

Connections

APRIL, MAY & JUNE

A note from Connections staff...

Spring has sprung, and warm weather is here to stay! This time of the year is great to start afresh: start volunteering, start an exercise program, begin a daily devotion or give yourself permission to slow down and enjoy the beauty all around you.

April is National Volunteer Month, and here at Connections, we want to thank our Connections volunteers as well as our volunteers who work throughout the hospital for their dedicated service to Owensboro Health. Thank you all for what you do!

Also coming up in May is the observance of Older Americans Month. In 2025, the Administration for Community Living's theme is "flip the script on aging," focusing on transforming how society perceives, talks about and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. Throughout the newsletter, look for the **Age My Way** logo and plan to participate in those activities for a chance to win prizes!

For this next quarter we are excited to offer many different educational and social activities for your participation! Connections goal is to provide the best service to our members by connecting with you through educational, social, and travel opportunities throughout the year.

We look forward to seeing you out and about at our events!

Melinda Cornell, Kendra Knott & Jennifer Howard



Thursday, May 8

11 a.m.

**Goodwood Brewing and Spirits
101 Frederica Street, Owensboro**

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

Updates/Closures

The Connections Office and Van Service will be closed for staff training on the following dates:

- **April 16**
- **May 21**
- **May 26**

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.



What's Your Plan?

A values-based approach to estate planning

Wednesday, April 23

Noon - 1 p.m. (You may arrive as early as 11:30 a.m.)

Owensboro Health Medical Office Building at OHRH, Entrance B
Meeting Rooms 2 & 3

Connections has partnered with Owensboro Health Foundation to offer values-based estate planning services to our Connections members.

Join us for an informational meeting about this service. You will meet the president of Thompson & Associates and have the opportunity to learn more about the "Thompson Process" and ask questions to determine if you'd like to start the planning process for your family!

Please RSVP to Connections by calling 270-688-4855, as space is limited to 25 individuals.

Lunch will be provided by the Owensboro Health Foundation

Feel free to reach out to Chad Hart, 270-688-2114, Director of Philanthropy at Owensboro Health Foundation if you would like a free brochure from Thompson & Associates before the meeting.



AARP Driving Course

Monday, May 5

Noon - 4 p.m. | Healthpark Classroom B

\$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.



Be Red Cross Ready

Free Emergency Preparedness
(sponsored by American Red Cross)

Monday, May 19

1-3 p.m.

Healthpark Classrooms B

Floods, severe weather and home fires are becoming more frequent and can be devastating to our loved ones, homes and communities. Build confidence by learning simple steps you can take now to help prepare and protect your family. It's easy to learn through one of our free disaster preparedness trainings. Hosted by the American Red Cross, Be Red Cross Ready is a national, standardized, free preparedness education curriculum for adults, taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters.





Kentucky Derby Party

Friday, May 2

11:30 a.m. – 2 p.m.

Healthpark Classrooms A & B

Cost: \$20 Connections Member

\$25 Non Connections Member

Get into the Kentucky Derby spirit and join friends for our Kentucky Derby Luncheon. Feel free to wear your fancy hats and make predictions for the upcoming race! Enjoy a delicious meal, with fun games and of course fabulous prizes. The first 30 individuals to register will receive a special, authentic derby glass from a previous Kentucky Derby!

Call 270-688-4855 to register.



Connections Member Quarterly Luncheon

Thursday, May 29

11 a.m. – 1 p.m.

Healthpark Classrooms A & B



Join us for a Connections Member's Only Luncheon in recognition of Older Americans Month! Enjoy the fellowship with Connections members as we celebrate with each other! Food and drinks will be included, as well as games and fabulous prizes!

Call Connections @ 270-688-4855 to register.



Barn Quilt Workshop

Tuesday, June 17

1 p.m.

Hammer & Stain | 2845 W. Parrish Avenue

Cost: \$58.30



Join your Connections friends and create your very own barn quilt at the Hammer & Stain do-it-yourself workshop. The class will be led by an instructor who will help you turn your work into a masterpiece! No crafting experience required. *There are four designs to choose from, so when you call to register be sure to specify which design you would like!*



The Price Is Right

Tuesday, June 10

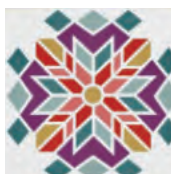
11 a.m. – 1 p.m.

Healthpark Classroom B

Cost: \$10

Come on down and join us for our game show series! This quarter we're bringing the popular new "Price is Right" here to the Healthpark! Battle against each other while you compete to win fabulous prizes by guessing the price of merchandise!

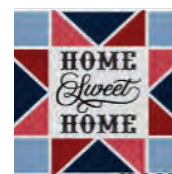
Call Connections at 270-688-4855 to register.



Design 1



Design 2



Design 3



Design 4

Please call the Connections office at 270-688-4855 to register. Space is limited and payment is due at time of registration.



Monday, April 28

1:30 p.m. | Healthpark Classroom B

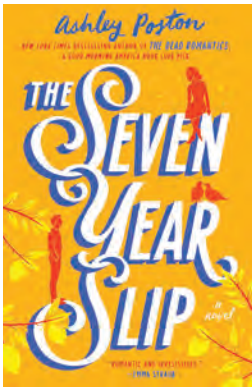
How To Age Disgracefully by Clare Pooley

A senior citizens' center and a daycare collide with hilarious results in the new ensemble comedy from New York Times- bestselling author Clare Pooley.

When Lydia takes a job running the Senior Citizens' Social Club three afternoons a week, she assumes she'll be spending her time drinking tea and playing gentle games of cards.

The members of the Social Club, however, are not at all what Lydia was expecting. From Art, a failed actor turned kleptomaniac, to Daphne, who has been hiding from her dark past for decades, to Ruby, a Banksy-style knitter who gets revenge in yarn, these seniors look deceptively benign. But when age makes you invisible, secrets are so much easier to hide.

When the city council threatens to sell the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next door, as well as the teenaged father of one of the toddlers and a geriatric dog, to save the building. Together, this group's unorthodox methods may actually work, as long as the police don't catch up with them first.



Wednesday, June 18

1:30 p.m. | Healthpark Classroom B

The Seven Year Slip by Ashley Poston

Sometimes, the worst day of your life happens, and you have to figure out how to live after it.

So Clementine forms a plan to keep her heart safe: work hard, find someone decent to love, and try to remember to chase the moon. The last one is silly and obviously metaphorical, but her aunt always told her that you needed at least one big dream to keep going. And for the last year, that plan has gone off without a hitch. Mostly. The love part is hard because she doesn't want to get too close to anyone—she isn't sure her heart can take it.

And then she finds a strange man standing in the kitchen of her late aunt's apartment. A man with kind eyes and a Southern drawl and a taste for lemon pies. The kind of man that, before it all, she would've fallen head-over-heels for. And she might again.

Except, he exists in the past. Seven years ago, to be exact. And she, quite literally, lives seven years in his future. Her aunt always said the apartment was a pinch in time, a place where moments blended together like watercolors. And Clementine knows that if she lets her heart fall, she'll be doomed.

Upcoming Books:



The Frozen River
by Ariel Lawhon

**Wednesday,
August 20**



The Blue Hour
by Paula Hawkins

**Wednesday,
October 22**



**Always, in
December**
by Emily Stone

**Wednesday,
November 19**



Singin' in the Rain

At the Derby Dinner Playhouse
Thursday, April 24
\$99 per person

This beloved musical based on the MGM Film pays tribute to classical Hollywood and the introduction of "talkies." Don Lockwood, a dashing silent film star and his glamorous, on-screen partner/diva Lina Lamont are pressured by studio boss R.F. Simpson to change their silent romantic drama into a sound picture, complete with songs and dances. The only problem is that the female star has a voice that screeches like fingernails on a chalkboard. Cosmo Brown, Don's former song and dance partner, introduces the idea of letting aspiring actress/singer Kathy Selden dub her singing voice for lip-synching Lina. Everyone juggles the growing demands of jealous Lina, but finally work their way toward the classic Hollywood happy ending.

Buffet lunch included. Payment due in full at time of registration.

Register Now!

Connections Travel Show

Saturday, April 26 | 2 p.m. or 4 p.m.
Call Connections at 270-688-4855 to RSVP

Connections members only.



SHH...it's a Secret Mini Mystery Tour

June 3 - 5

Per person double occupancy	Connections Members \$799	Non-Members \$849
Per person single occupancy	Connections Members \$949	Non-Members \$999
Per person triple occupancy	Connections Members \$749	Non-Members \$799
Per person quad occupancy	Connections Members \$719	Non-Members \$769

Deposit Required: \$150

Optional Travel Protection: \$68 Per Person

Oh my, a three-day Mystery Trip filled with excitement around every corner! If you've always wanted to do a mystery trip, but never had the chance this would be a great trip for you! If you like the mystery of the unknown then this is the trip for you! If you just like to get away then it would be the trip for you! You get it! This is the trip for you!

7 Meals included: 2 Breakfast, 3 Lunches, 2 Dinners



The Right Stuff

Are you at risk? More than 1 in 3 American adults have prediabetes, yet more than 80% don't know they have it. The Healthpark offers The Right Stuff, a one-time free class that provides an overview of prediabetes and how healthy diet and activity can reduce your risk of developing Type 2 diabetes.

Healthpark Classroom B

Upcoming Class Dates:

April 1 at 5:30 p.m.

May 6 at 1 p.m.

June 3 at 5:30 p.m.

Register online at OwensboroHealth.org/DiabetesPrevention, or call 270-688-4804.

Prediabetes Education and Exercise Program (PEEP)

If you have prediabetes or want to learn how to prevent Type 2 diabetes, join our 12-week Prediabetes Exercise and Education Program (PEEP.) 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!

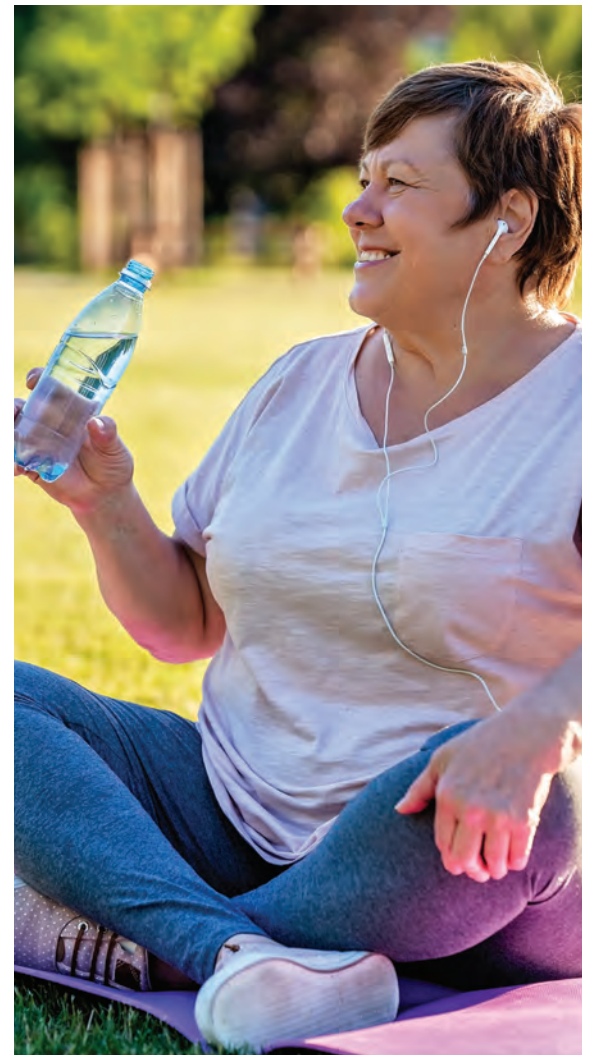
Linda Ivey, a participant in the Summer 2024 PEEP class has this to say about her experience.

"The class was 30 minutes of education and 30 minutes of exercise. I don't think I ever missed. I loved all the visuals, the education, the exercise and all of the instructors who contributed. I can't say enough about it!"

She shares that she thinks often on the things she learned in class. She especially appreciates learning the difference between hunger and emotional eating and how to stop those habits. Linda says that what she has learned has helped her in her health journey.

To learn more about our program, and for information on cost, call 270-688-4804 or email DiabetesEducation@OwensboroHealth.org.

Financial assistance options available for qualified participants.





TYPE 1 Diabetes Support Group

Managing Type 1 diabetes can be a challenge. Our monthly support group is open to adults, children and their parents or caregivers living with Type 1 diabetes. Discuss challenges, share resources and tips and explore a variety of topics related to living with Type 1 diabetes. There will be break-out groups for children, adults and caregivers.

Healthpark Classroom B

5 p.m. on the third Tuesday of each month

Upcoming 2025 dates:

April 15

May 20

June 17

For more information, call 270-688-4858 or email Jenny.Young@OwensboroHealth.org.

TYPE 2 Diabetes Support Group

Join us to learn more about living with Type 2 diabetes. Make new connections, learn tips from others, and find emotional support and improved well-being.

Healthpark Classroom B

12 p.m. on the third Tuesday of each month

Upcoming 2025 dates:

April 15

May 20

June 17

For more information call 270-688-4804 or register online at OwensboroHealth.org/Patient-Visitor/Support-Groups.



TYPE 2 Diabetes Essentials

If you have Type 2 diabetes and would like to learn about ways to manage it, this class is for you. This is a free, one-hour, one-time class that will be offered once a month.

In the class, we will discuss the basics about diabetes and how to manage it. Diet, exercise, and ways to reduce complications will be included. Registration is required. Please call 270-688-4804 to register or if you have any questions.

Healthpark Classroom A

Upcoming Dates:

April 10 at Noon

May 8 at 5 p.m.

June 12 at Noon

Diabetes Education

The Healthpark's diabetes education program meets the diabetes national standards of care according to the American Diabetes Association. Patients can meet for individual or group sessions get support and learn more about medications, self-care, meal planning, physical activity, blood glucose monitoring, coping with diabetes, reducing risks, problem solving and more. A referral from your doctor or healthcare provider is required. Many insurance plans may cover diabetes education. Financial assistance may also be available. Call 688-4804 for more information.

Nutrition Counseling

Making healthy food choices is vital to good health. Registered Dietitian Nutritionists (RDNs) can help you improve your health and wellness by providing evidence-based nutrition information and practical advice. Whether you need help managing a health condition or are seeking a healthier lifestyle, you can rely on our team of RDNs. Visits are often covered by insurance. Referral is required.

Call 270-688-4804 for more information.



Fall Prevention/B.A.S.E. – New classes starting on April 8 and July 8!

If you or someone you know struggles with falling, a fear of falling, or balance issues, please consider our 12-week Fall Prevention/B.A.S.E. class to help reduce the likelihood of a fall! This class is ideal for the person who realizes that, as they have gotten older, it has become more of a challenge to get up from a seated position due to loss of strength. It is also ideal for the person who feels as though their balance, stability and coordination is just not what is used to be (or should be) and is afraid of falling. The program meets on Tuesdays and Thursdays from 10:45 - 11:45 a.m. at the Healthpark, and the cost is \$120 per person. Please contact Jason Anderson at 270-688-4785 for more details. Remember, an ounce of prevention is worth a pound of cure!

Intro to Tai Chi

Intro to Tai Chi is an 8-week class that meets at either 1 p.m. or 6 p.m. on Tuesdays and Thursdays at the Healthpark. Tai Chi is a slow-moving form of exercise that will help improve balance, stability, agility, and coordination while helping to relieve stress through mindful guided exercise. Participants learn various patterns in this intro class and can continue to practice them long after the class ends. You also may continue to practice them with an instructor weekly in a closed group exercise class. This is free for members and \$50 for non-members (non-members will not have access to additional classes as mentioned).

Upcoming class opportunities are April 29, June 24, and August 19. Please contact Jason Anderson at 270-688-4785 for more information!



Why the Healthpark for your fitness needs?

Everyone is aware of the benefits of exercise. There is no secret about that! We know we need to do it so the next step is finding the right place. When it comes to exercise, there are many options around, but we feel the Healthpark is your “one-stop-shop” for fitness and here is why:

1. We are the only certified Medical Fitness Facility in the state of Kentucky! What does that mean? It means we meet the highest standards out there when it comes to fitness. For example, every group fitness instructor, personal trainer, and fitness coach is not only certified but has accredited certifications. Our fitness coaches on the fitness center floor also – besides being certified – have at least a BS degree in Exercise Science or related field! We want to provide the best to our members to help in their exercise needs.
2. We have many options! Whether you want to walk inside on our walking track, take one of our group exercise classes – such as land, water exercise, or group cycling – use our strength and cardio exercise equipment, take a swim in the pool, use our whirlpools, saunas, and locker room facilities, you can always find something to do and enjoy at the Healthpark!
3. You don't have to go it alone! Many folks are intimidated in the fitness areas. They don't know what to do, where to start, or what they should be doing to make the improvements they are looking for. We offer every member the opportunity to free meeting with a fitness coach for a fitness assessment and exercise prescription and demonstration to help you know how to exercise safely and effectively.
4. We have friendly, encouraging, and supportive staff that make you feel at home when you are here.

Wellness Activity

June is National Alzheimer's & Brain Awareness Month to raise awareness for Alzheimer's disease and related forms of dementia. One of the best ways to commemorate this month is by taking care of yourself physically and mentally. Exercise, eating right, and reducing stress are all great ways to prevent Alzheimer's. Stimulating your mind is important, and engaging in brain-stimulating activities like puzzles may be linked to a lower risk of Alzheimer's Disease.

Complete the puzzle below and return it to Connections for a fabulous prize!

Name: _____

	7	9			6	5	1	
	2		4	9			6	
	3		1	5	7	9	4	
		4	9	7	1			
2	6		5			3		
5		1				4		8
7	5			2				4
			3		5	7		6
8							5	9

**Judy Nicholson is our previous winner from our first-quarter bingo!
Stop by the Connections Desk to claim your prize!**

SPOTLIGHT *on Health*

Physical Therapy Guide to Shoulder Impingement Syndrome

Shoulder impingement syndrome occurs as the result of chronic, repeated compression of the rotator cuff tendons. The condition is also called subacromial pain syndrome (which identifies where the pain is felt in the shoulder below the acromion). These include the long head of the bicep's tendon, the bursa, or the ligaments in the shoulder. This impingement causes pain and movement problems. An injury to the shoulder also can cause this condition. People who do repeated overhead arm movements are most at risk for developing a shoulder impingement. It occurs more often among manual laborers and athletes (such as weightlifters, volleyball players, or baseball pitchers). Poor posture also can contribute to its development. If left untreated, a shoulder impingement can lead to more serious conditions, such as a rotator cuff tear.

Physical therapists help decrease pain and improve shoulder motion and strength in people with shoulder impingement syndrome.

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