



Riverwalk Pointe

# WISDOM WARRIOR CHALLENGE NEWSLETTER

Nov & Dec 2024 | Vol 1, Issue 14

## INSIDE THIS WEEK'S ISSUE:

- **Meet the Warrior: Betty Bowden:** Learn about Betty's inspiring story and her journey with WWC.
- **Letter to Our Readers:** A special message of gratitude and excitement for the season ahead.
- **Be a Part of Something Extraordinary:** Sponsor or host a WWC event in your community.
- **Race Teams and Dates:** Stay updated on key dates and team highlights.
- **Tell Us Your Story :** Share your journey to be featured in the next "Meet the Warrior."



Dear \*{{First Name}}\* ,

We're thrilled to announce that many teams are returning for another incredible year! A heartfelt thank-you to **HCS Healthcare Solutions**, our 2025 Title Sponsor, for their unwavering support since the very beginning—thank you, Kevin and team, for helping make this event possible.

We're also overjoyed to share that we raised **\$1,700** during Giving Tuesday, bringing us close to our \$2,000 goal. Thank you to everyone who donated—we couldn't do this without you!

Additionally, a big shoutout to **Ms. Buscemi and the Interact Club** for their behind-the-scenes work.

**Reminder:** December 15th is the last day to register to get your name on the Warrior T-Shirts. Please share this with anyone who might want to sponsor WWC for 2025!

As the year draws to a close, we want to extend our warmest wishes to you and your families for a **joyous holiday season and a Happy New Year!**

Thank you for your incredible support in making this year such a success. We're excited about all that 2025 holds for the Wisdom Warrior Challenge and are grateful to have you as part of our journey.

Here's to a healthy and active New Year!

With gratitude,

Linda Borgmeyer OTR/L, MSK

Founder, Wisdom Warrior Challenge





"HCS Healthcare Solutions sponsors the Wisdom Warrior Challenge to champion seniors' health, wellness, and resilience—values at the heart of our mission to enhance quality of life."

- Kevin Crane, owner



[LEARN MORE](#)

[HELPANDCOMFORT.COM](https://helpandcomfort.com)

[www.wisdomwarriorchallenge.org](https://www.wisdomwarriorchallenge.org)

## MEET THE WARRIOR

Betty Bowden, Ready to Motivate the Next Warriors!

In this edition of "Meet the Warrior," we shine the spotlight on Betty Bowden, with a passion for health, sports and inspiring others!



Betty Bowden 2024 WWC

**Age:**

77

**Passions:**

Health, Sports, Senior Advocacy, Running, Softball and Tennis

**Wisdom Warrior Since:**

2023

**Resides:**

Split between Virginia Beach, VA, and Jupiter, FL

**Retired from:**

Virginia State Department of Social Services (Adult Services/Adult Protective Services Regional Manager)

**Journey:**

Betty's dedication to sports and fitness spans over 50 years, inspiring her children to run competitively. She played softball for five decades, started an over-50 women's softball team, and helped lead it to national championships. Additionally, she founded a thriving over-50 tennis club with over 100 players and competed in state and national games. Betty remains active in running, regularly competing in 5Ks, often as the only one in her age group. Her first experience in the Wisdom Warrior Challenge impressed her so much she's working to bring it to Virginia Beach.



**WISDOM WARRIOR CHALLENGE**



# MEET THE WARRIOR

Betty Bowden, Ready to Motivate the Next Warriors!



Betty Bowden- Zoe Loren 5K

## Words of Wisdom:

“Exercise is the only way to stay young. I wasn’t a star athlete, but I showed up, did my best, and had fun. Keep moving, and never let age slow you down!”

## Your Support for 2025

As we look ahead to 2025, your donations will play a crucial role in supporting the mission of the Wisdom Warrior Challenge. Every contribution, no matter how big or small, helps to empower and inspire senior adults to lead active and fulfilling lives.

So, let's come together and make 2025 a year of great success! Whether through donations or joining a WWC 2025 Team, each of us has the power to make a difference and be a part of this incredible journey.

Feel free to contact [wisdomwarriorchallenge@gmail.com](mailto:wisdomwarriorchallenge@gmail.com) if you'd like to be featured in our next "Meet the Warrior" section.

**2025**  
WISDOM WARRIOR CHALLENGE  
SPONSORED BY  
HCSC HEALTHCARE SOLUTIONS

CONVIVA  
Care Center  
Helping Live for Better Life

**BECOME A  
SPONSOR  
TODAY!**

Help make a difference!  
Register to *SPONSOR* today  
**December 15th**  
you're guaranteed to get on the t-shirt.

**Register Now**

 **Website**  
[www.wisdomwarriorchallenge.org](http://www.wisdomwarriorchallenge.org)



# MY FAVORITE EXERCISE ROUTINE

Brought to you by  
Linda Borgmeyer, WWC Founder



## OPEN DONATION

*Together we can  
Empower Senior Adults!*



**DONATE  
NOW**

Your contributions empower senior adults to lead active, fulfilling lives through the Wisdom Warrior Challenge. Join us in making 2025 a year of great success!

### Why Donate?

- **100% Tax-Deductible:** Wisdom Warrior Challenge, Inc is a registered 501(c)(3) not-for-profit organization #86-3347998. By IRS regulations, no goods or services were received in exchange for this donation; therefore, 100% of your donation is tax-deductible to the fullest extent allowed by law.
- **Receipt Provided:** We will send a receipt for each cash donation made to the charity.

### How to Donate

[www.WisdomWarriorChallenge.com](http://www.WisdomWarriorChallenge.com)

Mail checks payable to: Wisdom Warrior Challenge  
1939 Circle Dr. North Palm Beach, FL 33408

For any questions, please email us at: [WisdomWarriorChallenge@gmail.com](mailto:WisdomWarriorChallenge@gmail.com)  
or Call: +1.561.202.7650



# RACE INFORMATION

## MARCH 2025

VI AT LAKESIDE VILLAGE  
MARCH 4TH

VOLANTE SENIOR LIVING  
MARCH 6TH

HOME SUITE HOME  
MARCH 8TH

LUXE SENIOR LIVING  
MARCH 8TH

HARBOR CHASE PBG  
MARCH 10TH

SANDHILL COVE  
MARCH 13TH

LEGACY AT HIGHWOODS  
MARCH 19TH

SOVANA AT STUART  
MARCH 21ST

ARCADIA GARDENS  
MARCH 27TH

## APRIL 2025

WATERCREST SENIOR LIVING  
APRIL 8TH

ALAMAR SENIOR LIVING  
APRIL 10TH

THE FOUNTAINS  
APRIL 15TH

WATERSIDE LANDING  
APRIL 16TH

THE MERIDIAN  
APRIL 17TH

THE ATRIUM BOCA RATON  
APRIL 22ND

HERITAGE GREENS HIGH  
APRIL 24TH


LA POSADA  
APRIL 23RD



# We Need Warriors!

Your story can inspire others to take control of their health and join the movement. Share your journey with our community and make a real impact.

Reach out for details on how to get featured in our Newsletter!

 Call or Text Us  
561-202-7650

 More Information  
[www.WisdomWarriorChallenge.org](http://www.WisdomWarriorChallenge.org)

 Email  
[Tina@WisdomWarriorChallenge.org](mailto:Tina@WisdomWarriorChallenge.org)



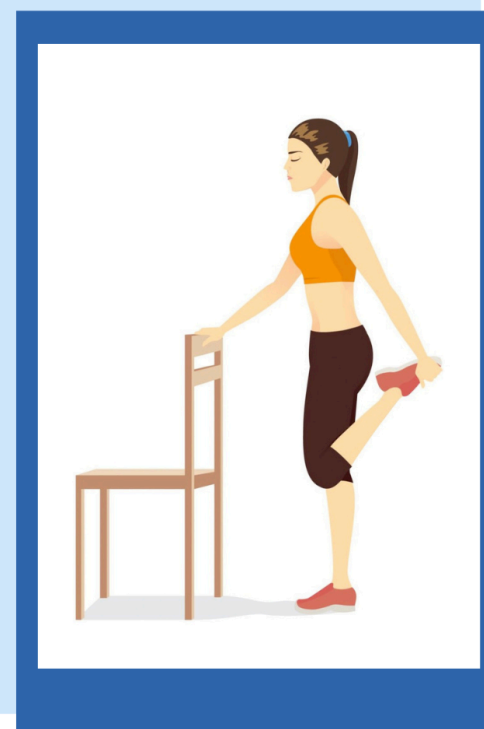


# WARRIOR CHALLENGE

## COOL-DOWN EXERCISES

### *Standing Quad Stretches*

1. Stand near a stable surface, such as a countertop or chair, for balance support if needed.
2. Shift your weight onto your left leg.
3. Bend your right knee and reach back with your right hand to grasp your right foot or ankle.
4. Gently pull your right foot towards your glutes, feeling a stretch in the front of your right thigh.
5. Hold the stretch for 10-15 seconds
6. Release the stretch and repeat on the other side.
7. Perform the quad stretch 2-3 times on each leg.



Warm regards,

**Linda Borgmeyer**

CEO/Founder

Direct line: (561) 202-7650

Linda@WisdomWarriorChallenge.org



P.S. We'd love for you to share our **Wisdom Warrior Challenge newsletter** with your friends and family members.

#### **Our Contact Information**

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*



Thank you to all the sponsors that make this event possible!







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