

SHARE Club Presents

Lee Memorial Health System

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Don't Miss These Special Events

Stroke Awareness Program
Jan. 17

**Pacemakers and Defibrillators:
Timing is Everything**
Jan. 20

Bladder Health
Jan. 27

Good News for Bad Joints
Feb. 2

Prostate Health 101
Feb. 15



Teresa Frank-Fahrner

Managing an Illness

“Long-lasting; always present.” That is how the dictionary defines the word “chronic.” When the doctor first said, “Your daughter has systemic lupus,” a chronic disease, my first thought was, “Well, that means it’s not terminal and in most cases, is manageable.” The

word, “manageable,” is easy to say and easy to define, but boy, is it challenging to do!

For years, the SHARE Club has offered various types of classes on chronic conditions and, I guess until it becomes personal, you may not see the benefit of these classes. The medical file I have at home since her diagnosis last February is more than 2 inches thick. She went from seeing a family doctor once a year for her annual physical to having a rheumatologist, nephrologist, allergist, dermatologist and ophthalmologist.

Does this sound familiar? I’m sure some of you are experiencing chronic illness or someone in your family

is. It is challenging to educate yourself in this world of information. What is the truth? What is myth? Who can you trust?

It has been a scary, challenging experience for my daughter and me. I try to protect her from all the misleading information on the internet and from so-called educated friends. The best way to teach us on how to take the best care of her will come from our physicians and the experts who designed these healthy living courses. Although the disease may be different, there are many similar everyday things that we can do to help ourselves. The more educated we, as patients, are, the more we can gain from our physicians’ expertise.

One successful example is Lee Memorial Health System’s Lee Diabetes Care, which offers a diabetes education program. I always recommend people take this course. The members that follow my advice come back and tell me how much they learned. Please take time to consider the special courses we have in this issue on healthy living—they were designed with you in mind.

Dine & Discover **New Friends**



For SHARE Club Advantage and Plus members.

Try new restaurants and make new friends with SHARE Club! Dutch treat. Call 239-772-6765 to make your reservations.

Kumo Japanese Steak House
2517 Santa Barbara Blvd., Unit #12, Cape Coral
Wednesday, Jan. 19, 11 a.m.

Grimaldi’s Pizzeria
13499 S. Cleveland Ave., Fort Myers (Bell Tower Shops)
Thursday, Feb. 24, 11:30 a.m.

Arthritis Self-help Program

This program teaches participants arthritis management techniques. Participants meet once a week for six weeks. \$30 registration fee includes class participation, one-year membership to the Arthritis Foundation and a copy of “The Arthritis Help Book.” Space is limited. To register, call 239-418-2000.

Fridays, Jan. 14-Feb. 18, 11 a.m.-1 p.m.
Lee Center for Rehabilitation & Wellness
2070 Carrell Road, Suite A, Fort Myers

Living Healthy Program

This free, six-week class will teach you to live with chronic diseases and how to:

- Work with your health care team
- Manage symptoms
- Use your medication effectively
- Exercise safely and easily
- Handle difficult emotions
- Communicate better about your health with family and friends
- Solve problems
- Relax

To register, call 239-772-6765.

Locations and Dates:

SHARE Club North,
5170 Orange Grove Blvd.
North Fort Myers
Thursdays, Jan. 13-Feb. 17
1-3:30 p.m.

Cape Coral LIFE Center,
Cape Coral Hospital,
636 Del Prado Blvd.
Wednesdays, Jan. 19-Feb. 23
9-11:30 a.m.

Barkley Place,
36 Barkley Circle, Fort Myers
Fridays, Jan. 21-Feb. 25
2-4:30 p.m.

Long-time Volunteer Sees Health System through New Eyes



Jim Nathan

At Lee Memorial Health System, we have more than 4,500 volunteers and auxiliaries who are an incredibly valuable part of our health system. Whether providing direct support and comfort to patients and families in difficult times or assisting with fundraisers, driving trolleys, popping popcorn or helping in our gift shops, caring volunteers provide meaningful support.

Sometimes, a volunteer comes along who redefines the role. When Al Winchell walked into the Volunteer Resources office 25 years ago, he told then-Volunteer Director Carol Simonds that he wanted to do something different to make a difference. He wanted to use his background in communications and marketing to help the health system. "Al didn't just think, 'What can a volunteer do?' He thought, 'What needs to get done around here?'" Carol says.

Al has served in many roles as one of our volunteers. He started off interviewing prospective volunteers and helped as a Human Resources Recruiter. He became a founding member of the Ambassadors program, which began in the late 1990s as a way for volunteer representatives to give presentations about the health system at various community meetings and to give tours of HealthPark Medical Center after it opened. Al has escorted hundreds of people through HealthPark Medical Center, including

dignitaries from other countries. He is a natural tour guide.

There is not much Al doesn't know about Lee Memorial Health System. The structure of the administration? Check. Information about the latest technologies and procedures? Check. How and why HealthPark was constructed? Check.

But it wasn't until recently when Al had a major operation and spent two weeks as a patient at HealthPark Medical Center that he says he was able to truly appreciate the scope of care provided in our community. Al continued to be impressed by all the employees he encountered. He says he would prefer to stick to giving tours of hospitals from now on, but if he has to be admitted to a hospital, he knows he could not be in any better hands than ours. Although new equipment and business practices are necessary to operating a health system, Al has touched upon the very thing that makes health care so unique.

Peace,

Jim Nathan
President, Lee Memorial Health System



Healthy Brain Initiative

If you have a good memory and want to make it better, enroll in our Healthy Brain Classes. Four-week sessions. Sign up by visiting our website at www.HealthyBrainFL.org or call 239-772-6765.

SHARE Club North
Wednesdays, Jan. 5, 12, 19 and 26
9-11 a.m.

The Windsor of Cape Coral
Thursdays, Jan. 6, 13, 20, 27 or
Feb. 3, 10, 17 and 24
1:30-3:30 p.m.

Clare Bridge of Fort Myers
Mondays, Jan. 10, 17, 24 and 31 or
Tuesdays, Feb. 8, 15, 22 and March 1
9-11 a.m.

Wellness Center of Cape Coral
Mondays, Jan. 10, 17, 24 and 31 or
Tuesdays, Feb. 1, 8, 15 and 22
2-4 p.m.

Sterling House of Fort Myers
Tuesdays, Feb. 8, 15, 22 and March 1
2-4 p.m.

Calendar of Events

Unless otherwise noted, call 239-772-6765 to register for any of the programs below. You must register to attend these events.

Balance Screening

Unintentional falls are the leading cause of death due to injury among Florida residents 65 and older. Attend a free balance screening to find out if you are at risk and what you can do to improve your balance. To register, call 239-574-0317.

Jan. 11, 10 a.m.-noon
Lee Center for Sports Medicine and Rehabilitation, behind Cape Coral Hospital

Your Housing Options for the Future

Come visit, tour and share hors d'oeuvres and desserts with the staff of The Windsor of Cape Coral. A showcase of the newest assisted living community in Cape Coral.

Jan. 12, 2 p.m.
The Windsor of Cape Coral, 831 Santa Barbara Blvd.

Stroke Awareness Program

Blood pressure screenings and carotid auscultation monitoring, stroke prevention, recognition, response and treatment presentations from experts.

Jan. 17, 9:30-11:30 a.m.
Lee Memorial Hospital Auditorium

Smart Choices in Retirement

Presented by Jennifer Basey, AAMS, with Edward Jones.

Jan. 21, 10 a.m.
HealthPark Medical Center Room 1A

Demystifying Dizziness

A presentation by Nathalie Grondin, physical therapist and balance expert.

Jan. 26, 11:30 a.m.
Gulf Coast Medical Center

Oral, Head, and Neck Cancer: A Hard Thing to Swallow

Presented by Speech Pathologist Stacey Brill.

Feb. 2, 9:30 a.m.
Gulf Coast Medical Center

Accessorizing for Today's Women

Learn how to update your wardrobe for less. Receive 30 percent off your purchase.

Feb. 10, 10 a.m.
Fashion Jewelry Paradise, 15121 S. Tamiami Trail, Fort Myers

Lunch and Learn

Complimentary for Advantage/Plus Members, \$6 for non members.

DON'T MISS OUT!

Pacemakers and Defibrillators:

Timing is Everything

A luncheon talk with Michael Bolooki, M.D., cardiologist.

Jan. 20, 10:30 a.m.
Cape Coral Hospital



Bladder Health

Lunch and a discussion with Veronique Fernandez-Salvador, M.D., on maintaining good bladder health, and when and why you should consult a urologist. Sponsored by Brookedale Senior Living.

Jan. 27, 11 a.m.
HealthPark Medical Center Room 1A

Good News for Bad Joints

Presented by David Heligman, M.D., orthopedic surgeon. Sponsored by Brookedale Senior Living.

Feb. 2, noon
Gulf Coast Medical Center Community Room

DON'T MISS OUT!

Prostate Health 101

From PSA numbers to treatment options. Video presentations of the da Vinci robotic surgery.

Presented by Omar Benitez, M.D., urologic surgeon.

Feb. 15, 11:30 a.m.
HealthPark Medical Center Room 201



Fort Myers Beach Woman can Live with Confidence

Dorothy Morton uses a walker every time she gets up to walk—even for just a single step. So when she had a fall in August 2010 and was hospitalized, she did not hesitate when asked if she wanted to sign up for the Philips Lifeline Medical Alert Service.

Lifeline provides simple, fast access to help 24/7. “I live alone, so I decided it was a good thing to have,” says 82-year-old Dorothy.

She signed up for the service on a Friday. The following Wednesday, Dorothy decided to forego using her walker to take the three or four steps between her kitchen table and the refrigerator. Before she could reach the refrigerator, she fell backwards, landing hard on her hip.

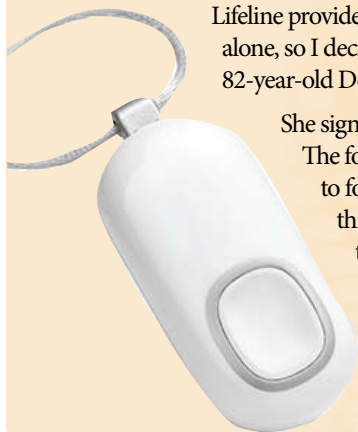
“Before I could press the button on my Lifeline pendant, a woman’s voice came on and asked if I was OK,” Dorothy says. The AutoAlert feature automatically detected Dorothy’s fall and alerted Lifeline personnel.

Emergency medical service professionals arrived at Dorothy’s home within minutes. She was brought to HealthPark Medical Center for X-rays on her hip and ankle and a CT scan on her head.

“There were no broken bones,” Dorothy says. “Just a few bumps and bruises, and I was back at home within a few hours.”

For more information about our Lifeline service, call 239-418-2925. SHARE Club Adv/Plus members are entitled to complimentary installation, an \$80 value.

Learn more by attending “Helping you Live Independently at Home” at 10 a.m., Jan. 17. Call 239-656-7760 to register. SHARE Club North, 5170 Orange Grove Blvd., North Fort Myers.



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.

Beginning Crochet Class

Eight-week class, seats are limited.
Jan. 10, 10:30 a.m.

Winter Dinner Dance

Entertainment by Rick Norris. Menu
includes ham, potatoes, vegetables and
dessert. Sponsored by Calusa Harbour.
\$5 for Adv/Plus members, \$8 for
nonmembers.
Jan. 20, 6-9 p.m.

Movie Day

“Grown Ups”
\$2 per person, popcorn and soda served
Jan. 12, noon
“Letters to Juliet”
\$2 per person, popcorn and soda served
Feb. 23, noon

Valentine Dinner Dance

Entertainment by The Two Live
Wires. Menu includes chicken
chardonnay, wild rice, baby
carrots, salad, rolls and dessert.
Sponsored by The Windsor
Of Cape Coral. \$5 for
Adv/Plus members,
\$8 for nonmembers.
Feb. 10, 6-9 p.m.



Fashion Show with Bealls Department Store

Menu includes tuna and chicken finger
sandwiches, salad, relish tray, chips
and dessert. \$5 for Adv/Plus members.
Sponsored by Juniper Village and
Right at Home.
Feb. 25, lunch noon, show 1 p.m.

Grand Court Retirement Community

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

Movie Day

“Grown Ups”
Popcorn and soda served.
Jan. 10, 1 p.m.
“Letters to Juliet”
Popcorn and soda served.
Feb. 21, 1 p.m.

Barkley Place

36 Barkley Circle, Fort Myers
To register for the events below,
call 239-275-0203.

Pizza and Bingo with Friends

\$5 for SHARE Club Adv/Plus members,
\$7 for guests
Jan. 14, 11:30 a.m.

Dinner Dance in Fort Myers

Live entertainment. \$5 for SHARE Club
Adv/Plus members, \$7 for guests
Jan. 19, 4:30-7:30 p.m.

SHARE CLUB PRESENTS...



Moderated by Michael Raab, M.D.,
geriatric physician. Learn the
secrets of healthy living, and how
to live life to the fullest. Interaction
with expert guests at each show
for us to challenge them with
questions and get their secrets
to living healthier and longer. To
register, call 239-772-6765.

Upcoming topics:

The Active Aging Brain

Refreshments for the brain will be
provided. Sponsored by Superior
Residences at HealthPark.
Jan. 24, 10 a.m.
HealthPark Medical Center Room 201

Nutrition over 60: From Supplementation to Farmers' Market

Healthy snacks and recipes provided.
Feb. 10, 10 a.m.
Cape Coral Hospital Auxiliary
Meeting Room

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
- Computer Housekeeping Course
- Understanding E-bay Course
- Spread Sheet and Database Course

Please call 239-772-6765 for more information or to register.
More information also is available at www.LeeMemorial.org/ShareClub.



The Amazing Spine

New class promotes back health

The spine is amazing. It allows us to stand upright and walk, bend, twist and lift. At the same time, this fantastic structure protects and encases the very nerves that are required for this movement.

As we live and move, our actions and movement patterns determine the way our back wears and heals. Over time, treatments have been developed—from rest to corrective movements to medications, and injections and even the most delicate, precise surgeries.

Unfortunately, some people experience ongoing, severe pain that has no clear solution. Back pain is the most common cause of disability in America. It is now thought that repetitive micro-injuries play an important role in causing back pain, and avoiding this re-injury is important in recovery.

The Spine Phase III program—a promising approach to care—has evolved, focused on controlling the repetitive micro-injury while increasing the ability to complete everyday tasks.

Clinical research shows that this type of program allows individuals to regain their lifestyle and learn how to avoid having to continue with medical treatment over and over again.

“We start with a thorough evaluation of each patient, but our goal is to have them in a group setting by the third visit,” says

Kurt Gray, physical therapist. “This way, we can promote independence and encourage the patients to support each other.”

For more information about the Spine Phase III program, contact the Lee Center for Rehabilitation & Wellness at 239-418-2000.

The Spine Phase III program works around Five Steps of Intervention:

- Education on the causes of repetitive micro-injury and how to avoid it.
- Flexibility to restore normal movement abilities in the body.
- Endurance training to promote the ability to move with safe movement patterns even when the activity is over an extended period of time.
- Strengthening of the “core” trunk muscles to promote and allow control of movement.
- Functional movement training, which teaches correct form while using normal, safe movements that do not injure the spine.

Compassionate Care When it is Needed Most

Many people have heard of hospice—medical and emotional care for the terminally ill—but many have not heard of palliative care. Focused on pain and symptom management, communication and psychological support, the palliative care team consists of physicians, nurses and social workers committed to caring for patients after diagnosis of serious, chronic or terminal disease.

To ensure that those patients have the best quality of life and are as comfortable as possible, Lee Memorial Health System created the

Q-Life program—the ‘Q’ stands for quality.

Under the guidance of medical director Andrew Esch, M.D., and director Karen Washburn, MSW, ACSW, the Q-Life team works with patients at stages ranging from diagnosis to treatment and, ultimately, death. Based in all four acute-care hospitals, the Q-Life team ensures patients receive all information necessary to make decisions about treatment and communicate clear goals of care and advanced directives.

Rather than placing an emphasis on the disease, the Q-Life team focuses on the desires of the patients so the time they have left—whether hours, days, weeks, months or years—is spent the way they want.

“We understand that most patients do not want to go through unnecessary tests or treatment, do not want to be left to die in a hospital bed and do not want to die alone,” Dr. Esch explains. “We listen and provide the opportunity to live out the rest of their life as they want—which is most often at home with their family.”

Through coordination of care, the Q-Life team guides patients and alleviates fears. By listening to the needs and desires of the patient, the Q-Life team provides the compassionate care that is the hallmark of Lee Memorial Health System. For more information, call 239-343-9532.



Want To Get Moving with SHARE Club Advantage and Plus Members?

Yoga

Cape Coral Hospital
LIFE Center
Wednesdays at 10:30 a.m.,
\$5 per class
Call Francesca at 917-687-1420.

Yoga

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

Tai Chi

HealthPark Medical Center
Room 201
Mondays at 10 a.m.,
six-week course \$40

Line Dancing

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

Sit and Be Fit

Group Exercise
Call 772-6765



Give the gift of
a SHARE Club
Membership

Call 239-772-6765
to purchase a SHARE
Club Advantage Gift
Certificate.

Travel Opportunities for Advantage and Plus Members

CI Travel 877-597-2961

Feb. 3, "Where The Boys Are" tour in Fort Lauderdale. Includes transportation, guided tour of Fort Lauderdale and famous beach district, shopping and lunch time (on own) at Las Olas Boulevard, guided boat cruise to see "rich and famous" on the New River. \$65 pp

Feb. 10, OPA! Tarpon Springs, A Day In Greece. Includes transportation, visit to St. Nicholas Cathedral, authentic Greek lunch at Hella's, sponge-diving boat tour w/ exhibition. \$75 pp

Feb. 15, Shop 'Til We Drop at Sawgrass Mills and Festival Flea Market Mall. Includes transportation, discount coupons. Spend all day at Sawgrass Mills or spend a half-day at Festival Flea Market Mall and a half-day at Sawgrass Mills. \$39 pp

Feb. 28-March 3, Savannah, Ga. Three-night tour includes transportation, three nights at Holiday Inn Express in the Historic District, three dinners (Chart House, Paula Deen's Lady & Sons, Troyer's), lunch at Mrs. Wilkes', guided riding and walking tour of Historic Savannah, Tybee Island tour, famous Island Lighthouse tour, breakfast daily, and tickets to the Savannah Theater. \$589 ppdo, \$799 single

March 1, Ringling Museum tour and lunch. Includes transportation, admission to grounds, museums and house, lunch at Banyan Café. \$75 pp

March 16, Marie Selby Botanical Gardens tour and lunch. Includes transportation, tour of gardens and greenhouse, lunch at gardens. \$79 pp

March 31, Miami History Tour. Includes transportation, guided tour of Vizcaya, guided tour of The Biltmore Hotel, lunch at La Palma and visits to famous historical landmarks in Miami. \$89 pp

Concierge Cruises 239-772-1840

May 15, Norwegian Pearl, Glacier Bay Alaska, seven nights, starting price \$659 ppdo plus airfare

Nov. 19, 2011, Norwegian Epic, Caribbean, St. Maarten, St. Thomas, Nassau, Bahamas, seven nights, transportation available for additional fee. Starting price \$819 ppdo, ask about the new single rates

Nov. 26, 2011, Royal Caribbean Liberty, Western Caribbean, Belize, Cozumel, starting price \$582.75 ppdo

Collette Vacations 239-772-6765

March 28, San Francisco Getaway, five days. Includes six meals, roundtrip airfare and more. \$1,834 ppdo, \$2,284 single

Dec. 3, 2011, Canada's Winter Wonderland, seven days. Includes nine meals. \$2,649 ppdo, \$3,049 single

March 15, 2012, Costa del Sol and the Portuguese Riviera, 13 days. Includes 16 meals, land and air transportation. \$3,149 ppdo

April 2012, Panama, The Land Between the Sea, 9 days. Includes resort, cultural experiences, small canal cruises, 15 meals, land and air transportation. \$2,659 ppdo



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 **239-772-6765**

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www.LeeMemorial.org/OAS
E-mail: 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)
- Life Long Learning Classes
- \$4 water aerobics classes at Cypress Lake Pool (with \$10 pool pass)
- Social Opportunities

How to Join

You can pay your 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 and Plus benefits. For more information, contact SHARE Club at 239-772-6765.

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____ Date of Birth _____

I would like to join ____ SHARE Club Advantage for \$10/year (per person)

____ SHARE Club Plus for \$25/year (per person)

I have enclosed cash or check in the amount of _____

To pay by credit card, please call us.

 Please cut out application and mail in.