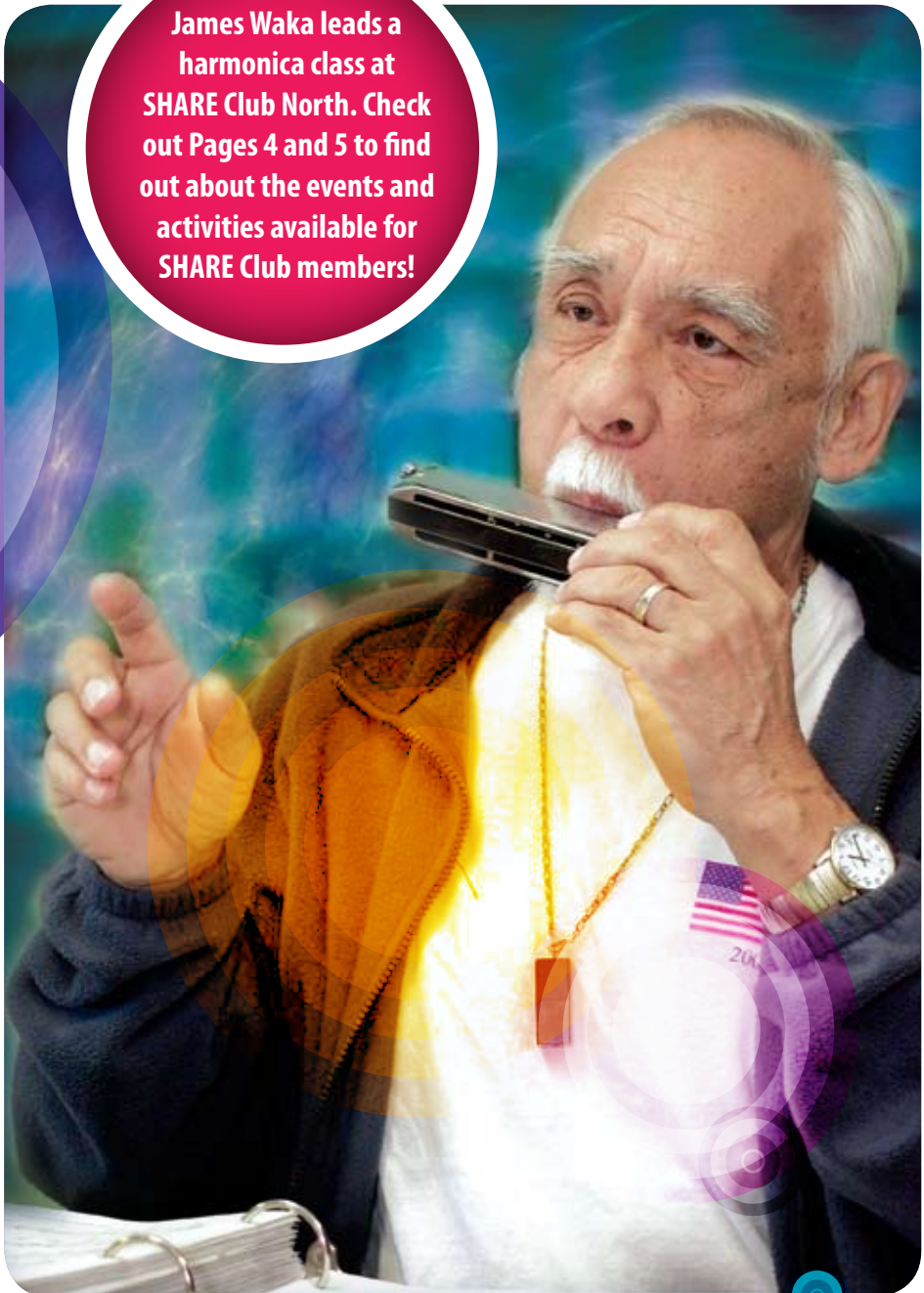


SHARE Club Presents

Lee Memorial Health System-
The Heart of Our Community



James Waka leads a harmonica class at SHARE Club North. Check out Pages 4 and 5 to find out about the events and activities available for SHARE Club members!

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Teresa Frank-Fahrner

SHARE Club Advantage and Plus Update

It has been nearly one year since we revamped our SHARE Club program to bring you—our valued members—even more of the programs and benefits that you requested.

Although the new program has taken some getting used to, we are very pleased by the positive responses from members.

We hope that you are enjoying the new events and social opportunities that we have been able to offer to you, such as the weekly activities at Grand Court Retirement Community, the expanded Community Discount Program and the Life Long Learning Classes at Edison State College. These are just a few of the added opportunities available to you through the new SHARE Club Advantage and Plus memberships.

We have also kept many of the advantages and programs that we know you enjoy, such as the ceramics, harmonica, language and exercise classes at SHARE Club North; our

computer classes; health lectures; the Travel Club and the seasonal dinner and dancing events.

As SHARE Club members, we want to help you care for all aspects of your life, whether its helping you gain access to regular preventive health screenings, providing opportunities for you to meet new friends and socialize or giving you access to a special discounted rate to The Wellness Centers of Lee Memorial Health System to meet your physical fitness goals.

If you have not already signed up for SHARE Club Advantage or SHARE Club Plus, I urge you to do so. For a nominal yearly fee, you will gain access to the activities and events in this newsletter and so much more. Please see Pages 4 and 5 for more information and a membership application form.

P.S. We wanted to give you an update that the LMHS Cafeterias are no longer accepting the old SHARE Club membership cards for discounts on meals. You must show your new Advantage or Plus key tag to receive this discount.

Dine & 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 make your reservations.

CheeseBurger in Paradise
5050 Daniels Pkwy.
July 16, 5 p.m.

Carrabba's Italian Grill
12990 S. Cleveland Ave.
Aug. 19, 4:30 p.m.

Home Health Restructures Cardiac Care Home Program

Lee Memorial Home Health has changed its Cardiac Care Home program to provide a higher level of customer service to continue its quality care. The restructuring focuses on patient education and employs a dedicated cardiac manager, Cathy Brady, to lead the care for cardiac patients. "As a leader in home health care for cardiac patients, we continually look for ways to improve what is already an excellent program," says Cindy Christman, Executive Director of Lee Memorial Home Health.

Cindy sought the advice of cardiac physicians and nurses to provide guidance in key areas, such as education, evidence-based clinical practice, outcomes and technology. This group now makes up a Cardiac Advisory Board, which meets regularly to discuss current trends and issues related to the program.

This service is for patients who visit a physician for congestive heart failure or other cardiac conditions, have had a recent hospital stay, have frequent medication changes, have had multiple chronic disease processes, have a medical necessity for home health care services, are in need of medical education or have a cardiac/heart disease diagnosis.

For more information, call Lee Memorial Home Health at 239-418-2900 or send an e-mail to HomeHealth@LeeMemorial.org.

Congestive Heart Failure

Hear about home care and preventing frequent readmissions to the hospital.

Aug. 7, 10 a.m.

CCH Life Center Room A

Speaker: Cathy Brady, Lee Memorial Home Health Nurse Case Manager

Leaving a Legacy is a Personal Journey

Throughout each year there are many holidays and observances that give us cause to celebrate. Some of these, such as the Fourth of July or Black History Month in February, are celebrated quite widely. There are some other “observances” that many of us have never even heard of, such as National Mustard Day on Aug. 1 or Cupcake Day on Aug. 18.

But one of these unique observances really struck me: “What Will Be Your Legacy Month?” It is for the entire month of August! While this event will have a very different and personal connotation for each of us, there is one thing of which we can be certain. If we do not take care of ourselves to the best of our abilities, it will be truly difficult to remain focused on a positive legacy to help others. So, regardless of your legacy, the question remains, how can we help each other to promote and live healthy lifestyles, so we can leave a positive legacy for others?

Lee Memorial Health System may be able to provide assistance to you in pursuit of a healthy personal lifestyle that is tailored to help achieve your needs. You can receive regular physicals in our Lee Physician Group offices and get advice about your diet through our Lee Health Solutions. Lee Lab Services can provide full blood work to help you monitor your cholesterol, blood glucose levels and other health issues. Our Older Adult Services department provides regular opportunities throughout the year for you to receive preventive screenings for health risks that only increase as we age, as well as access to our Memory Disorders Clinic or education about falls

prevention. As a SHARE Club member, you are also eligible to receive special discounts to our Wellness Centers, where LMHS has specially trained staff members who can help you develop a program to achieve your best possible fitness level.

There are many different opportunities and options where LMHS may be of assistance in your personal journey. Your lifestyle commitment may also serve as a role model for your children and grandchildren to help them on the path to a lifetime of wellness. That would clearly be a great “legacy.”

So on Aug. 18, go ahead and have that cupcake. Maybe limit yourself to one; I really like the icing! Then, go for a walk with someone you care about, which is always so much sweeter. Your ability to leave a lasting legacy may be directly based on your own health habits.

If we can be of assistance, feel free to ask. Escape “Cobwebs” disease and stay as mentally and physically active as your health will allow. Enjoy!



Jim Nathan

Peace, *Jim*

Jim Nathan
LMHS President & CEO

LPG Physicians Relocating to The Sanctuary

Several Lee Physician Group physicians have relocated to the Outpatient Center at The Sanctuary, one of Lee Memorial Health System’s new state-of-the-art outpatient treatment centers. In addition to LPG and LPG Physician Specialists offices, the Outpatient Center offers patients the Spine Center, Pain Management Center, Breast Health Center, comprehensive diagnostic imaging services and noninvasive cardiology services.

The following physicians now practice at the Outpatient Center at The Sanctuary:

Carmen Barres, M.D., Internal Medicine
Patricia Daneshmand, D.O., Family Practitioner
Tim Hughes, M.D., Obstetrics and Gynecology
Edward Marineau, M.D., Obstetrics and Gynecology
Tracey Richardson, D.O., Family Practitioner
Rick Waks, D.O., Family Practitioner

The Outpatient Center at The Sanctuary is located at 8960 Colonial Center Dr., near the intersection of Interstate 75 and Colonial Boulevard. If you would like to make an appointment with an LPG physician or physician specialist at the Outpatient Center at The Sanctuary, call 239-343-9470. If you have never been to an LPG physician, you may also call the New Patient Appointment Line at 239-481-4111.



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 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.

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
- \$5 coupon for a computer class
- 20 percent discount in LMHS gift shops
- 20 percent discount in LMHS cafeterias
- 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 exercise class

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

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

Petrucci Gala Piano Event Cruise on NCL ‘Sky.’ Nov. 13. \$299 per person, beginning price. Call Concierge Cruises at 239-772-1840 for more information.

Day Trips

“Friday Night at the Hollywood Hard Rock” June 5. \$35/person includes transportation, \$25 slot voucher and \$7.50 food voucher.

Caladium Festival in Lake Placid. August 29. \$55/person, includes transportation and Caladium Farms tour with authentic Caladium farmer.

Florida Aquarium in Tampa, Dinner at Troyer’s Amish Restaurant.

October 21. \$89/person, includes transportation, admission to aquarium and dinner. Proceeds benefit Friends of Gummi, an organization that helps abandoned and abused cats and dogs.

Fort Lauderdale Christmas Pageant.

December 5. \$109/person, includes transportation, reserved main floor ticket for pageant and buffet dinner at The Global Grille.

The benefits and programs below are available to all Advantage and Plus members, unless otherwise noted. Please call 239-772-6765 to register.

Overnight Trips

Christmas at Mt. Dora. December 8-9. \$249/person, \$319/couple, includes transportation, overnight accommodations, dinner and breakfast at Lakeside Inn, trolley tour of lights and guided tour and tasting at Lakeridge Winery in Clermont.

Irish Pubs and Folklore with Trafalgar Tours. August 14-23. \$2,050/couple. See Blarney Castle, Lakes of Killarney, Locke's Distillery and more!

Route 66 Discovery Tour with Albuquerque Balloon Fiesta. October 3-15. Visit famous U.S. cities from Chicago to Los Angeles on Route 66! Space is very limited!

The following trips are provided by Collette Vacations. Contact SHARE Club at 239-772-6765 for a brochure about Collette Vacations.

Trains of the Colorado Rockies. August 15-23.

Spirit of Washington, Oct. 15-19.

Sterling University Classes

The following programs will take place from noon to 1:30 p.m. at Calusa Harbour Sunrise Senior Living.

Call Kellie Amabile at 239-425-2239 to make your reservations.

The Declaration of Independence

July 6

The Space Race

July 20

A complimentary light lunch will follow each class.

SHARE Club North Events

Please call 239-656-7760 to make your reservations.

Fourth of July Ice Cream Social/Bingo

July 1, noon

Cost: \$5 for Bingo

Sponsored by Calusa Harbour.

Movie Day

July 15, 11 a.m.

"Seven Pounds"

Aug. 19, 11 a.m.

"The Curious Case of Benjamin Button"

Cost: \$2

Popcorn and soda will be served.

Karaoke/Pizza Night

Aug. 11, 5 p.m. Cost: \$5

Free Hearing Test and Hearing Aid Cleaning

July 21, Aug. 18, 9:30 to 11 a.m. Provided by The Hearing Store.

Events for Grand Court Retirement Community

8351 College Pkwy.

Please call 239-772-6765 to make your reservations.

Movie Day

July 13, 11 a.m.

"Seven Pounds"

Aug. 17, 11 a.m.

"The Curious Case of Benjamin Button"

Popcorn and soda will be served.

Complimentary Classes

Mah Jong

9 a.m. Tuesdays

Exercise with Mr. Deek

(all levels)

10 a.m. Wednesdays

Hand and Foot Card Game

1 p.m. Fridays

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

___ 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

Healthy Brain Initiative Helps Lee County Woman Keep Her Memory in Shape

Organization has always been a way of life for Lois Cyphert.

“My mother always said, ‘A place for everything, and everything in its place,’” says Lois, 75, a resident of Cypress Cove. “I’ve always kind of lived by that, too.”

That’s why Lois became concerned when she moved to Southwest Florida four years ago, and she had trouble remembering where she had put things in her new home. “As we get older, we tend to start forgetting. You wonder if you are losing it, or if you just not paying attention,” she says.

Lois decided to take the Healthy Brain Initiative Memory Classes offered by Lee Memorial Health System.

Developed by the University of California, Los Angeles Center for Aging, the Memory Classes teach participants tips and tricks to help them remember everyday things, such as a shopping list.

The Memory Classes are just one component of LMHS’ Healthy Brain Initiative, says Sue Maxwell, MSW, System Director of Gerontology. LMHS has formed a steering



committee comprised of community members and LMHS representatives whose goal is to develop programs within Lee County to encourage residents to keep their brains physically fit and healthy. This summer, the committee will begin discussing plans for a Memory Center, where people can use computer-based programs to keep their brains active. “We don’t have to lose our memories as we get older, although that’s what many people think. The brain is like a muscle, and you’ve got to work it out to keep it healthy,” says Sue.

More than 400 people have taken the Memory Classes, which are held in several locations throughout the county. Lois took her classes in her community of Cypress Cove and has already been able to use some of the tips she learned. “I learned the framework on which to build ways to remember, like putting things in categories,” she says.

That framework has given Lois the confidence she needs to know that she can continue being independent, she says. “I know that I will take care of myself as long as I possibly can,” she says.

If you would like more information about the Healthy Brain Initiative Memory Classes, call 239-772-6765.

Special Rates to the Wellness Centers of LMHS!

SHARE Club Advantage and Plus members receive special discounts to the Wellness Centers of Lee Memorial Health System, including an enrollment fee waiver (\$75 savings) and a three-month membership for only \$99. If you decide to keep your membership, you pay only \$50 a month!

Contact The Wellness Center of Cape Coral at 239-573-4800 or the Lee Center for Rehabilitation & Wellness at 239-418-2000 to schedule a tour or to sign up!

Get Your Lipid Panel for \$15

Take this coupon to any Lee Memorial Health System’s Lee Lab Services blood draw station and receive a full Lipid Panel test for only \$15. You do not need an appointment—just walk in! You must fast for at least 12 hours prior to the test and bring the \$15 payment.

Lee Lab Services Blood Draw Stations:

Cape Coral Hospital, 636 Del Prado Blvd.
(Monday – Friday, 7 a.m. – 5:30 p.m.,
Saturday, 7 a.m. – noon)

**Big John Plaza, 1335 B Cape Coral Pkwy.,
entrance on 47th Ter.**
(M – F, 7 a.m. – 4 p.m.)

Pine Island Road, 1682 NE Pine Island Road
(M – F, 7 a.m. – 4 p.m.)

Lee Memorial Hospital, 2776 Cleveland Ave.
(M – F, 7 a.m. – 5 p.m.)

Riverwalk, 12600 Creekside Lane, Ste. 4
(M – F, 7 a.m. – 4 p.m.)

**Paige Field Medical Village Building 3,
4761 Cleveland Ave., Ste. 1**
(M – F, 7 a.m. – 3:30 p.m.)

**Outpatient Center at HealthPark
Commons, 16281 Bass Road, Ste. 202**
(M – F, 7 a.m. – 5 p.m., Saturday, 8 a.m. to noon)

**Outpatient Center at Plantation Road,
13601 Plantation Road, Ste. 1**
(M – F, 7 a.m. – 4 p.m.)

**Outpatient Center at The Sanctuary, 8960
Colonial Center Dr., Ste. 102**
(M – F, 7 a.m. – 4 p.m.)

**Bonita Primary Care, 3501 Health Center
Blvd., Ste. 2310 (Thursday, 8 a.m. – 11 a.m.)**

File of Life Provides Peace of Mind for SHARE Club Member

Five years ago, SHARE Club member Joan Grindley didn't think about the slippery wet tiles on her lanai. She just wanted to close the windows to keep out the rain. Her bare feet quickly lost traction and down she went, breaking her femur.



Joan Grindley

Joan managed to crawl into her living room and dial 911. Rescue workers quickly arrived at her North Fort Myers home and started preparing her for a trip to the emergency room. They began asking her questions about her medical history that Joan found difficult to answer through the fog of pain. "I said, 'It's on the refrigerator.' They knew what I meant and went to get my File of Life," says Joan.

The File of Life is an information card that allows people to fill out their medical histories, such as medications they are taking, any illnesses or other pertinent information. The card is then placed in a red holder with a magnet, so it can be kept in plain view in case emergency personnel need to find it quickly.

Joan got her File of Life during a SHARE Club event. "This is the first time I've ever lived away from family, and I only have half of a lung from cancer. The File of Life comforted me," says the 77-year-old. "Now, I will never be without it. I keep another one in my car and always update them when something changes."

The information card came in handy for Joan a second time when she slipped on a stray ice cube on her kitchen floor and broke her leg again. "I was in such agony, and it made it so much easier," she says. "I believe it's something essential for those in my age group to have."

If you would like more information about the File of Life, contact SHARE Club at 239-772-6765.

New Gallbladder Technique Eliminates Scarring

Surgery to remove a gallbladder used to require three to four small abdominal incisions that would leave visible scars and caused much of the pain associated with the procedure, as the surgeon would have to cut through the abdominal wall.



Darren B. Miter, D.O.

Dr. Darren B. Miter, D.O., a fellowship-trained advanced laparoscopic surgeon, can now perform a gallbladder removal through a single incision hidden in the belly button. "The benefit lies in the single incision being at the umbilicus [belly button]," says Dr. Miter. "Not only am I able to hide the scar, so it is virtually invisible, but I do not have to violate the abdominal muscles in order to perform this procedure. This lessens post-operative pain, shortens recovery, decreases the potential for surgical wound complications, such as infection, and improves cosmesis."

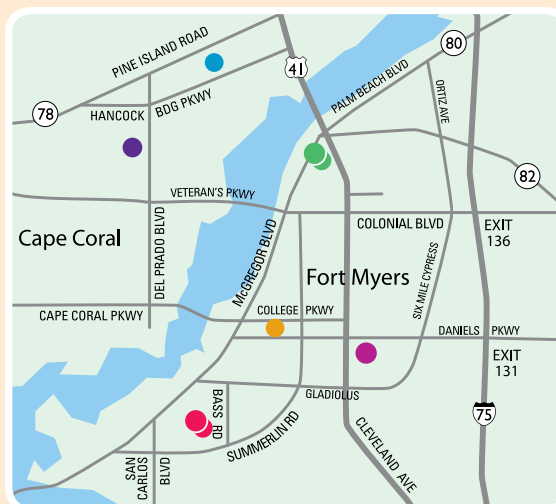
Dr. Miter has been performing this procedure since August 2008, operating at HealthPark Medical Center, Lee Memorial Hospital and Bonita Community Health Care Center. The majority of patients who require gallbladder surgery are candidates for this procedure. According to Dr. Miter, a history of prior abdominal surgery, a larger body frame and acute inflammation or infection of the gallbladder are not absolute reasons to perform a more invasive surgery.

If you would like more information about Dr. Miter's procedure, contact Suncoast Surgical Associates at 239-343-9960.

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.

- **Cape Coral Hospital (CCH)**
- **Gulf Coast Medical Center (GCMC)**
- **HealthPark Medical Center (HPMC)**
- **Lee Memorial Hospital (LMH)**
- **Grand Court Retirement Community**
- **SHARE Club North**
- **The Wellness Center of Cape Coral**
- **Lee Center for Rehabilitation & Wellness**



LEE MEMORIAL HEALTH SYSTEM

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SHARE Club Presents is a Lee Memorial Health System publication for the members of SHARE Club

System Director of Gerontology:
Sue Maxwell, MSW

Program Coordinator:
Teresa Frank-Fahrner

Assistants:
Dena Kilgus
Paula Short

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

Web site:
www.LeeMemorial.org/OAS

E-mail: SHARE-Club@LeeMemorial.org

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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.

Keeping Your Balance

Learn how to stay on your feet.

July 28, 10 a.m.

GCMC Community Room

Presented by The Balance Center at LMHS

Your Medicare Birthday

Find out about your rights and benefits.

Aug. 5, 5 p.m.

GCMC Community Room

Aug. 17, 10 a.m.

SHARE Club North

Speaker: Jo Marshall, SHINE Counselor for the State of Florida

Congestive Heart Failure

Hear about home care and preventing frequent readmissions to the hospital.

Aug. 7, 10 a.m.

CCH Life Center Room A

Speaker: Cathy Brady, Lee Memorial Home Health Nurse Case Manager



Grief, Loss, Dying and Death

Discuss the stages of grief and dying.

Aug. 14, 10 a.m.

Regional Cancer Center

8931 Colonial Center Dr.

Speaker: Marie Hepp, ARNP/RN, MS, CHPN, Oncology Outreach Education Coordinator

Acupressure Techniques

Learn how to calm your mind and become more focused.

Aug. 11, 9 a.m.

HPMC

Pre-need Funeral Service

Find out why, when and how to plan ahead.

Aug. 20, 10:30 a.m.

LMH Auditorium

Pizza and refreshments provided.

Single-incision

Laparoscopic Procedures

Discover the latest surgical technology and options.

Aug. 26, 10 a.m.

HPMC Room 1A

Speaker:

Darren Miter, D.O.,

Suncoast Surgical Associates