

Dear Members,

Has someone in your life been touched by cancer? Come hear the latest news about treatments and support available to patients of the TriHealth Cancer Institute. Participate in Pathway to Wellness (you will receive your card when you attend the first Focus Class), which allows you to “learn and earn”. By attending three of the first four Focus Classes and getting your Pathway to Wellness card punched, you can attend the fifth class, a Lunch and Learn, for FREE. Join us at an upcoming class, a fun special event or consider getting out and about on one of our On The Go travel opportunities. Whether you enjoy learning, watching a cooking demo or exploring on a tour, Seniority has something for everyone. You know we like to keep you informed so we’re happy to report with the opening of the Thomas Comprehensive Care Center, parking will be improving soon on the Bethesda North Campus.

Wishing you good health always,

Pamela S. Baird
Candy J. Hart

Pamela S. Baird and Candy Hart, RN
TriHealth Seniority Administrators

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The Harold and Eugenia Thomas Comprehensive Care Center: An invaluable source of hope, healing and peace of mind for our growing community

At TriHealth, our mission is to improve the health of the people we serve. The new Thomas Center on the campus of Bethesda North Hospital allows us to significantly advance our work for the benefit of two of the largest populations seeking care—those with cancer or heart disease.

Cancer and heart disease require complex care from multiple subspecialists and usually many care locations. The Thomas Center elevates care by providing cancer and heart services all under one roof, where exceptional patient experiences are delivered in a healing environment. The center provides a new standard for cancer and heart services, transforming care with comprehensive, patient-centered programs and providing patients with access to specialty services they need for their best health.

With the opening of the Thomas Comprehensive Care Center—an important health care destination for our community—TriHealth honors our long-held commitment to exceed expectations for care, quality, service, value and convenience, while building strong and trusted relationships with our patients and their families. As leaders in this progressive approach to care, we believe it to be the model for many future generations.

To learn more, visit [TriHealth.com/ThomasCenter](https://www.trihealth.com/ThomasCenter)

To find a doctor, call **513 569 5400**



Focus On ... What's Really New in Cancer Treatment?

Cancer is a scary thing to talk about, and if you have it, even more so. But there are all kinds of new and innovative things happening in the world of cancer treatments and research. These classes, with physicians from our TriHealth Cancer Institute, will give you deep insight into what is happening at TriHealth. We are fighting for you and we are winning!

Reservations for ALL "Focus On" classes listed below must be made by calling 513 569 6400 or by registering online at TriHealth.com/Seniors, under Focus Classes.

1. 23 and Me?

Has everyone in your family been looking at where your ancestors came from? Did you get a genetic test for the holidays? This is a fun thing to do for many families, but it is NOT genetic testing. If you have cancer or other diseases in your family, it can be critically important to find out what this testing means for you, your children, your grandchildren and other relatives. Come hear the genetic counselors from our TriHealth Cancer Institute talk about what testing tells us, how we look for specific markers and how to tackle the information.

Twin Lakes – Montgomery

Tuesday, April 7, 2020
10–11 a.m.

Nathanael Greene Lodge

Tuesday April 14, 2020
10–11 a.m.

COST: FREE

2. It's Exciting!

What's new in cancer research? What are the new machines? New ways of testing? New ways to diagnose? How early can we catch cancer? What's a cooling cap to help prevent hair loss? The extraordinary things that can happen when you have a whole "team" working for you. The incredible things we can do in the first stages.

Twin Lakes – Montgomery

Monday, April 27, 2020
10–11 a.m.

Nathanael Greene Lodge

Tuesday, April 28, 2020
10–11 a.m.

COST: FREE

3. What Does Metastasized Mean?

When the doctor says your cancer is stage 1 or 2 or stage 4, what does that mean? How is staging done? What is the difference in primary and secondary cancer? How did prostate cancer wind up in someone's bones? What do doctors mean when they say you have "mets"? A very informative class for anyone who knows someone with cancer. Education drives away fear. Learn and be there for them.

Twin Lakes – Montgomery

Monday, May 4, 2020
10–11 a.m.

Nathanael Greene Lodge

Thursday, May 7, 2020
10–11 a.m.

COST: FREE

4. What is Precision, Personalized Medicine?

Are we on the verge of developing personalized, individualized medicine? What does it mean to match a chemo drug to one specific patient? Come hear our expert from the TriHealth Cancer Institute explain all the hype and advertising – what is really being done. TriHealth is on the cutting edge!

Twin Lakes – Montgomery

Monday, May 18, 2020
10–11 a.m.

Nathanael Greene Lodge

Friday, May 22, 2020
10–11 a.m.

COST: FREE

5. Anti-Cancer Foods

What you eat can drastically affect many aspects of your health, including your risk of developing chronic illnesses like diabetes, heart disease and cancer. The increase of cancer has been shown to be heavily influenced by our diet. Many foods contain beneficial compounds that can help decrease the growth of cancer. Is there such a thing as an anti-cancer food? What's the scoop on sugar? Come hear our favorite dietician straighten out the myths.

Nathanael Greene Lodge

Wednesday, June 10, 2020
11 a.m.-12:30 p.m.

Twin Lakes – Montgomery

Thursday, June 11, 2020
11 a.m.-12:30 p.m.

COST: \$15 or FREE for Pathway to Wellness participants who have attended 3 of the first 4 Focus on Cancer classes.

TriHealth Seniority Event Locations

Nathanael Greene Lodge

6394 Wesselman Road, Cincinnati, OH 45248

TriHealth Fitness & Health Pavilion

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

Twin Lakes Retirement Community

9840 Montgomery Road, Cincinnati, OH 45242



Nutrition Basics

Are you overwhelmed by all the nutrition information in the media? Nutrition is a science that continues to evolve. Join Pavilion Registered Dietitians to learn about nutrition basics such as the FDA Dietary Guidelines that can help you sort through the latest information available.

TriHealth Fitness & Health Pavilion

Wednesday March 18, 12:30 p.m.

RSVP: 513 985 0900

COST: FREE

Dementia Care Education

Teepa Snow, Dementia Care and Education Specialist, will visit TriHealth locations and community partners in March for educational sessions focused on: 1) Managing Other Medical Conditions When the Person has Dementia; 2) Making Visits Valuable and Positive; 3) Understanding the Difference Between Supportive and Confrontational Communication.

To RSVP and learn more about dates and locations, email Seniors_Event@TriHealth.com.

Sessions are scheduled March 23-27, 2020.

CarFit

Seniority wants you to be a safer driver longer. Have you ever wondered if your car mirrors are giving you the best view of other traffic? Are you sitting a safe distance behind the wheel? This 20-minute "drive through" check-up looks at how well your vehicle fits you from seatbelt to mirrors. Slots are scheduled every 10 minutes. Reservations are required to participate in CarFit.

Blue Ash Fire Department #13

10647 Kenwood Road

Blue Ash, OH 45242

Tuesday, March 31, 12:30–2:30 p.m.

Sharonville Fire Department #86

11637 Chester Road

Sharonville, OH 45246

Monday, April 20, 12:30–2:30 p.m.

RSVP: 513 569 5420

COST: FREE (Made possible, in part, by a Bethesda Foundation community grant.)

Ostomy Support Group

This support group provides education, information and advocacy for people who have had or will have intestinal or urinary diversions. An ostomy does not mean the good life is over. Come for a snack and social time prior to the meeting.

Bethesda North Hospital, Golder Room 2

Third Thursdays of even numbered months, 7:30 p.m.

(April, June, August, October, December)

For more information, leave a message at 513 202 3345.

COST: FREE

Stepping On

Does the idea of falling scare you? This 7-week course about fall prevention could be your answer. Stepping On is a nationally recognized "best practice." There will be discussions about nutrition, home evaluations and modifications, medication effects, and home safety. Each week participants will practice exercises that help with balance, flexibility and endurance. At the end of the seven weeks, you will feel more reassured about living independently and less afraid of falling.

Gamble-Nippert YMCA

3159 Montana Ave, Cincinnati, OH 45211

Mondays, April 6 through May 18, 10:30 a.m.–12:30 p.m.

RSVP: 513 865 5005. Class size is limited to 20 participants.

COST: FREE (Made possible, in part, by a Bethesda Foundation community grant.)

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 \$6 when showing a Seniority membership card. (Please make note: lunch hours only and the salad bar is not included in the holiday meal).

Easter Sunday

Sunday, April 12

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

Mother's Day

Sunday, May 10

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

Bethesda North Hospital

RSVP: 513 865 1700

Good Samaritan Hospital

RSVP: 513 862 3633

COST: \$6 (Seniority membership card required)



Sneaky Chef

Do you have a picky eater at home? Perhaps that picky eater is you. Do you think it's possible to hide veggies in favorite foods? Join our Pavilion Registered Dietitians as they prepare foods that boost nutrition content and taste great.

TriHealth Fitness & Health Pavilion

Wednesday April 15, 12:30 p.m. OR 6 p.m.

RSVP: 513 985 0900

COST: \$5 (Special Seniority price)

ThinkFirst to Prevent Falls

This program is designed to help individuals recognize hazards in their home and community that can contribute to falls. During this presentation, our TriHealth ThinkFirst Trauma Prevention Team will discuss various fall prevention topics, including home safety, safety in the community, talking with your physician, nutrition, the importance of exercise, vision and monitoring medications. How to get up from a fall and other concerns about falling are key topics covered in this class.

Monfort Heights Library

3825 W Fork Road, Cincinnati, OH 45247

Wednesday, April 15, 1–3 p.m.

RSVP: 513 865 5005

COST: FREE (In partnership with ThinkFirst and a Bethesda Foundation community grant.)

May Seniority Special at TriHealth Pavilion Spa

Facial Frenzy Massage Experience

Price: \$40 (normally \$55, a \$15 savings for Seniority Members)

To make an appointment, call the Pavilion Spa at 513 985 0900. Be sure to tell the reservationist you are a Seniority Member calling about the specials.

Seafood Demo

Did you know that the American Heart Association recommends eating two servings of fish each week? Our Registered Dietitians from the Pavilion will show us recipes to easily prepare tasty fish.

TriHealth Fitness & Health Pavilion

Wednesday May 13, 12:30 p.m. OR 6 p.m.

RSVP: 513 985 0900

COST: \$5 (Special Seniority price)

AARP Mature Driving Course

Did you know you can get a ticket for NOT turning on your car lights when driving in the rain? Rules of the road can change. Maybe it's a good time to brush up with an AARP Driving Course. Students attending the four-hour class receive completion certificates often good for a discount on auto insurance. Registration with payment must be received prior to class.

Bethesda North Hospital

Friday, May 15, 10 a.m.–3 p.m.

RSVP: 513 865 1700

Good Samaritan Hospital

Friday, May 15, 10 a.m.–3 p.m.

RSVP: 513 862 3633

COST: \$20, \$15 for AARP members (must show AARP membership at class)

Anti-Inflammatory Diet

Have you heard in the media that eating an anti-inflammatory diet is recommended? Are you curious about what is different about this diet? Pavilion Registered Dietitians will explain anti-inflammatory eating strategies as well as outline how you can incorporate these strategies into your daily meal plan.

TriHealth Fitness & Health Pavilion

Wednesday May 20, 12:30 p.m.

RSVP: 513 985 0900

COST: FREE

An Intro to Medicare

Are you nearing 65 years old and wondering about Medicare and all that it implies? How do you sign up? What if you decide to keep working? Learn the answers to these questions and much more from your Seniority Administrators.

Bethesda North Hospital

Wednesday, June 10, 6–7:30 p.m.

RSVP: 513 865 1700

Good Samaritan Hospital

Thursday, June 11, 6–7:30 p.m.

RSVP: 513 862 3633

COST: FREE

Calendar of Events

continued



Benefit Highlight

At Trinity Aging Life Advisors, we handle the details of life and simplify the complexities of aging so our clients, and their families, can focus on the activities they enjoy and living their best possible life. Our client-centered orientation goes beyond traditional care management. Using a medically-based approach, our Registered Nurse Advocates and Client Care Managers identify and facilitate the delivery of the necessary services that help our clients maintain their **independence, health and safety**.

Regardless of your current health, you're likely to need care support at some point as you age. Having trained and experienced professionals on your team will help you make better decisions to relieve the burden of care from your family and friends. You will both have peace of mind.

Have you considered how your needs will be met as you age? We can help. Contact us for a free consultation (513 405 0550). Seniority Members receive 10% off our regular hourly rate for the first 12 months of service.

Better Breathers Club

This support group helps those with COPD, asthma or pulmonary fibrosis. Lung disease affects many older adults. If you are looking to learn how to manage your chronic disease and improve your quality of life, consider joining this group at these ongoing monthly meetings.

TriHealth Fitness & Health Pavilion

First Friday of each month, Noon–1:30 p.m.

RSVP: 513 246 2598 (Anna Brooker) or email anna_brooker@trihealth.com

COST: FREE

Member Benefits

TriHealth Audiology Screenings

Free from Group Health at Anderson, Clifton, Kenwood, Mason, West Chester, Western Hills or Western Ridge offices. **513 429 HEAR (4327)**

TriHealth Fitness & Health Pavilion

Free one-week trial guest pass to the fitness center (\$50 value). **513 246 2611**

TriHealth Home Connections Personal Emergency Response Systems

One month of free service. **513 569 5115**

Bethesda North Hospital and Good Samaritan Hospital

Gift Shop of Bethesda North Hospital discount
Cafeteria discount, including \$6 meals on holidays
Free "Brown Bag with a Pharmacist" medication consultation

Health-related service discounts

AmeriMed Home Infusion Services

15% off all products not covered by insurance; free delivery. **513 942 3670**

Assisting Hands

\$1 off the regular hourly rate for independent living support. **513 729 9999**

Bernens Medical Pharmacy

15% off nonprescription items. **513 471 7575**

Burlington Pharmacy Healthcare

15% off nonprescription items; free delivery from four area locations. **859 586 6700**

First Light

\$1 off the hourly rate for new clients, plus first three hours free if signing up for 15 hours or more per week.

15% off caregiver-assisted transportation services (rates vary based on duration and distance). **513 400 5433**

Home Instead

\$1 off the hourly retail rate for new clients. Hamilton County **513 333 0563** | Butler/Warren **513 701 3141** | Clermont/Brown **513 576 1250**

Independent You

15% off all items from this shop featuring adaptive devices and clothing. Within Drake Hospital.
151 W. Galbraith Road, #1044, Cincinnati, OH 45216
513 761 1866

LensCrafters

20% off eyeglasses, 20% off contacts. ID# 910-6857

MedMart

15% off any nonprescription item; \$1,250 off a walk-in tub or \$300 off a stairlift. (Offers cannot be used together.)
800 950 4400

Pearle Vision

25% off eyeglasses, 20% off contacts.

Synergy HomeCare of Cincinnati

Three hours of caregiver-assisted transportation for \$50 (25% savings). **513 469 CARE (2273)**

Trinity Aging Life Advisors

10% off our regular hourly rate for the first 12 months of service. **513 405 0550**

Whole Home Modifications

Flat rate installation of a grab bar and 15% off additional purchases. **513 482 5100**

Trips with Seniority *On The Go*

To request a detailed reservation/payment form for any of the day or multi-night trips listed on these pages, please call Good Samaritan Seniority at 513 862 3633 or Bethesda North Seniority at 513 865 1700.

Day Trips

Vera Bradley Annual Outlet Sale

Thursday, April 16, 2020 - Good Samaritan Western Ridge and TriHealth Pavilion

Depart: 7 a.m. Return: 8 p.m.

Cost: \$135 per person

This Vera Bradley shopping extravaganza will make you the envy of every woman you know. Take your friends, your daughters, your granddaughters. The colorful, jazzy patterns of Vera Bradley are known worldwide. And you will not BELIEVE the bargains. Snacks, lunch, games, and tons of fun are included. Sign up now; this trip always sells out.

Parsley, Sage, Rosemary and Thyme

Tuesday, May 12, 2020, Good Samaritan Western Ridge

Wednesday, May 13, 2020, TriHealth Pavilion

Depart: 9 a.m. Return: 4:30 p.m.

Cost: \$99 per person

Spring is a great time to think about planting fresh vegetables, colorful flowers and of course, yummy fresh herbs. Get a head start on your summer garden dreams when we head to McCabe's nursery in Lawrenceburg, IN, to make our own miniature herb garden with three yummy, tasty living plants. Then sit back for a ride to the Hillforest Victorian Mansion Museum. Enjoy a delicious full tea for lunch! Fresh scones, tasty finger sandwiches, elite sweets – just a delightful time. Tour the mansion in small groups, each with their own guide. Treat yourself or a friend to this uplifting day.

The Voice of America!

Tuesday, May 19, 2020, Good Samaritan Western Ridge

Thursday, May 21, 2020, TriHealth Pavilion

Depart: 9:30 a.m. Return: 3 p.m.

Cost: \$87 per person

Created in 1944, the Voice of America, WLW, helped keep the message of liberty going during WWII. Hear the chronicle of history that happened right here in the Cincinnati area. Learn about Powel Crosley, Jr., an incredible broadcasting pioneer, inventor, industrialist and entrepreneur. This fun tour will combine history and entertainment right from your own past. Lunch will be a barbeque buffet on the premises.

Cincinnati Reds!

Tuesday, June 9, 2020

Depart: 3:30 p.m. Return: 11 p.m.

Cost: \$128 per person

Watch from the unprecedented comfort of the Fox Sport Club (formerly Champions Club) as the Cincinnati Reds defeat the LA Dodgers! This evening game will be a great warm summer pastime as we enjoy unlimited food, soft drinks and ice cream in the air-conditioned comfort of our seats. Leave the driving and parking hassles to our professional motor coach driver and have a great time at Great American Ball Park!

Overnight Trips

The Outer Banks of North Carolina

Tuesday, May 26–Sunday, May 31, 2020

Cost: Double occupancy: \$1,480 per person (optional insurance available)

Tamarack, Kill Devil Hills, Currituck Sound and lighthouse, Wild Horse Tour (descendants of the Spanish mustangs brought over centuries ago), site of the Wright Brothers first flight, Manteo boardwalk, Roanoke Adventure Museum, Cape Hatteras National Seashore and lighthouse, Ocracoke Island, Bodie Lighthouse, and the freshest seafood ever. Even step back in time to the real Mayberry, Mt. Airy, home of Andy Griffith. Enjoy a squad car tour past Floyd's Barbershop, Barney's Café, Snappy Lunch and the original home place.



Clickety Clack–We'll tell you what to pack! Annual Mystery Tour

Wednesday, Aug. 12–Friday, Aug. 14, 2020

Cost: Double occupancy: \$620 per person (optional insurance at additional cost)

Where are we going? It's a mystery, so you have to come with us to find out! Our mystery trips ALWAYS sell out and they do so quickly. If you want to get in on the fun, send in your reservation NOW! Don't delay! All aboooooard!

Bats, Hats and Bourbon Vats!

Tuesday, Oct. 20–Wednesday, Oct. 21, 2020

Cost: Double occupancy: \$512 per person (optional insurance available)

See the Frazier Museum, including a film of all the best of Kentucky and the welcome center for the Bourbon Trail. Then journey back to 1933. Get the pass code for the speakeasy and enter the Evan Williams Bourbon Experience. Not only sample the bourbon but enjoy three cupcakes, each with a different flavor of Evan Williams. Dinner at the Captain's Quarters at the mouth of Harrods Creek on the Ohio River. The next day we head for Churchill Downs for breakfast in the Horsemen's Track Kitchen, with horses training, having a bath, up close and personal. This is NOT available to the public. Make your own hat (good witch or bad witch?). Stretch your legs with the walking tour of Churchill Downs. Lunch will be all things Kentucky – a wonderful and tasty array of dishes! Enjoy an exclusive tour of the private "bat vault" at the Louisville Slugger Museum before we head home.

Partners in Travel

Seniority partners with several companies that offer outstanding group travel opportunities. Slide shows provide tour details and get you even more excited about fulfilling a dream or checking off a bucket list location.

PRESENTED BY COLLETTE

From The Outback to the Glaciers – Australia!

Tuesday, March 2-Sunday, March 21, 2021

Cost: \$8,849 per person, double occupancy if booked by 9/4/20 (optional insurance available)

Slide Show at 1 p.m. – After Focus Class Lunch and Learn

June 10, Nathanael Greene Lodge

June 11, Twin Lakes Davies Center

From Ayres Rock to Mt. Cook, see the wonders of Australia. The Great Barrier Reef, tour the iconic Sydney Opera House, experience the Franz Josef Glacier, enjoy a dinner cruise on Sydney's harbor, visit Hartley's Croc Farm to get up close with dangerous wildlife. Spend three nights in Queenstown, one of New Zealand's prettiest towns, discover Arrowtown, a 19th century gold rush settlement. This bucket list trip is sure to be a lifetime treasure.



Autumn in Vermont

Sunday, Sept. 26-Saturday, Oct. 2, 2021

Cost: \$3,249 per person, double occupancy if booked by 3/26/21 (optional insurance available)

Bustling Boston, quaint villages, the mile-long Quechee Gorge, hotel stay on Lake Champlain, Church Street marketplace, ferry across Lake Champlain for a wonderful view of the mountains, Jackson Gore Inn, tour and treats at Ben & Jerry's ice cream. Enjoy a unique Vermont dinner featuring local cheeses, crisp cider and freshly harvested vegetables. From vibrant fall leaves to the Adirondack Mountains, you will truly enjoy this trip to New England.

PRESENTED BY PREMIER WORLD DISCOVERY

Rose Parade New Year's!

Wednesday, Dec. 30, 2020-Monday, Jan. 4, 2021

Cost: \$3,325 per person, double occupancy (optional insurance available)

December in warm Southern California! Visit San Juan Capistrano, Laguna Beach and Newport Beach. A New Year's Eve party with music, dining, and a champagne toast at midnight! The Tournament of Roses Parade with reserved grandstand seating. Tour Hollywood and Beverly Hills, Grauman's Chinese Theatre, Rodeo Drive, San Diego's Gaslamp District, Embarcadero, Balboa Park, historic Old Town, and cruise the harbor!

Israel and Jordan

Thursday, October 14-Monday, October 25, 2021

Cost: Starting at \$5,675 per person, double occupancy (optional insurance available)

Slideshow at 6:30pm

June 16, 2020-Bethesda North Hospital

June 17, 2020-Nathanael Greene Lodge

Tel Aviv City tour. Explore Nazareth, the boyhood home of Jesus. Sail in a wooden boat on the Sea of Galilee to the ancient town of Capernaum. Marvel at the hanging Baha'i Gardens. See Jerusalem, Bethlehem, Garden of Gethsemane, the Dead Sea Scrolls, Mt. Zion, Jericho, the room of the Last Supper. Visit palaces built by King Herod and the World Heritage Site, Petra. With 11 nights accommodations and 29 meals, this trip is a bit of a holy steal!



There are still a few seats left for 2020! If interested, call Melissa Bray at Wayfarer Travel, 513 271 4637.

British Landscapes

\$3,949 : Join Pamela Baird for a tour of England, Scotland & Wales

Saturday, Sept. 5-Monday, Sept. 14, 2020



Colorado Rockies, Rails and Western National Parks

\$3,475

Sunday, September 13-Monday, September 21, 2020

Painted Canyons of the West

\$3,749 if booked by April 3, 2020

Sunday, October 4-Monday, October 12, 2020

Highlights of Italy's Amalfi Coast

\$3,299

Tuesday, Oct. 20-Tuesday, Oct. 27, 2020



625 Eden Park Drive
Floor 10
Cincinnati, OH 45202

Address Service Requested

Your Spring Calendar of Events Inside!

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Seniority Insider is a publication for
members of TriHealth Seniority.

TriHealth Senior Services

A comprehensive network of services for older adults and their families

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AmeriMed

513 942 3670
In-home IV therapy, nutritional support
and anti-infective therapies.

Driver's Evaluation

513 569 6777
Comprehensive evaluation for those with a
major life disability; physician referral required.

Hospice of Cincinnati

513 891 7700
Comfort-oriented care for terminally ill
patients and their families.

Senior Behavioral Health

513 862 4100
Specialized inpatient and clinical program
dedicated to the mental health needs of
older adults.

Senior Membership Program

Events, travel, classes and discounts.

Bethesda North Hospital

513 865 1700

Good Samaritan Hospital

513 862 3633

TriHealth Find a Doctor

513 569 5400
Physician referral service.

TriHealth Home Connections®

513 569 5115
Personal emergency response systems and
home safety services.