



# The Olson Wellness Exchange

March 2024

## Olson Center for Women's Health

(402) 559-6345

### Home Visiting 101

The March Olson Center brown bag will be *Home Visiting 101*. Miranda Davis, Angelica Hernandez, and Dianna Jones of the Nebraska Children's Home Society will describe how home visitation contributes to family stability, resilience, and overall health in family relationships. This virtual session will be held on Tues., March 19, 12 – 1 PM CST. The presentation is free unless you would like 1.0 ANCC nursing credit for \$15. To register, please reach us at [OlsonWHRC@unmc.edu](mailto:OlsonWHRC@unmc.edu) or call the number above.

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## OWE Partner Offers

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### Creative Wellness

(402) 740-9847

#### ***Empathetic Leadership and Mindfulness for Wellbeing Resilience and Adaptability***

Amy McCae, founder of Creative Wellness will present on Empathetic Leadership and Mindfulness at the upcoming Omaha Organization Development Network Conference on Wed., March 6 at Bellevue University. For conference details, you can go to their website at [omahaodn.wildapricot.org](http://omahaodn.wildapricot.org) or call Amy at the number above.

#### ***Empathetic Leadership: Harnessing Emotional Intelligence and Mindfulness***

Emotional Intelligence is not a soft skill, it's a human skill. It's a necessary life skill if you intend to be healthy, happy, or reach any level success. Amy McCae will teach this class on Wed., March 20, 6 – 7:30 p.m. at the Metro Community College Sarpy Center. The cost is \$35 and you can register online at [mccneb.edu](http://mccneb.edu), search 'empathetic leadership'.

### Dee-sign Landscaping & Garden Shop

(402) 392-1444

#### ***Early Spring Planter Class***

Join Dee-sign Landscaping on Tues., April 2, 6:30 p.m. for the upcoming class, *Early Spring Planter Class*. For \$35, you will receive cold-tolerant spring flowers (ex: ranunculus and pansies), fertilizer, soil, and containers, along with instruction on best plant and design methods. Reservation deadline is Fri., March 29 and payment is required at the time of registration. To register, call Dee-sign at the number above or visit their Facebook page (online payment available).

### Dreams MedSpa

(402) 596-4000

#### ***March Specials***

Dreams MedSpa is a Nebraska Medicine facility comprised of licensed estheticians, nurses, nurse practitioners, and physician assistants, offering cosmetic services with proven results. This month's special offers are valid through March 30, 12:30 p.m. and cannot be combined with other offers. To learn more about this month's specials at the Dreams MedSpa, call the number above.

#### **Broadband Light Bundles (BBL)**

- Schedule a face BBL, and receive a BBL neck treatment for free
- Schedule a décolletage BBL, received a BBL arm treatment for free

#### **Deluxe Hydrafacial Bundle**

- Schedule a Deluxe Hydrafacial, and receive a free Alastin sampler pack for free

### Fontenelle Forest

(402) 731-3140

#### ***Introduction to Birding***

Do you enjoy watching birds in your backyard? Are you someone who wants to develop your birding interest into an active recreational hobby? Attend this session on Sat., March 2, 8:30 – 10:30 a.m. to learn about Nebraska birds and how best to observe them with your binoculars. The cost is \$10 for Fontenelle Forest members and \$18 for non-members. Call to register.

### Gloss Salon & Day Spa

(402) 502-1850

#### ***Oncology Massage, Facial and Body Treatments***

Do you know someone undergoing cancer treatments and want to offer them relief and special attention? Gloss Salon & Day Spa offers many targeted treatments for this special population: Oncology Complexion Protection Facial, Body Restore Massage, and treatments for soothing the soles of the feet, hand issues and swelling, and scalp tension release massage. Packages range in price from \$15 - \$79. Reach Gloss Salon at the number above or visit [glasssalon.com](http://glasssalon.com) (click on 'specials') for more information on packages.

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Want more information on the offerings listed?  
Email [OlsonWHRC@unmc.edu](mailto:OlsonWHRC@unmc.edu) for complete event details.

**Hy-Vee**  
**(515) 695-3121**

**Dietitian Services at Hy-Vee**

Hy-Vee is your wellness partner for all things nutrition. Consider joining the Subscription Service at \$99/month, which provides access to Hy-Vee dietitians for personalized appointments for nutrition advice and coaching as well as a private chat portal with a dietitian; on-demand video workshops on freezer meals, nutrition programs, and fitness topics; free registration to Healthy You Challenges; and two free health screenings/year. Need more nutrition education? Subscribe to the Hy-Vee *Health 360* newsletter for healthcare news, dietitian tips, recipes, and exclusive Hy-Vee offers. Call the Hy-Vee Discovery Call Center number above or email [nutritionservices@hy-vee.com](mailto:nutritionservices@hy-vee.com) for more information.

**Kassebaums Martial Arts**  
**(402) 682-5425**

**Home Invasion Safety Seminar**

No one wants to think about a home invasion. What would you do if this ever happened to you? Kassebaums will provide a *Home Invasion Safety Seminar* on Sat., March 16, 11 a.m. to 12:30 p.m. to teach you how to reduce your chances of home invasion, protect yourself (and family, and possessions), improve your chances of surviving, increase your ability to aid family members during an invasion, and how to prepare and react with mental and physical strength rather than fear and shock. To register, go to [nebraskakma.com](http://nebraskakma.com) and scroll down to event, or call the number above.

**Omaha Integrative Care**  
**(402) 934-1617**

**Teaching Yoga in the COMMUNITY & BEYOND**

Do you enjoy yoga and want to learn how to share it with others? Take yoga outside the studio and learn how to share it with schools, corporations, retirement communities, and more. Omaha Integrative Care will hold the workshop, *Teaching Yoga* on March 9 & 10, and you can attend in-person or virtual. Call the number above to register.

**The Barre Code – Dundee**  
**(402) 884-1667**

**3 Free Introductory Offer**

Pulse and shake in our signature class that combines barre work and isometric movements with constantly changing routines, a variety of props and high-energy playlists. Sign up today to try your first three classes at The Barre Code – Dundee for FREE! For first time customers only. Visit [thebarrecode.com/ne-omaha-dnde](http://thebarrecode.com/ne-omaha-dnde) for more information.

**UBX**  
**(402) 552-7210**

**UBX Workshop Series: Mindset and Aging –  
Unlocking Your Next Level**

Join Michele Magner, a dementia practitioner who holds a Master's certification in gerontology, to learn why we think the way we do and to understand how it's impacting our health as we navigate the adventures of aging and caregiving. This workshop will be held on Thurs., March 21 at 6:30 p.m. For more information, call UBX.

**UNMC Engage Wellness**  
**(402) 552-7210**

**Wellness Workshop: Preventative Health as You Age**

Join us for a free community presentation on *Preventative Health as You Age* on Fri., March 29, 11 a.m. to 12 noon. Learn how to prevent, detect, and address health concerns with your provider. Alfred Fisher, MD, PhD of UNMC Geriatrics, Gerontology and Palliative Medicine will provide insight into why preventing social diseases before they happen is one of the most serious important things you can do to protect your health. Reserve your spot by calling the number above or going to [unmc.edu/engage](http://unmc.edu/engage) and click on 'events/upcoming events'.



**Know a great business for the OWE?**

We are seeking OWE member nominations for new business partners! Send your ideas for great Omaha metro area wellness businesses to Candyce Dunlap at [cdunlap@unmc.edu](mailto:cdunlap@unmc.edu).

Wellness businesses can include salons, spas, fitness facilities and coaches, health food stores, nonprofits, cultural institutions, etc. We welcome creative ideas to diversify our partner list.

Disclaimer: This O.W.E. Partner Wellness offerings are for the sole purpose of compiling a listing of local companies interested in health and wellness. The Olson Center for Women's Health does not endorse the services or advice of the individual companies listed in this update. The companies listed are meant to complement your health and wellness plan and are not intended to replace the health care provided by your individual health care provider. The Olson Center for Women's Health disclaims all liability associated with the companies within this update. Every effort to keep each company's information up-to-date is made, however services, prices, and offerings from companies are subject to change. O.W.E. members are responsible for determining if a company meets their wellness needs and for payment of all services.



## Featured Recipe

Olson Women's Health Resource Center  
402.559.6345 | OlsonCenter.com

### Mediterranean Chicken Lettuce Wrap

This Mediterranean chicken wrap is a delicious low carb option and would be easy to meal prep for lunches. It is low calorie and has a descent amount of protein and fiber that will keep you feeling full. If you're looking for a vegetarian or meat free option double the humus and veggies to replace the chicken. This is one of my favorites! Enjoy!

*Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center*

#### INGREDIENTS:

- 4 collard green leaves or low-carb wraps
- ¼ cup Fresh Thyme Classic Hummus (see back page)
- ¾ lb. Fresh Thyme grilled chicken strips
- 1 cup grape tomatoes, halved
- ½ cup chopped seedless cucumber
- ¼ cup Kalamata olives, pitted and sliced
- ⅓ cup Fresh Thyme crumbled feta cheese
- 2 Tbsp. thinly sliced red onion
- 4 tsp. light tzatziki ranch Greek yogurt dressing

#### INSTRUCTIONS:

1. Wash collard leaves and pat dry with paper towels. Lay leaves flat on a cutting board. Use a knife to trim stems and shave thick portions at the base of the leaves so they are thinner and easier to roll.
2. Spoon 1 Tbsp. of hummus onto each collard leaf. Top each with grilled chicken, tomatoes, cucumber, cheese, olives, and red onion. Drizzle each with 1 tsp dressing.
3. Roll up collard green leaves around fillings and serve.

Total time: 20 minutes

#### NUTRITION - one serving:

Calories: 259

Cholesterol: 83 mg

Carbohydrate: 8 grams

Fiber: 3 grams

Protein: 31 grams

Sodium: 629 mg

Fat: 11 grams

Potassium: 217 mg

Saturated Fat: 3 grams

Source: <https://www.freshthyme.com/recipes/mediterranean-chicken-lettuce-wraps/>

## TIPS & NOTES

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### To prepare homemade hummus:

#### INGREDIENTS:

- 2 cups (500 mL) cooked chickpeas,
- 1/4 cup (60 mL) lemon juice
- 1 garlic clove, minced
- 2 Tbsp (30 mL) tahini
- 2 Tbsp (30 mL) water
- 1 tsp (5 mL) dried oregano
- 1/2 tsp (2 mL) sea salt
- 1/4 tsp (1 mL) ground pepper
- 1/4 cup (60 mL) finely chopped fresh dill
- 20 kalamata olives, pitted and roughly chopped

#### INSTRUCTIONS:

1. Place chickpeas, lemon juice, garlic, tahini, water, oregano, salt, and pepper in food processor.
2. Purée until smooth, stopping to scrape down sides if necessary. Transfer to medium bowl. Stir in dill and olives.

Check out these Olson Center Wellness Programs:

#### **Olson Wellness Exchange**

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call or visit the Olson Center for Women's Health on the 4<sup>th</sup> Floor of the Durham Outpatient Center on UNMC's main campus, or register online at [www.olsoncenter.com](http://www.olsoncenter.com)