Golisano Children’s Hospital of Southwest Florida celebrates its year anniversary.

The hospital has added new programs and services that support its dedication to keeping kids and family close to home for specialized medical care.

**Growth Spurts**

In the past year, Golisano Children’s Hospital has:

1. **Opened a pediatric burn service** that treats children who have suffered burns to less than 20 percent of their bodies due to injuries caused by hot objects or liquids or accompanied by trauma. To learn more, go to tinyurl.com/PedBurnCenter.

2. **Expanded its pediatric mental and behavioral health services.** Because of their impact on children, families, and communities, children’s mental disorders are an important public health issue. To meet this challenge, the mental and behavioral health team at Golisano Children’s Hospital has added a pediatric psychiatrist, pediatric developmental and behavioral specialists, pediatric psychologists, a psychologist (an individual who administers and scores tests and instruments that assess neuropsychological functioning), autism navigator, licensed clinical social worker, and medical social worker.

3. **Helped close the gaps in mental and behavioral health care through the Resource Advancing Children’s Health Institute program.** This training program, facilitated in collaboration with SalusCare, provides intensive, interactive, hands-on training for pediatricians to diagnose and manage attention-deficit/hyperactivity disorder, depression, and anxiety, and other common conditions in the primary care pediatrician’s office.

4. **Initiated a trauma program** that safely allows stabilized pediatric trauma patients to be transferred to Golisano Children’s Hospital for treatment instead of out-of-area hospitals.

5. **Established a pediatric dialysis program** for children with kidney failure. Peritoneal dialysis and hemodialysis are now delivered to patients at the hospital.

Continued on Page 4
Admissions in fiscal year 2017. Readmission rates dropped to nearly half in the same period—from 5.7 percent in 2014 to 2.8 percent in 2017.

Admissions from asthma at Golisano Children’s Hospital have declined in the past several years. In 2014, 611 children with asthma were admitted to the hospital. That number declined to 369 in 2017.

Lee Health

New interventional radiology lab opens at HealthPark Medical Center

Lee Health opened a new 1,000-square-foot interventional radiology lab on April 12 on the second floor of the radiology department at HealthPark Medical Center, 9981 S. HealthPark Drive, Fort Myers.

Interventional radiology specializes in minimally invasive diagnoses and treatment of disease using cutting-edge imaging that targets a variety of conditions in almost any part of the body. The new lab has everything adults and children need under one roof, including new equipment, preparation and recovery areas, and a full staff of specially trained doctors, nurses, and technologists.

Interventional radiology serves as an alternative to many traditional surgeries because it is safer, cost effective, and can drastically decrease patients’ recovery time. For questions about the facility, services, and appointments, call 239-561-3200.

Golisano Children’s Hospital recognized as Asthma-Friendly Hospital

The Florida Asthma Coalition recently designated Golisano Children’s Hospital of Southwest Florida as an Asthma-Friendly Hospital. Golisano Children’s Hospital is the fourth hospital in the state to earn this distinction.

This statewide award recognizes hospitals that create a safe and healthy environment for patients with asthma. The hospital met criteria to improve asthma care for patients while reducing emergency department visits and hospitalizations:

- Professional development on asthma management for physicians, nurses, and respiratory therapists
- Self-management education
- Multi-component home-based asthma education
- Asthma action plan
- Decrease turnover rates among nursing staff
- Improve discharge back to the community
- Safely reduce hospitalizations
- Safely reduce the number of hospital readmissions
- Reduce the number of unintended health care outcomes
- Safely reduce the off-label use of antipsychotics
- Adopt consumer satisfaction questionnaire system

At Golisano Children’s Hospital, we are committed to providing the highest quality care for our patients and their families. Our team of specialists works together to ensure that every child receives the care they need to reach their full potential. For more information, call 239-343-3540.

HealthPark Care & Rehabilitation Center recognized for quality

The American Health Care Association (AHCA) and the National Center for Assisted Living (NCAL) recently recognized HealthPark Care & Rehabilitation Center for its achievement in the 2017 Quality Initiative Recognition Program.

The program recognizes skilled nursing facilities that attain four or more of the following goals:

- Decrease turnover rates among nursing staff
- Improve discharge back to the community
- Safely reduce hospitalizations
- Safely reduce the number of hospital readmissions
- Reduce the number of unintended health care outcomes
- Safely reduce the off-label use of antipsychotics
- Adopt consumer satisfaction questionnaire system

“We are very proud of this achievement,” says! Troy Churchill, senior administrator, HealthPark Care & Rehabilitation Center. “The initiative aligns with our priorities: safety, satisfaction and return of patients to a better quality of life, which wouldn’t be possible without our dedicated, professional team.”

HealthPark Care & Rehabilitation Center offers all the services of a skilled nursing facility, including a full range of rehabilitative and complex care services. The center also received an overall five-star rating from the Centers for Medicare & Medicaid Services (CMS). For more information, call 239-343-7500.

Lee Health pioneers blood culture collection system

A new blood culture collection system at Lee Health has led to an 83 percent reduction in false positive results for bloodstream infections. Emergency departments at Lee Memorial Hospital, Cape Coral Hospital, Gulf Coast Medical Center, and HealthPark Medical Center use the device.

“The emergency department is the gateway to the hospital for so many patients, so anything we can do to improve diagnostic accuracy significantly impacts patient care,” says Mary Bell, nurse manager of the Lee Memorial Hospital Emergency Department. “We’ve worked for years to reduce our blood culture contamination rates.”

The device led to an immediate, statistically significant reduction in Lee Health’s contamination rates, providing a major improvement in safety for our patients. Bell says. Each year, tens of millions of patients in the United States require a blood culture to help diagnose sepsis and other potentially deadly bloodstream infections.

New classes on tap at Healthy Life Centers

New programs and classes are added each month at our four Healthy Life Center locations, including family yoga classes, brain boosters, triathlon training, basic self-defense, Nordic pole walking, and much more.

Our Healthy Life Centers are designed for your exercise and fitness needs, but they are much more than that. Trained experts give you the tools to live your healthiest life. We recently opened a new 26,000-square-foot facility at Babcock Ranch, but we also have locations in Fort Myers, Cape Coral, and Coconut Point. For more information, call 239-343-3540.

Are you a newly retired physician? Do you miss the calling of medicine?

We have the answer for you

Experience the best of both worlds by joining our team.

We have part-time and job sharing opportunities available in the following specialties:

- Family medicine
- Internal medicine
- Endocrinology
- Neurology
- Pulmonary
- Rheumatology

Positions are for office-only practice. No inpatient responsibilities.

Enjoy:

- Work/Life balance
- Competitive salary and benefits
- Sovereign immunity
- Elbow-to-elbow EHR support
- Assistance obtaining a Florida medical license

To learn more about these exciting opportunities contact:

Tracy Sanburg – 239-343-6523
Tracy.Sanburg@LeeHealth.org

Consider joining more than 350 physicians who make Lee Physician Group the providers of choice in Southwest Florida.
Eating Healthy On The Go

Families and children are busy and it can be difficult to eat healthy while on the go, especially once school starts. Here are some quick, easy, and healthy recipes for busy families courtesy of Heather Wayco, director of clinical nutrition at Lee Health. Heather says:

“We all need to eat more fruits and vegetables. These quick and easy meals are great ways to sneak vitamins, minerals, and fibers into our day.”

**Healthy Breakfast Ideas: Quick Overnight Oats**

**Ingredients:**
- 1/2 cup rolled oats (quick or regular)
- 1/4 cup milk of choice
- 1/2 teaspoon syrup or honey (or sweetener of choice)
- 1/4 cup of choice and nuts

**Directions:**
- Add oats, milk, and sweetener to a mason jar with a lid. Stir or shake to mix ingredients, and then place in the refrigerator overnight.
- Add fruit of choice and nuts when you are ready to eat!

**Healthy Lunch Ideas: Pita Pockets**

**Ingredients:**
- 1/2 pita, round
- 2-3 slices of turkey or meat of choice
- 1/2 cup chopped lettuce
- 1/4 cup chopped carrots
- 1/2 slice of cheese of choice
- 1/2 cup rolled oats (quick or regular)

**Directions:**
- Cut the pita in half and spread mustard or mayo on the inside. Place meat and cheese in the pocket. Add lettuce and carrots.
- Fold the pita in half for lunch or in 4 pieces for a snack.

**Back to School Pinwheel Wraps**

**Ingredients:**
- 2 10- or 12-inch wraps
- 2 ounces cream cheese
- 6 turkey slices
- Lettuce or baby spinach
- 1/4 cup chopped tomatoes
- 1/4 cup shredded carrots

**Directions:**
- Spread cream cheese on wrap. Layer leaf lettuce or baby spinach on top of cream cheese. Place 3 slices of turkey on each wrap, and layer it on top of lettuce or spinach. Sprinkle carrots and tomatoes. Fold the wraps to be handheld. Cut the wrap in half for lunch or in 4 pieces for a snack.

**Quick & Easy Mason Jar Salad Lunch for Parents**

**Ingredients:**
- 1 cup chopped lettuce
- 1/8 cup chopped tomatoes
- 1/2 cup chopped red onion
- 1/8 cup chopped cucumber
- 2 slices chopped turkey
- 2 tablespoons shredded cheese
- 2 tablespoons dressing of choice

**Directions:**
- Layer the following in a mason jar: Add dressing to bottom of the jar, and layer vegetables, cucumber, tomato, and onion. Add turkey and shredded cheese. Top off with the chopped lettuce.
- Seal the jar and refrigerate. Turn the jar over onto a plate when you are ready to eat!

**Meditation Helps Heal**

Meditation helps Lalitha Chandrasekaran manage her chronic pain. She also uses other tools to ease her pain symptoms including positive realistic thinking, guided imagery, visualization, prayer, mindfulness, and nature therapy.

“I’ve learned to manage my chronic pain without taking any medication,” Lalitha says. “I use my mind to manage it now.”

Lalitha says she learned how to self-manage her pain at the Chronic Pain Self-Management Education Program offered by Lee Health Solutions and Healthy Lee.

Sharon Krispinsky, RN, program coordinator, says the workshop uses the model developed by Dr. Kate Long at the Self Management Resource Center. “We also offer the Chronic Disease Self-Management Education Program, which assists people with chronic health problems,” Sharon says. “Both workshops are complimentary. They are designed to keep our community healthy and well.”

In both the chronic pain and chronic disease self-management education workshops, participants meet once a week for six weeks in community settings such as senior centers, churches, libraries, and hospitals. Each class lasts two and a half hours. The workshops are open to anyone with a chronic health problem.

The workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with chronic health conditions themselves,” Sharon explains. “The difference between the two workshops is that we teach self-management tools related to managing any chronic health condition in the disease workshop. In the chronic pain program, we teach tools that specifically address the self-management tools for chronic pain conditions.

Lalitha took the chronic pain workshop at Brookdale, a senior living community in Bonita Springs. “I was curious as to what would happen to my lifestyle if I can’t manage my sciatic pain or arthritic pain as I get older,” she says. “I wanted to learn how to make it easier to live with my pain and also be more productive in my life. I learned how to overcome the vicious cycle of symptoms by maintaining a healthy lifestyle with regular exercise, healthy eating, sound sleep, and stress management.”

Lalitha benefitted so much from the chronic pain management program that she also took the chronic disease self-management workshop. “My A1C level was rising, putting me at risk for prediabetes,” she explains, adding that her husband has had diabetes for 20 years. A person’s A1C level is a measure of glucose (blood sugar) in the blood. A higher level of A1C means a higher risk for diabetes and diabetes complications.

“The self-management skills I learned at the chronic disease workshop lowered my A1C level considerably, and without medication,” Lalitha says. “My husband’s diabetes also is managed with proper nutrition and an exercise program. We manage our chronic arthritis with daily exercises. What I like about both workshops is that they offer methods you can try. You find out what works for you.”

The workshops are for anyone 18 years of age or older. To register for an upcoming workshop, call 239-343-9264.

**Fast Facts**

- For participants who completed both the chronic disease and chronic pain workshops:
  - Fewer hospitalizations were reported
  - 76% of participants self-reported better health
  - 94% of participants self-reported improved quality of life
  - 6% self-reported improvement in their pain symptoms

**Lee Health News**

AUGUST 2018

Published as a community service by Lee Health, P. O. Box 2218, Fort Myers, FL 33902

LeeHealthyNews.org

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Residents of the Bonita Springs/Estero area will soon have a chance to experience convenient, modern health care for the mind, body, and spirit at Lee Health’s new Coconut Point facility, which will open in December.

Currently under construction, the comprehensive 163,000-square-foot health and wellness complex will feature a freestanding emergency department, an operating room with four operating suites, and two procedure rooms.

The idea, Lee Health officials say, is that residents and seasonal visitors in the booming south Lee County area will have all the essential medical services they need close to home.

Builder Deangelis Diamond and Lee Health officials have been working since the May 2017 groundbreaking to ensure the 31-acre site, east of U.S. 41 and the Coconut Point Mall, will open in December.

Designers shaped Lee Health—Coconut Point for easier patient access. Visitors can find most of the programs and spaces within a few steps of the entryway, according to Dave Kistel, Lee Health vice president of facilities and support services.

Lee Health officials say they also hope the facility becomes a community gathering spot, a place that focuses on wellness and preventative care, and a stop that inspires serenity and comfort.

“For me, it’s really exciting to be a one-stop shop for this community,” says Alex Greenwood, vice president of Lee Health—Coconut Point.

Community members can visit the new Healthy Life Center on the first floor to take classes and programs, attend lectures by health experts, and participate in cooking demonstrations of nutritious meals. There will also be plenty of yoga and meditation classes and a chance to socialize with people who have similar health goals.

“There will also be 50 exam rooms for primary and specialty care, including orthopedics, pediatrics, cardiology, and obstetrics and gynecology,” said Larry Antonucci, M.D., president and CEO of Lee Health. “We know that a large percentage of the population of Lee County will be living in that southern region in the next 10-15 years. And what we want to do is to build a center that revolves around the patient and the patients’ needs.” The idea, Lee Health officials say, is that residents and seasonal visitors in the booming south Lee County area will have all the essential medical services they need close to home.

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“There will be walking trails outside, bike paths, and a pavilion, which is an example of social spaces. People will be able to go there and have meals and have events, whatever they want to do there,” Alex says.

And Lee Health—Coconut Point may not be finished growing: In June, Florida regulators gave a preliminary approval for Lee Health to build an 82-bed hospital at the site to meet the need for a rapidly growing population, according to the Florida Agency for Health Care Administration.

The facility was designed with an eye toward accommodating a new hospital tower.

“This new hospital bed tower would integrate beautifully with Lee Health—Coconut Point, and provide necessary acute care beds to the community,” Dr. Antonucci says.

For more information go to www.leehealth.org/coconut-point


We can have everything (money, things, dream job), but without our health we have nothing.

Erika Graziani, RD, LDN
Outpatient Nutrition Program Coordinator

Designers shaped Lee Health—Coconut Point for easier patient access. Visitors can find most of the programs and spaces within a few steps of the entryway.

Other services at Lee Health Coconut Point will include:

- Primary care through Lee Physician Group
- Access to cardiologists, orthopedists, surgeons, and pediatric specialists.
- A Center on Aging and Health will focus on general services for the senior population.
- Outpatient services: Imaging, X-rays, CAT scans, ultrasounds, and other essential tests.
- Women’s Health (OB/GYN): These services combine a variety of specialties and programs including obstetrics and gynecology, bone density scans, and mammography.
- Rehabilitation: Patients will have access to certified rehabilitation specialists, a gym, exam rooms, balance system, and outdoor therapy space.

“ THERE WILL BE WALKING TRAILS OUTSIDE, BIKE PATHS, AND A PAVILION, WHICH IS AN EXAMPLE OF SOCIAL SPACES. PEOPLE WILL BE ABLE TO GO THERE AND HAVE MEALS AND HAVE EVENTS, WHATEVER THEY WANT TO DO THERE,” ALEX SAYS.
Your Health Counts

Forget what you think you know:

**Snacks aren’t all bad!**

They can actually boost your energy between meals and supply essential vitamins and minerals. The trick, of course, is that snackers need to choose wisely. Make smart choices and be sure to manage the rest of your meals during the day.

Here are some quick tips to remember:

1. **Don’t skip breakfast!** Adults need energy to get through the day, and kids and grandkids need fuel for their brains to learn. Remember lean protein, whole grains, fruits, and vegetables. The Academy of Nutrition and Dietetics recommends a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla. Try a parfait with low-fat plain yogurt, fruit, and whole grain cereal.

2. **Avoid sweetened cereals, cookies, and brownies.** Instead, choose grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese for a satisfying crunch or a tablespoon of peanut butter with an apple instead of potato chips.

3. **Snack only when you’re hungry, and resist the urge to munch when you’re bored, frustrated, or stressed.** The Academy of Nutrition and Dietetics recommends walking the dog, working in the garden, or enjoying another hobby instead of reaching into the candy bowl.

4. **Plan ahead:** Adults may need a snack after work, and kids and grandkids will definitely want a snack after school. Keep a variety of nutritious foods on hand such as whole-grain crackers and low-fat cheese. Have fruit ready instead of juice to increase fiber and reduce sugar intake.

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**Some snack ideas**

<table>
<thead>
<tr>
<th>Recipe</th>
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<tbody>
<tr>
<td>One tablespoon of peanut butter spread on apple slices</td>
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<tr>
<td>One cup of tomato soup with five whole-grain crackers</td>
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<tr>
<td>Veggie pizzas</td>
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<tr>
<td>Three cups of air-popped popcorn sprinkled with three tablespoons of grated parmesan cheese</td>
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<tr>
<td>Trail mix: 20 almonds, a miniature box of raisins, and ¼ cup of sunflower seeds</td>
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*Courtesy of the Academy of Nutrition and Dietetics*
Lee Health Calendar

Events & Screenings

Memory Screening (Free)
1-3 p.m., Mondays
12600 Creekside Lane, Suite 1
Fort Myers
Memory impairment screening. Results and recommendations mailed confidentially. Call 239-343-9220.

Autism Spectrum Disorder Screening
9:30 a.m. - 2 p.m., Aug. 10
North Fort Myers Recreation Center
2000 North Recreation Parkway, North Fort Myers
Appointments are not required but are encouraged. Call 239-343-6838 for additional information or to schedule a screening.

The Regional Cancer Center expansion open-house celebration
The Regional Cancer Center celebrated an June with an official open house that featured Dr. Larry Antonucci, president & CEO and Dennis Bruens, vice president of Oncology Services. The new 24,000-square-foot, two-story addition at the existing 62,000-square-foot building at 8931 Colonial Center Drive in Fort Myers, offers patients leading-edge treatment for nearly every aspect of their cancer care. The expansion has patient navigation and rehabilitation services, a cancer data center, palliative care, and much more. The event featured local officials, speeches, food, a tour, and powerful words about compassion, hope, and giving patients and their families the tools they need to fight back against cancer.

Cancer

Know Nutrition Now: 2018
“IT’S ALL IN THE FOOD LABEL”
2-2:30 p.m., Aug. 8
Regional Cancer Center, fourth-floor conference room

Gentle Exercise Classes
10-11 a.m., every Monday
Regional Cancer Center, fourth-floor conference room
This class is designed for individuals who are receiving treatment or have had surgery and are not yet able to do cardio exercise. Registration is required. Call 239-343-9503. $5 per class.

Yoga
10-11 a.m., every Wednesday
Regional Cancer Center, fourth-floor conference room
Registration is required. Call 239-343-9503. Please bring your own towel/blanket. $5 per class.

Bladder Cancer Support Group
3-5 p.m., first Wednesday of every month
Regional Cancer Center
Contact Karen Godfrey at 239-992-4809 or lkgodfrey@comcast.net.

Blood Cancer Support Group
Times and dates vary
Regional Cancer Center, fifth-floor conference room
Registration is required. Contact Seth Berkowitz at 800-955-4572 or Seth.Berkowitz@LeeHealth.org.

Brain Tumor Support Group
6:30-7:45 p.m., third Tuesday of each month
Lee Memorial Hospital
Volunteer Conference Room
Contact Veena Sharma, RN at 239-343-9510 or Veena.Sharma@LeeHealth.org.

Diabetes

Diabetes Self-Management Classes
You must register to attend classes and also have a physician referral.
Morning and evening classes are available at Cape Coral Hospital, HealthPark Medical Center, and the Outpatient Center at the Sanctuary. Diabetes education is a covered benefit for Medicare and most commercial insurances. For more information, call 239-424-3127.

Pregnancy and Diabetes Program
Weekly classes are available.
An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish. Call 239-424-3127 to register.

Diabetes Prevention Program
This is a year-long program.
This Centers for Disease Control and Prevention program helps those with pre-diabetes prevent or delay the onset of type 2 diabetes. Call 239-424-3127.

Wellness

Weight Management
Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center, and Lee Memorial Hospital
Individualized weight loss counseling with a registered dietitian.
This program is available for adult and pediatric patients. Call 239-424-3120.

Health Matters Online

Strengthening Your Genes
Genetically, you may be prone to disease, obesity, even cancer, but doctors say a healthy lifestyle can help fight those bad genes. For more information go to tinyurl.com/HealthandGenetics.

Nutrition Counseling
Weekly counseling sessions available for adults and children.
Individualized nutrition counseling with a registered dietitian for a variety of health conditions. Call 239-424-3120.

Weight Management Exercise Program
Individualized weight and healthy lifestyle program that includes three lifestyle coaching sessions, pre- and post-body age assessment, and four personal training sessions.
Call Sarah Mitchell at 239-424-3231.

Tai Chi for Balance (Free)
2:30-3:30 p.m., Mondays
Brookdale Senior Living, 28650 S. Bay Drive
Booita Springs
Certified nutritional therapist Suzanne Jeffries, MS Ed, presents. Call 239-948-2600 to register.
Pregnancy/Parenting
Pregnancy & Diabetes Program – Available In English & Spanish
Weekly classes available.
Location: Please call for more information.
Education program for expectant mothers with diabetes or gestational diabetes.
Call 239-424-3127.
Childbirth Preparation Traditional Course
9 a.m.-3 p.m., Saturdays throughout the year
HealthPark Medical Center
This includes four hours of classroom instruction taught by nurses who are certified by the International Childbirth Education Association (ICEA). $60 per couple.
Call 239-341-5271 or visit LeeHealth.org/BirthEd.
Childbirth Preparation e-Learning Course Online
This e-learning course includes access to an online program and a hospital tour. View a sample of the online program at LeeHealth.org/BirthEd. $60 per couple.
Call 239-543-5271.
Baby Care & Car Seat Safety
Classes take place throughout the year.
Times and dates vary.
This one-time class helps expectant parents become more comfortable and confident in their parenting role. This class also teaches parents how to properly use and install child restraints.
$20 per couple, $5 per additional person in attendance.
Call 239-343-5011 or email lorenz.rodriguez@leehealth.org.

Support Groups/Classes
Vestibular Support Groups
Groups meet quarterly in various locations throughout Lee County. Call 424-3762 to register.
Pulmonary Fibrosis Support Group
1-3 p.m., second Wednesday of each month
Lee Memorial Hospital, MOC, Suite 705
It’s All About You, Chronic Disease Self-Management Program
Time and Date: Varies
This free 6-week workshop teaches people with chronic health conditions how to better manage their health and the symptoms that accompany chronic illnesses. Many of the workshop leaders also have a chronic illness. For more information, call 239-343-9064.
Chronic Pain Self-Management Program
Time and Date: Varies
This free 6-week program teaches you the tools necessary to self-manage your chronic pain. During the workshop, you will learn about foods that help with pain, importance of physical activity, mindfulness, pacing and planning, and much more. For more information, call 239-343-9064.
Huggers and Puffers
1-3 p.m., third Friday of each month
Lee Memorial Hospital/MOC Bldg, Suite 705
A support group for people suffering from chronic bronchitis, emphysema, bronchiectasis, and other lung conditions.
For more information, call 239-343-3520.

Organ Transplant Recipients of Southwest Florida
11:30 a.m.-1:30 p.m., first Thursday of each month
The Outpatient Center at the Sanctuary second-floor meeting room
Support group members represent all forms of organ transplants, such as heart, lungs, kidneys, liver, pancreas, corneas—as well as caregivers, those awaiting transplants, donor families, and anyone interested in transplantation. A light lunch is provided. Visit organ-support.org or call 239-247-3073.
Trauma Survivor Support Group
6-7:30 p.m., second Tuesday of each month
Lee Memorial Hospital
The Trauma Center at Lee Health offers this free support group for those who have experienced traumatic injuries and those who are living with brain injury, spinal cord injury, amputation, and other life-changing injuries.
Mended Hearts National Support Group
11:30 a.m., Aug 15
Doc Ford’s
Join us for a social meeting and lunch at Doc Ford’s Fort Myers Beach.
Doc Ford’s Wharf, Fort Myers Beach
Cost is $22.
Mended Hearts is a national support group for individuals and families with heart disease. Mended Hearts is a great source of support and discussions with former heart patients. Call Joe Jansen at 239-481-0890 to make reservations or for more information. Mended Hearts has several volunteer opportunities. Call or email Joe Jansen at jjansen@adt.com.

Memory Care Support Group
4:30-6 p.m., second Tuesday and last Thursday of every month
12600 Creekside Lane, Suite 7, Fort Myers
Support group and education for caregivers of those with dementia/Alzheimer’s disease.
Call Lynnette at 239-343-9224.
Stoke Support Group
4:30-5:30 p.m., first Monday of each month
Lee Health Medical Office Center
Fifth-floor classroom of Lee Memorial Hospital
Support group for those who have experienced traumatic injuries and their families.
Cost is $22.
Mended Hearts is a national support group for individuals and families with heart disease. Mended Hearts is a great source of support and discussions with former heart patients. Call Joe Jansen at 239-481-0890 to make reservations or for more information. Mended Hearts has several volunteer opportunities. Call or email Joe Jansen at jjansen@adt.com.

Breastfeeding
Breastfeeding Club
10-11 a.m., Mondays, Cape Coral Hospital
10-11 a.m., Tuesdays, Gulf Coast Medical Center
10-11 a.m., Wednesdays, HealthPark Medical Center
For caregivers and stroke survivors.
Board-certified lactation consultants will facilitate. Bring your babies—siblings are welcome! Family members and caregivers are welcome. Call 239-343-2561.

Lee Health Physician of the Month
Christopher Myer, M.D.
Orthopedic Surgery
3501 Health Center Blvd., #2180
Bonita Springs, FL 34135
(239) 343-9696

The Staff and Administration of Lee Health are pleased to announce Christopher Myer, M.D., as Physician of the Month. Employees, volunteers, and other physicians on staff choose the physician based on criteria such as consistent quality, attitude, professionalism, compassion, and going “above and beyond” what is reasonably expected.
This month, we salute Dr. Myer for exemplifying the qualities of an excellent physician, and we are privileged to have had Dr. Myer as a respected member of our medical staff since August 2015.
Healthy Life Center | AUGUST 2018

**HEALTHY LIFE CENTER—COCONUT POINT**
609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210.

**EVERY MONDAY**
**SHINE Counseling**
9 a.m.-3 p.m.
Call 866-413-5337 to request an appointment

**EVERY TUESDAY**
Free Blood Pressure Screenings
9 a.m.-1 p.m.

Babes and Babies Fitness Class
9-10 a.m. RSVP
$5 drop in fee

**EVERY WEDNESDAY**
Yoga Class – all levels welcome, please bring a mat
5:30-6:30 p.m.
Call 239-495-4475 to RSVP

**EVERY OTHER THURSDAY (8/9, 8/23)**
Fourth Trimester Club
12-1 p.m.
Moms and children younger than 1 year

**EVERY FRIDAY**
SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net

**HEALTHY LIFE CENTER—CAPE CORAL**
609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210.

**EVERY TUESDAY**
**SHINE Counseling**
10 a.m.-2 p.m.
SHARE Club office

**EVERY OTHER THURSDAY (8/2, 8/16, 8/30)**
Fourth Trimester Club
10 a.m.-11 a.m.
Waiting Room: Family Birth Place Cape Coral Hospital
Moms and children younger than 1 year

**FRIDAY, AUGUST 3**
Vestibular Support Group
10-11 a.m. RSVP
World Breastfeeding Week: The Big Latch On
10-11 a.m. RSVP
Location: Gymnasium

**TUESDAY, AUGUST 7**
Smart Shopping for Cancer Prevention - Grocery Tour
10-11:30 a.m.
Location: Publix, 2420 Santa Barbara Blvd., Cape Coral
Call 239-424-3210 to register

**WEDNESDAY, AUGUST 8**
Osteoarthritis: “Join” Us for the Journey
1-2 p.m. RSVP

**THURSDAY, AUGUST 9**
Cooking Demo: Eating the Rainbow – Salads
2-4 p.m.
Fee: $40
Call 239-495-4475 to register

**FRIDAY, AUGUST 10**
Connecting with your Multidimensional Self
2-4 p.m.
Fee: $40
Call 239-495-4475 to register

**SATURDAY, AUGUST 11**
Ballroom Dancing
1:30-2:15 p.m. RSVP

**WEDNESDAY, AUGUST 15**
Guided Meditation for Wellness
2:30-3:30 p.m. RSVP

**SATURDAY, AUGUST 18**
Memory Café
10 a.m.-noon RSVP

**MONDAY, AUGUST 13**
**SHINE Counseling**
5-6 p.m. RSVP (Fee: $5 per class)
Guided Meditation 3-Week Series (8/17, 8/24, 8/31)
5-6 p.m. RSVP (Fee: $5 per class)
Location: Mind & Body Studio

**MONDAY, AUGUST 20**
Balance Series: Facing the Fear of Falling
10-11 a.m. RSVP

**THURSDAY, AUGUST 23**
Choosing Essential Oils for Relaxation, Stretching, and Meditation
2-3 p.m.
RSVP Fee: $5

**MONDAY, AUGUST 27**
Balance Series: Demylifying and Defeating Dizziness
10-11 a.m. RSVP

**SATURDAY, AUGUST 29**
Youth Mental Health First Aid
8:30 a.m.-5 p.m.
Fee: $25
Call 239-343-6486 to register

**THURSDAY, AUGUST 30**
The Mind Diet
2-3 p.m. RSVP
Crystal Bowl Meditation
6:30-7:30 p.m.
RSVP Fee: $10
Location: Mind & Body Studio

**COMPUTER AND TECHNOLOGY CLASSES**
Cape Coral Hospital and Lee Memorial Hospital Computer Labs
Call 239-424-3765 for pricing and registration

**HEALTHY LIFE CENTER—BABCOCK RANCH**
42880 Crescent Loop, Suite 100, Babcock Ranch, FL 33982
For reservations call 239-424-3210.

**EVERY MONDAY & WEDNESDAY**
Running Club
7 a.m.
Call 239-343-3540

**MONDAY, AUGUST 13**
Metabolism and Circadian Rhythm
2-3 p.m. RSVP

**WEDNESDAY, AUGUST 22**
How to Set Realistic Health Goals
10-11 a.m. RSVP

**THURSDAY, AUGUST 23**
The MIND Diet
2-3 p.m. RSVP
Crystal Bowl Meditation
6:30-7:30 p.m.
RSVP Fee: $10
Location: Mind & Body Studio

**FRIDAY, AUGUST 31**
Plant Based Lifestyle – Community Cooking Class
6-8 p.m.
Location: Publix, 25151 Chamber of Commerce Drive, Bonita Springs
Call 239-495-4475 for details

For upcoming events, go to LeeHealth.org/HealthyLifeCenter.