

## What's Happening at St. Elizabeth Healthcare? Kentuckians for Truth in Healthcare

St. Elizabeth Healthcare has launched "Kentuckians for Truth in Healthcare" ([www.kyhealthtruth.com](http://www.kyhealthtruth.com)) a website designed to help inform the community about Kentucky's CON process, to educate people on key healthcare industry facts, and to clarify any misinformation that is being shared about St. Elizabeth.



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 Games Spring 2017 pre-registration deadline is May 1. The Games are May 8 to June 7. For more information call (859) 334-2117.

## EVERY YEAR...

Even if you're feeling fine, it's important to see your doctor every year. Preventative care is the best way to stay healthy and active and should include a routine annual physical exam paired with regular cancer screenings.

- 60% of colorectal cancer deaths could be prevented by screening, and early treatment is most effective. Ask about new screening options.
- Ladies, you don't have to wait until October for your breast cancer screening. Call (859) 655-7400 to schedule a mammogram.

Call your physician today or to find a physician call 1-800-737-7900 to get an appointment.

## NEW DOC IN TOWN

PrimeWise would like to welcome Dr. Rebecca E. Popham, D.O.

She joined Commonwealth Orthopaedic Centers in March. Dr. Popham is fellowship trained and specializes in nonsurgical sports medicine.

For an appointment or more information, call (859) 301-Bone (2663) or visit [OrthoNKY.com/Popham](http://OrthoNKY.com/Popham).



## Supporting Communities, Empowering Older Adults

The U.N. has designated June 15 as World Elder Abuse Awareness Day. It is the main day in the year when the world voices its opposition to the abuse and suffering inflicted on older people and all are encouraged to wear purple to bring attention to this issue.

Thanks to local awareness raising groups like EMA (Elder Maltreatment Alliance of Northern Kentucky) more people are becoming alerted to the fact that older adults are a growing subset of abuse victims. Each year, an estimated 5 million older persons are abused, neglected, and exploited. In addition, elders throughout the U.S. lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation (including scams targeted at older adults), funds that could have been used to pay for basic needs such as housing, food, and medical care. Unfortunately, no one is immune. These frightened elders, who are

from all walks of life, all races, and all ethnic groups, live in your neighborhood too.

What is often less well understood is that for older adults who endure this kind of daily violence, trying to escape can also be an uphill battle. Due to fixed incomes and limited resources, older adults can find themselves simply without the financial means to leave the violent situation. There is something you can do, something you must do. If you suspect that someone is a victim of elder abuse, please report your suspicions. This can be done anonymously. To report elder abuse use the Kentucky Attorney General's elder abuse hotline (877-ABUSE-TIP) operates 24-hours a day, seven days a week.



**WORLD ELDER ABUSE AWARENESS DAY**

Building Strong Support for Elders

Observe World Elder Abuse Awareness by attending the free program, "Scam Alert" on June 8th (more details in the program section).

## Minutes Matter

From [SmartHealthToday.com](http://SmartHealthToday.com)



On a treadmill, five minutes can feel like a lifetime, but when it comes to heart attacks, delaying care even that long can be deadly or debilitating; so, call 911.

The story is repeated over and over: The patient waits to see if the symptoms go away. Then, unsure of what is happening, he drives himself or is driven to the hospital. As minutes tick by, the heart muscle may be deprived of oxygen, which causes damage to the muscle.

"Making that 911 call – and making it sooner – can be a life-saving decision," according to Dr. D. P. Suresh, Cardiologist with St. Elizabeth Heart & Vascular Institute. "The sooner you get medical hands on you, the better the chance of survival," says Dr. Suresh.



Dr. D. P. Suresh

If you call 911, diagnosis and treatment starts when the emergency medical squad arrives, when you are still at home. Communication between the ambulance squad and the hospital also means that not only is treatment started but the hospital staff and physicians are alerted. An EKG showing the heart attack in progress can go directly to the Emergency Department,

the cardiologist, and the cath lab staff, who are all alerted simultaneously to the fact that a patient having a heart attack is on the way. The time difference can be more than an hour.

"Every minute counts," said Dr. Suresh.

Heart attack symptoms include:

- Pain in the chest
- Pain radiating up to the jaw or down the left arm
- Pressure, squeezing, fullness
- Pain may go away and come back
- Shortness of breath

Women and older adults often have lesser-known symptoms and report fatigue, nausea, and weakness with little or no chest pain. Symptoms can also include cold sweat or lightheadedness.

Dr. Suresh reports that a St. Elizabeth timeline evaluation shows more than 50 percent of heart attack patients do not call 911 and arrive by car rather than by life squad, and they are waiting an average of nine hours before they seek care (either calling 911 or driving themselves to the emergency room.)

If you experience heart attack symptoms, don't drive, don't delay. Call 911 right away.

## Alzheimer's Association 24/7 Helpline

When you have questions about Alzheimer's disease, caregiving or brain health, the Alzheimer's Association 24/7 Helpline has the answers. Staffed around-the-clock by professionals who understand the disease and its impact, our 24/7 Helpline connects callers to information and support whenever you need it. Our toll-free number is 1-800-272-3900.

# PROGRAMS AND EVENTS

## Low Impact Flexibility Exercise Classes

What are you waiting for? Register to attend one of these Flexibility Exercise Sessions and increase your balance and range of motion as well as help yourself feel better! Remember to wear your gym shoes. Low Impact Exercise - 6 class session.

 Tuesdays & Thursdays  
(Sessions begin: June 6, July 18, August 8, August 29)

 5:30 PM

 St. Elizabeth Edgewood Conference Rooms F & G

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

Note: Reservations will be accepted for each session two weeks before the first class begins. Members cannot sign up for all classes at once so that we can give all members an equal opportunity to sign up.

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

## Medicare – What you need to know BEFORE you turn 65!

We understand that Medicare can be confusing – but don't worry! We can help you understand the ins and outs of Medicare. The workshop is developed to help you learn how Medicare works and to clearly explain your options. Presentation will cover questions such as when to enroll, what happens if you are still working, what Medicare A-B-C-D consists of, how to select the right drug plan and we will also review the difference between Medicare (Medigap) Supplement Policies and Medicare Advantage Plans.

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

### Two Day Medicare Workshop

 Wednesday, May 31 (Day 1)  
Thursday, June 1 (Day 2)

 Day 1: 6 – 8 p.m.  
Day 2: 6 – 8 p.m.

 St. Elizabeth Florence Lower Level Conference Room

**OR**

### One Day Medicare Workshop

 Tuesday, July 25

 6 – 9 p.m.

 St. Elizabeth Ft. Thomas Conference Rooms A & B

**OR**

### One Day Medicare Workshop

 Wednesday, September 13

 1 – 4 p.m.

 St. Elizabeth Edgewood Conference Rooms L & M

## What are Medicare Advantage Plans?

Considering a Medicare Advantage plan (HMO, PPO, or PFFS)? How do they work? How do you compare the options? How do you know if it 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.**

 Tuesday, June 27

 6 - 7:30 p.m.

 St. Elizabeth Florence Lower Level Conference Room

**OR**

 Tuesday, August 15

 6 – 7:30 p.m.

 St. Elizabeth Ft. Thomas Conference Room A

## Scam Alert Event

Join PrimeWise, the Elder Maltreatment Alliance (EMA) and Kentucky's Office of Attorney General (OAG) in observing World Elder Abuse Awareness. Staff from OAG and local police will educate us on current scams happening in KY that target older adults. Scams have reached an all-time high in KY and the OAG is constantly working to stay ahead of con artists. Learn about KY's direct text/email scam warning system, actions that the OAG has taken against fake charities and most importantly, how to protect you and your family against scams. You can fight back! Don't be surprised if you see the Attorney General at the event. Please wear your purple in support of World Elder Abuse awareness. Light refreshments will be served. Space is limited.

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

 Thursday, June 8

 Doors open at 9 a.m.  
Presentation at 10 a.m.

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

## Parkinson's Disease - You Are Not Alone

Join Neurologist Dr. Ty Brown, of St. Elizabeth Physicians (Neurology) as he speaks about understanding Parkinson's Disease. Nearly one million people in the US live with this chronic and progressive movement disorder. Learn about the symptoms, how it is diagnosed and what treatment options are available.

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

 Wednesday, June 21

 6 – 7:30 p.m.

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

## Severe Arthritic Shoulder Pain and Stiffness? There is help!

Join Dr. R. Michael Greiwe, Orthopaedic Surgeon with Commonwealth Orthopaedic Centers as he talks about a new and revolutionary shoulder replacement surgery that he developed. This exciting new approach preserves the patient's rotator cuff, which results in less pain and shorter recovery time for the patient. After the program there will be time to talk to the doctor.

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

 Wednesday, July 12

 6 – 7:30 p.m.

 St. Elizabeth Florence Lower Level Conference Room

## Why You Need this Very Important Document

While 75% of Americans say they are in favor of advance directives, only about 30% actually have one. Sudden accidents or illnesses occur all too frequently and often take us off guard. This is why it is important to talk now, while you can, about your wishes for life sustaining treatment. Join Attorney Michael Ruberg as he discusses what an Advance Directive (Living Will) is and how to complete one while Maureen Hebert, RN shares her experiences as both a nurse and a daughter and how Advance Directives make such a difference.

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

 Monday, June 19

 6 – 7:30 p.m.

 St. Elizabeth Florence Lower Level Conference Room

## Living Without Limits Series

Join us for one or both of these important programs. Light refreshments will be served.

**To reserve your space today call (859) 301-5999 or register online at [stelizabeth.com/livingwithoutlimits](http://stelizabeth.com/livingwithoutlimits)**

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

## Bone Health and Osteoporosis

Our bones play a crucial role in our body and it is important to protect bone health. Osteoporosis, a condition 54 million in the US have, can lead to fragile bones, possibly resulting in fractures. Learn strategies for prevention and treatment. FREE heel scan screenings available.

 Thursday, May 11

 Doors open at 6 p.m.  
Presentation 6:30 – 8 p.m.

## Foot and Ankle

Foot and ankle health is important to maintaining a mobile, healthy lifestyle. There are many conditions that affect our feet and ankles. Find out about treatment options including both non-surgical and surgical alternatives.

 Tuesday, August 29

 Doors open at 6 p.m.  
Presentation 6:30 – 8 p.m.

## Brown Bag - Live With Purpose!

Join Tony Aloise from the Life Solutions Network as he encourages you to "know yourself deeply" so that Purpose can be uncovered. Topics such as personal vision, values, beliefs and strengths are explored. Tony will challenge you to have a life plan and to live to your potential. Lunch will be available for \$5.00 or bring your own.

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

 Thursday, August 10

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

 St. Elizabeth Ft. Thomas Conference Rooms A & B

## What Families Need to know... When the Diagnosis is Alzheimer's Disease or Related Dementia

Join the staff of Alzheimer's Association at this Workshop for Family Caregivers. Caring for someone with cognitive impairment is a 24-hour a day, 7-day a week challenge. This series of educational sessions provides an opportunity for families to learn and share together in an informal setting. Topics are presented by experts in their fields, including physicians, nurses, social workers and attorneys. Light snacks will be served.

**To reserve your space today call 1-800-272-3900.**

 Saturdays, August 19 & 26

 9 a.m. – 1 p.m.

 St. Elizabeth Edgewood Conference Rooms L & M

## Living with Heart Failure Education Series

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

**REGISTRATION IS REQUIRED.**

**For location and to reserve your space today call (859) 301-WELL (9355).**

 Thursdays, May 4, 11, and 18

 1 – 2 p.m.

**OR**

 Thursdays, August 3, 10, and 17

 1 – 2 p.m.

# MEDICARE CORNER

## WHAT IS A MEDICARE OUTPATIENT OBSERVATION NOTICE (MOON)?

The **MOON** is a standardized notice to inform hospitalized Medicare patients when they are outpatients receiving observation services and are not inpatients of a hospital. The MOON must be delivered to beneficiaries in Original Medicare or Medicare Advantage plan (Medicare HMO, PPO, PFFS) enrollees who receive observation services as outpatients for more than 24 hours. The hospital must provide the MOON no later than 36 hours after observation services as an outpatient begin.

Your hospital status—whether you're an inpatient or an outpatient—affects how much you pay for hospital services (like X-rays, drugs, and lab tests). Your hospital status may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

St. Elizabeth Hospital (SEH) wants you to be aware that SEH allows you to bring your medications from home while you are hospitalized as an Outpatient/Observation patient. However, they must be current prescriptions and must be in the original container. This is to assist you with out of pocket costs as an Outpatient/Observation patient because Medicare Part B will not cover your drugs in outpatient / observation. Please let your nurse know if you are interested in taking advantage of this cost savings.

Inpatient or outpatient hospital status affects your costs

Your hospital status—whether you're an inpatient or an outpatient—affects how much you pay for hospital services (like X-rays, drugs, and lab tests). Your hospital status may also

affect whether Medicare will cover care you get in a skilled nursing facility (SNF) following your hospital stay.

- You're an inpatient starting when you're formally admitted to the hospital with a doctor's order. The day before you're discharged is your last inpatient day.
- You're an outpatient if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, or any other hospital services, and the doctor hasn't written an order to admit you to a hospital as an inpatient. In these cases, you're an outpatient even if you spend the night in the hospital.

**Note - Observation services are hospital outpatient services you get while your doctor decides whether to admit you as an inpatient or discharge you. You can get observation services in the emergency department or another area of the hospital.**

The decision for inpatient hospital admission is a complex medical decision based on your doctor's judgment and your need for medically necessary hospital care. An inpatient admission is generally appropriate when you're expected to need 2 or more midnights of medically necessary hospital care. But, your doctor must order such admission and the hospital must formally admit you in order for you to become an inpatient.

Here are some common hospital situations and a description of how Medicare will pay. Remember, you pay your deductible, coinsurance, and copayment.

Situation	Inpatient or outpatient	Part A pays	Part B pays
<b>You're in the Emergency Department (ED) (also known as the Emergency Room or "ER") and then you're formally admitted to the hospital with a doctor's order.</b>	<b>Outpatient until you're formally admitted as an inpatient based on your doctor's order. Inpatient following such admission.</b>	<b>Your inpatient hospital stay</b>	<b>Your doctor services</b>
<b>You visit the ED and are sent to the intensive care unit (ICU) for close monitoring. Your doctor expects you to be sent home the next morning unless your condition worsens. Your condition resolves and you're sent home the next day.</b>	<b>Outpatient</b>	<b>Nothing</b>	<b>Your doctor services</b>
<b>You come to the ED with chest pain, and the hospital keeps you for 2 nights. One night is spent in observation and the doctor writes an order for inpatient admission on the second day.</b>	<b>Outpatient until you're formally admitted as an inpatient based on your doctor's order. Inpatient following such admission.</b>	<b>Your inpatient hospital stay</b>	<b>Doctor services and hospital outpatient services (for example, ED visit, observation services, lab tests, or EKGs)</b>
<b>You go to a hospital for outpatient surgery, but they keep you overnight for high blood pressure. Your doctor doesn't write an order to admit you as an inpatient. You go home the next day.</b>	<b>Outpatient</b>	<b>Nothing</b>	<b>Doctor services and hospital outpatient services (for example, surgery, lab tests, or intravenous medicines)</b>
<b>Your doctor writes an order for you to be admitted as an inpatient, and the hospital later tells you it's changing your hospital status to outpatient. Your doctor must agree, and the hospital must tell you in writing—while you're still a hospital patient before you're discharged—that your hospital status changed.</b>	<b>Outpatient</b>	<b>Nothing</b>	<b>Doctor services and hospital outpatient services</b>

**Note - Remember, even if you stay overnight in a regular hospital bed, you might be an outpatient. Ask the doctor or hospital.**

**Note - The copayment for a single outpatient hospital service can't be more than the inpatient hospital deductible. However, your total copayment for all outpatient services may be more than the inpatient hospital deductible.**

# SCREENINGS

## Managing Your Medications

Bring all of your current medications in a "brown bag" and learn about their common uses, side-effects, and interactions with other medications. This includes:

- Prescription medicines.
- Over-the-counter medicines.
- Herbal medicines.
- Vitamins and supplements.

A St. Elizabeth pharmacist or an intern pharmacist will go over them with you to:

- Review what you are taking.
- Make sure you are taking them right.
- See if you can take fewer medicines.
- Learn how to manage your medications correctly.

**Monday, August 7**  
**Appointments: 9:00 – 11 a.m.**  
**St. Elizabeth Edgewood**  
**Conference Room N**  
**To reserve your space today,**  
**call (859) 301-5999.**

## Free Cataract / Glaucoma Screening

This special benefit is for PrimeWise members only. Dr. Charles Breen will conduct a free cataract and glaucoma screening. If you have had your eyes examined in the past year, we would appreciate you allowing someone else to participate in the free screening. Screenings do not include prescriptions for eyeglasses.



**Saturday, June 3**  
**Appointments: 8:30 – 11 a.m.**  
**7370 Turfway Road**  
**Building #1, 3rd Floor, Suite 300**  
**To reserve your space 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](http://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).

## Free Skin Cancer Screening Clinic

**Melanoma KNOW More (MKM)**  
**Saturday, November 4**  
**10 a.m. – 12 p.m.**  
**St. Elizabeth Ft. Thomas**  
**To reserve your space today,**  
**call (859) 301-7276.**

## What is C. Diff?

**Clostridium difficile (C.difficile or C.diff)** is one of the many types of bacteria found in the environment and intestine (bowel, colon). About 1 out of 20 healthy people may carry this organism. C.difficile is the most common cause of infectious diarrhea in hospitals and long-term care homes.

When a person takes an antibiotic, some of the normal bacteria in the intestine die and C.difficile bacteria can multiply. This produces toxins that cause diarrhea, abdominal pain, fever or severe inflammation of the colon.

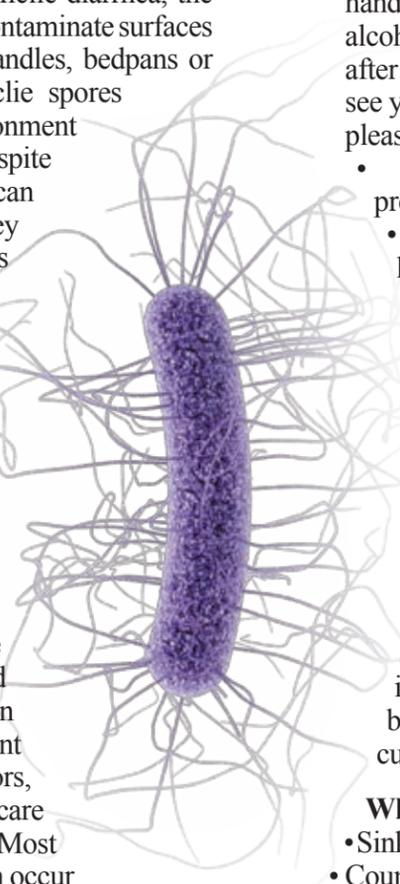
### How Is It Spread?

When a person has C.difficile diarrhea, the spores of this bacteria can contaminate surfaces such as bedding, toilets, handles, bedpans or commode chairs. C.difficile spores can remain in the environment for long periods of time despite routine cleaning. People can become infected when they touch contaminated items and then touch their mouth. Hand washing plays a critical role in preventing the spread of the illness.

### Who is most likely to get C.difficile infection?

The elderly and people with certain medical problems have the greatest chance of getting C.difficile. C.difficile infection can spread from person-to-person on contaminated equipment and on the hands of doctors, nurses, other healthcare providers and visitors. Most cases of C.difficile infection occur in people who are taking or have recently taken antibiotics. Other risk factors include: prolonged hospitalization, living in a nursing home, serious illness, weakened immune system, and bowel surgery.

Illustration from the Centers for Disease Control and Prevention



### What are the symptoms?

Symptoms of C.difficile infection can range from mild to extremely severe and may include:

- Watery diarrhea (3 or more per day for 2 or more days)
- Belly (abdominal) cramping/pain
- Fever
- Nausea
- Loss of appetite

### What can I do to help prevent C.difficile infections?

- Make sure all doctors, nurses, and other healthcare providers clean their hands with soap and water or an alcohol-based hand rub before and after caring for you. If you do not see your providers wash their hands, please ask them to do so.
- Only take antibiotics as prescribed by your doctor.
- Be sure to wash your own hands often, especially after using the bathroom and before eating.

### What should someone with C.difficile do after leaving the hospital?

Remember the importance of performing hand hygiene for yourself and for your family members. Perform a daily cleaning of your bathroom and kitchen with a mixture of bleach and water. The mixture should include 1 part household chlorine bleach to every 10 parts water. (1 cup of bleach with 10 cups of water)

### What to clean in your kitchen:

- Sink
- Countertops
- Cutting boards

### What to clean in your bathroom:

- Toilet seat
- Toilet bowl
- Toilet bowl flush handle
- Sink and faucet handles
- Countertops

## Imagine What We Can Do Together

The exceptional, life-saving support we provide to our patients is strengthened by the generous, caring support of our community. The St. Elizabeth Foundation is a not-for-profit organization that relies on your tax-deductible donation to support the programs, projects and people of St. Elizabeth – just like the ones highlighted in this newsletter.



### MAKE A GIFT NOW

Your gift of any size can provide immediate and lasting benefits to our patients and their families. Donors of more than \$100 join the Foundation's Benefactor Club.

Cash or check donations can be mailed to:  
St. Elizabeth Foundation  
1 Medical Village Drive  
Edgewood, KY 41017

Credit card gifts can be made online at [www.stelizabeth.com/foundation](http://www.stelizabeth.com/foundation) or by calling (859) 301-3920.

### JOIN THE SAMARITAN SOCIETY

A group of visionary leaders who continue the tradition of healthcare excellence originated by St. Elizabeth's founders more than 150 years ago, Samaritan Society members give a minimum \$10,000 gift to St. Elizabeth Healthcare, fulfilled as a one-time payment or through a multi-year pledge.

### SUPPORT THE HERITAGE CIRCLE

Join the Heritage Circle by giving to St. Elizabeth Healthcare through your will or trust, and leave a legacy for your family and the community that speaks to your values. A planned gift can take many forms, including: bequest in a will, establishment of a trust or endowment fund, life insurance policies, annuities, stocks, or real estate.

### DOUBLE OR TRIPLE YOUR IMPACT

Many companies offer matching gift programs and some will match gifts made by retirees and employee spouses. Ask your company if this is an option for you.

Thank you for your generosity. Together we can make a difference.

To speak to someone about your giving options, please call the St. Elizabeth Foundation at (859) 301-3920 or email [StEfoundation@stelizabeth.com](mailto:StEfoundation@stelizabeth.com).

## PrimeWise Caregiver Support Group

Do you "help out" a loved one? Come and learn tips from others in similar circumstances. This support group meets monthly to share and support each other with strategies that have made caregiving a little easier as well as to periodically hear from professionals about topics such as financial planning, Medicare, housing alternatives, etc. The group meets from 7-8:30 p.m. on the second Thursday. Please call (859) 301-5999 or email [primewise@stelizabeth.com](mailto:primewise@stelizabeth.com) for the location and speaker information.



## High Blood Pressure: Could you be the ONE in "1 in 3"?

**1 in 3** American adults has high blood pressure. With no symptoms, this silent disease is a sneaky killer, contributing to heart attacks, strokes and other serious health problems. You may be affected and not even know it. Whether or not you currently have high blood pressure, you can't afford to ignore the risks. Come to this free program featuring leading physicians from St. Elizabeth and Mayo Clinic to learn about prevention and detection of this disease BEFORE it sneaks up on you. If you know you have high blood pressure, come to learn about the latest treatments and approaches to help you live longer and live better. Light refreshments will be served. Space is limited.

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



Thursday, July 20



6:30 – 8 p.m.

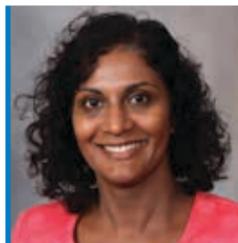


St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd, Erlanger, KY 41018



Dr. Darryl Dias,  
Cardiologist,  
St. Elizabeth Heart &  
Vascular Institute



Dr. Rekha Mankad,  
Cardiologist,  
Mayo Clinic

## Why Take the AARP Smart Driver Course?

As the nation's first and largest refresher course for drivers 50 years and older, it has given millions of drivers updated knowledge and tools they need to drive safely on today's roads, allowing them to remain independent for many years. People 55 and older may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details. The class is instruction only, no driving is involved. Class seating is limited to 25, so call early to register. These classes are co-sponsored by AARP and PrimeWise.



Date	Time	Location
June 10	9:30 -1:30 p.m.	Edgewood - Conference Rooms F & G
August 12	9:30 -1:30 p.m.	Edgewood - Conference Room M
September 9	9:30 -1:30 p.m.	Edgewood - Conference Room M

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

# Congratulations to The Patrick T. Birrer Wound Care Centers for being Recognized with National Awards!

**Ft. Thomas, KY (Feb. 24, 2017)** – The Patrick T. Birrer Wound Care Centers at St. Elizabeth Healthcare have been recognized with national awards for continued excellence in wound healing. The centers also achieved a reaccreditation from the Undersea & Hyperbaric Medical Society (UHMS).

Leaders, physicians and clinicians from the Patrick T. Birrer Wound Care Centers gathered today to celebrate the Center's receipt of the Robert A. Warriner III Center of Excellence award and the Centers of Distinction awards. The Center of Excellence award is given to Wound Care Centers® in the Healogics network that have met the highest level of quality standards for a minimum of two consecutive years.

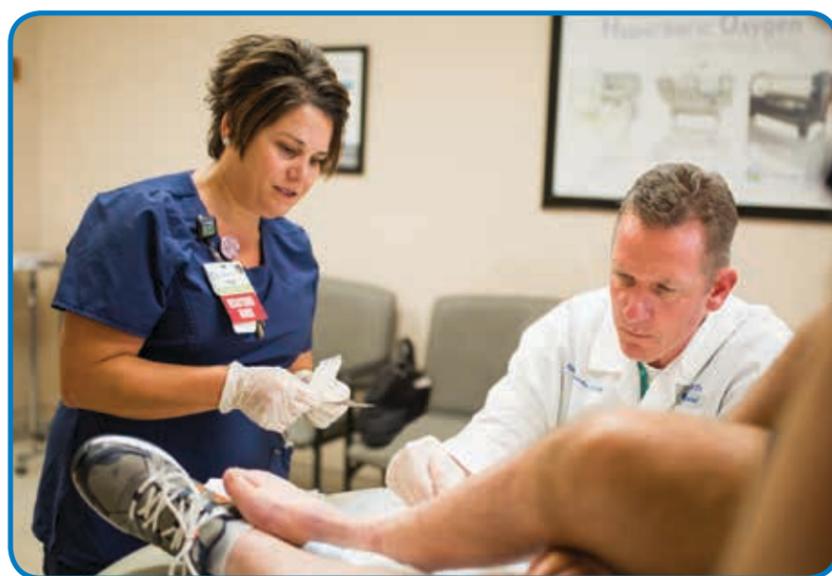
The Patrick T. Birrer Wound Care Centers have achieved patient satisfaction rates higher than 92 percent, a healing rate of at least 91 percent in less than 31 median days along with several other quality standards for two years in a row. The Centers were awarded these prestigious honors by Healogics, the nation's leading and largest wound care management company. The Center of Excellence award is named for Dr. Warriner, a pioneer in wound care and the former Chief Medical Officer for Healogics. Across the country, 334 Centers were eligible and 169 Centers were honored with this award in 2017.

The wound care center's hyperbaric oxygen program also achieved reaccreditation from the Undersea & Hyperbaric Medical Society (UHMS). UHMS Accreditation means that the facility has met the highest standards of care and patient safety through rigorous evaluation of the adequacy of your facility, equipment, staff and training to ensure that the utmost quality is maintained within the specialty of hyperbaric oxygen therapy. UHMS is committed to providing, promoting, developing and raising quality of care across the spectrum in scientific communication, life sciences and clinical practices of hyperbaric medicine by promoting high standards of patient care and operational safety.

The wound care centers at St. Elizabeth Healthcare are the only centers in the region to achieve this standard of excellence.

The Wound Care Center is a member of the Healogics network of nearly 800 Centers, with access to benchmarking data and proven experience treating approximately 2.5 million chronic wounds. The Patrick T. Birrer Wound Care Centers at St. Elizabeth Healthcare offer highly specialized wound care to patients suffering from diabetic ulcers, pressure ulcers, infections and other chronic wounds which have not healed in a reasonable amount of time. Some of the leading-edge treatments offered at the Wound Care Center include negative pressure wound therapy, debridement, application of cellular-based tissue or skin substitutes to the wound, offloading or total contact casts and hyperbaric oxygen therapy.

"Our Wound Care Centers heal chronic wounds of patients who might otherwise experience an amputation or other life-threatening conditions," says Tim Cavanaugh, Program Director. "It's a privilege to be part of a great collaborative effort between the hospital, physicians, and Healogics. Together, we are able to heal patients in our community, getting them get back to living happy, healthy lives."



## About the Wound Care Center

St. Elizabeth Healthcare operates six facilities throughout Northern Kentucky — St. Elizabeth Covington, St. Elizabeth Edgewood, St. Elizabeth Falmouth, St. Elizabeth Florence, St. Elizabeth Ft. Thomas and St. Elizabeth Grant. It also has vast resources to serve the Greater Cincinnati area, including almost 1,200 licensed beds, a physician organization which includes more than 70 primary care and specialty office locations, more than 1,200 physicians with admitting privileges, more than 8,400 associates including St. Elizabeth Physicians, more than 1,200 volunteers and three freestanding imaging centers. St. Elizabeth Healthcare is sponsored by the Diocese of Covington and provided more than \$93 million in uncompensated care and benefit to the community in 2011. For more information, visit [www.stelizabeth.com](http://www.stelizabeth.com).

### About Healogics, Inc.

Headquartered in Jacksonville, Fla., Healogics is the nation's largest provider of advanced wound care services. Healogics and its affiliated companies manage nearly 800 Wound Care Centers® in the nation and saw over 300,000 new patients in 2016 through a connected network of partner hospitals and Wound Care Centers, academic medical centers, and other post-acute sites. Healogics utilizes an evidence-based systematic approach to chronic wound healing to treat an underserved and growing patient population. A fund managed by Clayton, Dubilier & Rice, a private investment firm, is the majority shareholder of Healogics. For more information, please visit [www.healogics.com](http://www.healogics.com).

### About the Undersea & Hyperbaric Medical Society

The Undersea and Hyperbaric Medical Society (UHMS) was formed in 1967. It is an international nonprofit association serving some 2,000 physicians, scientists, associates and nurses from more than 50 countries in the fields of hyperbaric and dive medicine. The UHMS is an important source of scientific and medical information pertaining to hyperbaric medicine involving hyperbaric oxygen therapy and diving through its bimonthly, peer-reviewed journal, *Undersea and Hyperbaric Medicine*, symposia, workshops, books and other publications. It organizes an annual scientific meeting at different U.S. and international locations to permit review of the latest in research and treatment and to promote the highest standards of practice.



# MAYO CLINIC CORNER

## Moisturizers: Options for softer skin

Find out what moisturizers can and can't do for your skin and how to select a moisturizer that suits your needs.

By Mayo Clinic Staff

Moisturizers prevent and treat dry skin, but that's not all they do. Moisturizers can protect sensitive skin, improve skin tone and texture, and mask imperfections. There are plenty of moisturizers available. Here's help finding the right moisturizer for you.

Which moisturizer is best for you?

On the most basic level, moisturizers hold water in the outermost layer of skin. They also act as a temporary barrier.

Many moisturizers contain some combination of humectants, emollients and other ingredients. Most moisturizers are water-based as they are easier to apply and tend to not leave a visible residue after application.

The moisturizer that's best for you depends on many factors, including your skin type, your age and whether you have specific conditions, such as acne. For general guidelines, consider the following:

- Normal skin. Normal skin is neither too dry nor too oily. To maintain this natural moisture balance, use a water-based moisturizer that has a light, nongreasy feel. These moisturizers often contain lightweight oils or silicone-derived ingredients, such as cyclomethicone.
- Dry skin. To restore moisture to dry skin, choose a heavier, oil-based moisturizer that contains ingredients



that help keep your skin hydrated. For very dry and cracked skin, petrolatum-based products are preferable. They have more staying power than creams do and are more effective at preventing water from evaporating from your skin.

- Oily skin. Oily skin is prone to acne and breakouts. Though oily, such skin still needs moisture, especially after using skin care products that remove oils and dry out the skin. A light moisturizer can also help protect your skin after washing.

Lotions generally contain a higher percentage of water than creams, are easier to apply and are less likely to aggravate acne-prone skin. Choose a water-based product that's labeled noncomedogenic, which means it won't clog pores.

- Sensitive skin. Sensitive skin is susceptible to skin irritations, redness, itching or rashes. Look for a moisturizer that contains soothing ingredients, such as chamomile or aloe, and doesn't contain potential allergens, such as fragrances or dyes. Also, avoid products containing acids, which can irritate sensitive skin.
- Mature skin. As you age, your skin tends to become drier because your oil-producing glands become less active. To keep your skin soft and well-hydrated, choose an oil-based moisturizer that contains petrolatum as the base, along with antioxidants or alpha hydroxy acids to combat wrinkles. These ingredients help hold in moisture and prevent flaky, scaly skin.

Keep in mind that skin type can vary, depending on environment, hormonal changes that occur in pregnancy and menopause, and disease.

## 2017 Stroke and Cardiovascular Screening Sites

St. Elizabeth Cardiovascular Mobile Health Unit has partnered with BB&T and Remke Markets to bring health and wellness screenings to various locations in the community. For more information on the cost of screenings or to schedule an appointment call (859) 301- 9355 (WELL).

Wednesday, May 10th  
10 a.m. - 2 p.m.  
BB&T Independence Branch  
1804 Declaration Dr.  
Independence, KY

Wednesday, June 14th  
10 a.m. - 2 p.m.  
BB&T Crestview Hills  
111 Lookout Farm Drive  
Crestview Hills, KY 41017

Wednesday, August 9th  
BB&T Falmouth  
515 Barkley Street  
Falmouth, KY 41040

Friday, December 14th  
10 a.m. - 2 p.m.  
Remke Markets Florence  
6920 Burlington Pike  
Florence, KY 41042

Friday, May 12th  
9 a.m. - 1 p.m.  
Remke Markets Buttermilk Towne  
Center  
560 Clock Tower Way  
Crescent Springs, KY 41017

Wednesday, July 12th  
10 a.m. - 2 p.m.  
BB&T Warsaw  
400 East Main Street  
Warsaw, KY 41095

Friday, June 9th  
10 a.m. - 2 p.m.  
Remke Markets Taylor Mill  
3960 Turkeyfoot Road  
Independence, KY 41018

Friday, July 14th  
10 a.m. - 2 p.m.  
Remke Markets Hebron  
1952 North Bend Road  
Hebron, KY 41048



## Volunteer Opportunities at St. Elizabeth

Would your pet make a good therapy pet? Learn the skills needed to visit safely with your animal in hospitals, nursing homes, classrooms, and other facilities. All St. Elizabeth therapy teams must be certified through Pet Partners or

Therapy Pets of Greater Cincinnati, the local affiliate.

Call (859) 301-2140 for more information on certifying your pet as a therapy pet or joining St. Elizabeth as a pet therapy volunteer!



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

St. Elizabeth volunteers are passionate about their role in making a positive difference in the patient experience. St. Elizabeth offers a variety of volunteer opportunities to match your interests, skills and availability; opportunities include clinical and non-clinical departments. Urgent Volunteer Needs: Gift Shop, Information Desk, and Surgery Waiting.

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](mailto:Debbie.Holloran@stelizabeth.com). Mention you saw this in the PrimeWise Update.

# PrimeWise update

May  
June  
July  
August

# 2017

Volume 2

## 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](http://www.stelizabeth.com/primewise) to read the expanded version of the Update online.



1 Medical Village Drive  
Edgewood, KY 41017

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE

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CINCINNATI, OH  
PERMIT NO. 9867

## Traveling Abroad?

Whether you're going on a mission trip or dream vacation, your plans should start at the St. Elizabeth Business Health Center. Our nurse navigator will ensure your health and safety while you travel by providing appropriate vaccines, information about medication interactions and a comprehensive summary of the current health and safety risks of your destination.

For more information call (859) 301-7839.

## MKL TOURS SPRING 2017 TRAVEL UPDATE

**Dear PrimeWise Travel Friends,** While it wasn't much of a winter there is still the need to celebrate spring! We've pulled together a sampling of travel opportunities to tantalize our PrimeWise friends—everything from day trips to adventures of a lifetime. Please call MKL Tours for all tour details and listings at (513) 232-5487 shared in our upcoming June mailing. See you on the road!

### SAMPLE 2017-2018 TOURS (New Additions)

St. Louis / Hannibal's Mark Twain / New Harmony	June 20-22
San Francisco / Napa Valley / Muir Woods / Sausalito / Yosemite National Park	August 22-27
New York City: Theatre & More (Space limited)	September 22-25
Golden Lamb & Hocking Hills	October 18-19
Jack O'Lantern Spectacular & The Haunted Seelbach	October 25-26
Daniel O'Donnel / The Letterman / Shoji Tabuchi / & Jim Stafford: Holidays in Branson, MO	November 15-18
Treasure Island, Florida	January 20-31, 2018
Indianapolis Flower & Garden with Farm to Table Luncheon	March 2018
7 Day All Cruise to Cuba: Havana, Cienfuegos & Santiago De Cuba	Spring 2018

## SUPPORT GROUPS

### Support Group Meetings in Northern Kentucky

**AA Florence**  
(859) 491-7181

**Al Anon Florence**  
(859) 760-6178

**ALS Support Group**  
(888) 412-3022  
2nd Tuesday of month  
Hospice 6 p.m.

**Alzheimer's Support Group**  
(513) 721-4284

**American Care Society**  
(800) 227-2345

**Breast Cancer Support Groups**  
(859) 301-2273  
Nurse Navigator line –  
leave message

**BRIDGES –**  
Brain Injury Demands  
Guidance Education & Support)  
(513)265-5889

**Care Support Community:  
Cancer Support**  
(859) 331-5568 for Kentucky and  
(513)791-4060 for Ohio

**Caregiver Support Group**  
(859) 301-5999

**Diabetes Support Group**  
(859) 655-8910  
4th Tuesday of month / 2-3 p.m.

**Gestational Diabetes Classes**  
(859) 655-8910

**Grief Support Groups**  
(859) 301-4611 or  
email [stars@stelizabeth.com](mailto:stars@stelizabeth.com)

- STARS for Young Adults
- STARS for Adults Grief Class
- STARS for Adults Grant County
- STARS for Kids
- STARS for Retired Widows  
Daytime Group
- Men's Breakfast Club
- Men's Huddle
- Parent's H.O.P.E

**Helping Each Other –**  
Breast Cancer Support  
(859) 301-2273

**Insulin Pumping –**  
Sharing for Success  
(859) 655-8910

**Look Good, Feel Better**  
(800) 227-2345

**NAMI Northern Kentucky**  
(National Alliance on Mental Illness)  
(859) 392-1730

**Parkinson's Support Group**  
(859) 301-5999

**Reach to Recovery**  
(800) 227-2345

**Smoking Cessation**  
(859) 301-5570

**Cancer Support Community (CSC)**  
Kentucky (859) 331-5568  
Ohio (513)791-4060

## DISCOUNT DIRECTORY UPDATE

**IKOR**  
*Integrated life and care  
coordination services*

1522 Dixie Highway  
Suite 120

Park Hills, KY 41011

(859) 444-4622

[www.ikorglobal.com/park-hills](http://www.ikorglobal.com/park-hills)

**15%**  
Discount  
off the  
first three  
months of  
service

The PrimeWise Discount Directory has been updated for 2017. For the current complete list go to [www.stelizabeth.com/primewise](http://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.