

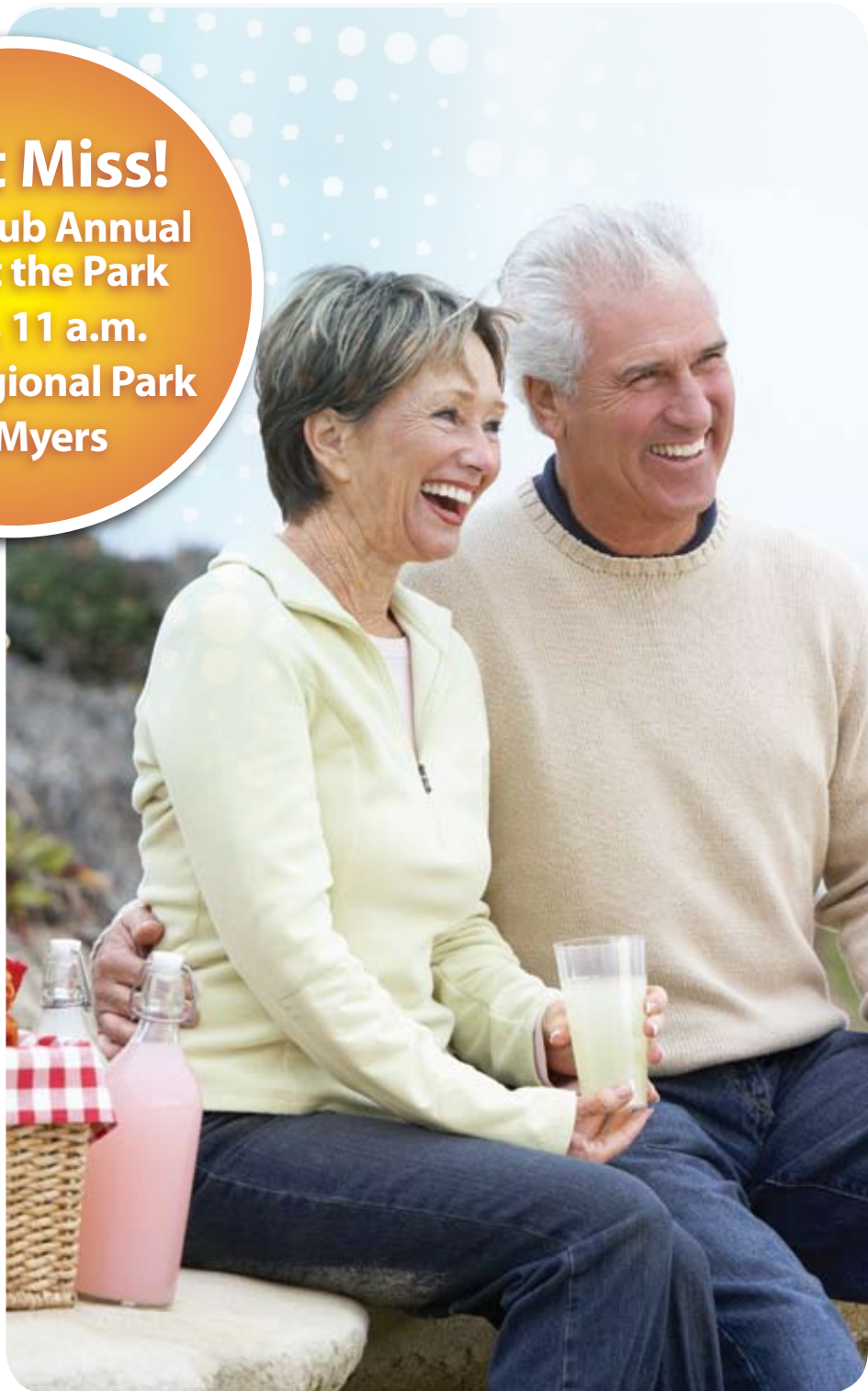
SHARE Club Presents

Lee Memorial Health System

Don't Miss!
SHARE Club Annual Picnic at the Park
April 5, 11 a.m.
Lakes Regional Park
Fort Myers

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Teresa Frank-Fahrner

Caregivers Need Support, Too

Two of the most important jobs in the world are raising children and caring for our aging loved ones. After my mom passed away, my dad sat down with me and told me that he does not want to be in a nursing home. I promised him that I would do my best to honor his wishes.

The common term is “caregiver.” I have never really liked this label, as it seems so unemotional, and as many of you know, every part of caregiving is emotional. Taking care of a loved one—whether you still are working or have retired—requires a lot of time and energy. Often, it is the

emotional strain that hurts the most. In most cases, you experience role reversal; for instance, they bathed you as a young child and now you are bathing them.

I have talked with SHARE Club members who are being cared for by their children, and they feel as though they are a burden to their children. There also is a lot of guilt involved with the caregiver, when they are unable to provide as much care as is needed.

To help you, we have an excellent Caregivers program right here in Lee County and you can reach them by calling 239-343-2751. My father is very active. However, if this changes, I will reach out for the education and support that is available to me, and I hope you do the same.

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.

La Trattoria Café Napoli

12377 S. Cleveland Avenue, Fort Myers
(Crystal Drive and U.S. 41)
Tuesday, March 22, 11 a.m.

Ariani Ristorante Italiano

1529 SE 15th Terrace, Cape Coral
Thursday, April 14, 5 p.m.



Safely Home Assistance Plan

The first 24-48 hours after a hospital stay can be overwhelming and filled with questions like, “How do I get home?” “Who will be there to help me?” “Who will pick up my prescriptions?” “How will I get groceries?” “Do I need to make a follow-up appointment?”

Right at Home has implemented the Safely Home Assistance Plan to help deal with these questions. Services include transportation home (additional charge for nonemergency transportation service), picking up prescriptions, shopping and other assistance as needed for as many as four hours for only \$99. There is no obligation or cost to meet and discuss your post-hospital needs. Call 239-541-8700 in Cape Coral or 239-949-1070 in Fort Myers for more information.

Be a Lifesaver – Donate Blood

Most of us have a unique opportunity to give to others without giving much of ourselves. Making a difference does not require giving a lot of money, clothing, supplies or time. All you need is 45 minutes. Given these benefits, I hope you will consider donating blood at one of the four Lee Memorial Health System Blood Centers.

My father had many health challenges and I saw firsthand how blood donations help patients. I wanted to help. I donated regularly until I was in my 30s, but a bleeding disorder (unrelated to donating blood) stopped me from continuing as a donor. In the years since, I have urged others to consider donating or to make it a regular occurrence in their lives—donors are able to give blood every 56 days.

“There is no substitute for human blood,” says Nancy Hendrick, Lee Memorial Health System Blood Center community relations coordinator. “There is no other substance that can heal and save lives the way blood does. From one donation—just one pint of blood—we can separate the platelets, the red blood cells and the plasma to help save three people suffering from different diseases or trauma. It is amazing.”

Lee Memorial Health System Blood Centers supply blood to each of our four hospitals—Cape Coral Hospital, Gulf

Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital. Our patients use approximately 500 units of blood each week. Every unit of blood donated in our Blood Centers remains in our system to serve and save the lives of patients in our care. To keep up with the demand, we rely on the generosity of our donors.

With four locations and three Blood Mobiles traveling throughout Lee County every day of the week, Lee Memorial Health System strives to make donating easy and convenient.



Jim Nathan

For more information about donating blood, call 239-343-2333.

Peace, *Jim*

Jim Nathan
President
Lee Memorial Health System

Choosing the Right Foods Imperative for Health

Your brain says to choose the broccoli, but your taste buds are craving chocolate. Which one wins? If you train your taste buds to adjust, it is easy to make the healthier choice.

“We are a living laboratory and what we choose to eat affects all systems of the body,” says Kathy Reynaert, Foods for

Life Instructor with The Cancer Project and Nutrition Director for the Coronary Health Improvement Project.

The projects teach the components of healthy eating, in addition to cooking demonstrations.

“We need to choose high-fiber, low-fat, plant-based foods with the least amount of processing as possible. Avoid crinkly bags and

boxes and foods that require a nutritional label in order to determine the ingredients.”

Choosing foods that are whole and look the same way they do in nature is a good start to a nutritious diet, Kathy says.

“Education is the key,” she says. Kathy notes that previous generations often had more wholesome food choices instead of the processed food that is readily available now in grocery stores.

“This is the first generation of children that will not outlive their parents if their lifestyle is not corrected,” Kathy says.

Kathy generally finds her clients meet with success when they follow the simple lifestyle changes she suggests to reduce cholesterol and lose weight. These simple steps can reverse arterial blockage, lessen the risk of nutritionally related cancers, eliminate hypertension, and improve the management of Type 2 diabetes.

To learn about upcoming health classes, call 239-768-0739.

“We need to choose high-fiber, low-fat, plant-based foods with the least amount of processing as possible.”

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.

Huffers & Puffers Support Group

For COPD patients, friends, family members and caregivers. To register, call Nayda Agosto at 239-343-3520.

March 7 and April 8, 1-3 p.m.

Lee Memorial Hospital Auditorium

Lunch and Tour of Barkley Place

An opportunity to tour and learn more about the retirement community.

March 16, 12:30 p.m.

Barkley Place, 36 Barkley Circle, Fort Myers

Fourth Annual Geriatric Symposium

For caregivers. Leading experts talk about caregiving stress, communicating with the family and professional staff, and how to access community resources. \$10 fee includes breakfast and lunch.

March 12, 8 a.m.-5 p.m.

Royal Palm Yacht Club,
2360 West 1st St., Fort Myers

Before I Go: What's Involved with Cremation?

Presented and lunch sponsored by National Cremation and Burial Society.

March 18, 10 a.m. presentation followed by lunch

Gulf Coast Medical Center
Community Room

A Family Affair: Better Hearing, Not Just Hearing Aids

Presented by Jack Adams, audiologist with Audiology Consultants.

March 22, 10 a.m.

Cape Coral Hospital
Auxiliary Conference Room

Veteran Benefits

Presented by John Ebling with Veterans Administration. Continental breakfast sponsored by Stay At Home of Lee County.

March 24, 10 a.m.

Lee Memorial Hospital Auditorium

Make Your Health Last as Long as Your Life

One of the country's most respected experts on how to live a healthy lifestyle in the real world, Joe Piscatella, and two Lee Memorial Health System cardiac specialists will discuss heart healthy lifestyles. Continental breakfast and refreshments provided. To register, call 239-343-6971.

March 19, 8 a.m. registration and breakfast, 8:30 a.m.-1 p.m. program

HealthPark Medical Center
Rooms 201-204

Lunch and Learn

Getting Started to a Healthier You

Presented by Salvatore Lacagnina, D.O., Lee Memorial Health System vice president of health & wellness. Light lunch provided.

April 6, 11:30 a.m., Gulf Coast

Medical Center Community Room

Avoiding Diabetes

Presented by Aldith Lewis, D.O., primary care physician with a special interest in preventative medicine, diabetes, hypertension and cardiovascular diseases.

Hosted by The Grand Court of Fort Myers, a Brookdale Senior Living Community.

April 18, 11:30 a.m. lunch, 12:30 p.m. presentation

Grand Court Retirement
Community, 8351 College Parkway,
Fort Myers

SHARE CLUB PRESENTS...



Healthy Living Show

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 allows us to challenge them with questions and get their

secrets to living healthier and longer.

To register, call 239-772-6765.

Balance and Aging

Experts from Lee Memorial Health System's Balance Clinic, Tai Chi instructors and a vestibular specialist will be on hand to discuss what causes balance problems and ways to improve them. They also will address why Lee County leads the state in number of fall-related deaths.

April 4, 2 p.m., Edison Hall, Cypress Cove Retirement Community

Exercise to Keep Your Brain Healthy

March 14-20 is Brain Awareness Week

Michael Raab, M.D., geriatrician at Lee Memory Care, helps patients with memory loss, dementia and Alzheimer's disease. A strong proponent of exercise—both physical and mental, Dr. Raab recommends a regular fitness routine to improve memory and brain function.

Exercise helps build reserves in the brain, which is important because dementia and Alzheimer's disease progress slowly. Dr. Raab explains reserves through the analogy of a table; building reserves is like adding legs to the table. The dementia or Alzheimer's disease causes the legs to be lost. A table with 10 legs—the person who has built reserves—will be able to stand longer, meaning a person can stay at home longer.

Regular exercise of the body and the brain helps build these reserves. "In animal studies, regular exercise increases the rate of new cell creation in the brain," Dr. Raab says. "Two weeks after stopping exercise, the rate decreases and returns to the rate of creation before the exercise started. In short, for body and brain exercise it is true, 'Use or lose it.'"

There are many options available to help you exercise your body and brain. The Wellness Centers—in Cape Coral and Fort Myers—

offer a variety of group exercise classes, cardiovascular and weight machines. Test your brain fitness through the Healthy Brain Initiative with classes and computer programs. Or, call Lee Memory Care for a free memory screening to determine which areas of your memory can be improved with exercise, social interaction, or if need be, medication.

The Wellness Center of Cape Coral
239-573-4800

Lee Center for Rehabilitation & Wellness
239-418-2000

Healthy Brain Initiative
239-343-2634

Lee Memory Care
239-343-2634

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.

Identity Theft with Lee County Sheriff's Department

March 14, 10 a.m.

St. Patrick's Day Dinner Dance

Entertainment by Jan & Lloyd.
Menu includes corned beef and cabbage, potatoes, carrots, fresh baked bread and dessert. Sponsored by Hidden Oaks Assisted Living. \$5 for Adv/Plus members, \$8 for nonmembers.
March 15, 6-9 p.m.

Movie Day

"Charlie St. Cloud"
March 23, noon

"The Other Guy"
April 13, noon

Pizza and Game Night

March 22, 4-7 p.m.
April 19, 4-7 p.m.
Bring your own games to enjoy. \$5 per person includes two slices of pizza and beverage

Grand Court Retirement Community

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

Movie Day

"Charlie St. Cloud"
March 21, 1 p.m.

"The Other Guy"
April 11, 1 p.m.

Mahjong

Tuesdays, 9 a.m.

Hand and Foot Card Game

Fridays, 1 p.m.
To register, call Irene
at 239-433-3152



SHARE Club Annual Picnic at the Park

Come and play games, listen to music and enjoy a picnic lunch with SHARE Club and Right at Home staff. Come early and walk around the park and see the numerous activities available. Then, head over to the screened-in lanai to try your hand at the ring toss or one of the brain games. A talented young musician will be on hand, impersonating the likes of Frank Sinatra and many more. \$5 for Adv/Plus, \$10 for guests and nonmembers.

For more information or to register,
call 239-772-6765.

April 5, 11 a.m.
Lakes Regional Park, Fort Myers

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
- Spreadsheet and Database Course

Computer classes are open to all SHARE Club Advantage and Plus members.

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



Improve Your Health, Support Those Battling Cancer

Susan G. Komen Race for the Cure 2011

Join our Lee Memorial Health System team at the Susan G. Komen Race for the Cure 2011. The race is set for 8 a.m., Saturday, March 12 at Coconut Point Mall. Lee Memorial Health System is a Silver Sponsor at the fifth annual event.

Our Komen affiliate has granted Lee Memorial Health System \$767,026, to date, to assist uninsured and underinsured women with breast cancer treatment. The Race for the Cure is a great way of raising money to make this possible. Seventy-five percent of every dollar raised stays in our community, while the other 25 percent goes to research.

To join our team, contact Marie Hepp, Regional Cancer Center oncology outreach education coordinator and team captain, at 239-343-9511 or email Marie.Hepp@LeeMemorial.org

Coconut Point Mall
23106 Fashion Drive (off of U.S. 41)
Estero, FL 33928



Relay for Life

Because cancer never sleeps, Relay for Life is an overnight, 18-hour, life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost and fight back against the disease.

The 2011 Fort Myers Relay for Life to support the American Cancer Society will be held 6 p.m., April 15 to noon, April 16. This year's theme is "Beach Party Relay: Riding the Wave to Find a Cure."

To register, call the American Cancer Society at 239-936-1113.

Lee County Sports Complex
(Hammond Stadium)
14100 Six Mile Cypress Parkway
Fort Myers, FL 33912

Want To Get Moving with SHARE Club Advantage and Plus Members? To register, call 239-772-6765 unless otherwise noted.

Tai Chi

HealthPark Medical Center
Room 201
Tuesdays at 11 a.m.,
six-week course \$40

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

Line Dancing

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

Sit and Be Fit

Group Exercise



Center Helps Seniors with Mental Health Issues

Fort Myers resident Vicki Triolo was experiencing anxiety. She sought help from a physician, and later learned that the staff at the Senior Behavioral Center, a 15-bed inpatient center located within Lee Memorial Hospital, had the specialized care she needed.

She contacted the center and scheduled an appointment. The decision started her on a path to knowledge about her symptoms and how to cope with them.

“I was so impressed by everyone there,” Vicki says. “They were just fabulous, so kind and so professional.” Vicki stayed at the center for two weeks and now uses the tools she learned from the therapists, nurses and physicians to manage her stress and live a normal life. “Everyone there is very accessible,” she says. “Even today, I can call if I need them.”

Karla Morgan, psychiatric nursing director for the center, supports Vicki’s decision to seek assistance.

“Seeking professional assistance for an emotional problem is just as important as seeking a dentist for a toothache or a doctor for a broken bone,” Karla says.

The center treats adults age 60 or older and sometimes accepts younger patients. Approximately 400 people receive treatment each year. Depression and anxiety—often caused by the loss of spouse, friends, or independence or medical and financial

concerns—are the most common mental illnesses that affect an aging population.

“We stabilize the acute situation and identify medical and psychiatric regimens to assist with return to the highest level of functioning,” Karla says.

Vicki is a testament to the center’s healing power. “They took an unbearable experience and really made it better,” she says.

**Senior Behavioral Center
Lee Memorial Hospital
2776 Cleveland Ave.
Fort Myers, FL 33901
239-343-3160**

Signs that may indicate a mental health issue:

- Suicidal thoughts or feeling that life is not worth living
- Sadness or lack of interest in normal activities for two weeks or longer
- Frequent moodiness or irritability
- Feelings of loneliness, isolation and withdrawal
- Feelings of grief, loss and despair
- Agitation and behavior problems
- Tearfulness and crying spells

Travel Opportunities for Advantage and Plus Members

CI Travel 877-597-2961

March 14, Seminole Hard Rock Casino Tampa and dinner at Troyer’s Amish Restaurant. Includes transportation, a \$25 slot voucher and a \$5 food voucher for the Seminole Hard Rock Casino. \$59 pp

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

March 17, Annual St. Patrick’s Day Trip to Gulfstream Race Park and Casino in Hallandale. Includes transportation and Gulfstream Comp Casino Package. \$49 pp

March 25, 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

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

April 5, Flagler Museum and Worth Avenue Shopping in Palm Beach. Includes transportation, guided tour of Whitehall, shopping and lunch on your own on Worth Avenue. \$65 pp

April 15, Gulfstream Race Park and Casino in Hallandale. Includes transportation and Gulfstream Comp Casino Package. \$49 pp

Concierge Cruises 239-772-1840

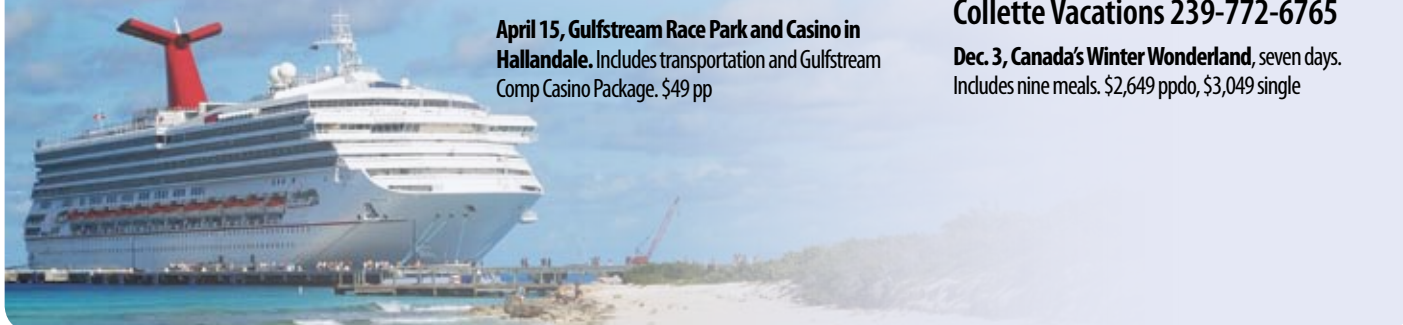
Aug. 19, Norwegian Sky, Miami, Great Stirrup Cay, Bahamas, three nights, interior stateroom \$249 ppdo, ocean view stateroom \$259 ppdo, balcony stateroom \$369 ppdo

Nov. 19, 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

Dec. 3, Canada’s Winter Wonderland, seven days. Includes nine meals. \$2,649 ppdo, \$3,049 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 **239-772-6765**

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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.