

# SHARE CLUB PRESENTS

LEE MEMORIAL HEALTH SYSTEM-THE HEART OF OUR COMMUNITY

May-June 2006

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November 2006**

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HEALTH SYSTEM**

**SHARE CLUB**

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# Ageing or Lack of Activity?

By Teresa Frank-Fahrner

Not able to reach as high up in the cupboard? Don't have the strength to open cans? Is it getting tougher to tie your shoes? I hope you're not convincing yourself that this is because you are getting older. Whether you are 50, 60 or 90 it is time for you to get moving. Many of the physical changes blamed on aging are really problems of inactivity, poor eating habits and stress. According to the National Institutes of Health "Lack of physical activity and not eating the right



Teresa Frank-Fahrner

foods, taken together, are the second greatest underlying cause

of death in the United States." (smoking is the #1 cause.)

I am sure you have thought of numerous excuses not to exercise: I don't have time, I'm too old—I might hurt myself, I can't afford it. If any of these sound familiar, then at least you have considered getting more active. Ask the neighbor who walks 30 minutes every morning, how much it costs her to do that. I know you're thinking: time is money; however, investing time in exercise can add time to your life, so isn't it worth it?

## To Save a Life...



At Lee Memorial Health System, the blood you donate helps to save the lives of patients in your community-owned hospitals – Lee Memorial Hospital (including the Trauma Center), HealthPark Medical Center, and Cape Coral Hospital.

One single pint of blood can help several people because your donation can be separated into its different components – the platelets may go to a child with leukemia; the plasma to a patient with a clotting problem; and the red blood cells to an accident victim. Call 334-5333 for the location of the Lee Memorial Blood Center nearest you.

## Physician Referral Service



**LEE MEMORIAL HEALTH SYSTEM**

Each Lee Physician Group practice delivers individualized, quality care, backed by the comprehensive services and staff of your community-owned health system. Our doctors specialize in family practice, internal medicine, endocrinology, rheumatology, pediatrics and obstetrics/gynecology.

For additional information and physician referral, call 481-4111.



# senior fitness

## Senior Fitness

Tuesday, May 30 9:30 a.m. or  
Wednesday, May 31 from 5-6 p.m. at the Wellness Center of Cape Coral. Presented by Mary Day-Power, exercise specialist with LMHS. Learn about different types of exercise - including cardiovascular, strength training and flexibility - and why they are important to your overall health. Call 772-6765 to register for one of these dates.

## Sit and Be Fit Classes

This one-hour group class will consist of many exercises to increase flexibility, some to increase strength and some to increase cardiovascular endurance. The class is designed to get people started with an exercise program and to learn more about themselves. The class consists of basic overall exercises and is taught in a relaxing atmosphere.

## Lee Center For Rehabilitation and Wellness

Days: Wednesdays and Fridays  
Time: 9:30 - 10:30 a.m.  
Cost: 10 classes for \$32  
Call 418-2000 for information.

## Wellness Center of Cape Coral

Days: Tuesdays and Thursdays  
Time: 2:00 p.m.  
Cost: 8 classes for \$32  
Call 573-4800 for information

## Yoga Classes

One complimentary first class for all SHARE Club members at the Joyful Yoga classes offered at Cape Coral Hospital LIFE Center on Wednesdays at 1:00 p.m. Coupon expires on June 30. Classes are also offered all over Lee County. For a complete schedule call 482-6677 or log on to [www.JoyfulYoga.com](http://www.JoyfulYoga.com).

## Stokers Golfing League

Our group of stokers (guys and gals) has 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. For further information, call Myerlee Country Club Pro Shop at 481-1440.

## Two Months for \$100.00

Lee Center for Rehabilitation and Wellness is offering, to Share Club only, a two (2) months membership for just \$100, for an indoor exercise program. On joining the Wellness Center, an exercise specialist will design a personalized fitness program to help you look and feel better.

For more information, take a tour of the Center any time during operating hours: Monday - Friday, 5:30 a.m. - 8:00 p.m.; Saturday, 7:00 a.m. - 3:00 p.m.; Sunday, 10:00 a.m. - 2:00 p.m.; or call 418-2020 and ask for Donna.

**S H A R E C L U B**

**Lee Center for  
Rehabilitation and Wellness**

*"Adding Life to Your Years"*

**USE THIS COUPON AND ENJOY A FREE  
WEEK OF FUN & FITNESS**

**Personal Training  
Group Exercise/All Levels  
Cardio/Strength Equipment**

### Center Hours

M-F 5:30 a.m.-8:00 p.m. Sat. 7:00 a.m.-3:00 p.m.  
Sun. 10:00 a.m.-2:00 p.m.

Must be local resident and 18 years of age.

Expires: June 30, 2006

Location: 2070 Carrell Road, Ft. Myers, FL 33901

**Ph: 239-418-2000**

# Everyone has a role in patient safety.



Some of you may be aware that I grew up around hospitals due to my dad's lifetime of medical challenges. Even though my dad had great respect for the expertise and loving care of health professionals, he taught me that patients need to be "in charge" of their own care and not give up "control" to others. At that time, decisions were often made without patient or family input.

Years later, hospitals and other healthcare environments are safer than ever before. As patients, we still place our lives in the hands of medical professionals, but we are now much more of an integral part of healthcare delivery and the decision-making process.

Patient safety is, of course, a primary focus in everything we do throughout Lee Memorial Health System. Our diligent efforts have been recognized for two consecutive years with both the 2005 and now 2006 Distinguished Hospital Award for Patient Safety by a national independent health care rating company.

LMHS continues to be on the cutting edge of patient safety, with new initiatives like medication reconciliation procedures, evidenced-based nursing, and the Medical Emergency Team (MET).

Nevertheless, effective patient safety remains a "partnership" by all involved. Just as we rely on technical talent to build safe cars and rely on protection from seat belts to air bags to anti-lock brakes, if we do not drive safely we can still be injured or injure others. Similarly, just as healthcare professionals must constantly serve to protect the care of patients, patients can ensure a safer healthcare experience by disclosing vital information, being informed about their treatment and involved in their own care.

As we at LMHS continually work to eliminate errors, I encourage you to play an active role in your healthcare, whether in the physician's office, a hospital, an urgent care center, home care, skilled care rehabilitation or other setting. For more information on ways you can make healthcare safer, visit the National Patient Safety Foundation web site at [www.npsf.org](http://www.npsf.org).

A handwritten signature in blue ink that reads "Jim". The signature is written in a cursive, flowing style.

## Books-By-Mail Program

Do you know anyone who's homebound and would like to receive materials from the Lee County Library System?

Books on tape or CD  
Large and regular print books  
VHS and DVD movies  
Music CDs

**Call the Lee County Library  
System at  
239-390-3232.**

## **EMPLOYMENT *Did You Know That:***

- Lee Memorial Health System is ranked in the top 10 of AARP's 50 Best Employers for Workers Over 50?
- LMHS is nationally recognized as an Employer of Choice?
- The employee benefits at LMHS have been ranked the best in the area?
- LMHS is the area's second largest employer, with 6,706 employees?
- LMHS offers a generous employee referral bonus?

If you or one of your family members is looking for a rewarding career, LMHS has full-time, part-time and PRN positions available. Please visit us at [www.leememorial.org](http://www.leememorial.org) for more information and to apply online, or call 772-6500.



# Jokes Affect Our Perception

*A husband and wife in their nineties are having problems remembering things.*

*They decide to go to the doctor for a checkup. The doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.*

*Later that night, while watching TV, the old man gets up from his chair. His wife asks, "Where are you going?"*

*"To the kitchen" he replies.*

*"Will you get me a bowl of ice cream?"  
"Sure."*

*"Don't you think you should write it down so you can remember it?" she asks.*

*"No, I can remember it."*

*"Well, I'd like some strawberries on top, too. You'd better write it down because you know you'll forget it."*

*He says, "I can remember that! You want a bowl of ice cream with strawberries."*

*"I'd also like whipped cream. I'm certain you'll forget that, so you'd better write it down!" she retorts.*

*Irritated, he says, "I don't need to write it down, I can remember it! Leave me alone! Ice cream with strawberries and whipped cream - I got it, for goodness sake!" Then he grumbles into the kitchen.*

*After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment and says - "Where's my toast?"*

Although some jokes make us laugh, they may also affect our perceptions.

I am sure you have heard people say, "I'm having a senior moment." This implies that memory problems are inevitable as we age. In reality, your memory loss may be due to a new medication you have just started taking. Unfortunately, perception becomes reality.

The staff at Lee Memory Care works to educate the community on the importance of early detection and diagnosis of memory problems. If it is Alzheimer's dementia, an early diagnosis can allow the patient to start on medications that will help to slow down the rate of memory loss, therefore prolonging the quality of life.

The fear and anxiety we have of Alzheimer's is detrimental to our well-being. If you were having chest pain or you noticed your wife was having chest pain, you would call 9-1-1 immediately and seek medical attention. However, if you notice your wife having memory problems, you might fear it could be Alzheimer's so you avoid any mention of it to your physician or family. Don't give in to that fear or anxiety. Lee Memory Care offers complimentary memory screenings. Call 334-5634 for an appointment.

## Selecting Home Health Care

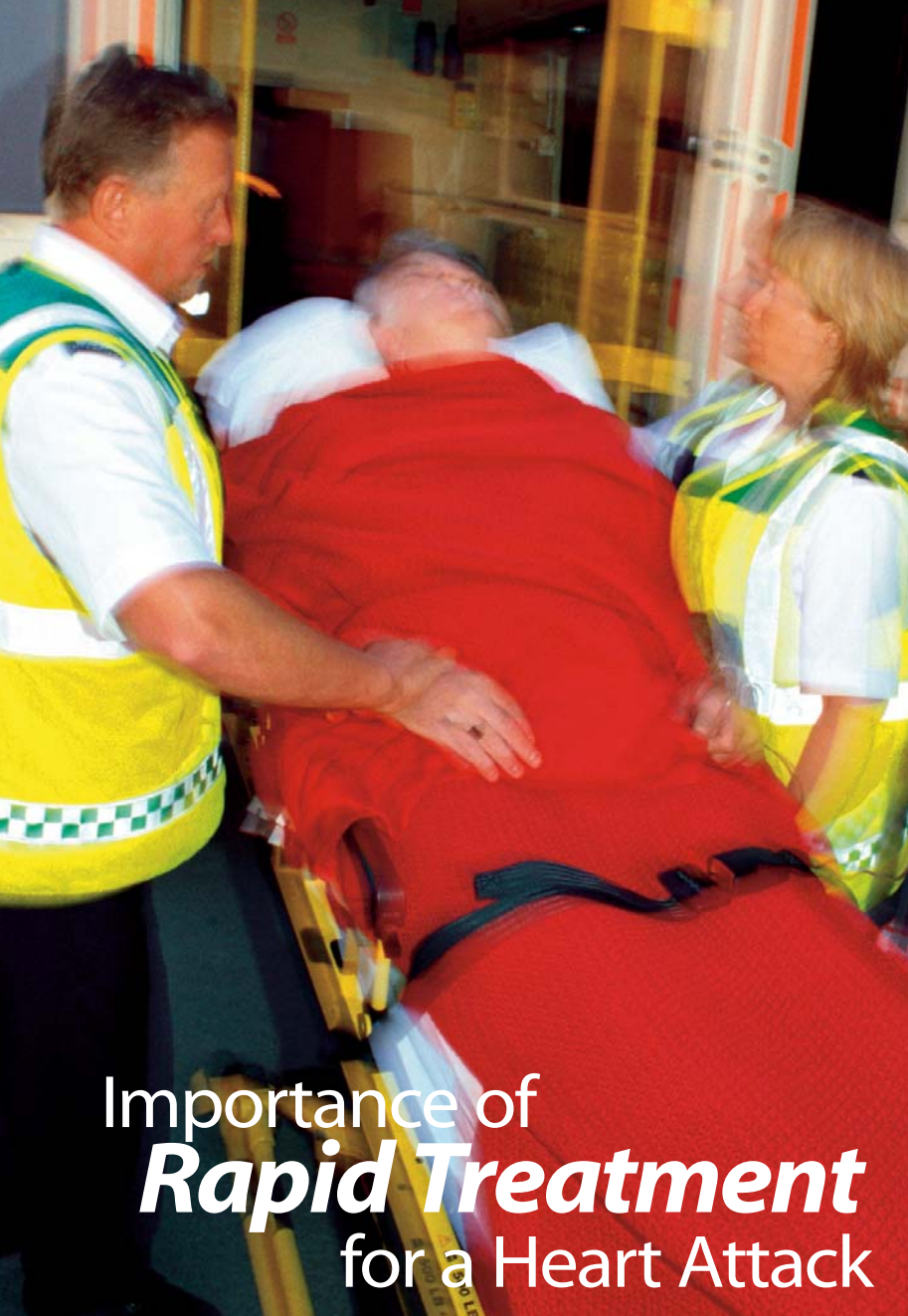
If your physician orders home health care - remember - which agency to use is always **your choice**. **Lee Memorial Home Health** is an important and excellent service offered by Lee Memorial Health System. The agency has been in existence for almost 30 years and is Medicare certified and Community Health Accreditation Program (CHAP) accredited. Patient satisfaction surveys consistently give high approval marks for their care and services. Said one patient, "My home health care was excellent; never was treated so well; thank you." Another said, "If I ever need it again, I will use Lee Memorial Home Health. I enjoyed knowing I had a competent nurse coming into my home."

The team includes: registered nurses, physical, speech and occupational therapists, home health aides, medical social workers, homemakers and companions. Special services offered: comprehensive cardiac care, infusion therapy, ostomy and wound care management, diabetes management, enteral nutrition therapy, pediatric services, perinatal services, pulmonary services, pre-fill medication management, CHOICES - care management, Lifeline emergency response services.

For more information, call 418-2900.

## Caregiver Education

If you are a full time caregiver for a loved one, Lee Memorial Health System's Older Adult Services offers an informative caregivers program called CARE. Please call 334-5751 for more information.



## Importance of **Rapid Treatment** for a Heart Attack

Each year nearly 1.1 million people in the United States will have a heart attack, and about half will die before they reach the hospital. People often wait too long—2 to 4 hours or more—before they seek medical care for heart attack symptoms. Early symptoms of a heart attack occur in 50 percent of all heart attack patients. These early clues allow time for preventive measures to take place—if acted on quickly.

**What you can do** – don't delay. If you think a heart attack is happening, the most important thing to remember is this – call 911 in 5 minutes or less. An ambulance will get you to the hospital in the fastest way possible. Do not try to drive yourself or have anyone drive you to the hospital. Your heart may stop beating during a heart attack. Emergency medical personnel carry equipment to restart the heart if that happens, and they are linked to the hospital so they can send critical information to the Emergency Department before you arrive.

**What we do** – Lee Memorial Health System's HealthPark Medical Center is an accredited Chest Pain Center, which means our physicians and staff understand that when it comes to treating heart attacks time is critical. Time is also muscle – the more time it takes to get the medication or treatment you need, the more damage is done to the heart muscle and squeeze power of the heart.

**At the Chest Pain Center**, doctors and staff are trained to significantly reduce the time it takes for a patient experiencing possible heart attack symptoms to receive treatment. Quick care during the critical early stages of a heart attack is when treatment is most effective.

**On arrival in the Emergency Department**, you immediately will be stabilized, assessed and tested to determine the best course of action. It may be an immediate procedure to remove a blockage; admission to the hospital for surgical or medical treatment; a stay in the Cardiac decision unit (CDU), (if you are low-risk) for observation and additional testing to ensure that you are not sent home early or needlessly admitted; or discharge.

**Heart Attack Warning Signs:** An uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back; Discomfort in other areas of the upper body, which may be felt in one or both arms, the back, neck, jaw or stomach; Shortness of breath, which often occurs with or before chest discomfort; Other symptoms such as breaking out in a cold sweat, nausea or light-headedness.

**Warning Signs for Women:** Women's most common heart attack symptom, as with men, is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

***If you have any of these symptoms, Call 9-1-1 immediately.***

# SHARE Club Computer Classes

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.

## Classes Offered:

**Beginning Computer (\$40)**

**Beyond the Basics (\$45)**

**Internet (\$45)**

**AOL (\$45)**

**Print Shop (\$50)**

**XP (\$45)**

**XP Maintenance (\$20)**

**Photo Editing (\$20)**

**Roxio 7.5 (\$15)**

To register for classes, please mail in the registration form below with your check made payable to LMHS SHARE Club at PO Box 2218, Ft. Myers, FL 33902. For more information on our classes please call 239-772-6758 or send an e-mail to [share-club@leememorial.org](mailto:share-club@leememorial.org).

## SupportGroups

**(The area code for all numbers is 239)**

APHASIA – 772-6572 (Nancy Gizzi)

### CANCER

Breast Cancer – 432-2568

Ovarian Cancer – 336-6167

Prostate Cancer – 332-1234

Thyroid Cancer – 560-8495

CONGESTIVE HEART FAILURE – 573-5725

DIABETES – 573-5727

FIBROMYALGIA and CHRONIC FATIGUE – 939-0910

PARKINSON'S – 334-5883

PERIPHERAL NEUROPATHY – 693-7224

PULMONARY FIBROSIS – 481-0582 (Marge)

STROKE – 458-4140 (Flo)

VOICE – 772-6572

MENDED HEARTS Support Group – 432-0985 or 432-4967

AMPUTEE Support Group – 656-3973

ICD Support Group – 432-4614.

## Lee Memorial Auxiliary Events

The Accessory Lady 7 a.m. to 4 p.m.

HealthPark Atrium, May 15-16

Lee Memorial Hospital-West Dining Room,

May 17-18

## 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**

## Community *Discount Program*

SHARE Club members can save money on various items such as restaurants, hotels, and stores by using our Discount Directory. View the Directory on our website: [www.leememorial.org/shareclub](http://www.leememorial.org/shareclub), call 772-6765, or stop by the office for the newest listing.

# SHARE CLUB 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

**System Gerontology Business Leader:** Sue Maxwell, MSW

**Program Coordinator:** Teresa Frank  
**Assistant:** Barbara Wroten

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](mailto:share-club@leememorial.org)

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### SHARE CLUB LUNCHEON-SHARE CLUB BENEFITS

Friday, May 19, 12 noon at Lee Memorial Hospital Auditorium. Presented by Teresa Frank-Fahrner, Program Coordinator. Teresa will review all the benefits and services available thru the SHARE Club. Call 772-6765 to register. Baked chicken, mashed potatoes and gravy, vegetable, dessert and beverage for \$6.00.

### WOMEN'S HEALTH FORUM

"Act Now for Good Health" Saturday, May 20, 2006 8:30 a.m. - 12:00 noon. This community health forum for women is presented by the Partnership for Women's Health: Lee Memorial Health System and Community Organizations. It will be held at Dunbar High School at 3800 E. Edison Avenue in Fort Myers. Free health screenings will include blood pressure testing and blood glucose and cholesterol screening. Women can receive information and education from healthcare professionals about breast cancer, cervical cancer, colon cancer, lung cancer, diabetes, heart disease and stroke, nutrition and fitness, stress management, injury prevention and more. For more information, call 334-5830.

### LIVING WILLS AND DURABLE POWER OF ATTORNEY

Wednesday, May 24, 3 p.m. at HealthPark Medical Center, Rooms 1A & 1B. Presented by Beth Prather, Esq. With Osterhout and McKinney Law Offices. Living Wills, Healthcare Surrogates, Proxy, Durable Power of Attorney. Call 772-6765 to register.

### SPRING BREAK FOR CAREGIVERS

Wednesday, May 24, enjoy a day of tender loving care centered around you . . .the caregiver! Games, giveaways, door prizes and free lunch. Arden Court at 15950 McGregor Blvd. from 10 a.m. to 2 p.m. Reservations required, call 454-1277.

### EVERYTHING YOU WANT TO KNOW ABOUT VOLUNTEERING

Thursday, May 25, 2006, at 10 a.m. in the Volunteer Resources Conference Room at Lee Memorial Hospital, 2776 Cleveland Avenue, Fort Myers. Volunteers will give first-hand information about the variety of services they provide throughout the hospital. Light refreshments will be served and tours of the hospital will be offered. Call 772-6765 to register.

### DEMYSTIFYING THE PURCHASE OF A COMPUTER

Thursday, June 1, 1 p.m. at SHARE Club Computer Lab. Presented by Rich Geer, SHARE Club Computer Instructor. Call 772-6765 to register for this valuable program.

### SIGNS AND SYMPTOMS OF STROKE

Wednesday, June 7, 10 a.m. at Cape Coral Hospital, New Cafeteria. Presented by Janice McGraw, LMHS Neuroscience Clinical Nurse Specialist. Janice will discuss how to reduce risk factors for stroke; how to determine if it is a stroke; and what happens to a stroke patient in the emergency room. Call 772-6765 to register.

### HURRICANE PREPAREDNESS

Thursday, June 8 from 10:30 a.m.-1:00 p.m. at GulfCoast Village, 1333 Santa Barbara Blvd, Cape Coral. Presented by several organizations, including Florida Department of Financial Services, Lee County Emergency Management, Cape Coral Fire Department and Fox Weather. Call 573-3306 to register.

### POSTMENOPAUSAL GYNECOLOGICAL CARE

Tuesday, June 13, 9:00 a.m. at Cape Coral Hospital, New Cafeteria. Presented by John Oliva, MD, Obstetrics and Gynecology. Refreshments provided. Call 772-6765 to register.

### SHARE CLUB LUNCHEON-EARLY HEART ATTACK CARE

Friday, June 16, 12 noon at Lee Memorial Hospital Auditorium. Presented by Donna Cook, RN, BSN, cardiac outreach coordinator with LMHS' Heart and Vascular Institute. Donna will review the guidelines for blood pressure and cholesterol and recommendations as well as signs and symptoms of heart disease, for both men and women. Turkey burgers, sweet potatoes, vegetable, dessert and beverage for \$6.00. Call 772-6765 to register.

### BRAIN TEASERS

Friday, June 23, 10 a.m. at HealthPark Medical Center, Rooms 1A and B. Presented by Sue Maxwell, MSW, system gerontology service line leader. Sue will present various ways of exercising your mental muscle. Call 772-6765 to register.