

SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

March/April 2008

Reap the benefits of SHARE Club Plus!

Pages 4 and 5.

Get a free health screening.

Page 5.

Find out how to keep your brain in shape.

Page 7.

NATIONAL VOLUNTEER WEEK

Discover how Gene and Esta Duncan "click" for SHARE Club!

Page 6.



LEE MEMORIAL
HEALTH SYSTEM

SHARE CLUB

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

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A Center Just for You



Teresa Frank-Fahrmer

I'd like to invite all of you to visit our new SHARE Club Plus North center. Our new center has become a home away from home for many seniors in North Fort Myers!

Our center has been carefully redesigned with you in mind. There are lots of opportunities to get involved and meet new people!

In the mood for some mental stimulation? Then why not try one

of our language or computer classes? Feeling creative? Then pop into one of our art classes! Want to spice up your nightlife? Then attend one of our dinner dances!

Perhaps you're interested in a cup of coffee and some good conversation, but your spouse is raring for a hand

of cards. At SHARE Club North, you can find new friends to discuss the day's newspaper and share jokes at our coffee bar, while your spouse wanders off for that card game. Then, meet up with your spouse at our snack bar for lunch, and cap off your day with an aerobics class before you head to dinner!

It is more than the bingo games and harmonica classes that makes SHARE Club North so appealing to many of our area residents. This center provides a place for companionship, whether your seeking friendship, comfort after losing a loved one or, perhaps, a new love interest.

There is a strong support network at SHARE Club North, where you can discover an extended family that is waiting with open arms! So, come to our center and get to know your fellow SHARE Club members and help each other grow as people.



Strategies for Successful Care Giving

"The Stress of Care Giving"

Sue Maxwell, MSW,
Director of Older Adult Services for LMHS

March 11 and 20

Contact Clare Bridge at 239-542-1127
for more information and reservations.

"Care Giving and Living"

Monica Dunkley, RN

April 8 and 16

Contact Clare Bridge at
239-561-2463 for more
information and
reservations.

This series is
hosted by
Brookdale
Senior Living
Communities.



Dine and Discover New Friends

Blue Pointe Oyster Bar & Seafood Grill

13499 S. Cleveland Avenue (Bell Tower Shoppes)

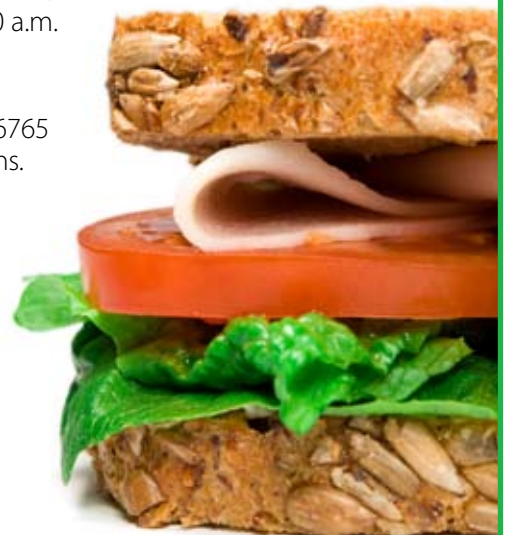
March 19, 11:30 a.m.

Ted's Montana Grill

8017 Plaza Del Lago Drive (Coconut Point)

April 23, 11:30 a.m.

Dutch treat.
Call 239-772-6765
for reservations.



Preventing Health Concerns Protects You and Your Wallet

As we age, it may seem like some of us spend more time visiting our doctors than we do our children and grandchildren. Chronic illnesses begin to add up, such as high blood pressure, high cholesterol and diabetes. These health issues are not only draining on our free time and emotional health, but they are also draining on our wallets.

The costs of health care have been steadily rising in recent years, while reimbursements for Medicare and Medicaid are shrinking. The number of uninsured residents in the area is also growing at an alarming rate. For many of you, that means the more trips you make to your doctor, the more you will pay.

While some of these challenges are beyond our control as a consequence of aging, for many of us there are opportunities to reduce our medical expenses and improve our health by eating right, getting regular exercise and taking care of ourselves.



Jim Nathan

Lee Health Solutions is an LMHS department dedicated to helping patients manage chronic health concerns. Lee Health Solutions can help you learn to eat a proper diet and manage your weight to combat health issues such as diabetes.

LMHS also has two conveniently located wellness centers in Fort Myers and Cape Coral with medically trained staffs that can customize a fitness plan just for you. Our wellness centers can help you lose weight and get in shape.

I urge you to take advantage of our wellness and fitness opportunities at LMHS. It's never too late to start protecting your quality of life and your bank account!

Peace, *Jim*

Medicare Rights Corner

People with Complex Health Conditions Need Coordinated Care

People who are older, have long-term or advanced illnesses or have disabilities require closely coordinated care. They often have more than one health problem, take multiple medications and see several physicians, who may not communicate with each other. Under traditional Medicaid and Medicare, the resources these people need to maintain their health and independence are often disjointed and hard to understand, find and manage.

Evercare offers a plan tailored for Medicaid-eligible people in need of nursing home-level care, but who prefer to remain in a community-based setting: Evercare Health and Home Connection™. Care Managers coordinate medical

and non-medical services, including personal care, respite services, preventive dental care, coverage for prescription drugs excluded by Medicare Part D, over-the-counter medications, personal care items and durable medical equipment. It is available in 20 counties including Sarasota, Lee and Charlotte.

For more information, call 1-800-940-1432 or visit www.EvercareHealthPlans.com.

Dr. Rhonda Randall is State Medical Director of Community Programs for Evercare Florida.

Senior Care Choices

This LMHS program provides assistance for seniors who want to live independently. For more information, contact Senior Care Choices at 239-418-2900.



Fitness Opportunities for SHARE Club Members

Sit & Be Fit

Lee Center for Rehabilitation & Wellness
Mondays, Wednesdays, Fridays
9 a.m.

Sit & Be Fit

The Wellness Center of Cape Coral
Tuesdays, Thursdays
2 p.m.

Visit www.LeeMemorial.org/wellness for more information.

Join SHARE Club Plus and Save!

As a SHARE Club Plus member, you have access to several discounts and programs that are not available with a regular SHARE Club membership.

Take advantage of SHARE Club Plus today!

For an annual membership fee of \$15, you can receive...

A yearly pool pass for \$10.

That's a 75 percent savings off the regular price of \$40! SHARE Club Plus members also have access to free water aerobics classes at participating county pools!

Lower fees for SHARE Club events.

SHARE Club Plus members pay only \$5 per person for our monthly dinner dances. Regular SHARE Club members pay \$8. That's a potential savings of \$36 per year!

Unlimited access to our SHARE Club North center.

SHARE Club Plus members are encouraged to spend all day at the center, from open to close, taking advantage of our card games, aerobics classes, snack and coffee bars and much more!

There are several social and educational opportunities at SHARE Club North:

Spanish, French and German classes
Aerobics

Line and Hawaiian dance classes

Clogging

Walking club

Tennis and shuffleboard courts

Painting and Ceramics classes

Bingo

Card games

Monthly social events

Wireless Internet service

Free copying and faxing services

Free notary services

How should you spend your time at SHARE Club North? However you want! We've got something for everybody.

To give you an idea of what SHARE Club North offers, here is a list of activities scheduled March 10 –14:

Monday, March 10

9 a.m. Walking Club

9 a.m. to 1 p.m. Ceramics

9:30 a.m. Low-impact aerobics

10:30 a.m. Clogging

1 p.m. Bingo

Tuesday, March 11

9:15 a.m. Bridge

10:30 a.m. Water aerobics

11:30 a.m. Arthritis Aquacise

1 p.m. Euchre

6 p.m. St. Patrick's Day
Dinner Dance

Wednesday, March 12

9 a.m. Walking Club

9 a.m. to noon Health Fair

9 a.m. to 1 p.m. Ceramics

9:30 a.m. Low-impact aerobics

10 a.m. French class

11 a.m. German class

11:30 a.m. Hot Dog Social

1 p.m. Craft class

1 to 3 p.m. Afternoon dance

Thursday, March 13

10 a.m. Art class

10 a.m. to noon Line Dancing

10:30 a.m. Water aerobics

11 a.m. to noon Blood Pressure
Checkups

Friday, March 14

9 a.m. Walking club

9 a.m. Pinochle

9 a.m. to 1 p.m. Ceramics

9:30 a.m. Low-impact aerobics

10:30 a.m. Yoga in a Chair

11:30 a.m. Arthritis Aquacise

1 p.m. Euchre

1 to 3 p.m. Harmonica class



Activities for SHARE Club Plus Members!

The following activities will take place at...

SHARE Club North

5170 Orange Grove Blvd.
North Fort Myers, FL 33903

March

Movie Day

"March of the Penguins"
March 5, 11 a.m.

"Hairspray"

April 16, 11 a.m.

St. Patrick's Day Dinner Dance

March 11, 6 to 10 p.m.
Music by Shorty
\$5 for SHARE Club Plus members
\$8 for SHARE Club members

SHARE Club Health Fair

March 12, 9 a.m. to noon
Free health screenings!
We will have door prizes, giveaways
and refreshments!

Bunco

March 28, 1 p.m.
\$3 to play
Refreshments will be served

April

Ice Cream Social

April 17, 1 p.m.
Sponsored by Calusa Harbour

SHARE Club South

Southwest Florida Regional
Medical Center
Community Health Care Center
3945 Fowler St.
Fort Myers, FL 33901

Mondays

10:30 a.m. Tap class, \$4

Tuesdays

10 a.m. to noon Mah Jongg

Thursdays

1 p.m. Line Dancing, \$2

Fridays

9:30 a.m. Advanced Clogging, \$4
1 p.m. Art Class
1 p.m. Hand & Foot card game

Tuesdays and Thursdays

Group Exercise, \$13 month

**To enroll in SHARE Club Plus,
or for more information
about the programs and
classes at SHARE Club North,
call 239-656-7760.**

More Activities for SHARE Club Plus Members!

Please note that these activities take place at different locations in the area.

HealthPark Medical Center
9981 S. HealthPark Dr.
Fort Myers, FL 33908
Mondays and Wednesdays
Nordic Pole Walking, \$4

Cypress Lake
Community Pool
6750 Panther Lane
Fort Myers, FL 33907
Mondays and Wednesdays
Water Aerobics, \$2

Call 239-772-6765 for details.



NATIONAL VOLUNTEER WEEK, APRIL 23 - 29

Gene and Esta Duncan Click Right with SHARE Club

Raising five children didn't leave Gene and Esta Duncan a lot of time for volunteer work. "I spent all my time trying to feed them," says Gene, a retired design engineer with General Motors.

When they retired to Southwest Florida, Gene and Esta decided it was time to get involved. Esta read a newspaper article about SHARE Club and decided they should join. "I was only playing golf five times a week, and she thought I was hanging around the house too much," says Gene, 76, chuckling.

Gene has been volunteering in the SHARE Club computer labs ever since. The labs at Cape Coral Hospital and Lee Memorial Hospital have been named after

him. "I enjoy seeing people's eyes light up when they finally understand something, when it makes sense to them," he says.

Gene teaches classes in the computer lab at Lee Memorial Hospital and maintains the machines. Esta coaches during computer classes at both labs. "The people that I've coached have become friends," says Esta, 75.

SHARE Club member Lorraine McGlohon developed her love of computers and digital cameras when she took Gene's class. "When I was in his class, I couldn't stay in my seat. I was so excited!" she says.

Gene and Esta also volunteer with their church.



Gene and Esta Duncan have volunteered for SHARE Club for nearly two decades.

VOLUNTEER! For more information about becoming a volunteer for SHARE Club or LMHS, please contact the LMHS Volunteer Services at 239-334-5388.

SHARE Club Computer Classes

Classes are available Monday through Friday for beginner to advanced computer users. Learn how to use a mouse, navigate the World Wide Web, crop digital photos and more!

Call 239-772-6758 to get started.

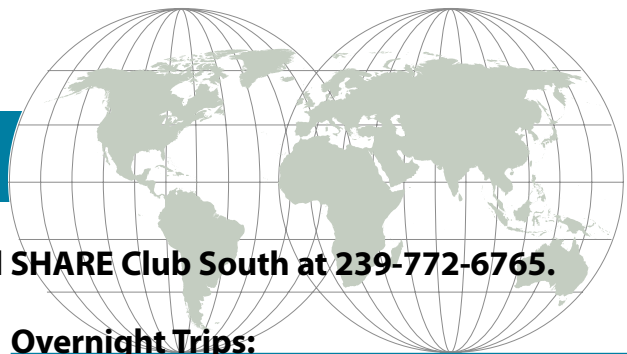
Travel Club Highlights

For more information about the trips below, call SHARE Club South at 239-772-6765.

Day Trips:

Tour Sugarland, including an up close look at a sugar cane farm, March 5.

Experience Port Sanibel Marina and lunch on your own at the Lighthouse Restaurant, March 13.



Overnight Trips:

Ireland, 10 days. Departs May 23.

South Dakota, seven days. Departs July 22.

Switzerland, Austria and Bavaria, 10 days. Departs Oct. 1.

Spain, Lisbon and Portugal, 13 days. Departs Oct. 30.

Tuscany, 10 days. Departs Nov. 4.

Keep Your Brain in Shape with 'Memory-Fit' Camps

Memory loss in an unavoidable consequence of aging. True or false?

Absolutely false, says Sue Maxwell, Director of Older Adult Services for Lee Memorial Health System. "We think that as we grow older, we should have deteriorating memories. That's just not true," says Sue.

Think of your brain as a muscle. It needs regular exercise to stay in shape, she says.

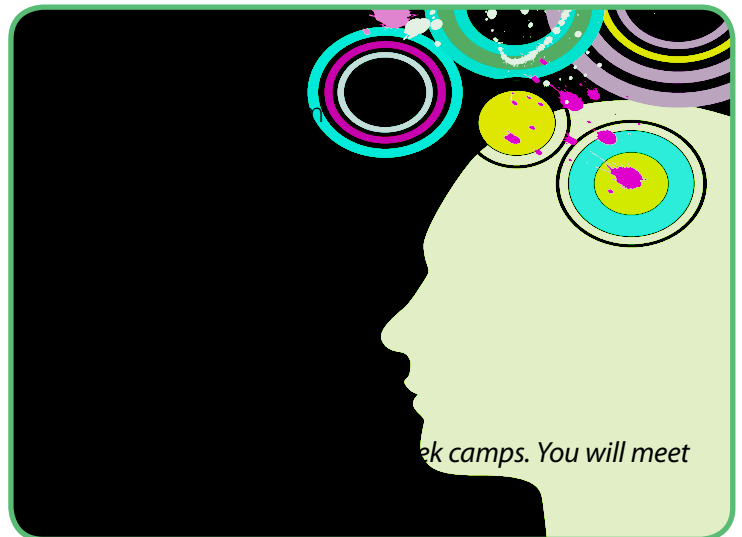
That's why Lee Memory Care is offering five-week "Memory-Fit" camps. "Memory-Fit" is a scientifically research-based program developed by Gary Small, MD, Director of the Center for Aging at the University of California at Los Angeles. "Memory-Fit" uses innovative strategies and exercises to help participants remember everyday things, such as where they put their keys.

One technique is called "look, snap, connect." If you have three things to do – laundry, get gasoline and pick up your grandchildren from school – then you would make a picture in your mind associating all three chores, such as a school

bus with laundry hanging out of it sitting at a gas pump. Then, recall the picture when you're trying to remember your chores, Sue says.

"Memory-Fit" is open to all ages and is not a course for those who already have memory loss or signs of memory loss. The cost of the camp is \$50 for the general public, \$40 for SHARE Club members and \$30 for SHARE Club Plus members.

For more information, call 239-772-6765.



No One in Florida is 'Too Old' to Donate Blood

Chester Rilling has been a blood donor for more than 50 years.

Chester Rilling knows exactly what he was doing on May 23, 1955. He was donating blood.

Chester had a friend whose wife was sick in the hospital. She needed blood transfusions. Chester, who is a member of LMHS' SHARE Club, does not remember why his friend's wife was sick, but he does remember the feeling of satisfaction he had of knowing that he could help.

Chester, 84, still donates blood regularly. He still has his donor card from his very first donation nearly 53 years ago. "I try to do something to give back. I've been pretty well all my life," he says.

Donating blood could actually improve some people's health because your body has to produce more red blood cells to replace what is lost, says Nancy Hendrick, Community Relations Coordinator for the Lee Memorial Blood Center. Red blood cells supply our bodies with oxygen.

Although many states will not take blood donations from people older than 60, there is no such thing as being "too old" to donate blood in Florida, says Nancy. Chester has given the Lee Memorial Blood Center 47 pints of blood since 1988.

For more information about donating blood, contact the Lee Memorial Blood Center at 239-334-5333.



Chester Rilling shows his original blood donor cards to Nancy Hendrick with the Lee Memorial Blood Center.

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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Email: share-club@leememorial.org

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Find out how radio waves can be used to treat cancer during **“A Night of Discovery: Sending Cancer a Signal,”** with Dr. Steven A. Curley, FACS, and inventor John Kanzius on Tuesday, March 4 from 7 to 8 p.m. at the South Fort Myers High School Auditorium, 14020 Plantation Road, Fort Myers. Presented by the Lee Memorial Health System Foundation. Please call 239-985-3550 by Feb. 27 to register.

Learn how to improve your quality of life with Dr. Kurtis Biggs, an orthopedic surgeon, during the **Arthritis Foundation’s Lunch and Lecture Series** on March 7 from 11:30 a.m. to 1:30 p.m. at the LMH Auditorium. A free lunch will be provided. Presented by Genzyme and the Arthritis Foundation. Call 239-772-6765 to register.

“Don’t Let a Fall Get You Down” is a three-week series by Jeanne Csuy, physical therapist, GCS, that helps you stay safe and avoid falls. March 12, 19 and 26 from 1:30 to 3 p.m., SWFRMC Community Health Care Center SHARE Club classroom. Call 239-772-6765 to register.

Get the scoop on **Q-Life**, a comprehensive support team that helps patients with life-limiting illnesses, with Karen Washburn, MSW, ACSW, Director of Community Relations and Palliative Care for LMHS, during a **SHARE Club luncheon** March 13 at 11:30 a.m. at the SWFRMC Community Health Care Center Auditorium. Cost is \$6 for lunch. Call 239-772-6765 for reservations.

Hear about shoulder pain and treatment options with Dr. Robert Follweiler, orthopedic surgeon with The Institute of Orthopedic Surgery and Sports Medicine, on March 14 at 10 a.m. at the CCH Auxiliary Conference Room. Call 239-772-6765 to register.

Find out the latest information at **LMHS’ Education Stroke Seminars** March 14, April 11, May 9 and June 13 at 10 a.m. at the SWFRMC Private Dining Room. Call 239-772-6765 to register.

Start **“Cooking Healthy”** with Jeanne Struve, RD, CDE, with LMHS, March 18 at 9 a.m. at HPMC Room 1B. Call 239-772-6765 to register.

Get the important facts you should know about **annuities and long-term care** with the Department of Financial Services April 10 at 11:30 a.m. at the SWFRMC Community Health Care Center Auditorium. Cost of lunch is \$6. Call 239-772-6765 for more information and to make your reservations.

Sign up for a **skin cancer screening** provided by Harris Dermatology April 25 from 8 a.m. to noon at HPMC Room 1B. Call 239-772-6765 to register.

Retired RNs from the LMHS Family are meeting socially each month. Please call Marylou Yaufman at 239-567-7967 for more information.

Your Guide to LMHS Locations

CCH – Cape Coral Hospital • GCH – Gulf Coast Hospital
HPMC – HealthPark Medical Center • LMH – Lee Memorial Hospital
SWFRMC – Southwest Florida Regional Medical Center