

Fall is in the air!

The temperatures are starting to become cooler and the leaves on the trees are in the process of turning brilliant colors for the autumn season! This is one of my favorite times of the year. Whether I am enjoying a run outside or just admiring the leaves changing on my way to work, it's a time to reflect on the things for which I am thankful – good health, family and the ability to work in a facility that offers people in our community ways to improve their wellness.

Fall is also a great time to recommit to a wellness routine. I enjoy participating in various group classes. Typically I try to engage in some type of new exercise class or format that provides me with a new challenge or interest. The Healthpark offers close to 100 classes per week with a variety of formats that can accommodate any level of fitness. From Zumba to Heartmoves, we offer a class that will provide you with a certified instructor and exercise that will benefit your health. In addition to fitness classes, the Healthpark offers nutrition, smoking cessation and diabetes prevention programs you could consider. If classes are not what you like to do, then talk with one of our fitness coaches on the fitness floor and have them show you how to utilize a machine or type of weight you have never used. You might also consider speaking with a registered dietitian or diabetes educator for helpful consultation. I encourage each of you to try something you haven't participated in before at the Healthpark.

October is the time when we celebrate the Healthpark's anniversary. This year we will celebrate 22 years of serving the community. While some of the ways we will celebrate will look a bit different this year, we will still offer member appreciation and opportunities to engage you in feedback and fun! Watch for more details.

This past year has been unusual and at times challenging for all of us! At the Healthpark our staff continues to be committed to providing you with a safe, clean and friendly environment. We are blessed to work with you as a member and want to continue to offer you what you need to better your health.



Collette Carter,
Director of the Healthpark



The Healthpark will be celebrating its 22nd Anniversary during the month of October. We have a lot in store for our current and new members during this month to show our appreciation and celebrate!

- **\$20 Enrollment Special for new members (Primary and Associate members - valid NOW - 10/31/20)**
- **We want your feedback! Complete a member survey and receive a free Healthpark t-shirt**
- **Pick up a boxed lunch in the lobby between 11 a.m.-1 p.m. on Wednesday, October 28**



Fitness Events & Happenings

TAI CHI

Tai Chi Class Sessions Start in October

Experience the calming, flowing movements of Tai Chi as we start up our **next session of Tai Chi on October 13**. This class – led by certified Tai Chi instructor, Jan Young – meets on Tuesdays at either 11:30 a.m. or 6:30 p.m. Tai Chi has been shown to reduce the likelihood of a fall, improve balance, develop concentration and much more. Registration is required for this program and is FREE for members or \$50 for non-Healthpark members.

For more information, please contact Membership Services at 270-688-5433.



FALL PREVENTION

Next Sessions of Fall Prevention Class Scheduled

The next Fall Prevention classes will start on **November 10**. We hope you had the opportunity to see some of our weekly education on prevention during the month of September, which was Falls Prevention month. Falls do not have to be an inevitable part of aging!

For more information about our Fall Prevention program, please contact Jason Anderson at 270-688-4785 or Jason.Anderson@OwensboroHealth.org.

PARISI

Parisi Program Seeing Great Success!

Big things are happening with the Parisi Speed School and we are now seeing those results in the community. Read about one of the students that can be an inspiration to all!

What Parisi offers:

Our programs use the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. We help athletes improve their overall speed, increase total body strength, develop proper techniques, decrease recovery time and reduce risk of injury. Parisi-coached athletes learn good habits, become more aware of what impacts performance and build mental toughness.

For more information about the Parisi program, please contact Seth Sharp at 270-688-4878 or Seth.Sharp@OwensboroHealth.org.

Released FB Post from Ruthee's parents.

I just want to give a huge shout out to this girl right here. She is growing up so fast and every time I look at her something changes. She has spent the last 6 months in Parisi Speed School 3 days a week. (ALL HER IDEA, I must add)

She went from being one of the slowest kids on her softball team, to being one of the top 3 fastest. No one can take that away from her. She has worked so hard. For the record, this was never about weight. This was about her pushing herself to her limit and becoming the best version of herself. Honestly, I need to take lessons from her.

What an inspiration! I can't tell you how much weight she has lost exactly because we aren't keeping track but the kid has gained an amazing amount of muscle.

I hope she understands that all this work means something way more than winning softball games. This alone is something to be proud of. I don't think I can ever thank Seth, Logan and Nick for all the time and energy they have poured into her during her Parisi workouts. They are so positive and encouraging. A lot of mornings Ruthee walks in cranky, mentally not there, sluggish, tired... but when she walks out, she is on top of the world and in such a great mood. ❤️

Left is BEFORE and Right was just last week!



DIABETES COOKING CLASS

Diabetes-Friendly Dinner and Dessert: Join registered dietitians and diabetes educators, Melissa and Shelby, as they host a **virtual cook-along on November 12th at 5:30 p.m.** You'll receive a grocery list before the class and will have the chance to cook along with Melissa and Shelby as they present a one-pan meal and dessert, along with tips for healthy diabetes cooking offered via Webex.

To sign up for this virtual experience call the Health Resource Center at 270-688-4804.

FREE VIRTUAL COOKING CLASS

October 29 at 5:30 p.m. via Webex (*internet required*)

The Healthpark dietitians are excited to bring you a fall-inspired, live virtual cooking class in honor of Member Appreciation Week! Upon registration, you will be provided the recipes and equipment list so you can cook along with the dietitians from the comfort of your own home!

Please call 270-688-4804 to register as space will be limited. Registration ends October 22.

TEAM ARTICLE: MINDLESS EATING

Beth Cecil, RDN, Manager of Community Health and Wellness

These last several months have certainly been different for us. Our "new" lifestyles may mean working from home, having kids at home, job loss or feelings of isolation, to name just a few. We all have no doubt experienced a wide range of emotions since the pandemic started including feelings of stress, boredom, anger, sadness, depression and anxiety.

It is not uncommon to turn to food to deal with our emotions, whatever they may be. When our normal schedules are disrupted, especially in uncertain times such as these, we often let our healthy eating habits go as well.

If you find that you are doing some emotional eating, here are a few tips to help you manage.

Take a time out. The next time you find yourself reaching for food when you are not really hungry, take a time out to refocus your thoughts and ask yourself what you are feeling. Consider doing something else. Take a walk, do a craft or work on some household chores.

Find an alternative to food as a way to nurture yourself. We often spend so much time caring for others we forget to care for ourselves. Get a massage, pedicure, do yoga, meditate or put some fresh flowers in your home. Stay hydrated. We often confuse thirst for hunger. Keep a water bottle with you and when you first feel what you think is hunger, try drinking some water or a calorie free drink.

Manage your environment. Keep the unhealthy foods out of site and keep healthier options, such as fruit or pre-cut veggies, available and accessible.

Assess your hunger. Take a moment to determine if what you are feeling is head hunger or real hunger. Ask yourself this question: Would I eat an apple? Real hunger does not discriminate between foods. When you are craving a specific food it is likely mental or head hunger.

RECIPE: EASIEST OVERNIGHT LASAGNA EVER

Ingredients

- 9 uncooked lasagna noodles
- 1 pound extra-lean (at least 90%) ground beef or turkey
- 2 cloves garlic, finely chopped
- 1 jar (25.5 ounces) pasta sauce
- 1 cup water
- 1/8 teaspoon ground red pepper (cayenne)
- 1 1/2 teaspoons dried basil leaves
- 1 egg
- 1 container (15 ounces) reduced-fat ricotta cheese
- 2 cups shredded reduced-fat mozzarella cheese
- 1/3 cup shredded Parmesan cheese

Directions

1. In 12-inch skillet, cook meat and garlic over medium-high heat, stirring occasionally, until no longer pink. Drain if needed. Stir in pasta sauce, water, red pepper and one teaspoon dried basil. Heat to boiling. Reduce heat to low; simmer five minutes.
2. In medium bowl, mix ricotta cheese, 1/2 teaspoon dried basil and egg.
3. In ungreased 13x9-inch (3-quart) glass baking dish or lasagna pan, spread 1 1/2 cups of the meat sauce. Top with three uncooked noodles, 1/2 of the ricotta cheese mixture and 3/4 cup mozzarella cheese. Repeat with 1 1/2 cups meat sauce, three noodles, the rest of the ricotta cheese mixture and 3/4 cup mozzarella cheese. Top with remaining meat sauce. Sprinkle with the remainder of the mozzarella cheese and 1/3 cup of Parmesan cheese.
4. Cover and refrigerate 12 hours or overnight.
5. Heat oven to 350.° Uncover baking dish; bake 50 to 60 minutes or until noodles are tender and casserole is bubbly. Cover and let stand 15 minutes before serving.

NUTRITIONAL INFORMATION: (Amount per serving) Serves: 12, Calories: 269, Fat: 13g, Saturated Fat: 5g, Cholesterol: 72mg, Sodium: 394mg, Potassium: 333mg, Protein: 20g, Carbohydrates: 22g, Fiber: 2g

SWIM LESSONS

Swim lessons are available for both children and adults at the Healthpark. One-on-one swim lessons are offered with an experienced swim instructor to help you learn anything from basic water safety to advanced technique work on specific strokes. Lessons are packaged with four 30-minute sessions. The cost for lessons:

Children (Age 16 and under): Member – \$80/Non-Member – \$96

Adult (Age 17 and older): Member – \$100/Non-Member – \$135

For more information, contact Katie Duncan, Aquatics Supervisor, at 270-688-4772.

WELCOME NEW STAFF!

The Healthpark is proud to welcome new staff members to our team.

KATLYN KIRK

Front desk

MARY MANGAN

*Health Resource Center
patient registration*

MATTIE MCFADDEN

Front desk

ISABELLE VELEZ

Front desk

MEMBER SPOTLIGHT: PERSEVERING REGARDLESS OF THE CIRCUMSTANCES



Chances are you have seen Dyan around the Healthpark. A member since July 2006, Dyan is committed to a healthy lifestyle and exercise is a big part of that commitment. She can be found in a cycling class, strength training on the second floor, swimming laps in the pool, or running in the Healthpark's surrounding neighborhoods. Because she likes to test her fitness, Dyan is a triathlete and has completed numerous endurance events from triathlons, road races, bike tours and more. Always looking for the next race, Dyan had been eyeing the Crystal River Triathlon in Florida. However, COVID19 has altered and put a stop to many events, not to mention the constant safety concerns that have to be taken into account. Because of this, Dyan stopped considering this race... but she didn't stop considering!

Not to be stopped, Dyan came up with the idea to do her own triathlon right here – homemade! A fellow athlete and friend of Dyan is Madonna Kullman, lifeguard at the Healthpark. Dyan shared her intentions with Madonna and like a good friend does – she volunteered to do it with her! So, on a normal old weekday (Thursday, September 3)

they both did a not-so-normal thing. At 7:30 a.m., the imaginary starting signal went off and the triathlon began in the Healthpark pool. The 800-yard swim, 21-mile bike ride, and 5K run was off and running (or swimming!). However, adversity was not finished! You may not recall but we had quite a bit of rain the night before. So much so that as Dyan and Madonna were on their bike ride they encountered some water covered roadways. This was not so much a danger to cross but, nonetheless, it would still be enough to stop a normal training ride and have you turning back. Not these two, though! They would not be stopped and they walked their bikes through the water and pushed on! After the ride, they ran the 3.1 miles to a silent finish line and personal victory.

Dyan and Madonna can teach us a good lesson. COVID19 has interrupted ALL of our lives at many different levels but they found a way to push ahead. Their desire to do an activity they love just had to find a different way and a different means to happen. Instead of giving in to "one more thing I can't do" their attitude was to smile and say "I'll make another way!" Let this be a lesson to all of us to persevere and MAKE IT HAPPEN. Don't automatically give in if things don't go perfectly or even normally. Be resolute in your determination and find a way.

Oh, and by the way ... if you see Dyan or Madonna at the Healthpark, please be sure to congratulate them!

Golden Partners

We want to include a reminder that Golden Partners is still currently closed. The service will be reinstated at a later time; however the van service continues to operate. **For more information call 270-688-4865.**

For exercise tips follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark