

Connections

APRIL, MAY & JUNE

A note from Connections staff...

As we step into a new Spring quarter, we're filled with appreciation for everything our members bring to our community. Spring reminds us of renewal, connection and growth, and this season gives us several wonderful opportunities to celebrate the people who make our mission possible.

April is National Volunteer Month, a time dedicated to recognizing the countless individuals who give their time, heart and energy to support others. We want to take a special moment to spotlight our **Connections volunteers who staff our desk each day**. Your dedication ensures every visitor receives a warm welcome, and your commitment helps our programs run smoothly. We also want to recognize and thank the **more than 100 volunteers** who support our hospital, cancer center and many other locations. Your commitment strengthens every corner of our organization. **We appreciate you all. We truly mean it when we say, "thank you!"**

As we move into May, we continue our celebrations with **Older Americans Month**, an annual observance led by the Administration for Community Living to honor the contributions of older adults across the nation. This year's theme is **"Champion Your Health,"** encouraging older adults to stay active, connected and empowered in their wellness journey. Throughout the newsletter, look for the Champion your Health logo and plan to participate in those activities for a chance to win prizes!!

Thank you for being part of this vibrant, caring community. We appreciate each of you and look forward to a meaningful Spring season together.

Melinda Cornell, Kendra Knott & Jennifer Howard

Updates & Closures

The Connections Office will be closed for observed holidays, as well as volunteer/staff training.

There will be no van service on the following days:

April 8 | May 20 | May 25

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

Calling All Volunteers!

Are you interested in giving back to your community? We are currently looking for friendly, compassionate volunteers to join our team!

Volunteer Opportunities available at the Breckenridge Medical Building and Ford Medical Building

Volunteers welcome patients, visitors and guests while providing directions and general guidance to help ensure a positive and supportive experience for everyone who visits our facilities.

Volunteer Opportunities available at Mitchell Memorial Cancer Center

- Mitchell Memorial Cancer Center Volunteers Support Squad
- Cancer Center volunteers are part of our Support Squad, where interaction and connection are key. In addition to greeting, volunteers may:
 - Offer a warm, friendly presence to patients and families
 - Provide emotional support through conversation and attentive listening
 - Help create a welcoming and comforting environment
 - Assist patients and visitors as they navigate the Cancer Center

This role is ideal for individuals who enjoy building meaningful connections and supporting patients during a challenging time. Interested in volunteering?

Please contact Kendra Knott at 270-417-3115 for more information.

Aging Gracefully Returns May 15, 2026

We're thrilled to announce that Connections: Aging Gracefully is coming back! Get ready for an inspiring, uplifting and joy filled event you won't want to miss.

Keep an eye on your mail. A separate postcard and more information is on the way!

Stay tuned... big things are blooming this spring! **More information coming soon!**



In honor of Older Americans Month

This quarter, we're celebrating a timeless classic that brings back warm memories for many older adults — **Old Fashioned Banana Pudding**. This beloved dessert has been a staple at family gatherings, church socials and Sunday dinners for generations. With its creamy layers of vanilla pudding, fresh bananas and soft vanilla wafers, it's a sweet reminder of the comfort foods many grew up enjoying.



Perfect for sharing, reminiscing and sparking stories from "back in the day," this recipe is as heartwarming as it is delicious. Be sure to check out the full recipe and enjoy a taste of nostalgia this spring!

Quarterly Recipe: Old Fashioned Banana Pudding



Ingredients:

- 1 box vanilla wafers
- 4–5 ripe bananas, sliced
- 1 box instant vanilla pudding
(or homemade if you prefer)
- 2 cups cold milk
- 1 container whipped topping
(or homemade whipped cream)

Directions:

1. Prepare the pudding according to package directions and let it chill.
2. In a large dish, layer vanilla wafers along the bottom.
3. Add a layer of sliced bananas.
4. Spread a layer of pudding over the bananas.
5. Repeat the layers until the dish is full.
6. Top with whipped topping.
7. Chill for at least 1 hour to let the flavors blend.

Senior Community Center Legacy Bricks!

You can help build the future and be part of the legacy walk for generations to come! The Senior Community Center is selling beautiful, engraved bricks to be placed on the campus of its new center. You are invited to honor loved ones with a permanent reminder of their impact on your life!

Brick prices as follows: 4 X 8 Brick - \$125 | 8 X 8 Brick - \$500

If you are interested, ask for the form at the Connections Desk!



RESCHEDULED!

White Elephant Gift Exchange!

Friday, April 17, 2026

11 a.m. | Healthpark Classrooms A & B

\$10 per person | Minimum: 20 participants

Get ready for lots of laughter and surprises!

Here's the deal:

Bring a wrapped gift that just wasn't your style – maybe that Christmas present or birthday gift you never used (but is still in good condition!). Give it a new home in our White Elephant Gift Exchange. Expect hilarious gift swaps, lots of laughter, tasty hors d'oeuvres and fabulous prizes. *Wrap it. Bring it. Swap it. Laugh about it!*

Call Connections at 270-688-4855 to register.



Connections Lunch & Learn

Monday, April 27, 2026

11:30 a.m. | Healthpark Classrooms A & B

\$10 per person | Minimum: 15 participants

Estate Planning Essentials

April is Financial Literacy Month, and we're excited to host a special Lunch & Learn focused on the fundamentals of estate planning and financial preparedness.

Our guest presenter will be Kurtis M. Sunset, an attorney with nearly a decade of experience in Elder Law and a strong background in real estate.

During Lunch & Learn, Kurtis will discuss the importance of having key legal documents in place to protect yourself, your family, and your assets. Topics include power of attorney, wills, trusts, Medicaid asset protection trusts, etc. A lite lunch will be provided.

This session is a great opportunity to build financial confidence, ask questions and gain a better understanding of how thoughtful planning today can provide peace of mind for the future.

Call Connections at 270-688-4855 to register!



Mysterious May Day Surprise!

Friday, May 1, 2026

Noon | Healthpark Classrooms A & B

\$15 per person | Minimum: 15 participants

Ready to add a little mystery to your day? Join us for a super secret, delightfully unexpected and absolutely fun mystery event! We can't spill the beans just yet, but trust us, there's something exciting waiting behind those classroom doors.

Here's what you need to know:

- You won't know what's happening until you arrive!
- A sense of curiosity is highly encouraged.

Call Connections at 270-688-4855 to register today and get ready to uncover what May has in store!



Members-Only Luncheon – Summer Social Splash!

Friday, June 5, 2026

11 a.m. | Healthpark Classrooms A & B

Minimum: 20 participants

A fun, bright and breezy June get together! Join us for a cheerful afternoon of connection, laughter and summer-themed fun as we kick off the season with our Summer Social Splash luncheon!

Here's what's in store:

- Fun Games & Fellowship — Lighthearted games to spark laughs and bring people together.
- Fabulous Prizes — Because summer deserves a little extra excitement.
- Delicious Lunch Provided — Fresh, flavorful and perfect for summertime.
- Theme Fun: Wear your favorite bright summer colors or tropical prints to add to the splashy vibe!

Don't miss this chance to celebrate summer with friends, food and plenty of fun. **Call Connections at 270-688-4855 to register!**



Bunco & Bites

Wednesday, June 10, 2026

1:30 p.m. | Healthpark Classrooms A & B

\$15 per person | Minimum: 15 participants

Roll the dice, bring your lucky charm and get ready for an afternoon full of fellowship, friendly competition, laughter and delicious bites! Join us for Bunco & Bites, where the game is fast, the fun is big and the company is even better.

Whether you're a Bunco pro or trying it for the first time, you're guaranteed a good time. Come enjoy snacks, great conversation and a lively atmosphere that's perfect for connecting with friends old and new. Save your spot and come ready to play!

Call Connections at 270-688-4855 to register today!

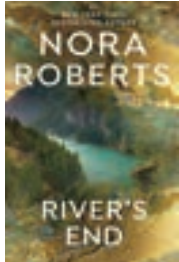
Book Marks

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.



RESCHEDULED FROM January | April 15, 2026: *River's End* by Nora Roberts

Olivia's parents were among Hollywood's golden couples ... until the night a monster came and took her mother away forever. A monster with the face of her father.

Sheltered from the truth, an older Olivia only dimly recalls her night of terror – but her recurring nightmares make her realize she must piece together the real story. Assisted by Noah Brady, the son of the police detective who found her cowering in her closet so many years before, she may have her chance. Noah wants to reconstruct the night that has become an infamous part

of Hollywood history. He also wants to help Olivia and heal the longing in her lonely heart. But once the door to her past is opened, there's no telling what's waiting on the other side. For somewhere, not too far away, the monster walks again.



May 26, 2026: *The Women* by Kristin Hannah

From the celebrated author of *The Nightingale* and *The Four Winds* comes Kristin Hannah's *The Women* - at once an intimate portrait of coming of age in a dangerous time and an epic tale of a nation divided.

Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters and to a country that wants to forget Vietnam.

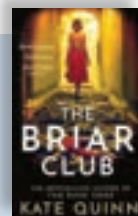
The Women is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. A novel about deep friendships and bold patriotism, *The Women* is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.



Reminder: Connections Book club, Book Marks, will have books available a month prior to the meeting for those who would like to check out a book. You will have one week to enjoy the book before returning it. If all books are checked out, your name will be put on a waitlist, and we will notify you when it's ready to be picked up.



The Thing She Didn't Tell Me
by Jacqueline Russell
July 15, 2026



The Briar Club
by Kate Quinn
September 16, 2026



Theo of Golden
by Allen Levi
November 18, 2026

Meet me *at the Movies!*

Malco Owensboro Cinema Grill & MXT

\$13 per person

Minimum Requirement: 25

9:30 a.m. (Meet in the Main Lobby at Malco)

Doors open at 9 a.m.

2700 Calumet Trace

Join us at Malco Cinema for a movie event for Connections members. Movie, drink and popcorn included in the cost.

Please call Connections at 270-688-4855 to register for these events!



Wednesday, April 22, 2026*

You, Me, & Tuscany PG-13

When a woman crashes at an empty Italian villa, posing as the owner's fiancée, she discovers an unexpected romance that may transform her life.

Tuesday, April 28, 2026*

Michael PG-13

The story of the famous musician Michael Jackson, known as the King of Pop.



Tuesday, May 19, 2026*

Devil Wears Prada 2 PG-13

Follows Miranda Priestly's struggle against Emily Charlton, her former assistant turned rival executive, as they compete for advertising revenue amidst declining print media while Miranda nears retirement.

**All dates and locations are subject to change. Malco Theatres reserves the right to adjust or remove scheduled movies based on release dates, availability or other factors. If any changes occur, we will notify you promptly to ensure you're kept informed.*



Type 2 Diabetes Support Group

If you or someone you love is living with Type 2 diabetes, join us for this **FREE** monthly support group led by our certified diabetes-care and education specialists. Learn about managing Type 2 diabetes, learn tips from others and find emotional support. **Meets on the second Wednesday of the month at Noon.**

Upcoming 2026 Dates: April 8 | May 13 | June 10

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

Stronger Than 1

Whether you're an adult, child, parent or caregiver, we know that living with and managing Type 1 Diabetes can be a challenge.

Stronger Than 1, a community for kids and adults living with Type 1 diabetes. Participants will gain knowledge on managing Type 1 diabetes while sharing experiences, practical advice and emotional support.

Breakout groups for children, adults and caregivers will be offered to meet individual needs.

Meetings are held at 5 p.m. on the third Tuesday of each month at the Healthpark in Classroom B.

2026 dates: April 21 | May 19 | June 16

For more information call 270-688-4804 or email Jenny.Young@OwensboroHealth.org.

Individual Nutrition Counseling or Diabetes Education

Our team of Registered Dietitian Nutritionists (RDNs) and Certified Diabetes Care and Education Specialists (CDCESs) are available by appointment to provide science-based education and counseling to help you manage your weight, health condition or diabetes. Visits are often covered by insurance. Referral is required.

Call 270-688-4804 for more information.

NEW & IMPROVED!!

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

The next Fall Prevention/B.A.S.E.

(Balance, Awareness, Stability Everywhere) will be:

April 7 - June 25

The next Fall Prevention/B.A.S.E. (Balance, Awareness, Stability Everywhere) will be April 7 – June 25. This 12-week program, meeting twice per week on Tuesdays and Thursdays at 10:45 to 11:45 a.m., includes both education components, as well as exercise and training to help improve your balance, agility, coordination and stability to reduce your likelihood of a fall. Our educational sessions/shared medical visits with Lifestyle Medicine physician Dr. Christopher Behringer, as well as specialists in nutrition, pharmacy, fitness, podiatry and more, have been a great addition. This program is often covered by insurance! Participation does require a provider referral. If you or someone you love is struggling with balance issues, falling or instability, this class will help improve stability, lessen the fear of falling, and promote confidence to reduce the likelihood of a fall. **Our next class to follow the April sessions will be July 7 - September 24.**

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



BALANCE • AWARENESS • STABILITY • EVERYWHERE



Intro to Tai Chi

Tai Chi is a gentle, flowing martial art that improves mobility and balance, decreases stress and develops mind/muscle/ movement connection. We offer an eight-week program led by Jan Young that meets on Tuesdays and Thursdays at either 1 p.m. or 6 p.m. In these eight weeks, Jan will lead you through many basic patterns of movement of Tai Chi that you can continue to practice even when the class is finished. Healthpark members can continue to practice these movements in our weekly Tai Chi STRONG class that she teaches on Wednesdays at 11:30 a.m. Don't miss out – this class fills up fast! Our next class opportunities are April 28 – June 18 and June 23 – August 13. This class is FREE for members and \$130 for non-members (the non-member rate will include enrollment for the program, as well as 2 months membership at the Healthpark).

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



What is your “Why?”

It has been said that to be able to stick to doing anything you must know your “why.” Your why is what motivates you to do what you are doing. It is the ultimate purpose or result for what you are doing. It should be the thing that comes to your mind in those moments when you are thinking of quitting or not even showing up.

For many, the why is weak. In other words, it is not strong enough or clearly defined enough to help them stick with the plan. For example, we all need to be financially responsible, right? So, if one day I just say I need to be better about saving money and I start some efforts to do that (maybe not eat out as often, hold off on purchases, realize there are some things I just don’t need) eventually all I may see is the deprivation I am putting myself through and I’ll quit.

However, if I were to say I need to be better about saving money BECAUSE I want to take a trip to Australia ... I have just created my why. In those moments of weakness when something catches my eye, and I feel I just must have it, I may pause and think how much I will enjoy that trip and all I will see. I just created an ultimate purpose for what I am doing.

Now, let’s look at exercise. It’s not easy. It’s not always convenient. It is not comfortable. It takes time. I had a friend once who gave me a book called “365 Reasons Not to Exercise” – one for every day of the year. But look at it this way, exercise may be all those things, but what are the positives I’ll reap from it? Feeling better with more energy. Looking better. Moving better. Being able to continue to do the physical things I love to do. Keep the long game in mind. It’s not just walking on the treadmill – it’s being able to continue to walk in my neighborhood. It’s not just lifting weights – it’s being able to dig and plant those vegetables and flowers I love so much in the summer. Remember, the poor man wants a thousand things – a sick man, only one.

Call the Healthpark at 270-688-5433 to learn more!

WALK Owensboro

A community walking initiative for everyone!

Let's Get Moving: **Walk Owensboro Kickoff!**

Looking for a fun way to get more active and improve your physical fitness?
Grab your sneakers and join us for Walk Owensboro!

Tuesday, April 28, 2026
4 - 5:30 p.m. | Legion Park
3047 Legion Park Dr., Owensboro, KY 42303

Teams and individuals are welcome to be a part of the fun!
Food, prizes and family-friendly activities.



**To register,
scan this QR code.**

Brought to you by these community partners:



2026 Walking Challenge – Second Quarter Update!

Walk Route 66: One Step at a Time!

Get ready to hit the open road — no car required!

In our Walk Route 66 Challenge, every step you take helps us travel the legendary Route 66, stretching from Chicago, Illinois, to Santa Monica, California, about 2,448 miles of history, landmarks, and adventure.



How It Works

- Every step you walk counts as miles along Route 66.
- Steps are converted into miles and added to our shared route total.
- You can walk anywhere — at work, at home, on breaks or around your neighborhood—and still move us forward.

Why Route 66?

Route 66 is known as “The Mother Road,” symbolizing freedom, exploration and classic Americana. This challenge is about:

- Moving more
- Having fun
- Supporting each other
- Celebrating progress, not perfection

Quarter Runs

March 14 – June 12, 2026 (Turn in total by June 12, 2026)

Please note: dates align with previous quarters to allow time for newsletter distribution.

Quarterly Prize

A fabulous reward for the participant with the highest step count!

Let's Do This Together!

With warmer days ahead, this is the perfect opportunity to stay active, connect with others and rally around a shared goal. Whether you take the fast lane or the scenic route, every step moves us forward.

Let's make the second quarter our strongest stride yet — Route 66, here we come!

Whether you're strolling, speed walking or pacing during phone calls, every step matters. Let's lace up, cheer each other on, and see how far we can go together.

Ready? Let's walk Route 66!

**The winner for the last quarter walking challenge is...
Linda Richards!**

**The winner of our Connections Nutrition Bingo
is Leslie Carlisle!**

Stop by the Connections desk to pick up your prize!!

PO Box 20007
Owensboro, KY 42304

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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.

