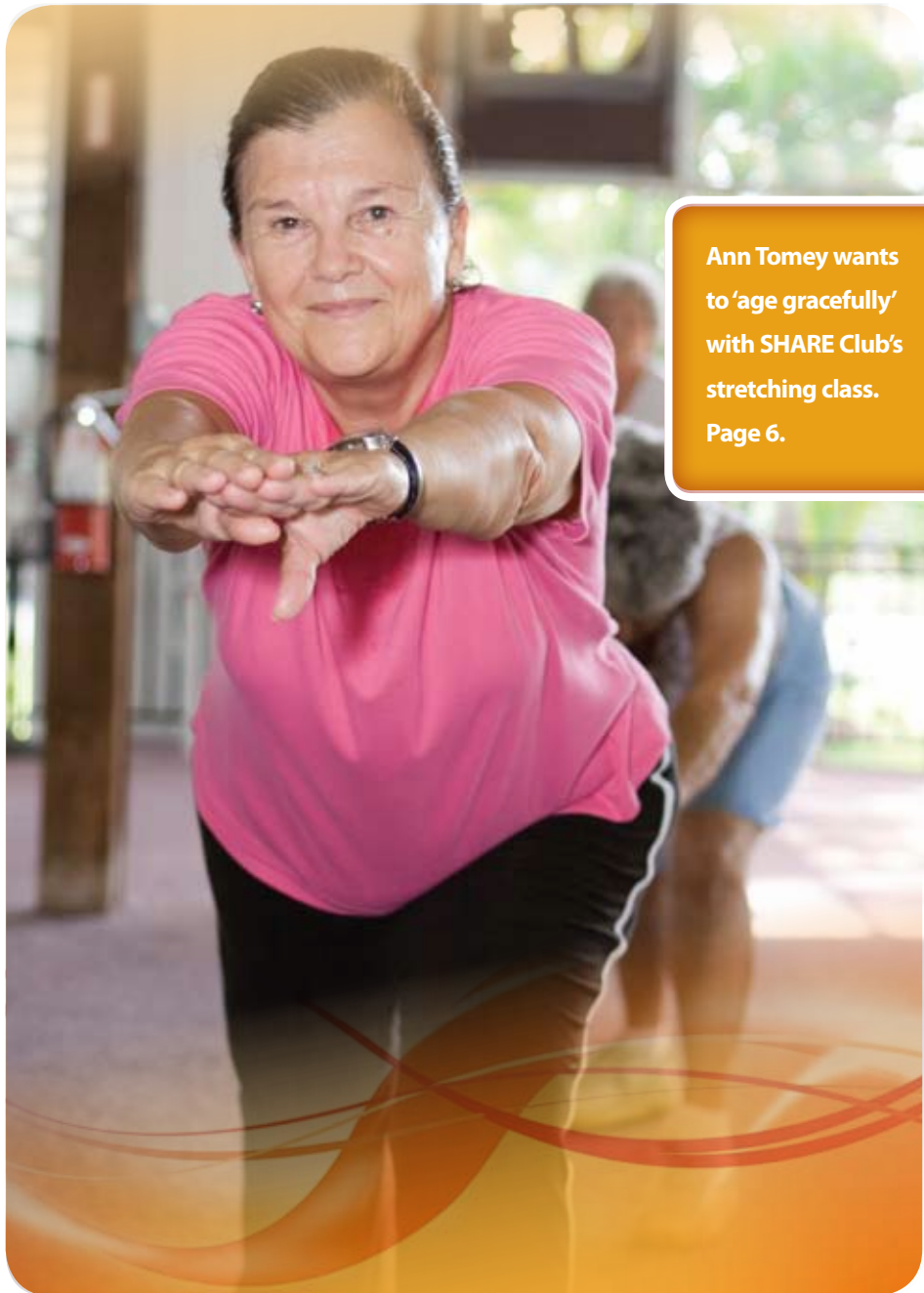


# SHARE Club Presents

Lee Memorial Health System-  
The Heart of our Community

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Ann Tomey wants to 'age gracefully' with SHARE Club's stretching class. Page 6.



**Teresa Frank-Fahrner**

## Take Advantage of Old Favorites and New Activities in 2009!

I don't know about you, but 2008 was a roller coaster year. There were some great times and some tough times. It is easy for me to pick out the highlights of my year—the birth of our son, Thomas

Alexander, on March 29, and the celebration of my parents' 50th wedding anniversary in November.

My toughest time is also easy to identify. It was the introduction of our new fee-based membership program. Asking you to now pay for our SHARE Club services after 22 years of providing programs and activities without a fee was a difficult thing, especially during the stress of the current economic times. However, this "tough time" from 2008 will, I think, be an exciting time for 2009. I look forward to the challenge of creating an even more valuable membership program for you.

As always, I encourage you to call me at 239-772-6765 or send me an e-mail to [SHAREClub@LeeMemorial.org](mailto:SHAREClub@LeeMemorial.org) and let me know what you like about our Club. I'd also like suggestions for new programs and activities. We will keep evolving our SHARE Club until it is meeting the needs and desires of every member!

I have had numerous suggestions from members saying that they want more programs and services offered in southern Lee County. As you can see, we have added programs at Grand Court Retirement Community. We have also created a partnership with Edison State College to add some Lifelong Learning classes that will exercise your mind and expand your knowledge base. I am happy to say that this is only the beginning.

I wish you a healthy and physically and mentally active new year!

### Lee Memory Care Welcomes Dr. Tanja Mani

Dr. Tanja Mani is a Clinical Neuropsychologist who recently joined LMHS Older Adult Services/ Lee Memory Care.

Dr. Mani earned her doctorate in Clinical Psychology at the University of Georgia in Athens. Prior to that time, she completed a master's degree in Clinical Psychology at the University of Regina in SK, Canada, and a bachelor's degree in psychology at the University of Victoria in BC, Canada.

Dr. Mani completed her post-doctoral fellowship in Clinical Neuropsychology at the Methodist Rehabilitation Center/ University of Mississippi Medical Center in Jackson, Miss. She previously completed her internship in Clinical Neuropsychology at the University of North Carolina School of Medicine in Chapel Hill, N.C. At these sites, she worked extensively with inpatients and outpatients and participated in numerous research projects studying brain injury recovery.

**Welcome, Dr. Mani!**



**Dr. Tanja Mani**

### Dine and Discover New Friends

**For SHARE Club Advantage and Plus members.**

Try new restaurants and meet new friends with SHARE Club! Dutch Treat.

Call 239-772-6765 to register.

#### **Icabod's Wicked Food & Drink**

13851 S. Tamiami Trail (behind Barnes & Noble)

Jan. 28, 11:30 a.m.

#### **The Sandy Butler**

17650 San Carlos Blvd. (toward the beach from Summerlin Road)

Feb. 25, 11:30 a.m.

### New Patients: LPG Has a New Number

Lee Physician Group has a new central telephone number to make scheduling appointments even easier for new patients!

LPG is a multi-specialty group with more than 28 offices throughout Southwest Florida and 75 physicians. LPG physicians specialize in family

practice, internal medicine, pediatrics, obstetrics and gynecology, endocrinology, allergy and rheumatology.

The LPG referral line is for new patients only. If you have never been an LPG patient before, all you have to do is dial 239-481-4111 to make an appointment with any LPG office.

# Get Active This Legislative Season

Welcome to a new year! We at Lee Memorial Health System hope that 2009 is the best year yet for our SHARE Club members.

We hope that you stay active by attending the various physical fitness, educational and entertainment opportunities that SHARE Club provides for your benefit. We also hope that you continue to stay active in our community.

As many of you know, this new year also brings with it a new legislative session. There are several issues that our state representatives will discuss this spring regarding health care. One issue, in particular, about medical care for needy patients is something that I sincerely hope you petition your representative to support.

I am referring to the Medicaid Medically Needy program that our legislators funded in 2008. Without intervention, it will no longer be funded. Medically Needy helps support those residents who are disabled or severely ill but do not qualify for Medicaid to pay their medical bills. The program is often called "share of cost" because a patient must have a certain amount of medical bills that he or she is paying before the patient can seek Medically Needy funds.

Many of the patients who have benefitted from Medically Needy had employment and health insurance until their injuries and illnesses forced them to quit working, leaving them with no way to cover the costs of their health care.

The legislation for this program will sunset if legislators do not reauthorize the program this year. In addition, unless our representatives identify a clear and recurring funding stream for Medically Needy, it will always be in danger of elimination due to budget cuts.

Since the state of Florida is in such serious economic shape, new funds are needed to protect the viability of the Medically Needy program. The one opportunity that seems possible to pass but will require public support is a \$1 tobacco user fee increase. Florida is the fourth lowest state in the nation for tobacco user fees. A \$1 increase would put Florida in about the middle of all states and could be used to help fund the Medically Needy program for years to come, as well as other vital health care initiatives.

Please contact your representatives and let them know how vital these health care programs are to our community.

Peace, *Jim*

Jim Nathan  
LMHS President & CEO



Jim Nathan

## Contact Your Representative

### Rep. Trudi Williams

Phone: 1-850-488-2047

E-mail: [trudi.williams@myfloridahouse.gov](mailto:trudi.williams@myfloridahouse.gov)

Address: 12811 Kenwood Lane, Ste. 212  
Fort Myers, FL 33907

### Rep. Paige Kreegel

Phone: 1-850-488-9175

E-mail: [paige.kreegel@myfloridahouse.gov](mailto:paige.kreegel@myfloridahouse.gov)

Address: 410 Taylor St.  
Punta Gorda, FL 33920

### Rep. Nick Thompson

Phone: 1-850-488-1541

E-mail: [nick.thompson@myfloridahouse.gov](mailto:nick.thompson@myfloridahouse.gov)

Address: 2120 Main Street, Ste. 208  
Fort Myers, FL 33901

### Rep. Ken Roberson

E-mail: [ken.roberson@myfloridahouse.gov](mailto:ken.roberson@myfloridahouse.gov)

Address: County Administration Building  
18500 Murdock Circle  
Port Charlotte, FL 33948-1068

### Rep. Gary Aubuchon

Phone: 1-850-488-7433

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Address: 3501 Del Prado Blvd., Ste. 305  
Cape Coral, FL 33904

### Sen. Dave Aronberg

Phone: 1-850-487-5356

E-mail: [aronberg.dave.web@flsenate.gov](mailto:aronberg.dave.web@flsenate.gov)

Address: 6415 Lake Worth Road, Ste. 210  
Greenacres, FL 33463

### Sen. Mike Bennett

Phone: 1-850-487-5078

E-mail: [bennett.mike.web@flsenate.gov](mailto:bennett.mike.web@flsenate.gov)

Address: 3653 Cortez Road West, Ste. 90  
Bradenton, FL 34210

### Sen. Garrett Richter

Phone: 1-850-488-4487

E-mail: [richter.garrett.web@flsenate.gov](mailto:richter.garrett.web@flsenate.gov)

Address: 3301 Tamiami Trail East,  
Ste. 203  
Naples, FL 34112



# SHARE Club Launches New and Improved Membership Program

**SHARE Club is now a tiered membership program designed to bring you more events and benefits! The tiers are SHARE Club Advantage and SHARE Club Plus.**

*The gold SHARE Club membership cards will slowly be 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.*

## **SHARE Club Advantage • only \$10 a year**

You will receive an information and referral service and our “SHARE Club Presents” newsletter that is published six times per year, in addition to exclusive access to services and events throughout the year. \$10 annual fee.

### **Here are some of the extra benefits of an Advantage membership:**

- Membership in our Community Discount Program (begins January 2009)
- \$5 coupon for a computer class
- 20 percent discount in LMHS gift shops
- 20 percent discount in LMHS cafeterias
- Free Dining with the Doctor program (includes meal)
- Health screenings and lectures
- Travel opportunities
- \$200 discount on a Geriatric Care Assessment
- \$3 guest pass for SHARE Club North events, activities (\$2 savings per event)
- Free Life Line medic alert enrollment (\$50 value)
- Life Long Learning Classes by Edison State College
- \$2 water aerobics classes at Cypress Lake Pool (with \$10 pool pass)
- \$13/month group circuit exercise class

## **SHARE Club Plus • all this for only \$25 a year**

Entitles you to an information and referral service and our “SHARE Club Presents” newsletter that is published six times per year, as well as all the benefits of an Advantage membership. Plus members also have the option to purchase a \$10 pool pass to the North Fort Myers Community Pool and have unlimited access to services and events at SHARE Club North. \$25 annual fee.

### **Here are some of the extra benefits of SHARE Club Plus, at no charge to you:**

- Wireless Internet and computer access
- Copy and fax service
- Notary on site
- Blood pressure checks
- Video and book exchange library
- Movie days
- Dinner dances
- Special celebrations and health lectures
- Weekly classes and events

## **For Advantage and Plus members**

### **Travel Club**

**Call 239-772-6765 for more information.**

#### **Day Trips**

**Ava Maria**, Jan. 20, \$59/person.

**Vicki Lawrence and Mama,**

**“A Two Woman Show,”** Lakeland, Jan. 29, 2:30 p.m.

**Starlite Princess “Boatyard Bingo”**

**Cruise**, St. Petersburg, Feb. 17, \$79/person.

**“A Day in Greece,”**

**Tarpon Springs**, Feb. 26, \$69/person.

#### **Overnight Trips**

**Saint Augustine and Kennedy Space Center**, Feb. 10-12, \$379 per person.

**Epcot International Flower and Garden Show**, March 30-31, \$249/person.

**Holyland Experience**, Orlando, April 6-7, \$199/person.

**Programs available to Advantage and Plus members, unless noted.  
Call 239-772-6765 to register.**

**SHARE Club  
Financial Forum**

With UBS Financial Services.

**Red Flags of  
Retirement: How to  
Maximize Your  
Social Security**

Jan. 10, 10 a.m.  
Grand Court Retirement  
Community

**Money Matters  
When Life Changes:  
Basics of Investing**

Jan. 27, 10:30 a.m.  
Calusa Harbour

**Long-Term Care Issues  
and Answers:  
Estate Planning  
Using Life Insurance**

Find out how the Medicaid  
qualification rules have  
changed.  
Feb. 10, 10:30 a.m.  
Calusa Harbour

**Cornerstones of  
Investing: Next Steps  
after the Basics**

Feb. 17, 10:30 a.m.  
Calusa Harbour

**Lifelong Learning with  
Edison State College**

Cost is \$5 per class.  
Call 239-772-6775  
to register.

**Ancient Rome**

Learn about one of the most  
influential civilizations in  
history, from its rise and fall  
to how it still affects us today.  
Jan. 28, 2 p.m.  
Grand Court Retirement  
Community

**Introduction to  
Ancient Egypt**

Explore the mystery of Egypt  
during the days of King Tut  
and Cleopatra.  
Jan. 22, 29, 10 a.m.  
CCH Life Center Room

**History of the  
Middle East  
to Present Time**

Find out how politics and  
religion have shaped this  
area, from hundreds of  
years ago to today.  
Feb. 12, 10 a.m.  
CCH Life Center Room

**Computer Learning  
Center Classes**

SHARE Club Advantage  
and Plus members can take  
advantage of our computer  
classes designed for  
optimum learning for  
senior students. Classes  
include Introduction to  
Computers, Internet and  
E-mail, Photo Editing,  
Windows Vista and more!  
Call 239-772-6765.

**Programs at Grand  
Court Retirement  
Community**

**Movie Days**  
Includes big screen TV,  
popcorn and drink for \$2.

**“The Great Debaters”**  
Jan. 26, 11 a.m.

**“An Affair to Remember”**  
Feb. 23, 11 a.m.

**Community  
Discount Program**

We are developing a  
Community Discount  
Program exclusively for  
our Advantage and Plus  
members to offer you cost  
savings with a large  
variety of businesses in  
Lee County. If there is a  
particular business that  
you would like for us to  
include, let us know!

**Programs at  
SHARE Club North**

**Winter Dinner/Dance**  
Jan. 20, 6-9 p.m.  
Entertainment by Buddy  
Smith.

Sponsored by  
Hidden Oaks.  
\$5/Plus members  
\$7/Advantage members

**Sweetheart Dinner/Dance**

Feb. 12, 6-9 p.m.  
Entertainment by  
Jack Krichbaum.  
Sponsored by  
Calusa Harbour.  
\$5/Plus members  
\$7/Advantage members

**Boutique on Wheels  
Lunch/Fashion Show**

Feb. 26, noon, lunch  
sponsored by  
Juniper Village.  
\$5/person

**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 \_\_\_\_\_

Phone Number \_\_\_\_\_

I would like to join \_\_\_\_ SHARE Club Advantage for \$10/year  
\_\_\_\_ SHARE Club Plus for \$25/year

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.**

# Senior Fitness

## SHARE Club Members Use Stretching Exercises to Keep in Shape

Ann Tomey has been stretching her way to good health with SHARE Club for the past three years. She regularly attends the stretching exercise class at SHARE Club North. “I want to keep fit and age gracefully,” Ann Tomey, 65, says with a smile during the morning class.

During the low-impact stretching class, participants follow instructor Anne George. At her cue, the class bends at the waist, although some modify the movement and bend at the knees, instead. Ann Tomey touches her toes. Others settle their hands on their knees. “We all have our own style,” says Anne George.

Yale Vaughn, 86, says he has been going for five years. “I had polio when I was younger. It’s hard to do some



**Ann Tomey**

(other exercises), and that’s why I like this class,” he says. “It’s good exercise, and it keeps me moving.”

Ruth Adkins agrees, saying the simple movements keep her limber, so she can play ball with her grandson. “I told him, ‘See, this is why grandma has to go work out,’” Ruth says with a chuckle.

### Grand Court Weekly Activities

**Exclusively for Advantage and Plus members.  
Call 239-772-6765.**

#### **Mondays**

9 a.m. Walking program

#### **Tuesdays**

9 a.m. Mah Jong

#### **Wednesdays**

9 a.m. Walking program  
10 a.m. Exercise with Mr. Deek (all levels)

#### **Fridays**

1 p.m. Painting class  
1 p.m. Hand and Foot card game

### SHARE Club North Weekly Activities

**Exclusively for Plus members.  
Call 239-656-7760.**

#### **Monday**

9 a.m. Walking aerobics, ceramics  
9 a.m. to 4 p.m. Billiards  
9:30 a.m. Low-impact aerobics  
10:30 a.m. Water aerobics

#### **Tuesday**

9 a.m. Women’s beginner billiards  
9 a.m. to 4 p.m. Billiards  
9:15 a.m. Bridge brush-up class  
10:30 a.m. Water aerobics  
11 a.m. Beginner’s Hawaiian dancing  
11:30 a.m. Arthritis water aerobics  
noon Hawaiian dancing  
12:30 p.m. Euchre

#### **Wednesday**

9 a.m. Walking aerobics, ceramics  
9 a.m. to 4 p.m. Billiards  
9:30 a.m. Low-impact aerobics  
10:30 a.m. Water aerobics  
11 a.m. German language class  
11:30 a.m. Hot dog lunch

#### **Thursday**

9 a.m. to 4 p.m. Billiards  
10 a.m. Line dancing, art class  
10:30 a.m. Water aerobics  
11:30 a.m. Arthritis water aerobics

#### **Friday**

9 a.m. Walking aerobics, ceramics, card games  
9 a.m. to 4 p.m. Billiards  
9:30 a.m. Low-impact aerobics  
10:30 a.m. Water aerobics, chair yoga  
12:30 p.m. Euchre  
1 p.m. Harmonica class

# Pastor Gets Back Relief with Outpatient Physical Therapy and Classes

As pastor at Good Shepherd Lutheran Church & School in North Fort Myers, Phillip Alexander has to do a lot of standing before his congregation.

Unfortunately, being on his feet for so long often causes Phillip back pain because his spine has degenerated throughout the years. "It's nothing I did to hurt myself. It's just genetics and aging," says Phillip, 59.

Then, Phillip went to the Lee Center for Sports Medicine and Rehabilitation, one of LMHS' six Outpatient Rehabilitation Clinics. During his six weeks in physical therapy, he learned a variety of exercises, such as squats and pushups, to help stabilize his spine and strengthen his core muscles.

The key is doing the exercises properly, says Kurt Gray, PT, Physical Therapist for LMHS. Even after someone has had back surgery, if that person does not learn how to move properly before and

after the surgery, the patient will keep hurting himself without even knowing it. Years of simply standing improperly can lead to severe back pain, he says.

LMHS' Outpatient Rehabilitation Clinics provide non-surgical, specialty spine therapy care at all five adult locations located throughout Lee County. New Spine Management group classes are offered in Cape Coral and Fort Myers to help patients get the most out of their care.

Phillip, who took the new Spine Management group classes in addition to this therapy, says he feels a lot less pain now. "It's something I'm always going to deal with, but I can manage it a lot better. My goal was to take less medication, and I've done that so far," he says. "They have really good therapists there, and it's a really good program."

For more information, contact Outpatient Services at 239-418-2000.

**Even after someone has had back surgery, if that person does not learn how to move properly before and after the surgery, the patient will keep hurting himself without even knowing it.**

## Stay in Touch with SHARE Club E-mails

Members who have provided SHARE Club with their e-mail addresses receive an electronic copy of our "SHARE Club Presents" newsletter, as well as regular updates about upcoming programs and events, some of which do not make it into our newsletter. If you would prefer regular, faster updates about events and an electronic copy of our newsletter, send an e-mail to [SHAREClub@LeeMemorial.org](mailto:SHAREClub@LeeMemorial.org) and ask to be added to our e-mail list. You can also call us at 239-772-6765.

You can cancel our e-mails at any time and revert to receiving our newsletter in the mail.



## GCMC Opens March 8

The new Gulf Coast Medical Center, which is an expansion of the existing Gulf Coast Hospital on Daniels Parkway, will open March 8. However, LMHS would like to invite members of the community to tour our new facility during our Community Open House from 2 to 5 p.m. Feb. 14. We will also have a Family Fun Day, which will be great for the children and grandchildren, from noon to 3 p.m. Feb. 28.

## 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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Paula Short

For more information on Older Adult Services, call **239-772-6765**

**Website:**  
[www.LeeMemorial.org/OAS](http://www.LeeMemorial.org/OAS)

**Email:** SHARE-Club@LeeMemorial.org

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## LEE MEMORIAL HEALTH SYSTEM

### SHARE Club

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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.

### Steady as We Age:

#### A Series on Improving Balance

Jan. 5, 12, 19 and 26; 5 p.m.  
HPMC Room 1A  
Speaker: Rebecca White,  
Physical Therapist

### Aneurysm Treatment in the 21st Century

Jan. 14, 10 a.m.  
HPMC Room 1A  
Speaker: Dr. Eric Eskioğlu,  
Neurosurgeon  
Continental breakfast by Brookdale Senior Living Communities.

### CVS Pharmacy will offer a fasting glucose screening prior to the event.

### Arthritis Luncheon

Jan. 19, 11:30 a.m.  
LMH Auditorium  
Speaker: Dr. John Fenning,  
Orthopedic Surgeon  
Sponsored by the Arthritis Foundation and Genzyme.  
Cost: No fee.

### Medications for Diabetes/ Pack Your Bag

Jan. 26, 10 a.m.  
SHARE Club North. Presented by CVS Pharmacy, which will offer a fasting glucose screening prior to the event and a brown bag medicine review.

### Identify Theft:

#### What You Need to Know

Jan. 21, 10 a.m.  
CCH Auxiliary Conference Room  
Presented by Florida Department of Financial Services.

### Reverse Mortgages: Is It Right for You?

Jan. 23, 9 a.m.  
LMH Auditorium  
Continental Breakfast at 9 a.m.,  
lecture at 9:30 a.m.  
Presented by the  
Reverse Mortgage Group.

### Benefits of Tai Chi

Jan. 24, 1 p.m.  
Zwarg's Kempo Karate Studio  
9131 College Pkwy.

### Oh, My Aching Back:

#### Treatment Options for Back Pain

Feb. 6, 11 a.m.  
LMH Auditorium  
Presented by LMHS Outpatient Therapy Department and The Spine Center.

### Hearing Loss: Don't Deny It

Feb. 11, 10 a.m.  
CCH Auxiliary Conference Room  
Speaker: Jack Adams, Audiology Consultants

### Writing Your Life Story: 3-Part Series to Get You Started

Feb. 13, 20, 27; 9 a.m.  
Speaker: Sue Maxwell, Director of LMHS Older Adult Services  
Cost: \$5 for Advantage/Plus, \$15 for nonmembers.

### Heart to Heart

#### (and Lunch) with a Cardiologist

Feb. 19, 11:30 a.m.  
SWFRMC Community Health Care Center Auditorium  
Speaker: Dr. Horace Dansby, Cardiologist  
Cost: \$6 for lunch.