

Seniority *Insider*

For members of the TriHealth Seniority program at Bethesda North and Good Samaritan hospitals

Dear Members,

We rely on our senses more than most of us realize. Each day we move through our world dependent on these abilities. Do they change as we age? We will try to answer that question and more as we shine our focus on the five senses — touch, taste, smell, vision and hearing. (See page 2.) Attend three of the first four “focus” classes listed, get your Pathway to Wellness card signed and attend the final class FREE. You will receive your card at the first “focus” class.

Of course, summer is the time to get out and go. Whether you prefer an overnight mystery trip or a fun daytrip, we’ve picked the best of both. Plus, we’ve kept old favorites and added a few new adventures (See pages 4 and 5). Can you sense a great summer ahead? We can!

Wishing you good health always,

Pamela S. Baird and Candy Hart RN
TriHealth Seniority Coordinators

SUMMER *FUN*, SUMMER *SUN*

With summer approaching and more time being spent outside, the Good Samaritan Skin Cancer Center reminds you to take care of your skin before heading out. A few things you can do include the following:

- ☀ Seek shade between 10 a.m. and 4 p.m.
- ☀ Use a sunscreen of SPF 15 or higher and blocks both UV and UVA rays
- ☀ Apply sunscreen to the entire body prior to exposure and reapply after 2 hours in the sun.
- ☀ Don’t forget your lips, ears, around the eyes, neck, and scalp if hair is thinning
- ☀ Avoid tanning
- ☀ Wear sun-protective clothing and hats

If you notice a worrisome spot on your skin, contact the Good Samaritan Skin Cancer Center at 513-862-4242. The Center eliminates the waiting and worrying often associated with potential skin cancers. Its multi-disciplinary team of physicians has rapid access appointments for urgent skin care needs. You or your primary care physician may call the center to request an appointment.

All your care, from diagnosis to treatment to follow-up care, is handled by a coordinator. For more information, go to the Good Samaritan Skin Cancer Web site under Cancer Care Services on TriHealth.com.

focus on... *the Five Senses*



What are our five traditional senses? They are the parts of our body that make us aware of the world around us. They protect us, help us recognize our environment, give us pleasure, evoke memories and make life so much more enjoyable. And all of them – vision, hearing, taste, smell and touch – rely on the nervous system.

Studies have shown that all of our senses can begin to

deteriorate to some degree with age. Thankfully, many forms of sensory loss can be improved with the help of devices (i.e. glasses, hearing aids, etc.), while others may be corrected through medical intervention. Some can even be prevented with the appropriate precautions.

Our senses are vital to our overall health and well being. Become more aware of them. Learn how they work by joining us for our focus classes listed on page 2.

SUMMER calendar of events



Reservations for ALL "focus on" classes – those designated by a miniature microscope – should be made by calling: 513-569-6400.



1. MEMORIES: RIGHT UNDER OUR NOSES

The sense of smell is one of the strongest triggers for memory. Find out why smells such as vanilla or sage have the ability to evoke fond memories of Grandma's kitchen and discover how the sense of smell actually works.

**Bethesda North Hospital
Monday, July 12**

1 to 2 p.m.

**Good Samaritan Hospital
Tuesday, July 13**

1 to 2 p.m.

COST: FREE



2. OUT OF TOUCH?

As the largest organ of the body, our skin allows us to feel such things as the hug of a grandchild and the warmth of the sun. Skin undergoes normal changes as we age, becoming thinner and losing elasticity. Fortunately, we can take steps to reduce the affect of aging on our skin. Learn how to keep your skin in top condition no matter what your age.

**Good Samaritan Hospital
Monday, July 12**

1 to 2 p.m.

**Bethesda North Hospital
Tuesday, July 27**

2 to 3 p.m.

COST: FREE



3. DO YOU SEE WHAT I SEE?

Taking care of our eyes is essential to preserving our precious sense of vision. Cincinnati Eye Institute will address eye health with special emphasis on glaucoma, cataracts, and macular degeneration. Class attendees can register for a free frequency doubling test (FDT) and a pressure check, both of which help screen for glaucoma.

Allow ample time after class. Many attendees will be signing up for screenings.

**Bethesda North Hospital
Tuesday, July 13**

2 to 3 p.m.

Screening: Thursday, July 15,
10 a.m. to 2 p.m.

**Good Samaritan Hospital
Tuesday, July 27**

2 to 3 p.m.

Screening: Thursday, July 29,
10 a.m. to 2 p.m.

COST: FREE



4. 10 REASONS NOT TO BUY A HEARING AID

Maureen A. Sullivan-Mahoney, Au.D, CCC-A, Doctor of Audiology and Coordinator of the Universal Newborn Hearing Screening Program at Good Samaritan Hospital, knows many people who need hearing aids don't wear them. Attitudes and opinions vary as to why. Curious why a professional would offer reasons not to buy a hearing aid? Share your experience as a person with hearing loss or who lives with someone with a hearing loss. Audience participation will be encouraged!

**Good Samaritan Hospital
Wednesday, Aug. 11**

2 to 3 p.m.

**Bethesda North Hospital
Thursday, Aug. 12**

9:30 to 10:30 a.m.

COST: FREE



5. CALLING ALL CHOCOHOLICS!

The series wrap up, the Lunch and Learn, will be different this time. It's all about chocolate! Soup and salad will keep us from over-doing. Learn the history and the benefits of chocolate plus how Jane Cervantes from Graeter's makes her signature delicious confections. Best of all, this class comes complete with luscious samples to taste.

**Good Samaritan Hospital
Monday, Aug. 23**

11 a.m. to 1 p.m.

**Bethesda North Hospital
Wednesday, Aug. 25**

11:30 a.m. to 1:30 p.m.

COST: \$10 (Free to Pathway to Wellness participants.)

LAUGHTER YOGA EXPERIENCE

Patrick Welage will share this revolutionary idea as he leads participants through an exercise routine that combines laughter with yoga breathing. Release all your tensions and feel empowered. Register for one session or all.

TriHealth Pavilion

**Saturdays: June 19, July 24,
Aug. 28**

9 to 10:30 a.m.

RSVP: 513-985-6732
(Class Code HP 555)

COST: \$10 per class

BUT I CAN'T BE OLD ENOUGH FOR MEDICARE

What is Medicare? What are the holes? Are HMOs or other alternatives the way to go? What about supplemental or gap-filler insurance? What if I keep working? Learn the answers to these questions with this introduction to Medicare.

**Nathanael Greene Lodge
Tuesday, June 22**

5:30 to 7 p.m.

RSVP: 513-862-3633

**Good Samaritan Hospital
Tuesday, June 29**

5:30 to 7 p.m.

RSVP: 513-862-3633

**Bethesda North Hospital
Wednesday, June 30**

5:30 to 7 p.m.

RSVP: 513-865-1700

**Mason Municipal Center
Thursday, July 8**

6 to 7:30 p.m.

RSVP: 513-229-8555 ext. 5547

**Bethesda Arrow Springs
Thursday, Aug. 12**

6 to 7:30 p.m.

RSVP: 531-865-1700

COST: FREE





NUTRITION & FITNESS 101

This two-hour program at the TriHealth Pavilion will introduce you to the basics of nutrition and exercise. Attending one of these classes, conducted by a registered dietitian and degreed personal trainer, will leave you better prepared to make wise food choices and exercise correctly and effectively.

TriHealth Pavilion

Thursday, July 1

6 to 8 p.m.

(Class Code HP 537)

Tuesday, Aug. 10

9:30 to 11:30 a.m.

(Class Code HP 538)

RSVP: 513-985-6732

SPECIAL SENIORITY

PRICE: \$15 per person

ANCIENT PERSIAN COOKING FOR A MODERN KITCHEN

Phyllis Binik Thomas and Julie Shapero RD, LD, will share the exotic yet simple flavors of Persian cooking. Learn how these healthy and delicious recipes, combined with exercise, helped Phyllis achieve a 120-pound weight loss.

TriHealth Pavilion

Wednesday, July 7

Noon to 1 p.m. OR

6:30 to 7:30 p.m.

RSVP: 513-985-6732

(Class Code HP 516)

SPECIAL SENIORITY

PRICE: \$10 per person

IN THE GARDEN WITH RON WILSON

Join local gardening celebrity Ron Wilson as he shares how to get the most from your garden. Learn valuable tips and strategies for gardening in Cincinnati.

Twin Lakes – Montgomery

Wednesday, July 14

10 to 11 a.m.

RSVP: 513-865-1700

Twin Towers – College Hill

Friday, July 16

10 to 11 a.m.

RSVP: 513-862-3633

COST: FREE

MORE BRAIN POWER!

Learn the top 15 simple and fun things that you can do every day to improve your brain function at any age.

Renaissance West at North Bend Crossing

Tuesday, Aug. 24

1:30 to 2:30 p.m.

RSVP: 513-862-3633

COST: FREE, reservations required.

ALADDIN'S EATERY ... SPECIALTIES OF THE HOUSE

Patty Sabino will share the magical secrets of delicious Mediterranean cooking featured at her restaurant. Patty and Julie Shapero RD, LD, will demonstrate how to prepare traditional specialties such as Lebanese salata and tabouli.

TriHealth Pavilion

Wednesday, Aug. 4

Noon to 1 p.m. OR

6:30 to 7:30 p.m.

RSVP: 513-985-6732

(Class Code HP 517)

SPECIAL SENIORITY

PRICE: \$10 PER PERSON

ARTHRITIS ANSWERS

An estimated 46 million U.S. adults have been diagnosed as having some form of arthritis. Lisa Branzel ATC and Tracy Littellmann MS ATC, Pavilion Post Rehab Program, will provide information about arthritis and general-exercise instruction to help attendees move more freely and improve overall function.

TriHealth Pavilion

Wednesday, Aug. 18

Noon to 1 p.m. OR

6:30 to 7:30 p.m.

RSVP: 513-985-6732

(Class Code HP 529)

SPECIAL SENIORITY PRICE: \$10 per person

AARP MATURE DRIVING COURSE

Attendees often say what a great review of the rules of the road this class provides. Participation is encouraged by the trained instructor. Students attending the four-hour class receive completion certificates. Prior registration required.



Good Samaritan Hospital

Friday, Sept. 17

10 a.m. to 3 p.m.

RSVP: 513-862-3633

Bethesda North Hospital

Monday, Sept. 27

10 a.m. to 3 p.m.

RSVP: 513-865-1700

COST: \$14; \$12 for AARP members (must show AARP membership card at class.)

HOLIDAY MEALS

In partnership with TriHealth Nutrition Services, Seniority members may enjoy a holiday meal at either Bethesda North or Good Samaritan Hospital cafeteria for **\$5 when showing a Seniority membership card.** Price includes entrée, vegetable, side dish, salad, roll, dessert and beverage.

Father's Day

Sunday, June 20

11:30 a.m. to 1:30 p.m. or

4:30 p.m. to 6 p.m.

Bethesda North Hospital

RSVP: 513-865-1700

Good Samaritan Hospital

RSVP: 513-862-3633

COST: \$5 per meal

(Seniority membership card required)

OUR EVENT LOCATIONS

Bethesda Arrow Springs

100 Arrow Springs Blvd
Lebanon, OH 45036

Bethesda North Hospital

10500 Montgomery Road
Cincinnati, OH 45242

Good Samaritan Hospital

375 Dixmyth Avenue
Cincinnati, OH 45220

Green Township Senior Center

3620 Epley Road
Cincinnati, OH 45247

Mason Community Center

6000 S Mason-Montgomery Road
Mason, OH 45040

Nathanael Greene Lodge

6394 Wesselman Road
Cincinnati, OH 45248

Renaissance West at

North Bend Crossing
5156 North Bend Crossing
Cincinnati OH 45247

TriHealth Pavilion

6200 Pfeiffer Road (at I-71)
Cincinnati, OH 45242



day trips with...

Seniority on the Go

To request a reservation form for any of the day trips listed below, please call:

- Good Samaritan Hospital: 513-862-3633
- Bethesda North Hospital: 513-865-1700



IT'S A GANGSTER GALA

\$86 per person

Wednesday, June 23

Depart: 10:30 a.m. • Return: 5 p.m.

- Reservations still available for departure from Meijers on Harrison Avenue near Rybolt Road & I-74 or Bethesda North Hospital

With so many requests for this fun day trip, we've added a third bus! Enjoy a fabulous lunch buffet at The Syndicate restaurant and a performance by Tom Daugherty and his 17-piece big band orchestra. After re-boarding our coach, we will depart on a guided tour to see why Newport was nicknamed "Sin City."

Price includes: motor coach transportation, lunch, musical entertainment, gangster tour of Newport, KY, with step-on guide and all taxes/tips/gratuities.

multi-night trips with...

Seniority on the Go

2010 MYSTERY OVERNIGHT TRIP

Tuesday, Aug. 17 to Wednesday, Aug. 18

Cost: Double starting at \$265 per person (optional insurance – additional \$51).

Price includes: one-night accommodation, one full breakfast, one lunch, one dinner, make-your-own souvenir, tours/admissions, deluxe motor coach transportation plus all taxes/tips/gratuities.

Call the Bethesda North Hospital Seniority Office at 513-865-1700 for a detailed reservation form. **Note:** we must have 30 travelers by July 1, 2010, for this tour to proceed.

If past success is any indication, the 2010 Seniority Mystery Trip is sure to be a Triple Crown winner. The where and what are a secret, but what isn't hush-hush is that our mystery trips are filled with undiscovered places, good food and fun with new friends.

TAKE ME OUT TO THE BALL GAME

\$59 per person

Wednesday, June 30

Depart: 11 a.m. • Return: 4 p.m.

- Raymond Walters College in Blue Ash

It's not really summer until we head to Great American Ballpark and watch our hometown team. Cheer on our Cincinnati Reds as they take on the Philadelphia Phillies. **Price includes:** motor coach transportation and reserved seat ticket to game plus fees/taxes/tips.

HISTORY AND ART IN PLACES OF WORSHIP

\$73 per person

Limited to 45 travelers per day!

Depart: 8:30 a.m. • Return: 4:30 p.m.

- **Wednesday, July 7**, Bethesda North Hospital
- **Thursday, July 8**, Meijer's on Harrison Avenue near Rybolt Road & I-74
- **Friday, July 9**, Bethesda North Hospital

Beauty and history surround many of the houses of worship in Greater Cincinnati. With their stain glass windows, painted

BRIDGES & BAKING

Monday, Sept. 13 to Tuesday, Sept. 14

Cost: Double starting at \$275/per person (optional insurance – additional \$51).

Price includes: one-night deluxe accommodations at Walden Inn, candlelight covered-bridge dinner, breakfast buffet, Greencastle lunch, Clabber Girl cooking demo lunch, all tours/admissions/museums, deluxe motor coach transportation plus all taxes/tips/gratuities.

Call the Good Samaritan Hospital Seniority Office at 513-862-3633 for a detailed reservation form. **Note:** we must have 30 travelers by July 1, 2010, for this tour to proceed.

You'll love the old-fashioned feel of this Seniority overnight trip. A special highlight will be a tour of one of the oldest brands in America — Clabber Girl Baking Powder! Remember the familiar can on the counter with the Clabber Girl picture on front? Our first night will find us dining on a wonderful old covered bridge. We also will tour a magnificent Italian Renaissance-style church, St. Mary-in-the-Woods and much more.

murals and stone statues, they also could be considered museums of art. Learn the history of churches in our downtown area as we tour by motor coach stopping at four locations to experience their grandeur with our guide. We also will enjoy a delicious lunch with a fabulous view.

Price includes: motor coach transportation, lunch, step-on guide for tour and all taxes/tips/gratuities.

OHIO STATE FAIR

\$50 per person

Tuesday, Aug. 3

Depart: 8:30 a.m. • Return: 9:30 p.m.

- Bethesda North Hospital
- Meijers on Harrison Avenue near Rybolt Road & I-74
- Springfield Township Senior Center – Winton Road

There is so much to see, do and eat at the Ohio State Fair! This year's guest entertainment is the Harry James Orchestra, known for performing everything from show tunes to music from the golden age of swing. This day trip is sure to fill quickly.

Price includes: motor coach transportation, entry ticket to state fair and Celeste Center entertainment, and all taxes/tips/gratuities.

FALL ALONG THE OHIO RIVER

Tuesday, Oct. 12 to Thursday, Oct. 14

Cost: Double starting at \$435 per person (optional insurance – additional \$51).

Price includes: two-night accommodations, two breakfast buffets, three lunches (total), two dinners, two sternwheeler boat rides (one with lunch buffet), wagon ride, tours/admissions/shows, deluxe motor coach transportation plus all taxes/tips/gratuities.

Call the Bethesda North Hospital Seniority Office at 513-865-1700 for a detailed reservation form. Note: we must have 30 travelers by Aug. 31, 2010, for this tour to proceed.

This fall tour has something for everyone: an open range animal safari, accommodations in an 1800s hotel on the banks of the Ohio River, dinner at one of Ohio Magazine's top ten restaurants and excursions on two sternwheelers near Marietta, Ohio, and Parkersburg, W.Va. Learn how the famous Fenton glass is made and experience the splendor and historic intrigue of Blennerhassett Island. Limited to the first 40 people who send in their reservation form and payment.

ALPINE CHRISTMAS

Thursday, Dec. 2 to Thursday, Dec. 9, 2010

Cost: Double starting at \$2,499 per person (insurance additional \$150)

Price: This sparkling Christmas fantasy includes six-night accommodations, round-trip airfare, 10 wonderful meals, and hometown pickup with 10 or more travelers.

INFORMATION SLIDE SHOWS

Monday, June 14

- Good Samaritan Hospital, 1 p.m. (RSVP: 513-862-3633)
- Bethesda North Hospital, 5 p.m. (RSVP: 513-865-1700)

From the lovely Austrian Alps and historic Munich to the Weis church and Salzburg's fabulous Christmas Markets, days filled with picturesque sightseeing and stunning architecture await you. Walking tours of Mirabell Gardens from "The Sound of Music" and dinner at the centuries-old St. Peter's Restaurant are bound to fill you with Christmas spirit. Preview this unforgettable Christmas journey at our upcoming slide show.

HAWAIIAN ADVENTURE

Thursday, Feb. 24 to Saturday, March 5, 2011

Cost: Double starting at \$3,999 per person (insurance – additional \$140 pp)

Price: This once-in-a-lifetime vacation includes nine-night accommodations, round-trip airfare, 13 meals and hometown pick-up.

INFORMATION SLIDE SHOWS

Wednesday, Aug. 4

- Good Samaritan Hospital, 1 p.m. (RSVP: 513-862-3633)
- Bethesda North Hospital, 6 p.m. (RSVP: 513-865-1700)

If you've been waiting for just the right Hawaiian vacation adventure, this is it. Picture a sun-drenched paradise with Polynesian Luaus and visits to historic sites such as Pearl Harbor. This fabulous tour of Hawaii includes all of these things and much more.

DISCOVER TUSCANY

SPACE IS STILL AVAILABLE TO TRAVEL WITH SENIORITY

Thursday, Nov. 11 to Saturday, Nov. 20, 2010

Cost: Double starting at \$2,899 per person (insurance additional \$200)

Price: Round-trip airfare, eight-night accommodations, 13 delicious meals, fine Italian wines, and hometown pick-up with 10 or more travelers.

With six-nights in Montecatini Terme and overnights in Rome at its beginning and end, this tour is the perfect Italian adventure. Experience first-hand Italy's famed historic architecture, food and wine. Call Lisa Courts at Wayfarer Travel today, 513-271-4637.

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membership benefits...

A valuable resource for people 50 and older, TriHealth Seniority membership entitles you to receive these additional discounts and benefits:

Bethesda North Hospital and Good Samaritan Hospital

- Television and phone discounts for inpatients
- Gift shop discount
- Cafeteria discount, including \$5 meals on holidays
- \$5 off Older Adult Driver Ability Screening
- Free “Brown Bag with a Pharmacist” medication consultation

Health-Related Service Discounts

- **Catalyst Scripts** Free discount prescription card
- **TriHealth Lifeline** Personal Emergency Response Systems: one month free service. 513-569-5115
- **AmeriMed Home Infusion Services** 15 percent off all products not covered by insurance; free delivery. 513-942-3670
- **Audiology Screenings** Free from GHA at Anderson, Kenwood, Clifton or Western Hills offices. 513-872-2055
- **Burlington Pharmacy Healthcare** 15 percent off medical equipment, oxygen and pharmacy items not covered by insurance; free delivery from four area locations
- **Cincinnati Dental Services** 20 percent off all preventive and diagnostic services; 10 percent off all other services
- **Cognifit Brain Fitness Programs** up to 25 percent off. Access benefit through www.trihealthseniorshealth.com.
- **Independent You** 10 percent discount on apparel from this shop featuring adaptive clothing. 513-761-1866
- **Pearle Vision** 25 percent off eye glasses, 20 percent off contacts
- **Lens Crafters** 20 percent off eye glasses, 20 percent off contacts
- **Thoma Vision** 20 percent off eye glasses, 20 percent off contacts
- **Bernens Medical Pharmacy** 15 percent off non-prescription items. 513-471-7575
- **Kunkle Pharmacy** 15 percent off nonprescription items. 513-231-1943
- **TriHealth Fitness & Health Pavilion** Regular enrollment fee of \$260 discounted to \$49.95. 513-985-6711
- **Synergy HomeCare of Cincinnati** 3 hours of caregiver-assisted transportation for \$50 (25 percent savings). 513-469-CARE (2273)

Be Sun Safe As we head into the sunny summer months, remember the **Rule of 15**. If you will be outside for more than **15 minutes** – and that includes in a car – don’t leave the house without putting on sun block with at least an **SPF-15**. Rub some sun block over the back of your neck and the tops of your ears. Those tender areas need protection too! Be sure to guard your eyes from damaging sunrays with sunglasses that have UV-protection.

For members only

benefit highlight...

Two New Benefits for Seniority Members

Synergy HomeCare Transportation Discounted

Getting to a doctor’s appointment or to outpatient testing sometimes can be difficult. You may not want to inconvenience family and friends, or perhaps you’re concerned about protecting your privacy. Synergy HomeCare of Cincinnati is pleased to offer TriHealth Seniority members a discounted caregiver-assisted transportation rate of **\$50 for up to three hours of service — a savings of more than 25 percent!**

A Synergy caregiver will pick you up at home, drive you to your appointment, wait while you visit with the doctor and even stop off at the drug store on your way home! Prior to your first appointment, a Synergy representative will visit with you in your home, at no additional charge, to better understand your specific needs. For your comfort and security, all Synergy caregivers are licensed, bonded and insured by the company. Call today for more information: 513-469-CARE (2273).

Make a Connection and Feel Better!

Join “The Connection” — the **Wellness Centers at Twin Lakes in Montgomery and Twin Towers in College Hill** that offer comprehensive fitness and aquatic amenities. “The Connection” has a warm-water pool available for members. Your membership fee (a \$50 savings!) will be waived in this special limited-introductory offer. Enjoy savings with the purchase of a membership of your choice. Call 513-247-1330 for the Montgomery Center or 513-853-4100 for the College Hill Center.

SERVICE SPOTLIGHT

Bethesda North introduces “virtual” digestive health center

The new Bethesda North Center for Digestive Health serves as a one-stop provider of coordinated care for patients with hepatobiliary disorders – conditions that affect the liver, pancreas or bile duct. The Center unites a team of specialized gastroenterologists, surgeons, interventional radiologists and oncologists focused on increasing early diagnosis and treatment of these disorders:

- Space occupying liver lesions
- Liver tumors
- Gall bladder tumors
- Gallstone disease

- Bile duct tumors
- Inflammatory disease of the biliary tract
- Pancreatic tumors
- Adenocarcinoma
- IPMT
- Endocrine tumors
- Pancreatitis

Similar to Good Samaritan Hospital’s Skin Cancer Center (see page-one story), the Bethesda North Center for Digestive Health’s hepatobiliary division functions as a “virtual” center with an experienced nurse navigator coordinating all care from diag-

nosis to treatment to follow-up care. “My goal as a nurse navigator is to create a seamless care experience for our patients,” explains Joan Metze BSN, RN.

Appointments to the Center can be initiated through a patient’s primary care physician office, who can reach the center by calling 513-865-2299. Or, a patient may contact the Center directly to speak with the nurse navigator, who will assist in arranging an appointment. For more information, visit BethesdaNorth.com/DigestiveHealth.

SPECIAL EVENTS

SENIOR SAFETY SYMPOSIUM

Saturday, June 19

9 a.m. to 12:30 p.m.

Bethesda Arrow Springs
100 Arrow Springs Blvd
Lebanon, OH

FREE: Sponsored by Bethesda Arrow Springs and presented by the Safe Aging Coalition (SAC), this event will feature senior-safety exhibitors, free screenings (blood pressure, glucose, cholesterol, and balance), continental breakfast and prize drawings. Educational sessions will cover topics ranging from senior health to community safety.

For more information, call 513-695-2271, email safeaging@wccsinc.org, or check “Safe Aging Coalition” on Facebook.

NUTRITION TRIPLE PLAY

If you’ve always thought about incorporating better nutrition into your life, this trio of FREE events will get you off to a good start. Attendance at Basics of Nutrition is required prior to signing up for Nutrition Consultation and Grocery Store Walk Through.

Basics of Nutrition

Learn from a professional dietitian and nutritionist which foods provide the best nutritional value.

Thursday, July 15

Bethesda Arrow Springs
6 to 7 p.m.

Registration: 513-282-7025

Nutrition Consultation*

Benefit from a half-hour private consultation with a dietitian. Feel free to bring a label from your favorite food or keep a food journal for a week prior and bring for discussion.

Thursday, July 22

Bethesda Arrow Springs
Half-hour appointments available
10 a.m. to 2 p.m., and 4 to 7 p.m.
Registration: Register at “Basics of Nutrition” event

Grocery Store Walk Through*

Be part of a group tour and receive a hands-on lesson in comparative shopping and label reading.

Thursday, July 29

LOCATION TBD
10 to 11 a.m.

Registration: Register at “Basics of Nutrition” event

**Attendance at Basics of Nutrition class required*

Collette Vacations Presents

continued from page 5

SHADES OF IRELAND

Tuesday, March 22, to Thursday,
March 31, 2011

**Cost: Double starting at \$2,549
per person (insurance – additional
\$200 pp)**

Price: This discovery tour of the Emerald Isle includes eight-night accommodations, round-trip airfare, 13 meals and hometown pick-up.

INFORMATION SLIDE SHOWS

Wednesday, Sept. 15

- Good Samaritan Hospital, 1 p.m.
(RSVP: 513-862-3633)
- Bethesda North Hospital, 6 p.m.
(RSVP: 513-865-1700)

Ireland ... just the name evokes images of green mountains, quaint villages and friendly people. You’ll see medieval castles, take in awe-inspiring views and have a chance to kiss the Blarney Stone. Shopping at Waterford Crystal and visiting Dublin’s St. Patrick’s Cathedral also will be among the many highlights.

is a publication for members of TriHealth Seniority.

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ADDRESS SERVICE REQUESTED

Your **SUMMER** Calendar of Events Inside!

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Good Samaritan Western Ridge Takes Shape




Good Samaritan
MEDICAL CENTER WESTERN RIDGE

Opening Fall 2010

Spring's warmer weather and longer days have allowed the construction team to make significant progress at Good Samaritan Medical Center – Western Ridge. As construction work moves along both outside

and inside the new building on Harrison Avenue, work also continues behind the scenes to round out the services that will be available:

- A 16-bed Emergency Department (ED) with physicians and staff who rotate between Good Samaritan Western Ridge and Good Samaritan Hospital.
- Around-the-clock laboratory services for emergency and walk-in patients.

- 24/7 CT and X-ray coverage in the ED, and outpatient CT, X-ray and dexta scan tests five days a week.
- Physicians specializing in internal medicine, pediatrics, dermatology, orthopedics, pulmonology, rheumatology, otolaryngology (ear, nose and throat), general surgery, allergy medicine, and physical medicine and rehabilitation, among others.
- Patient scheduling and registration centered on efficiency, with technology and procedures in place that reduce patient waits and expedite treatment.
- Free public wireless Internet access.

The next phases of work – both on and off site – will focus on preparing the facility for the imminent fall move-in and opening. Follow construction progress and join our mailing list at GoodSamaritanWesternRidge.com.