcyon for Deacon Bob, 86, to experience some big changes — and people are noticing. For the last year, he's had problems navigating stairs, bending over and getting out of chairs. Deacon Bob credits regular workouts at Welcyon for increased strength in his arms and legs and says his balance has improved. During mass, church members at Assumption Catholic in Richfield were so impressed by his progress they clapped when he walked up the stairs of the altar without any assistance. According to Deacon Bob, "I'm more sure of myself. My fear of falling has definitely gone down. I feel more confident in doing my ministry."

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DEACON BOB SMITH (LEFT)

Lynn Thoresen

"It's a new beginning." That's how Lynn, 67, sees her membership at Welcyon. Before joining last summer, she underwent knee replacement surgery and knew she needed to exercise. Lynn was living in pain and had trouble walking. In just a few short months, Lynn experienced a transformation both physically and mentally. Even her friends say she is a different person now. "My pain is controlled with exercising. I have more energy, and

"There's this little voice inside that says turn left and go to Welcyon because I know it's going to make me feel better."

LYNN THORESEN (RIGHT)

I lost weight without dieting. It's affected by attitude. I feel better and sleep better. Everything is just more balanced now," Lynn says.

And she is committed. Lynn always keeps an extra set of clothes in her car so she doesn't miss a workout. "There's this little voice inside that says turn left and go to Welcyon because I know it's going to make me feel better."



Welcyon's Got Talent

More than a dozen talented members showcased their work at the Arts & Crafts Fair in early February.

Painted cards, pottery, homemade jams and more were on display for people to buy.



Learning about Sleep Disorders

Welcyon recently held a class on Sleep Apnea and other sleep disorders. Nancy Larson, Director of the Sleep Center at North Memorial, discussed symptoms and treatment options. Many appreciated the chance to learn more and ask questions about their own sleeping habits. For more information, call 763-581-5050.

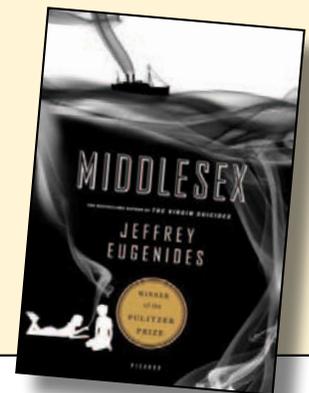
Taking Our Message to 7500 York Cooperative

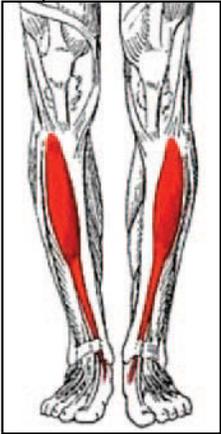
In mid-February, Welcyon took part in the 2012 Resource Fair at 7500 York Cooperative in Edina. We set up a booth and introduced Welcyon to residents and their families. It was another great experience to tout the benefits of working out at Welcyon and share inspirational stories.

Let's Read! Mark your calendar for the next book club

The selection is Pulitzer Prize-winning novel, *Middlesex*, by Jeffrey Eugenides. It's the story of Calliope Stephanides, who discovers at the age of 14 that she is really a he. Cal traces his transformation and the genetic condition that caused it back to his paternal grandparents and the Greek village of Bithynios in Asia Minor. The book explores what it means to occupy the complex and unnamed middle ground between male and female, Greek and American, past and present.

Wednesday, April 11, 1:30 p.m. at Welcyon Bloomington





**ANTERIOR
TIBIALIS**

Balance Even Better

By Mark Richards, VP of Program Development

As was discussed in a previous Welcyon newsletter, falls among aging adults are all too common. Also, fear of falling can be incapacitating. That newsletter outlined how each of the Welcyon exercise 'stations' contribute to improving balance, either directly or indirectly. In an effort to provide even better exercises to help reduce the risk of falling, Welcyon is pleased to add two new exercises that may improve balance.

The first exercise uses the Mini-Shuttle® to strengthen a muscle on the front of your lower leg called the Anterior Tibialis. Generally, this muscle has been found to be weak in people who have fallen. In one study, for those with a history of repeated falls, on average, the anterior tibialis was 7 ½ times less powerful

when compared to people with no history of falling. A fitness coach will show you how to do it and how to make it challenging enough to benefit you.

The second exercise is the Balance Clock. This exercise requires you to take sequential steps in multiple directions. You do this by leaning far enough so that you have to move a leg quickly to stabilize, or 'catch' yourself. Performing this exercise may improve your reaction time by having to respond to these minor losses of balance. Understandably, start at an easy level. Do that by taking small steps and stepping slowly. As you gain confidence, you can increase the size of your steps and/or the speed at which you take them. Your fitness coach will show you how to do the exercise.

Makeover Magic

Want a new look for spring?

It starts with beautiful skin. Judy Garcia, owner of Yvonne Elizabeth Center for Skin Renewal in Edina, will share her secrets for skin care. Then learn how to play up your best features with a makeup lesson from Bobbi Brown artist, Cathy Mylan.

**Monday, March 12, 10 a.m.
Welcyon Edina (Lower Level)**

For more information on Yvonne Elizabeth Center for Skin Renewal, visit yvonnelizababeth.com

Head, Heart & Hope Expo

Living longer and living better is the focus of the Edina Health & Wellness Expo this April. Welcyon is helping sponsor the morning of activities and demonstrations at St. Patrick's Mahon Center. Events also include a special luncheon presentation by Jon Hallberg, MD, Medical Director of University of Minnesota Physicians Mill City Clinic.

**Saturday, April 28, 9 a.m. to 1 p.m.
St. Patrick's Mahon Center
6820 St. Patrick's Lane, Edina**



Gearing up for the Games

The Minnesota Senior Games is just a few months away. Welcyon is helping sponsor the event, which takes place in June at Minnesota State University-Mankato. There are more than 18 different sports ranging from badminton and billiards to softball and swimming. You have to be age 50 and over to participate. As a Welcyon member, let us know if you are interested in being part of the games so we can help sponsor your involvement. Registration begins March 1, 2012. For more information, visit mnseniorgames.com. We also have forms at both clubs.



Belong to Strong

It's been an incredible start to 2012 here at Welcyon. One of the most exciting parts for me is watching our membership grow. I wanted to take this opportunity to welcome all of the new Welcyonites. I truly value your membership and look forward to meeting you. Here are a few pointers to help enhance your experience.



**SUZY'S
CORNER**

- 1. Take it Slow:** Remember, getting familiar with our equipment takes practice.
- 2. Ask for Help:** Our fitness coaches are always on hand to answer questions and offer guidance to improve your results.
- 3. Be Social:** I encourage you to take advantage of our social area. It's a great place to make a new friend, enjoy a cup of coffee, or put together a puzzle.
- 4. Learn Something New:** Welcyon offers a variety of educational classes and entertaining events, including book club.
- 5. Offer Feedback:** Some of our best ideas come from our members. Please feel free to share your comments with our staff.
- 6. Play:** Welcyon is about fitness and fun! It's very important that you enjoy your time at the club.

It's been such a joy for me to see the new members interacting with our more experienced crowd. Whether it's sharing a smile or offering a work-out tip, veteran members have gone out of their way to welcome the newbies. After all, Welcyon is about community. Just like our tagline says, We Belong to Strong™, and we are getting stronger every day.

Suzy Boerboom

Straight to the Heart

Looking for a heart-healthy dip? Try hummus. Chickpeas are high in cholesterol lowering fiber and are packed with vitamin B-6. The flavorful dip is also low in saturated fat.

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1/2 cup extra-virgin olive oil, or more as needed, plus more for garnish
- 1/2 lemon, juiced
- 2 tablespoons roughly chopped fresh parsley leaves, plus more for garnish
- 2 cloves garlic, peeled
- 1 1/2 teaspoon salt
- 1/2 teaspoon dark Asian sesame oil
- 1/2 to 1 teaspoon ground cumin
- 12 to 15 grinds black pepper
- 1/4 cup water
- paprika, for garnish

In a blender, combine all the ingredients except the parsley and paprika to be used for garnish. Blend on low speed until smooth. If the mixture is too dry and you're having trouble blending it, add a few more tablespoons of olive oil to help things along.

Scrape the hummus onto a plate. Sprinkle the paprika over the top, drizzle lightly with olive oil, scatter some parsley on top, and serve. You can make the hummus up to a couple of hours before you serve it. Cover the top with plastic wrap and leave it at room temperature.



March Madness

Lace up your sneakers and get in the game. If you work out 12 times during the month of March, you'll receive a free Welcyon t-shirt.



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