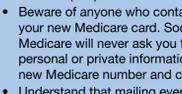


THANK YOU, VOLUNTEERS!

April 15-21 is National Volunteer Week. PrimeWise salutes each of our members that so generously give their time and talents to help others – through St. Elizabeth, your church, a school, the library, a food bank or any of the many causes and organizations who enhance the lives of our communities. We particularly want to salute the amazing men and women that volunteer with PrimeWise. Your time and expertise expand our services and make such a difference. Thank you!

"Too often, we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." – Leo Buscaglia



If you enjoy sports, like some competition or just want to have fun, then participate in the "Games"! You just need to be 50-plus and registered to play. **Senior Spring games are May 7 to June 6, 2018 and the registration deadline is April 20, 2018.** To register or for more information, call (859) 334-2117.

EVERYONE IS GETTING A NEW MEDICARE CARD!
Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at ssa.gov/myaccount or (800) 772-1213. TTY users can call (800) 325-0778.
- Beware of anyone who contacts you about your new Medicare card. Social Security or Medicare will never ask you to give them personal or private information to get your new Medicare number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friends and neighbors. The timeline to receive your new Medicare Card is between April 2018 and April 2019.

AARP — FREE HELP WITH TAX RETURNS
Tax returning 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 at no cost to those who are eligible under the program. This service is not limited to senior citizens. Services for the 2017 Tax Year will be available from February 1, 2018 through April 15, 2018. Call toll-free Nationwide (888) 687-2277 or toll-free TTY (877) 434-7598 for location information.

FEBRUARY IS AMERICAN HEART MONTH
Friday, February 2 is National Wear Red Day! Show your support and wear red on this day for heart disease awareness!
Learn more on page 2.



WOMAN GETS NEW HEART VALVE WITHOUT OPEN HEART SURGERY

Ft. Mitchell resident Vanda Langham recently went through a procedure to fix her aortic valve blockage and aortic stenosis. The main pumping chamber of the heart, the left ventricle pumps blood through the aortic valve into the aorta. Vanda needed a new valve, but couldn't risk open heart surgery. Doctors treated her with **TAVR (transcatheter aortic valve replacement)**, a minimally invasive procedure that gave her a new aortic valve through a catheter, instead of open heart surgery.

Vanda will never forget the night she woke up to a very mysterious sensation – her left arm was throbbing. "It was my elbow. I kept moving it around, trying to shake the pain, but it didn't help," remembers Vanda. "I didn't know what to do."

She took an aspirin and dozed off, with the TV still on. Later, the throbbing in her elbow awakened her again, so she called a close friend, and they headed to the St. Elizabeth Emergency Department.

"It was scary at first. They did lots of tests," says Vanda. "I was afraid it was my heart."

At 82 years, old, Vanda still had a lot of living to do. She was excited about an upcoming bus trip to Washington, DC with her church – First Baptist Elsmere – where she's been a member for 50 years.

Vanda loves her friends and family, and they love her, especially the children. "Miss Vanda" often brings a goody bag to church services, and it's filled with crayons and books to keep the little ones occupied. On hot summer days, she's been known to hand out icy-cold popsicles to children in the neighborhood. And, of course, she looks forward to visits from her grown son, an out-of-town minister, and his wife.

A BIG HEART AND A BIG PROBLEM
But, as it turns out, the woman with such a big, generous heart had a big problem with her physical heart.

"Vanda's aortic valve was very heavily calcified and narrowed," explains Dr. Dias. "It was bad and needed to be replaced."

The aortic valve is extremely important. The main pumping chamber of the heart, the left ventricle pumps blood through the aortic valve into the aorta.

The aorta takes blood to your whole body. And when the aortic valve narrows, the blood flow to your whole body decreases and causes patients to have many symptoms, including chest pain, shortness of breath, dizziness and passing out.

THE BEST SOLUTION FOR VANDA
Vanda needed a new valve, but traditional open heart surgery was too risky.

"I was afraid," remembers Vanda. "I'm not a young lady, and I didn't know if I could take it." "She was not a good candidate for surgery," says Dr. Dias. "She had two strokes years ago, and she also has kidney problems."

RELIEF AND THE ROYAL TREATMENT
Vanda was relieved that doctors at St. Elizabeth could replace her aortic valve without open heart surgery and she was thrilled with her care.

"They treated me like I was royalty," says Vanda. "Each nurse and doctor was so nice and friendly."

As it turns out, Vanda was the first patient in St. Elizabeth's new Cardiac Intensive Care Unit.

"They hung a sign on my door that said, 'Welcome to Vanda's room,'" remembers Vanda. "They took good care of me and treated me with respect."

Less than two months after surgery, Vanda made the trip to Washington DC with her friends from church, with the help of a walker with a seat.

Now, Vanda goes to cardiac rehab twice a week to stay as strong as she can. She says she's living proof of the great care people receive at St. Elizabeth.

"I highly recommend that you go to St. Elizabeth," says Vanda. "My prayers were answered there, and I'm very grateful."

For more information about the St. Elizabeth Heart & Vascular Institute, call (859) 331-0774.

DARRYL DIAS, MD
Cardiology
St. Elizabeth Heart & Vascular Institute



PROGRAMS AND EVENTS

FLEXIBILITY EXERCISE CLASSES
The New Year is here – let's get up and get moving. Register to attend one of these low-impact 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. Each session includes six classes. For your safety – please wear gym shoes to the class.

Sessions begin:
February 20, March 13, April 3, April 24 and May 15

Tuesdays & Thursdays, 5:30 p.m.
St. Elizabeth Edgewood Conference Rooms F & G

Optional \$5 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 to the following class. In order to provide and give all members an equal opportunity to sign up, you are not able to sign up for all sessions at once.

Reservation required for each exercise session. Call (859) 301-5999.
Class space is limited.

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. These workshops provide 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!

Two Day Medicare Workshop
Tuesday, February 20, 2-4 p.m.
Wednesday, February 21, 2-4 p.m.
St. Elizabeth Edgewood Conference Rooms L & M

One Day Medicare Workshop
Tuesday, April 24, 6-9:30 p.m.
St. Elizabeth Florence Lower Level Conference Room

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

BROWN BAG: "DOWNSIZING AND GETTING RESETTLED: TIPS ON HOW TO PREPARE FOR YOUR NEXT PHASE"
Are you or a family member ready to downsize all your stuff? Where do you focus? Join us to hear a presentation that begins on differences in downsizing and moving and how you can get started. Bring your lunch or buy one.

Thursday, February 22, 11 a.m. to 12:30 p.m. Presentation begins at 11:30 a.m.
St. Elizabeth Edgewood Conference Room L

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

WHAT HAPPENED DOWN THERE? VAGINAL CHANGES IN MENOPAUSE AND WHAT YOU CAN DO ABOUT IT!
Join Dr. April Tillery as she talks about vaginal atrophy of different symptoms associated with the changes you are going through and what treatment options are available.

Monday, February 26, 6-7:30 p.m.
St. Elizabeth Florence Lower Level Conference Room

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

HEART MATTERS: AN OUNCE OF PREVENTION
Benjamin Franklin famously said, "An ounce of prevention is worth a pound of cure," and that is most certainly true about heart disease. No matter your age or health status, you can make changes to improve your heart health. Come to this free program presented by the St. Elizabeth Heart & Vascular Institute to learn "an ounce of prevention" from Cardiac Surgeon James Locher, Jr., MD. This program will provide great tips on how to live better through healthy habits. A light dinner will be provided. There is no charge for the program, but space is limited and reservations are required by Monday, February 19.

Wednesday, February 28
Registration begins at 6 p.m.
Program runs 6:30-7:30 p.m.
St. Elizabeth Training and Education Center (SETEC)
3861 Olympic Blvd, Erlanger, KY 41018

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

HEALTHY CHOICES FOR EVERY BODY
Eating right doesn't have to be expensive. Join the Northern Kentucky Cooperative Extension Service's Nutrition Education staff for this free, fun, hands-on series. Learn simple solutions to help you eat better for less. Prepare and sample healthy recipes. This series is open to residents in Boone, Kenton and Campbell Counties. This series will be repeating the information covered in previous years. If you are a returning participant, please consider inviting a friend to share in the experience as information covered in previous years will be repeated. Please plan on attending all four sessions.

Wednesday, February 28, March 7, 14, 21
11 a.m. to 1 p.m.
Boone County Extension, Enrichment Center
6028 Camp Ernst Road
Burlington, KY 41005

Doors will open at 10:30 a.m. Parking is on upper level near the Farmer's Market.
To reserve your space today, call (859) 301-5999.

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 as well as how to review plans on Medicare.gov. It is suggested that you attend a PrimeWise Medicare Workshop prior to this program.

Wednesday, March 7, 2-3:30 p.m.
St. Elizabeth Edgewood Conference Room L

OR
Tuesday, May 8, 6-7:30 p.m.
St. Elizabeth Florence Lower Level Conference Room

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

THE HEAVY TRUTH ABOUT WEIGHT & YOUR JOINTS
Join us for an in depth look at the effects of weight or obesity on your joints. We'll discuss weight management techniques and treatment options, including medication management, rehabilitation and total joint replacements. Light refreshments will be served.

Featuring:
Matthew T. Hummel, MD, Orthopaedic Surgeon with OrthoCincy
E. Troy Schumann, MD, with St. Elizabeth Physicians

Wednesday, March 14; 6-8 p.m.
Presentation begins at 6:30 p.m.
St. Elizabeth Training and Education Center (SETEC)
3861 Olympic Blvd, Erlanger, KY 41018

To reserve your space, (859) 301-5999

ARE YOU OVER 18? THEN YOU SHOULD HAVE AN ADVANCE DIRECTIVE!
Advance care planning is preparing now for the healthcare you would want if you are ever unable to speak for yourself. Everyone over age 18 – even if you are in good health – needs to let both loved ones and their healthcare team know what they would want or not want since anyone's health status can change in an instant.

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.

Tuesday, March 27, 3-4:30 p.m.
St. Elizabeth Edgewood Conference Room L

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

FEBRUARY IS AMERICAN HEART MONTH

MAKING THE RIGHT CHOICE IN 2018 / FITNESS BASICS TO IMPROVE ALL HEARTS.
Let's start with these fitness basics. Physical activity is anything that makes you move your body and burn calories.

For people who would benefit from lowering their blood pressure or cholesterol, the American Heart Association (AHA) recommends 40 minutes of aerobic exercise of moderate to vigorous intensity 3-4 times a week to lower the risk for heart attack and stroke.

Walking and running
Walking is a great way to get you moving with minimal impact on your

body. It's also low-risk and easy to start. While the AHA recommends that adults get 150 minutes or more of moderate-intensity physical activity or 75 minutes of vigorous activity each week, even short 10-minute activity sessions can be added up over the week to reach this goal. Find a buddy and start walking today.

A regular walking program can also:

- Improve your cholesterol numbers
- Lower blood pressure
- Increase your energy and stamina
- Boost bone strength
- Prevent weight gain

Talk to your doctor about starting a healthy you in 2018.

Thursday, February 22, 6-7:30 p.m.
St. Elizabeth Ft. Thomas Conference Rooms A & B

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

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

April 11-May 30
St. Elizabeth Florence, 10-11 a.m.
St. Elizabeth Edgewood, 6:30-7:30 p.m.

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

SAME DAY JOINT REPLACEMENTS
Join us for a discussion on same day joint replacement options for your knee and hip. Learn how you can get on the road to recovery and return to full function without joint pain, all without a hospital stay. Light refreshments served.

Featuring:
John J. Larkin, MD, Orthopaedic Surgeon with OrthoCincy; Matthew S. Grunkemeyer, Orthopaedic Surgeon with OrthoCincy

Tuesday, May 8, 6-8 p.m.
Presentation begins 6:30 p.m.
St. Elizabeth Training and Education Center (SETEC)
3861 Olympic Blvd, Erlanger, KY 41018

To reserve your space today, call (859) 301-5999 or visit stelizabeth.com/livingwithoutlimits

SILVER SNEAKERS CLASS BEING OFFERED AT LUDLOW SENIOR CENTER!!
Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels. All classes are led by a Silver Sneakers certified fitness instructor.

Duration: 45-60 minutes
Monday and Wednesday mornings, 9-10 a.m.
808 Elm Street Ludlow, KY

Class is free for those aged 60 and over with a Medicare Advantage plan. For those aged 60-plus without a Medicare Advantage plan, class cost is \$2 per person.

For more information, call (859) 491-9245.

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.

PRIMEWISE CAREGIVER SUPPORT GROUP
This support 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. The group meets from 7-8:30 p.m. on the second Thursday of every month. Please call (859) 301-5999 or email primewise@stelizabeth.com for the location and speaker information.

• AA Florence: (859) 491-7181
• Al Anon Florence: (859) 760-6178
• ALS Support Group: (888) 412-3022—second Tuesday of the month; Hospice 6p.m.
• Alzheimer's Support Group: (513) 721-4284
• American Cancer Society: (800) 227-2345
• Breast Cancer Support Groups:
(859) 301-2273 — Nurse Navigator Line —Please leave message
• BRIDGES (Brain Injury Demands Guidance Education & Community): (859) 802-4077
• Care Support Community: Cancer Support (859) 331-5568 for Kentucky and (513) 791-4060 for Ohio
• Diabetes Support Group:
(859) 655-8910—fourth Thursday of the month
• Gestational Diabetes Classes: (859) 655-8910
• Grief Support Groups: (859) 301-4611 or email stars@stelizabeth.com
- STARS for Young Adult
- 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
- STARS H.O.P.E. Helping Overwhelmed Parents Endure for Parents of Child Loss
• Helping Each Other—Breast Cancer Support: (859) 341-7960
• Look Good, Feel Better: (800) 227-2345
• NAMI Northern Kentucky (National Alliance on Mental Illness): (859) 392-1730
• Northern Kentucky Regional Stroke Support Group: (859) 572-3120
• Overeaters Anonymous: NKY meetings (513) 921-1922
• Parkinson's Support Group: (859) 301-5999
• Reach to Recovery: (800) 227-2345
• Smoking Cessation: (859) 301-9355

SUPPORT GROUPS

Meeting in Northern Kentucky

- AA Florence: (859) 491-7181
- Al Anon Florence: (859) 760-6178
- ALS Support Group: (888) 412-3022—second Tuesday of the month; Hospice 6p.m.
- Alzheimer's Support Group: (513) 721-4284
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MAYO CLINIC WELLNESS CORNER

Are over-the-counter cold remedies safe for people who have high blood pressure?

contain other powerful drugs, such as dextromethorphan, which can be dangerous if you take too much. Follow the dosing instructions carefully.

- Take a pain reliever.** To relieve a fever, sore throat, headache or body aches, try aspirin or acetaminophen (Tylenol, others).
- Use saline nasal spray.** To relieve nasal congestion, try saline nasal spray, which can help flush your sinuses.
- Soothe your throat.** To relieve a sore or scratchy throat, gargle with warm salt water or drink warm water with lemon juice and honey.
- Drink plenty of fluids.** Water, juice, tea and soup can help clear your lungs of phlegm and mucus.
- Increase the humidity in your home.** Use a cool-mist humidifier or vaporizer to moisten the air, which may ease congestion and coughing.
- Get plenty of rest.** If you're not feeling well, take it easy.

Call your doctor if your signs and symptoms get worse instead of better or last more than 10 days.

Sheldon G. Sheps, MD answers:

- Choose a cold medication designed for people who have high blood pressure. Some cold medications, such as Coricidin HBP, don't contain decongestants. However, these medications may

DISCOUNT DIRECTORY UPDATE

The PrimeWise Discount Directory has been updated for 2018. For the current complete list, visit stelizabeth.com/primewise and click on "Discount Directory" to view and 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

MLK TOURS

WINTER 2018 TRAVEL UPDATE

| | |
|---|------------------|
| Indianapolis Flower & Patio Show | March 17 |
| Verb Bradley Outlet Sale | April 10-11 |
| Spring Meeting at Keeneland | April 25 |
| Derby Dinner Theatre "OKLAHOMA" | March 30 |
| Derby Dinner Theatre "OKLAHOMA" | May 23 |
| Bardstown, KY Gethsemani Abbey/Sisters of Charity | May 16-17 |
| McCormick's Creek & Hunter Honey Farm | June 7-9 |
| Stratford Theatre Festival, Ontario, Canada | July 25-29 |
| New Orleans & Southern Plantations | September 10-13 |
| Wild Wyoming: Yellowstone, Grand Teton & Cody | September 22-27 |
| Covered Bridges of Indiana | October 18-19 |
| Jack O' Lantern Spectacular & The Brown Hotel | October 25-26 |
| Holiday at Billmore Estate | TD |
| Clifton Mills & The Golden Lamb | December |
| Indianapolis Symphony: Home for the Holidays | December |
| Lights Under Louisville/Conrad-Caldwell Home | December |
| Rocky Mountaineer: Calgary to Vancouver | late Spring 2019 |

DO YOU SHOP ON AMAZON?

Did you know that with every purchase you make you can help St. Elizabeth earn donations to enhance the health of our region?

Amazon Smile is an easy way to shop for what you love while giving back to St. Elizabeth Foundation—at no additional cost to you.

Simply visit smile.amazon.com, sign in with your existing Amazon credentials, select St. Elizabeth Medical Center Inc. as your charity of choice, and start shopping!

A portion of each purchase will be donated by Amazon back to the Foundation.

AARP DRIVE SMART

This four-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.
Saturdays
March 10, 2018 9 a.m. to 1:30 p.m.
St. Elizabeth Edgewood Conference Room L & M
April 14, 2018 9 a.m. to 1:30 p.m.
St. Elizabeth Edgewood Conference Room L & M
May 12, 2018 9 a.m. to 1:30 p.m.
St. Elizabeth Edgewood Conference Room L & M

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

MEDICARE CORNER

Medicare Premium and Deductible Changes for 2018

Original Medicare Part A – 2018
• \$1,340 Part A deductible for the first 60 days of hospitalization in each benefit period
• \$335 daily copayment for inpatient hospitalization days 61-90
• \$670 daily copayment for 60 lifetime reserve days
• \$167.50 daily copayment for days 21-100 in a skilled nursing facility

Part B – 2018
• Part B deductible is \$163
• Part B premium for those new to Medicare is \$134
Questions? Contact PrimeWise at primewise@stelizabeth.com or (859) 301-5999.

Dear Travel Friends,
There's no better time to settle back with your shiny new calendar and fill in the days with something to look forward to—like travel! Below is a sampling of ideas you might find of interest. As always, for complete details on the tours, please call MKL Tours at (513) 232-5487 or receive our January and June mailings. See you on the road!

Register your Kroger Plus card online at kroger.com/communityrewards and select St. Elizabeth Foundation as the benefiting organization.
Register your Remke Rewards card online at remke.com/my-account and select St. Elizabeth Foundation from the Caring Neighbor drop-down menu.
If you need help signing up, simply call (859) 301-3920, and we will be happy to assist you!

DO YOU SHOP ON AMAZON? DON'T FORGET!

You can also help St. Elizabeth Foundation earn rewards every time you check out at Kroger and Remke.

Register your Kroger Plus card online at kroger.com/communityrewards and select St. Elizabeth Foundation as the benefiting organization.
Register your Remke Rewards card online at remke.com/my-account and select St. Elizabeth Foundation from the Caring Neighbor drop-down menu.
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