

SHARE Club Presents

Lee Memorial Health System

SHARE Club Holiday Party

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Celebrate the holidays with us. Make new friends, win door prizes, and sing along and tap your toes to your favorite holiday songs. Prime rib dinner with scalloped potatoes, vegetable medley, mandarin salad, rolls and a delectable dessert. Co-sponsored by Brookdale Senior Living and Right at Home. \$10 for SHARE Club Advantage/Plus members, \$15 for guests. Call 239-424-3765 to register.

11 a.m. entertainment, noon lunch

Dec. 2 at Cape Coral Hospital Auxiliary Meeting Room

Dec. 6 at Gulf Coast Medical Center Community Room



Discover Your Purpose

“Success is not what you gain in life or what you accomplish—it’s what you do for others.” One of my volunteers gave me this quote on a piece of paper and I have it taped to my desk.

Teresa Frank-Fahrner About a year ago, another one of my volunteers attended seminars on improving self-esteem and she approached me and asked me to answer some survey questions. One of the questions was, “What do you want people to say about you at your funeral?” I want them to know how much I loved my

children and family. Then she asked, “What do you want to be remembered for?” I hope people remember that I care about people and I was always willing to help. My volunteer probed a little more and said, “Yeah, but what do you want to accomplish in life?” I said, “To be a good mother, wife, friend and daughter.” She looked at me and said, “But you could be remembered for so much more.” I looked at her and thought, “When it comes down to life and your accomplishments, what could be more important than a life of loving and helping others?”

Now it’s your turn to answer: what do you want to be remembered for?

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.

Shrimp Shack
756 Pine Island Road SW,
Cape Coral
11:30 a.m., Nov. 17

Bahama Breeze
14701 S. Tamiami Trail,
Fort Myers
11:30 a.m., Dec. 14

Confidently Manage Your Diabetes

Whether you are a patient in the hospital or attending sessions in a classroom, Lee Diabetes Care can help you manage your diabetes. Certified diabetes educators work with your physician to develop an individualized management plan to improve life today and reduce the risk of complications

Learn how to:

- Design a meal plan that fits your lifestyle
- Develop a realistic exercise program
- Manage your medications
- Monitor your blood glucose
- Plan for lifelong learning and support for your diabetes care
- And much more

For more information, call 239-424-3120.

Diabetes Awareness Luncheon

Presented by Lee Memorial Health System diabetes nurse educator Sharon Kripinsky, who will teach you about living with and managing your diabetes. Includes lunch at 11 a.m. Call 239-424-3765 to register.

10 a.m., Nov. 15
Gulf Coast Medical Center
Community Room



Diabetes Classes Offer Education and Support

Diabetes is becoming more prevalent each year. If not properly managed, it can lead to serious health problems such as heart disease, stroke, kidney disease, blindness or nervous system disease. When you consider missed work, doctors' appointments, prescriptions and the risk of early death, diabetes is an expensive condition.

With diabetes, our bodies no longer allow us to cheat on following a healthy diet. In fact, maintaining a healthy weight, eating right, exercising and not smoking can significantly reduce your risk of developing diabetes. Patients diagnosed with the disease can control it through education, diet, exercise, medication and support from family, friends and their health care team.

According to the American Diabetes Association, 25.8 million children and adults in the United States have diabetes—18.8 million have been diagnosed and 7 million are undiagnosed. Another 79 million people have prediabetes, meaning their blood glucose levels are higher than normal but not yet high enough to be diagnosed with diabetes.

Tom Igel, a 77-year-old Fort Myers resident, was diagnosed with diabetes in 1997. He was living in Michigan at the time and took a diabetes self-management class at a hospital in Detroit. "Looking back, I think I was prediabetic for a long time but I was in denial when I got the diagnosis," Tom shares. "I took the class so I would know how to take care of myself and I quickly learned to always follow the doctor's orders."

Years later, Tom inquired about taking another diabetes class. Now a seasonal resident, his primary care physician referred him to the Lee Health Solutions diabetes self-management class. "Things change and I want to be up-to-date on treatment options," Tom says. "I've changed medicines a few times, I've lost weight and I try to exercise. Thankfully, I don't have glaucoma or trouble with my eyes, no kidney problems and a little neuropathy, but nothing advanced. My diabetes is under control, but my goal is to keep working and try to get off the medication. I think it's possible—anything is possible—and it's nice to know that I have the support of my doctor and the diabetes care team at Lee Health Solutions should I need them."

It is important to find out if you are at risk for developing diabetes. For more information, call Lee Health Solutions at 239-424-3120. Get checked, know your risk and take care of yourself.

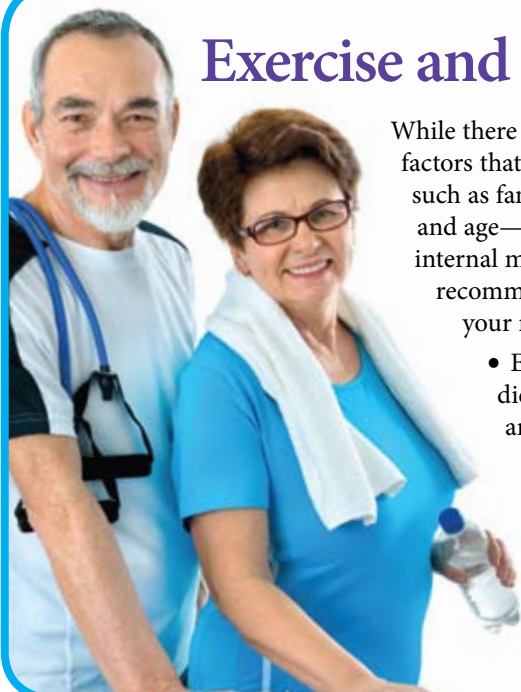
Peace,



Jim Nathan
President
Lee Memorial Health System



Jim Nathan



Exercise and Diet Key to Diabetes Prevention

While there are some diabetes risk factors that cannot be changed—such as family history, ethnicity and age—Aldith Lewis, D.O., internal medicine physician, has recommendations for reducing your risk.

- Eat a healthier, balanced diet—low in carbohydrates and fat and high in fiber.
- Increase physical activity to 30 minutes, five days per week.
- Lower blood pressure to less than 130/80.

- Lower triglycerides to less than 150—this can be done by eating a low-cholesterol, low-fat diet and increasing physical activity.
- Take 1,200 mg of calcium and 800-1,000 mg of vitamin D every day.

Dr. Lewis also recommends that you regularly visit your physician to review your risk factors to determine the best plan of prevention.



Aldith Lewis, D.O.
Lee Physician Group
9131 College Pointe Court
Fort Myers, FL 33919
239-343-9100

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.

Should Your Loved One be Driving?

Elder law attorney Lance McKinney and Lee Memorial Health System occupational therapist Mark McKenzie will discuss how to determine if your senior loved one still should be behind the wheel, and will help you weigh the risks and benefits of freedom for seniors. To register, call 239-791-0905.

Nov. 8

9:30-11 a.m., Gulf Coast Medical Center Community Room

2-3:30 p.m., Cape Coral Hospital Auxiliary Meeting Room

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, brain puzzles, creative rhythm and flow, mind's eye perspective, and examining the design and wonder of nature. We will draw, photograph, invent, show and tell, and brainstorm. Lunch is provided. Bring a pencil and a journal/notebook. The fee for the three-week class is \$20 for SHARE Club members, \$35 for nonmembers.

Noon-2 p.m., Nov. 8, 15 and 22

Attention Veterans and Spouses

Aid and Attendance: What is it and how does it work?

This is one of the least known and most beneficial benefits you may qualify for as part of a veterans benefit. Presented by Joseph Jekel, Legacy One Financial president, an accredited veterans claims agent who specializes in planning and addressing long-term financial concerns.

2 p.m., Nov. 10

Cape Coral Hospital Auxiliary Meeting Room

Living Well with Diabetes

Presented by Dr. Salvatore Lacagnina, Lee Memorial Health System vice president of health & wellness.

4 p.m., Nov. 16 at Wellness Center of Cape

Coral. Call 239-573-4800 to register.

11 a.m., Nov. 17 at Lee Center for Rehabilitation & Wellness. Call 239-418-2000 to register.

Healthy Nutrition: Empowering You to be Healthy by Choice, Not Chance

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.

6-8 p.m., Dec. 5, 7, 12 and 14

Cape Coral Hospital LIFE Center Room A

Lunch and Learn

Diabetes Awareness Luncheon

Presented by Lee Memorial Health System diabetes nurse educator Sharon Kripinsky, who will teach you about living with and managing your diabetes.

Includes lunch at 11 a.m.

10 a.m., Nov. 15

Gulf Coast Medical Center Community Room

Men's Health Open Discussion

Presented by Dr. Barry Blitz of Florida Urology, this discussion will cover men's health topics—from erectile dysfunction to prostate surgery.

8:30 a.m. breakfast, 9 a.m.

discussion, Nov. 14

HealthPark Medical Center Room 1A

Seek Help When Looking for Medicare Answers

The Medicare system is complex, leaving many wondering what it covers and which health expenses they will have to pay for out of pocket.

"Many people are confused by the skilled nursing benefit, mostly because we have nursing homes that provide both skilled nursing/rehabilitative care and custodial care so it might not be clear why one stay is covered and another is not," says Coleen Bronson, Lee Memorial Health System director of care management.

Skilled nursing or rehabilitative care is provided with the expectation that the patient will get better and return home. A lower level of care at home may be offered for a time through Medicare home health care. Custodial care—where assistance is required with bathing, dressing, toileting and feeding with no expectation of returning to independent living—is not covered through Medicare. This is when a long-term care policy takes effect, if you are fortunate enough to have one.

Medicare has four parts: A, B, C and D.

- Part A covers inpatient hospital care, skilled nursing care and hospice.
- Part B covers physician fees and outpatient hospital visits.

- Part C is Medicare Advantage, which allows you to choose to receive services through a provider organization. Some medical services may cost less, or you may get extra benefits under certain plans. You must be enrolled in Parts A and B to qualify. Choosing this option may result in limits regarding which physicians you can see or where you can go for your care.
- Part D covers prescription drugs. It is voluntary, so you must decide if it is beneficial for you to opt in.

Medicare coverage applies to people older than age 65 and those of any age who live with ALS, kidney failure or have received disability benefits for two years.

Many seniors choose to add supplemental insurance to their Medicare benefits as a way to complete their coverage, in case of an extended hospital stay or long-term illness.

"This is a very personal choice, and you should consider your financial resources and your general health," Coleen says.

"Co-pays can add up for someone with ongoing health issues or a traumatic event. It would be a wise investment for most beneficiaries."

For more information on Medicare coverage, call 239-424-2551 or go to www.SocialSecurity.gov

SHARE Club Holiday Party

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**11 a.m. entertainment,
noon lunch**

**Dec. 2 at Cape Coral Hospital
Auxiliary Meeting Room**

**Dec. 6 at Gulf Coast
Medical Center
Community Room**



Social Activities for Members

The events listed below are available to Advantage and Plus members. To register, call 239-656-7760.

Fifth Annual Family Health and Safety Fair

10 a.m.-1 p.m., Nov. 5
Wellness Center of Cape Coral

This year, the fair's theme "Hats Off to Our Heroes" features a blood drive, canned food drive, demonstrations by members of local police, fire and emergency crews, and free fingerprinting. People who attend are eligible for free chair massage, prizes and food. The canned food drive will benefit local homeless military veterans, and the public can donate items for deployed troops.



SHARE Club North

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

Fall Dinner Dance

Dine with friends and dance to the music of Rick Norris. Sponsored by Calusa Harbor.

\$7 for SHARE Club members, \$10 for nonmembers.

6-9 p.m., Nov. 17

Holly Jolly Cheer Dinner Dance

Dine with friends and dance to the music of Buddy Smith. Sponsored by NurseCore. \$7 for SHARE Club members, \$10 for nonmembers.

6-9 p.m., Dec. 13

Movie Days

Noon, Nov. 16
"Something Borrowed"

\$2 for movie, popcorn and beverage

Noon, Dec. 14
"Beverly Lewis"
\$2 for movie,
popcorn and
beverage



Calusa Harbour Senior Living

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

Hors d'Oeuvres on the River

Join us for an afternoon of relaxation on the river. Enjoy live entertainment on the lanai overlooking the beautiful Caloosahatchee River. The staff will serve you a sampling from the executive chef's specialty menu.

3:30-5 p.m., Nov. 10

Decor and Dessert at Calusa

Join us for a tour of lights. During the holiday season, we share our home with you. Each room of the community is tastefully decorated and at the end of your tour, we invite you to stay with us for some delicious desserts prepared by our very own baker.

1-2:30 p.m., Dec. 15

Grand Court Retirement Community

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

Movie Days

"Something Borrowed"

1 p.m., Nov. 14

"Beverly Lewis"

1 p.m., Dec. 12

Exercise Your Brain to Maintain Your Memory

Every 71 seconds, a senior citizen is diagnosed with Alzheimer's disease. The dementia caused by Alzheimer's is a severe threat to one's quality of life. In order to slow down the onslaught of Alzheimer's, adults are encouraged to engage in a dedicated brain fitness program to keep their "mental muscles" in good shape.

After his father's 13-year struggle with Alzheimer's, Dan Michael developed a program to provide activities targeted for the brain. The program—called Dakim BrainFitness—can significantly reduce the risk of dementia by stimulating six different cognitive areas of the brain, including:

- Short-term memory
- Long-term memory
- Language
- Computation
- Visual and spatial orientation
- Critical thinking

Consistent, long-term participation in such activities has been shown to reduce the risk of dementia by as much as 60 percent.

We offer the Dakim BrainFitness program at our SHARE Club North facility. The program 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. Please call 239-424-3758 for more information or to sign up.



Diagnosis of Memory Loss and Care for Loved Ones

Memory loss can be puzzling, many times leaving families feeling helpless and unsure of where to turn. The specialists at Lee Memory Care provide evaluation, treatment, family counseling and community outreach for those affected by memory loss. Neurologist Douglas Newland, M.D.; geriatrician Michael Raab, M.D.; neuropsychologist Tanja Mani, Ph.D.; and case manager Michele Keeler work collaboratively and conduct a range of tests in order to make a precise diagnosis.

If and when an individual is diagnosed with dementia or early stage Alzheimer's, a wealth of resources becomes available, including:

- Support groups – for both patient and caregiver(s)
- Adult day care
- Assisted living
- Meal assistance
- Support with finances, legal matters
- Medication management



When 85-year-old Ruthe's husband was diagnosed with Alzheimer's at the age of 78, he received the care and treatment he needed through Lee Memory Care. But Ruthe wanted help, too.

"The doctors explained how to best care for my husband, but I needed to know how to care for myself, too," she says.

Ruthe enrolled in "Powerful Tools for Caregivers"—a free, educational program designed to help family caregivers take care of themselves while caring for a relative or friend. The class meets for six, 90-minute sessions at various locations throughout Lee County. For more information, call 239-343-2751.

To schedule a free memory screening, call 239-343-2634.

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

Tai Chi

HealthPark Medical Center Atrium, fourth floor
Tuesdays, 11 a.m.
Six-week courses are \$40 and start Nov. 29 and repeat every six weeks.
Call 239-424-3765 to register.

Yoga

HealthPark Medical Center, Room 201
Wednesdays, 5:30 p.m.
\$5 per class
Center for Spiritual Living
406 SE 24th Ave., Cape Coral
Wednesdays, 10:30 a.m.
\$5 per class

Line Dancing

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

Sit and Be Fit

This group exercise class is offered at both Wellness Centers, and is perfect for those with limited mobility.
Fort Myers
239-418-2000
Cape Coral
239-573-4800

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 E-bay 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



Travel Opportunities for Advantage and Plus Members

CI Travel 877-597-2961

Jan. 25 – Ringling Museum of Art tour and lunch. Includes roundtrip 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

Feb. 3 – Shop 'Til We Drop at Sawgrass Mills and Festival Marketplace. Includes roundtrip 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 day at Sawgrass Mills. \$55 pp

Feb. 16 – Historic Tampa with lunch. Includes roundtrip 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

Feb. 27-March 1 – Three-night tour to Savannah. Includes roundtrip transportation, three nights at the award-winning Holiday Inn Express Historic District, nine meals (four breakfasts, two lunches, three dinners including lunch at Paula Deen's The Lady & Sons), guided riding and walking tour of historic Savannah, Tybee Island tour, famous island lighthouse tour, live music at the Savannah Theater, and more. \$599 ppdo, \$799 single



Concierge Cruises 239-772-1840

Jan. 5-7 – Celebrity Millennium, two-night Bahamas cruise from Miami to Nassau, Bahamas; return to Miami. Prices per person: interior stateroom \$179, ocean view stateroom \$204, balcony stateroom \$264, taxes \$70.61, gratuities \$23

Feb. 13-18 – Royal Caribbean Liberty of the Seas, five-night Western Caribbean cruise from Fort Lauderdale to Labadee, Haiti; Falmouth, Jamaica; return to Fort Lauderdale. Prices per person: interior stateroom \$429, ocean view stateroom \$529, balcony stateroom \$599, taxes \$101.16, gratuities \$58.25

Feb. 25-28 – MSC Cruises Poesia, three-night Bahamas cruise from Miami to Nassau, Bahamas; Key West; return to Miami. Prices per person: interior stateroom \$199, ocean view stateroom \$269, balcony stateroom \$349, taxes \$58, gratuities \$36

Collette Vacations 239-424-3765

March 21 – Discover French Riviera. Eight days, includes 10 meals, roundtrip air transportation from RSW, air taxes and fees/surcharges of \$280. \$3,054 ppdo, \$3,454 single

April 19-28 – British Landscapes: England, Scotland and Wales. Ten days, includes 13 meals, airfare from RSW, air taxes and fees/surcharges of \$220, hotel transfers. \$3,199 ppdo, \$3,649 single

April 27 – Dutch and Belgian Delights. Eleven days, includes 14 meals, roundtrip air transportation from RSW, air taxes and fees/surcharges of \$150, hotel transfers. \$3,899 ppdo, \$4,599 single



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
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.**