

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 1,
Online

February-
April 2019



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

DON'T MISS THIS!

You are invited to
come celebrate PrimeWise's
30th "Pearl" Anniversary!

Events include:

- Health screenings
- Special discounts and gifts from PrimeWise discount providers
- Mini PrimeWise exercise sessions
- Hourly physician and health presentations
- Refreshments and door prizes

Share a PrimeWise "pearl" that has benefited you as a member and be entered into a drawing for a pearl necklace or gift card. Attendance is not required. Share your name, phone number and "pearl" by email or phone.

Tuesday, May 21: Open House 3-7 p.m.

St. Elizabeth Training and Education Center
3861 Olympic Blvd., Erlanger, KY 41048

To reserve your space, call (859) 301-5999
or email primewise@stelizabeth.com.

WHAT'S A NORMAL RESTING HEART RATE?

Answer from Dr. Edward R. Laskowski, Mayo Clinic:

A normal resting heart rate ranges from 60 to 100 beats per minute.

Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats per minute.

To measure your heart rate, simply check your pulse. Place your index and third fingers on your neck to the side of your windpipe. To check your pulse at your wrist, place two fingers between the bone and the tendon over your radial artery, which is located on the thumb side of your wrist.

Article continues on next page.

FEBRUARY IS AMERICAN HEART MONTH

Look for the ❤️ for Heart Healthy programs and activities in this issue and don't forget that Friday, February 1, is National Wear Red Day! Show your support and wear red to promote awareness of heart disease!

National Volunteer Week

April 7–13 is National Volunteer Week. PrimeWise salutes all our members who so generously give of their time and talents to enrich our communities and make such a big difference in our region. We are particularly grateful for our team of 20-plus individuals that volunteer for PrimeWise. What an impact you make!

Northern Kentucky Senior Games

Enjoy sports? Like some friendly competition? Want to have fun? Then participate in the “Games!” You just need to be 50-plus and register. The Spring Senior Games are May 7 to June 6. Registration deadline is April 20. Call (859) 334-2117 to register or for more information. ❤️

PrimeWise Caregiver Support Group

Do you “help out” a loved one? Come and learn tips from others in similar circumstances. This 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 of interest. Meets from 7–8:30 p.m. on the second Thursday of each month. Please call (859) 301-5999 or email primewise@stelizabeth.com for the location and speaker information.

FREE HELP WITH TAX RETURNS

Tax counseling and preparation help is available under the sponsorship of AARP, in cooperation with the Internal Revenue Service. Tax-Aide tax counseling is a free service provided by trained volunteers and is provided at no cost to those who are eligible under the program. This service is not limited to senior citizens. Services for the 2018 tax year will be available from February 1, 2019 through April 15, 2019. Call toll-free (888) 687-2277 [or TTY at (877) 434-7598] for location information.



When you feel your pulse, count the number of beats in 15 seconds. Multiply this number by four to calculate your beats per minute.

Keep in mind that many factors can influence heart rate, including:

- Age
- Fitness and activity levels
- Being a smoker
- Having cardiovascular disease, high cholesterol or diabetes
- Air temperature
- Body position (standing up or lying down, for example)
- Emotions
- Body size
- Medications

Although there’s a wide range of normal, an unusually high or low heart rate may indicate an underlying problem. Consult your doctor if your resting heart rate is consistently above 100 beats a minute (tachycardia) or if you’re not a trained athlete and your resting heart rate is below 60 beats a minute (bradycardia) – especially if you have other signs or symptoms, such as fainting, dizziness or shortness of breath. ❤️

ST. ELIZABETH AWARDED CARDIOVASCULAR CENTER OF EXCELLENCE ACCREDITATION

St. Elizabeth Edgewood has been awarded the American Heart Association's Cardiovascular Center of Excellence accreditation, which recognizes hospitals committed to following proven treatment guidelines incorporated into a comprehensive system of care to fully address the needs of patients with complex cardiac conditions. St. Elizabeth Edgewood is the only hospital in Greater Cincinnati and just



American Heart Association®

ACCREDITATION

CARDIOVASCULAR CENTER OF EXCELLENCE

the seventh in the country to achieve this accreditation. "We are thrilled for what this means to our patients, that we are right here for them with the

highest quality heart care," says Dr. D.P. Suresh, Medical Director of St. Elizabeth Heart & Vascular.

"This recognition demonstrates that we have the physicians and staff, administrative leadership, technology, and research in place to provide unparalleled heart care for the people of this region."

ST. ELIZABETH HEALTHCARE CLINICAL RESEARCH INSTITUTE

St. Elizabeth Healthcare is committed to providing the best and most current medical care in our community. Through this commitment, our patients are eligible to participate in research offering advances in innovation and technology. With more than 100 active protocols, 80 providers and 20 dedicated staff, St. Elizabeth offers clinical trials in Cardiology, Pulmonary, Electrophysiology, Endocrinology, General Surgery, Surgical/Medical, Radiation Oncology, Thoracic Surgery, Gastroenterology and Orthopedics. Contact our office today for more information at (859) 301-4737.



TITLEIST PERFORMANCE INSTITUTE AT ST. ELIZABETH SPORTS MEDICINE— A GREAT VALENTINE GIFT FOR YOUR GOLFER

Customized Performance Program

Let our TPI certified instructor help take your golf game to the next level.

This program includes:

- Titleist Performance Institute (TPI) physical golf screen to assess mobility and movement patterns specific to golf.
- Video analysis to make the body-swing connection.
- Individualized corrective exercise program.

The program is designed for all players trying to improve their game.

Cost is \$150 for two one-hour sessions.

For more information, call (859) 301-5600.

GIFTS OF GRATITUDE

If you are age 70 or older, you can take advantage of a simple way to make a charitable gift to the St. Elizabeth Foundation and receive a tax benefit for yourself at the same time. By giving from your individual retirement account (IRA) directly to the Foundation, you don't have to pay federal income tax on the IRA distribution. If you have questions about IRAs, contact Troy Fedders at (859) 301-2182.

PROGRAMS & EVENTS

RESERVATIONS

To reserve your spot,
call us at (859) 301-5999
unless otherwise indicated.

Infant Care-Grandparents Class

St. Elizabeth Healthcare is committed to providing the best and most current information to expectant parents and grandparents, including bathing, diapering, skin care, playtime, crying and illness. Additionally, SIDS, car seat safety and how to rescue a choking infant and toddler will be discussed. Please bring a doll with you to class to practice skills.



Tuesday, February 5 **OR** April 2
OR August 6, 6:30-8:30 p.m.

To reserve your space today, visit stelizabeth.com/events/calendar or call (859) 301-2229.

Maximizing Your Social Security Benefit

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



Thursday, February 21, 6-7:30 p.m.
St. Elizabeth Training and



Education Center Auditorium
3861 Olympic Blvd., Erlanger, KY 41048

Heart Matters: 7 Ways to Love Your Heart

Learn “7 Ways to Love Your Heart” to help you live a healthier and longer life from Cardiologist Dr. Abiodun Ishola. It's never too late to take steps to prevent heart disease. Training program is free and includes a light meal, but space is limited. ❤️



Wednesday, February 27, 6-7:30 p.m.
St. Elizabeth Training and



Education Center
3861 Olympic Blvd., Erlanger, KY 41048

Reservations required by Wednesday,
February 20. Call 859-301-WELL (9355).

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. Our 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:



Monday, February 18, 2-3:30 p.m.
& Tuesday, February 19, 2-4 p.m.



St. Elizabeth Florence
Lower Level Conference Room

One Day Medicare Workshop:



Tuesday, April 23, 6-9:30 p.m.
St. Elizabeth Training and



Education Center Auditorium
3861 Olympic Blvd., Erlanger, KY 41048

Medicare Advantage Plans - Right for You?

HMO, PPO, 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.



Tuesday, March 5, 2-3:30 p.m.
St. Elizabeth Florence
Lower Level Conference Room **OR**



Tuesday, May 14, 6-7:30 p.m.
St. Elizabeth Training and



Education Center Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41048

PROGRAMS & EVENTS

RESERVATIONS

To reserve your spot, call us at (859) 301-5999 unless otherwise indicated.

Feet Hurt from Your Heels to Your Toes?

Join Dr. Matthew Connolly from OrthoCincy to learn about Bunions, Morton's Neuroma, Plantar Fasciitis, Toenail Fungus and much more. He will share what you can do and how to know when it is time to see a specialist. Bring your questions. FREE foot screening before the program by the St. Elizabeth Wound Care Center.



Thursday, March 7 Program 6:15-7:30 p.m.
FREE Foot Screening, 5-6 p.m.



St. Elizabeth Florence
Lower Level Conference Rooms

Over 18? Then You Should Have an Advance Directive!

Advance care planning is exercising your right to prepare 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 to know what they would want or not want since anyone's health status can change in an instant. Join Attorney Michael Ruberg and Maureen Hebert, RN, as they answer your questions about how Advance Directives make all the difference, not only to us as individuals but to our families.



Wednesday, March 13,
3-4:30 p.m.



St. Elizabeth Edgewood
Conference Room L

Retire with a Purpose

Join Tony Aloise, founder of Life Solutions Network, as he guides you to consider your life after employment. Be inspired to envision your ideal life. Discover what energizes and excites you, providing purpose and meaning and how to prepare a plan.



Monday, April 8,
1-2 p.m.



St. Elizabeth Florence
Lower Level Conference Room

Brown Bag: "Do You Have Questions on How You Can Donate Life?"

Join Gina Parsley, Registered Nurse from the LifeCenter Organ Donor Network, as she walks us through all the questions we have about organ donation and the process for our families when the time arrives. She will share how to become a registered organ, eye and tissue donor and the lifesaving difference that can be your legacy.



Wednesday, April 17, 11:30 a.m.
to 12:30 p.m. Lunch at 11:15 a.m.
Buy a box lunch for \$5 or bring
your own lunch or snack.



St. Elizabeth Florence
Lower Level Conference Room

AARP Drive Smart Class

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 limited to 25, so call early to register.



April 13 or May 11,
9 a.m. to 1 p.m.



St. Elizabeth Edgewood
Conference Rooms L & M

Cost: \$15 for AARP members
\$20 for non-AARP members

PRIMEWISE MEMBERSHIP:

Has your email, address, or phone number changed? Please contact our office at (859) 301-5999 or primewise@stelizabeth.com with your changes.

PROGRAMS & EVENTS







RESERVATIONS

To reserve your spot, call us at (859) 301-5999 unless otherwise indicated.

MULTI-DAY WORKSHOPS & CLASSES

Healthy Choices for Everybody

Eating right doesn't have to be expensive. Join the Northern Kentucky Cooperative Extension Services 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 will be repeating the information covered in previous years. If you are a returning participant, please invite a friend. *Look what people are saying about this series... "Excellent! Most enjoyable and educational time I've had! Food was delicious!"* ❤️


-  Mondays, March 4, 11, 18, 25, and April 1; 11 a.m. to 1 p.m.
 Campbell County Extension Office
3500 Alexandria Pike, Highland Heights, KY
-  Wednesdays, March 6, 13, 20, 27, and April 3; 11 a.m. to 1 p.m.
 Boone County Extension, Enrichment Center;
6028 Camp Ernst Rd. Burlington, KY
-  Thursdays, March 7, 14, 21, 28, and April 4; 11 a.m. to 1 p.m.
 Kenton County Library, Erlanger Branch
401 Kenton Lands Rd. Erlanger, KY




Healthy Choices for Everybody cooking class is free and fun! See details above.

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 improve your balance and range of motion as well as help yourself feel better! Each session includes six classes. For your safety, please wear gym shoes to the class. ❤️

-  Tuesdays & Thursdays, 5:30–6:30 p.m.
Sessions begin February 19, March 12, April 2, April 23 and May 14





-  St. Elizabeth Edgewood
Conference Rooms F & G

Exercise bands \$5 (optional); free manual.

Note: Reservations for each session open two weeks before the first class begins — this gives all members an equal opportunity to sign up; you are not able to sign up for all sessions at once. Class space is limited.

Take Time for Your Heart

This eight-week class is designed for everyone who wants to learn how to have a healthier heart. Each class is packed with valuable tips, and you'll get a copy of the book, "Mayo Clinic Healthy Heart for Life!" Registration also includes two cardiac age health risk assessments, one before the class starts, and another at the end to measure your progress. Registration is \$50, but for this session only, in recognition of February as Heart Month, PrimeWise members are invited to bring a guest for free with one paid registration. ❤️

-  Wednesdays, April 10 through May 29
 St. Elizabeth Edgewood, 6:30–7:30 p.m. **OR**
-  Thursdays, April 11 through May 30
 St. Elizabeth Florence, 10–11 a.m.

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

SCREENINGS SECTION

Free Medication Review

Have questions about the medicine, vitamins and herbs that you take? Wonder if they might interact? Make an appointment to meet individually with a St. Elizabeth pharmacist or an intern pharmacist supervised by a St. Elizabeth pharmacist. Bring all your bottles with you, including prescriptions, over-the-counter medications and any vitamins and herbals you take. Learn how to manage your medication correctly. It might just improve your life.



Wednesday, April 3
Appointments from 9- 11:30 a.m.



St. Elizabeth Ft. Thomas
Conference Room A

Free Skin Cancer Screening Clinic

Provided by Melanoma KNOW More



Saturday, March 9
St. Elizabeth Ft. Thomas



Saturday, June 8
St. Elizabeth Edgewood



Saturday, September 14
St. Elizabeth Florence

To reserve your space today,
call 859-301-SCREN (7276).

2019 STROKE AND CARDIOVASCULAR SCREENINGS

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

MEDICARE CORNER

Medicare Premium & Deductible Changes for 2019

Original Medicare Part A – 2019

- \$1,364 Part A deductible for the first 60 days of hospitalization in each benefit period
- \$341 daily copayment for inpatient hospitalization days 61-90
- \$682 daily copayment for 60 lifetime reserve days
- \$170.50 daily copayment for days 21-100 in a skilled nursing facility

Original Medicare Part B – 2019

- Part B deductible is \$185
- Part B premium for those new to Medicare is \$135.50

Questions? Contact PrimeWise at primewise@stelizabeth.com or (859) 301-5999.



RIGHT HERE FOR YOU

St. Elizabeth now provides Specialty Pharmacy Services through the Medical Village Outpatient Pharmacy. We offer financial assistance, clinical consulting with a pharmacist, patient call line available 24 hours and home delivery. Please call (859-301-9025) or stop by the pharmacy at 20 Medical Village Dr. Suite 101. Edgewood, KY 41017.

NEW DOCS IN TOWN

PrimeWise would like to welcome two new St. Elizabeth Heart & Vascular Institute physicians. *Pictured, Below: Abiodun Ishola, MD, Cardiologist [(859) 655-9500]; Right: Haree Vongooru, MD, Heart Failure Specialist [(859) 301-0124].* ❤️



ORTHO CINCY OPENS ITS FIRST INDIANA OFFICE

OrthoCincy Orthopaedics & Sports Medicine opened its 12th office location in January – and its first in Indiana. Located at 272 Bielby Road in Lawrenceburg, the new location is open Monday–Friday with Dr. Ronald T. Auer seeing patients in that office.

Dr. Auer (*Pictured, Right*) is a board-certified orthopaedic surgeon who specializes in Arthroscopy, Total Joint Replacement, and General Orthopaedics. For more information or to schedule an appointment, call 859-301-BONE (2663) or visit OrthoCincy.com.



MKL TOURS 2019 TRAVEL UPDATE



Dear Travel Friends,

WOW ... what choices we have for you this year! Favorite day trips to exotic, international river cruises await you. There is nothing more rewarding nor better at creating new memories than a bit of travel. Please call MKL Tours for all details and listings at (513) 232-5487 or to be added to our January and June mailings. See you on the road!

Sample 2019 Tours

Feb. 21-28 Ixtapan Spa and Restort

April 8 Derby Dinner's Glenn Miller Orchestra & Brown Hotel Dinner

April 12 Spring Meet at Keeneland

May 17 Streamcliff Herb Farm & Winery

June 9-14 Cape Cod: Plymouth, Martha's Vineyard, Nantucket & More

June 2019 Anderson Japanese Gardens & Frank Lloyd Wright Homes

Sept. 29-Oct. 2 The Grand Hotel on Macinaw Island

Oct. 24-25 Jack O'Lantern Spectacular/The Brown Hotel/
Haunted Lagrange, KY.

Oct. 13-21 Viking River Cruise: Budapest to Passou

Nov. 2-6 Treasures of New Mexico: Albuquerque/Santa Fe/
Los Alamos/Bandalier and Taos

Dec. 4-6 Christmas at Biltmore Estates

Dec. 12 Lights Under Louisville / Conrad Caldwell House / Glass Works

Dec. 13 Indianapolis Symphone: Yuletide Celebration



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) 301-5999
- Smoking Cessation: (859) 301-5570

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 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.

HEART-HEALTHY ITALIAN ORZO SOUP

Ingredients:

- 1 tablespoon olive oil
- 1 small yellow onion peeled and diced
- 1 cup celery diced
- 4 cloves garlic peeled and minced
- 1 cup carrots diced
- 5 cups low-sodium vegetable or chicken stock
- 1 (14 oz.) can diced tomatoes
- 1 ½ cups (about 8 oz.) wheat orzo or pasta
- 1 (15 oz.) can white beans (optional)
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ¼ teaspoon dried rosemary
- 4 cups loosely-packed kale or spinach
- Salt and pepper

Instructions

1. In a large stockpot heat oil over medium heat.
2. Add onion, celery and garlic and sauté for 3 minutes, until soft.



3. Add carrots and sauté for an additional 3 minutes.
4. Add vegetable stock, tomatoes, orzo or pasta and herbs. Stir to combine.
5. Bring soup to a simmer and cook for 10 minutes, stirring occasionally, until the pasta is cooked as desired.
6. Stir in the spinach and cook for 2 minutes or until it is wilted.
7. Season to taste with salt and black pepper. ❤️

Take Control of Your Weight and Your Life

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).

HOSPICE VOLUNTEERS

The St. Elizabeth Hospice Program holds volunteer training 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 VOLUNTEERS

PrimeWise is looking for office volunteers. Wide variety of responsibilities. If interested, please call (859) 301-2140 for more information.

PRIMEWISE HOURS

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.