

# SHARE Club Presents

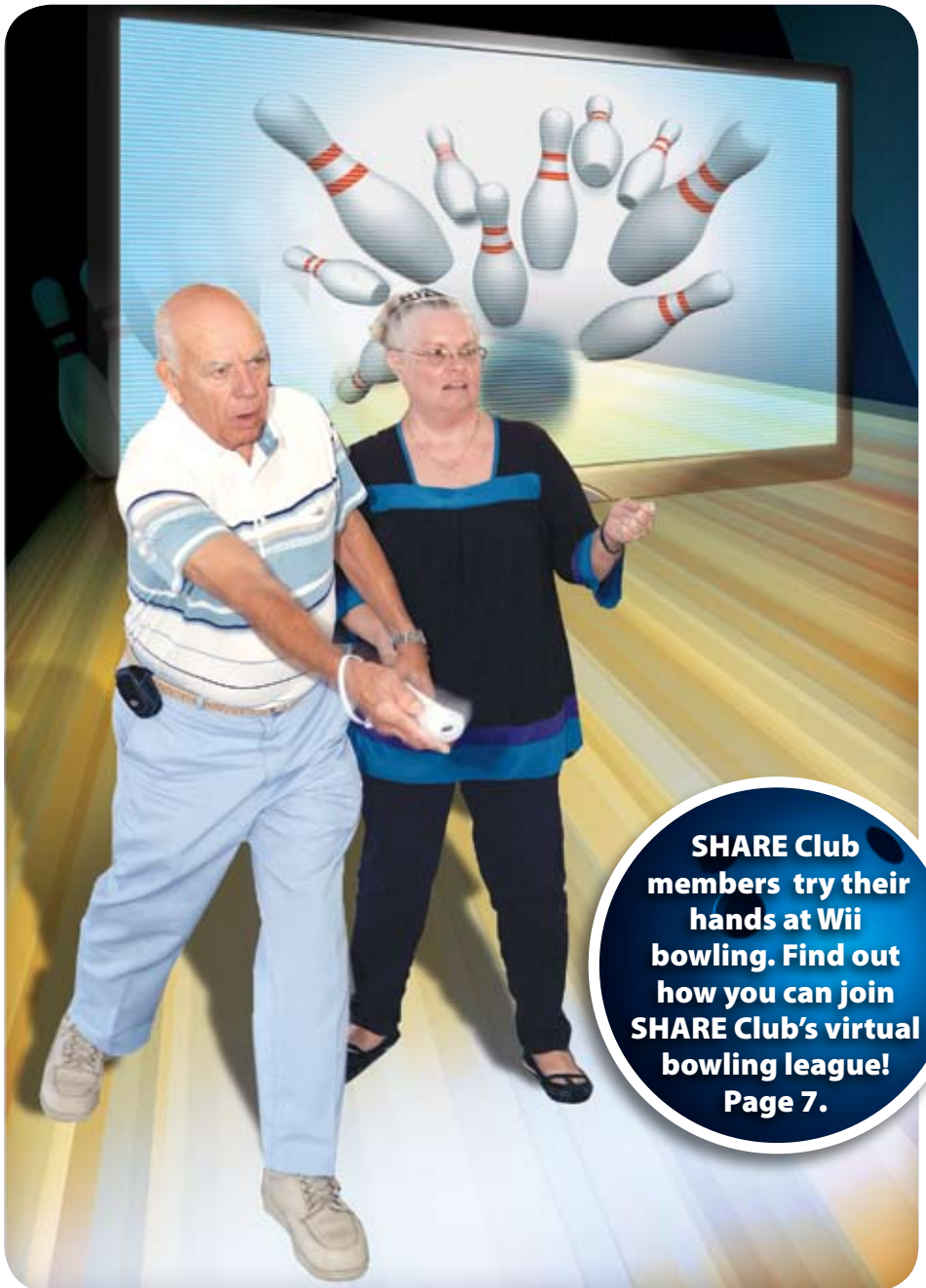
Lee Memorial Health System-  
The Heart of Our Community



**Don't miss  
SHARE Club's  
Holiday  
Party. See  
inside for  
details!**

## In This Issue

- Dine and Discover  
New Friends . . . . . 2**
- National Caregiver's Month . . . 2**
- Be Proactive  
This Medicare Season . . . . . 3**
- Check Out SHARE Club's  
New Membership Program . . . 4**
- Travel Club . . . . . 5**
- Beat Diabetes and  
Cardiovascular Disease . . . . . 6**
- Get a Discounted Massage . . . . 6**
- American Diabetes Month . . . . 7**
- SHARE Club Starts  
Virtual Bowling League . . . . . 7**
- Calendar of Events . . . . . 8**



**SHARE Club  
members try their  
hands at Wii  
bowling. Find out  
how you can join  
SHARE Club's virtual  
bowling league!  
Page 7.**



**Teresa Frank-Fahrner**

# Live Your Best Life for You and Your Loved Ones

As I began to think about the upcoming months and program planning, I realized that I was dreading the upcoming holidays. The family gathering and sharing of memories will not be the same without my mom, but togetherness is the gift of the Holiday Season. We all need to feel love and support from those around us. We need to remember and learn from all the good and even the sad times in our lives, for that is what makes us and those around us better people.

I look forward to challenging myself to look to the future and learn from the past.

Part of enjoying our futures is to safeguard our health.

Medicare is taking a serious look at some chronic conditions that are very costly to manage and very debilitating for the patient. The top four conditions are chronic obstructive pulmonary disorder, or COPD; hypertension; diabetes and congestive heart disease. My mom had all four diagnoses, so what better motivation to me to do what we (LMHS) can do to improve the lives of our members and to have a positive impact on your future health.

So, how are we going to do this? It is up to you to read our newsletter and attend the lectures and programs being offered about these illnesses. We can do this together, but it is up to you and me to make the commitment to live better, longer lives for those around us!



*For SHARE Club Advantage and Plus members.*

Try new restaurants and make new friends with SHARE Club! Dutch treat. Call 239-772-6765 to make your reservations.

**Wine and Roses**

1404 Cape Coral Pkwy. East  
11:30 a.m. Nov. 18

**Edison Restaurant**

3583 McGregor Blvd.  
11 a.m. Dec. 15

\*This luncheon will be limited to the first 20 people.

## Free Memory Screenings

Put your memory to the test with Lee Memory Care on National Memory Screening Day Nov. 17. Call SHARE Club at 239-772-6765 to schedule your free screening.

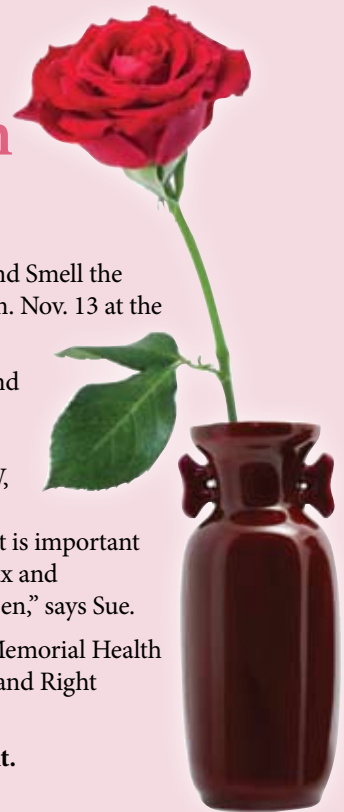
## National Caregiver's Month It's Time to 'Stop and Smell the Roses'

Don't forget to register for this year's Stop and Smell the Roses Caregiver Event from 10 a.m. to 2 p.m. Nov. 13 at the Royal Palm Yacht Club!

This event is a time for caregivers to relax and let go of their worries with a lunch and live entertainment. About 100 caregivers attend the event each year, says Sue Maxwell, MSW, System Director of Gerontology for Lee Memorial Health System. "We believe that it is important for caregivers to have an opportunity to relax and rejuvenate. We want to help make that happen," says Sue.

Stop and Smell the Roses is hosted by Lee Memorial Health System Older Adult Services, Arden Court and Right at Home.

**Call 239-949-1070 to register for this event.**



# Be Proactive this Medicare Season

As we age, many of us see our physicians more often. In fact, as we live longer, we also find that we have more and more chronic health conditions. As we age, we also gain a new challenge—understanding Medicare and how to access this program.

Medicare is a national insurance program available to those ages 65 and older, as well as those who are younger and have disabilities. Medicare is regulated by Congress and administered by the Centers for Medicare and Medicaid Services. According to the Web site [www.Medicare.gov](http://www.Medicare.gov) nearly 40 million Americans are covered by this program.

Medicare is comprised of four “Parts,” which are A, B, C and D. This is where it starts to get a little confusing, even for someone like me who has been working in health care for more than 30 years. Medicare pays the premiums for Part A (primarily hospital related services) and three-fourths of the premiums for Part B (primarily physician related services). Medicare participants pay the remaining one-fourth for Part B, which is deducted from Social Security benefits.

Medicare Supplemental coverage is made up of “Plans,” which are often referred to as “Medigap Plans” because they fill in gaps not covered by Medicare. These are Congress-mandated plans sold by many insurance companies. Part C Advantage Plans (managed care programs) are administered through insurance companies instead of Medicare and usually include a drug program. Part D focuses on prescription drug plans which are sold through participating insurance companies.

Medicare notifies recipients of their opportunity for enrollment in Part A and Part B three months prior to their 65th birthdays. Medicare participants can opt out of Part B if they do not need it. Each year thereafter, a “Medicare and You” booklet is mailed to each participant’s home.

Beyond the debates centering on health care reform, Congress has already started making changes to Medicare for 2010. If you have not already, I encourage you to take advantage of the resources available to understand the changes and the specifics of each of Medicare’s four Parts and various Plans. SHARE club hosts seminars regularly by a SHINE (Serving Health Insurance Needs of Elders) counselor through the Florida Department of Elder Affairs, Elder Rights Bureau. These seminars are intended to assist you in making decisions and navigating the system.

I hope you will take a proactive approach each year during the annual enrollment period for Medicare to make certain you receive the best possible coverage to meet your health care needs. This can be a difficult process to navigate, and it makes a tremendous difference if you know exactly what you are getting. Best to you!

Peace,

Jim Nathan 



Jim Nathan

## Heads Up: LMHS’ Medicare Advantage Plan Contracts for 2010

During the Medicare enrollment period this year, you may consider enrolling for a Part C Advantage Plan, which is a managed care program.

Advantage Plans are administered through insurance companies, instead of through Medicare, and typically include a drug program.

For 2010, Lee Memorial Health System has contracts

with the following insurance providers for Advantage Plans:

**Aetna**  
**Blue Cross and Blue Shield of Florida**  
**Humana**  
**United Healthcare**

This means that we will accept the Advantage Plan coverage provided by these companies. LMHS accepts most Medicare supplements, not just the Advantage Plans.

## Get Your Medicare 2010 Update!

SHINE Counselor Jo Marshall with the Department of Elder Affairs will speak about the Medicare updates for 2010. Find out what is new for the coming year!

10 a.m. Nov. 9  
HPMC Room 1A

10 a.m. Nov. 10  
CCH Auxiliary  
Conference Room

10 a.m. Nov. 11  
LMH Auditorium

10 a.m. Nov. 16  
GCMC Community  
Room

4 p.m. Nov. 30  
SHARE Club North

Call 239-772-6765 for reservations.



# SHARE Club Launches New and Improved Membership Program

## SHARE Club's new membership program is 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 Lifeline 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)
- Special celebrations and health lectures
- Weekly classes and events

## 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.

## The events and programs listed below are available to all Advantage and Plus members.

### Grand Court Retirement Community

To register for the events below, please call 239-656-7760.

#### Movie Day

“Yes Man”

1 p.m., Nov. 16

“Christmas with the Cranks”

1 p.m., Dec. 14

#### Thanksgiving Dinner with Grand Court

3 p.m., Nov. 24

Cost: \$5

Seating is limited.

#### Mah Jong

9 a.m. Tuesdays

#### Hand & Foot Card Game

1 p.m. Fridays

#### Painting Class

1 p.m. Fridays

### SHARE Club North

To register for the events below, please call 239-656-7760.

#### A Salute to Our Veterans

9 a.m., Nov. 10

All veterans and families are welcome!

Breakfast sponsored by Bob Evans.

#### Flu Shots

9 to 11:30 a.m., Nov. 11

#### Fall Dinner Dance

6 p.m., Nov. 19

Entertainment by Jack Krichbaum.

Cost: \$5/person

Sponsored by Calusa Harbour Senior Living Community.

#### Holiday Dinner Dance

6 p.m., Dec. 17

Entertainment by Marty Live.

Cost: \$5/person

Sponsored by Evans Healthcare.

#### Movie Day

“Yes Man”

Noon (New time!),

Nov. 18

“Christmas with the Cranks”

Noon, Dec. 16

Cost: \$2, includes

popcorn and soda

#### Are You Caring for a Loved One at Home?

The CARE Program offers family caregivers free counseling services and comprehensive education.

The next series of class dates are below:

Nov. 3, 5, 10, 12

Our Lady of Light

Catholic Community

19680 Cypress View Dr.

Dec. 1, 3, 8, 10

St. Columbkille

Ministry Center

12171 Iona Road.

Register/More Information: Danielle Musteffe, 239-334-5751 or 1-866-231-0921

#### Exclusive Costco Event for SHARE Club

10 a.m. to 8:30 p.m.,

Nov. 12

Costco in Estero

10088 Gulf Center Dr.

Costco in Fort Myers

7171 Cypress Lake Dr.

Special membership

incentives include a

SHARE Club-only

goodie bag and \$10

in Costco Cash Cards

with purchase of a new

membership. You must pay

with credit/debit

cards or cash. Only Costco

members can use checks.

Registration/More

Information: Ricky, 239-

433-7240 in Estero; Debbie,

239-415-6003

in Fort Myers

### Travel Club

#### 1st Brookdale Senior Living Cruise

Cross train your brain while cruising the Eastern Caribbean aboard the Holland

American Eurodam! There will be a free launch cocktail party! Speakers include Kevin O’Neal, M.D., FACP, Medical Director, Optimum Life, Brookdale Senior Living. Feb. 27, seven days. Call Cruise Everything at 239-275-1717.



### CI Travel

Contact Candy or Suzanne at 1-877-597-2961 for information or reservations. Prices include transportation. Pick-up location is the Wal-Mart at Colonial and Ortiz boulevards in Fort Myers.

**Elvis Blue Suede Christmas at Ruth Eckerd Hall**, Clearwater. Dec. 6. \$89/person, includes reserved

seating for show and dinner at Troyer’s Amish Restaurant in Sarasota.

**Another Night Before Christmas Musical Comedy**, Miami. Dec. 9. \$99/person, includes sit-down lunch and reserved seating for matinee orchestra show at Actors Playhouse.

# Senior Fitness

## Tai Chi Can Improve Your Balance and Quality of Life

Marc Rowe is no stranger to adversity.

When the 79-year-old Sanibel Island resident was a student, he was diagnosed with a learning disability and enrolled in a trade school for welding. Instead, Marc's prowess on the wrestling mat won him a scholarship to Brown University. From there, it was on to medical school and a successful career as a pediatric surgeon treating infants with major congenital anomalies, training young surgeons and running surgical research programs at a major university.

Six years ago, the now retired Marc suffered some nerve damage in his arm. A neurosurgeon friend recommended that he try exercises to strengthen his core. Marc settled on Tai Chi, an ancient form of Chinese "soft" martial arts, meaning the moves are low-impact. "I approached Tai Chi very scientifically, as I do everything else. I wasn't initially too interested in the philosophic part. I wanted to know if the moves were based on sound anatomic and physiologic principles, and if there was evidence that it improved fitness and health," says Marc.

A quick Internet search led him to Lee Wedlake, an internationally known martial arts instructor who has authored eight books and has a spot in the Karate International Hall of Fame. Lee has a small martial arts studio in Fort Myers where he trains students from all over the world. "When Marc first came to me, his posture was a mess. After one year, even his wife said it had improved," Lee says.

Marc is now training for a triathlon.

Tai Chi is especially beneficial for the older population because it is not "explosive," like aerobics, says Lee, who is 55. The slow motions also improve flexibility and muscle tone. "The way each exercise is structured stimulates each of the major systems in the body," he says.

From his first-hand experience and his research findings, Marc says Tai Chi has cardiovascular benefits, reduces arthritic pain and teaches proper alignment and balance. "One out of every three seniors older than 65 will fall, and each year, it's a major public health problem. There is strong scientific evidence that Tai Chi can help prevent falls in the elderly. Tai Chi can be done anywhere, no matter how old or incapacitated you are. You can do this when you're 100," he says.

**Find out more about Tai Chi at 10 a.m. Nov. 18, when Lee Wedlake speaks in HPMC Room 1A.**

## Beat Diabetes and Cardiovascular Disease!

When you think Health Care reform, think preventive medicine. Americans continue to become unhealthier and suffer from more diabetes, heart disease and obesity as each year goes by.

A big part of this is due to eating an unhealthy diet and living a sedentary lifestyle. Because of this we become old earlier and develop chronic illnesses that rob us of productive and vibrant retirement years. This also results in more visits to the doctor and hospital and more dollars from our pockets going to pay for these visits, medicines, etc.

There is a direct link between obesity and diabetes and cardiovascular disease. However, the toll these chronic illnesses take on our lives is avoidable when we incorporate healthy living into our days!

One way to do this is by making good choices for each meal. Eating like our ancestors did really helps. This includes having

five to nine servings of fresh fruits and vegetables each day and limiting meats and fatty foods. This probably impacts your health more than almost anything! Doing this consistently will add years to your life!

Another lifestyle change that helps you to live healthier is physical activity. The American Heart Association recommends at least 30 minutes of exercise daily in order to keep the heart, muscles and other vital organs healthy. Regular physical activity also helps to keep your weight controlled and is known even to decrease the risk of developing Alzheimer's disease!

At the Wellness Centers of Lee Memorial Health System, there are 90 exercise classes each week to help achieve these goals. Take control of your health by treating yourself to healthy foods



and keeping both the body and mind active.

Remember: "I'm worth it!"

**Salvatore Lacagnina, M.D.**  
Medical Director  
LMHS Wellness Centers

## Get Discounted Massages at One of LMHS' Wellness Centers

**Relax your tired muscles after a workout, or get them limber and ready to go with a massage!**

A Sport Massage prior to your workout will get you ready to go and minimize the chance for injury. A Swedish Massage post workout will soothe burning muscles, and Deep Tissue and Thai massages can help you regain or maintain your flexibility. All SHARE Club members received a 10 percent discount on any massage.

**Call the Lee Center for Rehabilitation & Wellness at 239-418-2000 or The Wellness Center of Cape Coral at 239-573-4800 to schedule your appointment or for more information.**

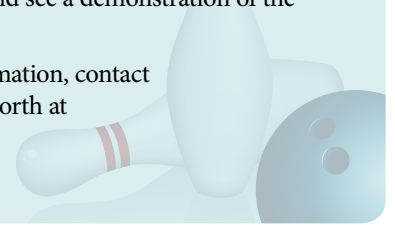
# SHARE Club Starts Virtual Bowling League



Get ready for a lot of strikes during the SHARE Club virtual bowling league, which will get underway in January! SHARE Club Advantage and Plus members can sign up for the virtual bowling league at SHARE Club North. The bowling league will use the Wii Nintendo video gaming system for its virtual league. Even members with limited movement and mobility can participate in this six-week league, which will end with a championship tournament!

Never played Wii? No worries! The first meeting of the bowling league will be held Jan. 11 at SHARE Club North, where members will have an opportunity to select their four-person teams and see a demonstration of the video game.

For more information, contact SHARE Club North at 239-656-7760.



## November is American Diabetes Month

### Take Control of Your Diabetes with Lee Health Solutions

There are 23.6 million people in the United States suffering from diabetes, or about 8 percent of the population, according to the American Diabetes Association.

Diabetes is a very serious disease, but it is also very manageable, says Sharon Tilbe, RD, CDE, Diabetes Outpatient Coordinator for Lee Health Solutions.

Lee Health Solutions offers an out-patient, ADA-recognized Diabetes Self-Management Program designed to help patients acquire the skills needed for Diabetes self-care. The Self-Management program includes three days of classes for a total of 10 hours of group education. Participants learn how diabetes affects the body and how to manage life with diabetes. Class modules focus on staying active, healthy eating, taking medications, monitoring blood sugars, healthy coping, changing behaviors, preventing and treating acute complications and preventing long-term complications. Group education can help those who are struggling with their

diagnoses, Sharon says. "When learning in group, participants meet people who bring various experiences to the table," she says. "They can hear others' opinions and stories, and maybe even learn that things aren't as bad as they thought. We often hear, 'I feel much better about this!'"

The program also includes follow-up sessions three, six and 12 months after a person has completed the program. "We want to make sure participants are using what they learned in the program, and if we notice an issue, we follow up more frequently," Sharon says.

"The Diabetes Self-Management Program carries a 95 percent satisfaction rate. Participants frequently tell me that even if they are not achieving their goals after the program ends, they at least know what they should be doing," Sharon also says. Spouses, significant others and caregivers are welcome to attend.

For more information, contact Lee Health Solutions at 239-573-5727.

### Celebrate with SHARE Club! Holiday House at Casa Cariba!

The Southwest Florida Symphony Society is presenting a special preview day exclusively for SHARE Club members! Tour the grand estate featuring seasonal decorations and the personal holiday trees of Society members, enjoy complimentary refreshments in the Society's Tea Room and see a collection of fine automobiles, including Ferraris, Lamborghinis and Bentleys, as well as a 60-foot yacht! The first 25 guests to arrive will receive a gift from Saks Fifth Avenue.

**10 a.m. to 2 p.m., Nov. 6**  
**Palmetto Point**  
**4839 Laurel Lane**



Proceeds benefit the Southwest Florida Symphony.  
Cost: \$8 for Advantage and Plus members, \$10 for guests.  
More Information: SHARE Club, 239-772-6765

### SHARE Club Holiday Luncheon Party

11 a.m., Dec. 7  
Broadway Palm Dinner Theater  
1380 Colonial Blvd.

Entertainment will be the Cypress Lake High School A Capella Group. Cost: \$16/person, make check payable to SHARE Club and mail to SHARE Club, Lee Memorial Health System, P.O. Box 2218, Fort Myers, FL 33902. You will receive your tickets in the mail. Your payment serves as your reservation.

## LEE MEMORIAL HEALTH SYSTEM

© Copyright 2009

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

**E-mail:** SHARE-Club@LeeMemorial.org

### Board of Directors

#### District 1

Stephen R. Brown, M.D.  
Marilyn Stout

#### District 2

Richard B. Akin  
Nancy M. McGovern, RN, MSM

#### District 3

Lois C. Barrett, MBA  
Linda L. Brown, ARNP, MSN

#### District 4

Frank T. La Rosa  
Dawson C. McDaniel

#### District 5

James Green  
Jason Moon

#### President

James R. Nathan

#### Auxiliary Presidents

Mary Pat Roleke CCH  
Nancy Stanfield GCMC  
Nora Harmon LMH/HPMC

## LEE MEMORIAL HEALTH SYSTEM

### SHARE Club

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

Prsrt Std  
U.S. Postage  
**PAID**  
Permit #131  
Fort Myers, FL

8481 OAS 10-09

## 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.

### 3rd Annual Family Health & Safety Fair

10 a.m. to 3 p.m., Nov. 7  
Wellness Center of Cape Coral  
609 SE 13th Court

### Medicare 2010 Update

See Page 3 for dates, times.

### Flu Shots

9 a.m., Nov. 9  
HPMC  
9 a.m. Nov. 11  
SHARE Club North

### What You Should Know about Swine Flu

12:30 p.m., Nov. 10  
CCH Auxiliary Conference Room  
Speaker: Stephen Streed,  
LMHS Director for Infection Control

### A Salute to Our Veterans

9 a.m., Nov. 10  
All veterans and families are welcome!  
Breakfast sponsored by Bob Evans.  
Reservations: 239-656-7760

### Do I Have Enough Money to Last My Lifetime/Veteran Benefits

10 a.m., Nov. 13  
CCH Auxiliary Conference Room  
Lunch sponsored by  
Brookdale Senior Living.  
Cost: Complimentary to Advantage and Plus members. \$5 for guests.  
Speakers: Joe Jekyll, Financial One, and David Orosz, PA

### Diabetes Screenings and Presentation

Complimentary breakfast/blood pressure readings sponsored by Coral Trace.  
8 to 10 a.m., screenings  
10 to 11 a.m., presentation  
Nov. 17  
SHARE Club North  
Glucose readings sponsored by Abbott Diabetes.  
Reservations: 239-656-7760

### Tai Chi Discussion/ Demonstration

10 a.m., Nov. 18  
HPMC Room 1A  
Speaker: Lee Wedlake,  
Tai Chi instructor

### Skin Cancer Screenings

9 a.m. to noon, Nov. 20  
Regional Cancer Center  
8931 Colonial Center Dr.  
9 a.m. to noon, Dec. 4  
SHARE Club North  
5170 Orange Grove Blvd.  
9 a.m. to noon, Nov. 13  
Lee Center for Rehabilitation & Wellness  
2070 Carroll Road  
9 to 11 a.m., Jan. 15  
HPMC Room 1A  
9981 S. HealthPark Dr.  
Provided by Harris Dermatology.

### Better Breather Groups

COPD Better Breather Groups meet monthly in Cape Coral, Lehigh Acres and Fort Myers. The Better Breather Groups are designed to improve the quality of life for those first diagnosed with COPD.  
Nov. 19, 2 p.m.  
Dec. 17, 2 p.m.  
SHARE Club North  
More Information: Kurt, 239-908-2680.

### Yoga Classes Available

Call 239-772-6765 for more information!