

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 2 | May–August 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!

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 (877)-291-4110
- **Chapter:** (941) 208-2917

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.

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.

THE HIDDEN HEALTH ADVANTAGES OF VOLUNTEERING

Ginny Coleman, CDVS, MM, Director of Volunteer Services



Volunteering provides more than just a way for you to give back to your community. Did you know that significant research demonstrates how volunteering on a regular basis can have lasting physical and mental health benefits? Significant research shows that volunteering strengthens social connections, boosts emotional resilience, sharpens cognitive abilities, and even supports healthier aging according to research conducted by the American Psychological Association. From reduced depression and improved life satisfaction to better physical health, fewer limitations, and lower risks of chronic conditions, the evidence is clear: giving your time can be one of the most meaningful ways to enhance your health. Here are some of the benefits found through these studies:

- Volunteerism among seniors has been related to improvements in social support and social networks. Research shows that senior volunteers often experience stronger social connections. Many report that volunteering helps them meet new people, form new friendships, and feel a deeper sense of community.
- Depression and life satisfaction have been found to improve with increasing number of volunteer hours.
- Multiple studies have shown that volunteering is linked to fewer functional limitations among older adults. These benefits tend to increase as individuals contribute more hours of service.
- In 2008 in a study published in *Psychology and Aging*, notable improvements in executive functioning and verbal learning and memory were shown to be gained by individuals who volunteer.
- Research has shown that senior volunteers experience greater resilience than their non-volunteering peers, and these benefits are even stronger among older adults managing multiple chronic health conditions.
- Cross-sectional research also shows that older adults who volunteer consistently report better overall physical health with increasing hours of service linked to even stronger self-reported health ratings. Physical health improvements over

time were more than 2.5 times greater among volunteers over the age of 60 than they were in younger volunteers.

- According to a 2008 study from the *Journal of Aging and Health*, a moderate amount of volunteering has been shown to reduce hypertension over time.
- In a 2011 study published in the *European Journal of Ageing*, researchers found that seniors who volunteer had fewer hip fractures than their non-volunteering counterparts.
- Studies have repeatedly shown that volunteering leads to reduced mortality and the bulk of the evidence suggests that vulnerable seniors receive the most benefit.

Giving back to your community through volunteer service is a deeply personal experience, and we encourage you to find an opportunity that speaks to your passions, interests, and scheduling needs. Regardless of the opportunity you choose, volunteering will benefit more than just your community – you'll see the benefits in yourself.

St. Elizabeth offers a robust volunteer program with opportunities available in more than 200 departments across Northern Kentucky and Southeastern Indiana. Our volunteers range from high school students to adults in their 90s. Our volunteers consistently rank St. Elizabeth as their organization of choice for volunteering with more than 96% indicating that St. Elizabeth is the best place for them to volunteer their time.

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

Anderson, N. D., Damianakis, T., Kröger, E., Wagner, L. M., Dawson, D. R., Binns, M. A., Bernstein, S., Caspi, E., & Cook, S. L. (2014). The benefits associated with volunteering among seniors: A critical review and recommendations for future research. *Psychological Bulletin*, 140(6), 1505–1533. <https://doi.org/10.1037/a0037610>

Burr, J. A., Tavares, J., & Mutchler, J. E. (2011). Volunteering and hypertension risk in later life. *Journal of Aging and Health*, 23, 24–51. doi:10.1177/0898264310388272

Okun, M. A., Yeung, E. W., & Brown, S. (2013). Volunteering by older adults and risk of mortality: A meta-analysis. *Psychology and Aging*, 28, 564–577. doi:10.1037/a0031519

Warburton, J., & Peel, N. M. (2008). Volunteering as a productive ageing activity: The association with fall-related hip fracture in later life. *European Journal of Ageing*, 5, 129–136. doi:10.1007/s10433-008-0081-9


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 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!

 May 11 and June 8, 22 and July 13, 27, August 10, 24 and September 14, 28 and October 12, 26 and November 9, 23, December 14, 28
2 – 3 p.m.

AND


June 6, July 11, and August 8
10:30 a.m. – 11:15 a.m.

 Kenton County Library, 401 Kenton Lands Rd, Erlanger, KY 41018

Register Online- stelizabeth.com/primewise

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
May 11, June 1, July 13, August 3, and
August 24

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

Register Online- stelizabeth.com/primewise

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

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 for more information

Are unwanted sales calls driving you crazy, even if you're on the Do Not Call registry?

Learn how to stop and report unwanted calls to the proper channels.


 April 30
3 p.m.


 St. Charles 600 Farrell Drive,
Covington, KY 41011

RSVP: leslie@meiermedicare.com
(859) 640-3600

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
Noon – 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

Social media and our Brains


Please join us for a discussion on how modern smart devices are designed to capture and hold your attention, how this impacts real-world interactions and brain chemistry, and how you can more intentionally shape your interactions with these devices and applications. Presented by Rick Sellnow with the UK Extension Service

 June 26
1 – 2:30 p.m.

 St. Elizabeth Healthcare Training and
Education Center, 3861 Olympic Blvd,
Erlanger, KY 41018

Register Online- stelizabeth.com/primewise

Union Health & Wellness Expo

 Saturday, May 16
11 a.m. to 3 p.m.

 Story Point,
9255 US-42, Union, KY

For Family by Family and City of Florence Juneteenth Celebration

 Friday, June 19
Noon – 5 p.m.

 7200 Nature Park Dr, Florence, KY
41042

Northern Kentucky Juneteenth Celebration

 Saturday, June 20
Noon – 6 p.m.

 Covington Landing,
Covington, KY

City of Erlanger 2026 Events

Mark your calendars! The City of Erlanger's 2026 event calendar is live, featuring year-round opportunities to connect, get involved, and make lasting memories. Residents can join the fun through senior-friendly events, volunteer opportunities, and community programs.

Explore the calendar and plan your year:
<https://erlangerky.gov/upcoming-events/>

Bingo!

 Every Monday and Friday
Noon

 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
- Campbell County Senior Center
- Dearborn Adult 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
12:30 – 3 p.m.

EUCHRE


 Every Wednesday/Friday
12:30 – 3 p.m.

FITNESS/CARDIO DRUMMING

 Every Wednesday
11 a.m.

Campbell County Senior Center

PINOCHLE

 Every Wednesday and Thursday
begins at Noon

 3504 Alexandria Pike,
Highland Heights, KY 41076

Register/sign-in in person by 11:45 a.m..

The cost is \$3.00 to play. The 1st, 2nd, and 3rd place winners receive the money.

Call (859) 572-4300 for more information

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

Caring for someone with Dementia? Join us at Memory Matters Meetup: Hosted by Senior Helpers

A free monthly education & support group for family caregivers.

 Every 3rd Tuesday of the month
6 p.m.

 212 Main St
Florence, KY 41043

RSVP: (859) 691-0270


Senior Helpers


At Senior Helpers of Northern Kentucky, we proudly provide customized in-home senior care throughout the area, supporting older adults with everything from daily living assistance to advanced, specialized care solutions. Our highly trained and caring professionals help seniors maintain a safe and comfortable lifestyle at home, preserving their routines and cherished memories. Whether your loved one needs basic help around the house or more complex support, our team is committed to promoting dignity, independence, and quality of life—right where it matters most: at home. Call today to schedule a free assessment: (859) 283-5500

Calling ALL Veterans

The honor of your presence is requested on November 4, 2026

Join the St. Elizabeth Hospice Program for our 10th Annual Veteran Appreciation Luncheon. U.S. Veterans of all ages and one (1) guest are invited to attend this free community event. Veterans and their guest are invited to visit with veteran organizations providing benefits and services. Our program features military ceremonies, local speakers, a veteran photo slideshow, music, and a complimentary lunch. This event is sponsored by the St. Elizabeth Hospice Program to show our appreciation for the tremendous sacrifice of Veterans right here in our community.

 Monday, November 4
10 a.m. to 1:30 p.m.

 Receptions of Erlanger
1379 Donaldson Hwy,
Erlanger, KY 41018

Registration is required. Please email your information to wehonorveterans@stelizabeth.com or call (859) 301-4604. Don't forget to submit a military (or other) photo via email for our slideshow!

Free Workshop: Planning For Peace of Mind

Advance Care planning is for everyone! Plan for future needs for yourself or a loved one. Community experts will explain living wills, funerary planning, and common financial pitfalls as we age. A panel will be available to answer questions about how they've been planned for our future and give your loved one peace of mind. Complete your living will on site with a free notary service for living will documents!


 September 15
10 a.m. to Noon


 Boone County main library
1786 Burlington Pike,
Burlington, KY 41005.

From Overwhelmed to Empowered- We CARE while you LEARN

Join us for a Homewatch CareGivers education series designed to provide practical tools, meaningful education, and real-life strategies to help you navigate caregiving with greater confidence and less stress.


Caregivers are encouraged to bring the person they are caring for.


 June 16
11 a.m. to 1 p.m.

 71 Cavalier Blvd, Suite 217
Florence, KY 41042

Homewatch Caregivers Wine Down Wednesday


Our Wine Down Wednesday Caregiver Support Group is designed specifically for family members and loved ones caring for someone with dementia. This group provides a safe, welcoming space to connect with others who understand the journey, while also gaining practical tools to make caregiving more manageable.

 June 24
6 - 7:30 p.m.

 71 Cavalier Blvd, Suite 217
Florence, KY 41042

Advanced Directives, Health Care Powers of Attorney, Living Wills, and DNRs

Standing beside someone at the end of their life is sacred—learn to do it with confidence, care, and compassion. In this session, Eva Hager will explore critical legal documents, decision-making authority, and the challenges that often arise when navigating these emotionally charged situations.

 Wednesday August 26
10 a.m. - 11 a.m.

 St. Charles Community
600 Farrell Drive
Covington, KY 41011

Register online: elderlawcincinnati.com/events

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 **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.com/freedomfromsmoking**
Or Call (859) 301-5570

Concierge In-Home Care

Homewatch CareGivers of Northern Kentucky provides compassionate, dependable in-home care that helps seniors live safely and comfortably in their homes. Providing Concierge-Level options for home care and Dementia one-on-one training support.

Call today for a consultation at (859) 372-1200


Home Health Hair

**HAIRCUT AT HOME? YES!
HOSPICE? YES!
HOSPITAL? YES!**

Call for Consultation and Appointment (859) 486-9409

Florence 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 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.

 Fourth Tuesday, of the month
10:30-11:30 am

 AMIEL ARTE BAKERY
7103 Dixie Hwy, Florence, KY 41042

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

Cold Spring Library 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, 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.

 Wednesdays
2:00-3:00 pm

 3920 Alexandria Pike
Cold Spring, KY 41076

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

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 movement into your busy day, boost motivation, manage stress, practice mindfulness, and make flexible food choices that suit your lifestyle—no one-size-fits-all approach is needed. **COST: \$85 cash, check, or credit card to enroll.** *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.**

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.



RECIPE CORNER: NO-BAKE CRAISIN COCONUT BITES

Ingredients:

- 1 cup oats
- 1/3 cup dried reduced sugar raisins
- 1/2 cup almond butter (warmed)
- 1/4 cup honey
- 1/3 cup ground flaxseed
- 1/3 cup finely shredded unsweetened coconut
- Instructions
- In a large bowl, combine all the ingredients.
- Roll into 1 - 1.5 balls and refrigerate.

Directions:

In a large bowl, combine all the ingredients. Roll into 1 - 1.5 balls and refrigerate.

PRIMEWISE UPDATE

LINKING ADULTS 50+ TO HEALTH AND WELLNESS

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

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

KENTUCKY SMP DIGITAL NEWSLETTER

Stay up to date with the Kentucky Senior Medicare Patrol (SMP) and local fraud trends by subscribing to the Kentucky SMP News! Subscribers to this digital newsletter will receive one email at the beginning of each month, keeping them updated on the latest happenings in the world of healthcare fraud, consumer scams, and SMP in Kentucky. Sign up at tinyurl.com/KYSMPNews

RIDE A WAV CINCY

Now offering Medical Travel Companion Service for patients in Cincinnati and Northern Kentucky who need support before and after medical procedures. We provide transportation to your appointment, stay during the procedure, and ensure a safe ride home with door-through-door assistance. This service is ideal for colonoscopies, eye surgeries, and same-day procedures requiring a responsible adult for discharge. Families can have peace of mind knowing their loved one is cared for safely from start to finish. **Call (859) 918-9900.**

CALVIN A PERRY COMMUNITY CENTER MEMBERSHIP

Track, Fit 4 Life, Chair Yoga, Drum Fun, Line Dance, Chair Volleyball, Pickleball. Ages 65 and above, \$15.90 per year; ages 64 and under, \$26.50 per year.

For more information **call (859) 635-4125**

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 or **Call:** (859) 301-2140

FRIENDLY VISITOR VOLUNTEERS NEEDED

*Do you have a soft spot for our wise
and wonderful seniors?*

*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 nursing home you visit.
- Spend time with local nursing home residents by playing cards or bingo, talking with one another, reading together, or sharing a meal.

Become a friendly visitor!

For more information, go to www.nkadd.org

2026 NKY SPRING SENIOR GAMES!

The 2026 Northern Kentucky Senior Games will take place throughout May 2026, with a month full of events hosted at multiple venues across the region, including libraries, community centers, and parks! The Games offers a wide variety of events, including chair volleyball, euchre, pickleball, bowling, and much more. Registration is open to anyone 50+ residing in Northern Kentucky.

**Call Covington Parks at
(859) 292-2151 to learn more.**

OUR ORTHOPAEDIC SURGERY TEAM IS CELEBRATING BIG NEWS!

We are honored to announce that we have achieved **Advanced Total Hip & Knee Replacement Certification** from **The Joint Commission** on our **initial survey!** This recognition reflects our commitment to evidence-based clinical practices, exceptional patient outcomes, and high-quality orthopaedic care, as well as the incredible expertise of our orthopaedic surgery team, who make it all possible.



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 \$1000 of Service
FREE IN-HOME CONSULTATION AND
NO LONG-TERM CONTRACT

HOSPICE VOLUNTEER ORIENTATION

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
Hospice Volunteer Coordinators at
(859) 301-4622

or email Debbie.Holloran@stelizabeth.com or
Dana.Laytart@stelizabeth.com

Mention that you saw this in the PrimeWise Update

CARING EXCELLENCE

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