

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 1 | February–April 2024

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



For more content and full articles, visit stelizabeth.com/primewise and click on PrimeWise Update.

COMPLIMENTARY TAX SUPPORT: AARP'S FOUNDATION TAX-AIDE PROGRAM

Tax counseling and preparation help is available under the sponsorship of AARP, in cooperation with the Internal Revenue Service. AARP Foundation Tax-Aide is a free service provided by trained volunteers. This service is not limited to senior citizens and has no cost for those who are eligible under the program. Services are for the 2024 tax year.

Call toll-free (888) 687-2277 (TTY (877) 434-7598) for location information.

NEED HELP PAYING FOR YOUR PRESCRIPTIONS?

Faith Community Pharmacy offers complimentary medications for chronic conditions. If you or someone you know faces challenges affording medication, simply ask your healthcare provider to send us a completed referral form with your prescriptions. We'll then reach out to you to coordinate a convenient appointment. **If you do not have a relationship with a healthcare provider, please contact us directly at (859) 426-7837 and we will work through the process with you.*

NORTHERN KENTUCKY SENIOR GAMES: EMBRACE THE SPIRIT OF PLAY!

If you're a sports enthusiast aged 50 or older, join the excitement of the "Games!" Registration is a must for the Spring Senior Games, commencing the first full week of May. Stay tuned for additional details on the PrimeWise website in March or call (859) 334-2117. Get ready for some active and enjoyable participation!

SENIOR MEDICARE PATROL FRAUD TEXT ALERTS

Sign up for the Kentucky SMP's Fraud Text Alerts to receive a weekly message highlighting fraud schemes and scams that are affecting Kentucky residents. Subscribers receive one message every Friday at 12:00pm EST informing you about a fraud scheme that's currently being reported by Kentucky consumers. Knowledge is power!

Text KYSMP to 74121 to sign up today.

3 THINGS TO KNOW ABOUT FINDING YOUR PURPOSE



Finding your purpose can feel exhilarating, overwhelming or a little bit of both. We all crave a meaningful life that has a sense of purpose and worth. However, many people feel stuck in their day-to-day lives and struggle to discover their life purpose. No matter what stage of life or situation you're in, there are three steps you can take to find your life purpose and the benefits of finding it.

Step 1. Recognizing How a Sense of Purpose Can Benefit Your Health

It may not be surprising to learn that people who feel they are living a meaningful life tend to have:

- Better ability to cope with anxiety and stress.
- Higher levels of satisfaction.
- Less conflict and better self-regulation when making decisions about their health.
- Lower levels of depression.
- More social support.
- Stronger self-esteem.

However, you may be surprised to know that people who feel they are living in alignment with their life purpose also live longer and often have:

- Decreased cognitive decline with aging.
- Higher levels of HDL, or good cholesterol.
- Less inflammation in their bodies.
- Lower waist-to-hip ratio, which is associated with having fewer obesity-related health conditions.

Step 2. Determining How Goals Are Not the Same as Purpose

When you let your sense of purpose drive you, setting and achieving goals can be a great way to build the life you want for yourself. However, keep in mind that goals differ from purpose. Goals are achievable and measurable outcomes. A purpose is a guiding force that provides you with a sense of self and gives meaning to your life.

Some people fear that focusing on what they feel passionate about may mean

missing out on other goals, such as making a good living. However, having a strong sense of purpose in life has been linked to increased household income, among other benefits.

When you find your passion and live your purpose, you are more likely to create a life that sustains you mentally, physically, and financially.

Step 3. Discovering That Purpose Is Created, Not Found

Purpose can change throughout your life. You may have more than one purpose at a time or have experiences that leave you feeling lost. No matter where you are today, you can cultivate a greater sense of purpose.

Purpose is a practice that can be developed. You can discover your purpose by learning more about yourself. To do this:

- Go outside your comfort zones to try something you've always wanted to do.
- Identify people you admire and think about why you feel that way.
- Make a list of your skills and the activities that bring you joy.
- Pay attention to how you like to spend your time.
- Spend time visualizing the life you want, including career, community, hobbies, home and relationships.
- Start a gratitude journal.
- Think about and write down your personal values.

True purpose can only be found within yourself. When you begin opening your eyes to what brings you joy, you are on the right path.

As you get to know yourself better, set small goals that lead you in the direction you want to go. When your goals and actions align with your passions and values, you will discover your purpose flows through you.


To learn more about the connection between life purpose and health, schedule an appointment with your St. Elizabeth Physician.


PROGRAMS
& EVENTS

REGISTRATION IS REQUIRED – NO WALK-INS

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

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


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Mondays & Thursdays,
4:30–5:30 p.m.
Sessions begin February 19,
March 11, April 1, and April 22
- 


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

Note: This area is in the new St. Elizabeth Cancer Center located on our Edgewood campus. Follow signs to Entrance 4 for Cancer Center parking, drop-off, entry, and registration.

REGISTER FOR
EVENTS ONLINE NOW!


- To register for programs immediately:
- Open your phone's camera.
 - Point the camera at the QR code below.
 - Make sure you center the QR code on your phone's screen.
 - Wait for the code to scan.
 - Tap the QR code's link and register for available PrimeWise programs.
- 


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

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

Melodies to Grow On
Experience magical moments with your grandchild (18 months to 3 years) in this special session! Join music therapist Rachel Sedmak, MT-BC, NICU-MT, as she leads toddlers in singing, moving, and playing instruments to boost communication, motor, and social skills. Attendees are entered into a drawing for a complimentary 6-week session of classes with Melodies to Grow On. Don't miss out on this enchanting opportunity!

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Wednesday, February 21,
10–11 a.m.
- 


St. Elizabeth Ft. Thomas;
Conference Room C


Prediabetes Healthy Lifestyle Program
Explore the St. Elizabeth Physicians Regional Diabetes Center's Prediabetes Healthy Lifestyle Program! Prevent or delay diabetes, lose weight sustainably, enhance heart health, enjoy tasty foods, incorporate more movement, discover motivation, manage stress, practice mindfulness, and make personalized food choices. This holistic program offers practical tools, interactive workshops, and progress tracking for your success! COST: \$85 cash, check, or credit card to enroll, paid at or prior to the first workshop. This flat, non-refundable cost includes all materials, a pre- & post-program A1C test, & other measurements. If you enroll with a partner, each entry is discounted to \$65!


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


St. Elizabeth Physicians Ambulatory Care Management: COPD Patient Education Program
Our four-week program offers weekly sessions where experts provide valuable information and support to help individuals achieve optimal physical and mental health with independence. With a goal of educating patients, we aim to provide the tools needed to live a fulfilling life with COPD. Contact us today to learn more about our program and how it can benefit you or your loved one. A few topics that are covered during the program are: Overview of COPD, Medication and Treatment Options, Exercise & COPD, Nutrition & COPD, Advance Care Planning, Anxiety & COPD, COPD Exacerbation.
Classes will be held throughout 2024, call 859-655-8813 for additional information.


Empowerment through Self-Defense Series
Each session in this 5-week series (10 total hours of training), we'll deeply explore one of the five safety action principles of Empowerment Self-Defense: *Think, Yell, Run, Fight, Tell*. In addition to physical techniques (including strikes, kicks, and releases from grabs and pins), we'll work on situational awareness, recognizing the warning signs of violence, and personal boundary setting and enforcement. Sessions run every Tuesday night in March each week. Registration includes a Thrive t-shirt!


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Tuesday, March 5: THINK:
Awareness, Intuition, and Attitude
- 

Tuesday, March 12: YELL:
Language, Tone, and Posture
- 

Tuesday, March 19: RUN: Assessing Risk and Escaping from Danger
- 


Tuesday, March 26: FIGHT
Physical Techniques for Self-Defense
- 


Tuesday, April 2: TELL:
Getting Help for Yourself or Others Who've Experienced Violence
- 

ALL SESSIONS 6:30–8:30 p.m.
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Thrive Empowerment Center
226 West Pike Street, Ste 2
Covington, KY 41011
- Classes will be held throughout 2024, call 859-655-8813 for additional information.**


Advance Care Planning: Hope for the Best, Plan for the Rest
Advanced care planning is for everyone, at any age. It involves having difficult conversations with loved ones about what you would want if your health changed suddenly. Join us for a free lunch as we discuss how to start those conversations and what types of documents you might consider completing.


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Thursday, February 8,
12–1 p.m.
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Boone County Public Library;
Conference Room C
1786 Burlington Pike
Burlington, KY, 41005, US
- Email Natalie.ciulla@stelizabeth.com or call (859) 301-7878 to RSVP.**

Hands Only CPR
Every moment is critical during a cardiac arrest. Make a life-saving impact for your loved ones. Join Joyce Jacobs, RN, St. Elizabeth Healthcare Heart & Vascular Nurse Navigator, as she teaches hands-only CPR. Cardiac arrests can occur anywhere, and the person affected might be someone close to you. We believe everyone can master these straightforward steps to save a life—because everyone should.

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Tuesday, February 27, 12–1 p.m.
St. Elizabeth Healthcare
Fort Thomas; Conference Room C
- 

OR Thursday, March 21, 3–4 p.m.
St. Elizabeth Healthcare Edgewood;
Conference Rooms F&G
- 


OR Tuesday, April 16, 12–1 p.m.
St. Elizabeth Healthcare Dolwick;
Conference Room 2107




PrimeWise Presents Thrive: Self Defense Basics Series
Join Thrive Empowerment Center for a fun and dynamic two-day workshop which offers a toolbox of immediate mental, verbal, and physical responses to risky situations, from boundary violations and harassment to physical assault. Our goal is to help you navigate life with more safety and confidence, knowing that you have the skills to protect yourself—emotionally as well as physically. You matter. Your voice matters. And you are worth fighting for! **Registration is for each individual session.**



Part One: Monday, February 12




Part Two: Monday, March 4
Time: 10 a.m.–12 p.m.



St. Elizabeth Technology & Education
Center (SETEC); Banquet Room A

VIRTUAL: Real Talk - Free Dementia Training
Topics vary monthly. No RSVP Necessary.



3rd Thursday of Every Month
6:30 p.m., [Location: Zoom](#)

Meeting ID: 824 7249 1752
Passcode: 306923

Freedom From Smoking – Tobacco Cessation Program
Freedom From Smoking® is a FREE 7-week tobacco cessation program offered to you by St. Elizabeth Healthcare. The program is designed to help you, the nicotine dependent adult, take charge of your efforts to quit smoking or using other forms of tobacco. The program provides group interaction to help support your life without nicotine and individualized attention to figure out what will work best for you.
***To register for a session call (859) 301-5570 or go to www.stelizabeth.com/freedomfromsmoking**

KENTUCKY FAMILY
CAREGIVER PROGRAM:
GRANDPARENTS' CLOTHING
AID FOR GRANDCHILDREN

Grandparents of any age meeting financial and eligibility criteria can get clothing assistance for their grandchildren. To qualify, be the primary caregiver, related by blood, marriage, or adoption, and have the child's parent living elsewhere. Income should be within 150% of the Federal Poverty Guidelines.
For eligibility assistance, call the Northern Kentucky Aging and Disability Resource Center at 859-692-2480.

DEDICATED TO
SUPPORT FOR SENIORS
AND INDIVIDUALS
WITH DISABILITIES IN
INDIANA COUNTIES

Get the support you deserve! Your Area Agency on Aging is here for you. From daily chores to meals and transportation, we've got your back. Stay independent and thrive at home. Call now for friendly assistance tailored just for you! **Must meet eligibility guidelines to qualify for services; qualified applicants may be subject to a cost-share.*
LifeTime Resources serves the following counties in southeastern Indiana: Dearborn, Ohio, Ripley, Switzerland, and Jefferson.
Call Life Time's Aging and Disability Resource Center (ADRC) at (812) 432-6200 or (877) 234-3641 or visit www.lifetime-resources.org to learn more.

INPATIENT ORTHOPAEDIC
SURGERIES TO MOVE TO
ST. ELIZABETH FLORENCE

We are excited to announce that after a nearly \$85 million investment in 125,000 square feet of new or renovated space, we are ready to move approximately 3,500 orthopaedic surgeries, including elective knee and hip replacement and trauma, to St. Elizabeth Florence in early 2024.



SCREENINGS SECTION

Stroke and Cardiovascular Screenings
The St. Elizabeth Cardiovascular Mobile Health Unit brings health and wellness screenings directly to your neighborhood. For more information on the cost of screenings or to schedule an appointment, call 859-301-WELL (9355).
For more information on dates/times, please refer to www.stelizabeth.com/heart

Bone Density Screenings
Osteoporosis is a disease that reduces the strength of your bones causing them to become brittle and possibly prone to fractures. Early detection with bone density screening (Dexa Scan) will assess for osteoporosis in women 65 years and older. Know your bone density and stay active for years to come. ***To see if your insurance is covered & schedule your screening with our team of nurses today, call (859) 655-8819!**

RECIPE CORNER: GREEN BEAN AND HAM SOUP

Looking for a delicious way to add a less familiar vegetable into your life? Try this!

Ingredients:

- 4 cups fresh green beans, trimmed and cut into 1-inch pieces.
- 3 cups russet potatoes unpeeled and cubed.
- 2 small onions thinly sliced.
- 3 whole carrots peeled and sliced.
- 1 pound fully cooked ham, cut into bite-sized pieces.
 - 9 cups water
 - 1 teaspoon salt
 - ¼ teaspoon black pepper
 - 1 teaspoon garlic powder
 - 1 cup half and half
 - 2 tablespoons corn starch
 - ¼ cup cold water

Makes 12 servings, 1 cup each.
140 calories; 4.5g total fat; 2g saturated fat; 25mg cholesterol; 670mg sodium; 14g carbohydrate; 3g fiber; 3g sugar; 10g protein
Source: www.fruitsandveggiesmatter.gov



Lung Cancer Screening
Lung cancer causes more deaths than any other cancer. St. Elizabeth offers low-dose CT lung cancer screening with the goal of providing early detection when the disease is most treatable. To qualify, patients must meet the following criteria:

- Age: 50–80
- 20+ pack-year smoking history
- Currently smoke or have quit within the past 15 years

If you are interested in this screening, please contact your healthcare provider, or call our Lung Screening Nurse Navigators at (859) 301-4072.



Directions:
Place green beans, potatoes, onions, carrots, ham, and the 9 cups water into a large soup pot; **cover** and bring to a **boil**. **Reduce** heat to medium and **simmer**, uncovered, about 45 minutes or until the vegetables are tender. **Remove** the pot from the heat and **add** the salt, black pepper, garlic powder, and half and half. **Return** to heat and bring to a **simmer** again. **Combine** corn starch and the ¼ cup cold water in a small bowl. When simmer begins, **combine** the corn starch mixture into the soup and stir well. Allow the soup to remain on the heat for 5–7 more minutes while it thickens.

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

For more content and full articles,
visit www.stelizabeth.com/primewise
and click on *PrimeWise Update*.

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

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

What's in it for you?

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

Why Volunteer with PrimeWise at St. Elizabeth Healthcare?

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



How to Get Started:

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

Contact Information:

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



ST. ELIZABETH HOSPICE VOLUNTEER ORIENTATION

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

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

NOW ACCEPTING NEW PATIENTS: ST. ELIZABETH SOUTHGATE INTERNAL MEDICINE

Now Welcoming New Patients 18+.

Experience comprehensive care with our range of services, from wellness checkups to sick visits and immunizations! Most insurances accepted. Introducing our newest providers: Dr. James Uebel and Heather Columbia-Kinney, APRN.

Contact us at (859) 781-2210 or visit www.stedocs.com to schedule your appointment today!

DISCOUNT DIRECTORY

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

DARLENE HENRY, DMD

3505 Dixie Highway, Erlanger, KY 41018
(859) 344-8500
Darlenesandwalldmd.com

10% OFF one dental procedure
(not to be combined with any other offers)
Discount not to exceed \$100.00.

To receive your mailed copy of the PrimeWise Discount Directory, call (859) 301-5999.

STARS GRIEF SUPPORT GROUP FOR KIDS & TEENS

This group is a FREE 6-week session that offers activities about grief. The Program is open to children and teens in grades PreK-12 and their caregivers, who have experienced a death of a loved one. Registrants are divided by age and grade. Sessions run on Thursdays from February 22-March 28; 4:30 – 6:00pm.

Gloria Dei Lutheran Church
2718 Dixie Hwy
Lakeside Park, KY 41017

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

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

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

SUPPORT GROUP MEETINGS IN NORTHERN KENTUCKY:

For a full list of support groups, please go to www.stelizabeth.com/communityoutreach/support-groups.