Traveling Abroad? Whether you’re going on a mission trip or dream vacation, your plans should start at the St. Elizabeth Edgewood/Business Health Center. Our nurse navigator will ensure your health and safety while you travel by providing appropriate vaccines, information about medication interactions and a comprehensive summary of the current health and safety risks of your destination. To schedule an appointment, call (859) 301-7839.

Aquatic Therapy
Town and Country Location Boasts New Aquatic Therapy Pool

The new high-tech HydroWorx aquatic therapy pool has been installed at the St. Elizabeth Sports Medicine location at Town and Country Athletic Center in Wilder, Kentucky. HydroWorx’s underwater treadmill is integrated seamlessly into the pool floor and is revolutionizing physical therapy and fitness. By taking advantage of the body’s buoyancy in water, the HydroWorx pool eliminates 20-90 percent of an individual’s body weight. Aquatic therapy is quickly becoming well known for its amazing effects with speeding recovery and preventing injuries. Please call (859) 572-2360 for more information or to schedule an appointment.

Business Health Center: CT Coronary Angiography

Concerned about your Heart? St. Elizabeth offers a CT Coronary Angiography as a wellness screen. It provides images of how the blood is flowing through the arteries of your heart. This is noninvasive and gives images similar to conventional angiography without the risk. Men and women concerned about their cardiac health, or with a family history or other elevated risk factors for heart disease would benefit from this test.

Eldering with GRACE: Generative, Resilient, Active, Connected, Empowered Elders Engaged in Eldering

Eldering with GRACE is for individuals who wish to engage in the last third of their life with wisdom, vitality, and truthfulness. This program will equip those 50 and over to discover ways to reclaim the revered title of elder. Sharon Otto Trekell, PhD, leads participants in an interactive and rewarding evening. Core qualities of self-care such as compassion and finding the sacred in the ordinary will be presented. Established body-mind practices such as Tai Chi, Qigong, and Sign Chi Do will be introduced. Dr. Trekell will share how the coming together of spirituality and neuroscience can combine to help us become more resilient. Participants will have a chance to personally assess their resilience as they learn tools for “switching on their brain” and being “transformed by the renewing of their minds”… (Romans 12:2) Perfect for couples, mother-daughters, good friends and you. A light dinner will be provided. Won’t you join us?

Wednesday, August 10; 5-9 p.m.
St. Elizabeth Training & Education Center (SETEC)
3861 Olympic Boulevard
 Erlanger, Kentucky 41018
Cost of Event:
Day of Event: $20.00
Pre pay non-members: $15.00
Pre pay PW members: $10.00
To reserve your space today call (859) 301-5999.

Eating Healthy Doesn’t Need to Break the Bank

Join Kathy Bessler RD, LD, CDE (Certified Diabetes Educator) who is with St. Elizabeth Regional Diabetes Center when she talks about “Eating Healthy Doesn’t Need to Break the Bank.” Who can attend? Anyone with diabetes, their friends, family and anyone interested in learning about diabetes, pre-diabetes, and preventing diabetes.

Thursday, July 21; 7-8 p.m. St. Elizabeth Covington/Suite 301
To RSVP call (859) 655-8910, for more information ask to speak to Janie or Jenny.

First Call—Your Primary Care Doctor

All Emergencies dial 911

Being sick or getting hurt isn’t a 9 to 5 job — sore throats and twisted ankles can happen anytime. If you find yourself under the weather, be sure to call your primary care doctor, even if it is after normal office hours. Each St. Elizabeth Physicians primary care office has a doctor on-call, and he or she can be reached during the evening or at night. The on-call physician can help direct you to the best place for care, whether it is helping you schedule an appointment for the next business day, with urgent care, the Emergency Department or an eVisit.

Qualified Charitable Distributions

Good News! Congress finally passed a tax bill that permanently extends the Qualified Charitable Distribution (QCD) provision. This bill lets people over age 70 transfer up to $100,000 from their IRA to charity and has it count as their required minimum distribution without increasing their adjusted gross income. To read more about this option, please read the complete article at www.stelizabeth.com/primewise and click on Update Newsletter. This information is provided by St. Elizabeth Foundation’s Planned Gifts Committee.

Join St. Elizabeth Healthcare and the Elder Maltreatment Alliance in observ- ing World Elder Abuse Awareness Day on June 15th by wearing purple. Purple ribbons are available by calling (859) 301-5999 or emailing primewise@stelizabeth.com.

To learn more about signs of abuse and what you can do to aid in its preven- tion, visit www.eldermaltreatment.com.
What are you waiting for? Join us with a first step to start a new you. Register to attend one of these Flexibility Exercise Sessions and increase your balance and range of motion as well as help yourself feel better!

Low Impact Exercise — 6-class session:
Tuesdays & Thursdays: 5:30 p.m.
Sessions begin: June 7, July 19, August 9, St. Elizabeth Edgewood Orthopaedic Centers, Senior Fitness and Exercise bands
Manual provided free
Note: We will open reservations for each session two weeks before the first class begins. If you are one of the first 20 then you will get first bid on a seat for the following class. We will not allow a person to sign up for all classes at once. We are trying to give all members an equal opportunity to sign up. Reservation required for all Exercise Sessions: (859) 301-5999. Class space is limited.

Catching Lung Cancer in the Earlier Stages – Come learn the facts.
Did you know that lung cancer kills more men and women in the U.S. than breast, prostate and colon cancers combined? This is largely because lung cancer is typically detected at an advanced stage and thus hard to cure. There is now the ability to screen for lung cancer with imaging, similar to breast cancer, for at-risk patients; increasing the chances of finding it at early stages when the cure rates can be over 80 percent. Come listen to Dr. Royce Calhoun, MD, Director of Thoracic Surgery, St. Elizabeth Healthcare and learn more about who is at-risk, how lung cancer can be detected earlier and what kind of treatment options are available.
Monday, May 23; 6-7:30 p.m.
St. Elizabeth Edgewood/Conf. Rm. F & G
To reserve your space today call (859) 301-5999.

When Living with Arthritis and Spinal Stenosis Becomes Unbearable
Join Dr. Scherzingr from Commonwealth Orthopaedic on June 8 when he explains arthritis and spinal stenosis. He will address some of the misconceptions and misunderstandings of living with the pain of these conditions and discuss the latest options in evaluation and treatment, including allowing you to remain active.
Wednesday, June 8; 6-7:30 p.m.
St. Elizabeth Florence/Lower Level Conf. Rm.
To reserve your space today call (859) 301-5999.

Fecal Incontinence Can Turn Your Life Upside Down – There is hope!
Join Dr. Susan Oakley, Lead Physician, SEP. Division of Urogynecology, as she speaks frankly about fecal incontinence. Fecal incontinence is the inability to control bowel movements, causing stool (feces) to leak unexpectedly from the rectum. It can range from an occasional leakage of stool while passing gas to a complete loss of bowel control, which can be very embarrassing. Don’t shy away from this program. Learn about the causes and the treatments available that can improve fecal incontinence and quality of life.
Tuesday, July 19; 6-7:30 p.m.
St. Elizabeth Ft. Thomas/Conference Rm. A & B
To reserve your space today call (859) 301-5999.

Living Wills and Advance Directives for Health Care
While 75 percent of Americans say they are in favor of advance directives, only about 30 percent actually have one. Sudden accidents or illnesses occur all too frequently and often take us off guard. This is why it is important to talk now, while you still can, about your wishes for life sustaining treatment. Join Attorney Michael Rumberg as he discusses what an Advance Directive (Living Will) is and how to complete one, and Maureen Hebert, RN as she shares her experiences with both a nurse and a daughter and how Advance Directives make a difference.
Wednesday, May 25; 6-7 p.m.
St. Elizabeth Florence/Lower Level Conf. Room
To reserve your space today call (859) 301-5999.

Better Choices, Better Health, Healthy Living
Do you have a chronic condition such as diabetes, high blood pressure, arthritis, heart disease, asthma, depression or any other illness? Then this program is for you! This six-week series is designed to assist individuals with chronic conditions to maximize their ability to cope and live a fuller life.
Subjects include:
1. Techniques to deal with frustration, fatigue, pain, emotions and isolation.
2. Ways to maintain and improve strength, flexibility and endurance.
3. Communicating effectively with family, friends and health professionals.
4. Nutrition and supportive food decisions.
5. Evaluating new treatment options.
Those attending all six sessions receive the manual “Living a Healthy Life with Chronic Conditions.” Program Leaders are certified through the Stanford University School of Medicine. The workshop package is valued at over $150 but through a grant, St. Elizabeth PrimeWise and the Northern Kentucky Area Agency on Aging is able to provide this workshop for free. Participants can be joined by their support person as well.

Wednesdays, July 20-August 24; 2-5 p.m.
St. Elizabeth Covington/Conference Room
Very Limited Seating
To reserve your space today call (859) 301-5999.

Back on Track: Is Back Pain Taking Over Your Life?
Back pain is a common concern affecting more than 90 percent of Americans in their lifetime. Join the spine care specialists from the St. Elizabeth Spine Center for a FREE information session to learn about mobility issues, pain management and treatment options, as well as the latest advancements in technology including spinal disc replacement.
Panel presenters:
• Jonathan Grainger, M.D., St. Elizabeth Physicians
• Bradley Mullin, M.D., St. Elizabeth Physicians
• John B. Jacquemin, M.D., Commonwealth Orthopaedic Centers
• Joanne Callaway, APTA, St. Elizabeth Healthcare

Wednesday, May 11; 6 p.m. Registration;
6:30 p.m. Presentation with Audience Q&A Receptions Erlanger

Get Your Shoulders Ready for Summer Activities: Should Pain Community Event with Mayo Clinic
Do you have shoulder pain due to arthritis or rotator cuff damage? Come learn about the benefits of shoulder replacement, rotator cuff repair and cutting edge surgical techniques in the shoulder and elbow field.
Presented by:
• Dr. Joaquin Sanchez-Sotoelo MD PhD, Mayo Clinic
• Dr. R. Michael Greiwe, Commonwealth Orthopaedic Centers

Thursday, June 9; 6 p.m. Registration;
6:30 p.m. Presentation with Audience Q&A
SETEC (Formerly the METS Center)
3861 Olympic Blvd., Erlanger, KY 41018

Discount Directory Update
New providers:
• ATI CPAP Solutions
233 Thomas More Parkway
Crestview Hills, Kentucky 41017
(859) 331-0526
20 percent off non-insurance covered merchandise.
• Starter goody bag.

If you own a business in Northern Kentucky and would like to become a provider for the PrimeWise Discount Directory contact PrimeWise at (859) 301-5999.

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.

Discount Directory Update

Low Impact Flexibility Exercise Classes

Medicare – What you need to know BEFORE you turn 65!
We understand that Medicare can be confusing – but don’t worry! We can help you understand the ins and outs of Medicare. Developed to help you learn how Medicare works and to clearly explain your options, the workshops will cover all the major questions and concerns such as when to enroll, what happens if you are still working, what Medicare A-B-C-D consists of, how to select the right drug plan and we will also review the differences between Medicare (Medigap) Supplement Policies and Medicare Advantage Plans.

Two Day Workshop:
Tuesday, June 28 & Wednesday, June 29; 6:30 p.m.
St. Elizabeth Edgewood/Conference Rm. F & G
One Day Workshop:
Tuesday, August 2; 6-10 p.m.
St. Elizabeth Ft Thomas/Conference Rm. A & B
To reserve your space today call (859) 301-5999.

What are Medicare Advantage Plans (Part C)?
Considering a Medicare Advantage plan (HMO, PPO, or PFFS)? How do they work? How do you compare the options? How do you know if it is a good choice for you? Join PrimeWise staff as they explain the sol and outs of Medicare Advantage plans. It is suggested that you attend a PrimeWise Medicare Workshop prior to this program.
Wednesday, July 13; 6-7:30 p.m.
St. Elizabeth Edgewood/Conference Room
Or
Tuesday, August 16; 6-7:30 p.m.
St. Elizabeth Ft. Thomas/Conference Room A
To reserve your space today call (859) 301-5999.

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SETEC (Formerly the METS Center)
3861 Olympic Blvd., Erlanger, KY 41018

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www.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.

Discount Directory Update
New providers:
• ATI CPAP Solutions
233 Thomas More Parkway
Crestview Hills, Kentucky 41017
(859) 331-0526
20 percent off non-insurance covered merchandise.
• Starter goody bag.
Snacking Your Way to Health

Snacks aren’t just for kids getting home from school. Snacking is an integral part of a healthy lifestyle, and provides many benefits to our body, especially as we age. Eating small frequent meals throughout the day provides a constant supply of energy that our bodies need, and can even alleviate problems from headaches all the way to constipation. It may seem counterintuitive, but one of the best reasons to snack is to help manage your weight.

For more information and some great snack ideas, go to www.stelizbeth.com/primewise and read the expanded version of the Update online.

Drive Smart

Why take the AARP Smart Driver Course? As the nation’s first and largest refresher course for drivers 50 years and older, it has given millions of drivers updated skills and tools they need to drive safely on today’s roads, allowing them to remain independent for many years. Additionally, by Kentucky law, anyone 55 or older who completes the course is eligible for a discount on auto insurance. The class is instruction only, no driving is involved. Class seating is limited to 25, so call early to register. Co-sponsored by AARP and PrimeWise.

June 11, 9:30 a.m. to 1:30 p.m.
Edgewood, Conference Room L & M

July 9, 9:30 a.m. to 1:30 p.m.
Edgewood, Conference Room L & M

August 13, 9:30 a.m. to 1:30 p.m.
Edgewood, Conference Room L & M

September 10, 9:30 a.m. to 1:30 p.m.
Edgewood, Conference Room L & M

Cost: $15 – AARP members $20 – non AARP members.
To reserve your space today call (859) 301-5999.

Medicare Corner

How do I get a replacement Medicare card?

Your Medicare card is proof of your Medicare insurance. If your Medicare card was lost, stolen or destroyed, you can ask for a replacement by using your online my Social Security account.

If you don’t already have an account, you can create one online. Go to www.ssa.gov sign in or Create an Account. Once you are logged in to your account, select the “Replacement Documents” tab. Then select “Mail my replacement Medicare Card.” Your Medicare card will arrive in the mail in about 30 days at the address on file with Social Security.

If you can’t or prefer not to use the online service:

• Call (800) 772-1213 (TTY (800) 325-0778), Monday through Friday, from 7 a.m. to 7 p.m.; or
• Go to your local Social Security office.

Mayo Clinic Wellness Corner

Does grass-fed beef have any heart-health benefits that other types of beef don’t?

Grass-fed beef generally comes from cattle that eat only grass and other foraged foods throughout their lives. Often, conventional beef cattle eat a diet that includes grains, such as corn, at some point. The difference in the diets of the cattle changes the nutrients and fats you get from eating the different types of beef.

Grass-fed beef may have some heart-health benefits that other types of beef don’t have. When compared with other types of beef, grass-fed beef may have:

• Less total fat
• More heart-healthy omega-3 fatty acids
• More conjugated linoleic acid, a type of fat that’s thought to reduce heart disease and cancer risks.
• More antioxidant vitamins, such as vitamin E.

Lean beef that’s 10 percent fat or less—whether it’s grass-fed beef or another type of beef—can be part of a heart-healthy diet. Although many people think grass-fed beef tastes better, it’s generally more expensive and there is limited long-term research to definitively prove that grass-fed beef is better for you. Talk to your doctor or dietitian if you’re thinking about adding more lean beef, including grass-fed beef, into your diet.
**Support Groups Meeting in**

**Northern Kentucky**

- AA Florence: (859) 491-7181
- Al Anon Florence: (859) 760-6178
- ALS Support Group: (888) 412-3022 — 2nd Tuesday of the month @ Hospice 6 p.m.
- Alzheimer’s Support Group: (513) 721-4284
- American Care Society: (800) 227-2345
- Breast Cancer Support Groups: (859) 301-2273
- Nurse Navigator line: leave message
- Care Support Community: Cancer Support (859) 331-5568 for Kentucky and (513) 791-4060 for Ohio
- Caregiver Support Group: (859) 301-9999
- Diabetes Support Group: (859) 655-8910 – 4th Thursday of the month
- Gestational Diabetes Classes: (859) 655-8910
- Grey Group Support: (859) 301-4611
  - STARS for Adult Daughters
  - STARS for Adults
  - STARS for Adults Grant County
  - STARS for Kids
  - STARS for Retired Widowers
  - STARS for Working Age Widowers
  - Parent’s Hope
- Helping Each Other – Breast Cancer Support: (859) 341-7960
- Insulin Pumping – Sharing for Success: (859) 655-8910
- Look Good, Feel Better: (800) 227-2345
- National Alliance on Mental Illness (NAMI) Northern Kentucky: (859) 392-1730
- Northern Kentucky Regional Stroke Support Group: (859) 572-3120
  2 new locations and dates available – call for details (859)727-3129
- Overeaters Anonymous: Northern Kentucky meetings – (859) 441-1300 or (859) 344-0643
- Parkinson’s Support Group: (859) 301-5999
- Reach to Recovery: (800) 227-3245
- Smoking Cessation: (859) 301-9355
- The Kentucky Caregiver Support Group for Grandparents: (859) 283-1885
- Cancer Support Community (CSC) Kentucky: (859) 331-5568/Ohio (513) 791-4060

**Alzheimer’s Association**

Support Group 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 (800) 272-3900.

**PrimeWise Caregiver Support Group**

Do you “help out” a loved one? Come and learn tips from others in similar circumstances. This support group meets monthly to hear from professionals about topics such as financial planning, Medicare, housing alternatives, etc. as well as share and support each other with strategies that have made care giving a little easier. The group meets from 7-8:30 p.m. on the third Thursday of the month. Please call (859) 301-5999 or email primewise@stelizabeth.com for the location and speaker information.

**Caring Connections Support Group**

Caring Connections is a support group designed to support ladies who have been diagnosed with, going through or are a survivors of a gynecological cancer. Please join us for this unique support group. Each month a different activity/presentation/topic will be presented. This will be held on the second Monday of every month starting May 9 until August 8 at St. Elizabeth Edgewood/Room F. To reserve your space today or for more information call (859) 301-5463.

**MKL Tours Spring 2016 Travel Update**

**PrimeWise 2016 – Vol. 2**

May, June, July, August 2016

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

St. Elizabeth Edgewood —
Monday - Friday, 8:30 a.m. to 4 p.m.

St. Elizabeth Florence —
Every Monday, 9 a.m. to 3:30 p.m.

St. Elizabeth Ft. Thomas —
Every Wednesday, 9 a.m. to 3:30 p.m.

Go to www.stelizabeth.com/primewise to read the expanded version of the Update online.

**MKL Tours Spring 2016 Travel Update**

Dear Travel Friends,
It is nearly summertime! Now’s the time for flip-flops and breezy days. Never a better time to sit back and plan a few travel adventures. MKL Tours were founded with education at the core. It’s time to learn something new and meet new friends while doing it! We’re once again spreading our wings with a few new and very New options, Cuba and U.S. river cruises, as well as a much requested return to the Emerald Isle. Something new and meet new friends while doing it! We’re once again spreading our wings with a few new and very New options, Cuba and U.S. river cruises, as well as a much requested return to the Emerald Isle.

**SAMPLE 2016 TOURS:**

- Aruba Gardens and New Harmony, Indiana (May 4-5 Space limited)
- McCormick’s Creek/Willowfield Lavender (June 2-3 Space limited)
- Jeff Foxworthy at the Blue Gate Theatre & Shipshewana Amish County (June 11-12)
- Ultimate Utah: Salt Lake City/Zion, Arches and Bryce Canyon National Parks (Aug. 30-Sept. 6)
- Wilber Wright Birthplace (Sept. 8)
- Stratford Theatre Festival — Stratford, Ontario, Canada (Sept. 12-16)
- American Cruise Lines: Northwest U.S. — Columbia and Snake Rivers — 5 days/4 nights (Sept. 17, 21 or 25 — your choice!)
- Ireland: Beyond the Green (Sept. 27-Oct. 7)
- Covered Bridges of Indiana (Oct. 18-19)
- Fall Meet at Keeneland (tentative date Oct. 22)
- Indianapolis Holiday Symphony (Dec. 9)
- Galt House Christmas/Lights Under Louisville/caldwell Mansion (Dec. 15 Limited space/Dec. 14 Wait List only)
- Holiday at the Biltmore (Dec. 5-7)
- Ixtapan de la Sal Resort and Spa (Feb. 1-8, 2016)
- Holiday at the Biltmore (Dec. 15-22)
- A Galt House Christmas/Lights Under Louisville/caldwell Mansion (Dec. 15 Limited space/Dec. 14 Wait List only)
- Holiday at the Biltmore (Dec. 5-7)
- Ixtapan de la Sal Resort and Spa (Feb. 1-8, 2017)
- Cuba: The Opened Door – 2017
- Alzheimer’s Association Support Group 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 (800) 272-3900.

May is Stroke Awareness Month

**Risk factors:**
Hypertension, Diabetes, Obesity, High Cholesterol, Smoking, Inactivity, History of Blood Clots or Stroke

**Stroke is an Emergency/Think FAST:**

F = FACE Smiles. Does one side of the face droop?
A = ARMS Raise both arms. Does one arm drift downward?
S = SPEECH Repeat a simple sentence. Does the speech sound slurred or strange?
T = TIME If you observe any of these signs (independently or together) call 9-1-1 immediately.

**PrimeWise Membership:**
Has your email, address, or phone number changed? Please contact our office at (859) 301-5999 or primewise@stelizabeth.com with your changes.
Snacks aren’t just for kids getting home from school. Snacking is an integral part of a healthy lifestyle, and provides many benefits to our bodies, especially as we age. Eating small frequent amounts throughout the day provides a constant supply of energy that our bodies need, and can even alleviate problems from headaches all the way to constipation.

It may seem counterintuitive, but one of the best reasons to snack is to help manage your weight. Eating small amounts at regular times throughout the day can help to prevent weight gain. By eating a small snack between meals, feeling full will happen sooner during the meal and prevent overeating. Snacking can also help prevent weight loss, which is a common problem that occurs with aging. As we get older, our metabolism slows, which causes reduced hunger and reduces the want to eat. Small eating amounts throughout the day provides a constant supply of energy that our bodies need, and can even alleviate problems from headaches all the way to constipation.

Eating snacks during the same times every day can also help alleviate constipation and irregularity. By eating small amounts the same time every day, the digestive system will develop a rhythm that results in regular bathroom patterns, and reduced constipation. Good times for snacks are between breakfast and lunch, lunch and dinner, or a small snack before bed time. Go grab your favorite snack, and enjoy the benefits of eating between meals. Below are some great snack ideas to inspire and get your snacking journey started.

Happy snacking!

**Fresh fruits and vegetables:** These provide our bodies with several important vitamins, minerals and are a great source of fiber. They also are a good source of carbohydrate which provides us with the energy we need for the day. Add some protein to help sustain that fuel.

**Apple slices with a small amount of peanut butter:** Peanut butter is a great source of healthy fat and protein. A little bit goes a long way as regular peanut butter contains close to 100 calories per one tablespoon. A lower calorie peanut butter option is Jif or PB2 powdered peanut butter which have less than half the calories for two tablespoons. Look for these two in the peanut butter section of your local grocery store.

**Grapes and string cheese:** Grapes are a good source of antioxidants and carbohydrate. Research has shown the benefits of consuming purple grapes which contain polyphenols a powerful phytochemical which can help prevent cancer. String cheese is a lower calorie alternative to higher fat cheeses like cheddar, American and Swiss and comes in a variety of flavors.

**Hummus with whole grain crackers:** Hummus is made up of heart healthy olive oil and garbanzo beans another great source of lean protein, carbohydrate and fiber. You can make your own hummus by mixing canned garbanzo beans and mixing with lemon juice, garlic, olive oil, cumin, salt and pepper.

**Olives:** Olives are from the healthiest type of monounsaturated fat and are also another abundant source of antioxidants. Whether black or green they provide about 45 calories and 5 grams of fat per serving and can help us along our way to good heart health.

**Power Lunch**

St. Elizabeth Power Lunches in Covington provide the rare opportunity to take time for yourself, your health, and your friendships. You and up to 10 friends can take advantage of catching up while enjoying a delicious, healthy meal and kick back with a complimentary chair massage. You will each receive a mannograph (billed to your insurance), as well as hear about the latest advancements and treatment options. You will each receive a mammogram (billed to your insurance), as well as hear about the latest advancements and treatment options.

**Volunteer Opportunities**

Volunteering at St. Elizabeth Healthcare is a commitment that not only helps others but is personally rewarding too! We offer a variety of volunteer opportunities to match your interests, skills and availability.

**Urgent Volunteer Needs:** Gift Shop; Information Desk (evenings and weekends), Thrift Shop

Visit stelizabeth.com/volunteer to learn more! Questions? Please call (859) 301-2140.

**7 questions to ask before joint replacement surgery**

The decision to have joint replacement surgery is not a simple one. That’s why an honest discussion of your options with a doctor is crucial, according to Dr. Matthew Hummel, a knee and hip replacement specialist with Commonwealth Orthopedic Centers. Read more tips from Dr. Hummel on SmartHealthToday.com.

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**Snacking Your Way to Health**

**CVMHU Mobile Unit Screening Sites**

**Friday, May 13, 10 a.m. to 2 p.m.**
Remke Markets Buttermilk Towne Center
560 Clock Tower Way, Crescent Springs, KY 40117

**Wednesday, June 1, 10 a.m. to 2 p.m.**
BB&T Independence
1700 Declaration Drive, Independence, KY 40151

**Wednesday, June 8, 10 a.m. to 2 p.m.**
BB&T Crestview Hills
111 Lookout Farm Drive, Crestview Hills, KY 41017

**Friday, June 10, 10 a.m. to 2 p.m.**
Remke Markets Taylor Mill
5016 Old Taylor Mill Road, Taylor Mill, KY 41015

**Friday, July 8, 10 a.m. to 2 p.m.**
Remke Markets Hebron
1952 North Bend Rd, Hebron, KY 41048

**Wednesday, July 13, 10 a.m. to 2 p.m.**
BB&T Warsaw
404 East Main St, Warsaw, KY 41095

**Wednesday, August 10, 10 a.m. to 2 p.m.**
BB&T Falmouth
515 Barkley St., Falmouth, KY 41010

**Friday, August 12, 10 a.m. to 2 p.m.**
Remke Markets Florence
6920 Burlington Pike, Florence, KY 41042

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**Save the date: Women Take Heart Screening Event**

Women of all ages are invited to a special cardiovascular screening in recognition of Stroke Month on the St. Elizabeth CardioVascular Mobile Health Unit. Participants will receive a special gift.

Four screenings will be offered: peripheral artery disease, abdominal aortic aneurysm, carotid artery disease/stroke, and cardiac age health risk assessment. Cost for each screening is $25, or $100 for all four. Or simply stop by to learn more about heart health and sign up for our free Women Take Heart program.

**Monday, September 12; 10 a.m. to 2 p.m.**
Dillard’s 2900 Towne Center Blvd. Crestview Hills, KY 41017
To reserve your space today call 859-301-WELL (9335).

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**Volunteer Opportunities**

Volunteering at St. Elizabeth Healthcare is a commitment that not only helps others but is personally rewarding too! We offer a variety of volunteer opportunities to match your interests, skills and availability.

**Urgent Volunteer Needs:** Gift Shop; Information Desk (evenings and weekends), Thrift Shop

Visit stelizabeth.com/volunteer to learn more! Questions? Please call (859) 301-2140.

Each member of our volunteer team is passionate about their role in making a positive difference to our guests and patients.

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, Hospice Volunteer Coordinator at (859) 301-4622 or email Debbie.Holloran@stelizabeth.com. Mention you saw this in the PrimeWise Update.
Heart Attack Survivor Denise Fetters is an Advocate for Quitting Smoking

Denise Fetters is encouraged by the Freshstart smoking cessation classes at St. Elizabeth Healthcare and energized by the cardiac rehab program.

And, she has the highest praise for her St. Elizabeth doctors.

As for Dr. Robert Strickmeyer, who put the stent in that opened her clogged artery last summer. "He’s very nice, I enjoyed talking to him."

And, she likes the personal attention she receives from cardiologist Dr. D.P. Suresh. "He is very sweet, very personable."

Denise is doing "all the right things to help herself get better," said Dr. Suresh. She’s stopped smoking and she’s following the advice of her doctors, he said.

In most women, the symptoms of a heart attack may be subtle or hard to detect. "It may be only in the upper part of the body," Dr. Suresh said.

"I exercise and then I can go for a walk."

"I’ve got a lot more energy. Before, I just didn’t want to do anything. I just sat and sat. Now, I exercise and then I can go for a walk."

Joyce Jacobs of the Freshstart program said Denise is a great resource in the classes. Health is the number one reason smokers say they want to quit. When someone who has had a heart attack, like Denise, talks about health risks, participants really pay attention, said Jacobs.

Denise has had a third heart attack but she says she is recovering and in cardiac rehab.

“I like the way they treat you, I like the way they take care of you,” she said of the St. Elizabeth team of doctors, nurses and staff.

"They were great. The emergency room people were really nice. They kept apologizing for having to poke me to get the IVs in,” Denise added.

CT Coronary Angiography

Concerned about your heart? St. Elizabeth offers a CT Coronary Angiography as a wellness screen. It provides images of how the blood is flowing through the arteries of your heart. This is noninvasive and gives images similar to conventional angiography without the risk. Men and women concerned about their cardiac health, have a family history or other elevated risk factors for heart disease would benefit from this test.

To schedule an appointment, call (859) 301-7839.

New Hearing Aid Analyzer at St. Elizabeth Edgewood

St. Elizabeth Healthcare in Edgewood, KY has just purchased a Veri Fit hearing aid analyzer.

Each day, audiologists are faced with rapidly advancing hearing devices and more sophisticated patients. This new device will provide our audiologists with the tools to create and maintain a satisfied hearing aid patient. Today’s hearing aids communicate with each other. The Veri Fit will measure the hearing aids as a pair. Please call the department at (859) 301-7740 for your free hearing aid analysis.

Qualified Charitable Distributions

Good News! Congress finally passed a tax bill that permanently extends the Qualified Charitable Distribution (QCD) provision. This bill lets people over age 70 (or) transfer up to $100,000 from their IRA to charity and have it count as their required minimum distribution without increasing their adjusted gross income.

IRA owners and beneficiaries who have reached age 70 ½ are permitted to make donations to IRS-approved public charities directly out of their IRAs. These designated qualified charitable distributions, or QCDs, are federal-income-tax-free to the donor, but the donor doesn’t get to claim a charitable deduction on their tax return. However, that works out fine because the tax-free treatment of QCDs is the same as an immediate 100 percent deduction without having to worry about restrictions that can delay itemized charitable write-offs. These distributions are not included in the donor’s adjusted gross income (AGI) on their federal tax return. This helps the donor to remain unaffected by various unfavorable AGI-based phase-out rules. It also allows the donor to give a charity a check made out to the charity that the donor then can deliver to the charity. No more than $100,000 of QCDs can occur in any one year. If a spouse has an IRA, he or she has a separate $100,000 limitation.

Note that the charity must provide a record of the contribution. Please be aware that you cannot receive any benefit from the charity in return for making the contribution. If the donor receives any benefit from the charity that reduces the deduction under the normal rules, tax-free treatment is lost for the entire distribution.

This information is provided by Tom Ruberg of St. Elizabeth Foundation’s Planned Gifts Committee. For more information, please contact the Foundation at (859) 301-3920 or Foundation@stelizabeth.com. Tom is a past Chair of the Planned Gifts Committee and also presently serves on the Major Gifts Committee. The Planned Gifts Committee’s role is to increase awareness of and the number of individuals who leave a legacy to include St. Elizabeth. Tom Ruberg, CPA, CBICS, PFS, is a shareholder at VonLehman, a full-service Certified Public Accounting and Business Advisory Firm with offices in Kentucky, Ohio and Indiana.

Northern Kentucky Regional Stroke Support Group

Second Tuesday each month at 3 p.m.
St. Elizabeth Edgewood/Heart and Vascular Center Conference Room first floor, Outpatient Entrance 3A North

First Tuesday of each month at 3 p.m.
Gateway Rehabilitation Hospital (Florence) Information at entrance visitors desk.

Third Thursday of each month at 6 p.m.
HealthSouth Rehabilitation Hospital: Florence Government Center, Lower Level Room C, 8100 Ewing Drive, Florence

Town and Country Location Boasts New Aquatic Therapy Pool

The new high-tech HydroWorx aquatic therapy pool has been installed at the St. Elizabeth Sports Medicine location at Town and Country Athletic Center in Wilder, Kentucky. HydroWorx’s underwater treadmill is integrated seamlessly into the pool floor and is revolutionizing physical therapy and fitness. By taking advantage of the body’s buoyant nature in water, the HydroWorx pool provides aquatic therapy and fitness. By taking advantage of the body’s buoyancy in water, the HydroWorx pool will be used to treat a variety of conditions, including knee, hip, shoulder, ankle, elbow and spine injuries.

RMD amount (up to the $100,000 limit on distributions) can delay itemized deductions for garden-variety cash donations to public charities. QCDs can also count as payouts for purposes of the required minimum distribution (RMD) rules. Therefore, you can donate all or part of your RMD amount (up to the $100,000 limit on QCDs) and thereby convert otherwise taxable RMDs into tax-free QCDs.

To schedule an appointment, call (859) 301-7839.
Aortic Valve Replacement Surgery Restores Joe’s Heart Function

Joe Koester lived with a heart murmur for 40 years because he was born with a heart defect. Joe’s condition, called Bicuspid Aortic Valve Disease (BAVD), caused his heart’s aortic valve to function adequately, but not perfectly.

After performing a yearly sonogram to monitor Joe’s heart, Cardiologist Dr. Kevin Miller with St. Elizabeth Heart & Vascular Institute told Joe that his aortic valve finally needed to be replaced. Joe said that was all he needed to hear and went to meet with Dr. Victor Schmelzer, a Cardiovascular Surgeon with St. Elizabeth Heart & Vascular Institute.

When he met with Dr. Schmelzer, Joe asked what would happen if he didn’t have the surgery. Dr. Schmelzer told Joe he would likely have only two years to live. Joe answered, “I’m not going to accept that, so let’s get on with the program!” After discussing the procedure with Dr. Schmelzer and reviewing options for the aortic replacement valve, Joe opted for a ceramic valve because it lasts forever — unlike animal valves that may have to be replaced every 10 to 15 years.

Dr. Schmelzer performed open-heart surgery to replace Joe’s damaged aortic valve. “My surgery went flawlessly,” said Joe. “I spent five nights in the hospital and received wonderful around-the-clock care.”

A month after surgery, Joe started cardiac rehabilitation. As part of his individually prescribed therapy program, Joe went to St. Elizabeth’s Cardiac Rehab Center three days a week for three months. During his sessions, his exercise was monitored by cardiac rehab nurses and his daily readings were monitored by Dr. Miller.

“Cardiac rehab was a great experience. The staff was very helpful and caring; I never felt like a number,” Joe said. “The nurses gave me tips, took my blood pressure and pushed me in a good way. They also taught me how to incorporate exercise into my day-to-day life.”

Now fully recovered, Joe is back to running his jewelry store in Ft. Mitchell, spending time with family and being an active member of the St. Elizabeth Foundation, which he’s done for more than 25 years.

“I’m sharing my story because Kentucky has a lot of cardiac deaths. People shouldn’t be frightened, however, because St. Elizabeth regularly performs a large number of difficult heart procedures and has nationally recognized outcomes.” Joe continued, “People used to think they needed to go across the river to get the best heart care. That isn’t the case anymore; St. Elizabeth has changed that.

“My life was saved by this Institute. I love St. Elizabeth.”

The Line on Irregular Heart Rhythm

Tuesday, July 19, 6:30-8 p.m.
St. Elizabeth Training and Education Center
(Formerly METS Center)
3861 Olympic Blvd, Erlanger, KY 41018

Is that occasional heart flutter something to worry about? Are heart failure and arrhythmia related? Can irregular heart rhythms cause a stroke? Come learn from physician specialists from Mayo Clinic and St. Elizabeth about heartbeat irregularities, and when it’s time to do something about them. Skipped beats, palpitations, slow heart rate, fast heart rate, fainting, even anxiety attacks might be symptoms of a condition that should be treated by a specialist. There are so many more options today than there were even just a few years ago. Learn more at this free panel discussion and bring your questions for these physician experts. Appetizers and beverages will be served.

Speakers:
Michael J. Osborn, MD, Cardiologist, Mayo Clinic
Thomas P. Carrigan, MD, Electrophysiologist, Co-director, Atrial Fibrillation Program, St. Elizabeth Heart & Vascular Institute
James P. Farrell, MD, Neurologist, Director, Stroke Program, St. Elizabeth Healthcare
Mohamad Sinno, MD, Electrophysiologist, Co-director, Atrial Fibrillation Program, St. Elizabeth Heart & Vascular Institute