

## *We miss you!*

Hello everyone,

The Healthpark opened its Level 2 services July 1. With this level of opening we saw expansion of the visit time parameter, increases with capacity limits and the restart of some services. The Healthpark team is focused on providing our members with a great experience as they return to the facility. The wellness of both staff and members is a focus, so understand the decision to leave some services closed is for safety. We are following the Kentucky governor's reopening guidelines and CDC recommendations along with guidance from our Owensboro Health Medical Advisory.

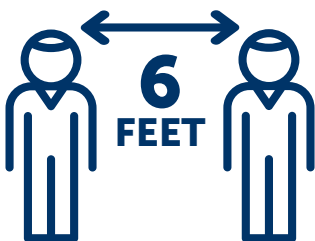
### Level 2 opening includes the following:

- 60-minute visit limit extended to 90 minutes
- Parisi Speed School
- Massage therapy services
- Personal training
- Exercise is Medicine
- Playpark with 50% capacity
- Educational programs with 10 or fewer participants
- The walking track is open for walkers only with the middle lane closed
- Golden Partners will remain closed but the van service will continue running
- Areas moved to 50% capacity - 60 on fitness floor, 10 in warm water pool and 10 in lap swim pool
- Land and water classes began with 50% capacity. Attendance for classes will be first come, first served. The class schedule for July includes additional offerings of some of the more popular classes to increase access. For a complete list of classes visit [OwensboroHealth.org/Healthpark](http://OwensboroHealth.org/Healthpark)
- Pickleball will be played at scheduled times and members can shoot basketball, but no game play is allowed
- Diabetes Education, Outpatient Nutrition, Employee Assistance Program and Counseling Services are seeing patients face-to-face. Telehealth is still available.

The restart of many of our programs is a welcome addition to our services. We look forward to seeing you at the Healthpark. It just isn't the same without our members here with us!



**Collette Carter,**  
Director of the Healthpark



Allow AT LEAST 6 feet  
physical distance



Wash hands frequently  
OR use hand sanitizer that  
is 60% + alcohol



Clean equipment  
before and after use



Stay home if you are sick

# Fitness Events & Happenings



## TAI CHI

The next series of Tai Chi classes will run from August 18 – October 6 and from October 13 – December 1. Tai Chi has been shown to aid in the prevention of falls, reduce chronic arthritis pain, improve flexibility and balance, and help speed up recovery from injuries and surgeries. This program is led by Jan Young, instructor, certified by the Tai Chi for Health Institute. This is a FREE program for Healthpark members and \$50 for non-members. Registration is required as space is limited. Classes meet on Tuesdays at 11:30 a.m. or 6:30 p.m.

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

## FALL PREVENTION

Fall Prevention classes will resume in July! This class is for those who have fallen, have a fear of falling or are experiencing unsteadiness or balance issues. The program, led by a physical therapist and certified group exercise instructor, provides exercises that will focus on strengthening the lower body.

**Upcoming classes are scheduled for:**

**August 11 - October 29 | October 6 - December 2**

This class is limited to 12 participants and works on exercise drills to improve strength, coordination, balance, agility and walking gait. The cost for this 12-week class is \$60.

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

## GROUP EXERCISE SCHEDULE CHANGES

With the volume limitations to ensure social distancing, land and water classes are taking place with 50% capacity. Members should check in at the front screening table and sign in for the class they would like to attend. Members may sign up 30 minutes prior to the start of the class and process will continue until class is full.

In an effort to accommodate members, there are additional classes added to the July schedule for some of the most popular formats. **For a complete listing, be sure to check out the July schedule on the website at [OwensboroHealth.org/Healthpark](https://OwensboroHealth.org/Healthpark).**

Per the Kentucky governor's guidelines members should wear a mask into the facility and while in public areas. Masks can be removed when members are exercising or participating in a class as long as six feet of social distancing can take place.

## DIABETES PREVENTION AT THE HEALTHPARK

The Healthpark is excited to bring back in-person classes with social distancing and limited capacity. Despite the pandemic, practicing healthy lifestyle changes such as losing weight, eating healthy and being more active is still important in the prevention or delay of type 2 diabetes. Our CDC-recognized Diabetes Prevention Program, Prevent T2, has been shown to reduce new cases of diabetes by 58%. For those over age 60, their risk of developing diabetes may be cut by 71%.

**We will be offering the option to participate in person or virtually. To learn more, join us for one of the upcoming free information sessions.**

- Thursday, July 23 at 12:00 p.m.
- Thursday, July 23 at 5:00 p.m.
- Thursday, July 30 at 12:00 p.m.
- Thursday, July 30 at 5:00 p.m.

**You must pre-register due to space limitations by calling 270-688-4804.**

**For more information call Shelby Shelby, RDN, Diabetes Educator at 270-688-4852 or email her at [Shelby.Shelby@OwensboroHealth.org](mailto:Shelby.Shelby@OwensboroHealth.org).**

## LIFESTEPS

Has the pandemic caused you to experience the "COVID-15"- you know, that weight gain caused by eating your quarantine stockpile? The best approach to weight loss is to learn not only what you eat, but why, and then change your lifestyle for good. The professionals at the Healthpark are here to help you!

We are happy to resume our comprehensive LifeSteps program in person with social distancing and limited capacity. We will also offer this program virtually. For less than \$13 a week, what have you got to lose...besides the weight?

**To learn more, join us for one of the upcoming free information sessions.**

**Tuesday, July 28 at 5:30 p.m. | Tuesday, August 4 at 5:30 p.m.**

**For more information, email us at [Lifesteps@OwensboroHealth.org](mailto:Lifesteps@OwensboroHealth.org) or by calling 270-688-4804. Due to space limitations, pre-registration is required.**

## FREEDOM FROM SMOKING

The Freedom From Smoking program is designed for individuals who are ready to quit smoking. Our program focuses on helping participants learn how to quit smoking. We will resume in-person classes along with a virtual option in July.

**Join us on July 21 at either 1 p.m. or 5:30 p.m. for an information session.** Classes will start on July 28.

Classes are free but participants must call to reserve space.

**To register or for more information call 270-688-3291 or email [Shiloh.Fisher@OwensboroHealth.org](mailto:Shiloh.Fisher@OwensboroHealth.org).**



# Chicken Ratatouille

### Ingredients

- 2 1/2 tablespoons canola oil
- 1 pound diced chicken breast
- 1 yellow squash, cubed
- 1 zucchini, cubed
- 1 onion, cubed
- 1 bell pepper, cubed
- 4 tomatoes (medium), cubed
- Salt/pepper to taste
- Garlic powder to taste (about 1/2 -1 teaspoon)
- Oregano to taste (about 1/2 teaspoon)
- Onion powder to taste (about 1/2 teaspoon)
- 1-1 1/2 tablespoon(s) fresh basil preferred (if using dried basil = 1 teaspoon)
- 2 tablespoons fresh parsley (optional)

### Directions

1. Heat 1 tablespoon oil in large skillet on medium heat; add chicken and season with salt and pepper. Cook until all sides browned.
2. Add 1.5 tablespoons oil, squash, zucchini, onion, garlic and bell pepper to skillet. Season with dried basil, oregano, garlic powder, onion powder and additional salt and pepper to taste. Cook, stirring occasionally for about 10 minutes until vegetables soften and some are browned.
3. Add tomatoes, fresh parsley and fresh basil if using. Cook for additional 3-5 minutes, pressing tomatoes to release their juices.
4. Serve with crusty whole grain bread, whole wheat pasta or brown rice/quinoa. Stores well in the refrigerator; flavors further marry in storage.

**NUTRITIONAL INFORMATION: (Amount per 1.5 cup serving) Serves: 4, Calories: 270, Fat: 12g, Saturated Fat: 1g, Protein: 28g, Carbohydrates: 12g, Fiber: 3.5g**

## WELCOME NEW STAFF!

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

SHELBY PAYNE – SALES REPRESENTATIVE

MATTIE MCFADDEN – FRONT DESK RECEPTIONIST

KATELIN MAGGARD – FRONT DESK RECEPTIONIST

KATLYN KIRK – CHILDCARE ASSISTANT

HADLEY LOUCKS – GROUP EXERCISE, CYCLING INSTRUCTOR

# DECLUTTER

## DECLUTTER FOR BETTER HEALTH

Our environment can impact our mood. Physical clutter can overload senses, make you feel stressed and impair your creativity. It may also decrease mental energy, create frustration, anxiety and depression, limit focus and concentration, and draw attention away from what's important. Clutter is a nagging reminder that your work is never done and sometimes getting rid of things can create a sense of guilt, loss of security, status or comfort and fears of letting go. However, some research suggests that decluttering can have as much of an effect on your well-being as it does on your physical space.

### Benefits of Decluttering:

- Creates a sense of confidence by utilizing your decision-making and problem-solving skills
- Gets you feeling energized; puts you into getting-things-done mode
- Reduces anxiety by creating order
- Reduces relationship and family tension by reducing stress about mess

### What you can do:

- Set aside 10 to 15 minutes each day to put items away.
- Clear your computer desktop — and your physical one — at the end of each day.
- Box up extra items and put them out of sight, out of mind; and change as needed.
- Brush up on your healthy sleep routine with an organized bedroom and comforts.

### Questions you can ask yourself to declutter:

- If this item was lost or destroyed, would you spend money to replace it?
- Is this something needed or wanted?
- Is there someone else who needs that item you rarely or never use?
- Would a homeless person appreciate that coat you never wear?
- Would your local help agencies welcome a donation of items you won't use?

Don't consider it losing items, be grateful that you have SO much stuff that you have the ability to give to others. Feeling and expressing gratitude reduces stress and increases emotional resilience. Taking care of yourself means not also good physical health, but also having a peaceful and organized living space.

**The Healthpark has an Employee Assistance Program that works with many regional employers to offer outpatient counseling services for their staff and eligible family members.**

**For more information about this service call 270-688-1547.**

## 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**