

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 1 | February- April 2026

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.

CHANGES TO PRIMEWISE

Your Feedback Matters - Help Shape PrimeWise in 2026

We're planning exciting updates to the PrimeWise program in 2026, and your input is essential!

Please take a few minutes to complete our survey using the link below or by scanning the QR code. Your feedback will help us make changes that truly benefit our members and ensure the program continues to meet your needs.

<https://www.surveymonkey.com/r/LLQ25BV>



Thank you for sharing your thoughts and helping us shape the future of PrimeWise!

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

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

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

- SHIP:** Kentucky residents should call 1 (866) 516-3051. Indiana residents should call 1 (800) 452-4800.
- RetireMed:** 1 (866) 591-3911
- Chapter:** (855) 900-2427

TROUBLE HEARING ON THE PHONE?

Hearing loss can make it difficult and even distressing for some people to use the phone. ClearCaptions is committed to relieving this anxiety by providing cutting-edge call captioning services that make it possible to SEE the words that callers say. Think of the relief this can provide for you or a loved one with hearing loss. For those with hearing loss that requires captions on the phone, ClearCaptions' innovative call captioning service is available at NO COST thanks to a federally managed program. Using the phone should be an enjoyable experience for everyone. ClearCaptions Phone can make this a reality. To explain more about ClearCaptions' services and how we can improve the lives of individuals with hearing loss.

Please contact John Scales today (513)-926-1507.

8 TIPS TO BETTER HEART HEALTH



There's a lot of advice out there on how to live a healthier, longer life – but actually accomplishing that can feel out-of-reach for some people. The American Heart Association provides a realistic, science-based foundation to help people achieve success. Their formula focuses on five lifestyle behaviors and three health factors that make up eight key components for better cardiovascular health, it's called Life's Essential 8.

Here are the eight actions the American Heart Association recommends:

- Manage high blood pressure** – If high blood pressure is left untreated, it can cause heart disease and stroke. A diet low in sodium, regular exercise, and medications can help keep your blood pressure in check.
- Control cholesterol levels** – High cholesterol levels can cause fat to build up in your arteries and clog. A diet low in saturated and trans fats, as well as medications, can help lower your cholesterol level.
- Reduce blood sugar levels** – High blood sugar levels can damage blood vessels. Long-term, uncontrolled blood sugar levels with type 2 diabetes increase your risk of a heart attack or stroke. Diet, exercise, and medications can help maintain safe blood sugar levels.
- Increase daily activity** – Exercise has a number of health benefits, including helping you reduce stress, lower blood pressure, and cholesterol, and help you maintain a healthy weight. All of these factors help reduce your risk of cardiovascular disease.
- Eat a heart-healthy diet** – A diet low in sodium and saturated fats and high in fiber and plant-based foods can lower your risk of developing heart disease.

It will also have the added benefit of helping keep you at a healthy weight.

- Lose weight** – Body weight and obesity are linked to high cholesterol, high blood pressure, high blood sugar, and overall cardiovascular health. Maintaining a BMI under 30 will help you decrease your risk of developing cardiovascular disease.
- Quit using tobacco** – Tobacco use can harm your blood cells and decrease the function and structure of your blood vessels and heart. This damage will increase your risk of getting plaque buildup in your vessels, which causes a heart attack or stroke.
- Get more sleep** – Lack of sleep can lead to serious health problems, including high blood pressure and other heart-related problems. Adults need 7-9 hours of consistent sleep each night to help improve brain function, boost immune system and reduce chronic disease risk.
- The eye-opening thing about the eight actions is** – you only need a doctor for a few of them. Most people can make a big impact on their own health by making better lifestyle choices.

"I agree with the American Heart Association," says Dr. D.P. Suresh, Cardiologist and Medical Director at the Florence Wormald Heart and Vascular Institute at St. Elizabeth. "A social, lifestyle approach is essential to reduce the number of deaths from cardiovascular disease." "Many social factors, including the essential eight, impact heart health," says Dr. Suresh. "We must look at our physical health, but also at our mental, emotional and psychological health. They all have a significant impact on heart health."

Make your heart health a priority. Do you need a partner in caring for your heart? Call (859) 287-3045 to schedule an appointment with a St. Elizabeth cardiologist.

Source: By St. Elizabeth Healthcare on January 8, 2025

PROGRAMS & EVENTS

REGISTRATION IS REQUIRED – NO WALK-INS

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

Reserve your space ONLINE!

As you look through the program listings in this newsletter, you will see "Reserve your space ONLINE". Only PrimeWise members can register for PrimeWise programs and events. Not a member? Easy to become one – online! Simply:

1. Visit stelizabeth.com/primewise
2. Click on Upcoming Events
3. Select the event you wish to attend and follow the prompts on Eventbrite to register!

PrimeWise low-impact exercise at the library!

These sessions are to enhance balance, boost your range of motion, and elevate your well-being. It is also recommended to bring a yoga mat or towel. **Let's get moving!**

 January 12, 17, 22. February 9, 21, 26.
 March 7, 9, 26. April 11, 13, 23
 Kenton County Library;
401 Kenton Lands Rd.
Erlanger, KY 41018

PrimeWise Low-Impact Exercise Classes

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

 Mondays & Thursdays,
4:30-5:30 p.m. Sessions begin
February 16, March 9, and
March 30
 St. Elizabeth Edgewood Cancer
Center; Mind/Body Studio
1 Medical Village Drive
Edgewood, KY 41017

REGISTER FOR EVENTS ONLINE NOW!

To register for programs immediately:

1. Open your phone's camera.
2. Point the camera at the QR code below.
3. Make sure you center the QR code on your phone's screen.
4. Wait for the code to scan.
5. Tap the QR code's link and register for available PrimeWise programs.

OR, PLEASE VISIT:

www.eventbrite.com/o/primewise-st-elizabeth-healthcare-29189585753

Staying Connected: A Phone Skills Class for Seniors

Presented by Senior helpers.

 March 6,
12-1 p.m.
 St. Elizabeth Training and Education
Center; 3861 Olympic Boulevard,
Erlanger, KY 41018

Medicare 101 Presented by SHIP

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

 June 19, July 17, August 21
12-2 p.m.
 St. Elizabeth Training and Education
Center; 3861 Olympic Boulevard
Erlanger, KY 41018
OR
 September 23
5-7 p.m.
 St. Elizabeth Training and Education
Center; 3861 Olympic Boulevard
Erlanger, KY 41018

Reserve your space ONLINE – Visit stelizabeth.com/primewise and click on Upcoming Events

Understanding AI

Please join us for a discussion on the origins of Artificial Intelligence (AI), what "Artificial intelligence" means for us in everyday life today, and where individuals are ushering it forward into the future. Presented by Rick Sellnow with the UK Extension Service

 Friday, February 27
1-2:30 p.m.
 St. Elizabeth Training and Education
Center; 3861 Olympic Boulevard
Erlanger, KY 41018

Register: Online at stelizabeth.com/primewise or by calling (859) 655-1600

Bingo and Breakfast!

Join us at StoryPoint Union for a fun-filled morning of breakfast, bingo, and amazing prizes!

 April 30
9-11:30 a.m.
 StoryPoint Union;
9255 US-42, Union, KY 41091

Register: Online at stelizabeth.com/primewise or by calling (859) 655-1600

Bingo

 Every Monday and Friday
12 p.m.
 Ludlow Community Center;
808 Elm Street, Ludlow, KY 41016

WANT TO GET MORE INVOLVED IN YOUR COMMUNITY?

PrimeWise partners with several local Senior Centers that offer a wide variety of fun and educational events. Connect with your local center to get their monthly event schedule:

- Walton Senior Center
- Ludlow Senior Center
- Independence Senior Center
- Elsmere Senior Center

Reach out today and discover new ways to stay active, learn, and connect!

Walton Senior Center

Strives to serve a hot FREE meal once per week, on the 4th Monday of every month. They have partnered with Be Concerned to offer a "no income restriction" food pantry for every Senior 60+ and over. They also offer:

- BINGO – Every Thursday from 12:30-3 p.m.
- EUCHRE – Every Wednesday/
Friday from 12:30-3 p.m.
- FITNESS/CARDIO DRUMMING
– Every Wednesday at 11 a.m.

Kenton County Public Library is Bringing the Library to Your Doorstep – Absolutely Free!



If you or someone you know has difficulty visiting the library due to disability or medical condition at any age, our Free Homebound Delivery Service is here to help. We believe everyone deserves access to learning, joy, and connection—right from the comfort of home. Our staff will personally deliver and pick up materials on a convenient monthly schedule.

Choose from a wide variety of library materials, including:

- Large Print books for easier reading
- Audiobook CDs and Talking Books
- DVDs for movie lovers
- Puzzles to keep your mind active
- Magazines

Programs and activities for groups, delivered or facilitated through our outreach team

Whether you're recovering from surgery or managing a long-term illness, we're here to support you.

Visit us at kentonlibrary.org/outreach/
Or call us to sign up today, it's easy and free! (859) 962-4062

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

 February 3
2-3 p.m.
 Crescent Insurance; 6901 Burlington
Pike, Florence, KY 41042

Register: Online at <https://www.communityresourcefinder.org/ResourceView/Index?id=3816621&profileDefinitionId=93>



10 Warning Signs

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in you and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

 March 17
2-3 p.m.
 The Kenton County Public Library,
Erlanger Branch; 401 Kenton Lands
Rd, Erlanger, KY 41018

The Empowered Caregiver- Exploring Care and Support Service

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

 March 17
2-3 p.m.
 The Kenton County Public Library,
Erlanger Branch; 401 Kenton Lands
Rd, Erlanger, KY 41018

Opening Minds Through Art Memory Café

EARLY-STAGE SOCIAL ENGAGEMENT PROGRAMS offer fun and comfortable ways for people living

In the early stage of Alzheimer's or other dementia and their care partner to get out, get active and get connected with one another through a variety of social events and community-based activities determined by individual needs and interests of the participants, and that promote social interaction and companionship.

 The first Thursday of the month 2-3:30 p.m.

 Celebration Villa of Summit Hills; 2625 Legends Way, Crestview Hills, KY 41017

Florence Memory Café

 The fourth Tuesday 10:30-11:30 a.m.

 AMIEL ARTE BAKERY; 7103 Dixie Hwy, Florence, KY 41042

Cold Spring Library Memory Café

 Wednesdays

2-3 p.m.

 3920 Alexandria Pike

Cold Spring, KY 41076

Register: Online at <https://www.communityresourcefinder.org/ResourceView/Index?id=3816621&profileDefinitionId=93>



Senior Resource and Healthcare Fair

 February 12
1-3 p.m.

 Elsmere Senior Community Center; 179 Dell Street, Elsmere, KY

Nutrition Planning

 January 27
3 p.m.

 Crescent Insurance; 6901 Burlington Pike, Florence, KY 41042

AARP Smart Driver Course

Join us for the AARP Smart Driver Course at St. Elizabeth Edgewood Hospital-Conf Room F/G. Classes are co-sponsored by AARP and PrimeWise. As the nation's first and largest refresher course for drivers 50 years and older, this class has given millions of drivers updated knowledge and tools they need to drive safely on today's roads. People 55+ may receive an insurance discount upon completing the course, so consult your insurance agent. The class is instruction only; no driving is involved.

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

 March 21 AND April 11
8:30 a.m.-12:30 p.m.
 1 Medical Village Drive, Edgewood, KY 41017 Conf room F/G

Parkinson's Support Group

 March 10
5:30 p.m.
 Gateway Rehab Hospital
5940 Merchants St.
Florence, KY 41042

For more information, please call 859-283-5500

NAVIGATING ONLINE COURSES

Attend to find out more about navigating online classes and the Donovan scholarship.

 April 29,
3-4 p.m.
 NKU's Welcome Center
200 Louie B Nunn Dr, Highland Heights, KY 41099

SCREENINGS SECTION

Hearing Screening

Protect Your Hearing and Your Brain: Free Community Hearing Screenings Hearing loss is one of the most common—and most overlooked—health issues among older adults. Nearly one in three people over 65 experiences some degree of hearing loss, yet many go years without testing. Hearing isn't just about the ears—it's how your brain stays active and connected. When hearing declines, the brain works harder to fill in the gaps. Over time, this extra strain can lead to mental fatigue, memory problems, and even cognitive decline. Join Us for a Free Community Hearing Screening. Take an easy first step toward better hearing and brain health. Our audiologists will provide complimentary hearing screenings to help you identify any early signs of hearing loss and discuss options for protecting your hearing. Early detection matters!

 January, February, and March.
Please call to make an appointment: (859) 344-4440

 20 Medical Village Drive, Suite 368, Edgewood, KY 41017

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 859-301-WELL (9355).

CVMHU screenings Date(s) refer to website <https://www.stelizabeth.com/events/cardiovascular-mobile-health-unit>

St Elizabeth Healthcare Tobacco Cessation -Freedom from Smoking

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

To learn more about this program visit us at www.stelizabeth/freedomfromsmoking Or Call (859) 301-5570

DONOVAN SCHOLARS

The Herman L. Donovan Fellowship for Older Adults program allows Kentucky residents 65 years of age or older to pursue credit-bearing coursework at NKU for a degree or for personal enrichment without payment of application fees or tuition. For more information, please call the adult and transfer center at (859) 572-5898

GET READY FOR THE 2026 NKY SPRING SENIOR GAMES!

The NKY Spring Senior Games will be back in May 2026, with a month full of activities kicking off in Fort Thomas and ending in Independence. Join hundreds of other local seniors for a friendly competition. Must be 50 or older to participate.

HEALTHY FRIED RICE

<https://www.stelizabeth.com/healthyheadlines/healthy-fried-rice/>

Assisting Hands Home Care

brings compassionate, professional in-home support to seniors and those navigating chronic health challenges in Northern Kentucky. From companionship, personal care, memory care, and up to 24/7 assistance, we care for adults of many ages in a variety of situations. Everyone in our care receives an individualized care plan, and you and your loved one will be supported by a care manager who knows your needs personally. We strive to help clients live comfortably at home and provide families with true peace of mind through dependable, heart-centered service. Interested in care?



Call today for a free, in-home consultation at (859) 444-5699

CT Heart Screening Program

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

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

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

Prediabetes Healthy Lifestyle Program

The St. Elizabeth Physicians Regional Diabetes Center offers a 3-month Prediabetes Healthy Lifestyle Program full of useful tools, engaging workshops, and before & after measurements to track your successes! Discover ways to prevent or delay diabetes, achieve sustainable weight loss, improve heart health, and enjoy tasty foods. Fit your busy day, boost motivation, manage stress, practice mindfulness, and make flexible food choices that suit your lifestyle; no one-size-fits-all approach needed.

Cost: \$85 cash, check, or credit card to enroll. If you enroll with a partner, each entry is discounted to \$65!

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

741 WELLNESS: A Midlife Movement & Wellness Studio

Focus on movement that feels good, a mindset that encourages growth, and wellness practices that help you show up for your life- not just a workout. Supportive studio for people aged 35-65. For more information, call Brenda Murray at (859) 835-4064

KY FRAUD TEXT ALERTS

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

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LINKING ADULTS 50+ TO HEALTH AND WELLNESS

PrimeWise Office:

(859) 301-5999

primewise@stelizabeth.com

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IS ENCOMPASS HEALTH RIGHT FOR YOU?

If you need additional care to return to your everyday activities after an illness or injury, inpatient rehabilitation may be right for you. At Encompass Health Rehabilitation Hospital of Northern Kentucky, we provide hospital-level care with intensive therapy to maximize your recovery, so you can get back to what matters most.

Your specialized care will include:

- Three hours of therapy a day, five days a week, with a combination of physical, occupational, and, if needed, speech therapy to help you regain strength and practice everyday activities in a safe, supervised environment. Therapy is spread throughout the day, giving you time to rest and recover.
- A care team that meets frequently to

develop an individualized recovery plan based on your unique goals and lifestyle.

- Frequent physician visits to track your progress and 24/7 registered nursing care to address your medical needs.
- Case managers to prepare you and your family for success during and after your stay.
- Pharmacists to manage your medications.
- Registered dietitians to assist with dietary needs.
- Support groups for you and your family.
- Access to services such as dialysis and respiratory therapy.

Our skilled caregivers and advanced technologies can help you with:

- Building strength
- Performing daily activities such as dressing, bathing and meal preparation
- Improving mobility, balance and fall prevention



- Enhancing cognition and memory
- Speech and language therapy
- Addressing swallowing difficulties
- Pain management

Learn more about Encompass Health Rehabilitation Hospital of Northern Kentucky

Website: encompasshealth.com/locations/kentucky-rehab

Location: 201 Medical Village Drive, Edgewood, KY 41017

Phone: (859) 394-6700

FRIENDLY VISITOR VOLUNTEERS NEEDED

Become a friendly visitor! Do you have a soft spot for our wise and wonderful seniors and are you ready to sprinkle a little magic into someone's life?

Flexible Community Service Opportunity:

- Serve at a time that works for you
- Choose which home you visit

Spend time with local nursing home residents by:

- Playing cards or bingo
- Talking with one another
- Reading together

Call Amy Morris at (859) 980-1986 or email Amy.morris@nkadd.org.

ST. ELIZABETH HOSPICE VOLUNTEER ORIENTATION

The St. Elizabeth Hospice Program holds volunteer training sessions 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 or Dana Laytart, Hospice Volunteer Coordinators at (859) 301-4622 or email Debbie.Holloran@stelizabeth.com or Dana.Laytart@stelizabeth.com. Mention you saw this in PrimeWise.

CARING EXCELLENCE

Our Caregivers Have a Passion for People

Caring Excellence NKY offers affordable, personalized in-home care that gives back to families' time together. Imagine watching the game or sharing an unhurried cup of coffee with your mom or dad—simply enjoying the moment—while we take care of the background details like meals, laundry, groceries, personal hygiene, and daily routines with compassion. We assist seniors in staying safe, independent, and comfortable, in a facility or at home. Our help is personalized and can grow with the needs of you and your loved ones.

Call for a free in-home assessment (859) 212-3224 or visit www.CaringExcellenceathome.com

DISCOUNT DIRECTORY

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

ASSISTING HANDS HOME CARE

6900 Houston Rd. Suite 39

Florence, KY 41042

(859) 444-5699

10% off the first \$1,000 of Service

Free In-Home consultation and no long-term contract.

RIDE A WAV CINCY

- Accessible Rides, Anytime, Anywhere

Ride A WAV Cincy provides private-pay, wheelchair-accessible transportation for hospital discharges, rehab, and dialysis – with no 72-hour notice required. We also go beyond NEMT, offering door-to-door service for family outings, church, airport pick-ups, concerts, dining, and special events for individuals or groups. Our fleet of clean minivans, transit vans, and buses are treated with antimicrobial disinfection for your safety and comfort. Available 24/7, 7 days a week.

Call (859) 918-9900

www.rideawavcincy.com

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.