



The Olson Wellness Exchange

November 2025

Olson Center Events

STAMPP HTN: Systemic Treatment and Management of Postpartum Hypertension

Tues., Nov. 11, 2025 | 12 – 1 p.m. (CST) | Online Only

The new chair of the UNMC Dept. of Ob-Gyn, Sarosh Rana, MD, MPH, will present the next Olson Center Webinar titled, *STAMPP HTN: Systemic Treatment and Management of Postpartum Hypertension*. In this webinar Dr. Rana will identify the gaps in postpartum hypertension management that contribute to poor maternal health outcomes, describe the impact hospital-based programs have on compliance with postpartum hypertension management and explain the importance of blood pressure management in reducing disparities in healthcare. Our target audience includes nurses, health care providers and community members. Nursing professionals can receive 1.0 ANCC contract hour at no charge.

To register, email Valeta Creason-Wahl at vcreason@unmc.edu or call (402) 559-7487. For more information, give the Olson Center a call at (402) 559-6345.

Grief During the Holidays

Tues., Nov. 18, 2025 | 12 – 1 p.m. (CST) | Online Only

Holidays are usually a joy-filled time to gather with friends and family. However, for some, the holidays may cause grief to intensify. Join the next Olson Center Brown Bag presentation as Cecilia Poon, PhD, clinical psychologist in the Nebraska Medicine Dept. of Psychology, provides helpful ideas to cope with grief and how to support others who are grieving. This talk is free to attend. One ANCC nursing credit hour is available for \$15. For more information or to register, email the Olson Center at OlsonWHRC@unmc.edu or call (402) 559-6345.

Partner Offerings

Alzheimer's Association

(402) 502-4300 | (800) 272-3900

Volunteer with the Alzheimer's Association

Volunteers are the key to making a difference in the lives of people facing Alzheimer's and dementia. When you volunteer with the Alzheimer's Association, you join a network of passionate people who are working to fight this devastating disease. Volunteer opportunities are available in-person and virtual. Examples include

cheering on participants in local Walk to End Alzheimer's celebrations, educating community members in your area about dementia, advocating to make Alzheimer's a national priority, or assisting the Nebraska Chapter with data entry ensuring records are updated and accurate. Visit alz.org/get-involved-now/volunteer for volunteer opportunities or call the number above for more information.

American Midwest Ballet

amballet.org

Discovery Dance

Discovery Dance, American Midwest Ballet's program of free classes introduces grade-schoolers to ballet. These structured classes, are 30 - 60 minutes and led by an AMB company dancer focused on teaching new steps, enjoying movement, and embracing the discovery and joy of dance. Email engagement@amballet.org to get started. Scholarships are available for *Discovery Dance* students to take additional classes at American Midwest Ballet School.

The Nutcracker

Always fresh, lively and thoroughly entertaining, *The Nutcracker* returns with its visual splendor and charming story that makes it a holiday classic. Performing at the Hoff Family Arts and Culture Center on Sat., Nov. 22, showtimes are 2 and 7:30 p.m. Ticket prices are \$31.43 - \$73.49.

American Red Cross

redcross.org

Give Blood. Find a Drive.

There is no substitute for blood. When a patient receives blood, it was given in advance by a generous donor. Blood donors help patients of all ages impacted by trauma, burns, surgery, organ transplant, and those battling cancer, helping our community's most vulnerable and most needy. Throughout the month of November, the American Red Cross will host over 100 blood donation drives. To book your lifesaving donation, visit the website above and enter your zip code to select a blood drive near you.

DC Centre

11830 Stonegate Drive

Winter Events, Anyone?

Are you thinking of a creative way to host your upcoming brunch, wedding, company holiday party or winter event? Let DC Centre be your guest and help you save big. From their catered menus, lavishly decorated ballroom suites and live music selections, DC Centre has everything you have been looking for. If you are interested in getting more detailed information, give Armana Christianson a call at (402) 393-7431.

Dee-sign Landscaping & Garden Shop
(402) 392-1444

Macrame Ornament Course

Learn how to make *Macrame Ornaments* with the team at Dee-sign Landscaping. Macrame uses the art of knotting cords or strings into a specific pattern or shape and incorporates beads, feathers, and hoops. This course will have a wreath and a gnome for each participant to create. Guided instruction and supplies are included. The cost is \$25 per person. Hosted on Tues., Nov. 11, class will be at 1 and 6 p.m. Pre-registration is required.

Dreams MedSpa
(402) 596-4000

Holiday Open House

Shop the Dreams MedSpa annual *Holiday Open House* sale from November 3 – 7 and save on filler packages, HydraFacial's, peels and more. All products are 20% off. Purchases can be made in person or online at surgeryvp.com/specials.html. Join the team for a special event on Thurs., Nov. 6 from 2 - 6:30 p.m. and enjoy complimentary appetizers, coffee and smoothies while you shop. Talk with skin care experts, benefit from bonus discounts on skin care products and enter various drawings for grand prizes. See you there!

Fit In The City
(402) 740-3282

Holiday 2025

Transform your body, lose inches and gain strength with *Holiday 2025*, November 5 – January 9. This dynamic 10-week workout program is led by certified, motivational coaches and welcomes all fitness levels. Participants work out in three 45-minute sessions per week and experience sustainable results as they lift and sculpt their way to a healthier, stronger them. The cost is \$309. Anyone can join a single class for \$20. Give Renee a call at the number above for more details.

Fontenelle Forest
(402) 731-3140
fontenelleforest.org/calendar

Winter Wellness: Reiki Meditation

Join the team at Fontenelle Forest for a relaxing afternoon at the Nature Center experiencing soothing frequencies of a Reiki infused guided meditation. This heart-centered experience will guide you to connect, balance and align your natural rhythms to harmonize with the earth's heartbeat and nature's cycles. Feel free to dress comfortably and consider bringing a pillow, yoga mat or beach towel, eye pillow or hand towel and a notebook to journal. Hosted on Sun., Nov. 2 from 1 – 2:30 p.m., the cost is \$10 for Fontenelle Forest members and \$25 for non-members.

Full Moon Hike: Beaver Moon

Would you like to learn how the Forest is different after the sun goes down or how the full moon affects nocturnal animals? Attend Fontenelle Forest's next guided *Full Moon Hike* on Fri., Nov. 7 from 5:30 – 7:30 p.m. and learn the intricacies of the lore of full moons. This program includes an educational discussion, guided hike and a seasonal snack. The cost is \$15 for Fontenelle Forest members and \$25 for non-members.

Little Learners: Seasonal Science

Looking to explore the seasons with your little learner? Join Fontenelle Forest's new learning program, *Little Learners: Seasonal Science*, on Sun., Nov. 9 and explore what happens in the forest as the seasons change, how the forest animals adapt to the changes in nature, and experience science stations focused on fall. Attendees will also join a guided hike looking for spring shoots or falling leaves to use for making their very own seasonal craft. Geared for young children ages 7 and under, caregivers are required to stay for the program. Hosted at the Nature Center from 2 – 4 p.m., the cost is \$10 for Fontenelle Forest members and \$25 for non-members.

Gloss Salon & Day Spa
(402) 502-1850

Oncology Massages and Facials

Do you know someone who has had or is going through cancer treatment? Gloss Salon and Day Spa offers customized *Oncology Massages and Facials* for \$79 each. A select group of highly trained estheticians and massage therapists service clients who have undergone or are currently receiving cancer treatment. These services were created in partnership with wellness providers certified in medical massage and lymphatic care for cancer patients. Give Krisha a call at the number above to book your experience.

Hy-Vee Inc.
hy-vee.com/health/dietitians

A1C Screenings

November is National Diabetes Awareness month and the dietitians at Hy-Vee would like to ask you, do you know your A1C? Hemoglobin A1C is a blood test that helps provide information about an individual's average levels of blood glucose over a 2 – 3 month period. Fasting is not required for this test and screenings are available by appointment only. The cost is \$25 when you use the promo code, NOV2025. Contact your local Hy-Vee Dietitian for further details.

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 Candyece Dunlap at 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.

Kassebaum's Martial Arts
(402) 826-7448

Active Shooter Seminar

Hosted by Jason Finch and Associates PC, this seminar is lecture-based and includes demonstrations of physical defense skills. Attendees should be physically able to move with kicking, punching and take-down techniques. Open to adults, the cost is \$35 per person. Class will be held at 212 South 74 Street, Suite 100 on Fri., Nov. 14 from 3 – 5 p.m. For more information, visit nebraskakma.com.

Do You Want To Go Home Safe?

Unlock the ability to spot danger before it strikes! This seminar reveals the early warning signs that someone may be gearing up to attack, flee or even lie to you. You'll learn how stress hormones like cortisol and adrenaline trigger the body's uncontrollable 'fight or flight' responses and how those signals show up in ways you can see, if you know what to look for. This seminar will take place at 2111 Harvell Drive, Bellevue, on Sat., Nov. 15 from 1 – 3 p.m. The cost is \$75 per person. To register, visit nebraskakma.com.

Omaha Performing Arts
o-pa.org/performances

Straight No Chaser

For more than two decades, *Straight No Chaser* has provided the soundtrack of the season, bringing millions of fans to their feet while putting them in the holiday spirit. The group will be in Omaha serving up an all-you-can-eat buffet of holiday music on Fri., Nov. 14. Performing at the Orpheum Theater, showtime begins at 7:30 p.m. Ticket prices are \$35 - \$82.

Gabby's Dollhouse Live!

Experience the magic of *Gabby's Dollhouse* in an a-MEOW-zing musical performance brought to you live. This delightful show features an exciting original story with incredible puppets, dynamic staging, a talented live show cast and songs from her hit series. Performing at the Orpheum Theater on Sat., Nov. 29, show times are at 1 and 4 p.m. Ticket prices are \$47.50 - \$194.50.

Jim Brickman: The Gift of Christmas

Jim Brickman: The Gift of Christmas celebrates the gift of family, the gift of friends, the gift of peace, and the gift of love, wrapped up in sweet sounds of the season only he and his piano can provide. Escape with Jim to a magical atmosphere that brings friends and family together on Sun., Nov. 30. Hosted at the Orpheum Theater, the show begins at 7 p.m. Ticket prices are \$55 - \$80.50.

UNL Nebraska Extension in Douglas-Sarpy Counties
8015 West Center Road

Houseplant Care from African Violets to ZZ Plants

Buying houseplants and growing them can be two very different hobbies! Join horticulturist Scott Evans, to learn how to keep your houseplants thriving. Scott will share tips on avoiding common mistakes and addressing potential issues when growing plants indoors. Whether you're new to houseplants or a seasoned plant enthusiast, this in-person session is for you. Hosted at the Nebraska Extension office on Sat., Nov. 8, class begins at 9 a.m. Register at go.unl.edu/gbr.

Become a Master Gardener!

Master Gardeners are trained volunteers who share practical, research-based information about sustainable horticulture to help the community grow and thrive. Interested in becoming a Master Gardener? The Nebraska Extension office will be holding an informational session on Fri., Nov. 14 from 6:30 – 7:30 p.m. A second information session will be held on Sat., Nov. 15 at the Papillion Library, 222 North Jefferson Street, from 9:30 – 10:30 a.m. For more information, give Rachel Wright a call at (402) 444-4355.

Thinking of Others This Holiday Season

With the holiday season right around the corner, we would like to take time to recognize that there might be circumstances that can hinder individuals and families alike from cherishing their time with loved ones. The Olson Center for Women's Health would like to provide information to readers who seek assistance. If you know of any available resources for community members in need this time of year, please email Candyce Dunlap at cdunlap@unmc.edu or call (402) 559-6345.

Feature Recipe on Back

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.