



Are you ready to quit?

Freshstart can help.

Freshstart is a free four-week smoking cessation program developed by the American Cancer Society and offered by St. Elizabeth Healthcare. This program is designed to help you take charge of your efforts to quit smoking or using other forms of tobacco by developing an individualized “quit plan” with trained specialists.

Join today and enjoy the benefits of living a tobacco-free lifestyle. Call (859) 301-5570 to get complete details and register.



Photo by Taste of Home

RECIPE CORNER

Take Control of Your Weight and Your Life

At the St. Elizabeth Physicians Weight Management Center, you can learn how to indulge in healthy foods like this recipe.

Blueberry Banana Smoothie

Ingredients:

- 1 fresh or frozen banana
- 1 cup skim milk or unsweetened almond milk
- 1/2 cup plain or vanilla Greek yogurt
- 1/2 cup frozen blueberries
- 1 tablespoon ground flaxseed or chia seeds
- 3-4 ice cubes, optional

Instructions:

Blend all ingredients in a blender until smooth and creamy.

View the video on YouTube at
[youtube.com/watch?v=jqE5l2XmfXQ](https://www.youtube.com/watch?v=jqE5l2XmfXQ)

St. Elizabeth Physicians Weight Management Center doesn't offer short-term fixes. We give you the tools, information and support you need for long-term success.

To learn more, call 859-212-GOAL (4625).

SUPPORTING COMMUNITIES, EMPOWERING OLDER ADULTS

Thanks to local awareness raising groups like EMA (Elder Maltreatment Alliance of Northern Kentucky), more people are becoming aware of 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 from all walks of life, all races, and all ethnic groups, live in your neighborhood, too. 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), which operates 24-hours a day, seven days a week.



WORLD ELDER ABUSE AWARENESS DAY

The United Nations has designated June 15 as World Elder Abuse Awareness Day. This is the one day during the year when the world voices its opposition to the abuse and suffering inflicted on older people. Voice your support by wearing purple to bring attention to this issue.

I'M RIGHT HERE

St. Elizabeth Healthcare

- **Physical Violence:** Have you ever been hit, slapped, punched or kicked? Are you often being pushed or having items thrown at you?
- **Emotional/Verbal Abuse:** Have you been publicly humiliated or called names? Does your abuser play mind games with you or make you feel like you just can't survive without him or her?
- **Isolation:** Are you kept from seeing friends or family, or even going to work? Are you made to account for every place you go and how long you are gone? Are you sometimes accused of cheating?
- **Threats/Intimidation:** Have you been threatened with violence to yourself or those you love? Does your abuser threaten to take your children/grandchildren/possessions away? Do you feel guilty or trapped when your abuser threatens suicide?

HOW ST. ELIZABETH CAN HELP END THE PAIN

If you ever find yourself in any of the previously mentioned situations, the DOVE (Domestic Options for Violent Emergencies) Program at St. Elizabeth can help. Through the program, you'll be confidentially examined and interviewed by a forensic nurse who is specially trained in domestic violence. We'll help you document your injuries and guide you to further sources of physical, psychological and legal assistance.

HOW TO REACH US

If you believe you are a victim, please call the DOVE office at (859) 301-9266 from 7 a.m. to 3 p.m. Monday through Friday. Outside of office hours or in an emergency, please call to speak to the charge nurse at one of our emergency departments:

Emergency Department - Covington
1500 James Simpson, Jr. Way
Covington, KY 41011
Phone: (859) 655-4353

Emergency Department - Edgewood
1 Medical Village Drive
Edgewood, KY 41017
Phone: (859) 301-2250

Emergency Department - Florence
4900 Houston Road
Florence, KY 41042
Phone: (859) 212-5441

Emergency Department - Ft. Thomas
85 N. Grand Avenue
Ft. Thomas, KY 41075
Phone: (859) 572-3618

Emergency Department - Grant
238 Barnes Road
Williamstown, KY 41097
Phone: (859) 824-8114

MAY IS STROKE AWARENESS MONTH

If you have any of these conditions — hypertension, a-fib, diabetes, obesity, high cholesterol, or take part in smoking or inactivity — then your risk of a stroke is higher. Stroke is an emergency — think FAST.

Recognize the Signs and Symptoms of a Stroke and act **FAST**:

FACE

Look for an uneven smile.

ARM

Check if one arm is weak.

SPEECH

Listen for slurred speech.

TIME

Call 911 at the first sign.

DON'T DRIVE. DON'T DELAY. CALL 911 RIGHT AWAY.

The sooner you call 911, the better the chance of recovery.



PROGRAMS AND EVENTS

LOW IMPACT FLEXIBILITY EXERCISE CLASSES

What are you waiting for? Register to attend one of these Flexibility Exercise Sessions. Increase your balance and range of motion and help yourself feel better! Remember to wear your gym shoes.

Low Impact Exercise - six class session

Tuesdays & Thursdays at 5:30 p.m.

Sessions begin: June 5, July 17, August 7 and August 28

St. Elizabeth Edgewood Conference Rooms F & G

Optional \$5 for exercise bands

Manual provided free of charge

Note: Reservations will be accepted for each session two weeks before the first class begins. To allow all members an equal opportunity, you cannot sign up for all classes at once.

To make reservations, call (859) 301-5999.

Space is limited.

MEDICARE

What you need to know BEFORE you turn 65!

Medicare can be confusing, but don't worry—we can help you understand the ins and outs. This workshop is developed to help you learn how Medicare works and to clearly outline your options. Presentations will cover questions such as when to enroll, what happens if you are still working, what Medicare A-B-C-D consist of, and how to select the right drug plan. Additionally, the difference between Medicare (Medigap) Supplement Policies and Medicare Advantage Plans will be reviewed.

Two Day Workshop

Tuesday, May 29 and Wednesday May 30, 6-8 p.m.

St. Elizabeth Florence Lower Level Conference Room

One Day Workshop

Monday, July 16, 6-9 p.m.

St. Elizabeth Ft. Thomas Conference Room A & B

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

Space is limited.

HOW READY ARE YOU FOR SOCIAL SECURITY?

Don't miss this dynamic and informative seminar on Social Security presented by Jim Blair, a 35-year veteran of the Social Security Administration, and Marc Kiner, CPA. This program will cover the basics of Social Security along with planning strategies. More than half of all Social Security recipients leave money on the table — as much as \$10,000 per year — because they are unaware that different options exist. Plan before applying for benefits to maximize your Social Security income.

Thursday, May 31, 6-7:30 p.m.

St. Elizabeth Florence Lower Level Conference Room

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

WHAT ARE MEDICARE ADVANTAGE PLANS?

Considering a Medicare Advantage plan (HMO, PPO or PFFS)? How do they work? How do you compare the different options? How do you know if it is an appropriate choice for you? Join PrimeWise staff as they explain the Medicare Advantage plans. We suggest that those interested attend a PrimeWise Medicare Workshop prior to this program.

Wednesday, June 6, 6-7:30 p.m.

St. Elizabeth Florence Lower Level Conference Room

OR

Monday, July 30, 6-7:30 p.m.

St. Elizabeth Ft. Thomas Conference Room A

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

SUPPORTING OUR COMMUNITIES

Free First Responders Training Event

Who are first responders? Nurses, Police, Fire Fighters, Social Workers, EMTs

As a first responder, it's critical to be prepared when approaching a person with Alzheimer's or another form of dementia in your community. Situations can become dangerous for the first responder and the person with the disease. Understanding dementia is the key to ensuring you choose the best response. Join us to understand how to ensure the best outcomes when approaching the unknown. Lunch will be provided.

Topics include:

- *Understanding Behaviors of Dementia Individuals and Suggestions for How to Manage in a Crisis*, Dr. P. Scott Becker, Riverhills Neuroscience
- *Violence Across the Life Span*, Theresa Vietor MSN, RN/SANE, CFN, CEN, NEA-BC, St. Elizabeth Healthcare
- *Kentucky Adult Protection Updates*, Stacy Carey and Leslie Caudill
- *Alzheimer's Association, First Responders Training*, Janet Milne MSN, RN, CNP

Wednesday, June 13

Doors open at 8 a.m.; Program: 9 a.m. to 2 p.m.

St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd., Erlanger KY

CEUs or a Certificate of Completion will be available.

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



ALL ABOUT GERD

Join Dr. Valerie Williams with St. Elizabeth Healthcare Thoracic Surgery and Dr. Amy DiChiara, a Gastroenterologist with St. Elizabeth Physicians, to learn about GERD, commonly called acid reflux, and the treatments available. The presentation will include discussion of common symptoms and causes, diagnosis, Barrett's esophagus, treatment options, when surgery should be considered, and the newest surgery options.

Wednesday, June 20, 6-7:30 p.m.

St. Elizabeth Training and Education Center (SETEC)

Auditorium

3861 Olympic Blvd., Erlanger KY

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



JOINT REPLACEMENT AND RAPID RECOVERY

Does joint pain limit your everyday activities, such as walking, using stairs or reaching? Does joint pain continue when resting? Does pain remain after taking normal dosages of over-the-counter pain medication? Is your sleep interrupted? If you said yes, please join Dr. Jonathon M. Spanyer with OrthoCincy who specializes in knee and hip conditions, particularly total joint reconstruction and replacement, as he discusses joint replacement and Rapid Recovery. You will have a chance to ask your questions and talk to the doctor.

Tuesday, July 10, 6-7:30 p.m.

St. Elizabeth Florence Lower Level Conference Room

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



TROUBLE LIVING WITH HAND OR WRIST PAIN?

The hand and wrist are comprised of multiple bones, muscles, ligaments, nerves and vessels, which allow for complex movement and functions for everyday life, work and play. This can make the hand and wrist vulnerable to painful conditions such as carpal tunnel, trigger finger and other forms of chronic pain. Join Dr. Jonathan Slaughter, a specialist in hand and wrist conditions at OrthoCincy, to learn when it is time to see a specialist. You will have a chance to ask your questions and talk to the doctor.

Tuesday, August 7, 6-7:30 p.m.

St. Elizabeth Ft. Thomas Conference Rooms A & B

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

ASSESS YOUR BONE HEALTH

Don't wait until you break a bone—join us for a FREE DEXA scan to determine your bone density and risk of osteoporosis. Learn about the effects of osteoporosis on your bones, steps you can take to prevent these effects, and what treatment options are available to help. Speakers include Dr. Howard J. Schertzing with OrthoCincy and Dr. Aileen Heras-Herzig with St. Elizabeth Physicians.

Thursday, August 9

Doors open at 6 p.m.

Presentation takes place 6:30-8 p.m.

St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd., Erlanger KY

To reserve your space, register online at stelizabeth.com/livingwithoutlimits.



PARKINSON'S DISEASE AND EXERCISE

Join Dr. Brian Maddux, Neurologist, who specializes in Parkinson's disease and movement disorders at Riverhills Neuroscience. Managing Parkinson's disease, yours or a loved one, can be overwhelming. Dr. Maddux will discuss what's on your mind. Bring your questions!

Tuesday, August 14, 6-7:30 p.m.

St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd., Erlanger KY

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

WHY YOU NEED A LIVING WILL

While 75% of Americans say they are in favor of Advance Directives (Living Wills), only about 30% have one. Sudden accidents or illnesses occur all too frequently and often take us off guard—regardless of our age. Preparing now for the healthcare you would or would not want if you could no longer speak for yourself is so important. 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.

Tuesday, August 21, 6-7:30 p.m.

St. Elizabeth Florence Lower Level Conference Room

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

KEEP MOVING: SOLUTIONS FOR HIP, KNEE, FOOT AND ANKLE PAIN

Join us for a free educational session with a panel of orthopaedic specialists to discuss options to end your lower extremity joint pain. Our experts will discuss options, including medication management, rehabilitation and surgery for both hip and knee pain, as well as foot and ankle pain. With the right plan, you can be on the go again sooner than you think!

Dr. Nicholas T. Gates, Foot and Ankle Specialist with OrthoCincy

Dr. Jonathon M. Spanyer, Orthopaedic Surgeon with OrthoCincy

Tuesday, August 28.

Doors open at 6 p.m.

Presentation takes place 6:30-8 p.m.

St. Elizabeth Training and Education Center (SETEC)

3861 Olympic Blvd., Erlanger KY

To reserve your space, register online at stelizabeth.com/livingwithoutlimits.



EXPERIENCING NECK OR BACK PAIN OR ARM/LEG TINGLING?

If you are having these symptoms, we invite you to join Dr. John Jacquemin with OrthoCincy for a FREE seminar on the Mobi-C cervical disk implant and learn how to get back to an active life. The best treatment is to identify the issue, address the underlying cause and understand the treatments available. You will have a chance to ask your questions and talk to the doctor.

Wednesday, September 19, 6-7:30 p.m.

St. Elizabeth Florence Lower Level Conference Room

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



CHANGE YOUR INFORMATION ONLINE!

Have a new email address?

Recently married? Moved?

You can now make these changes to

your PrimeWise information without calling the PrimeWise office! All you have to do is go to stelizabeth.com/primewise and click on the bar that says "Join Today/Log in to Update Your Information." Questions? Call us at (859) 301-5999. It is also now easier than ever to join PrimeWise! Just go to this website and click on "Join Today!"

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**

• August 2-September 20

For more information or to reserve your space, call 859-301-WELL (9355).

FANS 50 AND OLDER SAVE ON REDS TICKETS

Fans 50 and older can save on Reds tickets this season with the Senior Citizen Specials presented by St. Elizabeth Healthcare Orthopaedics.

Eligible fans may purchase select non-premium tickets at half-price in advance of game day only, subject to availability of tickets. This Senior Citizen Special offer excludes Dugout Box, Upper View Level, Value View and Kroger Bleachers seats. Each ticket includes a free same-day admission to the Reds Hall of Fame & Museum. Go to the online version for dates and ordering information.

Tickets for Senior Citizen Specials must be purchased in advance of game day at reds.com/seniors or by calling (513) 381-REDS or 877-647-REDS (7337).



“I'm finally retired and want to give back to my community. So, I'm going to sign up to volunteer at St. Elizabeth.”



VOLUNTEER OPPORTUNITIES AT ST. ELIZABETH

The St. Elizabeth Hospice Program holds volunteer training sessions throughout the year, which 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.

To learn more about volunteering, visit us online at stelizabeth.com/volunteer or call (859) 301-2140.

GROW YOUR LEGACY

Modeling generosity has a lasting impact! Speaking with family members about your personal philanthropy not only helps them better understand your values, but can nurture that giving spirit in the next generation, inspiring them to follow your lead. Begin by sharing why you give at the next family gathering.

Contact Troy Fedders at (859) 301-2182 or troy.fedders@stelizabeth.com to learn about leaving your legacy with the St. Elizabeth Heritage Circle.

SAVE THE DATE – NOVEMBER 19

2018 Style Show & Luncheon

Join us for a fabulous day of shopping, lunch, live musical performances and a peek at the styles you're likely to see in 2019! Every dollar raised from this year's Style Show & Luncheon will be used to help your family members, friends and neighbors fight cancer. Together, we'll bring transformative cancer care – and a renewed sense of hope – to our community.

Monday, November 19, 10 a.m. to 2 p.m.

RSVP online at giving.stelizabeth.com/styleshow or contact Emily Cahill at (859) 301-6190.

WHAT YOU CAN DO TO KEEP YOUR GRANDCHILD SAFE!

The "Opiate Epidemic" is a term heard often in Northern Kentucky. Our news outlets report on it, legislators create policies to address it, communities hold Town Hall meetings to raise awareness... and sadly our friends and families are affected by it as they try to help loved ones dealing with the effects of substance use disorder. Often, we are left asking 'what can we do?' We do have power to help create a healthy community. Today, what we can do, is reduce access to unused prescription medications.

The National Institute on Drug Abuse (NIDA) has stated that prescription opioid medication, such as OxyContin, Vicodin and others, can have effects similar to heroin. NIDA research suggests that "Nearly 80% of Americans using heroin (including those in treatment) reported misusing prescription opioids first." We can do something about this trend by cleaning out our medicine cabinets and removing this risk factor.

We are fortunate to have 22 drop box locations throughout the Northern Kentucky region that allow us to destroy unwanted medications safely, in an environmentally friendly manner. Here are the steps:

1. Remove any expired or unwanted medication from the cabinet; this includes medication from the physician, dentist, veterinarian, or 'over the counter' medications. Liquid medications are not accepted.
2. Place the bottle and medication into a re-sealable bag. There is no need to open or handle the medication; simply toss the bottle into the bag. It is a good idea to remove the label that includes your name and address.
3. Find the drop box location near you on the list below. The drop box looks like a large postal mail box. They are white and clearly marked, generally found in police stations for everyone's safety.
4. Simply drop your bag of unwanted medications into the drop box and you are finished. You have effectively prevented someone from misusing the medication!

NKY Drug Drop Locations

The following Drug Drop Boxes are maintained by NKDSF with weights recorded

Boone County Sheriff's Office, 3000 Conrad Lane, Burlington, KY

Campbell County PD, 8774 Constable Drive, Alexandria, KY

Cold Spring PD, 5694 Alexandria Pike, Cold Spring, KY

Covington PD, 1 Police Memorial Drive, Covington, KY

Dayton PD, 514 6th Street, Dayton, KY

Edgewood PD, 385 Dudley Road, Edgewood, KY

Erlanger PD, 505 Commonwealth Avenue Erlanger, KY

Florence PD, 8100 Ewing BLVD, Florence, KY

Ft. Thomas PD, 130 N. Ft. Thomas Avenue, Ft. Thomas, KY

Ft. Wright PD, 409 Kyles Lane, Ft. Wright, KY

Highland Heights PD, 176 Johns Hill Road, Highland Heights, KY

Kenton County PD, 11777 Madison Pike, Independence, KY

Newport PD, 998 Monmouth Street, Newport, KY

Park Hills PD, 1106 Amsterdam Road, Park Hills, KY

Southgate PD, 122 Electric Ave, Southgate KY (City Building)

Taylor Mill PD, 5227 Taylor Mill Road, Taylor Mill, KY

Villa Hills PD, 719 Rogers Road, Villa Hills, KY

Wilder PD, 520 Licking Pike, Wilder, KY

Drop Boxes not maintained by NKDSF
Alexandria Drugs, 7857 Alexandria Pike, Alexandria, KY

Save Discount Drugs, 716 Madison Pike, Covington, KY

Walgreens, 1 Viewpoint Drive, Alexandria, KY

Walton Fire Department, 12600 Towne Center Drive, Walton, KY

SCREENINGS

THE IMPORTANCE OF COLORECTAL SCREENING

Colon cancer is one of the most common cancer diagnoses and one of the leading causes of cancer-related deaths. Regular colorectal screenings are the most powerful tool for early detection and treatment, yet four out of 10 people in our region do not get screened.

How do colon cancer screenings work?

Colon cancer screening can detect pre-cancerous "polyps" that can be removed before they become cancer. "Screening can catch cancer in its early stage, when it is easier to treat," says Dr. Jai Bikhchandani, St. Elizabeth Physicians General Surgeon, who specializes in colon and rectal surgery.

Patients with average risk for colon cancer should begin screenings at age 50. Always talk to your primary care provider about your individual screening needs.

Colon cancer may not present symptoms until it has advanced, which is why screening is so important.

There are three screening options

While colonoscopies are the most effective colorectal screening, there are other options. The most commonly used screening tests are:

- **Colonoscopy** – This is the most effective screening tool as it finds and removes precancerous growths before they become cancer. Screen every 10 years.
- **Stool DNA Test (Cologuard)** – Looks for particular DNA mutations due to cancerous tumors or precancerous polyps. Screen every three years.
- **Fecal Immunochemical Test (FIT)** – Looks for hidden blood in the stool, which can be an early sign of cancer. Use this screening tool every year.

It is important to discuss what option is right for you with your primary care provider. To learn more about colorectal health or to schedule a colonoscopy at St. Elizabeth, please call (800) 737-7900 or visit stedocs.com.

MANAGING YOUR MEDICATIONS

Wonder if you are taking too many medications? If you are taking them correctly? Bring all your current medications in a "brown bag" and learn about their common uses, side-effects and interactions with other medications.

Make sure you bring all:

- 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 and answer your questions.

Monday, July 23

Appointments: 9 a.m. to noon.

St. Elizabeth Edgewood Conference Room N

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

2018 STROKE AND CARDIOVASCULAR SCREENING SITES

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

MEDICARE CORNER

Did you know Medicare can cover Hepatitis C screening test?

Medicare covers one Hepatitis C screening test if you meet one of these conditions:

- You're at high risk because you have a current or past history of illicit injection drug use.
- You had a blood transfusion before 1992.
- You were born between 1945–1965.

Medicare also covers yearly repeat screenings for certain people at high risk. Medicare will only cover Hepatitis C screening tests if they're ordered by a primary care doctor or other primary care provider. You pay nothing for the screening test if the doctor or other qualified health care provider accepts Medicare assignment.

PrimeWise update

May
June
July
August

2018

Volume 2

Your Link to Health and Wellness

PrimeWise Office:

(859) 301-5999

primewise@stelizabeth.com

St. Elizabeth Edgewood

Monday – Friday 8:30 a.m. to 4 p.m.

St. Elizabeth Florence

Mondays 9 a.m. to 3:30 p.m.

St. Elizabeth Ft. Thomas

Wednesdays 9 a.m. to 3:30 p.m.

Go to stelizabeth.com/primewise

to read the expanded version of the Update.

DO YOU “HELP OUT” A LOVED ONE?

Come and learn tips from others in similar circumstances. The PrimeWise Caregiver Support Group meets monthly to share and support each other with strategies that have made care giving 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 for the location and speaker information.

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 6 p.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 & Support): (513) 265-5889
- Care Support Community: Cancer Support
(859) 331-5568 for Kentucky and
(513) 791-4060 for Ohio
- Grief Support Groups: (859) 301-4611 or email
stars@stelizabeth.com
 - STARS for Adults Grief Class
 - STARS for Adults Grant County
 - STARS for Family Program
 - STARS for Widows Daytime and Evening Groups
 - Men’s Breakfast Club
 - Men’s Huddle
 - STARS 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
- Overeaters Anonymous: NKY meetings
(513) 921-1922
- Parkinson’s Support Group: (859) 301-5999
- Reach to Recovery: (800) 227-2345
- Smoking Cessation: (859) 301-5570

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. Call (800) 272-3900.

MAYO CLINIC CORNER

Something to Think About: Remember Your Infinite Blessings

February 14, 2018

Dr. Amit Sood, Professor of Medicine at Mayo Clinic College of Medicine and Chair of the Mayo Mind Body Initiative, says, “*We forget the million different blessings and anchor our present emotions on some little reward.*”

Dear friend,

During a flight I saw a child inconsolably crying; she had been denied a second lollipop. Her dad, keeping her in his lap, was valiantly using his work-in-progress skills. He seemed patient and kind, but no matter his efforts, he could not reach her. Her world had turned upside down at the prospect of a frustrated reward that she claimed to be rightfully hers.

I looked at the child thinking, “*If only this little girl knew how fortunate she is.*” She was not among the 150 million orphaned children or the billion souls with no access to clean water. She was not among hundreds of millions of children who were born into poverty, who have a disability, or who are habitually abused. Her parents seemed to be nice people who cared for her. Until she learns not to fixate on a denied second lollipop and develops a more mature brain, however, she won’t understand any of this.

We grown-ups aren’t too dissimilar. We forget the million different blessings and anchor our present emotions on some little reward. We lose the big picture. I think it’s a great loss.

It doesn’t have to be this way. If you can see, hear, and walk; have a roof above your head; live in a warm home; and have access to clean water and food, you are better off than billions of people. You can choose to remember and be grateful for these blessings. Remembering your blessings will multiply them.

May you remember your infinite blessings; may you decorate your blessings with gratitude.

DRIVE SMART - Why Take the AARP Smart Driver Course?

As the nation’s first and largest refresher course for drivers 50 years and older, the AARP Smart Driver Course 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, and take place at St. Elizabeth Edgewood Conference Rooms L & M.

June 9

9:30 a.m. to 1:30 p.m.

August 11

9:30 a.m. to 1:30 p.m.

September 8

9:30 a.m. to 1:30 p.m.

Cost is \$15 for AARP members and \$20 for non-AARP members. To reserve your space, call (859) 301-5999.

DISCOUNT DIRECTORY UPDATE

For the most up-to-date listing of Discount Providers go to 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.

Discount Directory Providers include:

- Attorneys
- Chiropractors
- Pet Services
- Dentists
- In-Home Care
- Fitness Facilities
- Vision

and much more!

If you own a business in Northern Kentucky and would like to become a provider for the PrimeWise Discount Directory, contact PrimeWise at (859) 301-5999.

MLK TOURS SPRING 2018 TRAVEL UPDATE

Dear Travel Friends,

FINALLY! February showers are turning to spring flowers... we hope. There is plenty of time to grab your calendars and plan a getaway, either far or near. 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!

McCormick’s Creek & Hunter Honey Farm	June 7-8
Stratford Theatre Festival, Ontario, Canada	July 25-29
New Orleans & Southern Plantations	September 10-13
Covered Bridges of Indiana	October 18-19
Fall Meeting at Keeneland	October-TBD
Jack O’lantern Spectacular & The Brown Hotel & Hunted House, Lagrange, Kentucky	October 24-25
Clifton Mills & The Golden Lamb	December 4
Indianapolis Symphony: Home for ^{NEW} Holidays	December 7
Lights Under Louisville/ Conrad-Caldwell Home	December 12
Rocky Mountaineer: The Canadian Rookies - Calgary to Victoria	May 2019