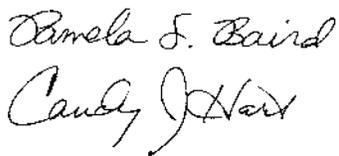


Dear Members,

Spring is here, and we couldn't be more excited! It's a time to step outside, feel renewed energy and take a breath of fresh air. We can start to move our bones and get the blood flowing through our veins, and this issue has some great information to get your blood pumping. Our spring Focus On series is all about how your heart is like a house, and what it takes to keep it in good working condition. Our *On the Go* destinations will have you on the move, whether you choose to stay local and explore Smale Park, or extend your radius and surprise yourself with our Annual Mystery Trip (hint: Your heart will swoon from the excitement of boats and stallions). There's something for everyone in the following pages, we look forward to seeing you this spring.

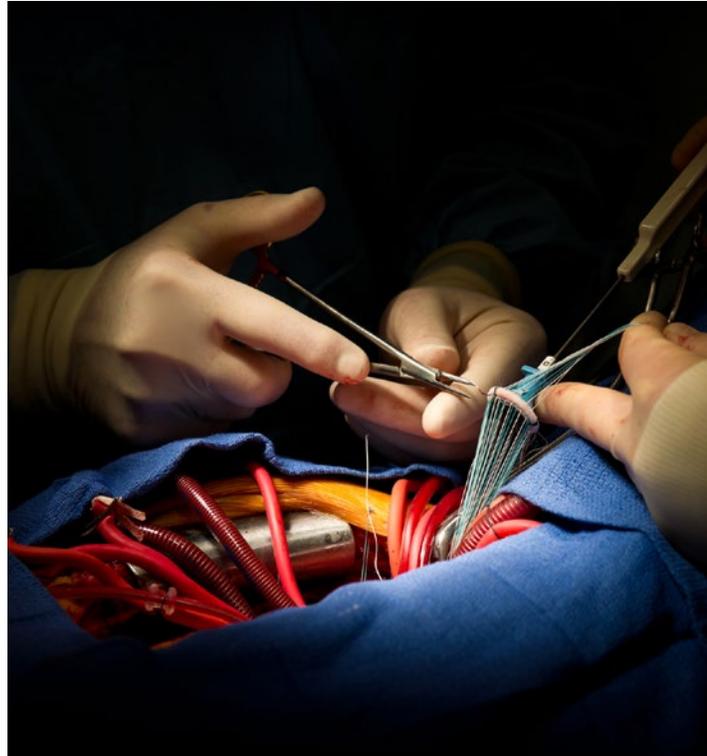
Wishing you good health always,



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

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Interventional Cardiology

Tom Beck was attempting to walk around a fitness track when he couldn't even make it around one time. He had had aortic stenosis and a valve replacement six years ago, but that valve had failed. Rather than replace the valve, Puvu Seshiah, MD, and William Martin, MD, interventional cardiologists with the TriHealth Heart Institute, performed a new breakthrough heart procedure on Tom. This procedure, called a BASILICA, makes heart valve replacements safer in patients who are at high risk for complications.

BASILICA is a procedure where the interventional cardiologists use catheters to slice the old leaflets of the valve, so when a new valve is put in, it doesn't obstruct the coronary arteries. The old valve is pushed aside by an electrified wire the size of a sewing thread, so the old biological valve does not need to be removed. Valves that are replaced using this procedure can last between 10-20 years, helping to extend patients' lives.

Tom's procedure was the third BASILICA performed in Cincinnati out of just 90 performed nationwide. Dr. Seshiah and Dr. Martin are among just a handful of interventional cardiologists at the forefront of this groundbreaking technique.

To learn more about Interventional Cardiology and how to care for your heart, join us for our upcoming **Focus On** class series, where we will explore the heart's many functions and the best forms of upkeep.



Focus On ... Your Heart!

Did you know your heart is like a house? It needs walls, electricity, plumbing, entrances and exits, and good flooring. You could even compare it to a duplex – made up of a right and left unit, separated by a partition wall called the septum. In our spring classes, you will learn about the walls, the electricity that runs things, the plumbing that supplies the whole house, what are good maintenance choices, and how to repair things when they break.

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. Heart of My Heart

When we get to the heart of the matter, we get right down to the nuts and bolts. This first class will help you understand just how the heart is designed and constructed, how it works, and how all the pieces join together in an intricate and delicate puzzle.

Twin Lakes - Montgomery

Tuesday, April 9, 2019, 10 – 11 a.m.

Nathanael Greene Lodge

Thursday, April 18, 2019, 10 – 11 a.m.

COST: FREE

2. Call the Plumber!!

The heart not only pumps blood to the lungs to collect oxygen, but it is the pumping station to get that essential oxygen to the rest of the body. And don't forget, the muscles of the heart also need their own supply of oxygen. Any obstruction in these critical “pipes” is going to cause damage: back-ups, blockages and death of tissue. That is a heart attack. When that tissue is a critical area like the brain or the heart itself, immediate attention is needed. Learn all about this essential organ.

Twin Lakes - Montgomery

Wednesday, April 24, 2019, 10 – 11 a.m.

Nathanael Greene Lodge

Wednesday, April 24, 2019, 10 – 11 a.m.

COST: FREE

3. Do I Need an Electrician?

The heart is an electrical marvel! Wiring, amps, voltage, on and off switches – electricity flowing along in a normal pattern supplies the charge along the walls. Just like your home needs energy to light up lamps and heat up toasters, so does your heart. When a-fib (atrial fibrillation) or cardiac ventricular arrhythmia happens, that electricity flow is interrupted and the current is no longer flowing smoothly. Come learn about the electrical side of your heart.

Twin Lakes, Montgomery

Monday, May 13, 2019, 10 – 11 a.m.

Nathanael Greene Lodge

Tuesday, May 14, 2019, 10 – 11 a.m.

COST: FREE

4. Hello? Mr. Repairman?

Our heart is a real workhorse of an organ. 24 hours a day, 7 days a week, all the days of our lives. But what happens when something goes wrong? Atrial fibrillation, heart attack, myocardial infarction, valve replacement, vegetation, congestive heart failure - what are they and how do the cardiologists of the TH Heart Institute fix them? Come hear this information-packed talk from unmitigated experts.

Nathanael Greene Lodge

Wednesday, May 22, 2019, 10 – 11 a.m.

Twin Lakes – Montgomery

Thursday, May 23, 2019, 10 – 11 a.m.

COST: FREE

5. Heart Home: Lunch and Learn

What building blocks do we need to have a solid foundation, strong walls, correct wiring, and free flowing plumbing? Come hear our expert dietician tell us what are the strongest construction components and what are the basic elements we need.

Nathanael Greene Lodge

Thursday, June 6, 2019

11 a.m. – 12:30 p.m.

Twin Lakes – Montgomery

Friday, June 7, 2019

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 Your Heart classes.

Seniority healthy hint

Can you hear me now?

Age related hearing loss increases the risk of dementia. What a scary thought! None of us want to admit that we are getting older, have aches and pains that don't go away, or that maybe we need hearing aids. Heck no, those are for old people!

Research shows that people with mild symptoms of hearing loss are **twice as likely to develop dementia** as those with healthy hearing. People with severe hearing loss are more than **five times as likely to develop dementia**.

This means that hearing loss is a risk factor for dementia, not that hearing loss automatically means you will develop dementia, but the odds are so astounding – don't risk it!

Our benefit highlight this issue is about a free hearing screening that you can get from the audiologists at TriHealth. Find one near you and take advantage of this great free service. Don't miss a single “I Love You” from anyone.



Cancer Wellness Program

This 12-week exercise program is for those currently undergoing cancer treatment or who have finished treatment within the last year. Classes meet twice per week with the focus being to get you moving again. Physician clearance and a pre-participation assessment are required. With start dates rolling you can begin your 12-week series at your convenience. But, once you begin your 12-week program, you are committed to the specific time you chose.

TriHealth Fitness & Health Pavilion

Tuesdays & Thursdays – Rolling start date
11 a.m. OR 1:30 p.m. OR 6 p.m.

RSVP: 513 246 2622 (Karen Sims) or email
karen_sims2@trihealth.com

COST: FREE (made possible by TriHealth Cancer Institute)

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.

Green Township Administration

6303 Harrison Avenue, 45247

Tuesday, March 19, 10 a.m. – 12Noon

Twin Towers Community

5343 Hamilton Avenue, 45224

Wednesday, April 10, 12:30 – 2:30 p.m.

Montgomery Safety Center

10150 Montgomery Road, 45242

Wednesday, May 1, 12:30 – 2:30 p.m.

RSVP: 513 865 2358

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

Anti-Inflammatory Diet

Inflammation is a buzzword these days and has been linked with many medical conditions. What is inflammation and is it always bad? Are there specific foods or a diet that can help? Join our Pavilion Dietitian to learn more about how our eating habits may affect how our body handles inflammation.

TriHealth Fitness & Health Pavilion

Wednesday, March 20, 12:30 p.m.

RSVP: 513 246 2606 (Caitlin Ottaway) or email
caitlin_ottaway@trihealth.com

COST: FREE

Chronic Condition Management:

A 12-week Program

Did you know that exercise is one of the best ways to manage a chronic medical condition? Exercise can help control the pain, stiffness and fatigue that can be associated with many conditions such as arthritis, EDS, chronic back pain, autoimmune conditions and many others. This program is designed to help you learn how to use exercise to manage your condition. During the 12-week series participants will meet once per week for one hour with some of the classes meeting in the pool. Space is limited and physician clearance is required.

TriHealth Fitness & Health Pavilion

Tuesdays, April 2 through June 18, 6 – 7 p.m.

RSVP: 513 246 2622 (Karen Sims) or email
karen_sims2@trihealth.com

COST: \$155 for 12-week series

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 on-going monthly meetings.

TriHealth Fitness & Health Pavilion

First Friday of each month, 12Noon – 1:30 p.m.

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

COST: FREE

Cooking for Weight Loss

Join Dr. Nina Gray and Registered Dietitian Becky Diener, as they provide quick, healthy and delicious cooking ideas to help those looking to lose weight. Dr. Gray specializes in non-surgical weight management. She places high priority on both emotional and physical wellness and knows to lose weight each person must make life changes.

TriHealth Fitness & Health Pavilion

Wednesday, April 10, 12:30 p.m. OR 6 p.m.

RSVP: 513 246 2606 (Caitlin Ottaway) or email
caitlin_ottaway@trihealth.com

COST: \$5 (special Seniority price)

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 & modifications, medication effects, and home safety. In addition each week everyone 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.

Sharonville Fire Station #86

11637 Chester Road, 45246

Thursdays, April 11 through May 23, 1 – 3 p.m. *cont'd on page 4*



Delhi Township Fire Station #33

697 Neeb Road, 45238

Fridays, May 3 through June 14, 1 – 3 p.m.

RSVP: 513 865 5005, class size is limited to 20 participants per location.

COST: FREE (made possible in part by a Bethesda Foundation community grant)

Maintaining Blood Pressure

Did you know that blood pressure guidelines changed last year? Using the new guidelines, it is estimated that 46% of Americans have high blood pressure. High blood pressure increases the risk of heart disease and stroke. Join our Pavilion Dietitians to learn what the new guidelines are and how to get and keep your pressure in a healthy range.

TriHealth Fitness & Health Pavilion

Wednesday, April 17, 6 p.m.

RSVP: 513 246 2606 (Caitlin Ottaway) or email caitlin_ottaway@trihealth.com

COST: FREE

Holiday Meals

In partnership with TriHealth Nutrition Services, Seniority members may enjoy a holiday meal at either Bethesda North or Good Samaritan Hospitals cafeteria for \$6 when showing a Seniority membership card. RSVP to assist with count. Please note, the salad bar is not included in the special holiday meal.

Easter

Sunday, April 21, 11:30 a.m. - 1:30 p.m..

Mother's Day

Sunday, May 12, 11:30 a.m. - 1:30 p.m.

Bethesda North Hospital

RSVP: 513 865 1700

Good Samaritan Hospital

RSVP: 513 862 3633

COST: \$6, (Seniority membership card required)

Cinco de Mayo

Learn easy and tasty recipes to celebrate Cinco de Mayo from Seniority Administrator Pamela Baird. From appetizers to dessert, she will provide step by step instructions and of course samples too. Pam's love of cooking started as she prepared family favorites side by side with her Granny Fannie. Her occasional classes at our TriHealth Pavilion quickly fill, so don't wait to register.

TriHealth Fitness & Health Pavilion

Wednesday, May 1, 12:30 – 1:30 p.m. OR 6 – 7 p.m.

RSVP: 513 246 2606 (Caitlin Ottaway) or email caitlin_ottaway@trihealth.com

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 10, 10 a.m. – 3 p.m.

RSVP: 513 865 1700

Good Samaritan Hospital

Friday, May 10, 10 a.m. – 3 p.m.

RSVP: 513 862 3633

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

Dining Out

Dining out has become a regular part of eating patterns for Americans. How does this affect our health? Is it possible to eat healthy while dining out? Learn about enjoying dining out without sabotaging your health from our Pavilion Dietitians.

TriHealth Fitness & Health Pavilion

Wednesday, May 15, 12:30 p.m.

RSVP: 513 246 2606 (Caitlin Ottaway) or email caitlin_ottaway@trihealth.com

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 5, 6 – 7:30 p.m.

RSVP: 513 865 1700

Good Samaritan Hospital

Monday, June 10, 6 – 7:30 p.m.

RSVP: 513 862 3633

Twin Lakes Montgomery Room

Monday, June 10, 6 – 7:30 p.m.

RSVP: 513 865 1700

Green Township Library on Bridgetown Road

Tuesday, June 11, 6 – 7:30 p.m.

RSVP: 513 862 3633

Bethesda North Hospital

Thursday, June 13, 6 – 7:30 p.m.

RSVP: 513 865 1700

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 \(4327\)](tel:5134294327)

TriHealth Fitness & Health Pavilion

- Free one-week trial guest pass to the fitness center (\$50 value). [513 246 2611](tel:5132462611)

TriHealth Home Connections Personal Emergency Response Systems

- One month of free service. [513 569 5115](tel:5135695115)

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](tel:5139423670)

Assisting Hands

\$1 off the regular hourly rate for independent living support. [513 729 9999](tel:5137299999)

Bernens Medical Pharmacy

15% off nonprescription items. [513 471 7575](tel:5134717575)

Burlington Pharmacy Healthcare

15% off nonprescription items; free delivery from four area locations. [859 586 6700](tel:8595866700)

First Light

\$1 off the hourly rate for new clients, plus first 3 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](tel:5134005433)

Home Instead

\$1 off the hourly retail rate for new clients. Hamilton County [513 333 0563](tel:5133330563) | Butler/Warren [513 701 3141](tel:5137013141) | Clermont/Brown [513 576 1250](tel:5135761250)

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](tel:5137611866)

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](tel:8009504400)

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 \(2273\)](tel:5134692273)

Whole Home Modifications

Flat rate installation of a grab bar and 15% off additional purchases. [513 482 5100](tel:5134825100)

Benefit highlight:

Do you feel like you are losing your hearing?

Do you have trouble hearing in a crowd? Are you asking folks to repeat things several times? Are you avoiding or even dropping out of events because you can't hear? Free audiology screenings are available for Seniority members! If you read the healthy hint in this issue, you know how dangerous hearing loss can be. Don't let your brain become a victim of vanity. Call the Group Health audiology scheduling office today at [513-429-HEAR \(4327\)](tel:5134294327) and ask for your Seniority FREE screening. Don't wait another day to hear loving words from your family and friends. The Audiologists and Ear, Nose & Throat doctors of Group Health are ready to diagnose and treat whatever problem you may have.

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](tel:5138623633) or Bethesda North Seniority at [513 865 1700](tel:5138651700)

Day trips

Cincinnati's Riverfront – Smale Park!

Tuesday, April 30, Good Samaritan Western Ridge
Wednesday, May 1, TriHealth Fitness & Health Pavilion
Depart: 11:00 a.m. Return: 3:30 p.m.

Cost: \$79 per person

Limited to 40 travelers each day

The Flying Pig! Carol Ann's Carousel, giant swings, views of the riverfront, flowers, cascading waterfalls with dancing colored lights, see the National Steamboat Monument, Purple People Bridge, Cincinnati Landing, the Sky Star Observation Wheel, so much to see. We start with lunch at the Yard House at The Banks, then head for a carousel ride! This trip requires a mile and a half of walking and you must be able to keep up with the group. We will not be jogging!



Day trips cont'd

Historic Tales of Fort Thomas, KY

Wednesday, May 8 - TriHealth Fitness & Health Pavilion and Good Samaritan Western Ridge

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

Cost: \$70 per person

Enjoy a great day of history and fun in a local neighborhood with military roots. Fort Thomas goes back to 1749. When General Sheridan declared Fort Thomas to be the West Point of the West, history was made. Enjoy a catered box lunch in the historic fort Mess Hall, hear about the confederates attempting to conquer and move into the north, and marvel as we experience the town on the bluffs overlooking the mighty Ohio River.

The Cincinnati Reds in the Champions Club

Tuesday, July 2: Blue Ash Target, 9099 Plainfield Road

Depart: 4:30 p.m. Return: 11 p.m. (Night Game)

Cost: \$128 per person

Limited to 40 travelers only

Come watch the Reds pummel the Brewers under the lights and from the grand comfort of the Champions Club! All the food, snacks, and treats you want from many hometown favorites, like Montgomery Inn and LaRosa's pizza, different stations, unlimited soft drinks, ice cream and peanuts. This is the way to go to watch a game in style. Sit in air-conditioned luxury, or from your reserved seat outside and hear the crack of the bat. This is a night game and we know it will be the best one ever!

The Cincinnati Reds – Day Game

Wednesday, July 31 Blue Ash Target, 9099 Plainfield Road

Depart: 10 a.m. Return: 5:30 p.m.

Cost: \$66 per person

Limited to 40 travelers only

Come watch the Reds beat the Pittsburgh Pirates from our wonderful day game seats, out of the sun and under cover! And included in this trip are the game, AND the Reds Hall of Fame and Museum! See it all for the same low price as last year's day game (it pays to know people...!) Bring the grandchildren or your cheering friends.

Overnight trips

Frankenmuth and Thunder Bay

Wednesday, June 19 – Saturday, June 22, 2019

Cost: Double starting at \$869 per person (optional insurance at additional cost)

See Michigan in the beautiful month of June! Wild Elk, make strudel in Bavaria, enjoy a Christmas Wonderland, hear the 50-foot tower Glockenspiel, enjoy some of the world's best fried chicken, historic tour of St. Lorenz Lutheran with stained glass windows depicting the history of Frankenmuth. A night is included at the beautiful, woody Thunder Bay Resort with a unique and intimate look at majestic Elk, horse drawn carriage ride, followed by a gourmet dinner cooked over an antique wood stove. What an exceptional trip!

The ANNUAL MYSTERY trip

Monday, August 19 – Friday August 23, 2019

Cost: Double starting at \$1185 per person (optional insurance at additional cost)

Love the element of surprise??? This incredible 4-night, 5 day mystery is more exciting, going farther and doing more colorful things than any mystery trip ever! There will be water, land, boats, carriage rides, animals, great food, and so many unique things – you will not believe it. Our mystery trips always sell out, so send in your reservation immediately. Pack your bags and leave the details to Seniority on the GO!



Partners in travel

PRESENTED BY COLLETTE:

Classic Christmas Markets

Saturday, November 30 – Sunday, December 8, 2019

Cost: \$3,149 /pp double occupancy. Insurance at additional cost. Early booking discount of \$350 /pp

Black Forest, Germany, Strasbourg, France, Innsbruck, Austria, the timeless Christmas Markets of Europe sparkle in all their glory. Spicy gingerbread, hand carved wooden ornaments, sip warm spicy wine and taste roast sausages, step back in time to markets from 1628 to the present. Traditional singing and dancing round out the magical Christmas spirit.

Information Slide Shows:

Nathanael Greene Lodge, RSVP 513 862 3633

Thursday, June 6, 1 p.m. Nathanael Greene Lodge

TriHealth Pavilion, RSVP 513 865 1700

Friday, June 7, 1:00 p.m.



ACT QUICK! SPACE IS LIMITED!

For latest info call Melissa Bray at Wayfarer Travel 513 271 4637 or email at melissa@wayfarertravel.com

Sunny Portugal

Tuesday, October 1 - Thursday, October 10, 2019

Cost: \$3,799 /pp, double occupancy.

Ancient castles and Roman ruins. Groves of lemon and almond trees, the Portuguese Riviera, whitewashed villages – Portugal awaits! Lisbon, Estoril, Fatima, Evora - a medieval walled city, winery tours, 200-foot cliffs plunging into the Atlantic. See how azulejos, the famous Portuguese hand-painted tiles, are made.



Alaska! Land and Coral Princess Cruise

Friday, May 17 - Wednesday, May 29, 2019

Cost: Starting at \$2,999 /pp, double occupancy includes round-trip airfare, 5 nights land, 7 nights cruise ship Insurance at additional cost.

A bucket list dream of a trip. Southbound itinerary, 1 night in Anchorage, 2 nights in Denali, 2 nights at Mt. McKinley, then 7 nights aboard the Coral Princess. See it all and see it in incredible comfort.



Nova Scotia and the Canadian Maritimes

Wednesday, August 14 - Thursday, August 22, 2019

Cost: \$3,399 /pp, double occupancy includes round-trip airfare. Insurance at additional cost.

Visit Halifax, Bedford Basin, Alexander Graham Bell National Museum, Cabot trail, Cape Breton National Park, Prince Edward Island, Bay of Fundy, New Brunswick, Oak Island resort, Green Gables Farmhouse & Museum, lobster dinner, Peggy's Cove – all the wildly beautiful and historic sites you've read about and dreamed of visiting.

Great Trains and Grand Canyons

Sunday, October 6 - Friday, October 11, 2019

Cost: \$2,795 /pp, double occupancy includes round-trip airfare. Insurance at additional cost.

Sedona Trolley Tour, Oak Creek Canyon, Grand Canyon Railway to the south rim, Black Bart's Steakhouse and Saloon, Montezuma's Castle, Verde Canyon Railroad, Blazin' M Ranch, chuck wagon supper & western stage show, Chapel of the Holy Cross. Experience this beautiful part of America in an exclusive Seniority small group tour.



Danube River Cruise with Passion Play in Oberammergau!

Sunday, September 20 – 29, 2020

Every 10 years, since 1633, the people of Oberammergau, Germany, in gratitude to God for sparing their city the ravages of the bubonic plague, has produced a play depicting the life and death of Jesus Christ. We have an exclusive way to see this and travel – by taking a Danube River Cruise! Unpack once and enjoy an incredible journey, also including Munich's Oktoberfest. Call immediately, this will sell out.



TriHealth Seniority Event Locations

Green Township Library

6525 Bridgetown Road, Cincinnati, OH 45248

Nathanael Greene Lodge

6394 Wesselman Road, Cincinnati, OH 45248

Twin Lakes Retirement Community

9840 Montgomery Road, Cincinnati, OH 45242

Twin Towers Retirement Community

5343 Hamilton Avenue, Cincinnati, OH 45224

TriHealth Fitness & Health Pavilion

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



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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TriHealth.com/seniors

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.