

Connections

2024 NEWSLETTER

APRIL, MAY & JUNE

A note from the Connections staff...

Happy Spring!

As the temperatures get warmer and flowers begin to bloom, many of us look forward to experiencing warmer weather and brighter, longer days. The season of spring calls for a fresh start and a time for renewal, and what better way to do that than spring cleaning!

Did you know spring cleaning can offer some good health benefits? It allows you to feel accomplished, de-stresses you, can improve your focus, and can help you get moving. Join us this month as we all take time to redirect our focus and do some cleaning and de-cluttering to renew and refresh our souls!

Melinda Cornell, Kendra Knott and Jennifer Howard

30-Day Spring Cleaning Checklist					 1. Dust
 2. Clothing inventory	 3. Medicine cabinets	 4. Sort shoes	 5. Small appliances	 6. Clean car	 7. Fridge & cabinets
 8. Declutter bathroom	 9. Wash linens	 10. Clean electronics	 11. Remove junk	 12. Clean oven	 13. Clean windows
 14. Wash brushes	 15. Wash brushes	 16. Clean pipes	 17. Switch out decor	 18. Vacuum furniture	 19. Clean garage
 20. Clean office	 21. Sort glassware	 22. Organize bags	 23. Repair clothing	 24. Organize hobbies	 25. Let the kids clean
 26. Dust and vacuum	 27. Wash walls	 28. Wash bedding	 29. Donate items	 30. Toss unusable items	

TAKE NOTE!

The Connections Office and Van Service will be closed for staff training and holidays on:

- April 10
- May 8
- May 27

Contact the Connections office at 270-688-4855 if you have any questions in relation to general information or events.

If you complete 10 out of the 30 days, turn this form into the Connections office to be entered in a drawing for a fabulous prize!



April is National Volunteer Month

April is National Volunteer month, when we recognize and celebrate the impact volunteers have on our lives. It also encourages active volunteerism in generations to come. At Owensboro Health, we want to take the time to recognize our volunteers and their unwavering services to the hospital and the role that they play in caring for our patients every day! This past year our volunteers have contributed more than 20,000 hours, and we will be recognizing 33 individuals with different milestones of hours and service!

If you are ever interested in volunteering at Owensboro Health, reach out to us at 270-417-3100 to discuss volunteer opportunities!

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

May is Older American's Month!

Every May, the administration for Community Living (ACL) leads the national observance of Older Americans Month. In 2024, ACL will be focusing on the theme Powered by Connection, which focuses on the impact that meaningful relationships and social connections have on our health and wellbeing. Join us in promoting the benefits of connecting with others – and the role connectedness plays in supporting independence and aging in place by combatting isolation, loneliness and other issues. This theme is perfect for our group because we focus on connecting you to better health through education, socialization, fitness and travel.

Throughout the newsletter, look for the Powered by Connection logo and plan to participate in those activities for a chance to win prizes.

June is National Candy Month!



Do you crave or have a sweet tooth? As kids, many of us associated happiness with candy! Whether you prefer hard, chewy, fruit-flavored, or a "melt in your mouth, not in your palm" kind of pleasure, June is the time to celebrate the authentic, fun treats that candy companies have been producing for more than 100 years. For those who love chocolate, candy, gum and mints, this is a month for celebration!

On page 11 you will find a candy scramble to fill out. Return the form to the Connections office to be entered into a drawing for a sweet fabulous prize!



Slice of Life Bunco

Friday, May 17, 2024

1:30-4 p.m.

Healthpark Classroom A & B

Connections Members \$15



What could be more fun than an afternoon of bunco? An Afternoon of pizza and bunco! Join us for National Pizza Party Day as we enjoy slices of pizza and spend the afternoon with our Connections friends playing a friendly game of bunco.



DONUT Trivia Afternoon

Friday, June 7, 2024

1 -4 p.m.

Healthpark Classroom A & B

Connections Members \$15

You "DONUT" want to miss an afternoon of trivia with your Connections friends, "where all those useless facts you've been collecting can finally come in handy!" Join us for a friendly competition! Call the Connections office to register because seating is limited. Donuts and pastries will be served.

Kentucky Derby Fiesta!!

Friday, May 3, 2024

11 a.m. - 3 p.m.

Owensboro Health Café Rooms

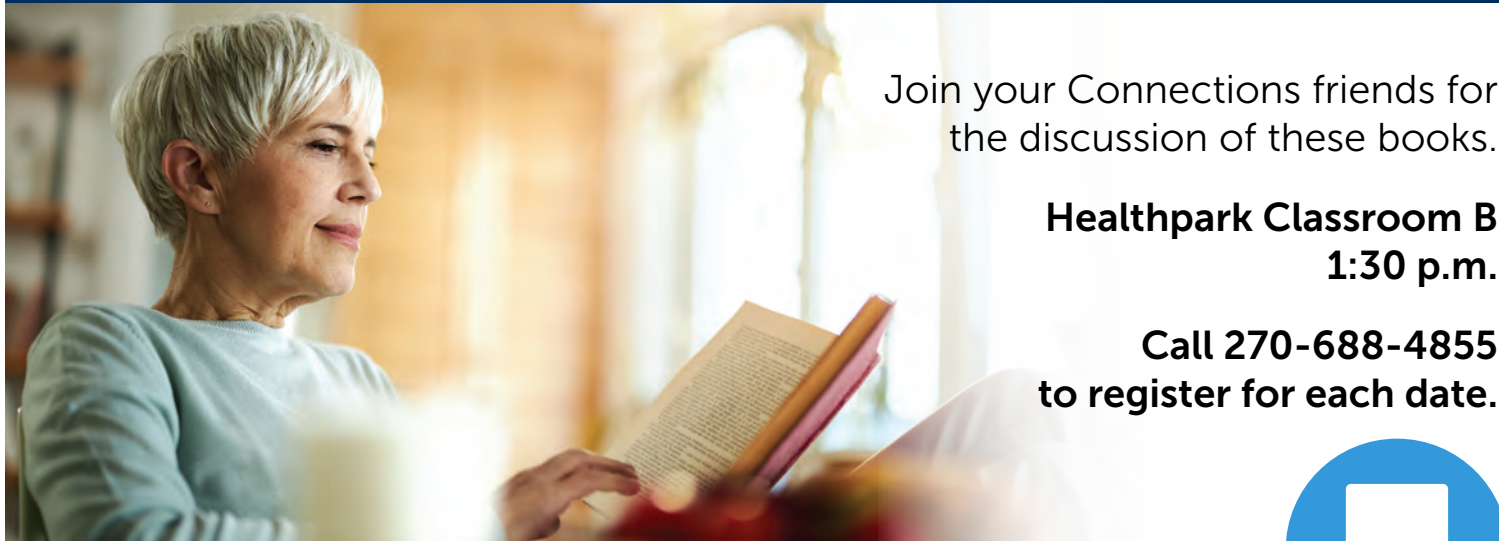
1201 Pleasant Valley

\$20 per person



Only in Kentucky do we know how to celebrate the derby, and this year we must do it fiesta style!!! Come and join us for a day full of derby activities on the eve of the 150th Kentucky Derby. Women, enter a derby hat/fascinator contest by bringing in your very own homemade derby hat or fascinator. Men, you can participate in this contest by making your very own derby tie! Be creative and have fun with your artistic ability, but please keep it appropriate. We'll have fun with derby trivia and stick-horse races. There will be lots of fabulous prizes. The first 30 individuals to register for the event will receive a special, authentic derby glass from a previous Kentucky Derby. (Must be present to win.)

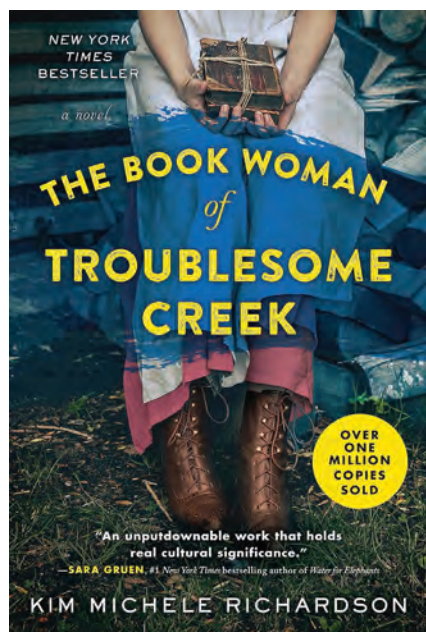
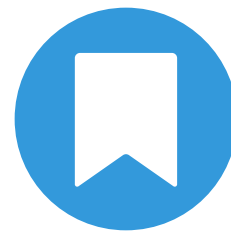
Please note the location is at the Owensboro Health Regional Hospital Pleasant Valley Campus.



Join your Connections friends for the discussion of these books.

Healthpark Classroom B
1:30 p.m.

Call 270-688-4855
to register for each date.



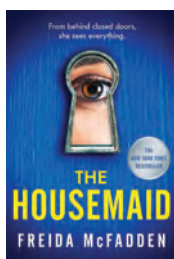
Wednesday, May 22 **The Book Woman of Troublesome Creek** *Kim Michele Richardson*

In 1936, tucked deep into the woods of Troublesome Creek, Kentucky, lives blue-skinned 19-year-old Cussy Carter, the last living female of the rare Blue People ancestry.

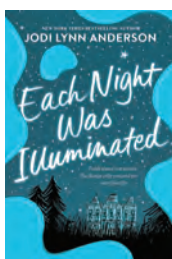
The lonely young Appalachian woman joins the historical Pack Horse Library Project of Kentucky and becomes a librarian, riding across slippery creek beds and up treacherous mountains on her faithful mule to deliver books and other reading material to the impoverished hill people of Eastern Kentucky.

Along her dangerous route, Cussy, known to the mountain folk as Bluet, confronts those suspicious of her damselfly-blue skin and the government's new book program. She befriends hardscrabble and complex fellow Kentuckians, and is fiercely determined to bring comfort and joy, instill literacy, and give to those who have nothing, a bookly respite and a fleeting retreat to faraway lands.

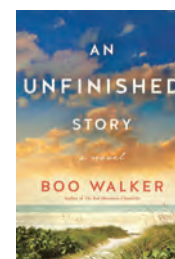
Upcoming Books:



The Housemaid
Freida McFadden
Wednesday, July 17



Each Night Was Illuminated
Jodi Lynn Anderson
Wednesday, August 21



An Unfinished Story:
A Novel
Boo Walker
Wednesday, November 20

Meet me *at the Movies!*

Malco Owensboro Cinema Grill & MXT | \$13 per person
9 a.m. (Meet in the Main Lobby at Malco)
2700 Calumet Trace

Join us at Malco Cinema, for a movie event for Connections members. Movie, drink and popcorn included in the cost.



Wednesday, April 3

Arthur the King 2024 | PG-13

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

Call or stop by the Connections office to register and make payment at 270-688-4855. Cash or check are only forms of payment accepted for this event.

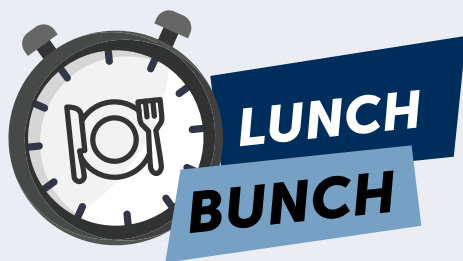


Thursday, May 9

Unsung Hero 2024 | PG

The movie follows the family's mother, Helen Smallbone, as she uses her faith to hold the family of nine together by turning struggles into an adventure for her children.

Call or stop by the Connections office to register and make payment at 270-688-4855. Cash or check are only forms of payment accepted for this event.



Thursday, April 25, 2024
Salsarita's | 11 a.m.
3500 Villa Point Dr., Owensboro

Thursday, June 6, 2024
Red Lobster | 11 a.m.
3410 Frederica St, Owensboro

Please call the Connections office at 270-688-4855 to register for each luncheon so we can have an accurate count when making our reservations.



The Right Stuff: Learn What it Takes to Prevent Type 2 Diabetes

April 2 and June 4

Healthpark Classroom B | Noon & 5:30 p.m.

Learn what it takes to prevent Type 2 diabetes! Nearly 98 million American adults—more than 1 in 3—have prediabetes, yet more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

Attend our THE RIGHT STUFF class and learn how healthy diet and activity can improve your health and reduce your risk of developing Type 2 diabetes.

Classes are FREE and offered at Noon or 5:30 p.m. Pick the time that's most convenient for you! Space is limited. Register online at owensborohealth.org/diabetesprevention or call 270-688-4804.

Diabetes Education

The Healthpark's team of Diabetes Care and Education Specialists are here to help you if you are living with diabetes. Our team is specially trained in diabetes management, and will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to a diabetes education at the Healthpark.

For more information, call 270-688-4804.

PEEP: Prediabetes Education and Exercise Program

Do you have prediabetes or a family history of diabetes? Are you looking to make healthy changes to reduce your risk of developing Type 2 diabetes? Then we have the class for you!

Join PEEP, our 12-week diabetes prevention class designed and led by Healthpark Dietitians and Exercise Physiologists to help you reduce your risk of Type 2 diabetes. You will learn how to reduce your risk of diabetes through changing your eating habits, maximizing sleep and reducing stress — and you'll get 30 minutes of exercise during each class! Classes start June 6 at 4:30 p.m..

Email DiabetesEducation@OwensboroHealth.org or call 270-688-4804 for more information or to sign up today.



**DOC IS IN
Aging Gracefully**

Tuesday, May 14

More information
coming soon!





LifeSteps® Weight Management Information Sessions

**Upcoming Information Sessions:
Tuesday, March 5 and Tuesday, March 12
Healthpark Classroom A | 5:30 p.m.**



Small changes and proven results are the foundation of our LifeSteps® weight-management program and the perfect way to step into 2024. This comprehensive lifestyle change program will help you assess not only what you eat, but how and why you eat. Weekly group classes led by our registered dietitians and exercise specialists will give you the skills needed to meet your health and weight loss goals, and maintain them long-term. Ongoing support is available after the program ends. Classes starting in March of 2024. Next classes starting in September 2024.

For more information, please email us at LifeSteps@OwensboroHealth.org, or call 270-688-4804. To register for an upcoming session visit OwensboroHealth.org/Lifesteps.

Nutrition Counseling

Kicking off the new year often means resolving to eat healthier. This year, let the Healthpark's team of highly trained registered dietitians, the real nutrition experts, help you develop a plan that best meets your unique nutritional needs.

Whether you want to assess your eating style, are seeking tips and inspiration, or need help managing a medical condition, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success.

Ask your healthcare provider for a referral to nutrition counseling at the Healthpark. For more information, call 270-688-4804.



Exercise & Fitness



Fall Prevention/B.A.S.E. class to start April 9!

Upcoming class opportunity: April 9 – June 27

Cost: \$120 for the 12-week program



BALANCE • AWARENESS • STABILITY • EVERYWHERE



If you or someone you know is struggling with falls, balance issues, and/or instability, the Healthpark has a 12-week program to address these issues! The Fall Prevention program meets twice each week (Tuesdays and Thursdays, 10:45-11:45 a.m.) and works on improving lower body strength, balance, coordination, agility, posture and improving walking gait. Individuals who are fully reliant on a walker or cane are not appropriate for this class.

Space is limited to 12 participants. New classes begin April 9 and July 9. For more information, please contact Jason Anderson at 270-688-4785.

Use the Healthpark App to register for classes!

If you are a Healthpark member who participates in any of our 70+ group exercise classes each week, we strongly encourage you to use the Healthpark app or website to register your space in class. Using the app to make your reservation is the only way to ensure you have a space in class. All classes have limits, which have been established for safety and cannot be exceeded. We never want to turn anyone away from participating, so please make sure to sign up. Also, even if your class does not fill up, if you sign up and there were to be a situation where we had to cancel a class last minute, we will give you a call letting you know. If you need help downloading the app or have any questions, please stop by the Healthpark member services desk. We will be glad to help!





It's NEVER too late to start a fitness routine!

Don't let age, inexperience, fear or procrastination stop you anymore from realizing the benefits of using the fitness center at the Healthpark. We know it can be an intimidating environment for some, but we have patient, knowledgeable, friendly staff who are here every day just waiting to help you! Fitness is a "use it or lose it" situation. Regular exercise will keep you strong so that you can continue to do all the things you love doing. There is an old saying that "the greatest wealth is health!" Start today!

We are ready to help! Inquire at the front desk about a fitness assessment, exercise is medicine program and more or contact Nick Jones, Fitness Supervisor, at 270-688-4828 to discuss how we can help!



Personal Training: It's time to make progress!

Time is a precious commodity that we all try to manage. Each of us wants to maximize the return we get on how we invest our time. Here are my questions: Are you getting the most out of your exercise routine? Are you just showing up, doing whatever, and hoping it works? Have you been doing the same thing for so long you are no longer seeing the "fruits" of your labor? Are you overwhelmed and really don't even know where to start or need accountability? Stop playing around and invest in yourself! The services of a Healthpark certified personal trainer will help you know exactly what you need to do to reach your goals, get the most out of the time you are investing in exercise, and also make sure you are doing things correctly, safely and effectively. Personal training can be used in so many ways.

If you think you want to know more, please call Nick Jones, Fitness Supervisor, at 270-688-4828 . It doesn't cost anything to talk!

SAFE

SUSTAINED ATHLETE FITNESS EXAM

The Sustained Athlete Fitness Exam/SAFE (formerly called the Senior Athlete Fitness Exam) was designed as a screening tool for older athletes and addresses physical capacity and risk factors in the areas of cardiovascular fitness, muscle fitness, flexibility fitness, and balance fitness. The SAFE is utilized by the National Senior Games Association at the state and national level and has been adopted by the Academy of Geriatric Physical Therapy as the preferred tool for screening older athletes.

This exam is for athletes 50 years of age or older. If you are interested in a screening performed by a SAFE certified physical therapist, contact the outpatient therapies department at the Owensboro Health Healthpark for more information.

Owensboro Health Healthpark
1006 Ford Ave.
Owensboro, KY 42301
270-683-9355
Jordan.Phillips@owensborohealth.org



**National
Senior Games
Association®**



CANDY BAR SCRAMBLE

1. DYPYAA _____
2. TNAZUG _____
3. IAKWMLYY (2) _____
4. ORZE _____
5. SEETHEKEESTRURRM _____
6. DOMUSN _____
7. YONDJALMO (2) _____
8. RLKCA _____
9. HONEYR _____
10. TERBINGERTUF _____
11. THABBRUY (2) _____
12. RAMS _____
13. YEESHHR _____
14. MOODGARRB _____
15. THAHE _____
16. MAPPERPIETEINTTS (2) _____
17. ISORELLOTTO (2) _____
18. OPHESRPW _____
19. YUCKNH _____
20. NESSRICK _____

Return the form to the Connections office to be entered into a drawing for a sweet fabulous prize!

Van Service

Did you know, Connections provides van transportation service to non-emergency medical appointments when you cannot drive. This service is free of charge to Owensboro Health Connections members. Restrictions do apply.

Due to safety concerns, Connections Programs, the van service and Healthpark events may be canceled for inclement weather due to hazardous road conditions. If we do not answer the phone when you call, then you know we also were not able to make it into the office.

Call 270-688-4865 for more information or to check on road conditions.

