



SHARE CLUB

PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

January-February 2006

**Join our free membership club
today call 239-772-6765.**

**Join the LMHS Volunteer
Program by calling
239-334-5388 or 239-574-0206.**

Travel with the SHARE Club...

Spirit of Washington, D.C. - Departure Date: May 4, 2006 - 6 Days

National Parks Tour - Departure Date: September 10, 2006 - 12 Days

New York City Holiday - Departure Date: December 14, 2006 - 5 Days

For detailed brochures, call SHARE Club at 239-772-6765.

**LEE MEMORIAL
HEALTH SYSTEM**

SHARE CLUB

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

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Happy 2006!

By Teresa Frank-Fahrner

Have you made your New Year's resolutions? Many of our resolutions will revolve around improving our health or re-acquainting with family. I encourage you to seek out support to help you reach your goals whatever they may be. Remember the SHARE Club is here to help you find resources and to offer a listening ear.

I want to highlight two very special people who volunteer in the SHARE Club office. Over the last 9 years Jo Marshall has served as a SHINE (Serving Health Insurance Needs of the Elderly) Counselor in the SHARE Club office. But over the last couple of months, she has volunteered over 45 hours a week to help our seniors understand the Medicare Prescription Drug Plan D. She is the advocate for Medicare beneficiaries. Behind the scene in the SHARE Club office is the illustrious Fred Fullerton. Fred (a.k.a. Fearless) started volunteering in 2003 and has worked over 25 hours a week. No matter what the job is Fearless is willing to help out. He has recently received the 33rd degree from the Masons, the highest honor ever given. Both Jo and Fred are inspirations to me. There is much to say about the positive aspects of volunteering, but what these two give to Lee Memorial and the SHARE club is immeasurable.



THE BABY BOOM GENERATION

With so many media reports covering the aging of the 'Baby Boom' generation, many people know that next year the first boomers, born in 1946, will turn 60. Traditionally, once people reach age 62, only about half remain in the workforce, and that number drops to 15 percent at age 65.

If those statistics hold true in the coming decade, Lee Memorial Health System could face quite a challenge because there aren't enough young workers to replace the workers who retire.

However, there are two bright spots for LMHS. First, research by the AARP and other groups shows that boomers are more likely than their predecessors to keep working—and volunteering—after they reach retirement age.



Second, AARP Magazine has named LMHS the 10th best employer in the nation for workers over 50.

Our commitment to remaining one of the top employers for people over 50 should allow us to recruit a larger share of the seniors who do keep working after retirement age. Best of all, we know our older staff and volunteers bring with them a wealth of knowledge and experience that would be difficult to replace.

Jim Nathan, LMHS President

Recognitions LMHS received special recognition for Safety Improvement. This honor is based upon the Falls Prevention Program the System developed. This highly successful program has previously been recognized by Florida Medical Quality Assurance and has been identified as a best practice to be duplicated by other home health agencies around the nation. For more information call 239-418-2900.



Balance Disorders and Their Impact on Lives

The vestibular system, made up of the organ of hearing (the cochlea) and the organs of balance (the semicircular canals, the utricle, and the saccule), senses gravity and the speed and direction of head movement. Input from the vestibular system is vital during developmental stages of childhood and for day-to-day activities in adult life. When the vestibular system is not functioning properly, an individual can experience dizziness, vertigo, unsteadiness, cognitive difficulties, and significant fatigue.

Lee Memorial Health System's Balance Clinic, located inside the Lee Center for Rehabilitation and Wellness—one mile south of Lee Memorial Hospital, has licensed physical therapists who design unique treatment programs to help people deal with balance disorders.

For more information on Lee Memorial Health System's Balance Clinic, call Nathalie at 239-418-2000.

Lecture on February 10—see calendar for details.

NUTRITIONAL SUPPLEMENTS

By Anne Petrin, ARNP- C

It is impossible to watch television or open a magazine without encountering an advertisement for some form of nutritional supplement. Americans are receiving the message that these products are essential to having a long and healthy life. Nutritional supplements are a multi-billion dollar industry as a result. Unfortunately, some people are spending their money needlessly.

Over the last five decades, scientists have identified essential nutrients to sustain life. This led to the creation of Recommended Dietary Allowances (RDAs). Consumption of a varied and healthy diet, with limits on fats, sugars and salts, will provide most individuals with adequate RDAs.

Certain groups may benefit from supplementation. Pregnant women need an increase in folic acid to prevent spinal cord defects in newborns. Calcium and vitamin D supplements are the most practical way for older individuals to meet RDAs for these nutrients. Fluoride supplementation is essential to promote dental health in areas without reliable access to fluoride in local water supplies. Individuals who have less than adequate nutritional intake due to disease or illness would benefit also.

For the rest of the population, it is important to keep the focus on food sources rather than supplements for RDAs. Several valid reasons to support this:

- **Research has failed to prove single-nutrient supplementation can ward off disease.**
- **There is no assurance that all essential nutrients have been identified.**
- **Reliance on supplements to meet nutritional needs requires a high level of compliance in a population that statistically does not even finish prescription antibiotics.**
- **Mainstream foods such as breads, milk and cereals are already heavily fortified.**
- **Promoting supplements as “insurance” for a healthy life diminishes the importance of weight management, smoking cessation, stress management and physical activity.**

Talk to your healthcare provider if you have questions. To obtain a personalized food guide, visit www.mypyramid.gov.

Lecture on February 7 – see calendar for details.

Parkinson Corner

LEE PARKINSON'S CARE

1. Do your hands shake, quiver or tremble?
2. Does your head shake, quiver or tremble?
3. Does your voice quiver or tremble?
4. Do your legs shake, quiver or tremble?
5. Does your trunk (chest or belly) shake, quiver or tremble?
6. Do your hands shake when you pick up a glass and bring it to your lips?
7. Do your hands shake or tremble when you hold them in front of you?
8. Do your hands shake and tremble when you perform fine movements?
9. Is there a family history of tremor?
10. Has anyone said you have essential, familiar or hereditary tremor?
11. Do you have trouble arising from a chair?
12. Has your handwriting become smaller?
13. Do people say your voice has become softer?
14. Is your balance poor?
15. Do your feet even seem to get stuck to the floor?
16. Do people say your face always seems sad?
17. Do you have difficulty buttoning buttons?
18. Do you shuffle your feet when you walk?
19. Do you take tiny steps when you walk?
20. Have you ever taken L-Dopa, Levodopa, Sinemet or Atamet?
21. Have you ever taken Propranolol (Inderal) or Primidine (Mysoline) for tremor?
22. Have you already been diagnosed with having Parkinson's disease?
23. Are you looking for a second opinion?

If you or someone you love has answered YES to any of these questions, please call Lee Parkinson's Care at 239-335-7598 to set up an evaluation.

For more information on the Parkinson balance exercise class, support group and caregiver classes, please call Jeanne Csuy at 239-335-7261.

Activities Corner

Sit and Be Fit Classes - Wednesday and Friday mornings at 9:30 a.m. at LMHS' Lee Center for Rehabilitation and Wellness at 2070 Carrell Road, Ft. Myers. Call 239-418-2000 for more information. Tuesday and Thursdays at 1 p.m. at The Wellness Center of Cape Coral. Call 239-573-4800 for information. **8 classes for \$32.00**

Yoga Classes - Joyful Yoga classes offered at Cape Coral Hospital LIFE Center on Wednesdays at 1:00 pm. For a complete schedule of classes offered call 239-482-6677 or log on to www.JoyfulYoga.com.

Strokers Golfing League - Our group of strokers are guys and gals who have 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. We have a team of caring rangers to assist all who may need help. For further information, call Myerlee Country Club Pro Shop at 239-481-1440.

Growing Roses in SW Florida - Did you know we have a Rose Society? If you want to discover more about successfully growing these beauties, contact the Greater Ft. Myers Rose Society at 239-694-8427. They meet monthly.

Tai Chi - Classes available. Call 239-994-2454. **12 classes for \$66.00**

JOIN OUR TEAM

Lee Memorial Home Health has the following opportunities available:

PRN Home Health Aide - High school diploma or equivalent, HHA or CNA certificate, current CPR certification, valid drivers license and current automobile insurance.

PRN Homemaker / Companion - High school diploma or equivalent, valid drivers license and current automobile insurance.

Please apply online at: www.leememorial.org or call us at 1-800-642-5627.

LEE MEMORIAL HOME HEALTH
LEE MEMORIAL HEALTH SYSTEM

Medicare Prescription Drug Coverage Part D

The deadline for the voluntary enrollment is May 15, 2006. If you have questions call the SHARE Club and we will be happy to assist you. Or you can call 1 800-Medicare or go online to www.medicare.gov and click on the [compare Medicare prescription drug plans link](#).





Lee Physician Group Welcomes Darren Jacobs, DO

Dr. Jacobs earned his medical degree at the Philadelphia College of Osteopathic Medicine. He completed his internal medicine residency at Atlantic City Medical Center in New Jersey and completed his family practice residency at Lancaster General Hospital in Pennsylvania. Dr. Jacobs is board certified in family medicine.

Dr. Jacobs is located at Lee Physician Group at College Pointe, specializing in family practice. He is accepting new patients.

Darren Jacobs, DO
Lee Physician Group at College Pointe
9131 College Pointe Court
Fort Myers, FL 33919 • 239-432-0101



Lee Physician Group Welcomes Back Charles Briseño, MD

Lee Physician Group is proud to welcome back Dr. Charles Briseño. Dr. Briseño, was deployed to Kuwait via his Navy unit in October of 2004. Dr. Briseño, who serves as Lieutenant Commander in the United States Naval Reserves, provided medical support to the Naval Medical Center during the past year.

Dr. Briseño is now located at Lee Physician Group at College Pointe, specializing in family practice. He is accepting new patients.

Charles Briseño, MD
Lee Physician Group at College Pointe
9131 College Pointe Court
Fort Myers, FL 33919 • 239-432-0101



Recharge Your Health...

Call either of the LMHS Wellness Centers today to get your New Year started off right!

The Wellness Center of Cape Coral – 239-573-4800
Located at 609 S.E. 13th Court, Cape Coral, Florida 33990 (behind Cape Coral Hospital).

The Lee Center for Rehabilitation and Wellness – 239-418-2000
Located at 2070 Carrell Road, Fort Myers, Florida 33901 (1 mile south of Lee Memorial Hospital)

The Cape Chorale Barbershop Chorus Presents...

Saturday, February 25, 2006
Shows at 1:30 p.m. & 7:00 p.m.
Bishop Verot Auditorium
All tickets reserved \$17.00
Call Bob LaChance at 574-7861
2114 SE 14th Terrace, Cape Coral,
FL 33904

Let's all support the show! Over the years the Cape Chorale has donated over \$20,000 to Lee Memorial Children's Pediatric Speech Therapy.



Cardiac Education – Heart Month Series

All Heart Month programs will be held at HealthPark Medical Center, in rooms 201 to 204 at 6 p.m. For more information, or to reserve a seat, call 239-432-4786.

February 2, 2006 - Heart Disease: Are you at risk?

Cardiac Risk Factors

Lane Edwards, ARNP, Lee Physician Group, Lee Memorial Health System

Learn the facts about cardiac risk factors from this nationally recognized lecturer.

Eating Smart For Your Heart

Marjorie Chutkan, MS, RD, LD/N, Outpatient Clinical Dietitian, Lee Memorial Health System

Hear the latest nutrition news for your heart.

February 9, 2006 - Early Heart Attack Care

Roger Howell, DO, Emergency Department, Lee Memorial Health System

Learn how to develop your personal heart attack survival plan.

Cardiac Catheterization: What Does It Mean?

David J.O. Bailey, MD, MRCPI, Cardiologist, Florida Heart Associates

February 16, 2006 - How To Choose A Cardiologist, Cardiac Surgeon, And Heart Hospital

Peter Sidell, MD, Medical Director, Heart and Vascular Institute, Lee Memorial Health System

February 23, 2006 - Women and Heart Disease

Elizabeth M. Cosmai-Cintron, MD, Cardiologist, Florida Heart Associates



Free Colorectal Cancer Education & Screening

Sponsored by Lee Cancer Care

Colon and rectal cancer is the third most common cancer among men and women in the US. To learn more about colorectal cancer and screening options attend a lecture on Wednesday, February 15 at 9:30 a.m. at HealthPark Medical Center Room 1B. Presented by William A. Kokal, M.D., FACS. Call 772-6765 to register.

The preferred method of FOBT (fecal occult blood test) is a take-home kit that allows a person to collect several stool samples at home. Take-home test kits will be available after the lecture on February 15 or by calling 772-6765. Completed kits can be returned in person for interpretation by clinicians on Friday morning, February 24 from 9:00 - 11:00 a.m. at HealthPark Medical Center - appointments required.

Cape Coral Auxiliary Events

Monday and Tuesday, February 6 and 7,
Jewelry by Monarch Jewelry, 7:30 a.m. – 4:30 p.m.

Wednesday, February 8, Jewelry by Monarch,
St. Barbara Professional Center, 10 a.m. – 3 p.m.

Wednesday and Thursday, March 1 and 2,
Accessory Lady, 8 a.m. – 5 p.m.

Friday, March 3, Accessory Lady,
Santa Barbara Professional Center, 10 a.m. – 3 p.m.

If you are age 50 and older and you:

*Have not had a fecal occult blood test in the past year,
Have not had a flexible sigmoidoscopy in the past 5 years,
Have not had a double-contrast barium enema in the past 5 years,
Have not had a colonoscopy in the past 10 years, and
Have no prior history of colorectal cancer or polyps
This is your call to action.*

SHARE Club

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. For more information on our classes please call 239-772-6758 or send an e-mail to shareclub@leememorial.org.

Computer Classes

CLASSES OFFERED

- Beginning Computer (\$40)
- Beyond the Basics (\$45)
- Internet (\$45)
- AOL (\$45)
- Print Shop (\$50)
- XP (\$45)
- XP Maintenance (\$20) 2 week course
- Photo Editing (\$25) 2 week course
- Roxio 7.5 (\$15) 3 hour course

COMPUTER CLASS REGISTRATION FORM

I am interested in taking _____ computer course at the following location:

- Cape Coral Hospital Lee Memorial Hospital Either location

When we receive your request, we will contact you to confirm you are scheduled for the class. Once you are scheduled for a class the fee is non-refundable due to the limited space available to students.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Please mail payment and registration to LMHS SHARE Club P.O. Box 2218, Ft. Myers, FL 33902

Donations Wanted A group of ladies meet to donate their time and effort to making dolls and hats to be given to children that are in the emergency room, day surgery areas, as well as chemo patients. Supplies such as cotton material, thread and stuffing would be appreciated. If you can donate something please drop it off at the Cape Coral Hospital SHARE Club office. For information, call 239-573-0989.

Support Groups (The area code for all numbers is 239.)

APHASIA 772-6572
(Nancy Gizzi)

CANCER
Brain Tumor 336-6167
Breast Cancer 432-2568
(Wendy Henderson)
Ovarian Cancer 336-6167
Prostate Cancer 574-4070
Thyroid Cancer 560-8495

CONGESTIVE HEART FAILURE
(CCH) 573-5745

DIABETES 549-6027 (Fred)

FIBROMYALGIA and CHRONIC
FATIGUE 939-0910

IMPLANTABLE CARDIAC
DEFIBRILLATORS (ICD) 432-
4614

MENDED HEARTS
432-0985 or 432-4967

PARKINSON'S 334-5883

PERIPHERAL NEUROPATHY
693-7224

PULMONARY FIBROSIS 481-
0582 (Marge)

STROKE 458-4140 (Flo)

VOICE 772-6572.

calendar of events



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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Colorectal Cancer Prevention and treatment

Wednesday, February 15 at 9:30 a.m. at HealthPark Medical Center Meeting Room 1B. Presented by William A. Kokal, MD, FACS. Dr. Kokal will discuss treatment options for people with colon cancer. Please call 239-772-6765 to register for this program. Refreshments provided.

Arthritic Joints and Treatment Options

Friday, February 3 at 9 a.m. at HealthPark Medical Center Meeting Room 1B. Presented by George Markovich, MD with Orthopedic Surgery and Sports Medicine. Dr. Markovich will discuss how the different types of arthritis affect the joints and your treatment options. Call 239-772-6765 to register.

Coping with Loss and Change

Monday, February 6 10 a.m. at Lee Memorial Hospital Auditorium. Presented by Dr. Rebecca Bernas, clinical psychologist with Lee Rehabilitation Hospital and Older Adult Services. Dr. Bernas will discuss how loss and change can affect us physically and how we can cope. Call 239-772-6765 to register.

Vitamins and Supplements

Tuesday, February 7 at 10 a.m. at the Cape Coral Hospital New Café. Presented by Anne Petrin, ARNP-C with Older Adult Services. Anne will discuss the various vitamins and supplements available and make suggestions on how to include them in your daily dietary intake. Call 239-772-6765 to register.

Balance Problems and Treatments

Friday, February 10 at 12 noon at Lee Memorial Hospital Auditorium. Presented by Nathalie Grondin, lead physical therapist with the LMHS Balance Clinic. You'll learn from Nathalie how the body controls your balance and many of the causes of balance problems that people experience. Call 239-772-6765 to register. Lunch will be provided for \$6.00: Salisbury steak, mashed potatoes, vegetable, roll and beverage.