

IN THIS ISSUE:

WHAT'S HAPPENING AROUND LMHS

[Important Information About The Employee Appreciation Recognition Program](#)

[Have You Watched "The Year Ahead"?](#)

[Don't Miss The Opportunity To Be Entered In The United Way Drawing](#)

[Attention: Web-based E-mail Users](#)

HEALTH TIPS AND WEEKLY REMINDERS

[Quit Smoking Tip Of The Week](#)

[Reflection For Difficult Days](#)

[Start! Walking Tip Of The Week](#)

[H-mail Questions And Answers](#)

CLASSES AVAILABLE / EDUCATIONAL OPPORTUNITIES

[Association Of Perioperative Nurses Education Fair](#)

LMHS WELCOMES

[Give A Warm LMHS Welcome To Irene Besser And Theresa Buckley](#)

EMPLOYEE / COMMUNITY EVENTS

[Kreegel Aesthetic Surgery Body Contouring Event](#)

[Lace Up Your Sneakers To Help The Regional Cancer Center](#)

[Zumba: It's Exercise In Disguise](#)

[Relax For Less With Monthly Massage Specials](#)

[MS Walk Web Site Is Open For Registration](#)

[Second Annual Live Life Well Expo](#)

[Stay On Balance With National Falls Prevention Awareness Day Events](#)

NEWS FROM THE MEDICAL LIBRARY

[New Hours At The HPMC Medical Library](#)

FOUNDATION EVENTS

[Health Care Appreciation Day At Belk](#)

[Foundation News Delivered Right To Your Inbox!](#)

LEE-BAY

[Wanted: Table Or Shelf](#)

[Freebie: Print Cartridge](#)

THE FINE PRINT

[Need To Get Your Information Out? Use The "HYH" Newsletter!](#)

WHAT'S HAPPENING AROUND LMHS

- ❑ **Important Information About The Employee Appreciation Recognition Program**
All eligible non-management employees will be receiving an Employee Appreciation Recognition payment in their paycheck Oct. 1. If you are full time or part time and would like to receive the payment "pre-tax" to fund a flexible spending account, simply complete the attached deduction form for a flexible spending account.

Click here to access the form online: <http://www.leememorial.org/leebee/hrbuzz2.asp>.

You may opt to designate the full amount of the Employee Appreciation Recognition payment or a partial amount to be put in the pre-tax flexible spending account.

The form must be returned to Kris Ferrer in Human Resources by Thursday, Sept. 24. You can send the form via interoffice mail or fax it to 772-6500.

The deduction will be in the Oct. 1 paycheck, which is when the Employee Appreciation Recognition payment is made. This flexible spending account year will be Oct. 1, 2009 through Sept. 30, 2010. You will receive a VISA card for this flexible spending account. This does not affect your ability to fund an additional flexible spending account through Benefits Open Enrollment with a Jan. 1 effective date.

LMHS' flexible spending account vendor Eagle's Benefits Design, Inc will have a representative in the cafeterias Sept. 21, Sept. 22 and Sept. 23 at CCH, LMH, HPMC and GCMC from 6 a.m. to 7 p.m. and at Santa Barbara on Sept. 22 from 7:30 a.m. to 4 p.m. to answer questions regarding this topic.

[Back to top](#)

- ❑ **Have You Watched "The Year Ahead"?**
The video, "The Year Ahead," highlights LMHS' 2009-2010 goals and the importance of performance improvement.

Your department leader will use this video as a discussion opportunity to further explain the goals and discuss how they impact your work area.

You can watch the video on IntraLee by clicking here:
http://intranet1/communication/year_ahead.asp.

[Back to top](#)

- ❑ **Don't Miss The Opportunity To Be Entered In The United Way Drawing**
The LMHS United Way campaign officially ended Sept. 15.

The final prize drawing will take place Sept. 21, so submit your pledge today! Remember, payroll deduction of your pledge won't begin until January.

[Back to top](#)

❑ **Attention: Web-based E-mail Users**

On Sept. 28, LMHS' Web-based e-mail program will undergo the first of several new enhancements!

The Outlook Web Access logon screen is getting a new look. The functionality of the logon screen will remain the same, and you will continue to logon as you normally do. Please stay tuned to learn more about further enhancements. For additional information, visit the new IS Intranet site at:

<http://intranet1/informationssystem/Default.asp>.

If you have any questions regarding the new Web access logon screen, contact the Information Systems Help Desk at 343-7900.

[Back to top](#)

HEALTH TIPS AND WEEKLY REMINDERS

❑ **Quit Smoking Tip Of The Week**

Plan non-smoking tactics before you go to events where other people might be smoking.

[Back to top](#)

❑ **Reflection For Difficult Days**

This reflection is provided by the LMHS Spiritual Services department.

“It is good to collect things, but it is better to go on walks.” – Anatole France

[Back to top](#)

❑ **Start! Walking Tip Of The Week**

Meet a friend for a walk instead of dining out or seeing a movie.

[Back to top](#)

❑ **H-mail Questions And Answers**

Question:

Assume you change jobs, and now you only have network and e-mail access. What happened to your access to patient data?

Answer:

When you change roles, your new manager should submit a request form for system access based on your new job.

[Back to top](#)

CLASSES AVAILABLE / EDUCATIONAL OPPORTUNITIES

❑ **Association Of Perioperative Nurses Education Fair**

The 23rd annual Vendor's Education Fair hosted by the Association of Perioperative Nurses, AORN Shellcoast Chapter 1010, will be held Friday, Sept. 25 from 3 p.m. to 7 p.m. at the Clarion Hotel, 12635 South Cleveland Drive, Fort Myers.

The event will display surgical products and technology. Refreshments will be provided and drawings for door prizes will be held throughout the event.

[Back to top](#)

LMHS WELCOMES

❑ **Give A Warm LMHS Welcome To Irene Besser And Theresa Buckley**

Irene Besser, CNM, and Theresa Buckley, CNM, recently joined Dr. Gilbert Draulans, Dr. Timothy Hughes, Dr. Edward Marineau, Dr. Bipin Shah, Kwee Green, CNM, Naomi Pacheco, CNM, Christina Sierra, CNM, and Cindy Stewart, CNM, at Lee OB/GYN Associates.

The main Lee OB/GYN Associates office is located at 16271 Bass Road, Fort Myers. The phone number is 432-3322. Lee OB/GYN Associates welcome all new patients to call for an appointment at the Bass Road, Labelle or Clewiston office.

Welcome aboard, Irene and Theresa!

[Back to top](#)

EMPLOYEE/ COMMUNITY EVENTS

❑ **Kreegel Aesthetic Surgery Body Contouring Event**

Dr Kreegel will give an overview on body contouring procedures such as tummy tuck, liposuction and body lift procedures Thursday, Sept. 24 from 6 to 7 p.m. at 16410 HealthPark Commons Drive.

Seating is limited, so please call 343-9777 to RSVP by Sept. 22.

[Back to top](#)

❑ **Lace Up Your Sneakers To Help The Regional Cancer Center**

Lexington Country Club is sponsoring a 5K run/walk at the Lexington Golf Course on Saturday, Oct. 10. Proceeds will go to the LMHS Regional Cancer Center to benefit the Breast Health Center.

Pre-registration is \$25 with packet pick-up Friday, Oct. 9 at the Clubhouse. Race day registration is \$30. Race day registration opens at 6:30 a.m., and the race starts at 7:30 a.m. A pancake breakfast will follow for race participants.

If you have any questions, call Jennifer 437-0404 or e-mail her at rosenkranz@LexingtonCountryClub.com.

[Back to top](#)

❑ **Zumba: It's Exercise In Disguise**

It's the type of exercise you'll want to do everyday and feel good about doing it!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba. Class schedules are available at www.LeeMemorial.org/wellness/groupexercise.asp.

To activate your membership, call the Wellness Center of Cape Coral at 573-4800 or the Lee Center for Rehabilitation & Wellness at 418-2000. For more information, click here: <http://intranet1/wellness/default.asp>

[Back to top](#)

❑ **Relax For Less With Monthly Massage Specials**

The Lee Center for & Rehabilitation & Wellness is running monthly massage specials!

This month, receive an additional 15-minute foot massage with your massage. Call for an appointment today so you can increase your chances for winning a \$250 spa day. The drawing will take place Oct. 31.

Already a client? Don't forget to check your home mailbox for your birthday special offer! To schedule with an appointment, call 418-2000.

[Back to top](#)

❑ **MS Walk Web Site Is Open For Registration**

LMHS partners with the MS Society through the classes offered at the Wellness Centers. The 2010 MS Walk will take place March 20 at Lakes Park.

The MS Walk Web site is now up and ready for team captains who wish to register and team members who want to sign up for the walk. To register, visit <http://walkfls.nationalmssociety.org>.

[Back to top](#)

❑ **Second Annual Live Life Well Expo**

The Empowered Network has scheduled their second annual Live Life Well Expo for Thursday, Oct. 1 from 3 to 7 p.m. at Coconut Point in Estero. The event kicks off Breast Cancer Awareness Month in October and hopes to raise thousands of dollars for the mammography fund at the LMHS Regional Cancer Center.

The entire community is invited to attend the free event, which will showcase several area businesses. Almost all the vendors will be participating in an auction and will be providing giveaways. All guests will have an opportunity to donate to breast cancer research and receive tickets for the auction with a chance to win prizes such as a netbook computer, concert tickets, spa certificates and more!

[Back to top](#)

❑ **Stay On Balance With National Falls Prevention Awareness Day Events**

In recognition of National Falls Prevention Awareness Day and Balance Awareness Week, LMHS and members of the Lee County Injury Prevention Coalition will host two community health fairs to include related health care presentations, displays and guest speakers. The speakers will talk about the Step Wise Lee campaign and share information on how to prevent falls and fall-related deaths and injuries.

The events will take place Sept. 22 from 10 a.m. to noon at the Wellness Center of Cape Coral and from 2 to 4 p.m. in the LMH auditorium.

LMHS' Balance Clinic is celebrating Balance Awareness Week with free balance screenings from 11:30 a.m. to 12:30 p.m. on Sept. 21 and Sept. 24 at The Balance Clinic in Fort Myers. Pre-registration is required by calling 418-2000. Space is limited to 50 participants.

[Back to top](#)

NEWS FROM THE MEDICAL LIBRARY

❑ **New Hours At The HPMC Medical Library**

Due to severe staff shortage, the Medical Library in HPMC will have shorter hours on Mondays and Fridays in October. In October the HPMC Medical Library will be open from 10 a.m. to 2 p.m.

As always, LMHS staff and employees may access the HPMC library 24/7 using a "smart card" or by calling the Security office. Please don't take anything out of the library when the staff is not present.

[Back to top](#)

FOUNDATION EVENTS

❑ **Health Care Appreciation Day At Belk**

On Oct. 7, Belk is having a Health Care Appreciation Day throughout the country for all health care employees. All employees in the health care industry will get an extra 20 percent off most merchandise in the store. Please be prepared to show your LMHS ID.

[Back to top](#)

❑ **Foundation News Delivered Right To Your Inbox!**

Stay up-to-date on all the Foundation news and events by subscribing to "Healthy Gifts," the Foundation's e-newsletter. It's free, and you'll receive the latest information on what's happening at the Foundation, along with possible opportunities for early-bird rates to Foundation events! Click here to view the latest e-newsletter:

<http://tiny.cc/8XI8w>

Click the "subscribe now" button on the left hand side to get "Healthy Gifts" delivered to your inbox.

[Back to top](#)

LEE-BAY

❑ **Wanted: Table Or Shelf**

The Cardiac Cath Lab at HPMC is looking for a table or shelf to hold a blanket warmer approximately 30-inches by 26-inches.

Do you have a table or shelf to spare? Call Joe or Heather at 432-3288.

[Back to top](#)

❑ **Freebie: Print Cartridge**

The Pharmacy at GCMC has a Lexmark print cartridge No. 12A6735 for T520, T522, X520 or X522 up for grabs.

Interested? Call 343-0321.

[Back to top](#)

THE FINE PRINT

❑ **Need To Get Your Information Out? Use The "HYH" Newsletter!**

Want to announce a System fundraiser or System-sponsored event?

Have a retirement party to announce?

Need to get rid of office furniture?

Want to tell the System about a name change?

Take advantage of the weekly "Have You Heard?" newsletter. It comes out every Friday in both e-mail and print format. If you need something published, just send your text announcements (no flyers or ClipArt please) to hyh@LeeMemorial.org. Don't forget our weekly deadline—Thursdays at noon.

[Back to top](#)