

THANK YOU TO ALL OUR MAGNIFICENT PRIMEWISE VOLUNTEERS!

April 23-29 is National Volunteer Week. PrimeWise salutes each of our members that so generously give their time and talents to help others – through your church, a school, the library, a food bank or any of the many causes and organizations that enhance the lives of our communities. You are what make Northern Kentucky and our nation great. We especially thank our PrimeWise volunteers who lead classes, deliver newspapers to patients, answer phones and so much more...

we literally could not do it without you!

Consider volunteering – it is great for your heart and your soul!



If you enjoy sports, like some competition or just want to have fun then participate in the “Games”! You just need to be 50+ and register to play. Senior Spring games are May 8 – 23, 2017 and the registration deadline is April 20, 2017.

To register or for more information call (859) 334-2117.

Free Help With Tax Returns

Tax counseling and preparation help is available under the sponsorship of AARP, in cooperation with the Internal Revenue Service (IRS). Tax-Aide tax counseling is a free service provided by trained volunteers who provide their services free to those who are eligible under the program. This service is not limited to senior citizens. Services for the 2016 Tax Year will be available from February 1, 2017 through April 15, 2017. Call Toll-Free Nationwide 888-687-2277 or Toll-Free TTY 877-434-7598 for location information.

Hospice Volunteer Orientation

The St. Elizabeth Hospice Program holds volunteer training sessions throughout the year. The classes explore issues on death and dying, as well as developing an understanding of the Hospice concept of care. There is no cost or obligation to become a volunteer if you take the classes. For more information call Debbie Holloran, Hospice Volunteer Coordinator at (859) 301-4622 or email Debbie.Holloran@stelizabeth.com. Mention you saw this in the PrimeWise Update.

February is American Heart Month

February 3 is National Wear Red Day. Wear something red to show your support for women with heart disease and stroke. Knowing your numbers, such as cholesterol, blood sugar and BMI (Body Mass Index) and keeping your numbers in the normal range will help prevent heart disease and stroke. An important number every woman needs to know is her blood pressure.



What is high blood pressure?

High blood pressure (HBP or hypertension) occurs when your blood pressure, which is the force of the blood flowing through your blood vessels, is consistently too high.

If you have high blood pressure, you are not alone:

- About 80 million Americans — one out of every three adults over age 20 — have high blood pressure. (Nearly 20 percent don't even know they have it.)
- The best way to know if you have high blood pressure is to have your blood pressure checked regularly.

High blood pressure is called a “silent killer”

- Most of the time there are no obvious symptoms.
- Certain physical traits such as being overweight, older age etc. and lifestyle choices such as smoking, lack of physical activity can put you at a greater risk for developing high blood pressure.
- When left untreated, the damage that high blood pressure does to your circulatory system is a significant contributing factor to heart attack, stroke and other health threats.

TALK TO YOUR DOCTOR ABOUT YOUR NUMBERS.

Know your numbers Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure - (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure - (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis - (Emergency care needed)	Higher than 180	or	Higher than 110

AARP Drive Smart

This 4 hour class is proven to help older drivers improve their skills and prevent traffic accidents. By Kentucky law, anyone 55 or older who completes the course is eligible for a discount on auto insurance. The class is instruction only, no driving is involved. Class seating is limited to 25, so call early to register.



Date	Time	Location
March 11, 2017	9:30 -1:30 p.m.	Edgewood - Conference Room M
April 8, 2017	9:30 -1:30 p.m.	Edgewood - Conference Room M
May 13, 2017	9:30 -1:30 p.m.	Edgewood - Conference Rooms F & G

Cost: \$15– AARP members / \$20- non AARP members. To reserve your space today call (859) 301-5999.

Volunteer at St. Elizabeth

Volunteering at St. Elizabeth Healthcare is a commitment that not only helps others but is personally rewarding too! We offer a variety of volunteer opportunities to match your interests, skills and availability.

Urgent Volunteer Need:

Gift Shop - Not only a great place to shop but also a great place to volunteer! Whether assisting in finding the perfect “get well” gift or helping find a yummy snack, your smiling face and kind words will brighten someone’s day.

Each member of our volunteer team is passionate about their role in making a positive difference to our guests and patients. Please join us!



Visit www.stelizabeth.com/volunteer to learn more! Questions? Please call (859) 301-2140.

PROGRAMS AND EVENTS

Flexibility Exercise Classes

The New Year is here – let's get up and get moving. Register to attend one of these Flexibility Exercise Sessions. You will increase your balance and range of motion as well as help yourself feel better! Join us and start feeling the difference. Low Impact Exercise - 6 class session. We are recommending for you to wear gym shoes for the class. This is for your safety.

-  Tuesdays & Thursdays
(Sessions begin: February 21, March 14, April 4, April 25 and May 16)
-  5:30 PM
-  St. Elizabeth Edgewood Conference Rooms F & G

- Optional \$5.00 for exercise bands.
- Manual provided free.

Note: We will open reservations for each session two weeks before the first class begins. If you are on the waiting list for the class before and are one of the first 20 then you will get first bid on a seat for the following class. We will not allow a person to sign up for all classes at once. We are trying to give all members an equal opportunity to sign up.

Reservation required for all Exercise Sessions: (859) 301-5999. Class space is limited.

Free Senior Exercise Program

For more information call (859) 572-3120.

-  Every Tuesday
-  3:30 - 4:30 p.m.
-  St. Elizabeth Ft. Thomas



Happy 64th Birthday – Time to Get Medicare Ready!

The year before you turn 65 is the best time to learn about Medicare and the insurance decisions you will need to make. The workshop provides an overview of Original Medicare Part A, Part B, Prescription Drug Plans (Part D) and Medicare Summary Notices. We will also review your choices regarding Medigap (Supplemental) Insurance Plans or Medicare Advantage Plans. Join us and get to know the facts!

To reserve your space today call (859) 301-5999.

Two Day Medicare Workshop

-  Tuesday, February 14 (Day 1)
-  Wednesday, February 15 (Day 2)
-  Day 1: 2 – 4 p.m.
-  Day 2: 2 – 3:30 p.m.
-  St. Elizabeth Edgewood Conference Rooms L & M



OR

One Day Medicare Workshop

-  Monday, April 17
-  6 – 9 p.m.
-  St. Elizabeth, Florence Lower Level Conference Room

Take Time for Your Heart

St. Elizabeth Heart & Vascular Institute offers a comprehensive eight-week program to help you identify your risk and learn how you can make meaningful changes to help you live better and live longer. Each class is packed with valuable tips from clinical experts including a registered nurse, pharmacist, dietitian and an exercise physiologist. At the beginning and end of the program, you'll receive a cardiac age health risk assessment, which calculates your cardiac age based on your personal health factors. Plus, you'll get your own copy of the book, "Mayo Clinic Healthy Heart for Life!" Cost: \$50. To reserve your space today call (859) 301-WELL (9355).

-  Wednesdays (April 5 - May 24)
-  10 - 11:30 a.m.
-  St. Elizabeth, Florence

OR

-  Wednesdays (April 5 - May 24)
-  6:30 - 7:30 p.m.
-  St. Elizabeth Edgewood



Brown Bag Lunch – Words Matter Free Caption Phone

Join Chuck Williams when he explains The Caption Phone technology and how it can give you the power to talk on the phone and hear every simple, beautiful, powerful word. This phone is free if you have self-reported hearing loss and are an American citizen with a land line or an internet home phone connection. Come to the brown bag and learn how to get this technology for you or a family member who has hearing loss. One of the best kept secrets! Buy a box lunch for \$5.00 or bring your own.

To reserve your space today call (859) 301-5999.

 Wednesday, February 22

 11 a.m. – 12:30 p.m.
Presentation begins at 11:30 a.m.

 St. Elizabeth Edgewood - Conference Room L

What is your PEE telling you?

Join Dr. Susan Oakley from St. Elizabeth Physician Urogynecology as she explains what your urine is telling you! The color, density, smell, and frequency of your urine can reveal very useful information about your health and also tell if you are properly hydrated, taking medication or vitamins, or have an infection. Urine has been a useful diagnostic tool since the beginning of medicine. It's important to know what is normal for you so you can relay any serious or bothersome changes to your doctor.

To reserve your space today call (859) 301-5999.

 Thursday, March 2

 6 – 7:30 p.m.
St. Elizabeth Ft. Thomas Conference Room A & B



Do You have Back Pain?

Join Dr. John B. Jacquemin when he discusses Back Pain with us – what can be occurring in the spine that causes back pain; the difference between lumbar, thoracic, and cervical back pain; and various treatments for each. Dr. Jacquemin is a Board-Certified Spine Surgeon with Commonwealth Orthopaedic Centers, and he specializes in minimally invasive surgery.

To reserve your space today call (859) 301-5999.

 Wednesday, March 8

 6 - 7:30 p.m.
St. Elizabeth Florence Lower Level Conference Room

Healthy Choices for Every Body

Eating right doesn't have to be expensive or difficult. Join the Northern Kentucky Cooperative Extension Services Nutrition Education staff for this free, fun, hands-on series. Learn simple solutions to help you eat better for less while preparing and sampling healthy recipes that focuses on preparing meals for one or two. Please plan on attending all 4 sessions at one location.

To reserve your space today call (859) 301-5999.

 Mondays (February 27, March 6, 13, & 20)

 11 a.m. – 1 p.m.
Campbell County Extension Office
3500 Alexandria Pike, Highlands Heights, KY

 Tuesdays (February 28, March 7, 14, 21)

 11 a.m. – 1 p.m.
Kenton County Extension, Durr Annex
3099 Dixie Hwy, Edgewood, KY

 Wednesdays (March 1, 8, 15, 22)

 11 a.m. – 1 p.m.
Boone County Extension, Enrichment Center
6028 Camp Ernst Rd, Burlington, KY



Early Detection and Treatment of Lung Cancer

Join Dr. Calhoun of St. Elizabeth Physician Cardiac and Thoracic Surgery as he explains the early signs of lung cancer and what the best treatment options are currently available for lung cancer. Breakfast will be served.

To reserve your space today call (859) 301-5999.

 Tuesday, March 7

 Check in 7:30 a.m.
Presentation begins 8 a.m.

 St. Elizabeth Training and Education Center (SETEC)
3861 Olympic Blvd, Erlanger, KY 41018

What is an Advance Directive (Living Will)?

Every time you go into the hospital to have surgery or a procedure a staff person will ask you "do you have an Advance Directive?" Why is that important? Please join Attorney Michael Ruberg when he talks about what an Advance Directive (Living Will) is and how to complete the form. Maureen Hebert, RN will share her experiences as both a nurse and a daughter and how Advance Directives make such a difference, not only to us as individuals but to our families.

To reserve your space today call (859) 301-5999.

 Monday, March 13

 3 – 4:30 p.m.
St. Elizabeth Edgewood - Conference Room L

Living with Heart Failure Education Series

If you or a loved one has been diagnosed with heart failure, please join us for four FREE educational sessions to learn more about the following topics: Understanding Heart Failure, Fluid Management and Nutrition, Understanding Your Medications, and Exercise, Activity and Coping with Your Heart Failure.

To reserve your space today call (859)301-WELL (9355).

 Thursdays, February 2, 9 and 16

 1 - 2 p.m.
St. Elizabeth Edgewood - Conference Room L

Medicare Advantage Plans (Is One Right For You?)

HMO, PPO, and PFFS – how do you know if a Medicare Advantage Plan is a good choice for you? Join PrimeWise staff as they explain the ins and outs of Medicare Advantage plans. It is suggested that you attend a PrimeWise Medicare Workshop prior to this program.

To reserve your space today call (859) 301-5999.

 Thursday, March 9

 10 - 11:30 a.m.
St. Elizabeth Edgewood - Conference Room L

OR

 Monday, May 1

 6 – 9 p.m.
St. Elizabeth Florence Lower Level Conference Room

2017 Power Lunches for Women

St. Elizabeth Power Lunches provide the rare opportunity to take time for yourself, your health, and your friendships. You and up to 7 friends can take advantage of elusive time to catch up while enjoying a complimentary delicious healthy meal and chair massage. You will receive your annual mammogram that will be billed through your insurance company. We will also provide your group with the latest developments on women's health and wellness.

To reserve your spot for you and your friends today call (859) 655-8777.

 Thursdays

 11:30 a.m. - 1 p.m.
St. Elizabeth Covington

Aortic Valve Replacement Surgery Restores Joe's Heart Function

Joe Koester lived with a heart murmur for 40 years because he was born with a heart defect. Joe's condition, called bicuspid aortic valve disease (BAVD), caused his heart's aortic valve to function adequately, but not perfectly.



Dr. Kevin Miller

After performing a yearly sonogram to monitor Joe's heart, Cardiologist Dr. Kevin Miller with St. Elizabeth Heart & Vascular Institute told Joe that his aortic valve finally needed to be replaced. Joe said that

was all he needed to hear and went to meet with Dr. Victor Schmelzer, a Cardiovascular Surgeon with St. Elizabeth Heart & Vascular Institute.

When he met with Dr. Schmelzer, Joe asked what would happen if he didn't have the surgery. Dr. Schmelzer told Joe he would likely have only two years to live. Joe answered, "I'm not going to accept that, so let's get on with the program!" After discussing the



Dr. Victor Schmelzer

procedure with Dr. Schmelzer and reviewing options for the aortic replacement valve, Joe opted for a ceramic valve because it lasts forever — unlike animal valves that may have to be replaced every 10 to 15 years.

Dr. Schmelzer performed open-heart surgery to replace Joe's damaged aortic valve. "My surgery went flawlessly," said Joe. "I spent five nights in the hospital and received wonderful around-the-clock care."

A month after surgery, Joe started cardiac rehabilitation. As part of his individually prescribed therapy program, Joe went to St. Elizabeth's Cardiac Rehab Center three days a week for three months. During his sessions, his exercise was monitored by cardiac rehab nurses and his daily readings were monitored by Dr. Miller.

"Cardiac rehab was a great experience. The staff was very helpful and caring; I never felt like a number," Joe said. "The nurses gave me tips, took my blood pressure and pushed me in a good way. They also taught me how to incorporate exercise into

my day-to-day life."

Now fully recovered, Joe is back to running his jewelry store in Ft. Mitchell, spending time with family and being an active member of the St. Elizabeth Foundation, which he's done for more than 25 years.

"I'm sharing my story because Kentucky has a lot of cardiac deaths.

People shouldn't be frightened, however, because St. Elizabeth regularly performs a large number of difficult heart procedures and has nationally recognized outcomes."

Joe continued, "People used to think they needed to go across the river to get the best heart care. That isn't the case anymore; St. Elizabeth has changed that.

"My life was saved by this Institute. I love St. Elizabeth."



Joe Koester

Easing the Pain in Your Neck | New Cervical Disc Replacement Offers Relief

Suffer from severe neck pain? There's a revolutionary, new treatment option in town for people with worn-out, deteriorating discs, and you'll find it at the St. Elizabeth Spine Center in Florence, Kentucky.

John B. Jacquemin, MD, an orthopedic spine surgeon with Commonwealth Orthopaedic Centers, who is presenting a PrimeWise program on March 8th (see the program section) is now performing cervical disc replacement with a new, artificial disc called the Mobi-C, developed by LDR, a global medical device company.

"This implant is unique," says Dr. Jacquemin. "It has the ability to allow movement in turning and twisting and bending in the neck, much like a knee replacement does in the knee."

Cervical disc replacement can make a world of difference for patients who have damaged discs in their neck due to wear-and-tear, arthritis or an accident.

"These patients typically have neck pain, arm pain and numbness," says Dr. Jacquemin. "Relieving that pain is the difference between enjoying life versus just kind of existing and getting through life."

Why You Have Pain When Your Disc Degenerates

The discs in your neck have an important job. They provide critical padding between the vertebrae, the bones that make up your cervical spine and support your skull. Think of the discs as cushions that keep the vertebrae from rubbing together. When a disc degenerates, it loses water and flexibility and provides less cushion and padding for the vertebrae, resulting in potential problems, such as:

- A bulging (herniated) disc
- A pinched spinal cord and nerves
- Loss of feeling or movement along the spinal cord
- Irritated or pinched nerve roots that cause pain, weakness or tingling down the arm and possibly into the hands

New Disc Implants — Made with Movement in Mind

During disc replacement surgery, Dr. Jacquemin removes the unhealthy disc and inserts the Mobi-C implant between the affected vertebrae.

The Mobi-C implant mimics the natural movement in your neck. It consists of a special plastic insert positioned between two metallic plates, about the size of a nickel.

The insert has a dome-shaped top which allows the upper metal plate to slide, while the plastic insert slides and twists on the bottom plate. The result—the replacement disc moves, as you move your neck.

Cervical disc replacement — A new alternative to fusion

In the past, if a deteriorating disc caused you severe neck pain, doctors recommended discectomy and fusion surgery (anterior cervical discectomy and fusion). "It's been a commonly used, successful procedure for 50 years," says Dr. Jacquemin. Doctors remove the unhealthy disc and insert a spacer in between the two affected vertebrae to relieve pressure on the nerves and spinal cord. They lock together the vertebrae with a metal plate and screws. Fusion stabilizes the neck and protects the nerves from getting pinched again. "The drawback is because it is a fusion, that portion of the spine doesn't move," points out Dr. Jacquemin. "It tends to put more wear-and-tear on the surrounding area of the neck to try to make up for the fact that this other part is not moving."

How patients benefit from artificial disc replacement

Patients who get the new cervical disc replacement may have more ability to move naturally than patients who get fusion. "We can take away the herniated disc, or take away the pinching of the nerves or of the spinal cord, and then put something back in that allows that level (of vertebrae) to continue to move," explains Dr. Jacquemin. "And since there's no fusion, you won't have the wear-and-tear on the surrounding areas." Dr. Jacquemin has reviewed the data extensively.

"The benefit is ten years from now, you seem to have a lower risk of having another problem in your neck."

Is cervical disc replacement right for you?

Surgery is always a last resort, according to Dr. Jacquemin. He first uses x-rays and MRIs to identify the problem. Then, he prescribes conservative treatments—medication, physical therapy, and injections—to relieve the pain and movement issues. "If they don't work, and the patient is still having problems, then we talk about surgery," says Dr. Jacquemin.

Good candidates for cervical disc replacement are people who:

- Are age 35 to 65
- Suffer from pain that significantly affects their work and lifestyle
- Have only one or two bad discs in their neck

What to expect during cervical disc replacement

Cervical disc replacement surgery takes about two and a half hours. The incision is a horizontal line, less than two inches long, on the front of your neck.

"We hide the incision in your skin folds, so we don't see it later on," explains

Dr. Jacquemin. After surgery, patients stay overnight and go home the next day. Initially, only light activity is allowed. Patients may take oral pain medication. Typically, they return to work between two and four weeks after surgery.

Our goal for patients who have surgery, says Dr. Jacquemin, is to eliminate severe pain or reduce it as much as possible. "If you don't have to wake up in the morning and worry about how you're going to get through the day because your neck hurts or your arm hurts," says Dr. Jacquemin, "that frees your mind to enjoy life."

To learn more about the procedure, or to make an appointment, call Commonwealth Orthopaedic Centers at (859) 301-BONE (2663).

DISCOUNT DIRECTORY UPDATE

Five Seasons Family Sports Club

345 Thomas More Parkway
Crestview Hills, KY 41017
(859) 341-3687
www.fiveseasonsportsclub.com/crestviewhills

* For annual membership contract.
Ask for the "St. E's PrimeWise Deal"

ZERO Enrollment Fee*

Move Your Body Fitness

22 Commonwealth Avenue
Erlanger, KY 41018
(859) 322-4425
www.moveyourbodynky.com

- 50% off walk in services
- 50% off monthly unlimited

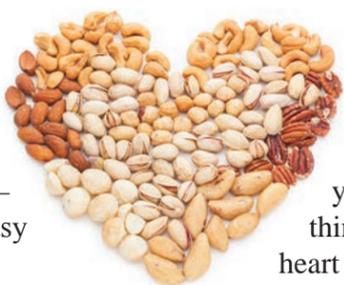
The PrimeWise Discount Directory has been updated for 2017. For the current complete list go to www.stelizabeth.com/primewise and click on "Discount Directory" to view and /or print. If you do not have access to the internet call (859) 301-5999 and we will mail you a printed version. If you own a business in Northern Kentucky and would like to become a provider for the Discount Directory contact PrimeWise at (859) 301-5999 or primewise@stelizabeth.com.

MAYO CLINIC WELLNESS CORNER

Eating nuts helps your heart. Discover how walnuts, almonds and other nuts can help lower your cholesterol when eaten as part of a balanced diet.

By Mayo Clinic Staff

Eating nuts as part of a healthy diet may be good for your heart. Nuts contain unsaturated fatty acids and other nutrients. And they're a great snack food — inexpensive, easy to store and easy to pack when you're on the go.



but many nuts are also rich in omega-3 fatty acids. Omega-3s are a healthy form of fatty acids that seem to help your heart by, among other things, preventing dangerous heart rhythms that can lead to heart attacks.

One drawback to nuts is that they're high in calories, so it's important to limit portions. But choosing nuts instead of a less healthy snack may just help you stick to a heart-healthy diet.

Although a great deal of research suggests that nuts can benefit heart health and reduce the risks of dying early from heart disease and other causes, the evidence is still inconclusive. But, unless you're allergic to nuts, there's no real danger in eating nuts, so you can certainly include nuts as part of your heart-healthy diet.

One way nuts may help your heart health is by lowering the low-density lipoprotein (LDL, or "bad") cholesterol levels. LDL plays a major role in the development of plaque that builds up on the blood vessels. Eating more nuts has also been linked to lower levels of inflammation linked to heart disease.

Eating nuts may reduce your risk of developing blood clots that can cause a fatal heart attack. Nuts also appear to improve the health of the lining of your arteries.

Besides being packed with protein, most nuts contain at least some of these heart-healthy substances:

- **Unsaturated fats.** It's not entirely clear why, but it's thought that the "good" fats in nuts — both monounsaturated and polyunsaturated fats — lower bad cholesterol levels.
- **Omega-3 fatty acids.** Omega-3 fatty acids are found in many kinds of fish,

- **Fiber.** All nuts contain fiber, which helps lower your cholesterol. Fiber makes you feel full, so you eat less. Fiber is also thought to play a role in preventing Type 2 Diabetes.

- **Vitamin E.** Vitamin E may help stop the development of plaques in your arteries, which can narrow them. Plaque development in your arteries can lead to chest pain, coronary artery disease or a heart attack.

- **Plant sterols.** Some nuts contain plant sterols, a substance that can help lower your cholesterol. Plant sterols are often added to products like margarine and orange juice for additional health benefits, but sterols occur naturally in nuts.

- **L-arginine.** Nuts are also a source of l-arginine, which is a substance that may help improve the health of your artery walls by making them more flexible and less prone to blood clots that can block blood flow.

As much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it's still a lot of calories. That's why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products.

Instead of eating foods with unhealthy saturated fats, try substituting a handful of nuts or a tablespoon or two of a nut spread. The American Heart Association recommends eating about four servings of unsalted nuts a week. Select raw or dry-roasted nuts rather than those cooked in oil.

A serving is a small handful (1.5 ounces) of whole nuts or 2 tablespoons of nut butter. But again, do this as part of a heart-healthy diet. Just eating nuts and not cutting back on saturated fats found in many dairy and meat products won't do your heart any good.

The type of nuts you choose to eat probably doesn't matter much. Most nuts appear to be generally healthy, though some may have more heart-healthy nutrients than others. For example, walnuts contain high amounts of omega-3 fatty acids.

Almonds, macadamia nuts, hazelnuts and pecans are other nuts that appear to be quite heart healthy. And peanuts — which are technically not a nut, but a legume, like beans — seem to be relatively healthy.

Keep in mind; you could end up canceling out the heart-healthy benefits of nuts if they're covered with chocolate, sugar or salt.

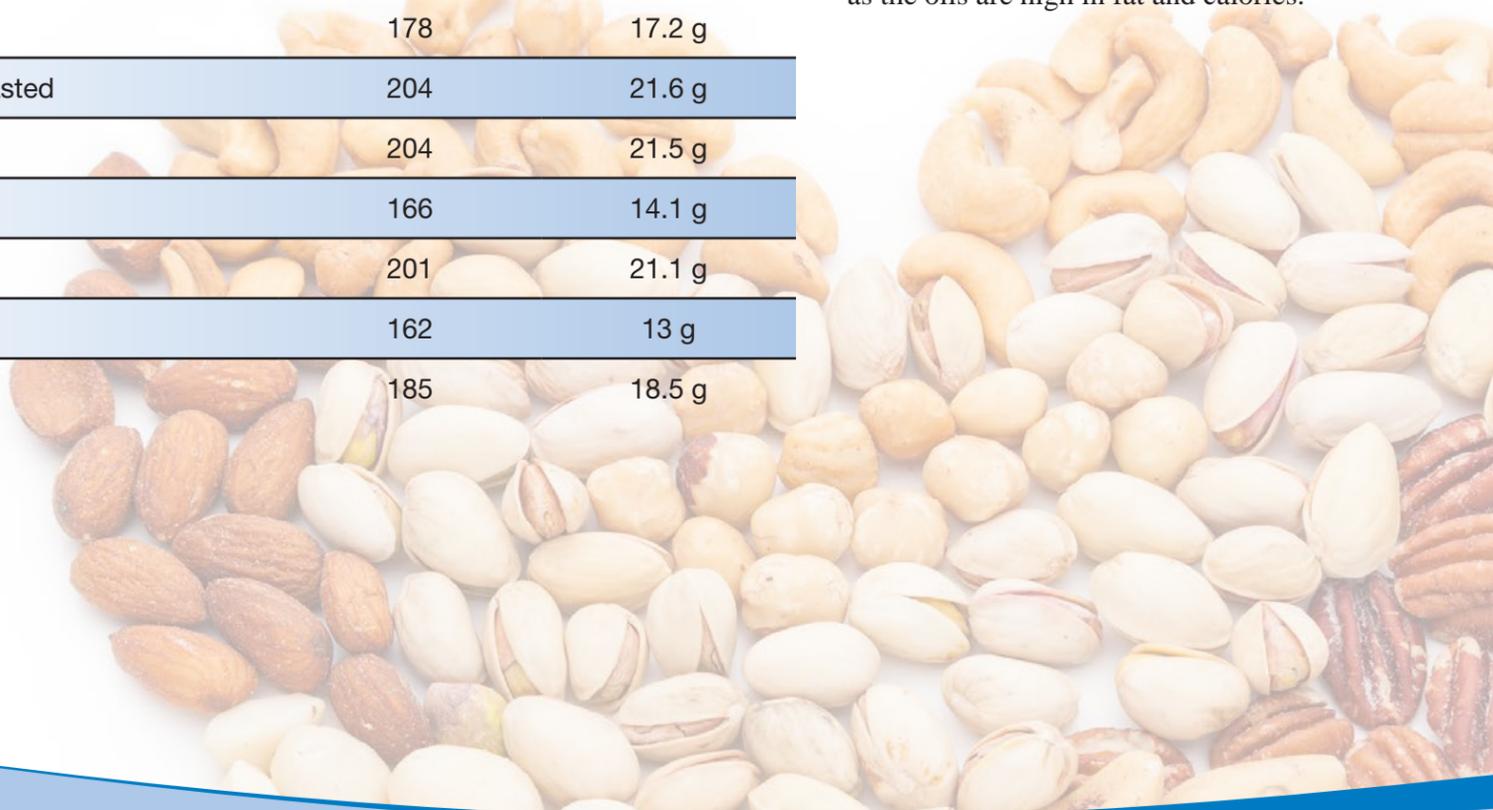
Here's some nutrition information on common types of nuts. All calorie and fat content measurements are for 1 ounce, or 28.4 grams (g), of unsalted nuts.

TYPE OF NUT	CALORIES	TOTAL FAT
Almonds, dry-roasted	170	14.9 g
Almonds, raw	164	14.2 g
Brazil nuts, raw	187	19 g
Cashews, dry-roasted	163	13.1 g
Chestnuts, roasted	69	0.6 g
Hazelnuts (filberts), dry-roasted	183	17.7 g
Hazelnuts (filberts), raw	178	17.2 g
Macadamia nuts, dry-roasted	204	21.6 g
Macadamia nuts, raw	204	21.5 g
Peanuts, dry-roasted	166	14.1 g
Pecans, dry-roasted	201	21.1 g
Pistachios, dry-roasted	162	13 g
Walnuts, halved	185	18.5 g

Nut oils are also a good source of healthy nutrients, but they lack the fiber found in whole nuts. Walnut oil is the highest in omega-3s.

Consider using nut oils in homemade salad dressing or in cooking. When cooking with nut oils, remember that they respond differently to heat than do vegetable oils.

Nut oil, if overheated, can become bitter. Just like with nuts, use nut oil in moderation, as the oils are high in fat and calories.



MKL TOURS SPRING 2016 TRAVEL UPDATE

Dear PrimeWise Travel Friends,

Now the holidays are past and the weather is windy and raw it is the perfect time to grab a mug of something warm and read through the unique and diverse selection of trips upcoming. Cruises, day jaunts, international and domestic, history, arts and even a taste of the grape combine to make the New Year jam packed with opportunity. For an amazing 20 years we've partnered with PrimeWise in sharing travel adventures and we invite you now to come for a bit of ramble with us. Please call MKL Tours for all tour details and listings at (513) 232-5487 shared in our January and June mailings. See you on the road!

SAMPLE 2017-2018 TOURS

Spring Meet at Keeneland	April
Streamcliff Herb Farm	May 18
Derby Dinner Theatre: Glenn Miller Orchestra & Dinner at the Seelbach	June 5
St. Louis / Hannibal's Mark Twain / New Harmony	June

Holland America Cruise: Iceland / Norway / Scotland	July 16-30
San Francisco / Napa Valley / Muir Woods / Sausalito / Yosemite National Park	August
Autumn Breezes on Cape Cod with Plymouth & Cottages of Newport	September
New York City: Theatre & More	September
Mackinaw Island: The Grand Hotel	October 12-15
Golden Lamb & Hocking Hills	October
Jack O'Lantern Spectacular & The Haunted Seelbach	October
Christmas in Colonial Williamsburg	November
Ozark Mountain Christmas: Branson, MO	November
Indianapolis Symphony: Home for the Holidays	December 3
Lights Under Louisville	December
Treasure Island, Florida	January 2018

NEW DOCS IN TOWN

PrimeWise would like to welcome Dr. Jai Bikhchandani and Dr. Noah Allen to St. Elizabeth Physicians.



Dr. Jai Bikhchandani is a St. Elizabeth Physician who specialties are general, colon & rectal surgery and is located at 20 Medical Village Dr. # 132 Edgewood, Kentucky 41017 and 85 North Grand Ave. 2nd Floor Fort Thomas, Kentucky 41075. To make an appointment call (859)578-5880 or (859)781-2628.

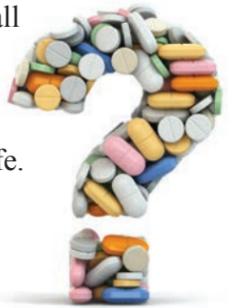


Dr. Allen is a St. Elizabeth Physician Urologist and is located at 1400 North Grand Ave. Newport, Kentucky. To make an appointment with a St. Elizabeth Physician Urologist, call (859) 757-2141.

SCREENINGS

Free Medication Review

Have questions about the medicine, vitamins and herbs that you take? Wonder if they might interact? Make an appointment to meet individually with a St. Elizabeth pharmacist or an intern pharmacist supervised by a St. Elizabeth pharmacist. Bring all your medication with you, including prescriptions, over-the-counter medications and any vitamins and herbals you take. Learn how to manage your medication correctly. It might just improve your life.



Wednesday, April 5 | Appointments: 9:00 – 11 a.m.
St. Elizabeth Ft. Thomas / Café Conference Room
To make an appointment today call (859) 301-5999.

2017 Stroke and Cardiovascular Screenings

St. Elizabeth Cardiovascular Mobile Health Unit has partnered with the BB&T and Remke Markets to bring health and wellness screenings to various locations in the community. For the complete list of screening sites go to www.stelizabeth.com/primewise and read the expanded version of the Update online. For more information on the cost of screenings or to schedule an appointment call (859) 301-WELL (9355).

MEDICARE CORNER

Medicare Premium and Deductible Changes for 2017

Original Medicare Part A - 2017

- \$1,316 Part A deductible for the first 60 days of hospitalization in each benefit period
- \$329 daily copayment for inpatient hospitalization days 61-90
- \$658 daily copayment for 60 lifetime reserve days
- \$164.50 daily copayment for days 21-100 in a skilled nursing facility

Original Medicare Part B - 2017

- Part B deductible is \$183.00
- Part B premium for those new to Medicare is \$134

Questions? Contact PrimeWise at primewise@stelizabeth.com or (859) 301-5999

Free Skin Cancer Screening Clinic

Melanoma KNOW More (MKM)

Saturday, August 12 | St. Elizabeth Covington

To reserve your space today call (859) 301-7276



PrimeWise Caregiver Support Group

This group meets monthly to share and support each other with tips and strategies that have made caregiving a little easier. Quarterly we also hear from professionals about topics such as financial planning, Medicare, housing alternatives, etc. as well. The group meets from 7-8:30pm on the third Thursday. Please call (859) 301-5999 or email primewise@stelizabeth.com for the location and speaker information.

PrimeWise
update

February
March
April

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PrimeWise Office:

(859) 301-5999

primewise@stelizabeth.com

St. Elizabeth Edgewood

Monday - Friday, 8:30 a.m. to 4 p.m.

St. Elizabeth Florence

Every Monday, 9 a.m. to 3:30 p.m.

St. Elizabeth Ft. Thomas

Every Wednesday, 9 a.m. to 3:30 p.m.

Go to

www.stelizabeth.com/primewise to read the expanded version of the Update online.

