

# SHARE Club Presents



Lee Memorial Health System

## Featured Benefit to SHARE Club Advantage and Plus Members

All Lee Memorial Health System cafeterias and gift shops offer SHARE Club Advantage and Plus members a 20 percent discount. Show your membership keytag at time of purchase to receive your discount.



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Members are invited to join us for our holiday parties and special programs listed on Pages 4 and 5.



**Teresa Frank-Fahrner**

## Quality of Life is the most Valuable Asset

Time flies whether you're having fun or not. I am 44 years old, with 15- and 16-year-old daughters and a 2-year-old son. Bring back any memories? I have adapted the coping strategy that someday, I will look back and miss these days.

I often am reminded that our children are gifts from God, and are ours to mold into compassionate, motivated and successful adults. If we have done our jobs as parents and raised our children, then why do so many seniors feel compelled to leave something for their children?

Over the past few months, I talked with numerous members who are at the stage in life of needing a little assistance and they do not have children nearby to call on. What happens now? Where do we turn for help?

SHARE Club offers programs at various retirement communities for that purpose; we want to expose our members to the area communities and what they have to offer. The decision to move from your home to a community is an important one and one that, often times, people regret not having made earlier.

It is easy to preach without having personal experience. I recently had a member tell me that since her beloved spouse died, what she called her home was now just a house. There is so much truth in that. Memories are pictures and thoughts in our minds that go with us wherever we go.

I also believe the quality of one's life is far more valuable than the amount of money we leave our children. If you want to give to your children, give to them now while you are here for them to say, "thank you."

### 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.

#### **Twisted Lemon Cafe**

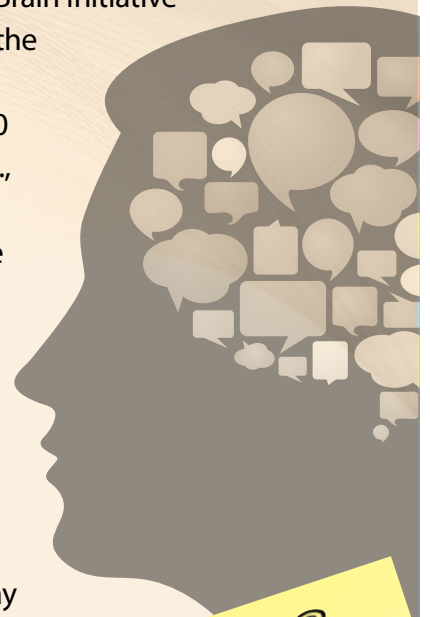
900 SW Pine Island Road, Cape Coral  
Nov. 15, 11:30 a.m.

#### **Biddle's Restaurant and Piano Bar**

12984 S. Cleveland Ave.  
Dec. 9, 11:30 a.m.

### Healthy Brain Initiative:

The Healthy Brain Initiative will sponsor the Brain Game Challenge, 10 a.m. to 2 p.m., on Thursday, Nov. 18 at the Edison Mall. Play various brain games and win prizes. Regular mental workouts may help to reduce the risk of Alzheimer's. Admission is one canned good or \$1 donation. Learn more at [www.healthybrainfl.org](http://www.healthybrainfl.org).



# HealthPark ED Provides Compassionate Care for One of Our Most Vulnerable



**Jim Nathan**

A trip to the emergency department can be a terrifying experience, especially if you don't know what is wrong. Lying on a hospital bed awaiting tests and treatment while your head fills with questions can make the situation even more alarming.

But what if you can't ask those questions? What if you don't have the ability to speak or fend for yourself?

That is exactly what happened in July when Janet Mercer, 85, was twice admitted to the ED at HealthPark Medical Center. Janet has Alzheimer's disease and dementia. Her son, Randal, received a call early one Saturday morning saying his mother was in severe pain and being rushed to the HealthPark ED. He immediately met his mother at the hospital. "The staff was very concerned and allowed me to participate as a bystander, as Mom could not speak for herself, and provide valuable information."

Tests revealed that Janet had a hernia. "The staff was attentive with blankets and information and full of concern," Randal said.

He also praised those working in the ED that night, including Karen Calkins, M.D., who took the time to speak to Randal's daughter—also a doctor—on the telephone, so the entire family could fully understand the situation. "Mom was an RN for over 50 years. On 8 West, I have never seen a more caring staff all working in a team effort... Mom thought she was home, I am sure."

Ten days later, Janet fell and hit her head, requiring another trip to the ED. Randal was out of town on business. "Again, the team at the HealthPark ED came through with flying colors. They stayed in contact with me by phone, gave me updates and were sympathetic to the situation. Some of the staff even recognized Mom from her previous visit," he said, adding that nurse Mel Irvine acted as a fantastic advocate for his mother.

"I just wanted to thank the staff who helped in some way. As someone who lives and breathes customer service, I recognize the professionalism and training given by the HealthPark staff. Medals to all of you," he said.

The care provided by the HealthPark ED and 8 West staff is a true testament to the compassionate care that takes place every day in our facilities. The message is made even more powerful knowing that our patient was dependent on those around her to make the best decisions for her care.

At Lee Memorial Health System, we are blessed to have Caring people...caring for people.

Peace, *Jim*

Jim Nathan  
President, Lee Memorial Health System



## Occupational Therapist Helps with Recovery from Carpal Tunnel Syndrome

Carpal tunnel syndrome—CTS—is the result of pressure on the nerves of the wrist, leading to symptoms including frequent tingling or numbness in hand or fingers, decreased grip strength and shooting pains from the forearm to the shoulder.

The cause of CTS varies by patient, but pathway for initial treatment always should include conservative therapy following the old medical saying, "do no harm."

Once CTS is diagnosed, the first line of treatment usually is a referral to a certified hand therapist to assess and treat. Brett Bennett, certified hand therapist and occupational therapist with Lee Memorial Health System, explains that following evaluation, patients are educated in exercises and stretches to decrease pain and swelling. These exercises also improve the strength and flexibility of the wrist and hand. Sometimes, a

brace or custom splint is made to keep the wrist in a neutral, pain-free position.

As treatment progresses, Brett may use more advanced techniques including fluidized therapy, massage or ultrasound to promote blood flow and circulation.

In some cases, surgery is necessary. Postoperatively, hand therapy usually is necessary for scar, swelling and pain management.

If you are experiencing symptoms of CTS, ask your physician for a referral to visit Brett and our team of occupational therapists.

Following referral, an appointment for an evaluation with Brett can be made by calling Central Scheduling at 239-424-1499.

# 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.

## Tai Chi for Seniors: Reintroducing the Body to the Mind

Presented by Lee Wedlake, master instructor, and Marc Rowe, M.D. A lecture and hands-on presentation. Nov. 8, 11 a.m. HealthPark Medical Center Room 201

## Oh! My Aching Back

Presented by Kurt Gray, physical therapist. Second Tuesdays, 6-7 p.m. Wellness Center of Cape Coral. Call 573-4800 to register. Second Thursdays, 6-7 p.m. Lee Center for Rehabilitation and Wellness. Call 418-2000 to register.

## Learn about da Vinci Robotic Prostate Surgery

Presented by Omar Benitez, M.D., Southwest Florida Urologic Associates. Refreshments provided. Nov. 9, 5:30 p.m. Cape Coral Hospital Auxiliary Meeting Room

## Veins or Vanity?

Moutaa BenMaamer, M.D., Suncoast Surgical Associates, will discuss

medical and cosmetic concerns with various types of vein problems. Nov. 10, 10 a.m. Lee Memorial Hospital Auditorium

## Skin Cancer Screenings

One out of five people will be diagnosed with skin cancer. Screenings provided by RiverChase Dermatology and Cosmetic Surgery. Nov. 11, noon-3 p.m., HealthPark Medical Center Rooms 1A/1B Nov. 12, 9 a.m.-noon, Cape Coral Hospital Auxiliary Meeting Room

## When Time does not Heal All Wounds

Dr. Robert Kupsaw, Hyperbaric Medicine & Wound Care, will discuss options for those hard to heal wounds. Nov. 16, 10 a.m. Gulf Coast Medical Center

## Cooking for You

Presented by The Windsor of Cape Coral. Chef Mike Davidson with The Windsor will demonstrate how cooking for one can be fun, healthy and easy. Samples and recipes provided. Nov. 17, 2 p.m.

## Get Moving, Get Happy Lunch

This 30-minute inspirational seminar is provided by Heart and Soul Massage. Music provided by Lenny. Complimentary for Adv/Plus members, \$5 for nonmembers. Nov. 18, 11:30 a.m. Cape Coral Hospital

## SHARE Club Retirement Living

Community Lunch and Tour Calusa Harbour invites SHARE Club members for a lunch and tour of their community. Dec. 7, 11:30 a.m. Calusa Harbour, 2525 E. First St., Fort Myers

## Peripheral Eyelid Screening

See better and look younger. Presented by Dean Larson, Eyelid Surgery Center Dec. 10, 11 a.m.-1 p.m. HealthPark Medical Center Room 1A

## SHARE Club Chocolate Party

Learn about the health benefits of chocolate then create your own irresistible confections. Many molds and fillings available. Great for holiday gifts. Cost: \$18.95 for half a

pound, \$30 for 1 pound. Call 772-6765 to register. Dec. 6, 1-2:30 p.m. Irresistible Confections, Bella Villa Shops, 8890 Salrose Lane #107, Fort Myers

## SHARE Club Holiday Luncheons

Celebrate the holidays at one of our parties, where you can win door prizes, sing along and tap your toes to your favorite holiday songs. Entertainment provided by Two Live Wires. Menu: Prime rib, wild rice, asparagus, mandarin salad and tiramisu. \$10 for SHARE Club Adv/Plus members, \$15 for nonmembers. Dec. 1, 11 a.m., lunch noon, Cape Coral Hospital Auxiliary Meeting Room. Dec. 11, 1 p.m., lunch 2 p.m., Gulf Coast Medical Center Community Room

## Military Support is a Labor of Love

Kim Gaide, ambulatory operations manager for Lee Memorial Health System Associates in Cardiac Care, did not know what she was getting into seven years ago. She worked in Human Resources then, and employees started to call to ask if the health system was doing anything for family members and friends who had been called to active duty.

“Right then, I decided to do whatever it takes to help them,” Kim says. She created the Military Support program in May 2003.

Since the program began, more than 32,000 pounds of care packages have been sent to troops deployed overseas. “We send boxes every month to let our soldiers know we haven’t forgotten them,” Kim says.

One soldier asked for healthy snacks in his monthly package, so that is what he gets. A lieutenant colonel, who happens to be Kim’s son’s commander, wanted Hot Tamales. “He got 15 pounds of candy and never asked for anything else,” Kim laughs.

The program keeps Kim and all the Military Support volunteers extremely busy. For each of them, it is a labor of love, she says. “We

can’t stop now. For too many of our soldiers, this might be the only package they get,” she says. “We’ll keep going until the last one comes home.”

For more information or to make a donation, contact Kim Gaide at 239-343-9690.

## A Salute to Our Veterans

Nov. 5, 9 a.m.,  
SHARE Club North,  
5170 Orange Grove Blvd.,  
North Fort Myers

Breakfast sponsored by Bob Evans. Beverages sponsored by Hidden Oaks Assisted Living. Please bring a package of beef jerky, nuts or white sport socks. RSVP by calling 239-656-7760.



## 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.

#### Movie Day

“The Back-up Plan.” Popcorn and  
beverages will be served.  
Nov. 10, 1 p.m.

#### Foot Screening

Bradley Habuda, D.P.M.  
Call 239-656-7760 to register.  
Nov. 17, 9 a.m.-noon

#### Fall Dinner/Dance

Menu: pot roast with potatoes and carrots,  
rice, dinner rolls and dessert. \$5 fee for  
members, \$8 for nonmembers.  
Entertainment by Jack Krichbaum.  
Sponsored by Evans Health Care.  
Call 239-656-7760 to register.  
Nov. 18, 6-9 p.m.

#### Movie Day

“Four Christmases.”  
Popcorn and beverages \$2  
Dec. 15, noon

#### Holiday Dinner/Dance

Menu: Roast beef, mashed potatoes, gravy,  
broccoli, cauliflower, rolls and apple squares  
with vanilla ice cream. Entertainment by  
Buddy Smith. \$5 for Adv/Plus members,  
\$8 for nonmembers.  
Dec. 14, 6-9 p.m.

### Barkley Place

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

#### Pizza Bingo

\$5 for SHARE Club  
Adv/Plus members,  
\$7 for nonmembers  
Nov. 12, 11:30 a.m.  
McGregor Room

#### Dinner Dance

Live Entertainment with  
Gary and Kerry. \$5 for  
SHARE Club Adv/Plus members,  
\$7 for nonmembers  
Nov. 17, 4:30-7:30 p.m.  
Meet in the McGregor Room

### Grand Court Retirement Community

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

#### Movie Day

“The Back-up Plan”  
Nov. 15, 1 p.m.  
“Four Christmases”  
Dec. 13, 1 p.m.

### Springwood Court

12780 Kenwood Lane, Fort Myers  
To register for the events below,  
call Carol at 239-278-0078.

#### Painting/Art Class

Classes available Nov. 4, 11 and Dec. 2, 9,  
9:30-11:30 a.m.

#### Blood Pressure Screening

Held fourth Friday of every month, 10 a.m.  
Evans Health Care, 3735 Evans Ave.,  
Fort Myers



## Intellectual Learning

Classes brought to SHARE Club Adv/Plus  
members by The Windsor of Cape Coral,  
831 Santa Barbara Blvd., Cape Coral. To  
register, please call 239-772-9400.

#### Contemporary U.S. Intelligence Issues

Mr. Thomas Eastwood, retired law  
enforcement and counterintelligence official,  
will host an open discussion on terrorism,  
9/11, Osama bin Laden, politics and  
other topics.  
Nov. 3, 2-3 p.m.

#### The Great American Songbook

Mr. Lee Silvan, music professor, composer  
and pianist, will give a quick tour of  
America's great songs and songwriters,  
including recorded performances. Students  
will develop insight into song forms, lyrics  
and style, and will receive free copies of music  
for songs discussed in class. Ability to read  
music is not required.  
Nov. 10, 2-4 p.m.

## 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

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 is also available at  
[www.LeeMemorial.org/ShareClub](http://www.LeeMemorial.org/ShareClub).

## Money Talk: A Financial Guide for Women

Do you know the who, what, when  
and where of your finances? If you  
had to take over your finances, would  
you be ready? This program includes  
five weekly sessions, providing  
you with valuable information on  
managing your finances. Sessions  
will include the following: financial  
basics, banking and credit, insurance  
basics, investing basics and retirement  
planning, and planning for future life  
events. \$30 fee. To register, contact  
Pamela at 239-533-7523  
or [abbotpm@leegov.com](mailto:abbotpm@leegov.com).  
Nov. 9, 12, 16, 19, 23, 1-3 p.m.  
Cape Coral Hospital Life Center

## Tai Chi Can Improve Your Balance and Quality of Life

Seven years ago, retired pediatric surgeon Marc Rowe suffered some nerve damage in his arm. A neurosurgeon friend recommended that he try exercises to strengthen his core. Marc settled on tai chi, an ancient form of Chinese “soft” martial arts, meaning the moves are low-impact.

“I approached tai chi very scientifically, as I do everything else. I wanted to know if the moves were based on sound anatomic and physiologic principles, and if there was evidence that it improved fitness and health,” Marc says.

A quick Internet search led him to Lee Wedlake, 56, an internationally known martial arts instructor who has a small martial arts studio in Fort Myers. “When Marc first came to me, his posture was a mess. After a year, even his wife said it had improved,” Lee says.

Tai chi is especially beneficial for the older population because it is not explosive like aerobics, says Lee. The slow motions also improve

flexibility and muscle tone. “The way each exercise is structured stimulates each of the major systems in the body,” he says.

From his first-hand experience and his research findings, Marc says tai chi has cardiovascular benefits, reduces arthritic pain and teaches proper alignment and balance.

“One out of every three seniors older than 65 will fall,” he says. “There is strong scientific evidence that tai chi can help prevent falls in the elderly. Tai chi can be done by anyone, no matter how old or incapacitated. You can do this when you’re 100.”



**Find out more about tai chi at 11 a.m., Nov. 8, when Lee Wedlake presents at HealthPark Medical Center Room 201. Call 239-772-6765 to register.**

## SHARE Club Heart Walk Team Needs You

Join SHARE Club members and staff, and walk to support the research on America’s No. 1 killer—heart disease. We will walk as a SHARE Club team to kick off our member walking program.

Call Dena at 239-772-6758 to register to walk with us. Dec. 11, 8 a.m. Centennial Park, downtown Fort Myers



## Counselor helps seniors answer health insurance questions

Whether you need help with a claim that has been denied or want to know how to choose the best health insurance option, volunteer Jo Marshall has the answers.

Marshall works with Serving Health Insurance Needs of Elders—or SHINE—with the Florida Department of Elder Affairs.

Through seminars and her one-on-one sessions at Cape Coral Hospital, Jo gives members free advice on how to select the coverage that best suits their needs. “We don’t make up their minds for them,” Jo says. “We tell them what’s out there and give them the contacts they can call.”

“I want to sign up for the same program my neighbor has,” Jo says. “This is a common quote I hear when people come in to talk with me. It is important that people do their homework, and they need to understand there are many factors that go into selecting the best health insurance option.”

“My job is to outline the advantages and disadvantages of the plans to the people I speak with and then it is up to them to decide what type of plan fits their financial and medical needs.”

Jo attends annual workshops to keep up with changes in health care. She just came home with all the new information to help you navigate through the 2011 annual enrollment session. If you have

questions or need clarification, please call and register for one of the seminars listed below.

“I’ll talk to anyone who has a health insurance problem,” Jo says. “I will do everything that they need to make an informed decision or I will help them fight a battle to make appeals. No matter what issue it is, there is help.”

Jo Marshall meets with clients in the SHARE Club office on the first floor of Cape Coral Hospital, 10 a.m.-2 p.m. Tuesdays. No appointment necessary.

### Medicare 2011 Update Lectures Call 239-772-6765 to register.

Nov. 8, 12:30 p.m., .. HealthPark Medical Center Room 1A

Nov. 15, 5 p.m., ..... SHARE Club North, 5170 Orange Grove Blvd., North Fort Myers

Nov. 17, 1 p.m., ..... Sterling House, 1251 Business Way, Lehigh Acres

Dec. 2, 10 a.m., ..... Cape Coral Hospital Auxiliary Meeting Room

Dec. 7, 10 a.m., ..... Gulf Coast Medical Center Community Room

Dec. 8, 10 a.m., ..... Lee Memorial Hospital Auditorium

# Get Moving with Fellow 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

**Nov. 30-Dec. 1, A Celebration Christmas.** Includes one night at Bohemian Celebration Hotel, dinner at Café D'Antonio, area tour, Downtown Disney, admission to ICE at Gaylord Palms, special waterfront dinner on Sarasota Bay. \$299 ppdo, \$399 single

**Dec. 2-3, Christmas at Mt. Dora.** Includes transportation, one night, dinner and breakfast at the historic Lakeside Inn, trolley tour of lights, Lakeridge Winery, dinner at Troyer's Amish Restaurant in Sarasota. \$249 ppdo, \$309 single

**Dec. 5-10, Christmas at The Biltmore, Asheville and Stone Mountain,** five nights. Includes transportation, hotel accommodations, tours and 12 meals. \$799 ppdo, \$1,099 single

**Dec. 6-7, Ice Is Nice, Christmas highlights of Orlando.** Includes transportation, one night at Hawthorn Suites Lake Buena Vista, tour of the National Shrine of Mary Queen of the Universe, play time and dinner on own at Downtown Disney, admission to ICE at Gaylord Palms, dinner at Troyer's in Sarasota, two breakfasts, manager's reception w/ beer and wine at Hawthorn Suites. \$179 ppdo, \$229 single

**Dec. 19, Buffalo Bills at the Miami Dolphins,** Miami Stadium. Includes transportation, reserved upper corner/end zone seat for 1 p.m. game, pregame party, soda, water and beer on bus and at pregame party, soda and water on way home. \$89 pp

**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

**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 LaPalma and visits to famous historical landmarks in Miami. \$89 pp

### Concierge Cruises 239-772-1840

**Feb. 7, NCL Sky, Grand Bahamas Island,** Nassau and Great Stirrup Cay, three nights, starting price \$244 ppdo

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

**Nov. 19, 2011, NCL Epic, Caribbean, St. Maarten, St. Thomas, Nassau, Bahamas,** seven nights, starting price \$819 ppdo

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

### Collette Vacations 239-772-6765

**Dec. 29, California Tournament of Roses Parade and Crystal Cathedral.** Includes roundtrip airfare and more. \$1,999 ppdo, \$2,229 single

**Feb. 12, Tropical Costa Rica,** 14 days. Includes nine meals, roundtrip airfare and more. \$2,649 ppdo, \$3,199 single

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

**Sept. 10, 2011, National Parks, 12 days.** Includes 17 meals, roundtrip airfare and more. \$3,449 ppdo, \$4,449 single

**Dec. 3, 2011, 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**

**Web site:**  
[www.LeeMemorial.org/OAS](http://www.LeeMemorial.org/OAS)

**E-mail:** [SHARE-Club@LeeMemorial.org](mailto:SHARE-Club@LeeMemorial.org)

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## LEE MEMORIAL HEALTH SYSTEM

### SHARE Club

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

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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.