



SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

September/October 2007

**Special events and benefits
for SHARE Club Plus members.**

See page 4.

**Want to become
computer savvy?**

Call 239-772-6758 for class information.

Need a flu shot?

Check out page 5.

**LEE MEMORIAL
HEALTH SYSTEM**

SHARE CLUB

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

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Perceptions of AGING

By Teresa Frank-Fahrner

I came across the following verse and couldn't help but realize how important this message is. I encourage all of you to share this with your children and grandchildren with the hope that it may open a few minds to the positive aspects of aging.

The Face of Age

by Nader Robert Shabahangi

Look at the face of an older person. What do you see? What do you feel? What if you did not have the word 'old' to describe that face? What if wrinkles did not mean old, but signaled the depth of life this person has experienced? People often sense a degree of fear when they see an old face. What if they instead felt a sense of longing to have what that older person has? What if power and money were not considered the highest possible



Teresa Frank-Fahrner

awards, but maturity was? And what if maturity was a term only reserved for the very old, those who have lived a truly full life and have proven that they had the strength to age by not just accepting but embracing their aging as perhaps the richest part of their lives? What

if we couldn't wait to be old, just like a child cannot wait to be an adult?

I hope you agree that we have a lot to pass on to future generations, and this article may help to remind the younger generations about the value and all of the potential that you possess. But it's not too late to remind the older generations, either. I invite those of you with talents or special interests to consider sharing them with other SHARE Club members in a teaching format. Maybe some of you love to line dance, draw, knit, do woodwork, speak a second language, etc. Are you willing to teach others? Please call me, so we can help each other develop new interests. Who knows? Maybe you can help someone else make his or her dreams come true. After all, it is often said that retirement is when you have time to follow your dreams.

MEDICARE RIGHTS CORNER

Dear Marci,

My mother needs help at home, but her doctor says that Medicare won't pay for it unless she needs a nurse. She really just needs help with getting around the house and with the cooking and cleaning. Will Medicare help her pay for this kind of care?

—Ella (Ann Arbor, Mich.)

Dear Ella,

Unfortunately, no. Medicare will only pay for home health care if your mother

1. is homebound, meaning it takes a considerable and taxing effort to leave her home;
2. needs skilled physical, speech or occupational therapy services, or skilled nursing on an intermittent (less than seven days a week) or part-time (less than eight hours a day) basis. If she only requires skilled nursing, she must either need it fewer than seven days a week (even as little as once every 60 to 90 days) or daily (seven days a week) for a short period of time (usually two to three weeks);
3. has a doctor who certifies her need for home care and
4. receives her care from a Medicare-certified home health agency (HHA).

If your mother does not qualify for Medicare home health care, don't despair! There may be other options available to

her. Dial 211 and ask for referrals to community services in your area.

If all these options seem overwhelming, it may be worthwhile to look into hiring a geriatric care manager, a professional who specializes in helping older adults manage their increasing needs while helping them remain as independent as possible.

—Marci

Provided by the Medicare Rights Center

(www.medicarerights.org). To sign up for "Dear Marci," MRC's free weekly e-newsletter designed to keep you in the loop about healthcare benefits, rights and options for people with Medicare, visit www.medicarerights.org/subscribeframeset.html.

**Lee Memorial Health System
can help you help a loved one...**

Senior Care Choices, Home Health Services
239-418-2900

Caregiver Assistance and Regional Education

There are C.A.R.E. classes on Sept. 4, 6, 11 and 13 at
Cypress Lake United Methodist Church.
239-334-5751

Message From Jim

“Teaming Up” For Positive Change

By Jim Nathan

A little over a year ago, a friend passed away who was the closest I have ever been to a modern day Gandhi. He was a voice of reason and a voice of peace and had been the equivalent of the speaker of the house in the Pakistan government many years ago. Recently, my thoughts of this gentle man, Haneef Ramay, caused me to think of one of Gandhi's most famous quotes:

“You must be the change you wish to see in the world.”

While this quote may have different meanings to each of us, I believe there is a correlation to the opportunities and significance behind welcoming Southwest Florida Regional Medical Center and Gulf Coast Hospital into our “Lee Memorial” family last October.

With the cost of health care rising, more American families uninsured or underinsured, 50 to 60 percent of healthcare financing linked to government budgets, and an increasingly fragmented healthcare system, the coming together of our two local health systems into one provides a unique opportunity. For all of us affiliated with LMHS and for our community, we have the opportunity to become “the change we want to see in our world.” Identifying, improving and achieving a more efficient and effective local health system can only be achieved by partnering with the citizens and visitors we serve. Thus, LMHS, along with



many other community leaders and organizations, created, “Community Health Visioning: 2017,” to help vision and inspire a new direction for health care in our community.

More than 200 focus groups have been convened. A community needs assessment has been conducted. Existing facility issues, capacity and configurations are being analyzed. A system-wide physician leadership council has been empowered. Financial modeling and planning considerations for the next decade are being analyzed. And so much more.

We, as the LMHS family, are not just sitting back and wishing for change in health care or waiting to see what might materialize. Instead, as one united health system, with all of our talented employees, physicians, and volunteers, we are working hard to partner with the community to help vision and become the change we wish to see ... to the best of our abilities and resources within our local region.

Together, we can make a positive difference for those we are entrusted to serve.

Peace, *Jim*

Choose Your Doctor Like You Choose Your Friends

Dr. Mabel Lopez, PhD, neuropsychologist, has joined Older Adult Services/Lee Memory Care at Lee Memorial Health System.

Dr. Lopez is a licensed clinical psychologist. She worked as a neuropsychologist in the Department of Psychology with Collier Neurologic Specialists before coming to LMHS.

Dr. Lopez has a postdoctoral fellowship in neuropsychology from the University of Florida Shands Hospital. She earned her master's and doctorate degrees in clinical psychology at the Rosalind Franklin School of Science and Medicine in North Chicago, Ill.

Dr. Lopez is fluent in Spanish and also speaks French.



Dr. Mabel Lopez, PhD

Lee Memory Care
Lee Memorial Hospital Medical
Office Center
Suite 814



senior fitness

Physical Therapy and Physical Fitness Go Hand in Hand

It was doctor's orders that sent Jean Hinckley to the Lee Center for Sports Medicine & Rehab to help improve her circulation.

When her therapy ended, Jean joined The Wellness Center of Cape Coral. She uses the pool there to continue her aquatherapy. "There's no question it helps. I was able to walk, period, and I was able to walk a distance. Before, I could barely walk," she says.

That was a smart choice, says Kirsten Williams, Therapy Supervisor of Physical Therapy at the Lee Center for Sports Medicine. "As the baby boomers are getting older, they're more aware and active than the seniors of the past. At The Wellness Center, they can work with the staff to tailor a plan to their needs," Kirsten says.

The exercise specialists at The Wellness Center can help someone just out of therapy to safely take their physical abilities to the next level, says Scott Wills, Fitness Program Supervisor for The Wellness Center. "Let's say you have a knee problem. With therapy, the main goal is strengthening that knee and the muscles surrounding it. At the Wellness Center, we can expand on that program

and also look at the broad spectrum of your physical fitness," he says.

The Wellness Center has more than 3,800 members, the majority of whom are 50-years-old or older, Scott says.

Jean has not been to The Wellness Center for a few months—doctor's orders, again—but she can't wait to get back to it! "Everybody seems to be having a good time. The receptionist—she knows everybody's name. I'm just in awe of her," says Jean.

For more information, contact the Lee Center for Sports Medicine & Rehab at 239-574-0317, The Wellness Center of Cape Coral at 239-573-4800 or the Lee Center for Rehabilitation & Wellness at 239-418-2000.

Get More for Your Membership

SHARE Club Plus members have access to many additional activities—such as clogging, line dancing, painting and ceramics classes—in addition to the standard SHARE Club benefits. A Plus membership can be yours for just \$15 per year. For more details, call Paula at SHARE Club North at 239-656-7760 or Dena at SWFRMC at 239-939-8373.

Upcoming Activities for SHARE Club Plus Members

Karaoke with Ken

Entertain yourself and others with karaoke from 1 to 3 p.m. on Sept. 12 and Oct. 17 at SHARE Club North. Plus members may participate for free, and non-members must pay \$2. Call 239-656-7760 to sign up.



Pizza and Bingo Night

Eat and have fun from 4 to 7 p.m. on Sept. 4 at SHARE Club North. Pizza will be \$1.25 per slice, and chips and soda will also be available for purchase. Bingo is \$5 per person. Call 239-656-7760 to reserve your seat. Open to all SHARE Club members.

Calling All Artists and Crafters

SHARE Club will host a Craft Fair on Dec. 1 at SHARE Club North. All crafters and sellers should call 239-656-7760 for more information.

HALLOWEEN DINNER, DANCE AND COSTUME CONTEST

SHARE Club North will host a Halloween dinner and dance from 6 to 10 p.m. on Oct. 30. Music will be provided by Shorty. The dinner menu includes lasagna, a garden salad, garlic bread, lemonade, coffee and dessert. Soda, water and coffee will be available for purchase after dinner. The event is sponsored by Clarebridge of Cape Coral and Sterling House of Cape Coral, divisions of Brookdale Senior Living. The cost is \$8 per person for SHARE Club members and \$10 per person for non-members. Call 239-656-7760 for reservations.



Gulp! Swallowing Just Got Easier

It takes more muscle power than you might think to down your morning coffee. The act of swallowing involves 26 pairs of muscles and seven cranial nerves. But the task is not always easy for some.

An estimated 15 million Americans are afflicted with dysphagia, or difficulty in swallowing. Dysphagia is most common in stroke survivors, patients with neurological disorders, such as Parkinson's disease, and patients with head and neck cancer.

VitalStim® Therapy, which is now available at Cape Coral and Gulf Coast hospitals, augments traditional swallowing therapy to help patients retrain their throat muscles.

VitalStim®, the only neuromuscular electrical stimulation therapy approved by the Food and Drug Administration, uses small, painless electrical currents to stimulate throat muscles. Patients will feel a slight tingling sensation. During the therapy, specialists will also help patients "re-educate" their throat muscles with rehabilitation therapy.

For more information, call 239-772-6572 or 239-768-8645

Coping with Grief

The death of a loved one or friend often results in an adjustment crisis for the griever. The Loss and Grief Group offers understanding and emotional support to the entire community.

The Loss and Grief Group, led by Mark Geisler, ACSW, meets every Wednesday at 10 a.m. in the conference room of the Patty Berg Cancer Center, located on the third floor of SWFRMC's South Tower.

If you are concerned or worried about your grief reactions, or if you need the support of people who understand you and your grief, contact Mark Geisler at 239-939-8319.

SUPPORT OUR MILITARY!

Lee Memorial Health System's Military Support program and the American Legion Post Auxiliary #38 are collecting coupons for our soldiers. Please send your manufacturer's coupons to Kim Gaide, c/o Military Support, LMHS, P.O. Box 2218, Fort Myers, FL 33902. The coupons will be collected until further notice.

If you have a family member who is currently serving in the military and would like him or her to be added to the Military Support list, please send his or her contact information with your name and telephone number to Kim Gaide. If you have questions, contact Kim at 239-343-9690.

Flu Shots available for SHARE Club members:

Oct. 24 *11 a.m. to noon*
SWFRMC Community Health Center (red-roofed building at the intersection of Fowler and Winkler)

Oct. 31 and Nov. 28 *9 a.m. to noon*
SHARE Club North, 5170 Orange Grove Blvd.

Nov. 5 and 9 *9 a.m. to noon*
HPMC

Medicare card required. Available while supplies last. For more information, call 239-939-8373.

NATIONAL DEPRESSION SCREENING DAY

Get Tested and Protect Your Health

Depression is a very common medical illness that is often undiagnosed and, therefore, untreated, which can contribute to declining health and even death.

The Caloosa Chapter of the American Psychological Association and Lee Memorial Health System are working together to offer a community-wide screening as part of

National Depression Screening Day on Oct. 11. There will also be screenings for bipolar and anxiety disorders during the event, which will be held from 1 to 5 p.m. at SWFRMC and from 8 a.m. to noon at Lee Memorial Hospital.

Walk-ins are welcome, but you are encouraged to schedule an appointment by calling 239-772-6765. All ages are welcome.

Lee Memorial Health System Foundation

Roulstons Have Luck of the Irish, Open Hearts

Lex and Eileen Roulston left Ireland in the 1950s in search of the American Dream. Part of that dream included Southwest Florida, where the couple settled after Lex retired from Johnson & Johnson in 1995.

Six years later, Lex underwent quintuple bypass surgery. Impressed by the care Lex received, the Roulstons set up the Lex and Eileen Roulston Cardiac Excellence Fund to help raise money to name the Cardiac Decision Unit at HealthPark Medical Center.

"Heart disease is the No. 1 killer in the United States, and I've seen first-hand the difference quality cardiac care can make," says Lex. "The Heart and Vascular Institute will touch thousands of patients for many years to come. Eileen and I hope our example will encourage others to step up to help our community. Philanthropy truly does make a difference."

Lex and Eileen have also supported The Children's Hospital of Southwest Florida for many years.

If you would like more information about how you can make a difference in the lives of cardiac patients or Lee Memorial Health System, in general, please call the Lee Memorial Health System Foundation at 239-985-3557.

DINE AND DISCOVER NEW FRIENDS

P.F. Changs, 11:30 a.m. on Sept. 27 in Gulf Coast Town Center on Ben Hill Griffin Parkway

India Palace, 11:30 a.m. on Oct. 25 at 110605 Cleveland Ave., No. 20. The restaurant is at the intersection of U.S. 41 and Crystal Drive, near the Kinkos.

Please call Dena at 239-939-8373 for reservations. Seats are limited!



Health Forum Helps Residents

Fort Myers City Councilman Levon Simms was trying to help his community in September 2003. He attended the annual Men's Health Forum that his fraternity, Omega Psi Phi, co-sponsors with Lee Memorial Health System.

While he was there, Levon got tested for prostate cancer. "That was not something that was on the radar screen for me. I always figured I was a healthy guy," Levon says.

That same month, Levon had surgery to remove cancerous cells from his prostate. He has been cancer free for four years.

Omega Psi Phi and LMHS have co-sponsored a Men's Health Forum in September for eight years. "We live in a depressed area where people go to the doctor when they feel pain," says Levon. "We wanted to help them get the tests to have healthy lives."

LMHS has also sponsored a separate Women's Health Forum in May. This year, the newly formed Annual Health Forum will be one large forum for both men and women from 8 a.m. to noon on September 22 at Dunbar High School, 3800 E. Edison Ave., Fort Myers. The forum is for men and women who do not have health insurance or a primary care physician.

There will be tests and educational information about prostate and colon cancer, breast and cervical cancer, lung disease, diabetes, cholesterol, blood pressure, sleep disorders, HIV/AIDS and other health issues. "In past years, we've had quite a few wives who have brought their husbands to the Men's Health Forum," says Bonnie Quaintance, Outreach Nurse Educator for LMHS Health Advocacy. "We decided to just combine our resources this year and do one event."

In past years, Omega Psi Phi and LMHS have seen as many as 350 men come to the Health Forum in September. They are expecting more people at this year's joint forum.

For more information, call 239-334-5830.



Pillboxes Can Be Bitter Pill for Some Seniors

Pillboxes are handy. You toss your daily medicines into each of the seven compartments, and you're good to go.

No toting around multiple pill bottles. No guesswork. No worries. Right? Wrong, according to a study by Mount Allison University in New Brunswick, Canada.

Researchers from Mount Allison surveyed 136 seniors, and 99 of them said they used pillboxes regularly. However, more than 79 percent of the seniors did not use pillboxes with multiple compartments for each day of the week. About 94 percent also did not have someone check their pillboxes to make sure they were filled properly.

Both of these instances can increase the likelihood of taking the wrong medication, says Mark Collum, Director of the Health Plan Pharmacy for Lee Memorial Health System, which serves the System's employees.

A one-week pillbox should have at least 21 compartments for tablets taken in the morning, afternoon and evening, Mark says. Another option is to buy three of the seven-compartment boxes and label

them for each time of day, he says. "I knew a person who accidentally took his medicine that helps him sleep at night during the morning. He couldn't understand why he was so groggy all day," says Mark.

He has heard other tales of people mistakenly taking their cholesterol medicine in the morning, which reduces the effectiveness because the body makes cholesterol at night, he says.

Taking your medication by eyeballing it also raises the risk of taking the wrong medication, Mark says. "Oftentimes, pharmacies will not use the same manufacturer month to month for generic medications. They will order from the manufacturer that is most cost effective. That means you could go from taking a small pink tablet one month to a large white tablet the next month," he says.

It is best to have someone else check your pillbox when you have finished filling it, he says. Most pharmacies in the U.S. carry the 21-compartment pillboxes, and those who don't will typically order them upon request, he says.

DINING WITH THE DOCTOR

"Cancer-Related Pain Management"

Gynecologic oncologist Philip Roland will speak about advances in the management of cancer-related pain on Sept. 4. Join us for this complimentary dinner and discussion in the Community Health Care Center Auditorium (red-roofed building across from SWFRMC), 3945 Fowler Street, Fort Myers.

"Prostate Cancer: The Symptoms, Diagnosis and Treatment Options"

Attend a complimentary dinner and lecture by urologist Steven Harrison about prostate cancer on Sept. 18 at CCH. Dr. Harrison will cover the symptoms, diagnosis and current treatment options.

"Advances in Endovascular Neurosurgery"

Find out more about this minimally invasive procedure to repair brain aneurysms on Oct. 2 with neurosurgeon Eric Eskilogu. Join us for this complimentary dinner and discussion in Room 202 at HPMC.

October 9 SWFRMC David Reardon, MD "Should I Receive a Blood Transfusion?"

Pathologist David Reardon will speak about blood transfusions and other options during surgical procedures. Join us for this complimentary dinner and discussion in the Community Health Care Center Auditorium (red-roofed building across from SWFRMC), 3945 Fowler Street, Fort Myers.

Reservations are required for all Dining with the Doctor programs. Please call 454-8736.

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

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OH, MY ACHING BACK!

Advice on basic back care with Dr. Katherine Kinross, PT, DPT, with the Lee Center for Rehabilitation & Wellness, at 11:30 a.m. on Sept. 21 at the SWFRMC Auditorium, which is located in the Community Health Care Center, 3945 Fowler St. It's the building with the red roof. Call 239-772-6765 to register.

CHIROPRACTIC SERVICES FOR WELLBEING

Dr. Brandon Perkins will discuss various types of chiropractic services and how they may benefit you at 1 p.m. on Sept. 19 in HPMC Room 1A. Call 239-772-6765 to register.

S.E.L.F DEFENSE

Lee County Crime Prevention Specialists will teach you how to protect yourself at 10 a.m. on Sept. 19 at the CCH Auxiliary Conference Room. Call 239-772-6765 to register.

STROKE SCREENING

Get your stroke risk evaluated at 10 a.m. on Oct. 10 at the SWFRMC Auditorium, which is in the Community Health Center, 3945 Fowler St. It's the building with the red roof. Please call 239-772-6765 for an appointment.

CHOLESTEROL: CONTROLLING YOUR NUMBERS

Dr. Salvatore Lacagnina will discuss the good and the bad about cholesterol at 11:30 a.m. on Oct. 16 in the CCH Auxiliary Conference Room.

Marion Harris-Barter, RN, BSN, will give a similar presentation at 11:30 a.m. on Oct. 24 in HPMC Room 1A.

Both luncheon presentations cost \$6 per person. Call 239-772-6765 to register.

A DIFFERENT WAY TO TRAVEL

Friendship Force of Lee County will tell you about the group's planned trips to Mexico in 2007 and Japan in 2008, as well as opportunities to host a domestic or international resident in your home, at 3 p.m. on Oct. 23 in the CCH Auxiliary Conference Room. Call 239-772-6765 to register.

UNDERSTANDING MEDICARE ADVANTAGE PLANS

Jo Marshall, a Volunteer SHINE Counselor with the Department of Elder Affairs, will explain Medicare Advantage plans at 1:30 p.m. on Oct. 17 at the Estero Community Center, 9200 Corkscrew Palms Blvd.; 10 a.m. on Oct. 31 at SWFRMC and at 9 a.m. on Nov. 7 in the CCH Auxiliary Conference Room.

This event is sponsored by Osterhout, McKinney and Prather Elder Law Attorneys. Call 239-772-6765 to register.

TRAVEL CLUB NEWS

"California Coast" departs April 20, 2008. The nine-day trip includes San Francisco, Yosemite National Park, Monterey 17 Mile Drive, Big Sur, Hearst Castle, Solvang, Santa Barbara, Los Angeles, San Diego.

"Shades of Ireland" departs May 23, 2008. The 10-day trip includes visits to Limerick, Medieval Castle Banquet, Cliffs of Hoher, Galway, Farm Visit, Killarney, Jaunting Car Ride, Ring of Kerry, Blarney Castle, Waterford Crystal, Kilkenny, Castle Stay, Dublin.

"Trains of the Colorado Rockies" departs Oct. 3, 2008. The eight-day trip features Calgary, Lake Louise, Icefields Parkway, Columbia Icefields, Banff, Rocky Mountaineer Train Kamloops and Vancouver.

Call Dena at 239-939-8373 for more information.

YOUR GUIDE TO LMHS LOCATIONS

Locations for programs at Lee Memorial Health System facilities will now be listed using the following abbreviations. Specific rooms or other instructions will be included where needed.

CCH – Cape Coral Hospital

GCH – Gulf Coast Hospital

HPMC – HealthPark Medical Center

LMH – Lee Memorial Hospital

SWFRMC – Southwest Florida Regional Medical Center.