

SHARE Club Presents

Lee Memorial Health System-
The Heart of our Community

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Paul Gillette
participates in a ceramics
class at SHARE Club North.
Find out how you can take
part in the social activities
and events available to SHARE
Club Advantage
and Plus Members!
Pages 4 and 5.



Teresa Frank-Fahrner

SHARE Club Now Offers More to Its Members

The year 2009 has brought many changes to our SHARE Club, and we are pleased to say that the response from members joining our new Advantage and Plus memberships has been overwhelming!

As an Advantage or Plus member, you will benefit from an increased number of activities and social opportunities at new locations. You will also receive access to our new discount program, which includes a \$5 discount for one of our SHARE Club computer classes when you sign up. Turn to Pages 4 and 5 of this newsletter for more information about the Advantage and Plus memberships.

As we revamp SHARE Club, you will notice some changes. The gold membership cards are currently being

phased out, and the hospital discounts that members received under the old program will also be phased out beginning May 1. To retain these discounts and much more, we encourage you to become a member of our Advantage or Plus plans. We are working now to distribute new membership cards for our Advantage and Plus members. The response from new members has been so positive that it has taken us longer than anticipated to distribute the new cards, and I thank you for your patience.

If you have questions about our new membership program, please contact me at 239-772-6765. I will be happy to discuss the benefits of these new membership plans with you!

Thank you for your continued support, and I look forward to continuing to expand the services and programs brought to you by SHARE Club.



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.

Blarney Stone

12791 Kenwood Lane
(off College Parkway)
March 16, 11:30 a.m.

Mona Lisa

7091 College Parkway
(near U.S. 41)
April 22, 11:30 a.m.

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 upcoming events and an electronic copy of our newsletter, please send an e-mail to SHARE-Club@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 by mail.

Gulf Coast Medical Center Opens in Just a Few Weeks

If you've visited www.LeeMemorial.org recently, you've probably noticed that the "countdown" to the opening of Gulf Coast Medical Center is nearly over. It is just a few short weeks until the new hospital opens at the corner of Metro and Daniels parkways.

The big move is set to begin at 7 a.m. Sunday, March 8. That's when Southwest Florida Regional Medical Center will officially close its doors, and employees and patients will move to the new hospital, which is an expansion of Gulf Coast Hospital. The old GCH will remain open as part of the new Gulf Coast Medical Center.

We hope you have an opportunity to tour our newest hospital, which features some of the latest medical technology and new processes to make the patient experience even better. Our new Emergency Department has 42 beds and a 40-slice CT scanner that shows three-dimensional, high-resolution images of the heart, vascular system and other areas of the anatomy. The ED will also have an intake process designed to shorten wait times for patients. This intake process, which was given a trial run at SWFRMC about one and a half years ago, cut the average wait time for emergency patients from about 43 minutes to 15 minutes!

Gulf Coast Medical Center also has a new Surgery department with 22 operating rooms, and the new

Radiology department will be equipped with a Picture Archive Computer System, or PACS, that enables technicians to view images on a computer screen, giving them better and faster results than with traditional X-ray films.

Each of the 233 new private patient rooms has a secure computer terminal that gives health care providers instant access to patient records, medication, dietary instructions and other important information. Each new patient room has floor lighting and dimming lights to help prevent patients from falling.

Best of all, our new hospital will be staffed by caring employees, physicians and volunteers who have faithfully served SWFRMC and GCH for years. We hope that Gulf Coast Medical Center will be a peaceful, soothing and healing environment that can meet your health care needs as part of the Lee Memorial Health System family.

Peace, *Jim*

Jim Nathan
LMHS President & CEO



Jim Nathan

Need to Find a Primary Care Physician This Year?

Lee Physician Group has a new Patient Appointment Line to make scheduling appointments easier for new patients. The Appointment Line is for patients who are looking for a primary care physician near their work or home.

Just call 239-481-4111, and the Customer Service Representative will be able to schedule you an appointment with a doctor close to your location.

This new Patient Appointment Line removes the hassle of finding a new physician. Call today to schedule an appointment with your new physician.

Lee Physician Group currently has more than 28 offices throughout Southwest Florida with more than



75 doctors and highly skilled staff members committed to taking care of you and your family's health care needs.

For more information on Lee Physician Group, visit www.LeeMemorial.org/LPG or call 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 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
- \$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

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

Exclusively for Advantage and Plus members.
Call 239-772-6758 for more information or to make a reservation.

Day Trips

Shelby Gardens, Sarasota, \$65/person. March 24.

Gulfstream Race Park, Hallandale, \$49/person, includes transportation, admission to park and slot and food vouchers. March 27.

“Jersey Boys” at the Broward Center for Performing Arts, \$169/person. April 9.

Gulfstream Race Park, Hallandale, \$49/person, includes transportation, admission to park and slot and food vouchers. April 17.

Overnight Trips

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

Holy Land Experience, Orlando, \$199/person. April 6-7.

Cruise the Bay’s and Railways of New England. Aug. 15-24.

Trains of the Colorado Rockies. Aug. 15-23.

Exclusively for SHARE Club Advantage and Plus Members!

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

Programs at Grand Court Retirement Community

Call 772-6765 to register.

Tuesdays

9 a.m. Mah Jong

Wednesdays

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

Fridays

1 p.m. Painting Class, Hand and Foot card game

Life Long Learning Classes by Edison State College

\$5 per class.

These classes take place at 10 a.m. in the CCH Life Center Room A:

Old Testament Stories: The Archaeological Evidence

March 12

Explore the archaeological evidence to some of the most ancient stories in history, such as Noah and the flood.

Ancient Rome: The History of Its Rise and 'Fall'

March 26, April 2

This two-part series delves into one of the most influential civilizations in history, from its rise and fall to today.

This class takes place at 2 p.m. at Grand Court Retirement Community:

Cosmetics and Medicines from Egypt

March 25

Programs at SHARE Club North

St. Patrick's Day Dinner Dance

March 12, 6 to 9 p.m.
\$5/Advantage and Plus members

Sponsored by Hidden Oaks
Call 239-656-7760 to register.

Meals on Wheels/Angel Food Ministries

Informational seminar.
March 16, 10 a.m.
Call 239-656-7760 to register.

Scams and Fraud

April 13, 10 a.m.
Speaker: Trisha Bissler, Crime Prevention Specialist with the Lee County Sheriff's Department

Singles Night Karaoke/Pizza Dinner!

April 14, 5 p.m.
\$5/person

Community Discount Program

Advantage and Plus members can take advantage of our new Community Discount Program! Get great deals on a Costco membership, hearing aids, a Miracle baseball package and more.
Contact SHARE Club to find out more!

Computer Learning Center Classes: Learn the Worlds of Ebay and Genealogy

SHARE Club Advantage and Plus members can take advantage of our computer classes designed for optimum learning for senior students. Our two newest classes will teach you how to buy and sell on Ebay, the world's largest online marketplace, and how to delve into your family Genealogy via the World Wide Web. Our standard classes include Introduction to Computers, Word Processing, Internet and E-mail, AOL, Photo Editing, Windows XP, Windows Vista, Spreadsheets and Databases and Printshop. Call 239-772-6765.

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

How Fitness Impacts Diabetics

Sometimes, it may seem easier to take a pill or even an insulin injection than to put on your walking shoes and hit the trail. But the truth is that exercise, in combination with a healthy diet, is one of the best things you can do to take care of yourself if you have diabetes.

New research shows that people with Type 2 diabetes may be able to improve their health-related quality of life by getting fit.

Dr. Wendy L. Bennett and her colleagues at John Hopkins University School of Medicine in Baltimore investigated whether reduced fitness or increased fatness accounted for the decrease in health-related quality of life seen in Type 2 diabetics. The investigators concluded that people with Type 2 diabetes do benefit from physical activity.



Dr. Salvatore Lacagnina, Lee Physician Group and Medical Director of The Wellness Centers of LMHS, provides his diabetic patients with an exercise prescription that includes 60 minutes per day, as recommended by the American Heart Association. You can alternate brisk walking with swimming or bike riding or other forms of aerobic exercise that you enjoy. Light weight lifting should also be part of your daily exercise routine. "It is OK if you want to do 30 minutes twice daily, as this is just as effective as 60 minutes continuously. The important thing is to exercise daily," says Dr. Lacagnina.

Why Exercise?

Here are just a few of the reasons why getting active can improve your quality of life with diabetes:

- Exercise burns calories, which will help you lose or maintain a healthy weight.
- Regular exercise can help your body respond to insulin and is known to be effective in managing blood glucose. Exercise can lower blood glucose and possibly reduce the amount of medication you need to treat diabetes.
- Exercise can improve your circulation, especially in your arms and legs.
- Exercise can help reduce your cholesterol and high blood pressure, which can lead to a heart attack or stroke.
- Exercise helps reduce stress, which can raise your glucose level.

Special Offer for SHARE Club Advantage and Plus Members

Pay no enrollment fee (a \$75 savings) to join The Wellness Centers of LMHS. You can also receive a three-month trial membership for only \$99. If you decide to keep going, you pay only \$50 a month!

Advantage and Plus members can also receive a Personal Wellness Profile, which helps identify health risks and ways to improve your lifestyle. The Profile will give you a better idea of your overall wellness rating, current fitness level and heart health evaluation, as well as information on coping with stress, eating healthier and practicing preventive health maintenance.

You have two options if you would like a Personal Wellness Profile:

Basic Profile – Answer questions in a workbook and receive a print out of your results. \$7.

Comprehensive Profile – Provide the Wellness Center with a copy of your most recent blood work, undergo a physical and answer questions in a workbook. Takes about one hour. \$25.

For more information, contact the Lee Center for Rehabilitation & Wellness at 239-418-2000 or the Wellness Center of Cape Coral at 239-573-4800. Or, go to www.LeeMemorial.org/Wellness

The Therapy Corner: **NECK PAIN**

One of the most common complaints treated in therapy is the diagnosis of neck pain or neck strain. Often, people have normal X-rays and are otherwise healthy, but they feel at the end of their rope because they are having neck, shoulder, upper back and headache pain.

Most of these patients demonstrate a posture that has a forward head, and their upper back is bent forward, like this:



Successful treatment revolves around correcting the “forward head,” like this:

This is easier said than done. If people progress too fast, it usually causes pain. Oftentimes, people do not elongate the back of their necks—they hyperextend the upper neck, like this:



The desirable way to progress is to more slowly reach the wall by tucking the chin, and elongating the back of the neck.

As your posture is improved, you become more efficient and run out of gas slower. This one simple change can greatly improve your life.



For more information about LMHS' Outpatient Services, call 239-418-2023.

Find out more about beating neck pain during, “Oh, My Neck Is Killing Me,” a presentation by Kurt Gray, Physical Therapist with LMHS, at 11 a.m. March 16 at The Wellness Center of Cape Coral.

Get Ready for a Grand Opening!

Lee Memorial Health System invites you to the grand opening celebration for our newest location—The Sanctuary.

Located near Interstate 75 and Colonial Boulevard, The Sanctuary features our new Regional Cancer Center and Outpatient Center. During the celebration from 4 to 6 p.m. March 22, you can tour the new facilities and view exhibits on diagnostic technologies, clinical trials, integrative therapy services and our full range of physician services.

The Regional Cancer Center is a comprehensive outpatient treatment facility that opened to patients in October 2008. The Outpatient Center at The Sanctuary—which opens in the spring—will offer

patients and family members a Spine Center and Breast Health Center with digital mammography, in addition to rehabilitative medicine, comprehensive pain management, lab services and physician offices. An ambulatory surgery center will open in 2010.

LMHS has also expanded our services with the Outpatient Center at Plantation. This Center features a Sleep Disorders Center and Lee Lab Services, as well as rehabilitative medicine, home care services and physician offices. In the future, we will also add an Asthma Education Program.

The Sanctuary

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**

Website:
www.LeeMemorial.org/OAS

Email: 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.

Finding Your Balance

March 13, 11 a.m.
Lee Center for Rehabilitation & Wellness

Oh, My Neck is Killing Me

March 16, 11 a.m.
Wellness Center of Cape Coral
Speaker: Kurt Gray, Physical Therapist

Medicare Decisions and Changes

March 19, 10 a.m.
LMH Auditorium

Skin Cancer Screening

8 to 11 a.m.
March 20, HPMC Room 1A
March 27, LMH Auditorium
April 3, SHARE Club North
Exposed skin areas will be screened. Wear appropriate clothing.
Provided by Harris Dermatology.

How to Protect Yourself Against Identity Theft

March 24, 10 a.m.
HPMC Room 1A
Presented by Stroemer and Company.
Refreshments will be provided.



Pre-need Funeral Arrangements

April 2, 9 a.m.
CCH Auxiliary Conference Room
Presented by Department of Financial Services

Eyelid and Cosmetic Eye Surgery

April 6, 10 a.m.
CCH LIFE Center Room
Speaker: Dr. Nadia Kazim, cosmetic surgeon with Florida Eye Health

Managing Your Health:

The Patient's Role

April 13, 10 a.m.
HPMC
Speaker: Dr. Michael Raab, geriatrician with LMHS Older Adult Services

The Key to a Healthy Weight

April 16, 11 a.m.
LMHS Auditorium
Speakers: Bob Wilder, exercise specialist, and Marjorie Chutkan, nutrition, with LMHS Outpatient Services
Complimentary lunch provided by Brookdale Senior Living.
\$5/person
Free to Advantage and Plus members!

When Arthritis Comes to Visit

April 24, 11:30 a.m.
CCH Auxiliary Conference Room.
Sponsored by the Arthritis Foundation.
Complimentary lunch will be provided.
\$5/person
Free to Advantage and Plus members!