

SHARE Club Presents

Lee Memorial Health System

The Wellness and Exercise Issue

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SHARE Club
 has a new
 phone number:
239-424-3765



Teresa Frank-Fahrner

I have a new boyfriend.” Her voice was filled with hope and happiness. Her previous boyfriend—of more than 10 years—passed away almost five years ago and, after that, she always told me, “I am too old now for a boyfriend.”

Companionship Important for All Ages

As I picked up my 98-year-old volunteer for her shift, I noticed she was wearing a lovely, new shirt, and I commented how beautiful she looked. She turned to me and said, “Well, I have some good news to share.

The next day, I met with an 88-year-old volunteer. I mentioned that I thought he looked healthier than he had a year ago, and he said that it may be because he has a “lady friend.” He shared with me that, for him, the meaning of girlfriend at this point in his life was companionship. That is so important—regardless of age.

Companionship is not something to take for granted; it is not something that we get too old for. Regardless of your health or age, keep a look out for your next companion. I often walk around and talk with our members at the various programs and get to see new friendships form; I always see kindness shared amongst friends.

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.

Bonefish Grill

900 SW Pine Island Road
Cape Coral
4 p.m., July 19

Sasse il Pizzaiuolo

3651 Evans Ave.
Fort Myers
5:30 p.m., Aug. 10

Start! Campaign Sets Healthy Community Goals

start!

Each December, Lee Memorial Health System sponsors the American Heart Association’s Start! campaign. The campaign encourages members of the community to make a commitment to exercise and a healthy lifestyle. The health system also supports a year-round walking campaign through biannual walking challenges and walking trails at each of the four hospitals.

“The Start! idea is to get people moving,” says Sally Jackson, system director of community projects. “Just 30 minutes a day can start the process of change. This small addition of activity can make a huge difference and start a chain reaction in altering lives.”

People of all ages, including seniors, can put on a pair of comfortable shoes and walk. “We have the opportunity to reach thousands of Lee County residents and really set in place the drive to make healthy lifestyle changes,” Sally says.

“The ultimate goal is to put Lee County in the national eye as a ‘fit-friendly’ community, where thousands, if not hundreds of thousands, of residents are putting on their sneakers throughout the year to Start! moving and protect their health,” says Jim Nathan, Lee Memorial Health System president. “We want everyone to become part of this initiative. It’s time to Start! living our best lives now.”

For more information on the program, go to www.startwalkingnow.org.

Above and Beyond Service

Nora Harmon knows good service. As a Lee Memorial Hospital volunteer and past president of the Lee Memorial Auxiliary with more than 14 years of experience, she has proudly served many patients, family members and visitors during her years with the health system. In February, Nora experienced the other side of care when she was a patient at Lee Memorial Hospital for surgery to repair her Achilles tendon.

“I was not concerned about the surgery as much as I was worried about returning home because I knew I wouldn’t be able to stand or use my foot for six weeks,” Nora says. “I knew Home Health and my rehabilitation nurses would be by to help, but I was impressed by the level of care I received from everyone—the nurses, social workers and doctors. Everyone was wonderful, and I really feel that I have to identify Jennifer James-Bass, guest service coordinator, because of her above and beyond service, and her kindness and caring attitude.”

Nora believes that the compassion and kindness she received is innate in Jennifer and the others who cared for her while she was a patient. “People can’t act that way unless they are that way—you can’t turn that type of concern on and off,” Nora says.

Nora’s doctor cleared her and she returned to her volunteer post with an even greater appreciation for the talented professionals at Lee Memorial Hospital.

For more information about joining the Auxiliary, call 239-343-2388.

Peace, *Jim*

Jim Nathan
President
Lee Memorial Health System



Jim Nathan

Mr. Deke Keeps SHARE Club Members Moving

According to James Laster, also known as Mr. Deke—a local fitness specialist and exercise instructor with 35 years of experience—exercise should be fun and safe. A variety of movements, chairs for balance and good music keep participants of Mr. Deke’s exercise classes moving and motivated.

“We do a little bit of everything,”

Mr. Deke explains. “From Zumba to kickboxing to aerobics or toning with hand weights, we just mix it up. I like to give the group what they want.”

Mr. Deke leads three classes per week for SHARE Club members.

“Our classes usually have 35 to 40 participants,” says Mr. Deke. “We see people in their early 50s and people in their 80s or 90s. The older people in the class want to feel just as young as the others. Playing good music and keeping them moving helps everyone feel young, and humor keeps us all going.”

Every class features laughs and camaraderie, but Mr. Deke says one thing everyone loves is ending the class with a blessing. “We come together in a circle to bless exercise,” Mr. Deke says. “It is a great way to end the workout.”

For more information about SHARE Club exercise classes with Mr. Deke, call 239-656-7760.

10 a.m., Wednesdays
Grand Court Retirement
Community
8351 College Parkway,
Fort Myers

9 a.m., Mondays
8:30 a.m., Fridays
\$3 per class
SHARE Club North
5170 Orange Grove Blvd.,
North Fort Myers

Silver Alert Awareness Luncheon

“Silver Alert” means a person with Alzheimer’s disease is lost and driving a car. Sixty percent of those with dementia will wander by foot or vehicle and you can help find them. Presented by Sue Maxwell, director of gerontology. Sponsored by Comfort Keepers and Clare Bridge of Fort Myers and Cape Coral.

10 a.m., July 7, Cape Coral Hospital Auxiliary Conference Room.

Call 239-424-3765 to register.

10 a.m., July 18, Clare Bridge of Fort Myers, 13565 American Colony Blvd. (off Daniels Parkway), Fort Myers.

Call 239-561-2463 to register.

Oh, My Aching Back

Presented by Kurt Gray, Lee Memorial Health System physical therapist.

Call 239-573-4800 to register.

6 p.m., July 12

Wellness Center of Cape Coral

Balance Screening

Attend a balance screening to find out if you are at risk of falling and what resources are available to help improve your balance.

10 a.m.-noon, July 12

Lee Center for Sports Medicine and Rehabilitation, 609 SE 13th Court, Cape Coral. Call 239-424-2317 to register.

10 a.m.-noon, August 16

The Outpatient Center at the Sanctuary, 8960 Colonial Center Drive, Fort Myers.

Call 239-343-9460 to register.

Faith and Fitness

Presented by Rev. Tom Hafer, MAR, PT, ATC, this program orchestrates the integration of the physical, spiritual and the environmental aspects of our lives. It is the way we grow, eat and share food that cures obesity and world hunger. It is the way we see exercise; no longer is it a necessary chore, it is reclaimed as the beautiful physical healing gift it was intended to be.

10 a.m., Aug. 11

Lee Memorial Hospital Auditorium

Improve Your Balance and Strength with Tai Chi

Presented by SHARE Club tai chi instructor Dr. Marc Rowe, retired physician. A lecture on the benefits of tai chi along with theory behind it.

10:30 a.m., Aug. 25

HealthPark Medical Center Room 1A



Brunch and Learn

Getting Started on an Exercise Program

Presented by Lee Memorial Health System wellness centers staff. They will discuss motivation to exercise, how to start an exercise program, how to find an exercise program, and determine what type of exercise program is right for you.

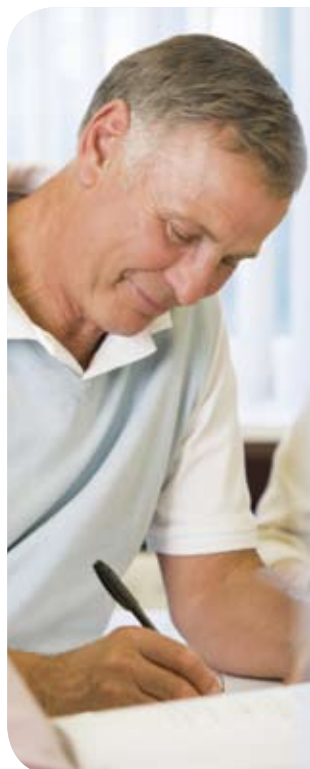
9:30 a.m., July 11, Gulf Coast

Medical Center Community Room

9:30 a.m., July 15, Cape Coral

Hospital Auxiliary Conference

Room



Workshop Aids Adults with Chronic Conditions

When Mike Powers moved from New Hampshire to Cape Coral, he struggled to adjust. “I have type 2 diabetes, chronic obstructive pulmonary disease and a ruptured disc in my back,” Mike says. “Combined with the heat and humidity, it was difficult to get to the mailbox.”

He called the Area Agency on Aging for Southwest Florida and learned about the free workshops they offer to adults age 55 and older who have ongoing health conditions.

The workshops help participants find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with doctors and family about their health.

“I learned more from other peoples’ questions than I did from my own,” Mike admits. “You never think to ask certain questions until someone else does.”

Mike says the six-week class was helpful for him, but he also would recommend it to caregivers and family members of adults with chronic conditions. “It was very professionally done, but I also felt relaxed and comfortable,” he says. “I made some lifelong friends there and I’d encourage anyone with health problems to go.”

Living Healthy Workshop

Free, 2.5-hour sessions are held for six consecutive weeks. Learn from trained volunteer leaders who have similar conditions. Set your own goals and make a step-by-step plan to improve your health—and your life. For more information or to register, call 866-413-5337.

When: Tuesdays, July 26-Aug. 23

Time: 1-3:30 p.m.

**Where: Area Agency on Aging
15201 N. Cleveland Ave., 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.

Making Memories

Create scrapbooking designs for your photo memories.
10 a.m., July 13
AC Moore, 1811 NE Pine Island Road, Cape Coral
Seats are limited, please call to register.



Skin Cancer Screening

Sponsored by Harris Dermatology.
9-11 a.m., July 15



Movie Day
Noon, July 20
"The King's Speech"

Noon, Aug. 17
"Water for Elephants"

Grand Court Retirement Community

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

Movie Day

1 p.m., July 18
"The King's Speech"

1 p.m., Aug. 15
"Water for Elephants"

Hand & Foot Card Game

1 p.m., Fridays

Mah Jong

9 a.m., Tuesdays



SUMMER SPECIAL
\$10 OFF all classes

Computer Classes for SHARE Club Members

The following is a list of upcoming 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 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. Go to www.LeeMemorial.org/ShareClub for more information.

\$99 Gets You Started Today

Join one of the Lee Memorial Health System wellness centers and pay only \$99 for a three-month membership with no enrollment fee—a savings of more than \$125. The medically based wellness centers are a safe and cost-effective way to get started with your exercise program.

Some restrictions may apply.



The Wellness Center of Cape Coral

609 SE 13th Court
Cape Coral, FL 33990
239-573-4800

Lee Center for Rehabilitation & Wellness*

2070 Carrell Road
Fort Myers, FL 33901
239-418-2000

*An outpatient department of Lee Memorial Hospital

Stretch and Strengthen Your Body with Yoga

Through slow, rhythmic breaths and a series of poses, yoga strengthens the body, encourages balance and promotes concentration and relaxation. A weekly class for SHARE Club members is the perfect opportunity to try this beneficial and restorative practice.

Led by Francesca Simonelli, the SHARE Club yoga class incorporates basic yoga breathing, stretching and strengthening. “Life is very busy and it’s often hard to focus,” Francesca says. “In yoga, it is important to be present in the moment, to listen and be aware of your body—we want to energize the body without pushing ourselves to the breaking point.”

Francesca moves participants through gentle stretches, while focusing on the breath. “Breathing is so important,” Francesca explains. “In life, we often do not realize how shallow our breathing is, but in yoga—for that one hour—we can concentrate on taking deep breaths that help connect our mind and body.”

Yoga helps strengthen and bring awareness to the body. “What we do on the yoga mat translates to everyday life,” says Francesca. “We become more aware of establishing and maintaining balance in everything we do. For seniors, yoga can help them feel more confident in their balance and mobility.”

For more information about SHARE Club yoga classes, call 239-424-3765.

10:30 a.m., Wednesdays
Cape Coral Hospital
LIFE Center

5:30 p.m., Wednesdays
HealthPark Medical
Center Room 201



Roll Up Your Sleeve for the Fifth Annual “Fun in the Sun” Blood Drive

Support your neighbors and our patients by becoming a blood donor.

Each donor receives:

- Duffel bag
- Free cafeteria meal ticket
- Discount coupons to Rita’s, Sweet Tomatoes, DQ Grill & Chill, Perkin’s
- Free refreshments
- Door prizes
- Chance drawings – Regal Cinema movie tickets, beach chairs, 30-minute Swedish massage from the Wellness Center and more
- Entry into grand prize chance drawing – three-day, two-night stay at “Tween Waters Inn

HealthPark Medical Center Atrium

9:30 a.m.-7 p.m., July 6
 7 a.m.-4 p.m., July 7

Lee Memorial Hospital Auditorium

8 a.m.-7 p.m., July 11
 7 a.m.-4 p.m., July 12

Gulf Coast Medical Center

9 a.m.-6 p.m., Aug. 19 (Community Room)
 7 a.m.-4 p.m., Aug. 22 (Blood Mobile)

Cape Coral Hospital Volunteer Orientation Room

9:30 a.m.-7:30 p.m., Aug. 23
 7 a.m.-4 p.m., Aug. 24

For more information, call 239-343-2333.



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 at 11 a.m., six-week courses are \$40 and begin June 21, Aug. 2, Sept. 13

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



Caregivers Corner

Who are Caregivers?

Caregivers provide assistance with daily living and emotional support to individuals who face chronic illness, disability or death.

As former First Lady Rosalynn Carter famously once said, “There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

It is vital for caregivers to receive support and have knowledge of resources available to them in the community. The Older Adult Services CARE program provides the care for caregivers—a social worker helps connect caregivers to resources and provides support throughout the caregiving journey. For more information, call Danielle Musteffe at 239-343-2751.



Travel Opportunities for Advantage and Plus Members

CI Travel 877-597-2961

Exclusive Summer Tours: This summer, CI Travel's "Get-Away Club" offers unique day and overnight tours in appreciation of year-round clients. Each tour is offered only once and includes extra perks.

Aug. 8-9 – Overnight to Tampa for "Rambling & Gambling." \$179 ppdo, \$219 single

Aug. 24 – Day trip to The Chihuly Collection museum in St. Petersburg, lunch. \$89 pp

Sept. 17-18 – Overnight to Mount Dora, stay at Lakeside Inn, Beatles tribute show. \$229 ppdo, \$279 single

Additional day tours are available. Please call CI Travel for a complete list of travel opportunities.

Concierge Cruises 239-772-1840

Nov. 10 – MSC Poesia, Fort Lauderdale, Key West, Nassau, four nights. Interior \$299, ocean view \$399, balcony \$549, taxes \$58.14

Nov. 19 – Norwegian Epic, Caribbean Cruise, Miami, Phillipsburg (St. Maarten), St. Thomas, Nassau (Bahamas), seven nights. Transportation available for additional fee. Ask about new single rates. Starting price \$819 ppdo, taxes \$107.82

Nov. 26 – Royal Caribbean, Liberty of the Seas, Western Caribbean, Fort Lauderdale, Belize, Cozumel (Mexico), five nights. Starting price \$582.75 ppdo, taxes and gratuities additional

Dec. 3 – Carnival Destiny, Miami, Jamaica, Grand Cayman, five nights. Interior \$334, balcony \$504, taxes \$66.95

Cruise Everything 800-959-7447

Oct. 10 – Holland America Eurodam, Cruise Canada's Maritime Provinces and New England, 12 nights, departing from Quebec City, Quebec and disembarking in Fort Lauderdale. Includes transportation from Fort Lauderdale to Fort Myers. Starting price \$1,749 ppdo, taxes and fees \$150.31 pp



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.

Oct. 14 – California Wine Country, San Francisco, Napa and Sonoma, seven days. Includes 11 meals. \$2,149 ppdo

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



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.