

# Connections

JULY, AUGUST & SEPTEMBER 2023 NEWSLETTER

## *A note from Melinda...*

I cannot believe its summertime already!! Once again, Connections is hopping with activities, and it seems we are beginning to get back to "normal." I'm getting settled into my new job, and I am so excited to have Kendra and Elizabeth to help me with planning, organizing and implementing activities. You'll notice in this newsletter we have some new and exciting activities that we have never offered before – I'm confident you'll want to participate. The U.S. Surgeon General is now advising that social interaction and connecting with others is as important to your health as physical activities. This is not new information to me, hence the new name "Connections," but I am glad others are beginning to see the importance. Whether you join us for a social activity, educational offering or travel, you will be connecting with others and be on your way to building a happier, healthier life.

I look forward to seeing you throughout the summer as you join us for one, two or more activities!

- Melinda Cornell, *Manager of Volunteer and Guest Services and Connections*

**Summer is the time of the month for outdoor fun and entertainment. While summer brings us warmth, too much excessive heat can be dangerous. Here are some important tips to help you stay safe during the summer when it is just too hot!**



**Stay Hydrated** - Drink 8 or more glasses of water per day to stay hydrated and healthy!



**Stay Cool** - Stay in the AC as much as possible. If you have to be out, keep in mind that the sun is most intense between 10 a.m. and 4 p.m. If you can, limit your outdoor activities to the morning and evening.



**Dress Appropriately** - Be sure to wear light, loose-fitting clothing and colors that reflect the sun.



**Pay Attention to your body** - Know early signs of heat-related illnesses such as dehydration, heat exhaustion and heat stroke.



**Protect your skin and eyes!** - Be sure to wear sunglasses to protect your eyes in the sun, as well as sunscreen with at least 30 SPF to protect against UV rays.

**NEW  
UPDATE!**

### **Connections Updates/Closures**

The Connections office will be closed on the following dates:

- **July 3, July 4, August 9, September 4 and 13**

The office is closed for observed holidays, as well as volunteer/staff training. There will be no van service on these days.

**If you have any questions in relations to Connections events or general questions, contact the office at 270-688-4855.**

# *Here's the Scoop....July* is National Ice Cream Month!!!

I scream, you scream, we all scream for ice cream!! If you haven't guessed, July is National Ice Cream Month! It's the perfect time to cool off with a scoop of your favorite flavor! In July 1984 President Ronald Reagan called ice cream "a nutritious and wholesome food" and established July as National Ice Cream Month. Years later, Americans are still screaming for ice cream! Do you know the top 10 ice cream flavors in America? **Fill out the section on page 11 and return to the Connections office to be entered in a drawing to win a fabulous prize!** We will reveal the top 10 ice cream flavors in the next newsletter!

**Check out this newsletter for more information about how Connections is celebrating National Ice Cream month!**



## *August*

August signals the end of summer as many students, teachers, parents/guardians/grandparents prepare for their little ones to start back at school. August is National Back to School Month, and here at Connections we want to thank all past and current teachers and school administrators for their time and dedication to investing in students' futures. To celebrate, Connections is hosting a Back to School Drive!

**More information coming soon!**

## *September*

### **is National Better Breakfast Month**

The saying that breakfast is the most important meal of the day has stood the test of time. Breakfast is a key part of good nutrition, and the benefits of the first meal of the day are vast. Fueling your mind and body with breakfast is important because it provides improved energy levels, supports brain health, can help with weight control, and can reduce the risk of Type 2 diabetes, as well as heart disease. Eating a nutritious breakfast can help you live longer and lead healthier lives.

**Check out this newsletter, and see how Connections is celebrating Better Breakfast Month!**





## Facts & Snacks

### Understanding Organic

**Wednesday, July 19, 10 a.m. | Healthpark Classroom A**

Have you ever found yourself noticing the word “organic” as you roam the grocery aisles? Perhaps you wondered what organic truly meant, what made that product organic, and whether or not it was the healthier option. In a world where inflation has us thinking more carefully about our grocery purchases, organic products can bring up a lot of questions. Join Lexi Wright, RDN, LD, at the Healthpark to learn the ins-and-outs of organic food products.

**Please call 270-688-4855 to register. Snacks will be provided.**



### AARP Driving Course

**Thursday, August 3**

**Healthpark Classroom B | Noon - 4 p.m.**

**\$20/AARP Members**

**\$25/Non-AARP members**

**Is it time to refresh your driving skills?**

AARP has developed this 4-hour refresher course to help drivers age 50 and older improve their driving skills. Upon class completion, you may qualify for a discount on your auto insurance premium. AARP prefers payment in the form of a check, and payment is required at class time.

**Please pre-register by calling our office at 270-688-4855.**



### Step Up Walking Group

Congratulations to **Judy Martin** for the most miles walked (597.2 miles) and to our participation prize winner, **Linda Richards**. Ladies, please stop by to pick up your fabulous prize!

**Stay tuned for more information in the fall about the walking group!**



## Don't "Forget" About Alzheimers

**Friday, September 15 | 1 p.m.**

**Healthpark Classrooms A & B**

Join us for this informative session with Dr. Aziz Mehrzad, geriatrics specialist, as he shares the latest research on care and treatment for Alzheimer's disease.

Alzheimer's disease is the most common cause of dementia, a brain disorder which causes impairment in cognitive function including memory, judgment and behavior. To qualify for a diagnosis, the symptoms must be severe enough to interfere with activities of daily living. Age is by far the most common risk of developing the disease, affecting 6.2 million people over the age of sixty-five in the United States. Risk of developing the condition only increases to 35% in those eighty-five and older. It is prudent for those over the age of 65 who are experiencing impairment of cognitive function to discuss options with their healthcare provider and family members.

**Call the Connections office to register at 270-688-4855.**



## Breakfast Cooking Demonstration

**Wednesday, September 20 | 10 a.m.**

**Healthpark Classroom A & B**

**\$8 per person**

Wake up, Connections! Let's make the most out of our mornings! September is known as National Better Breakfast Month, and eating breakfast has never been more important! Did you know that eating breakfast helps control your weight and can prevent you from overeating the rest of the day due to prolonged hunger? Because, you know, it breaks the fast! Join Beth Cecil, RDN, LD, and Lexi Wright, RDN, LD, as they provide a cooking demonstration for a delicious brunch! While there, learn about the importance of breakfast and some tips/tricks for a better breakfast!

**Call the Connections office to register at 270-688-4855.**

## 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.**





# Connections Fun Days!



## Ice Cream Social

Friday, July 28 | 1-3 p.m.

OHRH Hospital Campus Café Rooms A-D

Here's the Scoop! We are hosting an Ice Cream Social in honor of National Ice Cream Month! Come cool down and enjoy an afternoon of ice cream, toppings, carnival games and ice cream trivia galore! This event is open to all members, as well as bringing your grandkids! We will have prizes for the adults and kids to win!

**Please contact the Volunteer office at 270-417-3100 to register for this event!**



## Learn to Crochet

Four Week Program | 11 a.m. to Noon

Wednesday, August 16, Healthpark Classroom B

Wednesday, August 23, Healthpark Classroom A

Monday, August 28, Healthpark Classroom A

Thursday, September 14, Healthpark Classroom A

\$15 per person

Want to learn to crochet? Join us as Lisa Todd, MS, RDN, LD, NBC-HWC teaches you how to crochet. This will be a four-week program where you will learn about the different stitches and practice to learn about crocheting. We will work on two projects throughout the four-week program so you can familiarize yourself with some different techniques to become a pro at crochet! Yarn and needles are included in the cost to create your own masterpiece! You must attend the first class to participate in the series.

**Call the Connections office at 270-688-4855 to register, space is limited!**



## Connections Annual Picnic is Back!

Thursday, September 7

Yellow Creek Park | OMHS Shelter

Watch for your special invitation!



## Fall Wreath-Making Class

Friday, September 22 | 1 p.m.

Healthpark Classrooms A and B

\$30 per person

Join us for a fun wreath-making class. All the materials you need to make your own fall wreath will be provided. However, if you have a hot glue gun, glue sticks, wire cutters or scissors, please bring them (these are not required for the class).

**Call the Connections office to register at 270-688-4855.**

**Thursday, July 13**

**Windy Hollow**

**Biscuit House**

**630 Emory Drive**

**Thursday, August 17**

**Briarpatch**

**2760 Veach Road**

*\*\*Briarpatch will include a 20% Gratuity*

**Please call the Connections office at 270-688-4855 to register for each luncheon so we can have an accurate count when placing our reservation. Lunch begins at 11 a.m.**



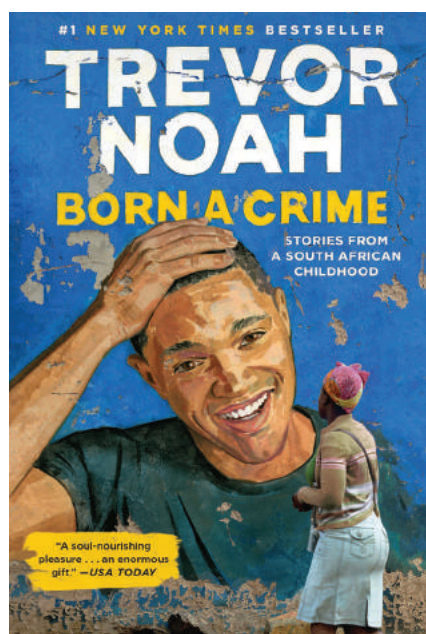
**LUNCH  
BUNCH**

# Book Marks

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.**



**August 16**

## **Born a Crime: Stories from a South African Childhood**

*By Trevor Noah*

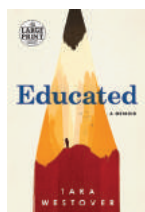
Trevor Noah's unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents' indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa's tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle.

Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship

with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother's unconventional, unconditional love.

## **Coming Books:**



**Educated**  
*By Tara Westover*

**Wednesday, October 18**



**A Single Thread**  
*By Tracy Chevalier*

**Wednesday, November 20**





# Meet me *at the Movies!*

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

Were trying something new! Join us at Malco Cinema, 2700 Calumet Trace, for a movie event for Connections members. Movie, drink and popcorn included in the cost.



**Thursday,  
August 31**

**White Bird**  
 2023 | NR

Based on the book by the best-selling author of Wonder, White Bird, is an uplifting movie showing how one act of kindness can live on forever.

**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.**

*Please Note: The NR rating stands for "No Rating" and is used by the Motion Picture Association of America (MPAA) to indicate that the film has not been rated.*

**If you have had a positive experience at Owensboro Health and a member of your care team stood out to you, please consider nominating him or her for these recognitions.**



**FOR EXTRAORDINARY NURSES**  
**HONORING NURSES INTERNATIONALLY**  
**IN MEMORY OF J. PATRICK BARNES**

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**[OwensboroHealth.org/DAISY](https://OwensboroHealth.org/DAISY)**



**Being Excellent Every Day**



**Owensboro Health Proudly Honors Our Team Members with The BEE Award.**

Nominate today at  
**[OwensboroHealth.org/BEE](https://OwensboroHealth.org/BEE)**

## Living with Diabetes Support Group

**July 18, August 15 & September 19**  
**Healthpark Classroom B | Noon**

Learn more about managing your diabetes and meet others dealing with diabetes.

Participants in this program will have the opportunity to set weight loss goals. Partnering with the Healthpark professionals is another way Connections can promote better health for you. We are excited to offer these meetings to you.

**For more information call**  
**Gus Johnson, RN, CDCES, at 270-688-1227.**

## Diabetes Prevention Program

**Information Sessions:**

**August 24 & 31**

**(Classes will start September 7, 2023)**

**Healthpark Classroom A | 5 p.m.**

Ninety-six million American adults have prediabetes, yet about 80% do not know they have it. The Healthpark's Diabetes Prevention Program is a lifestyle-change program with results proven to help significantly reduce a person's risk of developing type 2 diabetes.

**For more information or to register for the information sessions, please call 270-688-4804 or email [Jenny.Young@OwensboroHealth.org](mailto:Jenny.Young@OwensboroHealth.org).**

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

**August 1**

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

The Right Stuff class teaches about healthy diet and activity principles to reduce the risk of developing Type 2 Diabetes. Space is limited, registration required.

**Call 270-688-4804 to register.**







## LifeSteps Weight Management Information Sessions

**August 22 & 29**

**Healthpark Classroom A | 5:30 p.m.**

Small changes and proven results are the foundation of our LifeSteps weight-management program. LifeSteps is a comprehensive lifestyle-change program that will help you assess not only what you eat, but how and why you eat. Weekly discussions about healthy eating habits, physical activity, behavior change strategies and group support will give you the skills needed to not only meet your health and weight loss goals, but to maintain them long-term. Classes are led by registered dietitians and exercise physiologists. Ongoing support is available after the program ends.



**For more information, please email us at [LifeSteps@OwensboroHealth.org](mailto:LifeSteps@OwensboroHealth.org), or call 270-688-4804 to register for a free information session. Classes will start in September.**

## Cooking Class: Score Big with Healthy Food Ideas

**September 6**

**Healthpark Classroom A & B | 5:30 p.m.**

**\$7 per person**

It's sports season, everyone! Join our team of registered dietitian nutritionists to see what tasty tailgating treats they're cooking up this season. Whether you're a sports fanatic or prefer to sit on the sidelines, we guarantee you'll love these delicious recipes! Recipes and samples will be provided.

**Space is limited and preregistration is required by August 29. Call 270-688-5433 to reserve your spot.**

## Food Freedom for Life Information Session

**September 11**

**Healthpark Classroom A | 5:30 p.m.**

Are you tired of fad diets and living by strict sets of food rules? Do you long for a diet and lifestyle that is flexible, maintainable, and allows you to eat for enjoyment and health simultaneously? If so, check out our Food Freedom for Life program. Led by registered dietitians, this group program teaches you how to eat intuitively and nourish a healthy relationship between your mind, body and food. Participants will learn to challenge unrealistic food rules, honor their hunger and fullness, cope with emotions without using food and much more.

**Call 270-688-4804 to register for a free information session. Classes will start in September. For more information, please contact Lexi Wright at 270-688-4764 or [Lexi.Wright@OwensboroHealth.org](mailto:Lexi.Wright@OwensboroHealth.org).**

## Exercise & Fitness



### Personal Training Program

You might exercise, but are you **STRENGTH TRAINING**? Are you lifting weights? As we age, the old saying “use it or lose it” is true! Don’t let the words scare you. Weight training does not have to be scary or dangerous. **Please contact Nick Jones, Healthpark fitness supervisor, at 270-688-4828 to develop a safe, effective, productive plan for you.**

### Fall Prevention/B.A.S.E. Classes

**July 11 - September 28 | \$120 per person**

Having balance issues? Are you at risk of falling? The 12 week Fall Prevention/B.A.S.E. program was created to help YOU!! Healthcare provider referral required for participation. **Please contact Jason Anderson at 270-688-4785 for questions or to talk more to see how this class can help you or someone you love.**

### Intro to Tai Chi

You’ve heard all about it and now it’s time for you to try it! The next opportunity for the Introduction to Tai Chi will start on August 15 and/or October 10. This 8-week class meets on Tuesdays and Thursdays at either a 1 p.m. class time or a 6 p.m. class time. This gentle, flowing movement class has shown to improve balance and coordination, as well as flexibility, and helps reduce chronic arthritis pain. This is a **FREE** class for Healthpark members and \$50 for non-members.

**Sign up at the member services desk soon, as these classes do fill up! For more information, please contact Jason Anderson at 270-688-4785.**

## Events & Specials

### Healthpark Run for Your Life Race & Kids’ Fun Run

**September 23**

**5K Races starts at 8 a.m.**

**Kids’ Fun Run starts at 9 a.m.**

Register online beginning July 15 at [OwensboroHealth.org/Race](http://OwensboroHealth.org/Race)





## Do you know the Top 10 flavors of ice cream in America?

Fill out the blanks below with what you believe are the top 10 flavors of ice cream. Bring this form to the Connections office to be entered into a drawing for a fabulous prize.

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

The winner of our previous Mothers/Father's Day puzzle is....

### Charlotte Hedges

Please stop by the Connections office to pick up your fabulous prize!

Answers to the puzzle are as follows:

#### TV Mothers:

**1.** Richie & Joanie- Marion Cunningham **2.** Mike, Carol, Ben & Chrissy-Maggie Seaver **3.** Zoey, Junior, Jack, & Diane-Rainbow Johnson **4.** Haley, Alex, & Luke-Claire Dunphy **5.** Hilary, Carlton & Ashley-Vivian Banks **6.** Brad, Randy, & Mark-Jill Taylor **7.** Bart, Lisa, & Maggie-Marge Simpson **8.** Julie & Barbara-Ann Romano **9.** Lauri & Eric-Kitty Foreman **10.** Erica, Barry & Adam-Beverly Goldberg **11.** Alex, Mallory, Jennifer, & Andrew-Elyse Keaton **12.** J.J., Thelma, & Michael-Florida Evans **13.** Keith, Laurie, Danny, Chris, & Tracy-Shirley Partridge **14.** Becky, Darlene, DJ & Jerry-Roseanna Connor **15.** Greg, Marica, Peter, Jan, Bobby & Cindy-Carol Brady **16.** Karen, Wayne, & Kevin-Norma Arnold **17.** Kelly & Bud-Peg Bundy **18.** Ally, Geoffrey & Michael-Debra Boone **19.** Meg, Chris, & Stewie-Lois Griffin **20.** Mary, Laura, Carrie, & Grace-Caroline Ingalls

#### TV Fathers

**1.** Eddie-Herman Munster **2.** Bud, Kathy, & Betty-Jim Anderson **3.** Mark-The Rifleman **4.** Hoss, Adam, & Joe-Ben Cartwright **5.** Gloria-Archie Bunker **6.** Rob, Chip, & Ernie-Steve Douglas **7.** Elly Mae-Jed Clampet **8.** Opie-Andy Taylor **9.** John Boy & Jim Bob-John Walton **10.** Wally & Beaver-Ward Cleaver **11.** JR, Bobby, & Gary-Jock Ewing **12.** Little Ricky-Ricky Ricardo **13.** Richie & Joanie-Howard Cunningham **14.** Tabitha-Darrin Stephens **15.** Mike-Sam Jones **16.** Lamont-Fred Sanford **17.** Lionel-George Jefferson **18.** Richie-Rob Petrie **19.** Denise & Rudy-Cliff Huxtable **20.** Jan, Peter & Bobby-Mike Brady

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## Travel Opportunities



### Don't forget to sign up for upcoming trips!

- Derby Dinner Playhouse
- Calling all quilters, shoppers and Chilluly fans
- 2023 Mystery Tour
- Fall Day at the Races
- Christmas in Graceland
- and others!

By now you should have  
received your travel brochure!  
If you have not, please contact the  
Connections office or go online to  
[OwensboroHealth.org/Connections](https://OwensboroHealth.org/Connections)  
to download.