

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 2, Online

May–Aug. 2024



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

CHOOSING A MEDICARE PLAN: KNOW THE FACTS

When choosing a Medicare plan, it's to your advantage to know the facts.

Medicare can be complex and over-whelming to navigate, especially if you're not familiar with it. When choosing a plan, it's important to know that Medicare is not one-size fits all. Start by understanding that there are two types of plans available:

1. TRADITIONAL MEDICARE:

Health insurance that is directed through the federal government.

2. MEDICARE ADVANTAGE (MA): Health insurance plan offered by private companies that contract with the federal government.

There are four key differences between traditional Medicare and Medicare Advantage and each impact what option best fits the patient's healthcare needs, now and in the future.

1. Monthly Premiums and Future Healthcare costs:

Medicare Advantage plans have become increasingly popular because the monthly premium



is often more affordable than traditional Medicare plans. However, premiums do not tell the whole story!

The premium you see when you sign up is not guaranteed past this year and will likely increase.

Patients must evaluate their health and potential risk for chronic disease as they age. For those who are healthy and don't use health insurance often, they can benefit from a Medicare Advantage plan, as they would pay a lower monthly premium and higher out-of-pocket costs.

For those with a history of health issues or who encounter health issues sometime after turning 65, traditional Medicare may be a better option, since it covers extended hospital stays, long-term care, and specialty visits. While the monthly premium is more each month, people with traditional Medicare

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WORLD ELDER ABUSE AWARENESS DAY IS JUNE 15TH

We come together to raise awareness about the mistreatment and exploitation faced by our senior citizens. This day is observed on June 15 each year, and it serves as a powerful reminder of our responsibility to protect older adults from scams, abuse, and neglect.

For more information contact the Aging and Disability Resource Center at (859) 692-2480 or (866) 766-2472 or by email at adrc@nkadd.org.

NEED HELP PAYING FOR YOUR PRESCRIPTIONS?

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

ST. ELIZABETH HEALTHCARE'S NEW OUTPATIENT PHARMACY— FLORENCE CAMPUS.

In the next few months, outpatient pharmacy services will be available at the St. Elizabeth Florence campus, leading to a better experience for you, our Northern Kentucky seniors. This new pharmacy allows our associates to devote more time to you and your prescriptions will get filled faster. If you have outpatient surgery or see a provider on our Florence campus, ask about getting prescriptions filled at the new pharmacy. And look for details later this year about full-service pharmacy services in Florence!

CHOOSING A MEDICARE PLAN, CONTINUED

will have lower out-of-pocket costs for expensive medical care. Additionally, since MA plans are offered through the private market, seniors will likely have to jump through hoops like prior authorizations which can delay critical care.

2. Provider Choice:

Traditional Medicare plans are widely accepted. Medicare Advantage plans often have limited provider networks and are not guaranteed past this year.

3. Enrollment:

In most states, traditional Medicare plans have a one-time guaranteed enrollment window. Medicare Advantage plans have an annual enrollment period, typically from October 15 to December 7 in which individuals can enroll in a plan or switch to another one. Seniors can also change their plans each year. Traditional Medicare does not require medical underwriting if enrolling upon initial eligibility but if you elect Medicare Advantage and wish to change to Traditional Medicare in the future you will be required to complete medical underwriting which can drastically impact your potential premium costs.

4. Extra Benefits:

Medicare Advantage plans can include extra benefits like dental, vision, gym memberships, etc. that aren't covered under traditional Medicare. But seniors are advised to pay attention to the details as these special "perks" may not fit their unique health needs—and could be cut if MA providers are looking to reduce costs.

Picking the right health plan is important. At St. Elizabeth, we want to improve the health of the people of Northern Kentucky, and that includes learning about options for health coverage. To learn more about your options, contact our local State Health Insurance Plan.

SHIP (KY State Health Insurance Program) Assists Medicare beneficiaries at 1-866-516-3051 for appointment.

VOTE

**KENTUCKY'S PRIMARY
ELECTION IS MAY 21ST**
**INDIANA'S PRIMARY
ELECTION IS MAY 7TH**

SENIOR MEDICARE PATROL FRAUD TEXT ALERTS

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

Text KYSMF to 74121 to sign up today.

RECIPE CORNER: ITALIAN PASTA SALAD

Perfect Summer Pasta Salad!

Ingredients:

- Rotini pasta
- Salami
- Grape tomatoes
- Black olives
- Bell peppers
- Red onion
- Fresh mozzarella pearls
- Parmesan
- Fresh parsley and basil
- Dried oregano
- Olive oil
- Lemons
- Dijon mustard
- Honey
- Red pepper flakes

Directions:

Boil pasta: Cook pasta according to directions on package (1 boil in 5 quarts water with 1 Tbsp salt) just barely to al dente. Reserve 1/2 cup pasta water then drain pasta.

Cool pasta: Immediately transfer pasta to a rimmed 18 by 13-inch baking sheet and spread out to cool for 15 minutes.

Prepare pasta salad ingredients: While pasta is cooking and cooling chop ingredients.

Make Italian dressing: For the dressing whisk together olive oil, lemon juice, oregano, mustard, honey, garlic, red pepper flakes and season lightly with salt and then pepper to taste.



Add pasta, veggies, and cheeses to bowl: Add cooled pasta to an extra large bowl along with salami, tomatoes, olives, bell peppers, red onion, mozzarella pearls, parmesan, parsley and basil.

Toss with dressing and pasta water: Whisk dressing once more then pour over ingredients in bowl along with 1/4 cup pasta water. Toss well to evenly coat.

Add more if needed: Thin with more pasta water as desired and season with more salt as needed.

Chill: It can be served right away or for a colder, more refreshing pasta salad, chill for 1-2 hours.

529 calories; 35g total fat; 9g saturated fat; 38mg cholesterol; 1005mg sodium; 36g carbohydrate; 3g fiber; 5g sugar; 18g protein

Source: www.cookingclassy.com/italian-pasta-salad/



DID YOU KNOW THAT HIGH BLOOD PRESSURE AFFECTS 48.1% OF AMERICANS?

High blood pressure increases your risk for heart disease and stroke, which are 2 of the leading causes of death in the United States. National guidelines define high blood pressure as a blood pressure measurement greater than or equal to 140/90. If you or someone you know has high blood pressure, please contact your PCP to make sure you are effectively managing your blood pressure. St. Elizabeth values your health and has many options to help control your blood pressure.

WORLD CLASS CARE CLOSE TO HOME—GENERAL SURGERY 254

Our team of board-certified surgeons are highly trained and skilled in the latest innovative treatment options, including a wide range of minimally invasive procedures such as advanced Robotic surgery. By using the Robot, patients have less trauma, blood loss, and faster recovery times. Once you are in our doors, rest assured your care is our top priority. Our team will handle the entire process for you—from making appointments to scheduling surgery through post-op care. Our expertise includes hernias, cholecystectomies, appendectomies, colon surgery, splenectomy, skin lesions, breast masses, hiatal hernias, and bariatric surgery.

Our physicians are among the most recommended and sought-after professionals in NKY. Dr. Sidney Trogdon, Dr. Vail Brennan, Dr. Michael Davenport, Dr. John Eldridge and Dr. Michael Guenther. Our pledge to you is to schedule your initial consultation within 1-3 days. We have multiple locations to meet your needs. If you are interested, please call (859) 344-1600 for your scheduling needs.



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.



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 13, June 3,
July 15, and August 5



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

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

VIRTUAL: Chair Yoga

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



Every Thursday, 10-11 a.m.

***Register by calling (513) 244-5492 or by emailing bwilliams@muchmorethanameal.org**

VIRTUAL: TAI CHI FLOW

Kristin Dietsche makes tai chi fun in her relaxing follow-along classes in the comfort of your own home. Please wear loose comfortable clothes and closed flat shoes like a gym shoe. All are welcome.



Every Thursday, 11-11:45 a.m.

***Register by calling (513) 244-5492 or by emailing bwilliams@muchmorethanameal.org**

Senior Scam Event

Join the Kenton County Public Library, Kentucky Senior Medicare Patrol, Northern Kentucky Area Development District, and other community organizations for a resource fair and a panel discussion on fraud and scams affecting Kentuckians. Visit resource tables and listen to our panel of experienced senior services professionals talk about the exploitation of our elders and what we can do to stop it. Lunch will be provided to those registered.



Friday, June 7, 10 a.m.-2 p.m.
Kenton County Public Library,



Erlanger Branch, 401 Kenton Lands
Erlanger Kentucky 41018

RSVP: <https://kentonlibrary.bibliocommons.com/events/65d7750249ea29b614dfdc47>

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REGISTRATION IS REQUIRED – NO WALK-INS

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

Melodies to Grow On

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



Wednesday, June 12, 10-11 a.m.

St. Elizabeth Healthcare Edgewood;



Conference Rooms F&G, 1 Medical Village Drive, Edgewood, KY 41017

St. Elizabeth Physicians Ambulatory Care Management: COPD Patient Education Program

Our four-week program offers weekly sessions where experts provide valuable information and support to help individuals achieve optimal physical and mental health with independence. With a goal of educating patients, we aim to provide the tools needed to live a fulfilling life with COPD. Contact us today to learn more about our program and how it can benefit you or your loved one. A few topics that are covered during the program are: Overview of COPD, Medication and Treatment Options, Exercise & COPD, Nutrition & COPD, Advance Care Planning, Anxiety & COPD, COPD Exacerbation.

Call (859) 655-8813 for additional information.

VIRTUAL: Real Talk - Free Dementia Training

Topics vary monthly. No RSVP Necessary.



3rd Thursday of Every Month

6:30 p.m., Location: [Zoom](#)

Meeting ID: 824 7249 1752

Passcode: 306923

Empowerment through Self-Defense Series

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



Tuesday, June 25: THINK:

Awareness, Intuition, and Attitude

Tuesday, July 2: YELL:

Language, Tone, and Posture

Tuesday, July 9: RUN: *Assessing*

Risk and Escaping from Danger

Tuesday, July 16: FIGHT

Physical Techniques for Self-Defense

Tuesday, July 23: TELL:

Getting Help for Yourself or Others

Who've Experienced Violence

ALL SESSIONS 6:30-8:30 p.m.



Thrive Empowerment Center

226 West Pike Street, Ste 2

Covington, KY 41011

COST: Sliding scale registration fee. Choose \$75, \$150, or \$200 based on what's comfortable for your budget.

RSVP: <https://www.thriveselfdefense.com/workshops-events/5-week-series-empowerment-through-self-defense-kbbwt-cd7yf-tln7y-22bng-wdcfs-rdczr>


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REGISTRATION IS REQUIRED – NO WALK-INS

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


Hands Only CPR


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

 Tuesday, August 13, 2–3 p.m.
St. Elizabeth Healthcare Edgewood;
Conference Rooms F&G

AHA HeartSaver Friends & Family


- Covers one rescuer adult, child, infant CPR and AED as well as choking, drug overdose, and drowning.
- Certificate of Participation provided, and student workbook included.
- Take-home pocket mask provided.
- Not a Certification class
- 2-hour presentation
- \$50 per participant


 Saturday, June 1, 8–10 a.m.
St. Elizabeth Technology & Education Center (SETEC); 3861 Olympic Blvd, Erlanger, KY 41018


 **OR** Saturday, July 3, 8–10 a.m.
St. Elizabeth Technology & Education Center (SETEC); 3861 Olympic Blvd, Erlanger, KY 41018

Additional Hands-Only CPR & AED Training

An instructor-led class that focuses on why it is so important to act quickly in the first few minutes following cardiac arrest, including AED application. Provided time for lots of hands-on practice leaving you with the confidence and competency to act in an emergency.

 June 13, 1–2 p.m.
St. Elizabeth Technology & Education Center (SETEC); 3861 Olympic Blvd, Erlanger, KY 41018

 **OR** July 18, 6–7 p.m.
St. Elizabeth Technology & Education Center (SETEC); 3861 Olympic Blvd, Erlanger, KY 41018

 **OR** August 8, 11 a.m.–12 p.m.
St. Elizabeth Technology & Education Center (SETEC); 3861 Olympic Blvd, Erlanger, KY 41018

RSVP: AHAttraining@stelizabeth.com

Transitions in care as we age

Education to our community about aging in place, the importance of planning ahead, and what services are available. The afternoon session will focus on community members or laypersons.

This inaugural event is sponsored by St. Elizabeth Hospice and will be held at the St. Elizabeth Training Center (3861 Olympic Blvd, Erlanger, KY 41018) on June 12, 2024.


***Register by calling (513) 244-5492 or by emailing bwilliams@muchmorethanameal.org**


REGISTRATION IS REQUIRED – NO WALK-INS

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

Freedom From Smoking – Tobacco Cessation Program

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

 Thursday, May 16–June 27,
5:30–6:30 p.m., St. Elizabeth
Edgewood Cancer Care,
Ground Floor Conference Room

 Thursday, July 18–August 29,
5:30–6:30 p.m. St. Elizabeth Florence,
HVI Community Outreach Building

 Monday, August 12–September 23, 5:30–
6:30 p.m., St. Elizabeth
Edgewood Cancer Care,
Ground Floor Conference Room

***To register for a session call (859) 301-5570 or go to www.stelizabeth.com/freedomfromsmoking**

Prediabetes Healthy Lifestyle Program

The St. Elizabeth Physicians Regional Diabetes Center offers a Prediabetes Healthy Lifestyle Program! Learn how to help prevent or postpone diabetes, lose weight sustainably, improve heart health while still enjoying tasty foods, fit more movement into your busy day, find your inner motivation, manage your stress in healthy ways, learn mindfulness tools, & navigate food choices that will fit into your busy lifestyle without being a one size fits all approach. This holistic program will be full of useful tools, engaging workshops, and before & after measurements to track your successes! **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.**



ST. ELIZABETH HOSPICE VOLUNTEER ORIENTATION

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

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

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

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

What's in it for you?

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

Why Volunteer with PrimeWise at St. Elizabeth Healthcare?

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

How to Get Started:

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

Contact Information:

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



SCREENINGS SECTION

Stroke and Cardiovascular Screenings

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

Bone Density Screenings

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



Lung Cancer Screening

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

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

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

DISCOUNT DIRECTORY UPDATE

Check out the [PrimeWise Discount Directory](#) where you will find:

- Attorneys
- Chiropractors
- Dentists
- Fitness
- In-Home & Adult Care Services
- Pet Services
- Pharmacies & Medical Equipment
- St. Elizabeth Gift Shops & Cafeterias
- Vision
- And more!

Visit stelizabeth.com/primewise and click on "Discount Directory" to view and/or print.

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

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

TOWN & COUNTRY SPORTS & HEALTH CLUB

1018 Town Dr.
Wilder, KY 41076
(859) 442-5800
[Towncountrysports.com](https://towncountrysports.com)

\$0 enrollment fee (\$150 savings)

NORTHERN KENTUCKY SUPPORT GROUPS:

- AA Florence: (859) 491-7181
- AL Anon Falmouth: (859) 572-3500
- Al Anon Florence: (859) 760-6178
- ALS Support Group: (888) 412-3022
Second Tuesday of Month at Hospice at 6 p.m.
- Alzheimer's Support Group: (800) 272-3900
- American Cancer Society: (800) 227-2345
- Look Good, Feel Better
- Reach to Recovery
- Breast Cancer Support Groups: (859) 301-2273
Nurse Navigator line – leave message
- BRIDGES (Brain Injury Demands Guidance Education & Support) (859) 667-2766
- Cancer Support Community: (859) 331-5568 for Kentucky and (513) 791-4060 for Ohio
- Helping Each Other – Breast Cancer Support: (859) 301-2273
- Insulin Pumping – Sharing for Success: (859) 655-8910
- St. Elizabeth Grief Support Groups: (859) 301-4611 or email stars@stelizabeth.com
 - STARS for Adults Grief Class
 - STARS for Widows Daytime and Evening Groups
 - STARS for Adults Grant County
 - STARS for Family Program
 - STARS H.O.P.E.
 - STARS for Adults Daughters
 - Men's Breakfast Club
 - Men's Huddle
- Overeaters Anonymous: NKY meetings (513) 921-1922
- NAMI Northern Kentucky (National Alliance on Mental Illness): (859) 392-1730
- N.A. (Narcotics Anonymous) Hope Line: (818) 773-9999
- Kentucky Survivors Area: (859) 253-4673
- Greater Cincinnati Survivors Area: (513) 820-2947
- Parkinson's Support Group: (859) 572-3172
- P.E.A.C.E. Group (People Enduring Addiction Consequences Everyday): (859) 301-4611
- Smoking Cessation: (859) 301-5570

STARS GRIEF SUPPORT GROUP FOR KIDS & TEENS

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

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

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

ALZHEIMER'S ASSOCIATION 24/7 HELPLINE

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

CHANGE YOUR INFORMATION ONLINE!

It is easier than ever to join PrimeWise or update your information. Tell your friends to visit stelizabeth.com/primewise and click on the bar that says **"Join Today / Log in to Update Your Information."**

Questions?

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