

SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

November-December 2006

Join this
free membership club
today call 772-6765

See back page for list of lectures

Join us for the
**Holiday Celebrations at
Broadway Palm Dinner
Theatre**, see details inside...

Looking for Computer Classes?
Or want to volunteer in our classes?
Call SHARE Club 239-772-6758.

Physician Referral Service,
call 481-4111

LEE MEMORIAL
HEALTH SYSTEM

SHARE CLUB

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

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Tis' The Season For Exciting Changes

By Teresa Frank-Fahrner

So much to say, and such little space to write. This has been a very challenging and exciting year for all of us. First, we had the introduction and initial year of the Medicare Part D Drug plan as well as having some new Medicare Advantage plans open up in our community. The amount of information was incredible and somewhat confusing. (Some of you may be nodding your heads right now.) I want to encourage you to stay educated and informed as you approach this next year so you can make the best choices possible.

We anticipate some changes in both the Medicare Part D Drug Plan as well as the Medicare Advantage plans. Make sure you know what these changes are, do your homework, and then make your choice. I anticipate premium increases this year, since most insurance premiums do increase each year. Please know that we are here to help, just give us a call at 239-772-6765.



Teresa Frank-Fahrner

The more I observe, from both inside the healthcare arena and outside as a consumer, the more confident and excited I am about the decision of LMHS to purchase two additional local hospitals.

LMHS has been dedicated to this community for nearly 100 years. We have introduced numerous

programs that would not make money, but ones that were needed to keep our community healthy and safe. In most businesses, if you have a product line that is losing money for years you would eliminate it. The excellent leadership of LMHS was not willing to close the Trauma Center, why do you think that is? It is because LMHS cares about this community and its healthcare needs.

For nearly five years now, LMHS leadership and staff have focused much energy on improving productivity, while maintaining quality, improving access and keeping costs down. LMHS is a well-run organization that wants to reinvest in our community to be able to provide our citizens with the best medical care available. I am proud to be an employee of LMHS.

Happy Holidays to all of you!

Holiday SHARE Club Challenge

The SHARE Club Holiday Blood Challenge is here, featuring a blood donation competition between SHARE Club members on each side of the Caloosahatchee River! During the months of November and December, please donate blood at one of the LMHS Blood Center locations and ask them to credit the SHARE Club Team. After you donate, plan to have a complimentary meal in the hospital cafeteria.

One single pint of blood can help save the lives of several people. Your donation can be separated into its different components – the platelets may go to a child with leukemia; the plasma to a patient with a clotting problem; and the red blood cells to an accident victim. No money down, no interest to pay and just 30 minutes of your time – this could be the best gift you can give to your friends and neighbors this Holiday Season.

Call 239-334-5333 for the location of a LMHS Blood Center near you.

Success In Training

In October 2004, twenty-four LMHS employees were chosen to participate in The Building Bridges Program designed to address the critical nursing shortages within healthcare facilities. Building Bridges is an Agency for Workforce Innovation/Florida Department of Education employer-supported, facility-based CNA to LPN Nursing Initiative. Lee Memorial Health System (LMHS) was one of two sites selected in the State of Florida to participate in this grant.

The local program was conducted at Lee High Tech Center-Central. There was a strong geriatric focus during the training. The grant paid for all expenses, including uniform and equipment. LMHS paid for one of their two days in class as 'time worked' to encourage success. This unique two-year program has been a huge success with 12 of 12 – 100 percent of the class - graduating. The graduates will be taking on new roles at LMHS. Ten of the twelve graduates are already planning on the next step in their career development journey...to become a Registered Nurse.

Message From Jim



Lee Memorial Health System Grows To Meet Community's Needs

By Jim Nathan, LMHS President

Southwest Florida Regional Medical Center (SWFRMC) and Gulf Coast Hospital (GCH) are now a part of Lee Memorial Health System.

Many people are asking what this means for the community and what changes are being made as a result. While we may not know the answers to everything, we do know that it will be "business as usual" over the next several months.

All employees of SWFRMC and GCH have been offered employment by LMHS and there will be no disruption in their pay or benefits. There is much to be done just to assure that their pay and benefits are properly handled and that things like e-mail, internet and intranet access are resolved, etc. - the type of things we must do right to get off to a good start.

We have no plans for any immediate change in services or programs that are offered at any of the hospitals. The transition to convert information

systems, accounting systems, and facility operations will be done over a period of time so that services to the community will not be disrupted. We want to collaborate with the team at SWFRMC and GCH and learn from each other so that we can give the best level of care to our patients.

In another few months we are considering establishing a process where physicians, staff, community leaders and the community in general, including SHARE Club members and those who have belonged to HCA's H2U Seniors Program, can participate in "visioning exercises". These exercises will help us to collectively envision a great healthcare system for our community's future and what it will take to get us there. We hope many of you will want to participate in some way. This is a wonderful opportunity to work together to create a vision of what healthcare will look like in Lee County in the future.

Peace.

A handwritten signature in blue ink that reads "Jim".

One of AARP's Best Employers for Workers Over 50!

For the second year in a row, AARP named Lee Memorial Health System (LMHS) as one of the 50 Best Employers for Workers Over 50. In fact, this year LMHS came out as #2 on the list, up from #10 last year.

AARP established the award to honor employers showing a commitment to the aging workforce.

LMHS offers its 50+ workers a wide range of flexible work options, including part-time work, compressed workweeks, job sharing, temporary work schedules, and phased retirement. It also has two programs that enable workers to take time off and still maintain their benefits.

In making the announcement, the AARP Executive Council noted that many firms value 50+ workers for their experience, motivation, and strong engagement; other employers need to recognize the advantages that those workers

bring to the table. LMHS President Jim Nathan observed, "We have the benefit of mature workers providing positive examples, sharing a unique knowledge base, mentoring younger workers, filling essential jobs..."

If you have thought of returning to the workplace, why not consider Lee Memorial Health System? To learn about the job opportunities available, visit the LMHS Web site at www.LeeMemorial.org and click on Employment.



senior fitness

Sit And Be Fit Classes

Share Club Class

This one-hour group class will consist of many exercises to increase flexibility, strength and cardiovascular endurance. The class is designed to get people started with an exercise program. Call 418-2000 for Wellness Center of Fort Myers, or 573-4800 for Wellness Center of Cape Coral.

Jazzercise Classes

One complimentary class for all SHARE Club members, offered at Cape Coral Hospital LIFE Center. Call 297-6656 for more information

Yoga Classes

One complimentary first class for all SHARE club members at the Joyful Yoga classes offered at Cape Coral Hospital LIFE Center on Wednesdays at 1:00 pm. Offer expires on December 31. Classes are also offered all over Lee County. For a complete schedule call 239-482-6677 or log on to www.JoyfulYoga.com.

Strokers Golfing League

Our group of strokers are guys and gals with physical conditions "slightly over par". The course layout is nine holes of pitch and putt. \$10.00 annual fee with \$6.00 green and cart fees. For information, call Myerlee Country Club Pro Shop at 239-481-1440.

Two Months For \$100.00

Lee Center for Rehabilitation and Wellness, on Carrell Road in Fort Myers, is offering a SHARE Club Only Membership - two months for only \$100. Upon joining the Center, an Exercise Specialist will design a personalized fitness program to help you look and feel better. For more information call 418-2021 and speak with Donna.

Cape Coral Hospital Auxiliary Events

Jewelry Sale - Monarch Jewelry
November 13 -14, 2006
7:30 a.m. - 4:30 p.m.
Cape Coral Hospital

November 15, 2006
10:00 a.m. - 3:00 p.m.
Santa Barbara Professional Center

LMHS Welcomes New Non-Invasive Cardiologist

John Macaluso, MD, FACC, specializing in non-invasive cardiology, has joined Lee Memorial Health System in establishing Associates in Cardiac Care.

Dr. Macaluso received his medical degree from the Autonomous University of Mexico. He completed his residency in pediatric internal medicine at The State University of New York in Buffalo. He then followed with a fellowship in cardiology at Case Western Reserve University in Cleveland, Ohio. In practice since 1988, Dr. Macaluso is board certified in both internal medicine and cardiology. He is fluent in both English and Spanish.

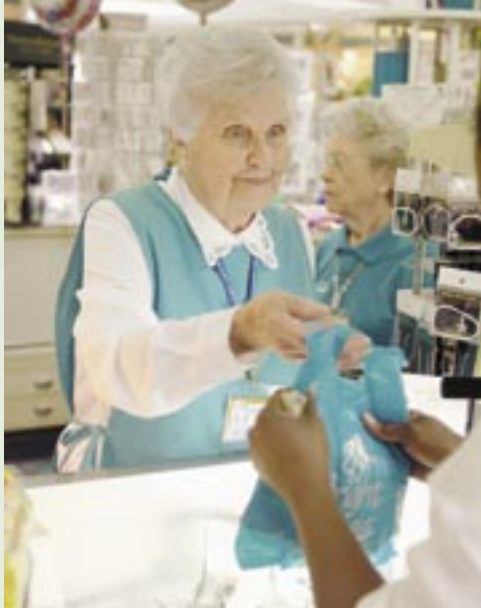


John Macaluso, MD, FACC

Non-Invasive Cardiologist
Associates in Cardiac Care
2780 Cleveland Avenue, Suite 808
Fort Myers, FL 33908
239-335-7590

LUNCH WITH A CARDIOLOGIST

Friday, November 17, at Noon,
Lee Memorial Hospital Auditorium. Dr. Macaluso will discuss lipid management and congestive heart failure. Call 772-6765 for details.



Value Of Volunteering

Have you ever thought about volunteering for the Lee Memorial Health System? Volunteers receive much gratification from sharing their time and talent in making a real difference in the lives of our patients and their families. Volunteers are needed in such areas as the information desks, patient information, post office, and customer service. The SHARE Club office is also looking for computer volunteers.

Please call Volunteer Resources at 334-5388 (Lee Memorial), 432-3055 (HealthPark) or 574-0206 (Cape Coral) or visit the Web site at www.leememorial.org/Employment/VolunteerOpportunities



The SHARE Club staff invites you to share the Holiday spirit with others. Call your friends and join us for lunch, entertainment, and door prizes. You will fill your tummies with the delicious food of the Broadway Palm and have the opportunity to hear LMHS President Jim Nathan share exciting news about the future of health care for the residents of Southwest Florida. Entertainer Al Holland will have you swaying to songs of yesterday and traditional holiday favorites.

When: November 27 or December 11 from 11:30 a.m. -2:00 p.m.

Where: Broadway Palm Theatre

Cost: Tickets are \$15.00 per person, available on a first come, first served basis. Doors open at 11:00 a.m.

Tickets available at the SHARE Club office at Cape Coral Hospital or you can call 772-6765 to reserve your seat.

Caregiver Education

Being a caregiver is a full time job that can take a physical, mental and spiritual toll on you. If you are a full time caregiver for a loved one, Lee Memorial Health System's Older Adult Services offers an informative caregiver program called CARE. Please call 334-5751 for more information.

SHARE Club Computer Classes

Classes meet for two and a half hours once a week. We have one instructor and three coaches per class. 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:

Intro to 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 on our classes, please call 772-6758 or send an e-mail to share-club@leememorial.org.

Support Groups

APHASIA (Nancy Gizzi)	772-6572
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 (Marge).....	481-0582
STROKE (Flo)	458-4140
VOICE.....	772-6572
MULTIPLE MYELOMA.....	334-8028
ICD Support Group.....	432-4614
Mended Hearts Support Group	432-0985
or.....	432-4967
Amputee Support Group.....	656-3973



National Memory Screening Day

November 14, from 9:00 a.m. to 3:00 p.m. Screenings will take place at three locations: Cape Coral Hospital, Lee Memorial Hospital and the Dubin Resource Center. This is a 15-minute test to evaluate a person's orientation, concentration and memory. A neurological diagnosis cannot be made based on the results of this test; it is simply a tool to determine if further testing may be indicated. The earlier you get a diagnosis, the earlier you can take control. Doing nothing can be the worst thing to do!

Please call 772-6765 to schedule your appointment. For more information on the services provided by Lee Memory Care, call Diana at 334-5634

2006-2007 Flu Vaccine Recommendations

The beginning of the fall season normally means one thing—it's time for your flu shot. Make sure to get your flu vaccination early this year. Visit any one of the three Lee Convenient Care walk-in medical centers during their normal hours of operation (or make an appointment with your primary care physician), to get your flu shot. Please call ahead to confirm vaccine availability.

LEE CONVENIENT CARE HOURS AND LOCATIONS

NORTH FORT MYERS

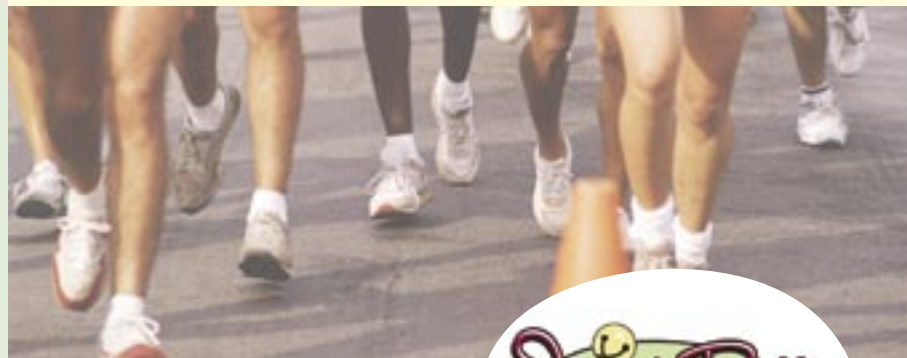
13279 N. Cleveland Avenue 997-9733
Monday-Friday, 8 a.m. to 5 p.m.
Saturday and Sunday, Closed

FORT MYERS

4771 S. Cleveland Avenue
(Page Field) 274-7100
7 a.m. to 7 p.m.
Open Seven Days a Week

SOUTH FORT MYERS

16271 Bass Road
(HealthPark)..... 432-4235
Monday-Friday, 7 a.m. to 7 p.m.
Saturday and Sunday, Closed



Move Your Feet To A Jingling Beat!



Imagine the sounds of hundreds of bells as people run and walk in the Jingle Bell Run/Walk for Arthritis®. The Run/Walk is a fun way for individuals, families and teams to get together for a great cause -- the fight against arthritis. This year's event takes place the evening of Thursday, December 14 at Centennial Park, downtown Fort Myers. Choose from a 5K fun run or a 1K fun walk. Wear a seasonal costume and tie some jingling bells to your shoelaces to capture the spirit of the holiday season. Participants receive t-shirts, goodie bags and enjoy free food, entertainment and prize drawings. Come jingle with us!

The Fort Myers event is sponsored by the local Arthritis Foundation, Lee County Parks and Recreation Department, City of Fort Myers, Lee Memorial Health System, Area Agency on Aging, and Pelican Preserve.

Mark your calendar and call the Arthritis Foundation at 1-800-741-4008 (extension 231) to get your registration packet or for more information on this fun filled family event.



Shingles Vaccine Now Available For Seniors

Early this summer, the Food and Drug Administration approved a vaccine that reduces the risk of shingles for seniors. Triggered by the same varicella-zoster virus that causes chicken pox, shingles is distinguished by painful and unsightly blisters that can cover much of the body and cause significant pain for weeks, months or even years.

It typically strikes people age 60 and older. "Most people have some immunity to the varicella-zoster virus from either receiving a childhood chicken pox vaccine or having had the chicken pox earlier in life, but their immunity declines over time," says Gregory Krill, MD, a family physician with the Lee Physician Group. "The shingles vaccine gives their immunity level a boost."

The new Zostavax vaccine is given as a one-time, live virus injection. A large-scale national study found that the vaccine reduced the occurrence of shingles by about 50 percent in people ages 60 or older and by 64 percent in those ages 60 to 69. Study participants who did get shingles despite the vaccination had slightly reduced pain levels.

Although the exact cause of shingles is unknown, common triggers include stress, concurrent illnesses or other problems that affect the immune system.

"By the time you're experiencing immune system problems, it can be too late to get the vaccine," says Dr. Krill. "It's better to get the vaccine now as a preventive measure to reduce the chance of developing shingles and experiencing the chronic pain that is often associated with the disease."

For more information about the shingles vaccine, contact your primary care physician or Lee Physician Group at 239-481-4111.

LMHS Helps Residents Regain Balance

Lee Memorial Health System, with assistance and funding from the National Parkinson Foundation and Southwest Florida Community Foundation, has developed The Falls Prevention Workbook to help people learn about their own risk factors related to falls.

It provides simple changes you can make in your lifestyle and environment and what questions to ask your physician. In addition to fall risk factors, it contains information about the fear of falling, products to increase your safety, suggested exercises to improve your flexibility, strength and balance and what to do if you fall. There is a special section for people with Parkinson's disease.

"Falling is not a normal part of aging," says Nathalie Grondin, Physical Therapist, who specializes in balance rehabilitation at the LMHS Balance Clinic. "As people get older, the fear of falling can infiltrate their lives. They begin to limit their social activities and become more and more sedentary. That in turn becomes a serious risk factor for falling."

For more information, or to obtain a free copy of the Falls Prevention Workbook, call the Parkinson's Outreach Center at LMHS at 239-334-5883 and press prompt #5.

Addressing Falls In The Emergency Room

Dr. Michael Raab, Geriatrician with Older Adult Services Department, has developed and is piloting a "Prevent the Second Fall" program at Lee Memorial Hospital Emergency Department. According to Dr. Raab, "If you fall, even if you are not injured, you become at high risk of a second fall which may leave you disabled. The sad thing is that many of the people who fall and are not injured ignore the first fall and do not have an evaluation to find the cause." The focus of the program is to encourage patients who go to the Emergency Department after having fallen to seek that important follow-up.

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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CAN WE IMPROVE OUR MEMORY?

Tuesday, November 7, 4 p.m. at HealthPark Medical Center 1A+1B. Presented by Michael Raab, MD, Geriatrician with Lee Memorial Health System. Dr. Raab will answer the following: Can we improve Memory?? What techniques work? Is memory enhancement training effective? And, ten ways to sharpen memory. Refreshments provided by Brookdale Senior Living. Call 772-6765 to register.

THE MYSTERY OF MEMORY

Wednesday, November 8, 3 p.m. at Lee Memorial Hospital in the auditorium. Presented by Noal Shurak, Psy.D., Neuropsychologist with Lee Memory Care. Dr. Shurak will discuss The Mystery of Memory. Do we know how it works? The three stages of memory. How to remember names and faces. Refreshments provided by Brookdale Senior Living. Call 772-6765 to register.

DEMENTIA, WHAT DOES IT MEAN?

Thursday, November 9, at 3 p.m. at Cape Coral Hospital Auxiliary Meeting Room. Presented by Al Martinez, PhD, Neuropsychologist with Lee Memory Care. Dr. Martinez will discuss what a dementia diagnosis means and the importance of it. Refreshments provided by Brookdale Senior Living. Call 772-6765 to register.

MEDICARE 2007 REVIEW

Friday, November 10, 10 a.m. at Cape Coral Hospital Auxiliary Meeting Room. Monday, November 13, 10 a.m. at HealthPark Medical Center room H203. Presented by Jo Marshall, SHINE Counselor with Department of Elder Affairs. Jo will discuss the 2007 Medicare changes, including part D plans. She will also answer questions on the various health insurance options available for Medicare-age individuals. Call 772-6765 to register.

ASSET PROTECTION FOR RETIREMENT LIVING

Tuesday, November 14, 10 a.m. at Grand Court Retirement Community, 8351 College Parkway. Presented by Reina Schlager, CPA, RHU, CSA, of Schlager, Sonntag and Levin. Reina will discuss asset protection and things to consider when seeking out a financial advisor. Call 772-6765 to register.

DIABETES OVERVIEW

Wednesday, November 15 at 10 a.m. at Estero Community Park, 9200 Corkscrew Palms Blvd. in Estero. Experts from Lee Diabetes Care, part of LMHS, will discuss diabetes prevention, diagnosis, signs and symptoms, as well as the importance of early detection and treatment. Call 239-498-0415 to register for this valuable program.

LUNCH WITH A CARDIOLOGIST

Friday, November 17, at Noon at Lee Memorial Hospital Auditorium. Presented by John Macaluso, MD, FACC, non-invasive cardiologist with Lee Memorial Health System. Dr. Macaluso will discuss lipid management and congestive heart failure. An informal question and answer time will be provided. Menu: baked chicken, rice pilaf, vegetable medley, beverage and dessert. \$6.00. Call 772-6765 to register.

GENEALOGICAL RESEARCH-WHERE TO BEGIN

Tuesday, November 28, 10 a.m. at Cape Coral Hospital Room A. Presented by Bryan Mulcahy, Reference Librarian with the Lee County Library System. Mr. Mulcahy has done numerous lectures on the subject of genealogical research, and will give you tips on how to get your research started. Call 772-6765 to register.

ARTHRITIS LECTURE AND LUNCHEON

Tuesday, November 28, 11:30 a.m. – 1:30 p.m. at Carrabba's Italian Grill, 12990 S. Cleveland Ave. Fort Myers. A local rheumatologist will present Arthritis Today, with ample time for questions and answers. Lunch and lecture sponsored by the Arthritis Foundation. Call 1-800-741-4008 (ext. 231) for reservations.