

PRIMEWISE UPDATE

Linking Adults 50+ to Health & Wellness

Volume 1, Online

Feb.-Apr. 2025



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

CATCH SOME ZZZZ'S FOR A HEALTHIER HEART

Getting enough quality sleep each night is good for your whole body—including making sure your heart stays healthy. Experts recommend that adults of all ages get an average of seven to nine hours of restful sleep each night to help keep their bodies (and heart) in tip-top condition. Anusha Shanbhag, MD, a Cardiologist at the Florence Wormald Heart & Vascular Center at St. Elizabeth, shares information about the importance of sleep and how it can affect your heart.

Health Risks Due to Lack of Sleep

Dr. Shanbhag says that poor sleep negatively impacts your health in many ways. “When you don’t get enough sleep, it raises your heart rate and puts stress on your heart.” Insufficient sleep can also elevate your blood pressure, which is a major risk factor for heart disease.

Lack of sleep can cause you to gain weight by slowing your metabolism and increasing cravings for sugary, high-calorie foods. It disrupts your hunger-regulating hormones which can also cause insulin dependence, putting at risk of developing diabetes.



A sleep disorder—such as sleep apnea—can decrease oxygen levels and lead to heart rhythm disorders, such as atrial fibrillation, which puts you at risk for stroke and heart failure.

Sleep deprivation has many consequences, including daytime fatigue or lack of motivation. “With this, you have decreased interest in engaging in social or physical activities. You’re likely to experience extreme mood changes, anxiety or problems concentrating,” explains Dr. Shanbhag.

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CHANGES TO PRIMEWISE

PrimeWise no longer offers Medicare counseling. However, PrimeWise is partnering with SHIP, Chapter, and RetireMed to help with Medicare counseling.

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

PrimeWise no longer has walk-in appointments. For questions, please call the PrimeWise office at (859) 301-5999.

Northern Kentucky Community Action Commission is offering EDUCATION & TRAINING FOR A SECOND CAREER FOR QUALIFYING SENIORS

The Senior Workforce Program provides paid tuition at NKU and Gateway for micro-credentials in finance or paralegal studies, on-the-job training with a paid stipend, and employment assistance to help seniors begin a new career path.

For more information, contact Todd Swift at tswift@nkcac.org or (859) 440-1647 and start your next chapter today!

UNEXPLAINED SWELLING?

Do you or someone you know have unexplained swelling in your arm(s) or leg(s)? Have you tried elevation, medication, or compression without relief? If so, you may have lymphedema. Lymphedema can occur anywhere in the body and can result from a variety of things. If nothing has helped with your swelling, ask your doctor for a prescription for a lymphedema evaluation, and then call to schedule an appointment at **(859) 655-7400**.

CATCH SOME ZZZZ'S FOR A HEALTHIER HEART, CONTINUED

How Insomnia Affects Your Heart

Insomnia is a common sleep disorder that involves difficulty falling or staying asleep. It can also leave you feeling like you didn't get enough restorative sleep, even if you slept the whole night.

Studies have found a direct relationship between insomnia and an increased risk of heart attack, stroke and hypertension. Getting enough sleep not only improves mood and cognitive function, but it's also critical for maintaining a healthy heart.

How Restless Legs Syndrome Affects Your Heart

People with restless legs syndrome (RLS) have uncontrollable periodic leg movement due to uncomfortable sensations while they're trying to sleep. RLS is more common in women and increases in severity with age. "The story is the same with all sleep disorders," explains Dr. Shanbhag. "Not only do they contribute to poor sleep, but they also contribute to many of the top risk factors for cardiovascular disease." Such as:

- Obesity
- High blood pressure
- Diabetes
- Stress
- Inflammation
- Depression

Get the Care You Need

Sleep isn't always easy, but it's essential for good heart health. Discover practical tips and tools for transforming your sleep, preventing heart disease and so much more at Take Time for Your Heart.

If you regularly struggle with sleep issues, it's important to talk to your St. Elizabeth primary care provider to determine if you have an undiagnosed sleep disorder or an underlying health condition.

Source: *Healthcare, St. E.* (2024, November 25). [Catch some zzzz's for a healthier heart. Healthy Headlines.](#)

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UNTANGLED ESCAPES TRAVEL

Untangled Escapes Travel is a full-service travel agency that has a mission to make travel planning simple. They help you plan your ideal vacation to destinations within the United States and Internationally. From ocean cruises to cross-country trips to river cruises, they can help you plan your bucket list vacation. They also specialize in Disney Destinations and work with all major cruise lines. When reaching out, mention you are a PrimeWise member.

www.untangledescapestravel.com

859-620-2950



RECIPE CORNER: STRAWBERRY KIWI QUINOA BREAKFAST PARFAIT

Ingredients:

- 2 cups plain Greek yogurt
- 1 tablespoon honey
- Finely grated zest of 1/2 lime
- 1 cup cooked quinoa, cooled
- 8 large strawberries, diced
- 2 kiwi fruit, peeled and diced

Directions:

Whisk together the yogurt, honey, and lime zest in a small bowl. Place 4 small (6-ounce) juice glasses on a work surface and put a spoonful of yogurt in the bottom of each glass. Add about 2 tablespoons of the quinoa to each glass, followed by about 2 tablespoons of the diced strawberries and kiwi. Repeat the layering in each glass and scatter any additional fruit that is left over the top layer of yogurt. Serve immediately.

ASSOCIATES HONORED THROUGH THE ST. ELIZABETH FOUNDATION HEALERS AMONG US PROGRAM

You can honor a St. Elizabeth associate, or group of caregivers, who played a special role in your experience at St. Elizabeth Healthcare through the Healers Among Us program.

This is an invitation to write a heartfelt note or make a financial gift to support the life-giving care provided by St. Elizabeth. Associates can be recognized by filling out a Healers Among Us brochure, located in areas throughout St. Elizabeth facilities, or online at

www.stelizabeth.com/healers-among-us.

ACTIVATING HOPE

Community partners have joined together to update the Activating Hope website. The website is full of information about mental health and substance use disorders. It includes links to credible sources and phone numbers for treatment, recovery support, and community resources to overcome barriers that may prevent individuals from getting the help they need. These may include housing, food, childcare, employment, and other social supports that can have a negative or positive impact on our health. Please visit the below link for more information. <https://www.stelizabeth.com/care/activating-hope/>

KTS ADVOCACY

KTS Advocacy supports those struggling to navigate the healthcare system. We provide CALM: Case Management, Advocacy, Liaison between providers and patients/families, and Medical Navigation/ Medical Bill Negotiations. Our guidance and support come from a wealth of healthcare knowledge that is needed when there's an overwhelming healthcare situation. We help individuals so they're not alone on their journey and we support caregivers, so they have more time in their day for their own personal obligations. We can also help with insurance challenges and medical debt.

Call for a free consultation at (859) 363-5981 or visit us at ktsadvocacy.com.

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.



The Empowered Caregiver Education Series

This 5-part education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include:



Jan. 27: Session 1:

Building Foundations of Caregiving

Feb. 3: Session 2:

Supporting Independence

Feb. 10: Session 3:

Communicating Effectively

Feb. 17: Session 4: *Responding to*

Dementia-Related Behaviors

Feb. 24: Session 5: *Exploring*

Care and Support Services

ALL 6-7 p.m.



Florence Senior Center,
7431 US-42, Florence, KY 41042

To Register visit <https://alz-org.zoom.us/meeting/register/tJwqfuyupzMtHtdy35m1xkxODEvltYaSNUH4#/registration>

PrimeWise Low-Impact Exercise Classes

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



Mondays & Thursdays,

4:30-5:30 p.m. Sessions begin

February 17, March 10,

March 31, and April 21



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.

PACE is now available in Northern Kentucky

PACE provides eligible program participants, their families, caregivers, and professional healthcare providers the flexibility to meet their health and everyday needs while continuing to help them live safely in the community. With PACE, an interdisciplinary team of professionals provides all the coordinated care you or your loved one may need. These professionals are also experts in working with older people. They work together with enrolled participants and caregivers (when appropriate) to develop a participant's most effective plan of care. The objective of PACE is to provide a range of integrated, preventative, acute, and long-term care services to manage the often complex medical, functional, and social needs of older adults as they age. PACE understands that you may have questions, and we are ready to answer them.

To request additional information, please visit our PACE website at www.seniorcommunitycareky.org. Referrals can also be made online and/or by calling (859) 970-2450.


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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.


 Tues., March 11, **AND** Tues., May 6
Both 2–3 p.m.

 St. Elizabeth Healthcare Edgewood;
Conference Rooms F&G


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.


Heart Saver CPR/AED

 Saturday, February 1, 8–10 a.m.
Saturday, March 1, 8–10 a.m.
Saturday, April 5, 8–10 a.m.

Heart Saver & First Aid CPR/AED

 Saturday, February 1, 8–11:30 a.m.
Saturday, March 1, 8–11:30 a.m.
Saturday, April 5, 8–11:30 a.m.

Hands-only CPR


 Tuesday, February 11, 9–10 a.m.
Tuesday, May 6, 9–10 a.m.
Tuesday, August 5, 9–10 a.m.
Tuesday, November 4, 9–10 a.m.

RSVP: AHAttraining@stelizabeth.com

5-Week Series: Empowerment through Self-Defense

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.

COST: Our ESD Series registration fee operates on a sliding scale. Choose \$75 (Reduced), \$150 (Standard), or \$200 (Supporter) based on your budget. Registration includes a Thrive T-shirt.

 **Tuesday, Feb. 4:** THINK:
Awareness, Intuition, and Attitude

Tuesday, Feb. 11: YELL:
Language, Tone, and Posture

Tuesday, Feb. 18: RUN: *Assessing Risk and Escaping from Danger*

Tuesday, Feb. 25: FIGHT
Physical Techniques for Self-Defense

Tuesday, Mar. 4: TELL:
Getting Help for Yourself or Others Who've Experienced Violence

WEEKLY 6:30–8:30 p.m.

 The Annex
824 Madison Street, Covington, KY

RSVP: <https://www.thriveselfdefense.com/workshops-events/5-week-series-empowerment-through-self-defense-kbbwt-cd7yf-tln7y-22bng-wdcfs-rdczr-ad872>

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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.

AARP Smart Driver Course

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


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


 Saturday, April 5,
8:30 a.m.–12:30 p.m.

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

Healthy Living for Your Brain and Body Educational Program

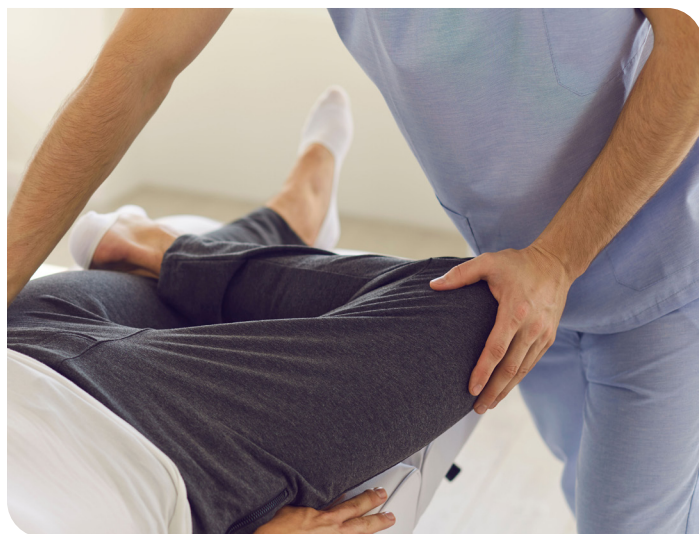
For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement,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

 Monday, January 27, 2-3 p.m.
Crescent Insurance,

 6901 Burlington Pike,
Florence, KY 41042

To Register visit <https://alz-org.zoom.us/meeting/register/tJwqfuyupzMtHtdy35m1xkxODEvltYaSNUH4#/registration>

OUTPATIENT PELVIC HEALTH PHYSICAL THERAPY SERVICES



Pelvic Health Physical Therapy may benefit patients with Urinary Incontinence, Constipation, Fecal Incontinence, Pelvic pain, Interstitial Cystitis, Overactive Bladder, Pelvic Floor Weakness, Pregnancy and Postpartum conditions, post-surgical scarring/pain, Prostatectomy/Prostatitis, Sexual discomfort/pain, Urine retention.

Our Physical Therapy can help improve bladder and bowel control and function; reduce pelvic pain and improve healing; improve pelvic floor strength and/or relaxation; and improve overall health, function, and well-being.

St. Elizabeth has a team of seven Pelvic Floor Physical Therapists, in Edgewood, Florence, Fort Thomas, Dearborn, and Grant.

**If you are interested, contact your provider to obtain orders for Pelvic Health Physical Therapy*

REGISTRATION IS REQUIRED – NO WALK-INS

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

Free online activities with Meals on Wheels!

Register on live.televeda.com and use promo code MOW123 to get instant access to all of Meals on Wheel's free online activities! Activities include Chair Yoga, Brain Games, support groups, morning meditations, Bingo, and so much more in the comfort of your own home!

Need assistance getting registered?

Contact kpierson@muchmorethanameal.org or call 513-244-5492.

VIRTUAL: The Daily Happiness Project: Meditation for PrimeWise

Join us for a transformative journey with Mitesh Oswal, a Happiness Teacher.



Tuesday, January 14, 7 p.m.
Join Zoom Meeting



<https://us05web.zoom.us/j/84003543807?pwd=mwil2koeS7iRbUZZ1Cjvb7GkfdV6oC.1>

Meeting ID: 840 0354 3807

Passcode: happiness



Tuesday, March 11, 7 p.m.
Join Zoom Meeting



<https://us05web.zoom.us/j/81258467327?pwd=WiCQzJ3kBgRnSYpnrak7KjptuHul8U.1>

Meeting ID: 812 5846 7327

Passcode: happiness

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**

VIRTUAL: ALZHEIMER'S ASSOCIATION EXPERT SERIES EDUCATION PROGRAM Aging in Place: A Guide to Planning for Your Future with April Ibarra

Many people prefer aging in place because it allows them to better manage their lives, stay connected to loved ones, and can be more cost-effective than moving to a senior living community. However, older adults with physical conditions or cognitive disorders may benefit from living in a more supportive environment if their home no longer accommodates their needs or becomes a safety concern. This program will help attendees understand the pros and cons of aging in place and review the continuum of care available when you can no longer stay at home safely.



January 21, 2025,
6 p.m.

ZOOM Meeting. Please register at <https://alz-org.zoom.us/meeting/register/tJwqfuyupzMtHtdy35m1xkxODEvItYaSNUH4#/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**

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

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

What's in it for you?

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

Why Volunteer with PrimeWise at St. Elizabeth Healthcare?

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

How to Get Started:

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

Contact Information:

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



ST. ELIZABETH HOSPICE VOLUNTEER ORIENTATION

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

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

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

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.

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.**

Carpal Tunnel Syndrome: When is it Time for Surgery?

Presented by Adam Schumaier, MD



February 11, 1-2:30 p.m.
Florence Ortho Education Room,
3rd Floor Administration

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:

HOME INSTEAD

224 Grandview Dr., Suite 100
Ft. Mitchell, KY 41017
(859) 282-8682
homeinstead.com

10% OFF FIRST WEEK OF SERVICES

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.

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.