

Hello Everyone,

It is hard to believe that we are almost at the end of 2023! In a conversation recently, the group discussion was about how quickly this year seems to have flown by. I have to agree that time moves quickly as our team is approaching a big celebration. The Owensboro Health Healthpark is celebrating its 25th anniversary this year! As we hit this anniversary, we are grateful for the opportunity to partner with our members, providers, patients and guests to offer programs that support well-being. Our team is proud to work with each of you!

With the celebration of 25 years of supporting health improvement, I thought I would share some information/facts about the Healthpark:

- The Healthpark is the only wellness center in Kentucky that is certified by the Medical Fitness Association. This certification validates our dedication to excellence. The certification also shows our commitment to safety, documented and proven outcomes with our services, medical oversight, and our staff of certified and degreed experts.
- We are one of the most visited facilities within Owensboro Health with over 250,000 annual visits.
- Our fitness floor provides more than 100 pieces of equipment for strength training and cardiovascular fitness.
- Members are offered access to almost 80 classes per week on land and water.
- All our team members are CPR and First Aid certified.
- Services located in the Healthpark include medical-based fitness center, Cornerstone Café, Outpatient Nutrition, Diabetes Education, Employee Assistance Program and Outpatient Counseling, Community Wellness and Education, Connections, Lifestyle Medicine and Outpatient Therapies.

We hope you will take the time to celebrate with us by participating in the anniversary week activities and other programs included in this edition of our newsletter. As we continue our commitment to the communities we serve, our team is proud to offer a variety of programs that support a physical, mental and social approach to wellness. Thank you for continuing to choose the Healthpark. We are so glad to have you with us!

Blessings,

Collette Carter

Director of the Healthpark



★★
DAILY PRIZES
and giveaways
in group
exercise classes!
★★

Celebrating

25

★ YEARS ★

Come and celebrate with us!

October 23-27

Monday, October 23

Chair massage in the lobby
10 a.m. - Noon, 5-7 p.m.

Fun with the Dietitians | 10-11:30 a.m.

★
DAILY FITNESS
CHALLENGES
on the
fitness floor!
★

Tuesday, October 24

Samples provided by dietitians | 10-11:30 a.m.

Walk with a Doc, Dr. Justis Stolz | 11:30 a.m.

Topic: Blue Zones - Cultural health tips from around the globe for living longer

Wednesday, October 25

Member Appreciation Breakfast | 6-9 a.m.

Member Appreciation Lunch | 11:30 a.m. - 1:30 p.m.

Member Appreciation Dinner | 5-7 p.m.

Thursday, October 26

Fun with the Dietitians | 10-11:30 a.m.

Friday, October 27

Enter for a chance to win various prizes at the front desk!

\$ **25**

Enrollment Special
for Primary
& Associate members.
October 23-28

Holiday Hours

Sunday, December 24 &
Monday, December 25 - CLOSED

Sunday, December 31 – New Year's Eve
Open 12 – 4 p.m. | No classes

Monday, January 1 – New Year's Day
Open 7 a.m. – 4 p.m.
Land & water classes taking place
Playpark open, but Health Resource Center
and Cornerstone Cafe closed

Fitness Events & Happenings

100K CHALLENGE

If you are looking for an incentive to get you moving in the new year, this upcoming program could be the answer. Sign up for our 4th annual 100K Challenge and receive good health benefits plus motivation. This challenge will have you racking up the miles in no time, with a goal to achieve 100 kilometers (62 miles walking or running) for the month of January. Log your miles daily on our tracking board located on the fitness floor. Once completed, all participants will receive a t-shirt to show off your commitment! Sign-ups will be taken at the front desk in December for only \$12.

For any and all questions, please contact Nick Jones at 270-688-4828.



GROUP EXERCISE CLASSES

Members should use app to secure place in class

All Healthpark members who participate in group exercise classes are strongly encouraged to download and use the app to register your place in your favorite class(es). With the colder weather coming, participation will be increasing in classes, and registering on the app is the only way you can reserve your place. Class limits are in place for safety and cannot be expanded. Without registering, you run the risk of not having a place in class, and no instructor wants to ask anyone to leave. If you have questions, or if you need help with the app, please see the friendly folks at the member services desk!



FALL PREVENTION / B.A.S.E. CLASSES

Last session of B.A.S.E for 2023 begins October 10

Don't miss the last opportunity of 2023 to participate in our Fall Prevention/B.A.S.E. class! The 12-week class focuses on improving lower body strength, as well as balance, stability, coordination, and agility to help prevent falls and build confidence. Our last class will begin on October 10 and conclude on December 28. Physician referral is required and class fee is \$120.

For more information, please contact Jason Anderson at 270-688-4785.



NEW!! INTRO TO TAI CHI

New Intro to Tai Chi class starts October 24!

Join Jan Young in this 8-week series meeting to learn Tai Chi patterns on Tuesdays and Thursdays at both 1 p.m. and 6 p.m. Tai Chi is a slower-movement, gently-flowing martial art that is ideal for improving balance, mindfulness, improving flexibility and more! Contact the member services desk today to secure your spot. This is a free program for members and \$50 for non-members.

DOC IS IN: PREVENT DIABETES - IT'S TIME TO TAKE CONTROL

Tuesday, November 14 from 11:30 a.m. - 1 p.m.

Dr. Teresa Lanham
Owensboro Health
Diabetes & Endocrinology

Sarah Renschler, RD, CDCES
Healthpark Diabetes Education

Heather Durall, ACE-CPT
Healthpark Fitness Coach
and Personal Trainer

Lunch is provided and space is limited. Call 270-688-5433 for reservation.

AQUATICS

High school swim season kicks off in October

The 2023-24 high school swim and dive season will be starting back the first week of October. To stay in the loop of the competition pool lane schedule please visit OwensboroHealth.org/Healthpark/Programs/Aquatic-Programs and click on the link under "Lap Swim" to sign up for our weekly lap lane schedule.

Lifeguard training offered at Healthpark

Interested in becoming a certified American Red Cross Lifeguard?

Please contact Mackenzie Morris at MacKenzie.Morris@OwensboroHealth.org or 270-688-4772 to inquire about the 2024 lifeguard class schedule.



BODY STAT™ ANALYSIS AT THE HEALTHPARK

Knowledge can be powerful and inspirational when it comes to making positive health and lifestyle changes. Body Stat™ analysis goes way beyond the bathroom scale by measuring your body composition, estimating your at-rest energy needs, and assessing your overall health and fitness level. Body Stat™ delivers more accurate and comprehensive results, giving you the knowledge to meet your own unique health and wellness goals. Cost is \$70 and includes an analysis completed by a registered dietitian and a summary of your results.

For more information or to make an appointment call 270-688-4804.

THE RIGHT STUFF

October 3, 2023 & December 5, 2023 | Classes held in Classroom B at the Healthpark

Do you have prediabetes or have you been told you're at risk for developing diabetes? Would you like to reduce that risk? Join The Right Stuff class to learn how healthy diet and activity can improve your health.

We offer two sessions of the same class: Noon or 5:30 p.m. Pick the time that's most convenient for you! Each class lasts one hour and is free! Space is limited. Please call 270-688-4804 to register.

DIABETES EDUCATION

The Healthpark's team of Diabetes Care and Education Specialists are ready to help you if you are living with diabetes. Our team is specially trained in diabetes management. They will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to diabetes education at the Healthpark.

For more information, call 270-688-4804.

NUTRITION COUNSELING

Making the right food choices is a vital part of your health. The Healthpark's team of highly trained registered dietitians, the real nutrition experts, can help you navigate the complex science of nutrition and offer sound nutrition advice. Whether you need help managing a medical condition, want to assess your eating style or just need some tips and inspiration, nutrition counseling with a registered dietitian nutritionist at the Healthpark is a recipe for success.

Ask your healthcare provider for a referral to nutrition counseling at the Healthpark. For more information, call 270-688-4804.

DIABETES SUPPORT GROUP

UPCOMING CLASSES: October 17 & November 21

Join others with diabetes for this free monthly meeting, and learn more about managing your diabetes. Topics include healthy eating, medication, monitoring and coping with diabetes. The group is now meeting monthly on the third Tuesday of each month at Noon in Classroom B at the Healthpark.

For more information call 270-688-4804.

DIABETES EDUCATION SUPPORTS PATIENTS IN MAKING LIFESTYLE IMPROVEMENTS

A patient recently sent a letter to Jenny Young, RDN, LD, CDCES, MLDE, about her success since receiving diabetes education. When the patient first came to see Jenny, her A1C was 8.6 and she was starting to have kidney problems. Here is the letter to share with you: Sept 12, 2023:

I wanted to check in with you and give you an update. I just had a check-up with my Primary Care Physician today. In 5 months, with these dietary changes, I am down 33 pounds and my A1C is 5.6. Average fasting glucose is 114. Triglycerides are "normal" for the first time in forever! My provider took me off metformin and Lasix. Another med is on the chopping block for December if I keep these numbers up. Thank you for helping me in figuring out I can positively impact my body with nutrition.

Jenny said, "Helping patients achieve success is just one of the reasons I love this job."

The diabetes education team will teach you the skills and strategies to manage your diabetes and cope with the emotional effects of the disease, helping you live your best life. This service is often covered by insurance. Speak to your healthcare provider and ask for a referral to a diabetes education at the Healthpark.

For a referral to diabetes education at the Healthpark, speak to your healthcare provider and ask for a referral. For more information, call 270-688-4804.

WELCOME TO THE TEAM!

Kira Edwards – Guest Relations Specialist

Nathan Hayes – Fitness Coach

Jordan Kunce – Membership Services Specialist

Kayce Dozier – Office Support Representative, Health Resource Center

Emmitt Brock – Lifeguard



FITNESS TEAM SPOTLIGHT

Meet Nathan Hayes, one of our newest Fitness Coaches here at the Healthpark! Nathan graduated from KWC last year with his bachelor's degree in Exercise Science. Within the next couple years, he will be pursuing his doctorate in Physical Therapy. Nathan enjoys spending time outdoors, whether it's hunting, fishing, playing softball, or taking his dogs on walks. He's very excited to start this new position and is already enjoying getting to know members and new coworkers!

FITNESS CENTER ETIQUETTE REMINDER

The Healthpark team takes pride in offering a facility that is clean and welcoming, but we need our members' and guests' help to ensure we continue to maintain an environment everyone can enjoy. Here are a few reminders about proper gym etiquette:

- Please remember to clean the equipment you utilize after exercising. Be sure to wipe down equipment, put items back where you got them, and don't forget to utilize our towel bins for used towels and linen.
- Please limit cell phone use on fitness floor – especially while on equipment. It's easy to get preoccupied with our phones, and before we know it, we've been on a piece of equipment unused for several minutes while another member would like to use it.
- Be considerate of other members and always allow others to "work in" when using equipment – that way both of you can use it while the other is in recovery!
- Several members over the years have used our Sani-wipes on the stairwell when leaving. Although we appreciate you keeping our facility clean, this action wears the paint off the rails. Our housekeeping staff makes regular cleaning rounds on all areas throughout the facility, so please don't use Sani-wipes on the stairwell rails.
- If you have questions, concerns, any trouble with equipment, or need assistance while lifting weights, be sure to ask our fitness team member on the floor. They are there to support you.
- We ask all members to adhere to the dress code for our facility. Members should not wear cut-off shirts and clothing that expose the midriff. Closed-toe athletic shoes are required for safety.

Thank you for working with our team to help maintain the environment representative of the best fitness facility in town!



Connections

Healthpark members eligible for Connections memberships

Any Healthpark member 55 or older can enroll in a Connections membership. This program is a wellness program focused on aging. Resources provided through membership include educational opportunities, discounts and travel.

For additional information, contact the Connections office at 270-688-4855 or email Connections@OwensboroHealth.org.

THE PHARMACIST KNOWS BEST

**Wednesday, November 29 at 10 a.m.
Healthpark Classroom A**

As you get older, a healthcare provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Join us for up-to-date vaccine information provided by the Owensboro Health Outpatient pharmacy. Learn about the following vaccines and how they can be beneficial to you.

- Vaccines for respiratory illnesses
- New Covid-19 vaccine
- High dose flu
- Pneumonia Vaccine
- The new RSV (respiratory syncytial virus) vaccine
- Also able to field any drug or vaccine-related questions

Make sure to protect yourself as much as possible by keeping your vaccinations up to date!

Call the Connections office to register at 270-688-4857.

For exercise tips, follow us on:



Healthpark | 1006 Ford Avenue, Owensboro, KY 42301

For class information go to:

OwensboroHealth.org/Healthpark