Happy New Year!!

As we move into 2020, I think it’s natural to reflect on the past decade – For Golden Partners, we continued to be a busy hub of activity. We added more new activities to our quarterly programming. We strengthened existing partnerships with community resources and developed new ones. We survived the ice storm, the flood and the water main break. We continued to look at new opportunities to grow the program and offer exciting social and educational opportunities for you. Overall, I’d say it was a successful decade.

The staff at Golden Partners and the Healthpark hopes you know that each of you is an important part of the work we do. We have laughed with you and cried with you. With you, we celebrate the births of Grandchildren and Great Grandchildren, and mourn the losses of spouses, children and friends. Whether we are setting up for a program, signing someone up for a trip, answering questions, or giving tours, we hope that you can tell how much we enjoy our work. We are really proud of the work we do and we look forward to continuing to serve you in 2020.

Our hope is that you find a place of belonging here at the Healthpark as well as through the individual programs and activities we offer through Golden Partners. We are committed to continue to provide quality programming through fitness, diabetes and nutrition, and Golden Partners.

Thanks for being such a big part of the past decade and here’s looking forward to everything 2020 and the next decade brings our way. Happy New Year and hope to see you soon!

Melinda

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www.owensborohealth.org/goldenpartners
Inclement Weather Policy

In an effort for safety, Golden Partners programs, the van service and Healthpark events will be canceled if Owensboro City Schools are closed due to hazardous road conditions. If in doubt, feel free to call 270-688-4855 for confirmation. If schools are running on a delay due to weather, programs and services at the Healthpark will continue as schedule.

Need a ride?
Golden Partners Van Service is a possible solution!

Golden Partners provides free transportation to it’s members to and from medical appointments within the Owensboro city limits. The transportation is provided from 8:30 a.m. to 3:00 p.m. Call 270-688-4865 for more information or to schedule a pickup.

2020 Golden Partners Membership Renewal

By now you should have received your membership renewal letter in the mail. If you have not, please call the Golden Partners office at 270-688-4855. Renewals are due by January 15.
Aquatic Therapy

Aquatic Exercise Therapy (AET) is a combination of aquatic exercise and physical therapy. It is a comprehensive therapeutic approach that uses specific aquatic exercises designed to aid in the rehabilitation of various conditions. Each exercise program is organized into five parts: warm up, stretching, musculature strength, endurance and relaxation.

AET is a physical therapy session provided one on one by a therapist as directed by the physician. Exercising in the pool allows you to experience a decrease in weight with the assistance of buoyancy in the water, but also provides some resistance for strengthening without the increased strain that exercising on dry land can cause. AET is also for any orthopedic injury or surgery that may have restrictions on dry land but is able to be provided with particular benefits from the water. If you are unable to tolerate exercising on dry land you may be a candidate for AET.

For more information contact the Healthpark Outpatient Therapies: 270-683-9355.
10 Warning Signs of Alzheimer's

Wednesday, January 15, 2020
12:00-2:00 p.m.
Healthpark – Classroom A

Alzheimer’s and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer’s Association resources.

Living with Alzheimer’s: For Caregivers - Late Stage

Wednesday, February 5, 2020
2:00-3:00 p.m.
Healthpark - Classroom A

In the late stage of Alzheimer’s disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. Join us and hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late stage Alzheimer’s and their families.

Dementia Conversations

Wednesday, March 18, 2020
12:00-2:00 p.m.
Healthpark - Classroom A

This workshop will offer tips on how to have honest and caring conversations with family members about: deciding when to stop driving, going to the doctor, making legal and financial decisions and reduce stress by building a strong care team.
Big Little Lies
By Liane Moriarty
Wednesday, February 19, 2020
1:30 p.m.
Healthpark Classroom B

A murder...A tragic accident...Or just parents behaving badly? What's indisputable is that someone is dead. Madeline is a force to be reckoned with. She's funny, biting, and passionate; she remembers everything and forgives no one. Celeste is the kind of beautiful woman who makes the world stop and stare but she is paying a price for the illusion of perfection. New to town, single mom Jane is so young that another mother mistakes her for a nanny. She comes with a mysterious past and a sadness beyond her years. These three women are at different crossroads, but they will all wind up in the same shocking place. Big Little Lies is a brilliant take on ex-husbands and second wives, mothers and daughters, schoolyard scandal, and the little lies that can turn lethal.

If you would like to order your own copy, please call the Golden Partners office at 270-688-4855, by January 10. The cost is $10.50 in paperback. The book is also available at the library. They have three copies in regular print and one in large print.
January 3 & 10  No Friday Flix

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school. Based on a true story.

January 24  No Friday Flix - Friday Fun Day Activity

13-year-old New Yorker Theo Decker’s life is turned upside-down when his mother is killed in a terrorist attack at the Metropolitan Museum of Art. Confused in the rubble of the tragedy, he steals a priceless piece of art known as The Goldfinch.

February 7 & 14  No Friday Flix - Costa Rica Trip

February 21  Yesterday  PG-13 (2019)
A struggling musician realizes he’s the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

February 28  No Friday Flix - Friday Fun Day Activity
Fall Prevention
Tuesday’s and Thursday’s

January 7 - March 26
February 11 - April 30

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.

### 8 WEEK CLASSES

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<th>Dates</th>
<th>Time</th>
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<td>January 7 - February 25</td>
<td>11:30 a.m.</td>
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<tr>
<td>March 3 - April 21</td>
<td>6:30 p.m.</td>
<td>Studio 3C</td>
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<tr>
<td>April 28 - June 16</td>
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<td>October 13 - December 1</td>
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<td>Studio 3C</td>
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FREE for Healthpark Members
$50 for Non-Members*

*Non members who join the Healthpark upon completion of the class may apply the $50 class fee towards their joining fee.

A program for better living.
This evidenced based program has been shown to aid in the prevention of falls, reduce chronic arthritis pain, improve flexibility and balance and help speed recovery from injury and surgeries faster.

This program is certified by the Tai Chi for Health Institute, led by Jan Young, Certified Tai Chi Instructor.

Sign-up at the Healthpark front desk or call 270-688-5433.
Walk with a Doc
Thursday, February 20  – Dr. Fady Wanna - Cardiothoracic Surgery
Thursday, March 19       – Drs. Matthew and Kahira Biernat - Family Medicine

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.

In case of inclement weather, the Walk with a Doc will walk on the indoor Healthpark track.

Freedom from Smoking
Tuesday, January 14, 2020
5:30 p.m.
Healthpark Classroom B

Freedom from Smoking is a proven 7-week course that can help you stop smoking. To learn more, join us for a FREE information session. Be sure to sign up for the information session by calling 270-688-3291.
March 6       The Rookie       G (2002)
A Texas baseball coach makes the major league after agreeing to try out if his high school team made the playoffs.

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive.

March 20      No Friday Flix - Golden Partner Trip

March 27      The Last Word      R (2017)
Harriet is a retired businesswoman who ties to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship.

Popcorn and soft drinks included!
Travel News
2020 Travel Show

Wednesday, January 15, 2020
11:00 a.m., 1:00 p.m. and 5:00 p.m.

Also featuring a special slide presentation for Alaska Land & Cruise and Treasures of Egypt at 11:00 a.m. and 5:00 p.m.

Healthpark – Classroom B
RSVP for the session if you plan to attend! Limited space at each session, call now to reserve your seat.

Alaska
Cheekwood Estate & Gardens
Day at the Races
Egypt
Fair Hope, Alabama
Frankenmuth, MI
Saturday Night Fever
2020 Mystery Tour

Gift Buying?
Shopping for the perfect gift, but just can’t seem to find one? Perhaps you need a birthday gift, anniversary gift or a gift for a special friend. Why not give the gift of a Golden Partner membership. A single membership is $30 and a couple membership is $50 for a year. Another option is to purchase a gift card for a Golden Partner travel excursion. Either one are great gifts. Call the Golden Partner office, 270-688-4855 or stop by the office and we will be happy to help.
Join us for one of the FREE upcoming information sessions in 2020:

January 6 & 13  
5:30 p.m.

January 7 & 14  
10:00 a.m.

April 9 & 16  
5:00 p.m.

August 17 & 24  
2:00 p.m.

Diabetes Support Group:

Tuesdays at 5:30 p.m. in Classroom B

January 21  – Beverage Tasting

February 18  – Carb Counting and Label Reading

March 17  – Eating Out

If you have questions, please call Gus Johnson, Diabetes Educator: 270-688-1227
Lifesteps

Lifesteps is a comprehensive weight management program that offers proven techniques to help you lose weight and keep it off. To learn more, join us for a FREE information session. Be sure to sign up for the information session by calling 270-688-4804 or emailing lifesteps@owensborohealth.org

Tuesday, January 7 or 14, 2020
5:30 p.m.
Healthpark Classroom A

American Heart Month

FREE Nutrition Class: To celebrate American Heart Month, join the Healthpark dietitians Kelci Murphy and Shelby Shelby for a FREE nutrition class where you will learn about the basic functions of sodium, daily recommendations, and what you can do to cut back! Sign up by calling 270-688-5433.

Thursday, February 27, 2020
9:30 a.m. or 5:30 p.m.
Healthpark Classroom B

March Cooking Class

To celebrate National Nutrition Month, join the Healthpark dietitians to learn how to cook well for your heart with less sodium! Try New Herbs and Spices. Sign up by calling 270-688-5433.

Thursday, March 5, 2020
5:30 p.m.
Healthpark Classrooms A & B
$5.00 per person
Alaska Discovery Land and Cruise

September 8-19, 2020
Traverse the Pacific coast by land and sea aboard one of Princess Cruise Lines’ lovely ships on a breathtaking journey that takes you from Alaska to Vancouver, British Columbia. Cruise the Sternwheeler Discovery and encounter Alaska’s diverse culture and rich history. In a modern saloon, enjoy local dishes inspired by Fannie Q, the famed Alaskan pioneer. Enjoy three nights at stunning Princess lodges and hotels. Ride a luxury domed railcar from Denali to Talkeetna, soak in views of the incredible landscapes from glass-ceiling railcars and open air observation platforms as guides provide expert commentary. Travel deep into Denali National Park for the best opportunities to view the region’s wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska’s gorgeous capital, Juneau. Visit Ketchikan, the “Salmon Capital of the World.” This is Alaska as you always imagined.

Call Golden Partners, 270-688-4855, for a more detailed brochure.

Treasures of Egypt

November 4-16, 2020
The mysteries and treasures of Egypt unfold before you on your journey along the intriguing Nile River. Begin by spending time at the awe-inspiring Pyramids of Giza – one of the Seven Ancient Wonders of the World. Stand in awe at the iconic Great Sphinx. Travel to ancient Memphis, with its nearly 40-foot statue of Ramses II, and Sakkara. Embark on a leisurely paced 4-night cruise on the Nile, the world’s longest river. See Luxor’s impressive Temples of Karnak. On the West Bank of the Nile in Luxor, uncover countless ancient treasures including the Valley of the Kings, the Temple of Queen Hatshepsut at Deir El Bahari, and the Colossi of Memnon. Partake in a special evening and dress up and join the fun during a traditional galabaya party. Choose to sail to the lush oasis of Kitchener Island aboard a felucca (wooden sail boat) -OR- experience Nubian culture past and present during a visit to a fascinating museum. Egypt’s fascinating story waits to be discovered.

Call Golden Partners, 270-688-4855, for a more detailed brochure.

Please Note

Join us for a special slide presentation on Wednesday, January 15, 2020, at 11:00 a.m. or 5:00 p.m. during our 2020 Travel Show!
White Elephant FUN
Friday, January 24, 2020
11:00 a.m. – 2:00 p.m.
Healthpark Classroom A/B
$5 for members
$7 for non-members

White Chili Luncheon with drink and dessert!

White Elephant Gift Exchange - bring a wrapped Christmas or Birthday Gift that just wasn’t what you wanted and needs a new home. We’ll have a fun exchange and lots of laughter.

Fat Free FUN DAY on Frigid Friday, February 28
Friday, February 28, 2020
11:00 a.m. – 2:00 p.m.
Healthpark Classroom A/B
$5 for members
$7 for non-members

Lunch, drink and dessert provided!

Get your beads on for a belated Mardi Gras celebration with My Plate Bingo and fabulous prizes

St. Patrick’s Day Bunco
Tuesday, March 17, 2020
1:00 p.m. – 3:00 p.m.
Healthpark Classroom A/B
$5 for members (bring a friend)
$7 for non-members

Snacks and drinks provided!

Erin Go Bragh (Ireland Till the End of Time). Are you full of blarney as you get ready to play Irish Bunco? May the luck of the Irish be with you! Be sure to wear your green!!
Golden Partners Lunch Bunch

Join your Golden Partners Staff and Volunteers for lunch at various restaurants throughout Owensboro and Daviess County. It will be a time to get to know us a little better and for us to share upcoming events/programs in a unique setting each month. You will purchase your own lunch and in some cases the menu selection may be a bit different from the restaurant’s regular menu in order to accommodate our numbers.

Lunch begins at 11:00 a.m. unless otherwise noted.

➢ Thursday, January 16, 2020
11:00 a.m.
Drakes
3050 Highland Point Drive

➢ Thursday, February 20, 2020
11:00 a.m.
El Toucan Del Cielo
1007 Tamarack Road

➢ Thursday, March 23, 2020
11:00 a.m.
Olive Garden
5204 Frederica Street

Please call the Golden Partners office at 270-688-4855 to say you will attend. Please register at least one week before the event as each restaurant will require a count.
Driver Safety Training Course

AARP

Wednesday, February 26, 2020
12:30 – 4:30 p.m.
Healthpark Classroom B
Cost - $15 AARP members
       $20 non-members

AARP has developed this 4-hour refresher course to help drivers 50 and older to improve their driving skills. It covers age-related physical changes in perception and reaction time, rules of the road and local driving problems. You may qualify for a discount on your auto insurance premium upon completion of the class. Please pre-register by calling our office at 270-688-4855.