



SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

July-August 2006

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SHARE CLUB

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The Benefit of **CHOICE**

By Teresa Frank-Fahrner

The world of healthcare has changed dramatically over the years and in numerous ways for the better. I am always amazed at the stories I read about the wonders of today's medical technology. Healthcare is a very competitive business, which I believe increases quality of care and helps to keep costs down. With competition, come choices. I believe people need to stay educated on what choices they have and be willing to ask questions.

For example, Medicare Beneficiaries have been bombarded with marketing materials on the Medicare Part D Plans that provide coverage for medications. At the same time, our area has been heavily marketed



Teresa Frank-Fahrner

with some of the new Medicare advantage plans, HMOs and PPOs. It is important that you stay educated on what your choices are. Ask numerous people, do not allow some sales

person (no matter how nice he or she is) to be your only resource. Ask your physician(s) and hospital(s) of choice which insurance plans they will accept. Take an active role in choosing your health insurance.

Lee Memorial Health System has received numerous awards and recognition for the quality of care we provide to the community. I am very comfortable recommending our programs and services to all of you. I will also be on your side and assist you if we do not meet your expectations. Since I mentioned the word expectations, I encourage you to be realistic with your expectations. Ask questions and do not assume that things are the same as they were years ago.

Pulmonary Rehabilitation

All people with chronic lung problems (asthma, emphysema, chronic bronchitis or pulmonary fibrosis) can benefit from a pulmonary rehabilitation program - at any stage of their disease. Following a physician referral and an initial evaluation visit, a multidisciplinary team works with clients to help them understand their illness and establish a long-term exercise program.

The program is offered at Lee Memorial Hospital 239-335-7720 and Cape Coral Hospital 239-574-0161.

LMHS Receives Award For Operational Excellence

At its May 2006 Leadership Conference, VHA Inc. awarded LMHS the 2006 VHA Leadership Award for Operational Excellence. This award honors organizations that have differentiated themselves around national performance standards by achieving exceptionally high levels of performance. VHA Inc. is a national health care provider alliance of over 1400 hospitals, representing 25 percent of the nation's community hospitals, that helps member networks work together to identify and implement best practices to improve operational and clinical performance.

Lee Memorial Auxiliary Events

Jewelry Sale:

Monday/Tuesday
August 14/15

7 a.m. – 4:30 p.m.

Lee Memorial Hospital

Wednesday/Thursday

August 16/17

7 a.m. – 4:30 p.m.

HealthPark Medical Center



Message From Jim

Most SHARE Club members have some form of health insurance. So why should you be concerned that 46 million Americans are without it? Here are some reasons.

For the past half-century, most people have gotten health insurance from their employer. In the mid-1960s, most everyone was expected to work for large companies like General Motors, US Steel, and General Electric and receive health coverage. Medicare and Medicaid were created as “fringe” programs, designed to cover small numbers of people who didn’t have health insurance from an employer. The idea was that between employer-sponsored health insurance, Medicare, and Medicaid, we would have an American version of universal coverage.

In the 1990s however, non-governmental employer health insurance declined by 2.3% per year. Since 2001, the decline has accelerated to 4.5% annually.

If the trend continues, less than one third of U.S. businesses will provide health insurance for employees by 2010.

Not too many years ago, “uninsured” usually meant “unemployed.” Today’s uninsured residents in southwest Florida are principally hard working individuals under the age of 65 who have jobs in construction, tourism, agriculture, and small service



businesses. In the 60s, if you had a job you had insurance, but that’s not true today. Lee County’s unemployment rate is a record low 2.1% while 25% of the population is uninsured, a record high.

The number of uninsured people is escalating rapidly, and the fastest-growing group is the SHARE Club’s younger generation—Americans age 50-64. About 7 million were uninsured in 2004 versus 4.4 million a decade ago. According to the Robert Wood Johnson Foundation, people without insurance in this age group are less likely to be screened for cancer, diabetes, and heart disease. When they do seek care, it is frequently extensive and expensive because early care was delayed.

So why be concerned? Ultimately society pays for the growing uninsured. By not addressing these challenges now, and truly reforming the financing and delivery of our nation’s health care system, we shall pay a lot more ... later.

Peace, 

Physician Referral Service

Each Lee Physician Group practice delivers individualized, quality care, backed by the comprehensive services and staff of your community-owned health system. Our doctors specialize in family practice, internal medicine, endocrinology, rheumatology, pediatrics and obstetrics/gynecology.



For additional information and physician referral, call 481-4111.

Community Discount Program

SHARE Club members save money on various items such as restaurants, hotels, and stores. The Discount Directory is on our Web site at www.leememorial.org/shareclub. Please call 239-772-6765 or stop by the office for the current listing.

To Save a Life...

At Lee Memorial Health System, the blood you donate helps to save the lives of patients in your community-owned hospitals – Lee Memorial Hospital (including the Trauma Center), HealthPark Medical Center, and Cape Coral Hospital.

Call 239-334-5333 for the Lee Memorial Blood Center nearest you.

FREE MEMORY SCREENING

Lee Memory Care offers complimentary memory screenings. Call 239-334-5634 for an appointment.



senior fitness

Sit And Be Fit Classes

This one-hour group class will consist of many exercises to increase flexibility, some to increase strength and some to increase cardiovascular endurance. The class is designed to get people started with an exercise program and to learn more about themselves. The class consists of basic overall exercises and is taught in a relaxing atmosphere.

Lee Center For Rehabilitation and Wellness

Days: Wednesdays and Fridays
Time: 9:30 - 10:30 a.m.
Cost: 10 classes for \$32
Call 239-418-2000 for information.

Wellness Center of Cape Coral

Days: Tuesdays and Thursdays
Time: 2 p.m.
Cost: 8 classes for \$32
Call 239-573-4800 for information

Yoga Classes

One complimentary first class for all SHARE club members at the Joyful Yoga. Classes will take place at the Cape Coral Hospital LIFE Center on Wednesdays at 1:00 p.m. Coupon expires on June 30, 2006. Classes are also offered all over Lee County. For a complete schedule call 239-482-6677 or log on to HYPERLINK "<http://www.JoyfulYoga.com>" www.JoyfulYoga.com.

LMHS Offers A Local Choice For Cardiovascular Screenings

You have probably seen the full-page advertisements in local newspapers offering cardiovascular screening programs at various spots around the community. The firms who provide these services bring their mobile vans into town for the screenings, provide the results, and then they move on to the next town.

The Heart and Vascular Institute of Lee Memorial Health System (LMHS) is now offering a similar service – but with one important difference. After you have your screening and receive your results, LMHS will be right here to help you manage your risks and take control of your health. This is a critical service out-of-town firms can't provide.

Heart and vascular disease is the biggest threat to your health and well-being. Those over 40 who have a history of high blood pressure, diabetes, smoking, high cholesterol or known cardiovascular disease, are at even greater risk. LMHS can help you to learn about your cardiovascular health status through a low-cost, quick and easy screening program to identify people at risk for heart disease, vascular disease, diabetes and stroke.

Because this is an elective screening and not physician-referred, it is generally not reimbursable by insurance. Accordingly, the Heart and Vascular Institute does not submit any insurance claims.

The Complete Cardiovascular Screening Package is only \$229.00, or \$199.00 **without Lab testing and consultation***

- Carotid artery scan to look for blockages
- Abdominal ultrasound to detect aortic aneurysms
- Non-invasive pressure tests to detect peripheral artery disease
- Test results read by a board-certified physician
- EKG
- **Health questionnaire and assessment including blood pressure, fasting blood sugar and total cholesterol with lipid panel***
- **Meet with a registered nurse to assess overall health and well-being***

The next available screening dates are July 11 and 12 and August 8 and 9, 2006, at The Outpatient Center at HealthPark Commons, 16281 Bass Road in Fort Myers.

For more information about the health screening or to make an appointment, call the Heart and Vascular Institute Information Line at 239-432-4786.

Surgical Treatment Of Gastroesophageal Reflux Disease (GERD)



By Darren Miter, DO

Heartburn is something that most people experience at least one time in their life. Chronic heartburn, however, can be a symptom of gastroesophageal reflux disease (GERD), which an estimated 18 million Americans experience on a regular basis.

GERD is a chronic condition that occurs when the sphincter muscle between the esophagus and stomach functions abnormally, allowing acids from the stomach to flow backward (or reflux) into the esophagus and cause tissue damage. This damage can range from mild esophagitis (inflammation of the lining of

the esophagus), all the way to cancer of the esophagus. The symptoms also vary from burning in the chest, swallowing difficulties, and an acidic taste in the mouth, to chronic cough, hoarseness, and recurrent bronchitis or pneumonia.

Many patients with this disorder can be treated with dietary changes, lifestyle modifications, and a short course of stomach-acid suppressing medications, allowing the lining of the esophagus to heal. People with recurrent symptoms, or symptoms that do not respond to this initial treatment, often need further evaluation.

Ultimately, patients may think they have to face a lifetime of taking acid-suppressing medications each day and avoiding foods they enjoy, while still having episodes of discomfort.

There is an alternative, however. A minimally invasive surgical procedure, called a laparoscopic Nissen fundoplication, can restore the body's ability to prevent stomach contents from refluxing back into the esophagus. Surgeons have performed this procedure since the 1950s via a traditional abdominal incision;

however, it has gained much greater acceptance since first being performed laparoscopically in 1991. Many studies have shown that the procedure effectively controls the symptoms of heartburn long-term, and can slow—even reverse—the pre-cancerous changes in the esophagus resulting from reflux.

The procedure is generally performed using 5 five-millimeter incisions (totaling one inch) and requires a general anesthetic and usually an overnight stay in the hospital. Through these tiny incisions and using an advanced video camera (laparoscope), the surgeon can take the top portion of the stomach and wrap it around itself where it meets the esophagus, creating a collar-like structure that in turn will restrict the flow of stomach contents backwards into the esophagus.

After a brief recovery period, most patients are able to enjoy a regular diet and are free from heartburn and the other symptoms of GERD. Depending on a number of factors, these results can last a lifetime.

Darren Miter, DO, is a General Surgeon with Suncoast Surgical Associates. Contact Dr. Miter at 239-343-9960.

Congestive Heart Failure Support Group

This LMHS program meets monthly, alternating locations between Cape Coral Hospital and HealthPark Medical Center.

Congestive Heart Failure (CHF) is a condition in which the heart can't pump enough blood to the body's other organs. The "failing" heart keeps working but not as efficiently as it should. People with heart failure can't exert themselves because they become short of breath and tired. As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body too.

CHF usually requires a treatment program of

rest
proper diet
modified daily activities
medications



It can be difficult for people with CHF to manage the condition on their own. In fact, CHF is the number one condition for which people have repeat hospital admissions. The Congestive Heart Failure Care Program at LMHS has had tremendous success working with patients hospitalized with CHF to reduce their return admissions to the hospital.

For more information, please call Leslie Foskett, RN, CHF Coordinator for LMHS, at **239-573-5725**.



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Caregiver Support And Education

If you are a full time caregiver for a loved one, LMHS' Older Adult Services offers an informative caregivers program called CARE. Please call 239-334-5751 for more information.

Employment

Lee Memorial Health System is ranked in the top 10 of the AARP's 50 Best Employers for Workers Over 50, and nationally recognized as an Employer of Choice.

Please visit us online at www.LeeMemorial.org.

LeeMemorial.org for more information and to apply online, or call 239-772-6500.

Putting The “WOW” IN JOINT REPLACEMENT SURGERY

Lee Memorial and Cape Coral Hospitals hold pre-surgery classes for joint replacement patients and their loved ones. Attending the classes allows you to know what to expect and, even more important, to understand what you have to do to make sure you have the best possible results from the surgery. If you are planning a similar surgery in the near future at one of these hospitals, ask your doctor if these classes would be helpful for you.

By Judy Nedeau, LMHS System Communications Department

Recently, when my husband underwent a minimally invasive total knee replacement, I had the opportunity to experience LMHS as the wife of a patient.

From the time we arrived at 5:20 a.m. on the morning of April 6, until we left for home on the morning of April 9, it was an entirely smooth and positive experience. The volunteer at the surgical desk was organized and informative. She kept the coffee on and kept each of us waiting informed of the progress of our loved one's surgery. The pre-operative folks were wonderfully efficient in preparing my husband for his surgery. At the same time, they were reassuring and comforting to both of us.

When the surgery was over, his surgeon sought me out in the waiting area to advise me of the positive outcome of the surgery. As I awaited his return from recovery, the staff on the orthopedic floor was very helpful.

They were already expecting him and told me his room assignment, who his nurse would be, and when I might expect him to arrive.

Throughout my husband's three-day stay, each and every staff member was highly responsive, capable and caring: the nurses, the physical therapists and the members of housekeeping and food services. At every step of the way, we were told what was happening and why. They also made sure we were prepared to return home. This is clearly a team that "knows its stuff" completely. However, they never forget that joint replacement surgery is likely a new experience for the patient and his loved ones.

I am happy to report that my husband has had an incredible recovery from his surgery and (with his surgeon's blessing) we played a round of golf only three weeks post-op. A lot of the credit goes to LMHS and his surgeon's office for making sure that he was prepared for the surgery and fully understood his own role in his recovery. Now he has no excuses to avoid those dance lessons!

SHARE Club Computer Classes

Classes meet for two and a half hours once a week. We have one instructor and three coaches per class. All students work on the computer in one of our labs located at either Cape Coral Hospital or Lee Memorial Hospital. All classes are five weeks long unless otherwise indicated.

Classes Offered:

Beginning Computer (\$40)

Beyond the Basics (\$45)

Internet (\$45)

AOL (\$45)

Print Shop (\$50)

XP (\$45)

XP Maintenance (\$20)

Photo Editing (\$20)

Roxio 7.5 (\$15)



To register for classes, or for more information please call 239-772-6758 or send an e-mail to share-club@leememorial.org.

Cardiac Rehabilitation – A Positive Turning Point

Once you've had a heart problem, many changes are in store – lifestyle, physical and psychological. You don't have to do it alone - cardiac rehabilitation can help you get the most out of life.

The Cardiac Rehabilitation programs at LMHS include exercise, risk factor education, lifestyle modification classes and support – tailored to an individual's needs. Phase I is for cardiac patients when they are in the hospital, Phases II and III are outpatient programs. Your physician, who works closely with the rehabilitation team, must refer you.

The medical professionals on the cardiac rehabilitation team understand the challenges of living with heart disease. The programs emphasize what you can do to restore – and even improve – your quality of life.

Locations: The LMHS Heart and Vascular Institute provides Cardiac Rehabilitation programs at HealthPark Medical Center (239-432-3720) and Cape Coral Hospital (239-574-0396). Our Wellness Centers in Fort Myers (239-418-2000) and Cape Coral (239-573-4800) offer Phase III.

Call for more information or talk with your doctor.



Support Groups

The area code for all numbers is 239

APHASIA - 772-6572 (Nancy Gizzi)

CANCER

Breast Cancer – 432-2568

Ovarian Cancer – 336-6167

Prostate Cancer – 332-1234

Thyroid Cancer – 560-8495

CONGESTIVE

HEART FAILURE – 573-5725

DIABETES - 573-5727

FIBROMYALGIA and

CHRONIC FATIGUE – 939-0910

PARKINSON'S – 334-5883

PERIPHERAL NEUROPATHY – 693-7224

PULMONARY

FIBROSIS – 481-0582 (Marge)

STROKE – 458-4140 (Flo)

VOICE - 772-6572

Mended Hearts

Support Group - 432-0985 or 432-4967

Amputee Support Group- 656-3973

ICD Support Group - 432-4614.



Your gift to life Brings income for life

Lee Memorial Health System Foundation invites you to make a donation to support our lifesaving mission and at the same time receive income for life with a Charitable Gift Annuity.

If you are 65 years of age or older, donate a minimum of \$10,000 and Lee Memorial Health System Foundation will pay you (and a survivor, if you wish) a fixed annuity rate for life. Your charitable gift will help ensure residents of Southwest Florida have access to the finest possible hospital care.

Why a charitable gift annuity?

In exchange for your donation, you may receive:

- Income for Life
- Charitable Tax Deduction
- Tax-Free Payout
- Capital Gains Savings
- Satisfaction knowing you are supporting lifesaving health care.

Sample Gift Annuity Rates* For One Life

Age	Rate	
65	6.0%	*As of 2/28/06. Actual rates based on periodic determination by American Council on Gift Annuities.
70	6.5%	
75	7.1%	
80	8.0%	
85	9.5%	
90+	11.3%	

Learn More:

Find out how you can secure future income by calling the **Lee Memorial Health System Foundation Office at 239-985-3550**. There is no obligation and your inquiry will be treated in the utmost confidence.

LEE MEMORIAL
HEALTH SYSTEM

FOUNDATION

Funding Tomorrow's Healthcare Today

calendar

SHARE CLUB PRESENTS

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

Website: www.LeeMemorial.org/OAS

Email: share-club@leememorial.org

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SHARE CLUB LUNCHEON-CHOOSING THE RIGHT MEDICATION FOR YOU

Friday, August 18, Noon at Lee Memorial Hospital Auditorium. Presented by Dr. Michael Raab, LMHS Geriatrician. Dr. Raab will discuss various classes of medications and how best to work with your physician, insurance company and pharmacy. Call 239-772-6765 to register. Chicken cordon bleu, rice, vegetable, dessert and beverage for \$6.

"TIRED OF NOT SLEEPING?"

Tuesday, August 22 at Cape Coral Hospital and Thursday, August 24 at HealthPark Medical Center at 10:00 a.m. This presentation, by Jim Hill, Supervisor of Lee Memorial's Sleep Disorder Centers, will include: how to create a sleeping environment, various conditions that may cause sleepless or restless nights and treatment options for these. Call 239-772-6765 to register for this program.

"THE ABC'S OF GRANDPARENTING"

Tuesday, August 8, 10:00 a.m., at Cape Coral Hospital New Cafeteria. Presented by Karen Headlee, Family Consumer Services Extension Agent with Lee County Extension Services. Karen will discuss all aspects of Grandparenting. Call 239-772-6765 to register.

IMPORTANCE OF PLANNING AHEAD

Wednesday, August 2, 10 a.m. at HealthPark Medical Center, Room 1A and 1B. Presented by Dawn Moore, Pre-need counselor with the National Cremation Society. If you have ever had to make funeral arrangements for someone, you know how difficult it can be - particularly if you didn't know the wishes of the deceased. Why not do your own planning now? Not only will you make it easier for your loved ones during a difficult time, you can be assured that your wishes are followed. Call 239-772-6765 for more information.

SURGERY SERVICES

Friday, August 4 at 10:00 a.m. at Lee Memorial Hospital Auditorium. Presented by the Surgery Department at Lee Memorial Hospital. Come and learn about today's operating rooms, what equipment they use, how to prepare for surgery and what to expect after you wake up. Call 239-772-6765 to reserve your seat.



VOLUNTEER RECRUITMENT--ICE CREAM SOCIAL

We'll be serving up sundaes and information on:

**Thursday, July 27, 2006
1:30 to 3:30 p.m.**

Locations:

Lee Memorial Hospital (LMH) - Volunteer Resources Conference Room, 1st floor, next to the Medical Library

HealthPark Medical Center (HPMC) - Atrium

(You'll also learn about volunteer opportunities at HealthPark Care Center)

Cape Coral Hospital (CCH) - Auxiliary Meeting Room (off Main Lobby)

*Walk-ins are welcome, but **Reservations Preferred.** For more information or to RSVP, call:*

LMH	334-5388
HPMC and HPCC	432-3055
CCH	574-0206