

# SHARE Club Presents

Lee Memorial Health System



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**SHARE Club  
Member Benefits  
from hospital-  
based wellness  
center**

see Page 6



**Teresa Frank-Fahrner**

# Help Design a New Senior Health Program

Calling all interested members: I need your help in the design and development of a new senior health program! I have some definite thoughts on what I think should be included; however, I want your feedback.

You may be wondering, "What is a senior health program?"

SHARE Club's primary goal has always been to improve the health status of our members through education and support. Well, we want to take this to the next level. I want to create a comprehensive program that will keep you healthy. This will be comprised of all aspects of wellness, including physical, psychological, emotional and intellectual.

Please call me if you have a desire to live healthier. I am looking for anyone and everyone to participate in my focus group. I would like those of you who are very healthy, as well as those of you that may have a chronic illness, such as high blood pressure, COPD, diabetes, congestive heart disease and arthritis. Some of you may even be interested in volunteering with such a program, and I welcome you as well. Together, with all the resources in our health system and the community partners we have created, I hope to make some real positive health changes in our lives and our community.

Please call me at 772-6765 and to let me know that you want to participate. I will call you back to schedule a focus group. Thank you for your support and help!

*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.

**Rumrunners**  
5848 Cape Harbour Drive  
July 14, 4 p.m.

**Two Meatballs In The Kitchen**  
8890 Salrose Lane, Bella Villa Shops  
Aug. 26, 4 p.m.

**Healthy Brain Initiative:**

Lee Memorial Health System's Older Adult Services is now taking reservations for Healthy Brain Initiative classes.

**July 5, 12, 19, 26 from 2 to 4 p.m.**  
Lee Center for Rehabilitation & Wellness

**July 6, 13, 20, 27 from 2 to 4 p.m.**  
Sterling House

**July 6, 8, 13, 15 from 2:30 to 4:30 p.m.**  
Superior Residences at HealthPark

**July 7, 14, 21, 28 from 9:30 to 11:30 a.m.**  
UBS Financial Services, Inc.

**July 7, 14, 21, 28 from 1 to 3 p.m.**  
Good Shepherd United Methodist Church

**July 8, 15, 22, 29 from 9 to 11 a.m.**  
The Wellness Center of Cape Coral

**Aug. 3, 10, 17, 24 from 2 to 4 p.m.**  
Sterling House

**Aug 4, 11, 18, 25 from 9 to 11 a.m.**  
Lee Center for Rehabilitation & Wellness

**Aug 4, 11, 18, 25 from 9:30 to 11:30 a.m.**  
UBS Financial Services, Inc.

**Aug 24, 26, 31, Sept. 2 from 2:30 to 4:30 p.m.**  
Superior Residences at HealthPark

There are additional classes coming up. Please call 772-6765 to register, or visit our Web site at [www.healthybrainfl.org](http://www.healthybrainfl.org). Reservations are required. Cost is \$20 per person for the five-class series, due at the first session.



# Speak Up!

## Take an Active Role in Your Health Care

How many times have you gone to the doctor's office and left wondering if you understood your instructions? How many times have you researched your condition, instead of asking your physician for clarification?

Lee Memorial Health System wants to change that uncertainty by encouraging you to speak up! Take an active role in your health care and help to ensure that you receive the best possible care.

It's not always easy to speak up, but I've learned from personal experience that it is better to ask than to wonder. As many of you know, my dad had many illnesses. When I was only 12, he shared with me the importance of patients and their family members being proactive in the overall care plan. I have tried to do this throughout the years and encourage others. Be prepared. Write your questions down in advance.

As busy as they are, your physicians and other key caregivers want you to speak up! Ask for clarification on how to take your medication or follow other instructions. Ask for an explanation about your diagnosis, options or care plans. It is even OK to speak up if you are concerned about whether the person caring for you has washed his or her hands before providing treatment.

When it comes to your health, it's better to speak up than to wish you had later!

Peace, *Jim*

Jim Nathan  
President, Lee Memorial Health System



**Jim Nathan**

## Friendships Lead to Better Care at HealthPark Care and Rehabilitation Center

Diane Schroeder and Leona Nelson had total knee replacements in 2009 and chose to recuperate at HealthPark Care and Rehabilitation Center, not knowing their lives would change forever.

HealthPark Care and Rehabilitation Center provides long-term and short-term care for patients 24 hours per day. "Our Patient-centered Care Model includes delicious buffet dining and provides respect for personal preferences, in addition to our outcome-based therapy program," says Nancy Zant, Administrator of HealthPark Care and Rehabilitation Center.

Diane, a resident of San Carlos Park, arrived at HealthPark Care and Rehabilitation Center on a Thursday. Leona—or Lee—came two days later. The roommates became instant friends! "I loaned Lee my wheelchair, and it was like we had known each other forever," Diane says.

The duo helped in the crafts room, watched church services every morning on TV and Lee even arranged a birthday party for Diane. "I wouldn't have had that experience any other place, I guarantee it," says Lee, of Fort Myers. "We would not have had the care and concern that we experienced there."

Diane and Lee remain friends, talking and visiting regularly. They also plan to become volunteers at HealthPark Care and Rehabilitation Center.

**For more information about HealthPark Care and Rehabilitation Center, visit [www.LeeMemorial.org/carecenter/index.asp](http://www.LeeMemorial.org/carecenter/index.asp) or call 239-433-4647.**

## On The Move

Lee Wound Care & Hyperbaric Medicine is moving their offices to a brand new location near Gulf Coast Medical Center.

On July 7, they'll bring together the wound care and hyperbaric teams from Lee Memorial Hospital and Gulf Coast Medical Center to a new site at 13778 Plantation Road, Fort Myers.

Drs. John Bishop, Robert Casola and Robert Kupshaw will continue to lead the professional team of nurses and technicians in providing you with state-of-the-art wound and hyperbaric care.

**Lee Wound Care  
& Hyperbaric Medicine  
13778 Plantation Road  
Fort Myers, FL 33912  
New phone number:  
239-343-0454**



# SHARE Club Launches Improved Membership Program

**SHARE Club's membership program is designed to bring you more events and benefits for only \$10 a year!**

**Benefits of an Advantage membership:**

- Community Discount Program
- \$5 coupon for a computer class
- 20 percent discount in gift shops
- 20 percent discount in cafeterias
- Health screenings and lectures
- Travel opportunities
- Free Lifeline medic alert enrollment (\$80 value)
- Life Long Learning Classes
- \$2 water aerobics classes at Cypress Lake Pool (with \$10 pool pass)

**Discount Books Available for Advantage/Plus Members!**

Calling all SHARE Club Advantage and Plus members! If you have not received your SHARE Club Discount Program book in the mail, please call 239-772-6765 to receive your copy. Do not miss out on these exclusive discounts!

*The gold SHARE Club membership cards have been phased out and replaced with key tags that you can use to receive community discounts and benefits as part of the new SHARE Club membership program. Please call 239-772-6765 if you have any questions.*

## 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 would like to pay by credit card \_\_\_\_\_

Name \_\_\_\_\_

(exactly as it appears on card)

Credit Card Number \_\_\_\_\_

Expiration date \_\_\_\_\_

I have enclosed cash or check in the amount of \_\_\_\_\_

 Please cut out application and mail in.

## The events listed below are available to Advantage and Plus members.

### Grand Court Retirement Community

To register please call 239-656-7760.

#### Mah Jong

9 a.m., Tuesdays

#### Hand and Foot Card Game

1 p.m., Fridays

#### Exercise with Mr. Deek

10 a.m., Wednesdays

#### Sit to be Fit Parkinson's Exercise

10:30 a.m., Thursdays

#### Movie Day

July 19, 1p.m. "Julie & Julia"

Aug. 16, 1p.m. "The Young Victoria"

Popcorn and beverages will be served! RSVP

### SHARE Club North

To register please call 239-656-7760.

#### Red White and Bingo Party

Friday, July 2 Lunch at noon, bingo at 1 p.m.

Menu: Pizza, chips, cake and drink

Cost: \$5 for members, bingo is \$1 per card

#### Movie Day

July 21, noon "Julie & Julia"

Aug. 18, noon "The Young Victoria"

RSVP Cost: \$2, includes popcorn and beverage

#### Blood Pressure sponsored by Evans Health Care

July 9, 11 a.m.

Aug. 13, 11 a.m.



### Intellectual Learning

#### Sterling University at Calusa Harbour

July 5, noon • "The Bonds of Federalism"

July 19, noon • "What Would the Founding Fathers Do?"

Aug. 2, noon • "The Evolving Role of the Media in American Society"

Aug. 16 • "The Emerging Superpowers of Brazil, Russia, India and China"

All Presentations include lunch.

Location: Calusa Harbour, 2525 First Street, Fort Myers  
RSVP to Kellie at 239-425-2239.

## Computer Classes for SHARE Club Members



We have excellent instructors and coaches that are available to teach you all you want to know about your computer. From the beginner computer user to beyond, we have a class to help you learn a little bit more. The strength of our classes is in our people. We have the best teachers and coaches to work with the senior user. It takes special people to commit to doing this job, but they love it and it shows. Students are thrilled with the one-on-one help they get! They do not feel rushed, nor do they get embarrassed.

### The following is a list of upcoming classes:

- Beginner Computer Course
- Word Processing Course
- Windows Course
- Print Shop Design and Address Book Course
- Internet and E-mail Course
- Computer Maintenance Course
- Understanding E-bay Course
- Spread Sheet and Database Course
- Working with Photos Course

These classes are only for the SHARE Club Advantage and Plus members.

Please call 772-6765 for more information, including dates and times the classes are held. More information is also available at [www.leememorial.org/shareclub](http://www.leememorial.org/shareclub).

Call today and get scheduled before your snowbird friends come back and fill the seats.

## SHARE Club Member Benefits from Strength Training

Shirley Jimmerson pumps some serious iron. Every month, the bulletin board at The Wellness Center of Cape Coral lists Shirley among the top 10 women for total weight lifted. At 82 years old, Shirley is listed with women in their 20s and 30s.

“People say, ‘Wow, you’re doing 120 pounds on the leg press.’ Well, I didn’t start out that way,” she laughs.

Shirley has been physically active her whole life. So when she learned about the benefits of strength training, she decided to give it a try. “I had been reading a lot and listening to the seminars at The Wellness Center about how the amount of bone mass women lose doubles after 60,” she says. “I talked to the exercise specialists and they started me on a strength training program.”

The benefits of her workouts became apparent when Shirley had a bone density test during her annual physical. “My physician asked what I was doing because my bone density was actually going up,” she says.

Shirley likes free weights because they work the whole body. “Lifting weights strengthens bones, but it also helps balance—which is important to keep from falling,” she says. “I consider strength training to be the most important part of training.”

“Women are afraid they’re going to produce bulging muscles, but



that’s a myth because women don’t produce enough testosterone for that to happen,” she says.

“Another misconception is that when you become a senior citizen, it’s time to stop or slow down. But your muscles can decrease and atrophy as you get older, so strength training is essential,” she adds.

### Call today for information about classes and special offers!

**The Wellness Center of Cape Coral**  
609 SE 13th Court  
Cape Coral, FL 33990  
239-573-4800

**Lee Center for Rehabilitation & Wellness**  
2070 Carrell Road  
Fort Myers, FL 33901  
239-418-2000



## No One in Florida is ‘Too Old’ to Donate Blood

Robert Perry celebrated his 90th birthday by donating platelets through a process called apheresis.

Apheresis is a type of blood donation where the blood goes through a special machine to separate it during the donation so that only certain parts of the blood are collected. The process takes about two hours.

Robert, who donates platelets every two weeks, has donated blood on a regular basis for many years prior to becoming a platelet donor. He says he donates because it’s the right thing to do. “I’ve always lived in small towns, so I understood the need for blood and have always donated,” he says.

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 Hendrick, Community Relations Coordinator for the Lee Memorial Blood Center. Sixteen-year-olds can also donate as long as they have consent from their guardians, she says. “As long as you’re feeling well and healthy, you can donate,” she says.

Robert has given the Lee Memorial Blood Center 229 pints, which is 28 gallons of blood!

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

## Want to get moving with SHARE Club Advantage and Plus Members?

Call 239-772-6765.

### Yoga

CCH LIFE Center  
Wednesdays at 10:30 a.m., \$5 per class  
Call Francesca at 917-687-1420.

### Yoga

HPMC Room 201  
Wednesdays at 5:30 p.m., \$5 per class

### Tai Chi

HPMC  
Mondays at 10 a.m., six-week course \$40

### Line Dancing

SHARE Club North  
Thursdays at 10 a.m., \$2 per person

### Line Dancing

The Palms 2674 Winkler Ave. Fort Myers  
Thursdays, 1 p.m., \$2 per person

**Peace of Mind with Lifeline<sup>®</sup>**  
**for SHARE Club Plus and Advantage members**

**PHILIPS Lifeline**

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## Travel Opportunities

**Call CI Travel  
 at 877-597-2961**

**June 21**, Hard Rock Tampa with dinner at Troyers Amish Restaurant, \$59

**July 14 or Aug 25**, Mystery and Mayhem in Miami with lunch, \$75

**Oct. 14**, Palm Beach Plus with Flagler Museum and Worth Ave., \$59

**Dec. 4**, Fort Lauderdale Christmas Pageant matinee performance with buffet at Global Grille, \$109

**Call Concierge Cruises Inc.  
 at 239-772-1840**

**July 25**, VIP ship tour "Liberty of the Sea," RCCL \$75

**Sept. 10**, NCL Sky, three nights, Bahamas, starting price \$250.94

**Nov. 28**, Royal Caribbean Liberty of the Seas, four nights, includes Cozumel, starting price \$414.81

**Call Collette Vacations  
 at 239-772-6765 for brochures**

**Oct. 8**, Branson Musical Getaway

**Dec. 29**, California Tournament of Roses Parade and Crystal Cathedral

**Jan. 28**, Canada's Winter Wonderland

**Feb. 12**, Tropical Costa Rica

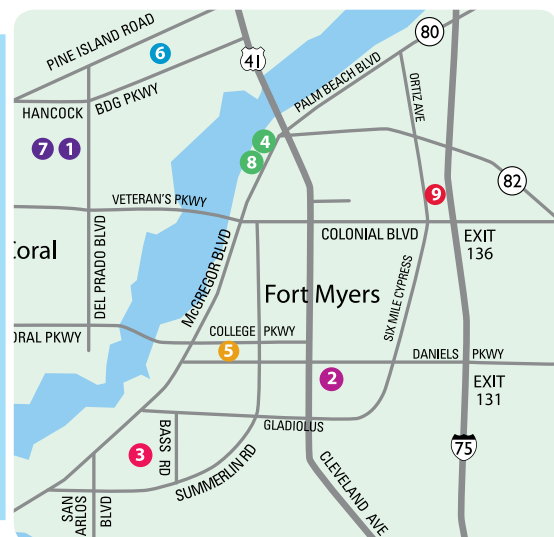
**March 28**, San Francisco Getaway

**July 10**, Spain's Classics

## Need Directions?

Below is a locator map to help you find your way to the various events and programs offered by SHARE Club, as well as some abbreviations used throughout the newsletter.

- 1 Cape Coral Hospital (CCH)
- 2 Gulf Coast Medical Center (GCMC)
- 3 HealthPark Medical Center (HPMC)
- 4 Lee Memorial Hospital (LMH)
- 5 Grand Court Retirement Community
- 6 SHARE Club North
- 7 The Wellness Center of Cape Coral
- 8 Lee Center for Rehabilitation & Wellness
- 9 Regional Cancer Center



## 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

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## 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.

### Reducing Fall Risks

Presented by Ben Hayden and Yolanda Alexa with Lee Memorial Lifeline. Discussion on prevention techniques for reducing your or a friend's chance of falling.  
July 15 at 10 a.m.  
LMH Auditorium

### Blood pressures screening

Blood pressures screenings provided to all members on the fourth Friday of every month. \*Rita's Italian Ice provided.  
July 23 at 10 a.m.  
Evans HealthCare 3735 Evans Ave., Fort Myers

### Healthy Aging and Support Networks: Getting by with a little help from your friends

Presented by Dottie St. Amand, Executive Director of the Dubin Resource Center.  
July 20 at 9 a.m.  
HPMC Room 1A

### Designing a Strength Training Program

Speaker Heather Sines  
Aug. 19, 10 a.m.  
CCH conference room

### "Ask the Pharmacist" Lunch

Enjoy a complimentary lunch (deli platters, fruit, beverages).  
Have an intimate talk with a Sweetbay pharmacist. Ask about your prescriptions and the vitamins and herbs you take.  
You can turn in expired medications for proper disposal.  
Members get a free Sweetbay purple pill case  
July 28, 11 a.m.  
Sweetbay location: 8650 Gladiolus Drive, Fort Myers,

### Sweetbay Pharmacy Free Diabetes Screening

10 a.m. to 3 p.m.  
July 23, Sweetbay Pharmacy: 10580 Colonial Blvd., Fort Myers,  
July 28, Sweetbay Pharmacy: 8650 Gladiolus Drive, Fort Myers  
Aug. 2, Sweetbay Pharmacy: 5690 Bayshore Road, North Fort Myers

### Grand Court Lunch and Tour

Getting to know your housing options for the future—this is a new series for SHARE Club

Advantage/Plus members. We will highlight a retirement community each issue. This is purely a social event. Have lunch and tour the community.  
July 15, lunch at noon  
8351 College Parkway, Fort Myers

### RxSmart: Vitamins, Minerals and Herbs.

The how's and why's of prescribed medications. Presented by Shadrecka McIntosh, Pharmacist, Certified Geriatric Pharmacist. A light lunch will be provided afterward.  
Aug. 11, 10 a.m.  
CCH Life Center Room A

### Healthy Living Lecture Series 2010

4 to 5 p.m. at The Wellness Center of Cape Coral. For more information or to register, call 239-573-4800.

### Healthy Eating with Diabetes July 21

Healthy Living for Your Brain  
Aug. 18