

# PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 2 | May–August 2025

For more content and events, please visit us online at [www.stelizabeth.com/primewise](http://www.stelizabeth.com/primewise).



For more content and full articles, visit [stelizabeth.com/primewise](http://stelizabeth.com/primewise) and click on PrimeWise Update.

## CHANGES TO PRIMEWISE

**PrimeWise no longer has walk-in appointments. For questions, please call the PrimeWise office at (859) 301-5999.**

PrimeWise no longer offers Medicare counseling. However, PrimeWise is partnering with SHIP, Chapter, and RetireMed to help with Medicare counseling.

- **SHIP:** Kentucky residents should call 1 (866) 516-3051. Indiana residents should call 1 (800) 452-4800.

- **RetireMed:** 1 (866) 591-3911

- **Chapter:** (855) 900-2427

Turning 65 or have questions about Medicare? As a St. Elizabeth patient, you have access to free, trusted Medicare guidance with our partner, Chapter. They will help you find the right plan for your wallet and healthcare needs. If you need help with Medicare, call Chapter today at (941) 208-2917 or visit [askchapter.org/stelizabeth](http://askchapter.org/stelizabeth).


## THE ORMSBY: Introducing Independent Retirement Living to Ft. Mitchell



St. Elizabeth is proud to introduce The Ormsby, Northern Kentucky's first and only Life Plan Community, offering a seamless blend of vibrant living and comprehensive care. With limited spots remaining in the exclusive Charter Member program, now is the time to secure your place at The Ormsby. Don't wait – learn more today at [OrmsbyLiving.org](http://OrmsbyLiving.org)

## MEDICARE 101 PRESENTED BY SHIP

State Health Insurance Assistance Program presents Medicare education to help you choose the right plan.


 June 27, July 18, August 22, 12–2 p.m. **OR** September 17, 5–7 p.m.


 St. Elizabeth Training & Education Center-3861 Olympic Boulevard, Erlanger, KY 41018

**Reserve ONLINE:** Visit [stelizabeth.com/primewise](http://stelizabeth.com/primewise) and click on Upcoming Events

## COLD SPRING LIBRARY MEMORY CAFE

This program offers a fun and comfortable way for people living in the early stage of Alzheimer's or other dementia and their care partner to get out, get active and get connected with one another through a variety of social events and community-based activities that promote social interaction and companionship.

 Third Wednesday of the month, 2–3 p.m.

 3920 Alexandria Pike, Cold Spring, KY 41076

# YOUR OSTEOPOROSIS RISK GOES UP AT AGE 50. FIND TREATMENT OPTIONS RIGHT HERE.



Osteoporosis is common — two in 10 women over age 50 have it. Osteoporosis happens when your body loses more bone tissue than it produces. Bones become weak and brittle, making them more susceptible to fractures. Unfortunately, the first sign of osteoporosis is often a broken bone.

Aloiya Kremer, MD, a Sports Medicine Physician and the Medical Director for St. Elizabeth Sports Medicine, is passionate about helping men and women understand their osteoporosis risk. She also provides treatment options to help them rebuild bone. These treatments include two injectable drugs for people at high risk for fractures. We sat down with Dr. Kremer to ask about these medications and the importance of early detection and treatment.

### You're a Sports Medicine Doctor. How Did You Get Interested in Osteoporosis Care?

**Dr. Kremer:** I worked in an orthopedics practice after my fellowship training. I noticed that a lot of my patients had suffered many osteoporosis-related fractures over the years. But they hadn't been treated for the root cause, which was osteoporosis. Unfortunately, their experience is common. Only one in five people with an osteoporosis-related hip fracture receives subsequent treatment for osteoporosis.

Fractures can have devastating consequences, including pain, loss of independence and even a higher risk of death. The goal is to catch osteoporosis early, but severe osteoporosis is treatable with injectable medication options.

### Tell Us About These Injectables.

**Dr. Kremer:** Prolia® is for women and men with osteoporosis at high risk for fracture. The dose is one injection under the skin every six months.

The other is Evenity®, a newer agent that came out in 2019. It's for women with severe osteoporosis who have a very high risk of fracture. With Evenity, you get a monthly injection for 12 months.

Both drugs are very effective at reducing fracture risk, and most people don't experience side effects. After the initial treatment course with Evenity, many patients get Prolia injections every six months thereafter to maintain their bone health.

I offer both injectable medications at Sports Medicine – Mt. Zion in Florence, Ky., which is easily accessible. Previously, they were only available at the St. Elizabeth Healthcare hospital location in Edgewood.

Treatment for those with less advanced osteoporosis is different. These people may be able to lower their risk of fracture with lifestyle changes, such as getting more calcium in their diet and doing bone-building exercises. Their doctor may recommend an oral drug such as Fosamax.

### How Can People Find Out Their Osteoporosis Risk?

**Dr. Kremer:** People 50 or older should talk to their Primary Care doctor about their osteoporosis risk factors. Or they can make an appointment with me at Sports Medicine – Mt. Zion or Sports Medicine – Griffin in Erlanger, Ky. I offer a comprehensive osteoporosis evaluation. I am passionate about helping patients understand their osteoporosis risk and providing early detection and treatment guidance.

### Can People Get Screened for Osteoporosis?

**Dr. Kremer:** Yes! A DEXA (dual-energy X-ray absorptiometry) scan is a quick, painless, non-invasive imaging test measuring bone mineral density. It is available with a provider referral and can predict your fracture risk to guide treatment. The U.S. Preventive Services Task Force recommends DEXA scans for women 65 and older. However, a doctor can order it for younger patients with risk factors. Risk factors for osteoporosis include:

- **Age** – After age 50, one in two women and one in four men will have an osteoporotic fracture in their remaining lifetime.
- **Build** – People with thin stature are at higher risk.
- **Family history** of osteoporosis or hip fracture.
- **Gender** – Women are at higher risk than men.
- **Race** – White and Asian people are at higher risk.

Lifestyle plays a role. If you smoke, consume a lot of alcohol, or if you are inactive, your risk is higher. Certain medications and medical conditions can also raise your risk.

### We Care About Your Bone Health

Bone health is an essential part of your overall well-being. If you are over 50, consider making an appointment for an osteoporosis evaluation.

### Interested in making an appointment with

**Dr. Kremer?** Call our scheduling team at (859) 212-5600. Do you need a Primary Care doctor? The St. Elizabeth "Find a Doctor" tool can help. Search for a doctor near you.

Source: By St. Elizabeth Healthcare on February 28, 2025 Sports Medicine





# PROGRAMS & EVENTS

# REGISTRATION IS REQUIRED – NO WALK-INS

Please RSVP at (859) 301-5999 or online at [www.stelizabeth.com/primewise](http://www.stelizabeth.com/primewise).



### PrimeWise Low-Impact Exercise Classes

Join one of the PrimeWise Low-Impact Exercise sessions to enhance balance, boost your range of motion, and elevate your well-being. Each session comprises six classes. Ensure your safety by wearing comfortable clothing and gym shoes to every class. Let's get moving!

 Mondays & Thursdays, 4:30–5:30 p.m. Sessions begin April 21, May 12, June 2  
 St. Elizabeth Edgewood Cancer Center; Mind/Body Studio  
1 Medical Village Drive  
Edgewood, KY 41017



### Falls Prevention: Practical tips to stay safe at home

Join Stephanie Tewes, Fall prevention specialist with Kendal at home.

 April 29, 2–3 p.m.  
 6901 Burlington Pike  
Florence KY 41042

### Bladder Health and Wellness

Learn how to better manage incontinence with confidence

 April 30, 12–1 p.m.  
 6901 Burlington Pike  
Florence KY 41042

# REGISTER FOR EVENTS ONLINE NOW!

To register for programs immediately:

1. Open your phone's camera.
2. Point the camera at the QR code below.
3. Make sure you center the QR code on your phone's screen.
4. Wait for the code to scan.
5. Tap the QR code's link and register for available PrimeWise programs.





# OR, PLEASE VISIT:

[www.eventbrite.com/o/primewise-st-elizabeth-healthcare-29189585753](http://www.eventbrite.com/o/primewise-st-elizabeth-healthcare-29189585753)



### Gardening for birds, Making Bird Houses

Learn about choosing native plants to support food and habitat for local birds as well as creating a bird house to take home.

 Wednesday, June 11 6–8 p.m.  
 450 Kenton Lands Rd.  
Erlanger, KY 41018


### Cell Phone Photography Class


Join us to discuss how you can get started with the basics of Cell Phone Photography and photo editing, including new AI editing.

 Tuesday, July 1, 11 a.m.–12 p.m.  
Crescent Insurance,  
 3861 Olympic Blvd,  
Erlanger, KY 41018

### Healthy Choices for Everybody



Do you struggle with knowing what to cook for dinner? Is the rising cost of groceries putting stress on your budget? Join Primewise and Kenton County Cooperative Extension Services' Nutrition Education Program staff as we partner together to offer this free hands-on series. Learn how to prepare quick, healthy, affordable meals without damaging your budget. Food will be prepared and sampled during the class. Those completing the series and paperwork will receive a reusable shopping bag and kitchen tools.

 Mondays in July and August, 11:30 a.m.–1 p.m.: July 14, 21, 28, and August 4, 11, 18, and 25.  
*Plan to attend all sessions*

 Kenton County Durr Education Center, 450 Kenton Lands Road,  
Erlanger, KY



### Senior Medicare Patrol 101

Meet the Kentucky Senior Medicare Patrol team and learn our mission and how we educate seniors on how to prevent, detect, and report Medicare fraud, errors, and abuse. Become a Fraud Fighter!

 Wednesday, June 4, 1–2 p.m.  
 3861 Olympic Blvd,  
Erlanger, KY 41018



### Journey — Family Members of people who have a substance or alcohol use disorder

Family therapy group that Journey offers for family members of people who have a substance or alcohol use disorder

 Friday, June 20 1–2 p.m.  
 3861 Olympic Blvd,  
Erlanger, KY 41018

### Power of Attorneys and Adult Guardianship/Conservatorship Presented by Freedom Law Services



Family therapy group that Journey offers for family members of people who have a substance or alcohol use disorder

 Wednesday, June 25 10–11 a.m.  
 3861 Olympic Blvd, Erlanger, KY 41018, SIM Classroom A

### AARP Smart Driver Course


Join us for the AARP Smart Driver Course at St. Elizabeth Edgewood Hospital-Conf Room F/G. Classes are co-sponsored by AARP and PrimeWise. As the nation's first and largest refresher course for drivers 50 years and older, this class has given millions of drivers updated knowledge and tools they need to drive safely on today's roads. People 55+ may receive an insurance discount upon completing the course, so consult your insurance agent. The class is instruction only, no driving is involved.


**Cost: \$20 for AARP members / \$25 for non-AARP members**

 Saturday, May 17, 8:30 a.m.–12:30 p.m.  
 1 Medical Village Drive,  
Edgewood, KY 41017  
Conference Rooms F & G

### PREPARE RESPOND RECOVER: Disaster Preparedness Program

Highlights: Insight into emergency preparedness, how to respond during various types of disasters, steps to take for recovery, expert speakers including emergency management professionals and meteorologists. Lunch will be provided.



 Wednesday, April 30, 9 a.m.–3 p.m.

 Boone County Enrichment Center, 1824 Patrick Drive, Burlington, KY 41005

**Registration is required by calling (859) 586-6101 or emailing [boone.ca.uky.edu](mailto:boone.ca.uky.edu)**



### Opening Minds Through Art Memory Café

This program offers a fun and comfortable way for people living in the early stage of Alzheimer's or other dementia and their care partner to get out, get active and get connected with one another through a variety of social events and community-based activities determined by individual needs and interests of the participants and that promote social interaction and companionship.

 First Thursday of the month, 2–3 p.m.  
Celebration Villa of Summit Hills,  
 2625 Legends Way,  
Crestview Hills, KY 41017


### Florence Memory Café

This program offers a fun and comfortable way for people living in the early stage of Alzheimer's or other dementia and their care partner to get out, get active and get connected with one another through a variety of social events and community-based activities determined by individual needs and interests of the participants and that promote social interaction and companionship.

 Fourth Tuesday of the month, 10–11 a.m.  
 Amiel Arte Bakery, 7103 Dixie Highway, Florence, KY 41042

# PACE IS NOW AVAILABLE IN NORTHERN KENTUCKY


PACE provides eligible program participants, their families, caregivers, and professional healthcare providers the flexibility to meet their health and everyday needs while continuing to help them live safely in the community. With PACE, an interdisciplinary team of professionals provides all the coordinated care you or your loved one may need. These professionals are also experts in working with older people. They work together with enrolled participants and caregivers (when appropriate) to develop a participant's most effective plan of care. The objective of PACE is to provide a range of integrated, preventative, acute, and long-term care services to manage the often complex medical, functional, and social needs of older adults as they age. PACE understands that you may have questions, and we are ready to answer them.

 **To request additional information, please visit our PACE website at [www.seniorcommunitycarekentucky.org](http://www.seniorcommunitycarekentucky.org). Referrals can also be made online and/or by calling (859) 970-2450.**

### VIRTUAL: Medicare 101: Understanding Medicare presented by RetireMed



Understanding Medicare introduces you to the Medicare basics and the different Medicare plan options. The webinar also shares tips for considering Medicare if working beyond age 65.


 April 30, 12–1 p.m.

[https://retiremed.zoom.us/webinar/register/647142914240/WN\\_JUXi4LKFRaSJ5ylMQv3Fog#/registration](https://retiremed.zoom.us/webinar/register/647142914240/WN_JUXi4LKFRaSJ5ylMQv3Fog#/registration) **Needing help with registering? Call (877) 268-2863**

### VIRTUAL: Medicare for Veterans Presented by RetireMed




Learn about your options, eligibility, and how to enhance your existing coverage at no additional cost to you.

 April 23, 12–1 p.m.

[https://retiremed.zoom.us/webinar/register/7017097395575/WN\\_75Rjoyh8SDuBfOHJzIQJxg#/registration](https://retiremed.zoom.us/webinar/register/7017097395575/WN_75Rjoyh8SDuBfOHJzIQJxg#/registration) **Needing help with registering? Call (877) 268-2863**


### VIRTUAL: Chair Yoga

Chair Yoga is a practice that can be experienced by any age and everybody! Chair Yoga uses gentle movements and stretches that help us stay healthy as we age. Sponsored by Meals on Wheels Southwest OH & Northern KY, this is a **FREE** program for any older adult of all fitness levels. Everyone works at their own pace and listens to their body. Joan Riemar, Certified Healing Touch Practitioner and Yoga Instructor leads each session.

 Every Thursday, 10–11 a.m.  
**\*Register by calling (513) 244-5492 or by emailing [bwilliams@muchmorethanameal.org](mailto:bwilliams@muchmorethanameal.org)**

### VIRTUAL: TAI CHI FLOW

Kristin Dietsche makes tai chi fun in her relaxing follow-along classes in the comfort of your own home. Please wear loose comfortable clothes and closed flat shoes like a gym shoe. All are welcome.

 Every Thursday, 11–11:45 a.m.  
**\*Register by calling (513) 244-5492 or by emailing [bwilliams@muchmorethanameal.org](mailto:bwilliams@muchmorethanameal.org)**

### Free online activities with Meals on Wheels!


Register on [live.televeda.com](http://live.televeda.com) and use promo code MOW123 to get instant access to all of Meals on Wheels free online activities! Activities include Chair Yoga, Brain Games, support groups, morning meditations, Bingo, and so much more in the comfort of your own home! Need assistance getting registered?

**Contact [kpierson@muchmorethanameal.org](mailto:kpierson@muchmorethanameal.org) or call (513) 244-5494. They provide walkthroughs to get you signed up and feeling confident online.**

### VIRTUAL: The Daily Happiness Project: Meditation for PrimeWise



Join us online for a transformative journey with Mitesh Oswal, a Happiness Teacher.

 June 10, 7 p.m.  
**Meeting ID: 814 3683 1450**  
**Passcode: happiness**

<https://us06web.zoom.us/j/81436831450?pwd=pHYRiRixOFDJUGjThmpnzvQAue3Yq.1>

# SCREENINGS SECTION

### Prediabetes Healthy Lifestyle Program

The St. Elizabeth Physicians Regional Diabetes Center offers a 3-month Prediabetes Healthy Lifestyle Program full of useful tools, engaging workshops, and before & after measurements to track your successes! Discover ways to prevent or delay diabetes, achieve sustainable weight loss, improve heart health, and enjoy tasty foods. Fit movement into your busy day, boost motivation, manage stress, practice mindfulness, and make flexible food choices that suit your lifestyle—no one-size-fits-all approach is needed. **COST: \$85 cash, check, or credit card to enroll. If you enroll with a partner, each entry is discounted to \$65!**

**\*To RSVP, please call the St. Elizabeth Physicians Regional Diabetes Center at (859) 655-8910.**

### Stroke and Cardiovascular Screenings

The St. Elizabeth Cardiovascular Mobile Health Unit brings health and wellness screenings directly to your neighborhood. For more information on the cost of screenings or to schedule an appointment, call (859) 301-WELL (9355). **For more information on dates/times**, please refer to [stelizabeth.com/events/cardiocvascular-mobile-health-unit](http://stelizabeth.com/events/cardiocvascular-mobile-health-unit)

### Activating Hope

Community partners have joined together to update the Activating Hope website. The website is full of information about mental health and substance use disorders. It includes links to credible sources and phone numbers for treatment, recovery support, and community resources to overcome barriers that may prevent individuals from getting the help they need. These may include housing, food, childcare, employment, and other social supports that can have a negative or positive impact on our health. Please visit the below link for more information.

**<https://www.stelizabeth.com/care/activating-hope/>**

### St Elizabeth Healthcare Tobacco Cessation -Freedom from Smoking

Freedom From Smoking® is a FREE 7-week tobacco cessation program offered to you by St. Elizabeth Healthcare. The program is designed to help you, the nicotine-dependent adult, take charge of your efforts to quit smoking or using other forms of tobacco. The program provides group interaction to help support your life without nicotine and individualized attention to figure out what will work best for you.

To learn more about this program visit us at **[www.stelizabeth.com/freedomfromsmoking](http://www.stelizabeth.com/freedomfromsmoking)**.



# RECIPE CORNER: CHICKEN SALAD LETTUCE WRAP

### Ingredients:

- 1 ripe avocado, peeled and pitted
- 1 small tomato, chopped
- 2 tablespoons plain yogurt
- 1 tablespoon Dijon or yellow mustard
- 1 tablespoon fresh lime juice
- 2 tablespoons minced fresh cilantro or parsley
- 2 tablespoons minced red onion
- ½ cup red or green pepper, chopped
- ½ teaspoon garlic powder
- 2 cups cooked chicken, cubed
- Salt and pepper to taste
- 8–10 butter lettuce leaves, 4 romaine leaves, 2 cups mixed greens, or whole wheat wraps

### Directions:

In a medium bowl, mash avocado with yogurt, mustard and lime juice. Stir in cilantro, onion, garlic powder and chicken cubes until just combined. Season chicken salad with salt and pepper to taste. Fill lettuce leaves with chicken salad and serve immediately. Alternatively, serve atop a bed of mixed greens or in a wrap. Enjoy!



# PRIMEWISE UPDATE

## LINKING ADULTS 50+ TO HEALTH AND WELLNESS

PrimeWise Office:  
(859) 301-5999  
primewise@stelizabeth.com

For more content and full articles,  
visit [www.stelizabeth.com/primewise](http://www.stelizabeth.com/primewise)  
and click on PrimeWise Update.

## BECOME A PRIMEWISE LOW IMPACT EXERCISE INSTRUCTOR AND MAKE A DIFFERENCE IN FITNESS!

Are you passionate about fitness? PrimeWise is calling on all fitness enthusiasts to join our team of Volunteer Low Impact Exercise Instructors! Embrace an opportunity to stay active, flexible, and contribute to a healthier community.

### What's in it for you?

- Co-lead engaging low-impact exercise classes.
- Enhance your fitness expertise with provided training.
- Be a positive force in promoting health and wellness.

### Why Volunteer with PrimeWise at St. Elizabeth Healthcare?

- Make a meaningful impact on the lives of others.
- Join a vibrant community of like-minded individuals.
- Contribute to a healthier and happier community.



### How to Get Started:

Visit [stelizabeth.com/volunteer](http://stelizabeth.com/volunteer) to learn more about volunteering with PrimeWise at St. Elizabeth Healthcare. Don't hesitate to reach out with any questions!

### Contact Information:

- Email: [volunteer@stelizabeth.com](mailto:volunteer@stelizabeth.com)
- Call: (859) 301-2140

## FRIENDLY VISITOR VOLUNTEERS NEEDED

Become a friendly visitor! Do you have a soft spot for our wise and wonderful seniors and are you ready to sprinkle a little magic into someone's life?

### Flexible Community Service Opportunity:

- Serve at a time that works for you
- Choose which home you visit

### Spend time with local nursing home residents by:

- Playing cards or bingo
- Talking with one another
- Reading together

Call Amy Morris at (859) 980-1986  
or email [Amy.morris@nkadd.org](mailto:Amy.morris@nkadd.org).

## ST. ELIZABETH 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 or Dana Laytart, Hospice Volunteer Coordinators at (859) 301-4622 or email [Debbie.Holloran@stelizabeth.com](mailto:Debbie.Holloran@stelizabeth.com) or [Dana.Laytart@stelizabeth.com](mailto:Dana.Laytart@stelizabeth.com). Mention you saw this in PrimeWise.

## OUTPATIENT PELVIC HEALTH PHYSICAL THERAPY SERVICES

Pelvic Health Physical Therapy may benefit patients with Urinary Incontinence, Constipation, Fecal Incontinence, Pelvic pain, Interstitial Cystitis, Overactive Bladder, Pelvic Floor Weakness, Pregnancy and Postpartum conditions, post-surgical scarring/pain, Prostatectomy/Prostatitis, Sexual discomfort/pain, Urine retention.

Our Physical Therapy can help improve bladder and bowel control and function; reduce pelvic pain and improve healing; improve pelvic floor strength and/or relaxation; and improve overall health, function, and well-being. St. Elizabeth has a team of seven Pelvic Floor Physical Therapists, in Edgewood, Florence, Fort Thomas, Dearborn, and Grant. *If you are interested, contact your provider to obtain orders for Pelvic Health Physical Therapy.*

## DISCOUNT DIRECTORY

PrimeWise thanks all the participating businesses that provide discounts for members. This issue we spotlight:

### RUBERG LAW, PLLC

#### Michael K. Ruberg, Attorney

25 Town Center Blvd., Suite 204  
Crestview Hills, KY 41017  
(859) 344-6341

**20% OFF** – Last Will & testaments,  
advance directives/living wills,  
and power of attorney documents

## KTS ADVOCACY

KTS Advocacy supports those struggling to navigate the healthcare system. We provide CALM: Case Management, Advocacy, Liaison between providers and patients/families, and Medical Navigation/Medical Bill Negotiations. Our guidance and support come from a wealth of healthcare knowledge that is needed when there's an overwhelming healthcare situation. We help individuals so they're not alone and we support caregivers, so they have more time in their day. We can also help with insurance challenges and medical debt. **Call for a free consultation at (859) 363-5981 or visit us at [ktsadvocacy.com](http://ktsadvocacy.com).**

## ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

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

### SUPPORT GROUP MEETINGS IN NORTHERN KENTUCKY:

For a full list of support groups, please go to [www.stelizabeth.com/communityoutreach/support-groups](http://www.stelizabeth.com/communityoutreach/support-groups).