



SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

March-April 2006

Travel with the **SHARE Club**

to Southern Italy and Sicily
November 2006
For detailed brochures,
call SHARE Club at
239-772-6765.

Are you a full time
caregiver for a
loved one?

Lee Memorial Health System's
Older Adult Services offers
an informative caregivers
program called CARE.
Please call 1-866-231-0921
or 239-334-5751 for more
information.

**JOIN OUR FREE
MEMBERSHIP
CLUB TODAY CALL
239-772-6765.**

**LEE MEMORIAL
HEALTH SYSTEM**

SHARE CLUB

P.O. Box 2218, Fort Myers, Florida 33902

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Keep A Positive Focus

By Teresa Frank-Fahrner

Have you read the book titled “90 Minutes in Heaven”? It is about a gentleman who was in a terrible car accident and declared dead for 90 minutes before coming back to life. The book talks about his heavenly experience, his challenging road to recovery and his questioning of why he was brought back to earth.

The part of the story that I felt was worth sharing with you is that he ended up with limited use of one arm and very limited use of one leg. At first he felt very helpless and full of self-pity. Then, he overheard a conversation a counselor was



Teresa Frank-Fahrner

having with a blind gentleman. The counselor was encouraging the blind man to take as much time as he needed, but he wanted him to concentrate on everything he could do rather than focusing on what he couldn't do. The blind man

agreed to do this and was incredibly surprised at the number of things he could still do. After overhearing this conversation, the man in the car accident made a conscious effort to use that same thought process and changed his outlook on his recovery. I think we all get stuck in this rut from time to time, and some of us get out, but others keep spinning until they really get stuck. Help yourself by seeing all the positive things you can do, and don't focus on abilities you may have lost.

The “Sharing” Values of Our Members

SHARE Club...now 19 years old...has begun to reach a level of maturity shaped largely by input from the more than 45,000 members.

From health screenings to education, from support groups to computer training, from discount programs to exercise programs and social events...SHARE Club has truly emerged as an active organization, promoting the health and well-being of its members.

SHARE Club members span a wide range of ages, occupations, geographic and family experiences, but there is a common denominator in the generation of most members. The people of this generation value giving and giving back. This SHARE Club generation

has given to our country—in times of war and in times of peace—and continues to give to our community as well as to LMHS. It is because of these “sharing” values that our health system has been so richly rewarded.

I am honored to serve as *CEO of LMHS* for more than 21 years and to have the fortune of being the beneficiary of so much community support and specifically support from many members of the LMHS SHARE Club. Thanks for being “you!”

Jim Nathan, LMHS President





March is National Diabetes Alert Month and Lee Diabetes Care will be offering free blood sugar screenings. Date, time and location to be announced. Please call 573-5727 for more information.

A Special Way to Save Lives

In addition to our regular blood collections at the Lee Memorial Blood Centers, we also have an apheresis program whereby specific blood components are donated for special needs. The components collected support platelet transfusions for cancer (including pediatric) patients, as well as other transfusion and therapeutic needs throughout Lee Memorial Health System. This collection process takes approximately two hours.

Since the shelf life of the platelets is only five days, the need for apheresis donors is critical to the welfare of the people of our community. If you are interested in becoming an apheresis donor, please call Karen Glazener at 239-334-5333, Lee Memorial Hospital, or Karen Lopez at 239-573-4300, Cape Coral Hospital for more information.

Healthy Eating And Diabetes

Healthy eating is the first step in properly managing diabetes. A person with diabetes needs to eat about the same amount of food, with proper balance, at each meal. Eating a consistent amount of carbohydrates at each meal while choosing lean meats and healthy fats is the best plan of achieving optimal blood sugar levels, while at the same time, helping to lower cholesterol.

Meats that are considered "lean," contain 3 grams of fat or less in a one-ounce serving. A meal should consist of 2-4 ounces of lean beef, pork, chicken, turkey or fish. Grilling or broiling the meat will help lower the saturated fat content, making the meal lower in calories as well as lower in fat.

Examples of "good fats" are olive, peanut, and canola oils, nuts, and seeds. Choose these more often than the "bad fats" like bacon, butter, and cream. By doing this, you can improve your cholesterol reading and help lower the risk of heart problems.

Instead of potatoes or rice, choose beans, peas or lentils more often. Beans are high in fiber, which help you feel more full after a meal, and also help lower cholesterol and cancer risk. Highly refined flour products such as cookies, pretzels, cereal, pasta and white rice should be limited, as they do not fill you up as well. More of our carbohydrate choices should be coming from vegetables. A general guideline is that one half of the plate at a meal should contain vegetables.

Fruits should be used for snacks and desserts instead of high sugar desserts like cake or pie. Avoid high caloric sugary drinks. Twenty years ago a typical 6.5-ounce serving of soda had 85 calories while today's typical 20-ounce serving has 250 calories. A person would have to walk about 1.5 miles to burn off those extra calories.

Lee Diabetes Care offers diabetes classes on a weekly basis, both day and evening. All classes are taught by Certified Diabetes Educators and are physician referred. The class educators will instruct you on meal planning, blood glucose meters, diabetes medications, exercise, and much more. **Please call 573-5727 for more information.**

Rehabilitation Services

Do you or a loved one need temporary inpatient rehabilitation services to get back on track with your life? If so, HealthPark Care Center can help. HealthPark Care Center provides its residents with physical therapy, occupational therapy, and speech therapy services. The goal of the rehabilitation services team is to give you the best therapy in a loving and warm environment. The therapists will design and structure an extensive rehabilitation program specifically tailored to meet your needs and will work with you to achieve the goals you set together.

Let the HealthPark Care Center staff give you a tour and talk to you personally. Call 239-433-4647.

Mastering The Challenges Of Cancer

Lee Cancer Care is presenting a free 3-week educational and support program for the community entitled "Mastering the Challenges of Cancer." This series is designed to address the special needs of persons with cancer and their families. It provides practical information needed to cope with day to day living and offers the opportunity to share concerns and solutions. Cancer care experts will discuss a wide range of topics including the medical, physical, social, and psychological aspects of cancer.



Classes will meet on Wednesday evenings from 6:00 p.m. - 7:30 p.m. in the auditorium of Lee Memorial Hospital. Interested persons can attend one or all sessions.

Session One: March 15-Learning about Cancer

Session Two: March 22-Emotional Aspects of Cancer and Managing Side Effects

Session Three: March 29-Nutrition and Cancer and Ask Our Oncology Nurse your Cancer Questions

To register or to get more information, please call **239-335-7595**.

Osteoporosis Exercise Program

Lee Center for Rehabilitation and Wellness

The Osteoporosis Exercise Program will focus on strength, stability and posture to help maintain bone density and prevent falls and fractures. Exercises will be performed in a group setting using weights, resistance tubing, and other appropriate equipment. Educational materials will include various aspects of osteoporosis treatment and prevention.

A master degreed level exercise specialist will supervise the 24 one-hour group exercise sessions. Each group will meet three (3) times a week for eight (8) weeks. Upon completion, a report will be sent to each participant's doctor.

Days: Monday, Wednesday, and Friday

Time: 11:00 a.m.

Cost: \$120.00

Please call 239-418-2000 for more information.

Books-By-Mail Program

Do you know anyone who's homebound and would like to receive materials from the Lee County Library System?

Books on tape or CD
Large and regular print books
VHS and DVD movies
Music CDs

**Call the Lee County
Library System at
239-390-3232.**

New Physicians

John A. Moss, DO, FACOS

General and Vascular
Surgery

SunCoast Surgical
Associates

16410 HealthPark
Commons Drive, Building 2
Fort Myers, FL 33908
239-343-9960



John A. Moss, DO, FACOS

John A. Moss, DO, FACOS, joins SunCoast Surgical Associates in practice with William Kokal, MD, FACS, Moutaa BenMaamer, MD, and Darren Miter, DO, specializing in general and vascular surgery.

Dr. Moss received his medical degree from Nova-Southeastern University College of Osteopathic Medicine. He completed his residency in general surgery at Botsford General Hospital in Farmington Hills, Michigan.

Additionally, Dr. Moss completed a fellowship in peripheral vascular surgery at Botsford General Hospital, as well as training in pediatric, trauma and transplantvascular access surgery.

Dr. Moss' areas of surgical expertise include vascular surgery, endo-vascular surgery, general surgery, laparoscopic surgery, colonoscopy, esophagogastroduodenoscopy, and minimally invasive vein surgery.

Expanded Neuroscience Care

The Neuroscience Intermediate Care Unit at Lee Memorial Hospital reopened on Monday, December 19, 2005. The brand new, state of the art unit has 27 beds and the capacity for up to 10 intermediate care beds.

The unit will be the foundation for the expanding neuroscience program at Lee Memorial Health System, which will include stroke certification from the Joint Commission on Accreditation of Healthcare Organizations and a comprehensive minimally invasive neuro-intravascular program. A team of renowned neurosurgeons and neurologists combined with excellent nursing care will provide the community with the most comprehensive neuroscience program in Southwest Florida.

Timothy Edward Hughes, MD, FACOG, FACS

Lee Physician Group, Lee
OB/GYN Associates

16271 Bass Road
Fort Myers, FL 33908•
239-432-3322

ACCEPTING NEW PATIENTS
ACCEPTING MOST
INSURANCES



Timothy Edward Hughes,
MD, FACOG, FACS

Timothy Edward Hughes, MD, FACOG, FACS recently joined Lee Physician Group, Lee OB/GYN Associates serving Fort Myers and surrounding areas.

Dr. Hughes earned his bachelor's degree at the University of Alabama - Birmingham and his medical degree at the University of South Alabama College of Medicine. He completed his residency in obstetrics and gynecology at Medical College of Wisconsin. In practice since 1998, Dr. Hughes is board certified in obstetrics and gynecology and is a Fellow of the American College of Obstetricians and Gynecologists (FACOG) and a Fellow of the American College of Surgeons (FACS).

Call 239-432-3322 to make an appointment.

Lee Physician Group, part of Lee Memorial Health System, is accredited by the Joint Commission on Accreditation of Healthcare Organizations, the highest national accreditation body for healthcare services in the United States.

Medicare Prescription Drug Coverage Part D

The deadline for the voluntary enrollment is May 15, 2006. If you have questions call the SHARE Club and we will be happy to assist you. You can also call 1-800-Medicare or go on-line to www.medicare.gov and click on the compare Medicare prescription drug plans link.

ActivitiesCorner

Sit and Be Fit Classes: Increase flexibility, strength and cardiovascular endurance. Wednesdays and Fridays from 9:30 a.m.-10:30 a.m. at the Lee Center for Rehabilitation and Wellness. Cost for Share Club Members is \$4.00 per class or \$32.00 for a 10-class punch card. Tuesdays and Thursdays at 2 p.m. at The Wellness Center of Cape Coral. Cost for Share Club Members is \$32.00 for 8 classes. Call 239-573-4800 for more information.

Yoga Classes: Joyful Yoga classes offered at Cape Coral Hospital LIFE Center on Wednesdays at 1:00 pm. For a complete schedule of classes call 239-482-6677 or log on to www.JoyfulYoga.com.

Strokers Golfing League: Our group of strokers are guys and gals who have physical conditions slightly over par. The course layout is nine holes of pitch and putt. \$10.00 annual fee with \$6.00 green and cart fees. We have a team of caring rangers that will be of assistance to all who may need it. For further information call Myerlee Country Club Pro Shop at 239-481-1440.

Growing Roses in SW Florida: Did you know we have a Rose Society? If you want to discover more about successfully growing these beauties, contact the Greater Ft. Myers Rose Society at 239-694-8427. They meet monthly.

T'ai Chi: Classes available. Call 239-994-2454. 12 classes for \$66.00.

Are You An Apple Or A Pear?

The Heart and Vascular Institute of Lee Memorial Health System invites you to a special luncheon presentation featuring Marie Savard, MD, noted internist and author of the bestseller "The Body Shape Solution to Weight Loss and Wellness." You will also enjoy a cooking demonstration by Judi Gallagher, whose television cooking show is coming soon to Southwest Florida, as well as a delicious, heart healthy luncheon.

Saturday, March 25, 2006 11:30 a.m.-2:00 p.m. at Colonial Country Club, 9181 Independence Way, Fort Myers, FL. (one mile east of I-75, Exit 136)

Luncheon choices: Mixed greens with grilled tuna; Mixed greens with grilled chicken; Fresh fruit salad

Book-signing to follow

\$20.00 per person. Seating is limited and tickets must be purchased in advance. For more information, call 239-432-4786.

Charitable Gift Annuities

Do you need to improve your current cash flow AND make some changes in your estate plan but have trouble understanding all your options?

SHARE Club members are invited to an information seminar describing Charitable Gift Annuities (and how they're different from annuities issued by insurance companies), Life Income Gifts (such as Charitable Remainder Unitrusts or Charitable Remainder Annuity Trusts), Charitable Lead Trusts, and gifts of Life Insurance.

The program is hosted by the Lee Memorial Health System Foundation and presented by Rich Butler, Vice President, McDonald Financial Group/Key Bank, NA, and LaDonna Cody, attorney-at-law. Refreshments will be served. This seminar is free and space is limited. Call 239-985-3550 now for reservations.

Tuesday, April 4, 2006, 9:00 a.m.-10:30 a.m. at HealthPark Medical Center Rooms 1A & 1B (located off the cafeteria).

Wednesday, April 19, 2006, 9:00 a.m.-10:30 a.m. at the Wellness Center of Cape Coral, 2nd floor meeting room.

Cape Coral Auxiliary Events

Friday, March 17, 2006-Trinkets & Treasures-Cape Coral Hospital, 7:30-4:30 p.m.

Tuesday and Wednesday, April 4-5, 2006-Art Sale by Elite Galleries, Inc. Clearwater, FL-Cape Coral Hospital 7:30-4:30 p.m.

Thursday, April 6, 2006-Art Sale by Elite Galleries, Inc.-Santa Barbara Professional Center 10:00 a.m. - 3:00 p.m.

All the events are in the **main lobby of Cape Coral Hospital** unless otherwise noted.

SHARE Club Computer Classes

Classes Offered:

Beginning Computer (\$40)

Beyond the Basics (\$45)

Internet (\$45)

AOL (\$45)

Print Shop (\$50)

XP (\$45)

XP Maintenance (\$20)

Photo Editing (\$50)

Roxio 7.5 (\$45)

Classes meet for two and a half hours once a week. We have one instructor and three coaches per class. All students work on the computer in one of our labs located at either Cape Coral Hospital or Lee Memorial Hospital. All classes are five weeks long unless otherwise indicated.

To register for classes, please mail in the registration form below with your check made payable to LMHS SHARE Club at PO Box 2218, Ft. Myers, FL 33902. For more information on our classes please call 239-772-6758 or send an e-mail to shareclub@leememorial.org.

Support Groups

(The area code for all numbers is 239.)

APHASIA - 772-6572 (Nancy Gizzi)

CANCER

Brain Tumor – 336-6167

Breast Cancer – 336-6176

Ovarian Cancer – 336-6167

Prostate Cancer – 772-6765

Thyroid Cancer – 560-8495

CONGESTIVE HEART FAILURE
(CCH) – 573-5745

DIABETES – 549-6027 (Fred)

IMPLANTABLE CARDIAC
DEFIBRILLATORS (ICD) – 432-4614

MENDED HEARTS – 432-0985
OR 432-4967

MULTIPLE MYELOMA – 334-8028

PARKINSON'S – 334-5883

PERIPHERAL NEUROPATHY – 693-7224

PULMONARY FIBROSIS – 481-0582
(Marge)

STROKE – 458-4140 (Flo)

VOICE – 772-6572.

COMPUTER CLASS REGISTRATION FORM

I am interested in taking _____
computer course at the following location:

- Cape Coral Hospital
- Lee Memorial Hospital
- Either location

When we receive your request, we will contact you to confirm you are scheduled for the class. Once you are scheduled for a class the fee is non-refundable due to the limited space available to students.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

**Please mail payment and registration to LMHS SHARE
Club P.O. Box 2218, Ft. Myers, FL 33902**

2006 Community *Discount Program*

The Discount Directory is on our web-site www.leememorial.org/shareclub. Please check the Web site periodically for updates. Please call 239-772-6765 or stop by the office for the new listing.

Effective March 1, 2006, Bob Evans Restaurants will no longer be in the LMHS Discount Program.

Discount Expo

Hours: 7:00 a.m. - 4:00 p.m.

March 13, 2006, Lee Memorial Hospital Auditorium,

2776 Cleveland Avenue, Fort Myers, FL 33901

March 15, 2006, Cape Coral Hospital Auxiliary Conference Room

636 Del Prado Blvd, Cape Coral, FL 33990

March 17, 2006, HealthPark Atrium

9981 HealthPark Cir, Fort Myers, FL 33908



calendar

SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM

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SHARE Club Presents is a Lee Memorial Health System publication for the members of SHARE Club

System Gerontology Business Leader:
Sue Maxwell, MSW

Program Coordinator: Teresa Frank
Assistant: Barbara Wroten

For more information on Older Adult Services, call 239-772-6765

Website: www.LeeMemorial.org/OAS
Email: share-club@leememorial.org

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SKIN CANCER SCREENING Wednesday, March 22, 9 a.m. to 1 p.m. at HealthPark Medical Center Rooms 1A and 1B. Appointments are necessary. Call 239-772-6765 to register. Please wear comfortable clothing. Exposed body parts will be examined.

SHARE CLUB LUNCHEON-SENIOR MOMENTS Friday, March 24, 12 noon at Lee Memorial Hospital Auditorium. Presented by Al Martinez, PhD, Neuropsychologist with Lee Memory Care. Dr. Martinez offers a comprehensive informative presentation on memory. Call 239-772-6765 to register. Baked fish, rice pilaf, vegetable, dessert and beverage for \$6.00.

STEPS UP TO NUTRITION Wednesday, March 29, 10 a.m. at Cape Coral Hospital New Cafeteria. Presented by Marjorie Chutkan, clinical dietitian with Lee Memorial Health System's Outpatient Services. Marjorie will discuss the new food pyramid and eating out tips, along with exercise and nutrition for a healthier you. Call 239-772-6765 to register.

NEW ADVANCES IN MAINTAINING DIGESTIVE HEALTH Wednesday, March 29, 6 p.m. at HealthPark Medical Center room H201. Presented by Digestive Health Physicians. Refreshments provided. Call 239-772-6765 to register.

SCANS: MRI, CAT, PET Friday, March 31, 10 a.m. at HealthPark Medical Center Rooms 1A and 1B. Presented by LMR Imaging technicians. This very informative and interactive presentation will provide you with all the answers about why various scans are done and what they are looking for. Call 239-772-6765 to register.

CHRONIC PAIN MANAGEMENT Tuesday, April 4, 4:30 p.m. at Cape Coral Hospital New Cafeteria. Presented by Gilberto Acosta, MD,

board certified in chronic pain management with The Pain Management Center of LMHS. Dr. Acosta will discuss the different pain treatments available today. Call 239-772-6765 to register.

VETERAN BENEFITS FOR HOME AND COMMUNITY CARE LUNCHEON Tuesday, April 11, 11:30 a.m. at Cape Coral Hospital New Café. Presented by Joseph Jekel, Certified Senior Advisor®. Joe will discuss the various programs that may be available for assistance with long term care funding. Lunch sponsored by Cordia Commons at Westbay, assisted living facility. Call 239-772-6765 to register.

MEDICARE Thursday, April 20, 10:30 a.m. at HealthPark Medical Center Rooms 1A & 1B. Presented by Jo Marshall, SHINE Counselor with Senior Solutions. Jo will discuss the new Medicare changes as well as the prescription drug plan. Plenty of time for Q & A. Call 239-772-6765 to register for the program.

SHARE CLUB LUNCH: RINGING IN THE EARS-TINNITUS Friday, April 28, 12 noon at Lee Memorial Hospital Auditorium. Presented by Dr. Leslie Neal, PhD, board certified audiologist. Dr. Neal will also discuss general hearing problems and appropriateness of hearing aids. Call 239-772-6765 to register. Meatloaf, mashed potatoes/gravy, vegetable, dessert and beverage for \$6.00.

Travel with the SHARE Club... Come and view a multi-media presentation on our upcoming trips by an expert with Collette Vacations, March 21 at 3 p.m. at Cape Coral Hospital. Call 239-772-6765 to register.