

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 2, Online
May–August 2022



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

OLDER AMERICANS MONTH AGE MY WAY: MAY 2022

We, as older adults, play vital, positive roles in our communities—as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as each of us is unique, so too is how we age and how we choose to do it—and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is **Age My Way**.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Continue to remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Continue existing and explore new social activities and relationships; stay connected to your community, family, and friends.



COUNCIL ON AGING

The Northern Kentucky Aging and Disability Resource Center presents

AGE MY WAY: Laughter is *THE* Best Medicine

Featuring Nurse Humorist Terry Foster RN, MSN, FAEN, CCRN, CPEN, TCRN, CEN and Laughing Yoga Instructor Suzanne Piper-Baird, Certified Senior Advisor



Monday, May 23; 10 a.m. to Noon
Check-in begins at 9:30 a.m.



NKU Health and Innovation Center

RSVP: Call Heather Hopton
at (859) 283-8179

40TH ANNIVERSARY 2022 NORTHERN KENTUCKY Senior Games SENIOR GAMES

PrimeWise is proud to once again be a sponsor for the NKY Senior Games, May 3–20. If you will be 50 or better before May 3, 2022 and enjoy fun, fitness and a little competition, then you are eligible! More than 20 different events including tennis, cornhole, bowling, etc. Look at the registration flyer on the PrimeWise website or call (859) 283-1885.

TO REGISTER NOW

Just like the menu at your favorite restaurant, get out your phone—turn on your camera—go directly to the PrimeWise program registration page. Don't wait and be on the wait list, register now.



2022 WALK TO CURE ARTHRITIS

St. Elizabeth Physicians and St. Elizabeth Healthcare are proud presenting sponsors for the 2022 Walk to Cure Arthritis on Sunday, May 15th at Sawyers Point (705 East Pete Rose Way, Cincinnati, OH 45202). Event activation and informational booths open at 9 a.m., with the 5K walk kicking off at 10 a.m.

For more information, please visit events.arthritis.org



LIFETIME RESOURCES

This year, LifeTime Resources, the Area Agency on Aging serving Southeast Indiana is excited to celebrate Older Americans Month with our partners in the aging community. Visit lifetime-resources.org to find resources on aging in place, home and community-based services, health and wellness programs, transportation, and more.

For more information, visit the official [OAM website](https://oamwebsite.org), follow ACL on [Twitter](https://twitter.com/ACL) and [Facebook](https://facebook.com/ACL), and join the conversation using [#OlderAmericansMonth](https://twitter.com/hashtag/OlderAmericansMonth).



Help Spread the Word—World Elder Abuse Awareness Day is June 15

It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse is a widespread problem. Approximately one in 10 Americans aged 60+ have experienced some form of elder abuse. Some estimates range as high as five million elders who are abused each year. Abusers are both women and men. In almost 60% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

World Elder Abuse Awareness Day (WEAAD) was launched in 2006 and every year since is an opportunity for people and organizations to take action to protect older people by raising awareness about elder abuse, why it occurs, and what we can do to stop it. We can act collectively to support justice for all. Help spread the word this June 15—If you see something, say something.

To report suspected abuse, neglect, self-neglect or exploitation, contact Adult Protective Services:

- Kentucky: (800) 752-6200
- Indiana: (800) 992-6978
- Ohio: (855) 644-6277
- If it is an emergency, call 911!

#STEPROUD ST. ELIZABETH 2022 HOSPICE HONORS AWARD

St. Elizabeth Hospice is again proud to be awarded Hospice Honors for 2022, a landmark compilation of hospices providing the best patient and caregiver experience. This prestigious annual review recognizes hospices that continuously provide the highest level of quality as measured from the caregiver's point of view. St. Elizabeth Hospice provides compassionate, whole-person care for patients and families, when facing a terminal illness. If you or someone you know would benefit from learning more about Hospice services, please call (859) 301-4600.

NORTHERN KENTUCKY ELDER MALTREATMENT ALLIANCE

The Northern Kentucky Elder Maltreatment Alliance (EMA) is a non-profit community group that advocates, educates, and provides awareness in the community to prevent elder abuse. Members have a strong desire to assist in eliminating elder abuse. Meetings are open to anyone interested in advocating. More at eldermaltreatment.com

World Elder Abuse Awareness Day

EMA is presenting this event at the Campbell County Senior Center. The event will include lunch, activities, and information about elder abuse.



June 15,
10 a.m. to 2 p.m.

RSVP: Call Heather Hopton at (859) 283-8179



PRIMEWISE CAREGIVER SUPPORT GROUP

You are always there for and helping your loved one(s). Care for yourself and attend a group where you can connect with others that understand that this journey has ups, downs, and many surprising bends in the road. The PrimeWise Caregiver Support Group meets both virtually and in-person the second Thursday of the month, 7-8:30 p.m. Presentations from professionals on topics of interest are included periodically. Email primewise@stelizabeth.com for details or call our office at (859) 301-5999.

BE RIGHT HERE FOR YOUR COMMUNITY: VOLUNTEER

We invite you to become part of our St. Elizabeth Volunteer team and realize the personal satisfaction of sharing your time and talents for the benefit of others today! With locations across the tri-state, St. Elizabeth offers a wide array of volunteer positions to suit your passion.

To learn more about the Volunteer Program at St. Elizabeth Healthcare, please visit stelizabeth.com/volunteer. If you have questions, contact us at (859) 301-2140 or volunteer@stelizabeth.com.

HOSPICE VOLUNTEER INFORMATION

If you have a particular interest in volunteering with the St. Elizabeth Hospice Program, volunteer training sessions are held 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 contact Debbie Holloran, Hospice Volunteer Coordinator, at (859) 301-4622 or Debbie.Holloran@stelizabeth.com. Mention you saw this in the PrimeWise Update.

REGISTRATION IS REQUIRED FOR ALL PRIMEWISE EVENTS.

Please reserve your space online:

- Go to stelizabeth.com/primewise
- Click **Click here to find PrimeWise Events**
- Complete the information to register

Or call: (859) 301-5999 to register.

NO WALK-INS

Healthy Choices for Everybody

Do you eat pre-packaged foods because it's too much trouble to cook for 1 or 2? Cooking healthy meals doesn't have to be time-consuming or expensive. Join us in-person in our cooking lab as we prepare and sample easy cost-effective recipes that are healthy and delicious. If you have attended this series before and plan to attend again, please consider inviting a friend to share this experience.



Tuesdays, May 24, 31, June 7, 14, 21, 28,
11:00 a.m. to 1:00 p.m.

Please plan to attend all sessions.



Boone County Extension
Service Enrichment Center
1824 Patrick Dr., Burlington KY 41005

Please park on the upper level.

**To register, contact Melissa Pilcher at
melissa.pilcher@uky.edu or (859) 586-6101 x405.**

Medicare—What You Need to Know BEFORE You Turn 65!

The year before you turn 65 is the best time to learn about Medicare and the insurance decisions you will need to make, even if you plan to continue to work. Medicare can be very confusing, so learn the facts now. Our workshops provide an overview of Original Medicare Part A, Part B, and Prescription Drug Plans (Part D). We also review your choices regarding Medigap (Supplemental) Insurance Plans and Medicare Advantage Plans.

TWO DAY MEDICARE WORKSHOP



Wednesday, June 1, 1-2:30 p.m.
AND Thursday, June 2, 1-3 p.m.



St. Elizabeth Florence
Lower-Level Conference Room

OR ONE DAY MEDICARE WORKSHOP



Wednesday, July 20,
6-9:30 p.m.



St. Elizabeth Dearborn
Ohio Conference Room

OR ONE DAY MEDICARE WORKSHOP



Tuesday, August 9,
6-9:30 p.m.



St. Elizabeth Training and Education
Center (SETEC)—Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41018

OR VIRTUAL PROGRAM



Tuesday, May 11,
1-4:30 p.m.

Registration required—No Walk Ins

Reserve your space ONLINE.

Living Without Limits Webinar: Meniscus Injuries

Join Dr. Bruce Holladay, an orthopaedic surgeon with OrthoCincy Orthopaedics & Sports Medicine, and Kathy Boehmer, a Physical Therapist, at our upcoming Living Without Limits event. Our experts will discuss nonoperative and operative treatments for meniscus injuries.



VIRTUAL PROGRAM
Tuesday, May 17, 6 p.m.

Register at stelizabeth.com/livingwithoutlimits.

Continued on next page

REGISTRATION IS REQUIRED

for all PrimeWise events. Please RSVP at (859) 301-5999 or online at stelizabeth.com/primewise

What Are Medicare Advantage Plans?

Considering a Medicare Advantage plan (HMO, PPO, or PFFS) and have questions? How do they work? How do you compare different options? How do you know which is an appropriate choice for you? Join PrimeWise staff as they explain Medicare Advantage plans and how to review plans on Medicare.gov. It is recommended that you attend a PrimeWise Medicare Workshop prior to this program.



Thursday, May 19,
6-7:30 p.m.



St. Elizabeth Training and Education
Center (SETEC)—Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41018

OR



Wednesday, June 15,
1-2:30 p.m.



St. Elizabeth Florence
Lower-Level Conference Room

OR



Tuesday, August 23,
6-7:30 p.m.



St. Elizabeth Training and Education
Center (SETEC)—Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41018

Registration required—No Walk Ins

Reserve your space **ONLINE**.

Stretching Your Food Dollar—Eating Well

Feeling the pinch of higher food prices at the grocery store? Have a hard time deciding what to cook for dinner? Learn simple solutions to help you eat healthy without blowing your budget as we prepare and sample inexpensive and tasty options. Join PrimeWise and the Kenton County Cooperative Extension Services' Nutrition Education Program staff for this in-person fun, free series. If you are a returning participant, please invite a friend to share in the experience. Those completing the series and paperwork will receive a grocery bag of tools for their kitchen.



Wednesdays, June 1, 8, 15, 22, 29,
11 a.m. to 1 p.m.



Kenton County Durr Education Center
450 Kenton Lands Rd., Erlanger, KY

Please plan to attend all sessions.

**To register, contact Angela Baldauff
at (859) 331-1712 or angela.baldauff@uky.edu.**



Continued on next page

REGISTRATION IS REQUIRED

for all PrimeWise events. Please RSVP at (859) 301-5999 or online at st.elizabeth.com/primewise

Estate Planning for the Sandwich Generation

Discover how to protect you, your parents, and children through estate planning for the future. Join St. Elizabeth Foundation volunteers, Michael McWhinnie with Legacy Financial and Krystle Atkins with Merrill Lynch, as they walk you through this process. They will help you navigate this phase of life and one of the most important steps is to have a comprehensive financial plan in place for all the generations in your life. Find out how to move forward to protect all your family. *Lunch is provided.*



Thursday, May 26,
11:30 a.m. to 1 p.m.



St. Elizabeth Training and Education
Center (SETEC)—Banquet Room B
3861 Olympic Blvd., Erlanger, KY 41018

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

AARP Smart Driver Course

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. Classes are co-sponsored by AARP and PrimeWise.

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



Saturday, June 11,
9 a.m. to 1 p.m.



St. Elizabeth Florence
Lower-Level Conference Room
4900 Houston Rd., Florence, KY 41042

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

What Matters Most: Advance Care Planning and What YOU Want

Advance care planning is the process of sharing and documenting a person's preference for medical treatment if they are unable to speak for themselves. Join us as we talk about how Advance Directives (sometimes called Living Wills) make all the difference, not only to us as individuals but to our families. Copies of Living Will documents will be available to complete and notarize during this program.



Wednesday, July 13, 6–7:30 p.m.
St. Elizabeth Training and Education



Center (SETEC)—Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41018

OR



Wednesday, August 24,
1–2:30 p.m.



St. Elizabeth Dearborn Ohio Conference Room
600 Wilson Creek Rd.,
Lawrenceburg, IN 47025

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

Bladders, Bowels and Vaginas — Oh My! Pelvic Floor Disorders — What They Are, and How a Urogynecologist Can Help

After childbirth and especially after menopause, women can experience uncomfortable or embarrassing conditions like bladder leakage, bowel leakage, accidents, and vaginal prolapse. Dr. Caroline Elmer-Lyon will discuss these common conditions and treatments available to help women get their lives back!



Tuesday, August 16, 6–7:30 p.m.
St. Elizabeth Healthcare Dearborn



Ohio Conference Room
600 Wilson Creek Rd.,
Lawrenceburg, IN 47025

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

REGISTRATION IS REQUIRED

for all PrimeWise events. Please RSVP at (859) 301-5999 or online at st.elizabeth.com/primewise

What is MyChart?

Did you know you can communicate with your physician, ask questions about test results, request appointments and prescription refills just by using MyChart? Join St. Elizabeth Physicians staff as they walk you through MyChart and find out just how easy it is to access these benefits and much more. If you have a laptop, bring it to the program.

 Wednesday, August 10, 1-2:30 p.m.
St. Elizabeth Dearborn

 Ohio Conference Room
600 Wilson Creek Rd.,
Lawrenceburg, IN 47025

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

St Elizabeth Tobacco Cessation Program – Freedom from Smoking

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

 Wednesdays, May 4–June 15,
5:30–6:30 p.m.

 St. Elizabeth Florence Heart & Vascular
Institute Community Outreach Building

OR

 Wednesdays, May 4–June 15,
5:30–6:30 p.m.

 St Elizabeth Edgewood
HVI Conference Room

Call (859) 301-5570 or visit

www.stelizabeth.com/freedomfromsmoking.

Maximizing Your Social Security Benefits

More than half of all Social Security recipients leave money on the table—as much as \$10,000 per year and are not aware that different options exist. Plan before applying for benefits to maximize your Social Security income. Do not 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.

 Wednesday, June 8,
6–7:30 p.m.

 St. Elizabeth Training and Education
Center (SETEC)—Banquet Room A
3861 Olympic Blvd., Erlanger, KY 41018

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

MKL Tours - Live Travel Update!

Want to imagine yourself on a beach? In the mountains? Cruising? Then you will want to join us for this exciting and informative travel presentation as Kay Lawler of MKL Tours, gives us a glimpse of where we can go! She will share about upcoming day trips, extended travel opportunities and discusses the new normal for traveling.

 Wednesday, June 29, 1:30–3:30 p.m.
St. Elizabeth Training and Education

 Center (SETEC)—Auditorium
3861 Olympic Blvd., Erlanger, KY 41018

Registration required—No Walk Ins

Reserve your space [ONLINE](#).

REGISTRATION IS REQUIRED

for all PrimeWise events. Please RSVP at (859) 301-5999 or online at st.elizabeth.com/primewise

Women's Health Through the Decades

As women, we are often pulled in several directions at once. Whether it is caring for kids, grandkids, parents, a spouse, or other family members we often have a lot on our plate. The one thing that we need to do is to take time to focus on maintaining and maximizing our health. Please join us as Dr. Susan Oakley provides us with what we should be aware of as we move into our 50s, 60s, 70s and beyond. You won't want to miss it!



Tuesday, July 26, 6-8 p.m.

St. Elizabeth Training and Education



Center (SETEC)—Auditorium

3861 Olympic Blvd., Erlanger, KY 41018

Registration required—No Walk Ins

Reserve your space **ONLINE**.

The Pink Party

Presented by St. Elizabeth, The Pink Party will give Cincinnati Reds fans a chance to enjoy a fun night out at the ballpark, all while raising awareness for the continued fight against breast cancer and supporting those who have battled the disease. Fans will have opportunity to write the name of a loved one on a special card and hold it up with others during a special moment in the game. Of course, there will be special Pink Party "pink drink" offering in concession stands!



Wednesday, June 22

6:40 p.m.

Two ticket price points for the Pink Party tickets packages. All fans who purchase the ticket package will receive a Pink Party t-shirt

Go to mlb.com/reds/community/pink-party for more information.

Prediabetes Healthy Lifestyle Program

Take steps today to avoid diabetes. This program includes eight educational one hour in-person sessions, held once weekly for three weeks, then every other week for five sessions, offered both in the morning and in evening. Cost of \$85, paid at or prior to the first workshop—includes all materials, a pre- & post-program A1C test, and other measurements to gauge your successes. Enroll with a partner, each fee discounted to \$65!



Thursdays, beginning August 18
to November 10, 9-10:30 a.m.



Wednesdays, beginning August
to November 16, 5:30-7 p.m.

Call the St. Elizabeth Physicians Regional Diabetes Center at (859) 655-8910 to register.

Are You or a Family Member a Newly Diagnosed Cancer Patient?

Join us to get your questions answered and to help you move forward. This is a free class intended for newly diagnosed cancer patients (or any cancer patient). We will discuss what we can offer at the cancer center for patients / families / caregivers. We will have representatives from multiple different departments to discuss any questions you may have.



First Tuesday of each month;
6:30-8 p.m.



St. Elizabeth Cancer Center
on our Edgewood campus (Zone 4 parking)

**To reserve your space or for more detail,
call (859) 301-4157.**

ST. ELIZABETH PHYSICIANS OPHTHALMOLOGY

St. Elizabeth Physicians would like to introduce you to our group of highly skilled ophthalmologists and optometrists. Our providers offer the latest medical and surgical treatments for a variety of complex and routine eye problems. Some of the services we offer include:

- Comprehensive Eye Exams
- Cataract Care
- Glaucoma Management
- Diabetic Eye Exams
- Dry Eye Treatment

Offices are conveniently located in Covington, Florence and Newport. We look forward to meeting your eyecare needs. Please call us at (859) 655-3111 to schedule today.

DR. HARISH NIRUJOGI

Dr. Harish Nirujogi is offering in-office minor procedures with local anesthesia on Tuesday afternoons for removal of skin lesions, cysts,



and skin masses in Florence. Prior office consultation needed to determine if procedure can be performed in outpatient office setting. Call (859) 578-5880 for information.

POSITIVE EFFECTS OF PHYSICAL ACTIVITY POST CANCER TREATMENT

Each year, almost 2 million new cases of cancer are diagnosed in the U.S. alone. The most commonly diagnosed cancers for are breast, prostate, lung and colorectal cancers. Thankfully, due to early detection and new technologies, the survival rate for many individual cancers has increased, meaning more people of all ages, races and ethnicities are living after being treated. Unfortunately, cancer treatments such as surgery, chemotherapy and radiation can leave a person with other deficits, including weakness, balance issues and decreased endurance. Certain types of cancer diagnoses and treatments have considerations beyond these. For example, patients may experience lymphedema, urinary or fecal incontinence, or pelvic pain. Fortunately, our physical and occupational therapists are trained in not only general rehabilitation, including cancer related fatigue, but also in specific areas such as pelvic floor and lymphatic therapies.

St. Elizabeth Physical Therapist Marina Kalfas Branch shares that activity is believed to have many positive effects, including reducing the incidence of cancer development and reducing the recurrence risk

of certain types of cancers. Guidelines vary, but generally speaking, participating in vigorous physical activity for 30 minutes, five to seven times per week, can reduce your risk. Many options are available, including walking or using a stationary bike. Participate in whatever activity appeals to you! If you have questions or aren't sure where or how to start, physical and occupational therapists can be instrumental in assisting you to be able to participate at this activity level within the community. To make an appointment or to ask about our therapy, please call (859) 212-5400.



SCREENINGS SECTION

Managing Your Medications

Wonder if you are taking “too many” medications or if you are taking them correctly? Make an appointment to meet individually with a St. Elizabeth Pharmacist or a supervised Intern Pharmacist. Put all your bottles in a “brown bag”, including prescriptions, over-the-counter medications as well as any vitamins or herbal supplements you take. You will be informed on common uses, side-effects, and drug interactions with other medications.



Thursday, August 11
Appointments: 9–11 a.m.



St. Elizabeth Florence
Lower-Level Conference Room
4900 Houston Rd.,
Florence, KY 41042

Registration required—No Walk Ins

Reserve your space **ONLINE**.

2022 STROKE AND CARDIOVASCULAR SCREENINGS

The St. Elizabeth Cardiovascular Mobile Health Unit brings health and wellness screenings directly to your neighborhood. Individual cardiovascular tests are \$25, and all four tests are \$100. Patients who receive any other screening on the van can get an additional test for atrial fibrillation at no additional charge.

For more information on the cost of screenings or to schedule an appointment, call (859) 301-WELL (9355).

Screening Mammograms

According to the Centers for Disease Control and Prevention, there has been a significant decline in cancer screening for women due to Covid-19. Prolonged delays in screening related to the COVID-19 pandemic may lead to delayed diagnoses and poor health consequences. Don't delay getting scheduled for your screening mammogram!



Florence and Women's Health Center
Fort Thomas, Grant County and
Covington Women's Wellness Center

All locations are open with morning, afternoon and evening appointments available to fit your schedule. Most insurance providers cover an annual screening mammogram with zero out of pocket costs for services. **Call (859) 655-7400 to get scheduled.**

Melanoma Know More Free Skin Cancer Screening

Melanoma Know More strives to reduce the impact of melanoma through awareness, education, support of medical research, and assistance to persons affected by melanoma. This includes Free Skin Cancer Screening clinics, four of which will be held at St. Elizabeth Healthcare sites throughout 2022.



Saturday, October 8, 10 a.m. to noon
St. Elizabeth Dearborn

OR



Saturday, December 10, 10 a.m. to noon
St. Elizabeth Ft. Thomas

**To register or for more detail,
call (859) 301-7276 (SCRN).**

EVENT FULL

ST. ELIZABETH FAMILY PRACTICE CENTER

St. Elizabeth Family Practice Center offers a full range of primary physician services to our community. We are conveniently located on the Edgewood campus and are the medical office for our family medicine residency program. Resident physicians are medical school graduates taking additional training in the specialty of family medicine. Advantages of seeing a resident physician are: you have at least two physicians involved in your care—a resident physician and an experienced supervising physician; resident physicians take extra time with their patients, are up on the latest treatments and will listen carefully to you and explain things in a way you understand.

ST. ELIZABETH FLORENCE RADIOLOGY

Saturday outpatient hours for x-ray, CT scan, ultrasound, and MRI are extended at Florence to now be 7 a.m. to 4:30 p.m.



MEDICARE CORNER

Q. Does Medicare cover depression screenings? I've read how depression is more common in older adults, and I want to make sure I am not missing any symptoms.

A. Yes, Medicare Part B and Medicare Advantage Plans (with certain requirements) will cover an annual depression screening at no cost. The screening must take place in a doctor's office and can be part of an appointment scheduled for other reasons or specifically for the screening. You do not need to show signs or symptoms of depression to qualify. If you are having thoughts of suicide or are concerned that someone you know may be having those thoughts, you can call the National Suicide Prevention Lifeline at (800) 273-8255 (TALK) at any time. Remember, depression screenings are a healthy and important part of everyone's preventive care!

FOR MORE INFORMATION:

- [medicare.gov](https://www.medicare.gov)
- 1-800-MEDICARE
- (1-877-486-2048 TTY)
- PrimeWise
(859) 301-5999

THE HEART OF IT ALL: JOYCE'S STORY

Joyce Jacobs knows heart health, inside and out.

As a Heart and Vascular Prevention and Wellness Nurse Navigator at St. Elizabeth Healthcare, Joyce works with cardiac patients each day. She has also worked with the **CardioVascular Mobile Health Unit (CVMHU)** team for the last eight years. This mobile unit tours the Tristate area, bringing screenings, risk assessments and education to the community close to where people live and work.

The screening is quick, convenient and gives patients a big-picture view of their heart and vascular health by detecting abnormalities. The testing available in the CVMHU can indicate if you're at risk for heart disease, stroke, abdominal aortic aneurysm, and peripheral artery disease. An additional test checks for a common heart rhythm problem called atrial fibrillation.

Mobile Heart and Vascular Screenings

Seven years ago, at age 59, Joyce decided to make an appointment at the CVMHU to check on her own heart health.

"It's such an easy, non-invasive test," says Joyce. "My doctor didn't prescribe it, but I'm proactive about my health, and I wanted to know—how am I doing?"

As an avid exerciser and healthy eater, Joyce wasn't expecting the technician to find anything on her screening. She was surprised when the results of her carotid ultrasound showed mild plaque on the left side and moderate plaque on the right side of her neck. Blockages in the carotid arteries can pose a risk for stroke, and may indicate problems with other arteries, such as those that feed the heart.

"I was young enough that we decided to keep an eye on it," says Joyce. "But life took over. I was supposed to have the test repeated, and I just kept putting it off."

Years later, fate intervened when Joyce found herself on the mobile unit when there was a lull between patients, so she decided to undergo another screening [carotid ultrasound](#).

Joyce was stunned to receive the news that her carotid artery blockage had escalated from "moderate" to "severe." She underwent a carotid duplex test at the [Florence Wormald Heart & Vascular Institute](#) at St. Elizabeth and met with St. Elizabeth Vascular Surgeon, [Dr. Kevin D. Martin](#). Testing confirmed the carotid artery disease diagnosis, but because Joyce wasn't experiencing any symptoms, her team decided to repeat the test in six months.

"I have no family history of heart issues, I exercise, I eat healthy, and my numbers looked great," says Joyce. "As long as things stayed good, we were all pleased."



Concerning Heart and Vascular Symptoms: “I Knew I Wasn’t Fine.”

Everything went smoothly—until Joyce started having memory issues in June 2021.

“I was repeating myself and forgetting things,” says Joyce. “My symptoms started to mimic TIA symptoms—and that’s when Dr. Martin told me it was time to have the carotid endarterectomy.” TIA stands for transient ischemic attack, a temporary period of symptoms that are similar to a stroke, which can be warning sign for a full stroke.

On September 22, 2021, Joyce underwent the procedure to remove plaque deposits in the artery to increase blood flow. Her surgery was a success, and today, Joyce is thrilled to share her story and raise awareness about the importance of checking in on your cardiovascular health.

“You think you’re doing okay, but you might not be,” says Joyce. “The screening is completely painless, and it can make a tremendous difference in your health.”

Joyce believes that stress had a significant impact on changing her plaque buildup. She tragically lost her husband in an accident six years ago and cautions others going through a stressful time—especially amid the pandemic—to stay on top of health screenings and regular checkups with their physician. Many people with coronary heart disease and vascular conditions do not have symptoms, so a simple cardiovascular screening could save your life.

St. Elizabeth CardioVascular Mobile Health Unit Near You

The CardioVascular Mobile Health Unit (CVMHU) provides cardiovascular risk assessments and screenings at convenient locations throughout the TriState area. The screenings take about 30 minutes, and you’ll receive initial results right away, along with a one-on-one discussion with a health educator on actions you can take to reduce your risk. The team, led by a St. Elizabeth vascular surgeon or interventional radiologist, reviews each screening result. These are also sent to your doctor and are available in MyChart.



Tests Available Through the CardioVascular Mobile Health Unit

Screenings performed at the CVMHU are quick and painless and include:

- Carotid ultrasound.
- Heart risk assessment (both cholesterol and blood sugar).
- Peripheral vascular screening (looking for leg blockages).
- Abdominal aneurysm screening.

Patients are welcome to use a Health Savings Account (HSA) to cover the cost of the screenings in the CVMHU. Individual cardiovascular tests are \$25, and all four tests are \$100. Patients who receive any other screening on the van can get an additional test for atrial fibrillation at no additional charge.

For information and screening locations, visit the CVMHU calendar or call (859) 301-9355 (WELL). A physician referral is not needed to schedule an appointment.

MKL TOURS SUMMER 2022 TRAVEL UPDATE



Dear Travel Friends,

The response to our last listing in the Update tells us that you, like us, are ready to grab a bag and hit the road looking for new memories and making new friends. As the flowers bloom and the sun glows warmer can't wait to share our new and renewed travel plans with you. For tour dates and details please give us a call at (513) 232-5487. And with a big smile we say, 'See you on the road!'

- June 6* Derby Dinner Theatre: GLEN MILLER ORCHESTRA
- June 9-12* Chicago Botanical Gardens/ Rockford IL Japanese Gardens & More (*New Itinerary*)
- Sept. 12-15* New Orleans & Southern Plantations
- Sept. 25-29* Autumn on Cape Cod
- Oct 6-7* Shipsewana's Blue Gate Theatre: DANIEL O'DONNEL/DeBrand Chocolates (*New Itinerary*)
- Oct. 20* Fall Meet at Keeneland
- Oct. 31- Nov. 4* Treasures of New Mexico: Albuquerque/Santa Fe/Los Alamos & Taos
- Nov. 29- Dec. 2* Southern Holidays: Christmas in Charleston, SC (*New Itinerary*)
- Dec. 9* Indianapolis Symphony & Skyline Club (*New Itinerary*)
- Dec. 14* Winter Woods Spectacular/ Glass Works/Conrad Caldwell House (*New Itinerary*)
- Spring 2023* Canada's Goldleaf Rocky Mountaineer: Calgary to Vancouver (*Pre-tour Information Meeting June 22, 2022*)



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 PrimeWise Caregiver Support Group: (859) 301-5999 or primewise@stelizabeth.com
- 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

NEW: P.E.A.C.E GROUP

P.E.A.C.E. Group (People Enduring Addiction Consequences Everyday) is a support group for family and/or friends, who have lost a loved one through Substance Use Disorder. This group has a licensed therapist facilitating the meeting. The Group meets the first Tuesday of each month, 7:00 – 8:30pm. Currently, we are meeting through ZOOM. Once 'in-person' meetings resume, we will meet at the Bunning Grief Center, 483 South Loop Drive, Edgewood, Kentucky 41017. For more information call (859) 301-4611.

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.



TOMATO-BASIL SANDWICH

Serves 2

Source: ©2021 Mayo Foundation for Medical Education and Research. All rights reserved.

Ingredients:

- 1 whole pita, 100% whole-wheat cut into halves
- 2 leaves lettuce, romaine (or more)
- 6 leaves basil, fresh
- 1 medium tomato(es) thinly sliced
- 2 slice(s) onion(s), red thinly sliced
- 2-ounce(s) cheese, provolone, smoked, reduced-fat
- 1/2 teaspoon vinegar, balsamic
- Pepper, black freshly ground

Instructions

1. Toast the pita bread halves in the toaster and open the pockets.
2. Divide the lettuce, basil, tomato, onion and cheese, and layer between the 2 halves.
3. Sprinkle with balsamic vinegar and freshly ground pepper.

DISCOUNT DIRECTORY UPDATE

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.

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Questions?

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

PRIMEWISE HOURS

St. Elizabeth Edgewood

(Doctor’s Building, Ste. 249)

Monday–Friday, 8:30 a.m. to 4 p.m.

St. Elizabeth Dearborn By Appointment

St. Elizabeth Florence By Appointment

St. Elizabeth Ft. Thomas By Appointment