

SHARE Club Presents

Lee Memorial Health System

In This Issue

- Retirees Demonstrate Wisdom, Volunteerism..... 2
- Dine and Discover New Friends..... 2
- Improving Services to Better Care for our Community..... 2
- Engaged Community Lessens Budget Cut Blow 3
- Nurse Navigators Ease Cancer Journey 3
- Calendar of Events..... 4
- Social Activities for Members 5
- Computer Classes Help Novice Become a Regular User 5
- Sunshine Ambassadors Provide Grandparents Pediatric Health Care Information 6
- Treat Chronic Pain with Neurostimulation 6
- Get Moving 6
- Caregivers Corner 7
- Travel Opportunities 7
- Membership Information..... 8



**Caring
For Each
Other
Issue**



Teresa Frank-Fahrner

Retirees Demonstrate Wisdom, Volunteerism

Recently, I had a very large project to complete, and part of it was assembling nearly 9,000 training kits. Time was an issue; we had two weeks to complete the assembly part of the project. I had

experts on assembling advise me on the most efficient way to complete the job and I was informed that they did not feel that a team of volunteers could complete the project in two weeks. In the back of my mind, I thought I would be setting up camp with my kids and all their friends on that final weekend to get the job done on time.

I sent a plea out to my team of SHARE Club volunteers, and you could have knocked me down with a feather at the

response of volunteers who showed up, not only one day but some were there almost every day. This team—and I do mean team—of volunteers completed this very large task of assembling these kits in just over six days. As the task came to completion and I got up to thank this incredible group of people, I broke down.

What inspired me the most was that in this group were retired engineers, doctors, nurses, teachers and company presidents. The youngest was probably 65 years old and the oldest was 98. When you walk among the younger generations, you should be proud of who you are and what you have accomplished and will continue to accomplish. Your generation continues to teach us about teamwork, commitment and loyalty. You are an incredible generation and our most valuable resource.

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.

The Good Eats Company
4432 Hancock Bridge Parkway between SE 24th Ave. and Orange Grove Blvd.
North Fort Myers
11:30 a.m., Sept. 21

Joe's Crab Shack
2024 W. First Street
Fort Myers
4:30 p.m., Oct. 20

Improving Services to Better Care for our Community

The North Fort Myers Lee Convenient Care, located at 13279 N. Cleveland Ave., closed in August, and reopens in September as the Lee Physician Group North Fort Myers United Way House. The new clinic will serve uninsured and underinsured adults in the North Fort Myers community with basic health care and management of long-term health issues.

“By closing Lee Convenient Care, we were able to make some additions and reorganize the staff,” says Mark Atkins, Lee Memorial Health System director of primary care services. “We hope to be able to manage care in the community before letting health problems progress to the point where patients need to visit the emergency department.”

This new clinic now offers six exam rooms and basic radiology services, and Lee Memorial Health System will staff the location with a nurse practitioner—who works under the direction of a physician—a medical assistant; and several staff members who work in support roles.

The clinic is designed for adult patients who need to manage long-term health conditions or need nonemergency care. The new clinic is similar to the Lee Physician Group Dunbar United Way House in Fort Myers. That clinic opened in May and has already served a number of local residents.

Lee Physician Group North Fort Myers United Way House
13279 N. Cleveland Ave., North Fort Myers, FL 33903
Phone: 239-997-9733
Hours: 8 a.m.-5 p.m., Monday-Friday

Engaged Community Lessens Budget Cut Blow

With the state of Florida facing a budget deficit of nearly \$4 billion, it has been a year of great legislative and financial challenges with significant implications for the health of our community. The greatest pressures centered on Medicaid funding.

In early May, the Florida legislature finalized and passed a compromised Medicaid budget that kept important funding, including the Medically Needy and Aged/Disabled, but included a 12 percent rate cut for hospitals.

While the cut is significant, quick action, support and advocacy from our community made a difference, and we appreciate the efforts. With your help, and that of our representatives in the Florida Hospital Association, the Safety Net Alliance of Florida and our local legislative elected state delegation, our potential losses were cut by more than half.

We now are facing reimbursement reductions—Medicaid, Low Income Pool funding and other reductions—amounting to approximately \$18 million annually. These funding reductions come at a time when only one-fifth of hospitalized patients in our community are commercially insured. The vast majority of patients are in programs that do not cover the costs of care—Medicare, Medicaid and uninsured.

Although the reductions—which went into effect July 1—directly affect Medicaid reimbursement, we understand that everyone will be affected by these changes. Last year, our Medicaid shortfall was \$36.4 million. This year, it will be even greater with more patients and less reimbursement. We have made up for these shortfalls in the past and will have to find ways to do so in the future in order to continue to provide the safety net for our community. This is not a temporary change—but, we know that our patients rely on us to provide quality, compassionate, lifesaving care...that will not change.

We appreciate your efforts in supporting us in our advocacy and grassroots efforts. Together we made a difference.

Peace, *Jim*

Jim Nathan
President
Lee Memorial Health System



Jim Nathan

Nurse Navigators Ease Cancer Journey

Regional Cancer Center provides dedicated prostate and breast cancer nurses

Prostate Cancer

As a nurse navigator, Laurie Wise, RN, MSN, works with patients with colon, rectal or prostate cancers who are receiving treatment at the Regional Cancer Center.

Prostate cancer is the third most common cause of death from cancer in men of all ages, and the most common cause of death from cancer in men older than 75. Prostate cancer rarely is found in men younger than 40. Current prostate cancer screening guidelines suggest that men work with their physicians to determine how soon and often they need to be screened.

“The PSA blood test is often done to screen men for prostate cancer,” Laurie says. “Because of PSA testing, many prostate cancers are now found before they cause any symptoms.”

Physicians highly recommend PSA measurement and rectal exams for men every year, beginning at age 50.

Breast Cancer

Like Laurie, Tammy Zinn, RN, helps newly diagnosed cancer patients and their families with education, support, access to financial assistance, and information about the disease and treatment options. One of the health system's two breast cancer nurse navigators, Tammy recommends regular screenings for breast cancer.

Tammy says that experts recommend women receive clinical breast exams and screening mammograms every year, starting at age 40. Women at high risk should discuss individual risk factors with their health care providers because screening recommendations will be based on their individual risk factors.

A multidisciplinary breast clinic at Lee Memorial Health System makes the treatment process as streamlined as possible.

1. After a new diagnosis, a patient is encouraged to contact one of the breast cancer nurse navigators.
2. The navigators will schedule one appointment during which the patient can meet with an oncologist, surgeon and radiation oncologist. Each physician spends 30-40 minutes with the patient in a warm and caring environment.
3. After meeting with all three physicians, the patient is treated to a complimentary lunch while the physicians meet with a navigator, pathologist, radiologist, genetic counselor, and—if necessary—a plastic surgeon and oncology clinical pharmacist. Using National Comprehensive Cancer Network guidelines, the group determines the best plan of care for this specific patient.

4. The navigator explains the plan of care to the patient, and the patient can go home to discuss the plan with her family.

“This process helps the patient make an informed decision about her treatment,” Tammy says. “We will help her schedule her surgery and any follow-up appointments with the surgeon and other physicians.”

As with all cancers, individuals with a family history should talk to their physicians about early or additional screenings.

Prostate Cancer Support Group

Time and Date: 3-5 p.m., second Wednesday of each month

Location: Regional Cancer Center
8931 Colonial Center Drive, Fourth Floor
Conference Room

For More Information: Call Laurie Wise at 239-343-9502

Women's Cancer Support Group

Time and Date: 2:15-3:45 p.m., first and third Tuesdays of each month

Location: Regional Cancer Center
8931 Colonial Center Drive, Fourth Floor
Conference Room

For More Information: Registration is required. Call Marie Hepp at 239-343-9511

Social Activities for Members

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

SHARE Club North

5170 Orange Grove Blvd., North Fort Myers

Grandparent's Day Celebration

Enjoy a complimentary lunch and live entertainment with Calusa Harbour. Choice of prime rib or chicken marsala. 10:30 a.m. bus pickup from Lee Memorial Hospital. Sept. 8

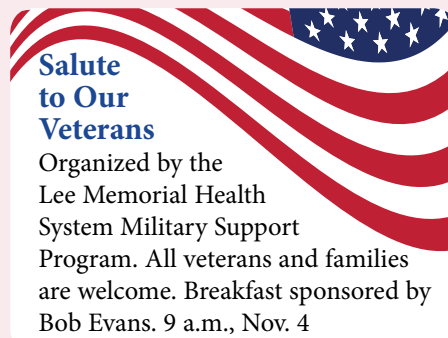
Movie Days

1 p.m., Sept. 21
"Just Go With It"
\$2 for movie, popcorn, beverage

1 p.m., Oct. 19
"Water for Elephants"
\$2 for movie, popcorn, beverage

Sock Hop Dinner Dance

Join us for our first dinner dance of the year. Put on your dancing shoes and dress for the decades as we enjoy music from the 40s, 50s and 60s. Menu includes burger or hot dog, basket of curly fries, cup of fruit and a milkshake. Sponsored by Brookdale Senior Living and Right at Home. \$7 for SHARE Club member, \$10 for nonmembers. 6-9 p.m., Oct. 27



Salute to Our Veterans
Organized by the Lee Memorial Health System Military Support Program. All veterans and families are welcome. Breakfast sponsored by Bob Evans. 9 a.m., Nov. 4

Grand Court Retirement Community

8351 College Parkway, Fort Myers

Movie Days

1 p.m., Sept. 19
"Just Go With It"

1 p.m., Oct. 17
"Water for Elephants"

Hand and Foot Card Game Has Moved to Barkley Place

1 p.m., Fridays
Barkley Place Senior Living Community
36 Barkley Circle, Fort Myers,
239-275-0203

Computer Classes Help Novice Become a Regular User

Barbara Hagan began taking SHARE Club computer classes eight years ago. Through the years, she has taken nearly 10 different classes.

"I have always been impressed by the SHARE Club classes," Barbara explains. "The teachers are so qualified and patient, the classes are small and there are always two or three tutors to help if someone falls behind on something."

Barbara adds that she, and many others in the class, did not use computers during their careers. "I am 77 years old, I moved to Florida in 1976 and I worked for Veterans Affairs. I never used a computer at work," Barbara says. "Some people in class have a little more experience with computers or certain programs, but a lot of us are novices."

Whether a participant uses Windows 7, XP or Vista, the teachers make sure the classroom computers are equipped with the proper software. "I use Windows 7," Barbara says. "When you sign up for a class, they ask you which program you use so that during the class, you see what you are used to seeing on your screen at home."

Today, Barbara loves using her computer. She has mastered Windows 7 and Internet searches, and she looks forward to her next SHARE Club computer class.

The following is a list of SHARE Club computer classes:

- Beginner Computer Course
- Word Processing Course
- Windows 7
- Print Shop Design and Address Book Course
- Internet and Email Course
- Windows 7 Housekeeping Course
- Understanding eBay Course
- Spreadsheet and Database Course



Computer classes are open to all SHARE Club Advantage and Plus members. For more information or to register, call 239-424-3765 or visit www.LeeMemorial.org/ShareClub

Sunshine Ambassadors Provide Grandparents Pediatric Health Care Information

Parents are not the only adults who may need to reach out for medical help for children. Grandparents in Southwest Florida often are the primary caretaker for grandchildren who are visiting from other areas of the country, or grandchildren who live with them on a permanent basis.

This group of caregivers now has a voice through the Sunshine Ambassadors. The organizing committee has put together a handbook, which helps grandparents navigate the health care system and offers advice on everything from bicycle helmet



safety to finding a local pediatrician. “Our mission is two-fold,” says Lynda Neal, a member of the Sunshine Ambassadors organizing committee. “In addition to helping grandparents, we want to take programs into



the neighborhoods, to civic organizations and churches.”

The group currently has 15 members but would like to grow large enough to have a rotating staff of volunteers who will sit in the lobby of The Children’s Hospital of Southwest Florida, ready to answer questions or help a grandparent who may need help.

For information on the Sunshine Ambassadors, call 239-225-5436 or email Mike Ellis at sumike123@gmail.com.

Treat Chronic Pain with Neurostimulation

There are a number of treatment options for managing chronic pain. If pain medication, injections or even surgery have not worked, neurostimulation might be a better option.

Gene Mahaney, M.D., pain management physician, says that neurostimulation is a straightforward and safe intervention. “It has been around for approximately 35 years, and offers a nice way of controlling pain without relying on medications or injections,” he says.

Neurostimulation—like a pacemaker—includes a small device that sends pulses to leads—thin wires that deliver the pulses to nerves—that are placed under the skin. Dr. Mahaney explains that there are two treatment techniques—one is placing the lead or leads near affected and specific nerves, while the other is placing leads into the spine blocking a whole area of the body from pain.

“Neurostimulator batteries last anywhere from six to 10 years,” Dr. Mahaney says. “This is a great way to control chronic pain and it allows people to find lasting relief.”

Patients who chose neurostimulation even have the opportunity—via an external, handheld device—to adjust or reprogram their treatment. This allows the patient to find the relief they need without having to continually visit a doctor. Dr. Mahaney says patients usually are seen twice a year.

Most people with chronic pain are a candidate for neurostimulation. Dr. Mahaney shares that he treats patients as young as 20 and as old as 94 with this treatment option. In fact, there currently are between 500 and 700 active stimulator patients in Lee County.

If you experience chronic pain and are interested in learning more about treatment options, join us for a lecture on pain awareness, 10 a.m., Sept. 22 at HealthPark Medical Center in Room 1A. For more information, call 239-424-3765.



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 starts Sept. 13 and repeats every six weeks



Yoga
HealthPark Medical Center, Room 201
Wednesdays, 5:30 p.m., \$5 per class

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

Caregivers Corner

Who are Caregivers?

Approximately 85 percent of worldwide eldercare is provided by family members. Creating a sense a balance in your life will help you provide better care to your loved one.

Caring for someone else can take up a lot of your physical and emotional energy. Staying healthy is important to help you help others. One way to put you on a path to a healthier stronger caregiver is to reach out for help. Older Adult Services now offers Powerful Tools for Caregivers—an educational series designed to provide you with the tools you need to take care of yourself. For more information about this program and other caregiver support services, call Danielle Musteffe at 239-343-2751.

Remember, it is never too late to begin to take better care of yourself. “Take the first step in faith. You don’t have to see the whole staircase, just take the first step.” – Dr. Martin Luther King, Jr.



Eighth Annual Stop and Smell the Roses for Caregivers

Call 239-949-1070 to register.

9 a.m.-3 p.m., Nov. 4, First Church of the Nazarene, 13545 American Colony Blvd.

Travel Opportunities for Advantage and Plus Members

CI Travel 877-597-2961

Nov. 19 – VIP day trip on Norwegian Cruise Line Epic. Includes transportation to Fort Lauderdale, tour and lunch on ship, \$75 pp. No reservations after Nov. 1. Space is limited.

Nov. 26 or Dec. 3 – Fort Lauderdale Christmas pageant and dinner. Reserved main floor seating at the 2 p.m. matinee and dinner after show, \$119 pp

Dec. 12-13 – Christmas at Mount Dora. Dinner and breakfast at the historic Lakeside Inn, trolley tour of lights, Lakeridge Winery tour, dinners at Troyer’s Amish Resturant, \$249 ppdo, \$289 single

Feb. 27-March 1 – Three-night tour of Savannah. Includes nine meals, riding and walking tour of historic Savannah, Tybee Island tour, famous lighthouse tour, live music at Savannah Theater and more, \$599 ppdo, \$799 single

Concierge Cruises 239-772-1840

Jan. 5-7, 2012 – 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, 2012 – Royal Caribbean Liberty of the Seas, five-night Western Caribbean cruise from Fort Lauderdale to Labadee, Haiti; Falmouth, Jamaica; return Fort Lauderdale. Prices per person: interior stateroom \$429, ocean view stateroom \$529, balcony stateroom \$599, taxes \$101.16, gratuities, \$58.25

June 25-29, 2012 – Norwegian Cruise Lines Sky, four-day Bahamas cruise from Miami to Grand Bahama Island; Great Stirrup Cay; Nassau, Bahamas; return to Miami. Prices per person: interior stateroom \$499, ocean view stateroom \$549, balcony stateroom \$699, taxes \$93.76, gratuities \$48

Collette Vacations 239-424-3765

Fulfill your vacation dreams with Collette Vacations, providing the highest quality, best value and exceptional service every time, everywhere on seven continents. Call SHARE Club at 239-424-3765 for

additional information or travel brochures.

Dec. 28 – Texas New Year, six days. Includes nine meals. \$1,449 ppdo

March 21, 2012 – Discover French Riviera, eight days. Includes 10 meals. \$1,399 ppdo

April 19-28, 2012 – British Landscapes: England, Scotland and Wales, 10 days, \$3,199 ppdo (includes airfare from RSW, air taxes and feed/surcharges of \$220 and hotel transfers)



LEE MEMORIAL HEALTH SYSTEM

© Copyright 2011

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

System Director of Gerontology:
Sue Maxwell, MSW

Program Coordinator:
Teresa Frank-Fahrner

Assistants:
Dena Kilgus
Paula Short

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

Web site:
www.LeeMemorial.org/OAS
Email: SHARE-Club@LeeMemorial.org

Board of Directors

District 1

Stephen R. Brown, M.D.
Marilyn Stout

District 2

Richard B. Akin
Nancy M. McGovern, RN, MSM

District 3

Lois C. Barrett, MBA
Linda L. Brown, ARNP, MSN

District 4

Diane Champion
Chris Hansen

District 5

Donald Brown
James Green

President

James R. Nathan

Auxiliary Presidents

Mary Pat Roleke CCH
Nancy Stanfield GCMC
Al Hinkle LMH/HPMC



VIDEO CLIP

"Age Related Muscle Loss"

Scan with your smartphone and play the video.

LEE MEMORIAL HEALTH SYSTEM

SHARE Club

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

Prsrt Std
U.S. Postage
PAID
Permit #131
Fort Myers, FL

4200.05 OAS 8-11

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.