



Spotlight on Health

Hearing Loss

If you are experiencing hearing loss, you are not alone. Hearing loss is one of the most prevalent conditions worldwide. Approximately one out of every five males and one out of every eight females have some degree of hearing loss. It is the third most commonly reported condition, just behind cancer and diabetes, as reported by the CDC in 2014.

Hearing loss can impact anyone of any age. The impact will vary significantly based on communication needs. Hearing well is very important for safety, interpersonal relationships, mental health and overall well-being. Hearing loss associated with the normal aging process, called presbycusis, is typically a very gradual progression over time. As the hearing loss develops, one frequently makes accommodations or begins to avoid activities where hearing is difficult.

There are three basic types of hearing loss: conductive, sensorineural and mixed. A conductive hearing loss results from a problem in the outer and/or middle ear. This can be as simple as impacted ear wax or as complicated as infection throughout the middle ear and mastoid. If the cause of the problem can be determined through medical evaluation and subsequently treated it is likely that hearing can return to normal. A sensorineural hearing loss results from damage to the inner ear and/or auditory nerve. This type of hearing loss is permanent, may be present at birth or develop gradually or suddenly at any age. A mixed hearing loss is a combination of the two other types of hearing loss.

Continued on page 3



Owensboro Health
Healthpark

Golden Partners

Move forward.

APRIL, MAY, JUNE 2018

Message from Melinda

Happy Spring!

Are you like me and wishing for Springtime, sunshine and warm weather? After the cold winter and all the rain we have had, I am ready for the bright sunshine. Spring is a time of new beginnings so explore the ways you too can improve your life and the lives of others.

April is Volunteer Recognition Month. Here at Golden Partners and the Healthpark we are blessed with WONDERFUL volunteers who are our friends and who are dedicated to serving our membership. I cannot thank you enough for the sharing of your time & talents.



Why be a Volunteer?

It's not for money, it's not for fame.

It's not for any personal gain.

It's just for love of fellow man.

It's just to lend a helping hand.

It's just a tithe of self.

That's something you can't buy with wealth.

It's not medals won with pride.

It's for that feeling deep inside.

It's that reward down in your heart.

It's that feeling that you've been a part.

Of helping others far and near, that makes you be a Volunteer.

If you have questions about any of these programs feel free to call Golden Partners at (270) 688-4855, call the individual numbers listed in the program information, or contact us at owensborohealth.org/travelwithgoldenpartners.

In Sight

In Sight

In Sight

Education, Exercise & Fun . . .



Walk with a Doc

Thursday, April 19 - James Tidwell, M.D.
Thursday, May 17 - John Walker, M.D.
5:30 p.m.



James Tidwell,
M.D.



John Walker,
M.D.

The Healthpark is partnering with local providers to offer the Walk with a Doc program the third Thursday of each month. The program is FREE and open to the community. It is taking place at 5:30 p.m. in conjunction with the Walking and Running program, which meets in the main lobby. Each session will feature a short health tip by a local provider followed by the group walking together around the Healthpark campus.

The **April 19th** session will feature James Tidwell, M.D. with the Owensboro Health Medical Group Plastics and Reconstructive Surgery practice. Dr. Tidwell will speak on Skin Cancer Prevention: Protecting your Skin from the Sun.

On **May 17**, the provider for Walk with a Doc will be John Walker, M.D. with Owensboro Health Medical Group Family Medicine Breckenridge.

Hike and Seek - A Nature Walk at Rudy Mines Trail

Thursday, May 3
9:30 – 11:00 a.m.

Join Golden Partners for a lovely spring morning hike at Rudy Mines Trail. We'll meet up with Obbie Todd, local naturalist, who will guide us among the wildflowers, budding trees, birds and butterflies. We'll take a leisurely walk through the woods, stopping frequently as Obbie points out flora and fauna that the untrained eye might not notice. Please call our office at (270) 688-4855 to say that you plan to join us on this spring adventure

Run For the Roses: Kentucky Derby Party

Saturday, May 5
3:00 – 6:00 p.m.

Healthpark Classrooms A & B
\$10 per person.

Dine on finger sandwiches, sip on "Juicy Juleps" and satisfy your sweet tooth with "Totally Derby Pie." Join in the fun of the 2018 Golden Partners Kentucky Derby festivities. Women, wear your hats and enter them in the Derby Hat Contest for the most beautiful or most creative! Men, not to be outdone by the women, wear your favorite derby tie and enter a contest for the most handsome or creative tie. \$1, \$2 and \$5 envelopes available for placing your bet and taking a chance on holding the winner of the 2018 Kentucky Derby! Please pre-register by calling our office at (270) 688-4855.

Tai Chi for Arthritis

May 30 – July 19
July 25 – September 13
September 19 – November 8

Thursdays at 11:00 a.m. in Healthpark Studio 3C
Wednesdays at 6:45 p.m. in Healthpark Studio 2A
FREE for Healthpark Members.
\$50 for Non-members.

Proven to help you live better with arthritis, the Tai Chi for Arthritis exercise program is suitable for every fitness level and will help you reduce pain and stiffness while increasing strength, flexibility and stamina. Those who have participated in the physical activity programs report having an improved outlook and increased energy as well.



In Sight

In Sight

In Sight

June 8

Wonder

PG (2017)

Based on the New York Times bestseller, WONDER tells the inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to find their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out.

June 15

No Friday Flix – Churchill Downs Trip

June 22

Tea with Mussolini

PG (1999)

Taken from a chapter in the autobiography of acclaimed filmmaker Franco Zeffirelli, TEA WITH MUSSOLINI is written by British novelist and playwright John Mortimer and Zeffirelli, drawing on the latter's published memoirs. The film tells of Luca Innocenti (born out of wedlock and not officially recognized by his father) and his struggle to assert his independence and find his way into a life of art. The coming-of-age tale is also a haunting evocation of a vanished world: that of the quiet city of Florence on the brink of World War II. Judi Dench, Joan Plowright and Maggie Smith portray the eccentric, colorful and strong-willed ladies - called the "Scorpioni" for their biting wit - who, along with a free-spirited American art collector (Cher) and archeologist (Lily Tomlin), raise the youth and fashion him, though Italian, into "a perfect British gentleman."

June 29

Same Kind of Different As Me

PG-13 (2017)

SAME KIND OF DIFFERENT AS ME is the story of an international art dealer, Ron Hall, who must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the most remarkable journey of their lives. Jon Voight plays Hall's father, with whom he reconciles thanks to the revelations of his new life.

July 6

No Friday Flix – Holiday Week

July 13

A Man Called Ove

PG13 (2015)

Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in and earning his special brand of ire. Yet from this inauspicious beginning an unlikely friendship forms and we come to understand Ove's past happiness and heartbreaks. What emerges is a heartwarming tale of unreliable first impressions and the gentle reminder that life is sweeter when its shared. (This movie is in sub-titles.)

July 20

No Friday Flix – Bardstown Trip

Popcorn and soft drinks included!



In Sight

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In Sight



Healthpark Classroom B

1:00 p.m. – \$1 per person

Movies are subject to change based on availability.

Please note: Some PG-13 movies may contain inappropriate material. R-rated movies will definitely contain adult material - bad language, violence, sex, drug usage, or will have an adult theme.

April 27

Crazy Stupid Love

PG-13 (2011)

Cal Weaver (Steve Carell) is living the American dream. He has a good job, a beautiful house, great children and a beautiful wife, named Emily (Julianne Moore). Cal's seemingly perfect life unravels, however, when he learns that Emily has been unfaithful and wants a divorce. Over 40 and suddenly single, Cal is adrift in the fickle world of dating. Enter Jacob Palmer (Ryan Gosling), a self-styled player who takes Cal under his wing and teaches him how to be a hit with the ladies.

May 4

Night at the Museum

PG (2006)

A night watchman (Ben Stiller) at a museum of natural history makes a startling discovery: thanks to the unleashing of an ancient Egyptian curse, the museum's animals, birds, bugs and other exhibits spring to life after the building closes, and former President Teddy Roosevelt (Robin Williams) is among those the hapless guard encounters.

May 11

Hidden Figures

PG (2016)

The incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and racial lines to inspire generations to dream big.

May 18

Norman

PG-13 (2016)

Norman (Richard Gere), a New York fixer, knows the right people and can get things done. When an Israeli dignitary named Eshel (Lior Ashkenazi) comes to the city, Norman decides to impress the man by buying him some very expensive shoes. It works and he establishes a strong connection to the man, but a few years later, when Eshel becomes the Israeli prime minister, Norman can't communicate with him anymore, and this threatens to destroy his reputation.

May 25

No Friday Flix – Memorial Day Weekend

June 1

Money Pit

PG (1986)

A young couple sinks their life savings into a house that is falling apart to the extent that it no longer has a main stairway or water. This creates strains on their relationship. Every home owner will recognize some of the situations they encounter.

In Sight

In Sight

In Sight



Fall Prevention

May 29 – August 16 (this class only 2:15 – 3:15 p.m.)

July 10 – September 27

Tuesdays and Thursdays

1:00 p.m. - 2:00 p.m. (unless otherwise noted above)

Healthpark Studio 2A

Falls are the leading cause of injuries for adults 65 and older. Take control of your Health! To improve the health of the communities we serve, the Owensboro Health Healthpark has developed a 12-week small group supervised exercise class aimed at improving gait, balance, stability and muscle strength to help reduce the likelihood of a fall. Individuals who are interested in participating in the class must meet the following criteria:

- Must be ambulatory without having to rely heavily on assistance from a walker or other mobility device.
- Must be able to consistently attend 2 one-hour classes each week for 12 weeks.
- Must have medical clearance from physician for participation in the program.
- Must consent to pre-testing to determine if one is a candidate for the program and post-testing to measure improvement as a result of the program.

Contact Jason Anderson, Manager of Health & Fitness, at 270-688-4785 if interested.

Cost: Healthpark Members - \$60 individual or \$90 per couple

Non-Members: - \$90 individual or \$150 per couple

Funday Mondays

Bunco

Monday, May 21

1:30 – 3:00 p.m.

Healthpark Classroom B

Fee: \$10 Basic/Non-members
\$7 Plus Members

Snacks will be provided.

Please pre-register by calling 270-688-4855.



The Color Connection

Monday, June 18

1:30 - 3:00 p.m.

Healthpark Classroom B

Bring your coloring books, coloring utensils and join in the fun! You may bring a snack and a drink, but make sure your drink is in a container with a lid.

Coloring pages will also be available. Call 270-688-4855 to pre-register.



Spotlight on Health , continued from back page

It is important to see an audiologist if you are having difficulty hearing. A complete hearing evaluation will determine if you have a hearing loss and if so, what type and how much hearing loss you have. Once the type and amount of hearing loss is determined then recommendations for follow-up can be made. Specific recommendations may include medical evaluation or consideration of hearing aids.

Therefore, if you are experiencing hearing loss do not ignore it. Seek professional help to determine the best way to address your hearing loss. Hearing aids are the number one choice to address hearing loss if medical treatment is not recommended. Hearing aid technology has improved significantly over the past several years and offers many options which can be tailored to your individual needs.

For more information regarding hearing loss and treatment, contact Owensboro Health Speech and Audiology at 270-688-6140.

In Sight

In Sight

In Sight

Food For Thought

Look for the **Food For Thought** section each quarter to find out what our dietitians and certified diabetic educators are offering.

Diabetes Support Group

April 17 at 5:30 p.m. in the Healthpark Chapel

May 15 at 5:30 p.m. in the Healthpark Chapel

June 19 at 5:30 p.m. in the Healthpark Chapel

This group meets every third Tuesday of the month (except in November and December) to provide support and education to anyone who has diabetes and their caregivers or family. Our group is a great opportunity to connect with others who are learning to manage their diabetes and find support from your peers and health professionals. Each group includes 20 minutes of brief education followed by 40 minutes of group discussion led by Gus Johnson, RN, CDE. Contact Gus at 270-688-1227 with any questions .

Summer Salads

Thursday, June 14

5:30 - 6:30 p.m.

Healthpark Classrooms A & B

\$5.00 per person

Join us for our summer salads cooking class as we explore many great ways to serve up that tasty summer produce. And these won't be just your traditional salads -- be ready to try great recipes for starters, entrees, and even dessert. Be sure to call the Healthpark Front Desk at 270-688-5433 to reserve your spot as space is limited.



FREE Nutrition Classes:

Healthy Eating on the Go

Thursday, April 26

9:30-10:30 a.m. in Healthpark Classroom B or

5:30-6:30 p.m. in Healthpark Classroom B

Come to our FREE nutrition class where we will discuss ways to keep up your healthy eating habits even when you lead a busy life. Be sure to sign up for the class by calling the Healthpark Front Desk at 270-688-5433 as space is limited.

Nutrition 101

Thursday, June 28

9:30-10:30 a.m. in Healthpark Classroom B or

5:30-6:30 p.m. in Healthpark Classroom B

Having a balanced diet doesn't have to be complicated! Join us to get back to the basics of healthy eating at our FREE nutrition class. Be sure to call the Healthpark Front Desk at 270-688-5433 to reserve your spot as space is limited.



In Travel News

The travel brochure is now scheduled to be complete by the end of April. While it's been a long time coming, it is packed with great trips and adventures. You'll be able to mark your calendars from now through at least June 2019. I am excited about the opportunities I have in store for you! I promise it will be worth the wait! Watch your mail for an upcoming travel show.

Gentleman Jack & Miss Mary

Tuesday, May 22, 2018

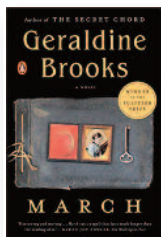
\$174 per person

\$139 per person (Plus Member Rate)

Travel just about an hour south of Nashville with Golden Partners, to the rural town of Lynchburg where you can find both Gentleman Jack and Miss Mary Bobo's. You'll find this gentleman, better known to his close friends as "JD" at the Jack Daniels Distillery. That Lynchburg is famously known for the Jack Daniels produced there is somewhat of a contradiction. In this small town, Jack Daniels can be made and sampled during a tour, but cannot be purchased because it sits in a dry Tennessee County. Enjoy the "Dry County Tour" and see firsthand how this Tennessee whiskey is carefully crafted all while learning a bit about the founder – Mr. Jack. After the tour and a visit to the Lynchburg Hardware & General Store you'll be treated to one of the best home cooked meals around. Situated just off the small-town village square, Miss Mary Bobo's Boarding House is consistently praised for their traditional southern food. You'll be seated in one of the many dining rooms where you'll enjoy a family style lunch and a scrumptious dessert. Lunch included.



GOLDEN PARTNERS BOOK CLUB



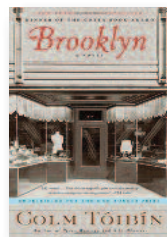
March

By Geraldine Brooks

Wednesday, May 30

Healthpark Classroom B

Winner of the 2006 Pulitzer Prize For Fiction. From the author of the acclaimed YEAR OF WONDERS, a historical novel and love story set during a time of catastrophe, on the front lines of the American Civil War. Acclaimed author Geraldine Brooks gives us the story of the absent father from Louisa May Alcott's LITTLE WOMEN - and conjures a world of brutality, stubborn courage and transcendent love. An idealistic abolitionist, March has gone as chaplain to serve the Union cause. But the war tests his faith not only in the Union - which is also capable of barbarism and racism - but in himself. As he recovers from a near-fatal illness, March must reassemble and reconnect with his family, who has no idea of what he has endured. A love story set in a time of catastrophe, March explores the passions between a man and a woman, the tenderness of parent and child, and the life-changing power of an ardently held belief.



Brooklyn

By Colm Tóibín

Wednesday, July 25

Healthpark Classroom B

Eilis Lacey has come of age in small-town Ireland in the years following World War II. Though skilled at bookkeeping, she cannot find a job in the miserable Irish economy. When an Irish priest from Brooklyn offers to sponsor Eilis in America--to live and work in a Brooklyn neighborhood "just like Ireland"--she decides she must go, leaving her fragile mother and her charismatic sister behind. Eilis finds work in a department store on Fulton Street, and when she least expects it, finds love. Tony, a blond Italian from a big family, slowly wins her over with patient charm. He takes Eilis to Coney Island and Ebbets Field, and home to dinner in the two-room apartment he shares with his brothers and parents. He talks of having children who are Dodgers fans. But just as Eilis begins to fall in love with Tony, devastating news from Ireland threatens the promise of her future.

alzheimer's  association®

The following classes are designed for family caregivers; please no professionals.

Understanding and Responding to Dementia-Related Behavior

April 24

10:00 a.m. – 12:00 p.m.

Healthpark Classroom B

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Living with Alzheimer's Series

Early Stage: June 28, Healthpark Classroom A

Middle Stage: July 26, Healthpark Classroom B

Late Stage: August 17, Healthpark Classroom A

10:00 a.m. – 12:00 p.m.

Throughout the progression of the disease, families face new challenges as they adjust to the changes of the disease. Join us for this series of programs that provides answers to the questions that arise in the early, middle, and late stages of the disease. See videos from those directly affected and learn what you need to know, what you need to plan, and what you can do at each point along the way.

Registration required. Call 1.800.272.3900 or go to communityresourcefinder.org to register.

In Sight

In Sight

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