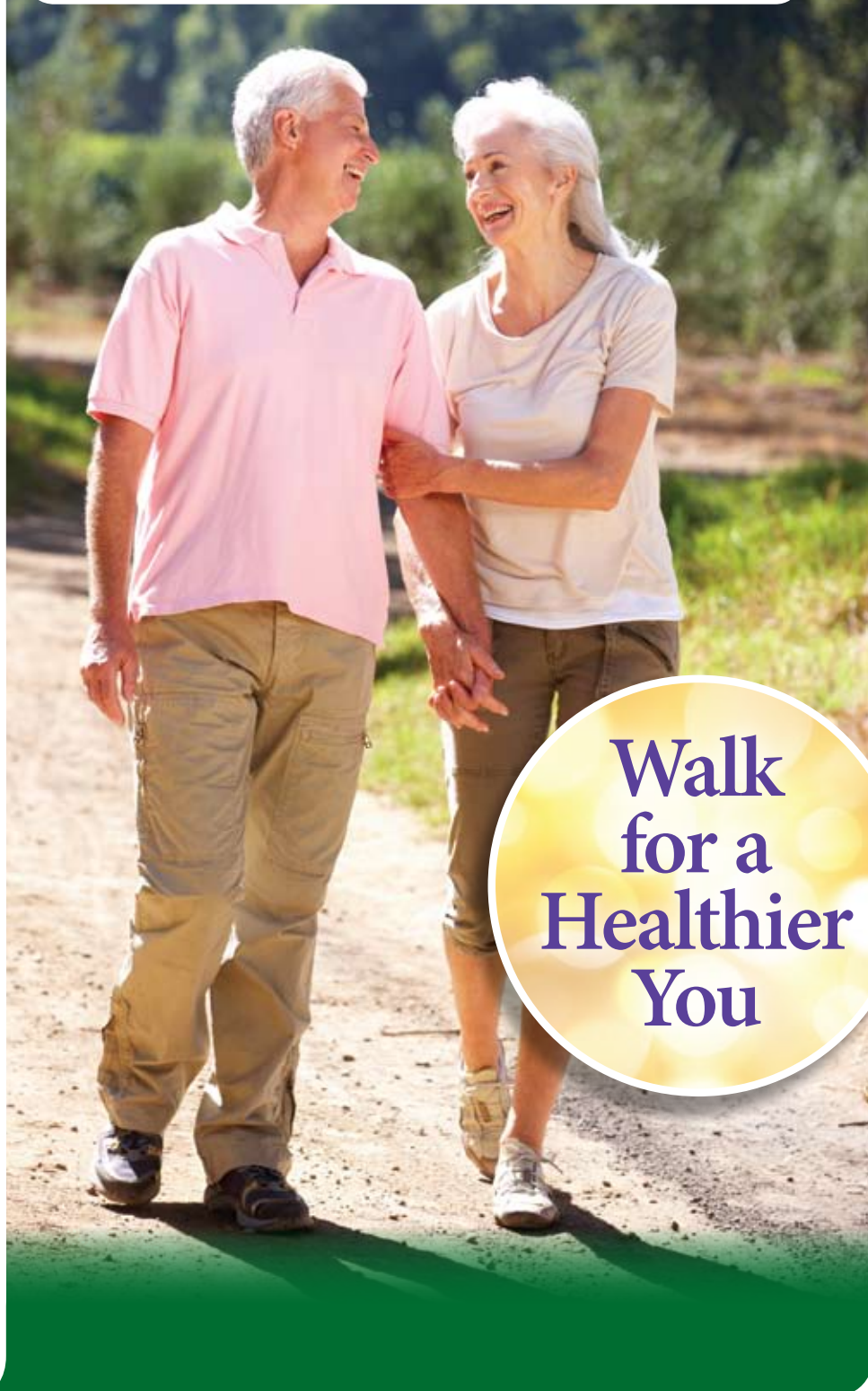


# SHARE Club Presents

Lee Memorial Health System



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Walk  
for a  
Healthier  
You



**Teresa Frank-Fahrner**

## Following My Own Advice

It's been eight weeks and counting—still not a habit, but I look forward to it and I feel a lot better.

My neighbor and I were talking one night about how we really needed to do something for ourselves, so we decided to start walking together. We agreed it

had to be in the morning, as the evenings were too hectic with getting dinner on, my children's homework and activities, and getting to bed at a decent hour. We decided to meet outside at 5:50 a.m. and take our brisk 30-minute walk. Some mornings, like the day I am writing this, I only had 20 minutes, so that is how long we walked.

For years, I have been providing each of you with lectures and class opportunities to lead healthier lives and I was standing on the sideline. Well, it was the encouragement and initiative of Lee Memorial Health System leadership and fellow employees that got me to join them in walking at noon that really gave me the boost. I feel better as I cheer my kids on at sporting events and chase my young son around.

Join me, and start walking or take an exercise class. We can encourage and support each other. If you have any questions on how to start an exercise program, please give me a call at 239-424-3298.

I'd like to wish a happy, healthy New Year to all!

## Arthritis Foundation Partners with Lee Memorial Health System

The pain of arthritis can be overwhelming, but for people living with the condition, Lee Memorial Health System and the Arthritis Foundation offer support and programs designed to help.

"Nationwide, 50 million people are affected by arthritis," says Barbara Carley Arthritis Foundation Florida Chapter vice president of chapter relations. "In Lee County alone, there are approximately 96,000 people who live with arthritis."

Barbara has lived with arthritis for 50 years, and helps people understand that having arthritis may mean adapting, but does not mean giving up activities one enjoys.

"Arthritis is treatable," she says. "Exercise is probably the key to feeling less pain, and by having a daily exercise regimen, people can live a better quality of life. Today, there are many new medications, treatments and physical therapies."

The Arthritis Foundation offers a support group, beginning Jan. 27 at Barkley Place. The group plans to add other meeting times and places.

For information on the support group, call 239-939-3553. Here are the Arthritis Aquatic programs available in Lee County:

### **Golfview Pool**

1865 Golfview Ave., Fort Myers  
9 a.m., Mondays and Wednesdays  
\$5 per session  
239-931-7026

### **North Fort Myers Community Pool**

5170 Orange Grove Blvd.,  
North Fort Myers  
11:30 a.m., Tuesdays and Fridays  
Free  
239-652-4520

### **Lehigh Acres Community Pool**

1400 5th Street W., Lehigh Acres  
1:15 p.m., Tuesdays and Fridays  
Free  
239-369-8277

### **City of Bonita Springs Pool**

26740 Pine Ave., Bonita Springs  
1:30 p.m., Tuesdays and Fridays  
Free  
239-947-1948

### **San Carlos Community Pool**

8208 Sanibel Blvd., Fort Myers  
11 a.m., Tuesdays and Fridays,  
June-August  
1:15 p.m., Tuesdays and Fridays,  
September-May  
Free  
239-267-6002

### **Sanibel Recreation Center**

3880 Sanibel-Captiva Road, Sanibel  
9 a.m., Mondays and Wednesdays  
Free with facility pass  
239-472-0345

### **Pine Island Community Pool**

10:30 a.m.  
Free  
Call 239-283-2220 for days the class  
is offered

**"Arthritis and You,"** featuring Barbara Carley, Arthritis Foundation Florida Chapter vice president of chapter relations.

10 a.m., Jan. 18, Calusa Harbor Senior Living, 2525 First St., Fort Myers

Topics include pharmacy, occupational therapy and living with arthritis. Program includes lunch.  
Reservations: 239-425-2239

**Arthritis Foundation Florida Chapter: 877-425-9997 (toll free)**

# 'One Patient, One Record'

Patients and family members, as well as caregivers, are often frustrated by having to repeat information in multiple health care settings. Now, Lee Memorial Health System has taken the next major step toward a system-wide patient record. The Lee Memorial Health System primary care practices and emergency departments, as well as Gulf Coast Medical Center, have converted to the nation's leading electronic health record (EHR) system. Most recently, Cape Coral Hospital launched the system on Dec. 1, 2011.

EHRs enable us to deliver high quality care in a more coordinated and efficient manner.

A great deal has been said about the advantages of EHRs— instant access to important information, elimination of duplicate paperwork and testing, cost saving capabilities and greater coordination of care. We know that some of our patients may feel leery about this new technology. For those who are concerned, please rest assured information is secure. In addition, a backup system will update daily in case of a system crash. Most importantly, we want our patients and the community to know that this technology is a vital step in our commitment to ensuring the safest, most efficient care.

EHRs are more than paper charts saved on a computer. They really are part of a comprehensive medical management system. Too often, patients and their families have to manage

records, compile notes and attempt to translate their health care to the next provider they see. With EHRs, the record follows the patient throughout the health system—from the physician's office to the emergency department to the hospital and other system entities. EHRs bring together medication information, lab results and imaging results, as well.



**Jim Nathan**

With the conversion to EHRs, our entire goal is to help our patients—through saving them time, reducing redundancies and improving coordination and safety of care. With EHRs in place, we believe our patients will have one less thing to worry about so they can focus on what's really important—getting better.

Peace,



Jim Nathan  
President  
Lee Memorial Health System

## Dine & Discover New Friends



### ***For SHARE Club Advantage and Plus members.***

Try new restaurants and make new friends with SHARE Club! Dutch treat. Call 239-424-3765 to make your reservations.

### ***Dine and Discover***

#### **Vapiano**

11:30 a.m., Jan. 17

Gulf Coast Town Center

9924 Gulf Coast Main St., #130, Fort Myers

#### **The Prawnbroker Restaurant and Fish Market**

4 p.m., Feb. 8

13451-16 McGregor Blvd., Fort Myers

# Calendar of Events

Unless otherwise noted, call 239-424-3765 to register for any of the programs below. You must register to attend these events.

## Thinking Creatively with Doug MacGregor

This three-week class will stretch your imagination and enrich your creative energy. Taught by local cartoonist, artist, children's book author and illustrator Doug MacGregor, Thinking Creatively will explore topics and exercises such as left/right brain dynamics, visualization techniques, health and humor, wordplay, doodling, and brain puzzles. We will draw, photograph, invent, show and tell, and brainstorm. Students will learn and expand their creative skills in new and exciting ways. Bring a pencil and a journal/notebook. The fee for the three-week class is \$20 for SHARE Club members, \$35 for nonmembers.

10-11:30 a.m., Jan. 9, 16, 23

Lee Memorial Hospital Volunteer Conference Room

3:30-5 p.m., Feb. 1, 8, 15

Cape Coral Hospital LIFE Center

## The Seven Habits of the Healthy, Wealthy and Wise

Presented by Northwestern Mutual Financial Network, this lecture covers how your money is affecting your health and well-being.

5 p.m., Jan. 17

HealthPark Medical Center Room 1A

## Collette Vacations Travelogue

Learn about the trips available exclusively to SHARE Club members.

2 p.m., Jan. 20

Cape Coral Hospital LIFE Center Room A

## BrainFitness Open House

Presentation and demonstration on Dakim BrainFitness.

10 a.m., Jan. 16, SHARE Club North, 5170

Orange Grove Blvd., North Fort Myers

## ABCs of Alzheimer's Disease

Presented by Emily Reese of the Alzheimer's Association. Refreshments provided by Stay at Home

10 a.m., Jan. 26

Cape Coral Hospital Auxiliary Conference Room

## Skin Cancer Screenings

Provided by Riverchase Dermatology. Held 9 a.m.-noon, no appointment necessary.

Jan. 31, HealthPark Medical Center Rooms 1A, 1B

Feb. 3, Cape Coral Hospital Auxiliary Meeting Room

Feb. 9, Lee Memorial Hospital Medical Staff Conference Room

## A.C. Moore - Making Memories Class

Learn about a variety of crafting ideas and scrapbooking and how to create your own scrapbook page for photos. Each participant will create one scrapbook page for free.

10 a.m., Feb. 9

A.C. Moore, 9370 Ben C. Pratt/Six Mile Cypress Parkway, Fort Myers

## Healthy Nutrition: Healthy by Choice

Developed by Loma Linda University, the Coronary Health Improvement Project is a healthy living program designed to substantially lower high levels of blood pressure, blood sugar, cholesterol and heartburn, and angina. Education with food sampling at each class. Call Cynthia Witter at 239-768-3203 for class dates and locations.

## Lunch and Learn

Complimentary for all Advantage and Plus members, \$6 for guests.

### The Aging Brain

Arden Courts  
Memory Care Community

Presented by Lee Memorial Health System geriatrician Michael Raab, M.D., who will discuss the various components of the brain and how age may affect it and what you can do to maintain your brain. Lunch to follow presentation, sponsored by Arden Courts.

10 a.m., Jan. 23

HealthPark Medical Center Rooms 1A, 1B

### Surgical and Nonsurgical Treatments for Neck and Back Pain

Presented by John Kimball, M.D., orthopedic surgeon. Lunch to follow presentation, sponsored by Stay at Home.

11:30 a.m., Feb. 23

Lee Memorial Hospital Auditorium



Stay at Home

## Mini Tennis Offers Fitness, Fun and Friendship

A less strenuous version of tennis is popping up at tennis centers throughout Lee County. Senior mini tennis is played on a smaller court with lighter racquets and special, low compression balls.

"Mini tennis—also known as Quickstart—was originally formatted for children younger than 10," explains Harriet Bohannon, executive director of the Lee County Community Tennis Association (LCCTA). "But, with 10,000 adults a day becoming eligible for Medicare, we thought it made sense to come up with a senior version of Quickstart. The United States Tennis Association (USTA) agreed and provided a grant for us to roll out the game in Lee County."

Harriet explains that LCCTA recruited three groups of seniors to test out mini tennis. "We have players who lack the stamina to play full-court tennis, but still enjoy the game," she says. "We also have players with orthopedic

problems so they like the slower bounce of the ball. The groups have found that mini tennis provides a great play experience, and a chance to be more active and meet new friends."

Betty Henderson and her husband have coached and played tennis for many years, but bad knees have kept Betty from being able to play full-court tennis. "I wanted to do something, so Harriet asked me to lead one of the test groups," Betty says. "Mini tennis is a lot more manageable; it is still great exercise, and it is fun and provides a great opportunity to socialize."

USTA is working with the LCCTA to create two game formats and rulebooks.

LCCTA is offering Senior Mini Tennis Free Play Days in the Parks Feb. 12-18. Each location sets its own schedule, so contact the park near you for more information or visit [www.leecountytennis.com](http://www.leecountytennis.com).



### Hancock Tennis Center

2211 Hancock Bridge Parkway, Cape Coral  
239-281-0126

TennisDirectorHancock@lccta.com

### Rutenberg Tennis Center

6500 South Pointe Blvd., Fort Myers  
239-603-4700

TennisDirectorRutenberg@lccta.com

### Three Oaks Tennis Center

18215 Three Oaks Parkway, Fort Myers  
239-898-7770

TennisDirectorThreeOaks@lccta.com

### Veterans Tennis Center

55 Homestead Road, Lehigh Acres  
239-603-4702

TennisDirectorVeterans@lccta.com

# Computer Classes for SHARE Club Members

The following is a list of upcoming classes:

- Beginner Computer Course
- Word Processing Course
- XP and Windows 7
- Print Shop Design and Address Book Course
- Internet and Email Course

- Windows 7 Housekeeping Course
- Understanding eBay Course
- Spread Sheet and Database Course

Computer classes are open to all SHARE Club Advantage and Plus members. Please call 239-424-3765 for more information or to register.

More information also is available at [www.LeeMemorial.org/ShareClub](http://www.LeeMemorial.org/ShareClub)



## Social Activities for Members

The events listed below are available to Advantage and Plus members.



### SHARE Club North

5170 Orange Grove Blvd., North Fort Myers  
To register for the events below, call 239-656-7760.

#### "Winter Wonderland" Dinner Dance

Menu includes baked ziti, salad, garlic bread and dessert. Entertainment provided by Al Holland. \$7 for members, \$10 for guests. Sponsored by Brookdale Senior Living and Right at Home. 6-9 p.m., Jan. 19

#### Tear It Up! Shred Party

Presentation on the do's and don'ts of organizing and shredding paperwork. No need to remove staples, paper clips or rubber bands. Limit four boxes. Refreshments will be served. Call 239-656-7760 to register. 9-11 a.m., Jan. 11

#### Cruise Night

Presentations from representatives of different cruise lines, massage therapy demonstrations, refreshments and chance drawings. Sponsored by Concierge Cruises. Call 239-656-7760 to register. 4-7 p.m., Jan. 24

#### Valentine Dinner Dance

Menu includes chicken chardonnay, long-grain wild rice, green beans, rolls and dessert. Entertainment provided by Two Live Wires. \$7 for members, \$10 for guests. Sponsored by Comfort Keepers and The Windsor of Cape Coral. 6-9 p.m., Feb. 9

#### Healthy Heart

Presentation by Jennifer Vargo, Lee Memorial Health System weight management dietitian, and a cooking demonstration by Calusa Harbour chef. 10 a.m., Feb. 15

#### Fashion Show by Stein Mart

Sponsored by Juniper Village and Right at Home. \$5 for members, \$7 for guests. Noon lunch, 1 p.m. show, Feb. 23

#### CarFit

Designed for older drivers, CarFit improves road safety by teaching you how to adjust your mirrors, good foot positioning on the gas pedal, and how closely to sit from the steering wheel. Sponsored by Right at Home and Brookdale Senior Living. Call 239-656-7760 to register. 8 a.m.-1 p.m., March 3

#### Movie Days

"Water For Elephants"  
Noon, Jan. 25  
\$2 for movie, popcorn and beverage  
"Monte Carlo"  
Noon, Feb. 22  
\$2 for movie, popcorn and beverage

#### Calusa Harbour Senior Living

2525 East First St., Fort Myers  
To register for the events below, call 239-425-2239.

#### Arthritis and You

Featuring Barbara Carley, Arthritis Foundation Florida Chapter vice president of chapter relations, topics include pharmacy, occupational therapy and living with arthritis. Program includes lunch. Call 239-425-2239 to register. 10 a.m., Jan. 18

#### Shell Point Assisted Living Open House and Health Fair

Personally guided tours will offer a glimpse into the lifestyle of assisted living, and informational presentations will provide answers to any questions you may have about assisted living services. Call 249-454-2077 to register for this free event.

10 a.m.-3 p.m., Jan. 7  
Country Inn & Suites, 13901 Shell Point Plaza, Fort Myers

#### Shell Point Home and Garden Show Open House

Enjoy beautiful garden tours, community and model tours, live entertainment, synchronized swimming show, craft bazaar, farmer's market, model train room display, refreshments, chance drawings, demonstrations, a health fair, and boat ride tours around The Island at Shell Point. Trams, buses, and golf carts will provide transportation to all events and locations throughout the community. Call 239-466-1131 for more information.

10 a.m.-3 p.m., Feb. 23  
Shell Point Retirement Community, Fort Myers



#### Grand Court Retirement Community

8351 College Parkway, Fort Myers  
To register for the events below, call 239-656-7760.

#### Movie Days

"Water For Elephants"  
1 p.m., Jan. 23  
"Monte Carlo"  
1 p.m., Feb. 20



## Fitness for Your Brain

Studies show that challenging the brain with frequent cognitive stimulation decreases the risk of dementia by more than 60 percent. Through the Dakim BrainFitness program, now available at SHARE Club North, this type of regimen is easily accessible.

Unlike other brain games, Dakim BrainFitness offers a structured system of exercises designed to help you work a range of cognitive areas, including short-term memory, long-term memory, language, computation, visuospatial orientation and critical thinking.

Jane Stevens has been using the program since June, and tries to “play” at least four times a week. “It is a lot of fun,” she says. “I’ve learned how to remember names by association and words by making up a story. It has helped with my observation skills and with remembering dates.”

Through the use of the program, Jane has become inspired to purchase logic books and Sudoku puzzles. “I always had trouble with math,” she says. “I like that this program challenges me.

Sometimes, it can be frustrating when I get a lower score, but I look forward to playing again so I can bring my score back up.”

At age 77, Jane’s goal is to remain mentally alert. That is the objective of the Dakim BrainFitness program. If you are interested in learning more about the program or to sign up, call 239-424-3758.

Dakim BrainFitness is available to all SHARE Club Advantage/Plus members for \$10 per month or \$25 for three months. Members receive an individual profile that challenges them based on their abilities.

### **BrainFitness Open House**

Presentation and demonstration on Dakim BrainFitness.

Call 239-424-3765 to register.

10 a.m., Jan. 16

SHARE Club North, 5170 Orange Grove Blvd., North Fort Myers

## Improve Your Brain Health

MindSet is a series of six classes that help exercise your brain, create healthy habits and improve communication. The classes are based on clinical research that has shown that certain kinds of brain exercises may help individuals function better over time.

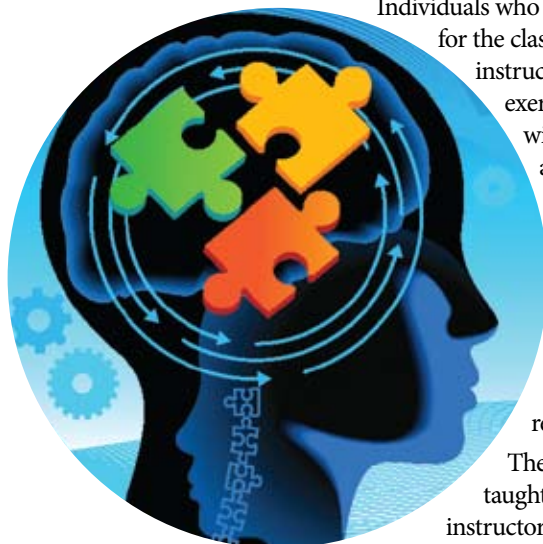
The classes are designed for individuals with early stage dementia or mild cognitive impairment. Individuals will be interviewed before the class begins to ensure that they are likely to benefit.

offers tools for both the person with memory impairment and the care partner to develop thinking strategies that could help to improve/maintain function over time.

### **The classes and classroom materials are free.**

The classes will be 90 minutes in length and will include:

- Specific brain exercises that have been tested and shown to help with brain function
- Tools for organizing information and daily activities
- Strategies to improve communication and support
- Opportunities to learn and meet others dealing with memory issues



Individuals who are selected for the class will receive instruction on brain exercises that they will practice with a care partner. Care partner participation, such as a family member or friend, is highly recommended.

The classes are taught by trained instructors. Each class

**Classes are held at:  
Lee Memory Care  
2776 Cleveland Ave.  
Fort Myers, FL 33901  
For class dates and locations,  
call 239-343-2857**

# Want to get moving with SHARE Club Advantage and Plus Members?

To register, call 239-424-3765 unless otherwise noted.

## Tai Chi

HealthPark Medical Center Atrium, fourth floor  
Tuesdays, 11 a.m.  
Six-week courses are \$40 and Tai chi classes start every six weeks

## Yoga

HealthPark Medical Center, Room 201  
Wednesdays, 5:30 p.m., \$5 per class  
Other locations available.  
Call 239-424-3765.

## Line Dancing

The Palms  
2674 Winkler Ave., Fort Myers  
Thursdays, 1 p.m., \$2 per person

## Sit and Be Fit

Group Exercise at the Wellness Centers  
Fort Myers  
239-418-2000  
Cape Coral  
239-573-4800



## Travel Opportunities for Advantage and Plus Members

### CI Travel - Trendy Tours 877-597-2961

**Feb. 3** – Shop 'Til We Drop at Sawgrass Mills and Festival Marketplace. Includes round-trip transportation, discount coupons for Sawgrass Mills and Festival Marketplace. You choose—spend all day at Sawgrass Mills with hundreds of outlets or spend a half-day at upscale flea market Festival Marketplace and a half-day at Sawgrass Mills. \$55 pp

**Feb. 16** – Historic Tampa with lunch. Includes round-trip transportation, tour of the historic Ybor City area including the Ybor City Museum, lunch at Spaghetti Warehouse, housed in a former cigar factory. \$79 pp

**March 1** – Ringling Museum of Art tour and lunch. Includes round-trip transportation, admission to Ringling Estate—including the world famous art museum, Ca' d'Zan Mansion, Circus Museum and Mable Ringling's Rose Garden—plus lunch at Banyan Café. \$89 pp

**March 8** – Lion Country Safari in West Palm Beach. Includes round-trip transportation, guided riding tour of the safari, time for lunch on own and live attractions. \$79 pp

**March 14** – Marie Selby Botanical Gardens tour and lunch. Includes round-trip transportation, tour of more than 6,000 orchids and 20,000 bromeliads in gardens and greenhouse, lunch at gardens. \$79 pp

**March 22** – OPA! Tarpon Springs, A Day In Greece. Includes round-trip transportation, visit to St. Nicholas Cathedral, authentic Greek lunch at Hella's, sponge-diving boat tour. \$85 pp

### Concierge Cruises 239-772-1840

Please call for additional cruise opportunities available.

**May 5** – Carnival Cruise Line Freedom Southern Caribbean cruise from Fort Lauderdale to Grand Turk Island; Dominican Republic; Aruba; Curacao, return to Fort Lauderdale. Eight days. Prices start at \$734 ppdo for interior stateroom.

**June 29** – Alaska Southbound cruise with four night precruise excursion from Alaska Cruise Tour. Please call for details. Seven nights. Prices start at \$2,289 ppdo for interior stateroom.

**Sept. 7** – Norwegian Cruise Line Sky Bahamas "Cruise for a Cause" from Miami to Great Stirrup Cay, Nassau; return to Miami. Three days. Prices start at \$499 ppdo for interior stateroom.

### Collette Vacations 239-424-3765

**August 2012** – Northern National Parks. Includes eight days and 11 meals. Explore Salt Lake City; Montpelier; Jackson, Wyoming; Blackfoot; Pocatello; Grand Teton National Park; Yellowstone; and more. Prices start at \$2,149 ppdo, including airfare from Florida.

**Oct. 30** - Irish Splendor. Includes eight days and nine meals with an activity level of two out of five. Visit Dublin, Killarney, Dingle Peninsular, Cliffs of Moher, Cong and more. Prices start at \$2,699 ppdo, including airfare from Florida.

**Nov. 15** – Italia Classica. Includes nine days and eleven meals. Tour Rome, Florence, Mogliano, Venice, Milan and more. Prices start at \$2,949 ppdo, including airfare from Florida.



## LEE MEMORIAL HEALTH SYSTEM

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

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For more information on Older Adult Services, call **239-424-3765**

**Web site:**  
[www.LeeMemorial.org/OAS](http://www.LeeMemorial.org/OAS)  
**Email:** SHARE-Club@LeeMemorial.org

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## LEE MEMORIAL HEALTH SYSTEM

### SHARE Club

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**SHARE Club's membership program is designed to bring you more events and benefits for only \$10 a year!**

## Benefits of Joining SHARE Club Advantage

- Community discount program
- \$5 coupon for a computer class
- 20 percent discount in gift shops
- 20 percent discount in cafeterias
- Health screenings and lectures
- Group exercise
- Travel opportunities
- Free Lifeline medic alert enrollment (\$50 value)
- Lifelong learning classes
- \$4 water aerobics classes at Cypress Lake Pool (with \$10 pool pass)
- Social opportunities

## How to Join

You can pay your \$10/person annual membership fee at the SHARE Club office at Cape Coral Hospital by credit card, by cash or check at any of our classes or you can mail a check with the application form below to this address:

**Lee Memorial Health System  
SHARE Club  
P.O. Box 2218, Fort Myers, FL 33902**

Once you join, you will receive a new membership key tag, as well as a list of SHARE Club Advantage benefits. For more information, contact SHARE Club at 239-424-3765.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Date of Birth \_\_\_\_\_

I have enclosed cash or check in the amount of \_\_\_\_\_

To pay by credit card, please call us at 239-424-3765.

 **Please cut out application and mail in.**