

2019 Newsletter

January, February & March

Happy New Year!

It's the beginning of 2019 and time to think about a new start in a new year. A new year symbolizes an opportunity to set goals that will assist you in accomplishing the things you want to achieve over the next twelve months. Whether it's to begin a new exercise program, lose weight, reduce your stress or spend more time with family, **the Healthpark team is here to support you!** We are proud to provide a diverse team of experts that are specialized in the areas of fitness, nutrition, diabetes education and wellness. There is someone who can work with you in each of these areas. We recognize that good health is your wealth!

Our team continues to celebrate our 20th year of service to the community. We want to thank you for making the Healthpark a part of your life and value your trust in us! In the year ahead there are many new things we are looking at implementing based on your feedback. One thing is for certain - we will continue our commitment to provide you high quality services with a dedicated staff. Don't hesitate to let us know if you have an idea or feedback to help us better serve our members and guests.

We are excited to launch our quarterly newsletter to provide a way to keep you updated on all of our programs and services. You can expect new editions each quarter of 2019.

Let's make 2019 the best year ever!



Collette Carter, *Director of the Healthpark*



NEW HEALTHPARK APP

If you haven't had the opportunity to download the new Healthpark application on your cell phone, be sure to stop by the front desk and inquire about how to get access. The new app provides an enhanced opportunity to see hours of operation, class schedules, check into the facility and more.

For additional information see Membership Services at the Front Desk.



HEALTHPARK SWEATSHIRTS ARE HERE!

Healthpark 20th anniversary sweatshirts are available for purchase at the front desk.

Cost: \$15 Available while supplies last!



Hours of Operation:

Monday - Thursday.....5 a.m. – 10 p.m.
 Friday..... 5 a.m. – 8 p.m.
 Saturday..... 7 a.m. – 7 p.m.
 Sunday Noon – 8 p.m.

Family Times:

Wednesday 6 - 8 p.m.
 Friday..... 5 - 7 p.m.
 Saturday/Sunday..... Noon – 4 p.m.

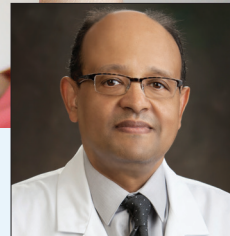
In the event of severe weather, Healthpark programming will follow the Owensboro Public School System. Follow us on Facebook for closing information.

Fitness Events & Happenings

THE DOC IS IN:

MATTERS OF THE HEART

MEN VS. WOMEN

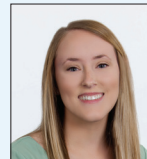


Getu Assefa, MD
with Owensboro Health
Medical Group - Cardiology

Join us on February 7 at 11:30 a.m. for **The Doc is In: Matters of the Heart Men vs. Women** Dr. Getu Assefa of Owensboro Health Medical Group - Cardiology will be here to talk about the similarities and differences in the hearts of men and women. Kelcy Murphy, RDN will be discussing heart healthy eating and a light lunch will be provided. Stick around after the program to get a free blood pressure check from the Golden Partners.

Your heart health is important. The doc is in; are you?
RSVP at 270-688-5433.

Also Available:



Heart Healthy Eating with Kelci Murphy, RDN

FREE Blood Pressure Checks
following the program

FALL PREVENTION

Falls are the leading cause of emergency room visits for the 65 years and older population. The Healthpark has developed a 12-week program for those who have fallen or have a fear of falling. If you feel as though you are losing strength, your balance is not as good as it should be, or you are not as agile as you used to be, this program may be beneficial to improve some or all of these areas.

Upcoming class sessions:

NOW – March 28 | February 12 – May 2 | April 9 – June 27

Cost: \$60 per person

Days/Times: Tuesdays from 1-2 p.m. or 2:15-3:15 p.m. (depending on session date)

For more info contact Jason Anderson, Manager of Health and Fitness at 270-688-4785.

EXERCISE IS MEDICINE

Are you ready to make a change using exercise as a means to a healthier lifestyle? Exercise Is Medicine is a physician-referred program at the Healthpark that has helped change the lives of over 1,200 people! This 8-week program involves following a tailored exercise program prescribed by a Fitness Coach who will be with you on your journey. Your commitment will be to come in and exercise at least 3 times per week for each of the 8 weeks and our Fitness Coach will be your advisor, encourager and motivator to help you to be successful.

For more info contact Amber Hesson, Exercise Referral Specialist at 270-688-5433.

Fitness Events & Happenings

WALK WITH A DOC PROGRAM

Join us on the **third Thursday of each month at 5:30 p.m. in the Healthpark lobby** for the Walk with a Doc program. The event features a local provider who will give a short health presentation and then be available to walk with participants and answer questions. During the winter the event could be moved to the fitness floor track based on weather conditions. No membership required and all fitness levels are welcome. This event takes place in conjunction with the Healthpark Striders, our walking and running group that has designated routes each week.



February 21
Dr. Oberst
*with Owensboro Health
Medical Group - Cardiology*

TOPIC: Heart/Cardiac Health



PERSONAL TRAINING

Are you the person that shows up to the gym with no plan on what you are going to do? Maybe you are one of those that have been doing the same workout for some time, but still haven't seen much results? If these pertain to you, it might be time to invest in a personal trainer. Personal trainers are experts at finding the right routine for you, as well as giving you fresh new perspectives and ideas on your path to health and fitness. Whether you are simply wanting to learn how to exercise correctly, lose some extra pounds, or train for a specific sport – personal trainers can help you reach your fitness goals.

For more information contact Nick Jones, Fitness Supervisor at 270-688-4828.



FITNESS TIP: STARTING AN EXERCISE PROGRAM

Want to work on health and fitness in 2019? The best advice would be to find something that you enjoy doing. Exercise doesn't have to be torture – like most people envision!

Here are some quick tips for starting an exercise program:



- Start slow and pick it up as you feel comfortable
- Build activities into your daily life
- Find a friend to help you on your new journey
- Listen to your body
- Write it down and keep track of your progress
- Ensure you have talked with your doctor about any health conditions and are cleared to exercise

"Make a Splash" Aquatics News

MAKE YOUR BIRTHDAY PARTY A SPLASH!

Host your child's birthday party at the Healthpark! Parties include use of a multipurpose room for the party and swim time supervised by Healthpark lifeguards. Parties are scheduled on weekends.

Contact Katie Duncan, Aquatics Supervisor at 270-688-4772 to get more details.

LEARN TO SWIM!

Don't put off getting ready for the swim season. Sign up now for private swim lessons so you're ready for the pool or the beach when the weather turns warm. Learn this important life skill that will have value forever. Swim lessons are available for adults too!

Contact Katie Duncan, Aquatics Supervisor at 270-688-4772 for details on swim lessons.

LIFEGUARD CLASSES

The Healthpark will be offering American Red Cross lifeguarding classes. The classes cover water rescue, first aid, AED and CPR skills. Participants need to be able to complete precourse skills which include a 300-yard swim, tread water for two minutes, and perform a brick retrieval in 12 feet of water.

Participants will be required to purchase their book BEFORE the class starts. Books can be purchased through the American Red Cross website.

1. Go to www.redcross.org
2. Under the training and certification tab, click lifeguarding and learn to swim under shop supplies and products
3. Purchase the American Red Cross Lifeguarding Manual

LIFEGUARD CLASSES:

Class 1: March 4 | Precourse Skills | 4 p.m.
March 10 & 17 | 8 a.m. - 6 p.m. *(bring lunch)*

Class 2: March 18 | Precourse Skills | 4 p.m.
March 24 & 31 | 8 a.m. - 6 p.m. *(bring lunch)*

Class 3: April 8 | Precourse Skills | 4 p.m.
April 14 & 21 | 8 a.m. - 6 p.m. *(bring lunch)*

Class 4: May 6 | Precourse Skills | 4 p.m.
May 12 & 19 | 8 a.m. - 6 p.m. *(bring lunch)*

Cost: \$100 for members/\$125 for non members

- Sign up deadline for each class is 1 week prior to precourse skills session. This will allow participants time to study the book before the course begins.
- Completion of the class will certify participants in lifeguarding, CPR/AED, and first aid and the certification is good for 2 years.

Contact Katie Duncan, Aquatics Supervisor at 270-688-4772 or email Katie.Duncan@OwensboroHealth.org



LIFESTEPS

If you are considering a weight loss program, you will want to consider LifeSteps. This 16-week program is a comprehensive weight management program that offers proven techniques to help you lose weight and maintain that weight loss. For an investment of less than \$11 per week, this program offers expert support and the direction to make change. New classes start regularly.



For more information email us at Lifesteps@OwensboroHealth.org or call 270-688-4804.

UPCOMING COOKING & NUTRITION CLASSES

Kelci Murphy, RDN, Shelby Shelby, RDN and Scott Hall, RDN are presenting upcoming cooking classes that are open to the community.



▶ COOKING CLASSES:

March 21 | Celebrate National Nutrition Month with Creative Meal Ideas | 5:30 p.m.

Cost: \$5 samples are provided

Location: Classroom A

NUTRITION CLASS:

February 21 | Heart Healthy Nutrition | 9:30 a.m. & 5:30 p.m.

Cost: FREE

Location: Classroom B

Space is limited. Call the Healthpark at 270-688-5433 to reserve your seat.

COOKING CLASS AT THE WHITE CHATEAU

8753 Mulligan Road, Owensboro, KY

Some of the best memories happen around the kitchen table. Roll up your sleeves and participate in the preparation of heart healthy recipes, then sit down and enjoy a deliciously prepared meal. Owensboro Health Healthpark dietitians will lead two interactive classes at the White Chateau. This class is offered for either lunch or dinner.

Thursday, February 28

Lunch class – Noon

Dinner class – 6 p.m.

Cost: \$10 per person (includes meal)

Call 270-688-5433 to register.

Space is limited.



Education

NUTRITION COUNSELING

Enjoy better health with nutrition counseling services at the Healthpark where you will find personalized nutrition guidance for yourself or a loved one of any age—including infants. You may benefit from nutrition counseling if you:

- Are overweight or underweight
- Experience an eating disorder
- Have high blood pressure or high cholesterol
- Train for a marathon or another athletic event
- Suffer from food allergies or intolerance
- and much more

Our team of dietitians work with a wide variety of nutritional needs. Please ask your doctor for a referral upon seeking nutritional counseling. For more information call 270-688-4804.

EATING HEALTHY

The New Year is upon us and with that are resolutions to lose weight, eat less, and move more. By the end of January, many will have given up on their resolutions, but with some simple tips and planning, you can increase your chances of reaching your goals. Below are some simple tips:

- Keep a food and activity log.
- Increase your physical activity and try new classes or exercise routines.
- Get rid of the “diet” mentality and instead focus on a healthy eating plan that you can follow long-term. The Mediterranean and DASH eating patterns are great examples.
- Don’t completely eliminate your favorite foods. Instead, allow yourself moderate portions occasionally.
- Stay positive and focus on what is going well, instead of dwelling on the negatives.
- Remember, you don’t have to be perfect to successfully reach your health and weight goals. It’s okay to slip up every now and then and be sure to forgive yourself when you do.

For more support, consider joining our Lifesteps weight management program or consider a personalized visit with one of our registered dietitians.

DIABETES EDUCATION AND SUPPORT

Diabetes Educators at the Healthpark can help you successfully manage your diabetes and make it less likely you’ll develop complications from diabetes. The **Inbalance Diabetes Education Program** is a comprehensive program designed to provide patients with the knowledge and skills to manage their diabetes successfully. The Inbalance team consists of registered nurses and dietitians who are specially trained as Certified Diabetes Educators. Through education and support from these caring diabetes professionals, you’ll gain the knowledge and skills you need to live healthier.

Please ask your doctor for a referral upon seeking diabetes education and support. Many insurance plans will cover diabetes counseling. For more information call 270-688-4804.

FREEDOM FROM SMOKING

The Healthpark offers the **Freedom From Smoking®** program which is for individuals who are ready to quit smoking now. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit. Since it was first introduced over 35 years ago, the **American Lung Association’s Freedom From Smoking®** program has helped hundreds of thousands of Americans end their addiction to nicotine and begin new smoke-free lives.



For more information call 270-688-3291 or email Shiloh.Fisher@OwensboroHealth.org.



CONTINUING OUR TRADITION OF EXCELLENCE

Owensboro Health Golden Partners value in our community's older adults. Golden Partners is designed for individuals who are 50 or older. Located in the Owensboro Health Healthpark at 1006 Ford Avenue, Golden Partners values the belief that wellness involves maintaining a healthy body, mind and spirit.

MEMBERSHIP BENEFITS

- Quarterly Newsletter
- Van service for medical appointments at no fee
- Notary services by appointment
- Health Education offerings
- Fit'n Fun Exercise Classes

SPECIAL DISCOUNTS

- GoldenFit Healthpark Membership
- Wellness Programs
- Social Activities
- Cornerstone Café at the Healthpark
- Owensboro Health Regional Hospital Cafeteria
- Owensboro Health Gift Shop (1st Friday monthly)
- Travel Opportunities

Office Hours are: Monday – Friday 8:30 a.m. – 4 p.m.

For more information call the Golden Partners office at 270-688-4855.

WELCOME NEW STAFF!

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



Scott Hall, RDN
Nutrition Team



Shelly Vincent
Yoga Instructor



Amber Fortner-Lubin
Zumba Instructor



Slow Cooker Pepper Steak

INGREDIENTS

- 1 pound beef sirloin, cut into strips
- garlic powder to taste
- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 large green bell peppers, roughly chopped
- 1 (14.5 ounce) can stewed tomatoes with liquid
- 3 tablespoons reduced sodium soy sauce
- 1 teaspoon white sugar
- 1/2 cup beef broth
- 1 tablespoon cornstarch

DIRECTIONS

1. Sprinkle strips of sirloin with garlic powder to taste. Heat vegetable oil in a large skillet and brown the sirloin.
2. Put onions, peppers, stewed tomatoes, soy sauce and sugar in slow cooker. Add the browned beef to slow cooker.
3. Combine cornstarch with the beef broth until dissolved and add to the slow cooker.
4. Cover and cook on high for 3-4 hours or on low for 6-8 hours.

NUTRITIONAL INFORMATION: (Amount per serving) Serves: 6, Calories: 250, Total fat: 8.4g, Saturated fat: 1.9g, Fiber: 2g, Carbohydrates: 12g, Protein: 31g, Sodium: 625mg, Cholesterol: 71mg, Potassium: 81mg
Serve with brown rice- 1/2 cup cooked rice = 110 calories.

Healthpark, 1006 Ford Avenue, Owensboro, KY 42301

For exercise tips follow us on:



For class information go to:

OwensboroHealth.org/Healthpark