

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 3, Online

September–
December 2025



For more content and events, please visit us online at stelizabeth.com/primewise

EXPERT ORTHOPAEDIC CARE: Q&A WITH DR. JOHN FRITCH



John Fritch, MD, is an orthopaedic surgeon with OrthoCincy Orthopaedics & Sports Medicine practicing at St. Elizabeth Healthcare, specializing in hip, knee, and shoulder procedures. He is dedicated to providing high-quality care to his patients, using the latest advancements in surgery to improve outcomes.

What inspired you to pursue a medical career, and what led you to specialize in orthopaedic surgery?

Dr. Fritch: Seeing a patient regain mobility and significantly improve their quality of life makes this profession incredibly fulfilling. I enjoy the hands-on nature of the field and the ability to see the immediate impact of my work. Whether helping an athlete return to their sport or enabling someone to regain independence, I find orthopaedic surgery extremely rewarding.

How do you determine if a patient is a good candidate for minimally invasive or robotic-assisted surgery?

Dr. Fritch: If a person needs surgery, I think everyone is a good candidate for minimally invasive or robotic-

assisted surgery. My goal is always to make sure my patients have the best possible outcome. These advancements allow for more precision, faster recovery times, and improved long-term success rates.

What latest advancements in orthopaedic surgery excite you?

Dr. Fritch: The most significant advancements recently have been in the integration of robotics, particularly in knee and hip replacement surgery. The Mako robot provides a level of precision that simply can't be achieved with traditional methods. Now, we can use CT scans to create a 3D image of a patient's joint and customize the procedure to their specific needs. This personalization helps restore natural anatomy and leads to better surgical outcomes.

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CHANGES TO PRIMewise

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

At PrimeWise, our programs are designed with adults 50 and older in mind—but that doesn't mean you have to come alone! Whether you're a caregiver, a family member, a friend, or even a grandchild, you're welcome to join in. Many of our events are open to all ages and all community members, not just PrimeWise members.

If you're feeling unsure about attending your first program, consider bringing someone along. It's a great way to ease into the experience and see just how friendly and fun our community can be!

PrimeWise continues its collaboration with SHIP, Chapter, and RetireMed to provide Medicare counseling support.

- **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

ANNUAL VETERAN APPRECIATION LUNCHEON

Calling all Veterans! Veterans of all ages and 1 guest are welcome to attend our FREE Annual Veteran Appreciation Luncheon. Learn about veteran resources and benefits. The program includes the Presentation of Colors, military songs, local speakers, and a catered lunch.



November 3, 2025
10-1:30 p.m.



Receptions, 1379 Donaldson Hwy,
Erlanger, KY 41018

This event is sponsored by the St. Elizabeth Hospice Program. **Registration is required.**
Contact wehonorveterans@stelizabeth.com
or (859) 301-7878.

EXPERT ORTHOPAEDIC CARE: Q&A WITH DR. JOHN FRITCH, CONTINUED

How does the Mako robot knee replacement surgery differ from traditional knee replacement surgery?

Dr. Fritch: Use of the Mako robot offers an unmatched level of precision. With robotic assistance, we can make tiny adjustments during surgery to ensure the best possible fit and balance for the patient.

Learn more about our complete orthopaedics services and schedule an appointment today.

Source: By St. Elizabeth Healthcare



FLORENCE MEMORY CAFE

Early-State Social Engagement Programs offer fun and comfortable ways 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 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,
10:30-11:30 a.m.



Amiel Arte Bakery, 7103 Dixie Hwy
Florence, KY 41042

KY FRAUD TEXT ALERTS

Kentuckians can empower themselves with information to protect themselves from fraud and scams by subscribing to the Kentucky Senior Medicare Patrol's KY Fraud Text Alerts. Subscribers to this free service receive one short message every Friday at noon informing them about fraud schemes or scams being reported by consumers in every region of Kentucky. Sign up now to stay educated on the latest schemes so you can say NO to scammers! Text "KYSMP" to (844) 796-5678 to opt in.

DEARBORN HEALTH FAIR

Join us at the Greendale Primary Care Office for a no-cost, family-friendly health fair.



Saturday, September 13, 2025
10–1 p.m.



1640 Flossie Dr.,
Greendale, IN 47025

St. Elizabeth and community partners will provide health screenings and resources, including mammography, blood glucose and blood pressure screenings, healthy eating information, hands-only CPR, foot and balance screening, to-go food bags, raffles, face painting, music, and food trucks.

General registration is not required.

Pre-registration is required for mammography services only. For mammography, call (877) 424-5750. For other questions, call the Greendale Office at (812) 496-2808.

HEALTH RHYTHMS: A GROUP EMPOWERMENT DRUMMING PROGRAM

Health Rhythms at Baker Hunt Art and Cultural Center takes place monthly. This program is designed for those living with mild cognitive impairment or dementia and their care partner. During this program, we will engage in creative musical expression, using rhythmic drums, in a supportive environment. Our time together will provide mental stimulation and stress reduction for participants. This program DOES NOT require prior musical experience.



Monthly: July 23, August 20,
September 17, October 22,
November 19, December 17,
each 11 a.m.–12 p.m.



Baker Hunt Art and Cultural Center
620 Greenup St, Covington, KY 41011

Registration is limited for this program. Registration is required for each session separately.



Register here: <https://www.communityresourcefinder.org/ResourceView/Index?id=3634525>

HOME-DELIVERED MEALS: BRINGING NUTRITIOUS FOOD TO HOMEBOUND SENIORS

Our flagship program reaches seniors in 13 counties. From our restaurant-grade kitchen and distribution facility, we produce and deliver 4,600 meals per day, five days a week. We offer seniors a diverse menu of nutritious meal choices, including seven therapeutic meal options that meet special health needs. Deliveries also include weekly snack boxes, milk, and bread. Our seniors can track their meal delivery with real-time updates via email.

Customizable Meal Choices

We tailor seniors' meal deliveries to meet their tastes, needs, and schedules:

- Diabetic-, cardiac-, and renal-friendly menus
- Gluten-free and mechanically altered meals
- Preferred milk variety
- Preferred bread variety

- Preferred snack box combination
- Preferred delivery frequency

In addition to self-producing meals in our kitchen, we partner with Five Star Food Service and locally owned LaSoupe to expand our menu options.

More Than A Meal: When our drivers make deliveries, they deliver much more than a meal. Their interactions with homebound seniors create meaningful social connections and often lead to engaging conversations that combat feelings of loneliness. Likewise, our drivers can provide welfare checks to ensure seniors are safe and have their basic needs met.

Call the **Meals on Wheels Southwest OH & Northern KY** office to find out how to qualify! (513) 661-2777

St. Elizabeth believes improving the overall health of the community is the foundation of its mission to provide comprehensive, compassionate, and culturally competent care to our neighborhood and our families.



Behavioral Health

Our uniquely trained staff partner with you, your family, and other members of your healthcare team to address your unique needs related to mental health.



Journey Recovery Center

The Journey Recovery Center at St. Elizabeth Physicians is right here for you on your pathway to recovery from opioid and substance use disorders.



Activating Hope

In support of individuals and families needing mental health and substance use disorder resources, community agencies have come together to create a digital map to help you find the right care quickly and easily.



STARS Child, Teen & Young Adult Grief Support Programs

The St. Elizabeth Hospice Team is here when you need us most. Our grief support groups include spouses, partners, young adults and children.

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.**



TELEVEDA HOW-TO

All are welcome! Join live classes with Meals on Wheels Southwest OH & Northern KY from home.

From chair yoga and trivia to art and music, our platform Televeda connects you with other older adults in the region.

To begin, call us at (513) 244-5494, scan the QR code, or follow the instructions below!

Step 1: Go to live.televeda.com, and enter your email address.

Step 2: You will be directed to the registration page. Please fill in the required fields and continue. Your Referral Code is MOW123

Step 3: Verify your account by entering the one-time verification code that was sent to your email. Not seeing your code? Check your spam or junk folder!

Step 4: After successfully completing the verification process, you will be directed to our lobby.

Step 5: Complete the Participant Registration, Outcomes, Release form, and Liability.

Step 5: Congrats! You are ready to join our classes!

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.



Thrive 5k

Thrive 5K is a community-action event in honor of Domestic Violence Awareness Month, supporting all survivors and taking a stand against violence in the Northern Kentucky and greater Cincinnati area. This will take place on October 4, 2025

This event is designed to bring people together in the spirit of promoting healthy relationships and ending domestic abuse. Participants can expect a fun-filled morning of walking, running, and cheering on others as they complete the 5K course in the beautiful Devou Park.

A community fair will be at the start of the race, where people can talk to members of the Thrive Community about the many classes offered at Thrive Empowerment Center, along with connecting with local resources offered in the Northern Kentucky area.

For questions, please contact Meghan Klein at (513) 609-4979.

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 Sept. 15, Oct. 6, and Oct. 27



St. Elizabeth Edgewood Cancer Center;
Mind/Body Studio
1 Medical Village Drive
Edgewood, KY 41017

Medicare 101 Presented by SHIP

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



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 and click on Upcoming Events

Diabetes 101 Class: Everything You Wanted to Know But Were Afraid to Ask



Tuesday, October 14,
11 a.m.–12 p.m.



Kenton County Public Library
401 Kenton Lands Rd,
Erlanger, KY 41018

Financial Digital Tools

Covers Digital Wallets and basic Online Banking safety / best practices for spending online. Presented by Richard Sellnow-Extension, Digital Literacy Agent



Tuesday, September 30,
1 p.m.–2 p.m.



3861 Olympic Blvd,
Erlanger, KY 41018


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REGISTRATION IS REQUIRED—NO WALK-INS

Please RSVP at (859) 301-5999 or online at stelizabeth.com/primewise unless otherwise noted.

World Diabetes Day

Please join us for our annual World Diabetes Day community health fair! This is a free community outreach event offering diabetes related vendors, community partners, health screenings, and Q & A session


 Friday, November 14, 2025,
11 a.m.–1 p.m.

 St. Elizabeth Physicians
Regional Diabetes Center,
1500 James Simpson Jr Way,
Suite 301, Covington, KY

**To register, please call (859) 655-8819.
Space is limited!**

Dementia Workshop — Planning for the Future: What to Know After a Dementia Diagnosis

Join us for this day-long workshop to hear about the latest news in Alzheimer's research, biomarker testing and treatments, conversations around driving and dementia, transferring possessions, and exploring care and support services on your dementia journey.

 Friday, October 10th,
8:30 a.m.–2 p.m.


 Boone County Extension Office,
7111 Dixie Hwy, Florence, KY 41042




Register: <https://www.communityresourcefinder.org/ResourceView/Index?id=3634556>

58th Annual Campbell County Senior Citizens' Picnic

Join us for the Annual Campbell County Senior Citizens' Picnic. This year's theme is Island Time at Pendery Park. Enjoy a fun-packed day with Bingo, live music, chair volleyball, picture booth, door prizes, exhibitors, snacks and drinks, and a chicken dinner. The cost is \$10.00 in advance and \$15.00 at the gate.

 Wednesday, September 24
11 a.m.–3 p.m.


 Pendery Park,
4113 Williams Lane,
Melbourne, KY 41059

Tickets may be purchased beginning the first of August at the Campbell Co. Senior and Wellness Center, 3504 Alexandria Pike, Highland Heights, KY 41076, and at the Campbell Co. Administration Building, 1098 Monmouth St., Newport, KY 41071.

For more information, please call (859) 572-4300.

Cold Spring Library Memory Café

EARLY-STAGE SOCIAL ENGAGEMENT PROGRAMS offer fun and comfortable ways 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 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.

 Third Wednesday,
2–3 p.m.

 3920 Alexandria Pike,
Cold Spring, KY 41076



Register at: <https://www.cc-pl.org/events/memory-cafe-10>

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REGISTRATION IS REQUIRED—NO WALK-INS

Please RSVP at (859) 301-5999 or online at stelizabeth.com/primewise unless otherwise noted.

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, October 11 **AND**
November 8, 8:30 a.m.–12:30 p.m.



1 Medical Village Drive,
Edgewood, KY 41017
Conference Rooms F & G

ACTIVE SENIORS Symposium

St. Elizabeth Healthcare is hosting a FREE symposium about various topics related to the senior population. Dr. Aloiya Kremer, Medical Director of Sports Medicine, will be the Keynote Speaker and will discuss Osteoporosis. There will also be presentations on Fall Prevention, Exercise, and Eating Healthy on a Budget.



September 11
10 a.m.–12 p.m.



Kenton County Library, 401 Kenton Lands
Rd, Erlanger, KY 41018

To register for the event, please call The Kenton County Library at (859) 962-4002.

Eating Healthy on a Budget

Please join us for a class on "Eating Healthy on a Budget" presented by Registered Dietitians from St. Elizabeth's Weight Management team.



Friday, August 15, 11 a.m.–12 p.m.
Crescent Insurance,



Campbell County Senior Center,
3504 Alexandria Pike,
Highland Heights

**Please call the Senior Center at
(859) 572-4300 for more information.**

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, September 19, 1–2 p.m. **OR**
Friday, December 12, 2–3 p.m.



3861 Olympic Blvd,
Erlanger, KY 41018

A BEAUTIFUL YARD DOESN'T HAVE TO BE HARD ON YOUR SPINE

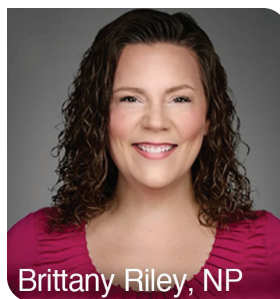
Cutting the grass. Spreading the mulch. Weeding the front sidewalk. These are just a few tasks that consume many of our summer days. Here are five tips to protect your spine while doing yardwork. “Just like any type of physical activity, yardwork comes with its risks and rewards,” says Jenna Till, a physical therapist at Mayfield Brain & Spine’s Crestview Hills office. “Stretching and good body mechanics will go a long way to avoid lower back pain.”

“No pain, no gain” only works in the movies. Make sure you stretch before you start your yardwork. Move slowly. If you feel a twinge or extra pressure, take a moment to evaluate it before continuing. If you feel pain, something is wrong.

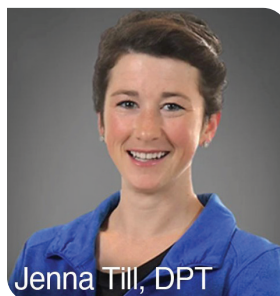
Take frequent breaks. Try working for 15 minutes, then grab a drink of water and sit for a few minutes. You can increase the time you are working, or you can increase the frequency of your breaks.

Reduce bending and twisting. When you are carrying tools, mulch, or anything heavy, try using a wagon or wheelbarrow – reducing your need to bend over or twist from one side to the other.

When lifting something, engage your core. Start in a neutral position, so your spine isn’t rounded



Brittany Riley, NP



Jenna Till, DPT



forward or arched backward. Bend your knees and draw your belly button toward the back of your spine.

Watch out for “red flags.” If you feel actual pain, it could be an issue with your spine. Call your doctor if you see these signals: a loss of sensation in your arms, legs, hands, or feet; a sudden change in bowel or bladder control; or pain that is constant or difficult to control.

“Yardwork doesn’t have to lead to a spine problem,” says Brittany Riley, a nurse practitioner at Mayfield. **“If you notice any of these red flags, you should consult with a doctor. With the proper precautions, you’ll have a beautiful lawn and a healthy spine!”**

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.**

ST. ELIZABETH HOSPICE VOLUNTEER ORIENTATION

St. Elizabeth Hospice offers regular orientation classes for potential volunteers. These sessions cover topics related to death, dying, and hospice care. Attendance is free, and there is no obligation to volunteer after training. Classes occur year-round, with the first session completed at your convenience and a final day-long or evening session at the Haile Hospice Center in Edgewood.

**Registration is necessary due to limited class size. To find out more information and to register, contact Debbie Holloran, Hospice Volunteer Coordinator, at 859-301-4622 or email Debbie.Holloran@stelizabeth.com.*

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/cardiovascular-mobile-health-unit**

CT Heart Screening Program

St. Elizabeth Business Health offers non-invasive computed tomography (CT) scans to screen for plaque in the heart arteries. Retail Screenings (Insurance not accepted):

- **CT Angiography (CTA):** Creates detailed three-dimensional images of the heart, identifying plaque that could narrow or block the arteries. COST: \$400
- **CT Coronary Calcium Score (CTS):** Measures calcium in the artery walls, providing a score that indicates heart disease risk. COST: \$115.

To schedule an appointment, call (859) 301-2992.

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.

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 UPDATE

Check out the *PrimeWise Discount Directory* where you will find:

- Attorneys
- Chiropractors
- Dentists
- Fitness
- In-Home & Adult Care Services
- Pet Services
- Pharmacies & Medical Equipment
- St. Elizabeth Gift Shops & Cafeterias
- Vision
- And more!

Visit stelizabeth.com/primewise and click on "Discount Directory" to view and/or print.

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.

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

EXERCISE AND LEISURE EQUIPMENT COMPANY

2300 Grandview Dr.
Ft. Mitchell, KY 41017
(859) 341-9777

10% OFF – for most equipment, with some exceptions. You must show your PrimeWise membership card to receive the discount.



RECIPE CORNER: FRUITY FROZEN YOGURT BARK

Ingredients:

- 1 ½ cups plain Greek yogurt
- 2 Tbsp maple syrup
- 2 Tbsp unsalted almonds, chopped
- ½ cup peach, chopped
- ¼ cup strawberries, chopped
- ¼ cup blackberries
- ½ cup blueberries
- ½ cup shredded unsweetened coconut, optional

Directions:

1. In a medium bowl, add Greek yogurt and maple syrup. Mix to combine.
2. Line a 9-inch by 13-inch baking dish with parchment paper. Use a spatula or knife to spread the Greek yogurt as thin as possible over the entire bottom of the dish.
3. Add the chopped nuts over the top of the yogurt. If desired, add shredded coconut. Using your fingers, press them lightly into the yogurt.
4. Add fruit, arranging so that pieces are not overlapping. Press fruit lightly into the yogurt.
5. Cover with plastic wrap and place in the freezer overnight.
6. To serve, loosen the edges of the parchment paper from the baking dish; then lift out and place onto a cutting board. Use your hands to break bark into pieces. If needed, bang the bark on the cutting board to break.
7. Serve immediately. Wrap leftover bark in parchment paper and seal in a zip-close bag in the freeze for up to one month.

NORTHERN KENTUCKY SUPPORT GROUPS:

- AA Florence: (859) 491-7181
- AL Anon Falmouth: (859) 572-3500
- Al Anon Florence: (859) 760-6178
- ALS Support Group: (888) 412-3022
Second Tuesday of Month at Hospice at 6 p.m.
- Alzheimer's Support Group: (800) 272-3900
- American Cancer Society: (800) 227-2345
- Look Good, Feel Better
- Reach to Recovery
- Breast Cancer Support Groups: (859) 301-2273
Nurse Navigator line – leave message
- BRIDGES (Brain Injury Demands Guidance Education & Support) (859) 667-2766
- Cancer Support Community: (859) 331-5568 for Kentucky and (513) 791-4060 for Ohio
- Helping Each Other – Breast Cancer Support: (859) 301-2273
- Insulin Pumping – Sharing for Success: (859) 655-8910
- St. Elizabeth Grief Support Groups: (859) 301-4611 or email stars@stelizabeth.com
 - STARS for Adults Grief Class
 - STARS for Widows Daytime and Evening Groups
 - STARS for Adults Grant County
 - STARS for Family Program
 - STARS H.O.P.E.
 - STARS for Adults Daughters
 - Men's Breakfast Club
 - Men's Huddle
- Overeaters Anonymous: NKY meetings (513) 921-1922
- NAMI Northern Kentucky (National Alliance on Mental Illness): (859) 392-1730
- N.A. (Narcotics Anonymous) Hope Line: (818) 773-9999
- Kentucky Survivors Area: (859) 253-4673
- Greater Cincinnati Survivors Area: (513) 820-2947
- Parkinson's Support Group: (859) 572-3172
- P.E.A.C.E. Group (People Enduring Addiction Consequences Everyday): (859) 301-4611
- Smoking Cessation: (859) 301-5570

STARS GRIEF SUPPORT GROUP FOR KIDS & TEENS

This group is a FREE 6-week session that offers activities about grief. The Program is open to children and teens in grades PreK-12 and their caregivers, who have experienced a death of a loved one. Registrants are divided by age and grade.

Email Natalie.ciulla@stelizabeth.com or call (859) 301-7878 to RSVP.

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.**

CHANGE YOUR INFORMATION ONLINE!

It is easier than ever to join PrimeWise or update your information. Tell your friends to visit stelizabeth.com/primewise and click on the bar that says **"Join Today / Log in to Update Your Information."**

Questions?

You can always call us at (859) 301-5999.