When a bad ankle began to interrupt her active lifestyle, Amanda Barton knew she had to get help and see a specialist. She made an appointment with orthopedic surgeon, Jeremy Schwartz M.D., who had performed successful bunion surgery on both her feet in 2012.

This time, she went to him to find a solution for her injured ankle. “I was playing softball, kickball and yoga, but my ankle kept ‘rolling’ and became wobbly and painful,” Amanda says. “And it began to affect my daily activities.”

Dr. Schwartz assessed Amanda and told her the ankle instability was caused by the many ankle sprains she was experiencing, which weakened the ankle. “Most ankle sprains can be treated with RICE: rest, ice, compression and elevation,” Dr. Schwartz says.

Dr. Schwartz did not recommend surgery unless it became the last treatment option. “Dr. Schwartz is such a fantastic doctor that he suggested I first try physical therapy, before going under the knife,” Amanda says.

When RICE did not fix Amanda’s ankle problem, she began physical therapy. “If RICE doesn’t work, we recommend physical therapy, which can strengthen your ankle and prevent the recurrence of ankle sprains,” Dr. Schwartz says. “If physical therapy doesn’t work, we actually go in and reconstruct the ankle using anchors, which are small pins with stitches attached to them. After surgery, the patient is in a cast for a month and transitions to a boot.”

Dr. Schwartz performed surgery and added ankle pins to stabilize Amanda’s ankle in November 2016. She goes to physical therapy three times a week and is back to wearing lace-up shoes. “This is a very powerful surgery that can get patients back to very high level activities,” Dr. Schwartz says.

Amanda cannot wait to jump into her activities. “I absolutely look forward to getting back into my softball gear and returning to my cardio workouts. But for now, I am able to visit the gym and resume life as normal,” Amanda says.

Use RICE at home to treat ankle injuries and sprains:

**R** - Rest, sit and lay down for the first 24-48 hours after a sprain to protect your injury from further damage.

**I** - Ice applied for 20 minutes each hour to reduce the injury’s swelling and pain. Prevent frostbite by wrapping your ankle or the ice in a towel.

**C** - Compression stocking or sleeve to manage the swelling. Don’t wrap it too tight; it should fit snug but allow room to expand when your muscles contract.

**E** - Elevate the sprain at or above the level of your heart while applying ice anytime you are sitting or lying down.

Jeremy A. Schwartz, M.D.
Orthopedic Specialists of SWFL
2531 Cleveland Ave.
Suite 1
Fort Myers, FL 33901
239-334-7000

Amanda Barton, far left, is eager to return to playing softball with her team.
SanCap Cares 17th Annual Island Celebration – April 9

SanCap Cares formed in 2000 when a group of island mothers, impressed by the care a local child received during a cancer treatment, banded together to help Golisano Children’s Hospital of Southwest Florida. Now in its 17th year, SanCap Cares continues to improve the quality of children’s health care in Southwest Florida. The 17th Annual Island Celebration will take place at The Sanctuary Golf Club on Sanibel Island.

Lee Health Foundation receives AARP Foundation Grant

AARP Foundation has awarded a generous grant of more than $500,000 to Lee Health Foundation to provide a medically prescribed, nutritionally appropriate home-delivered meal program for patients currently or at risk of becoming malnourished in Southwest Florida. This national grant initiative is designed to advance evidence-based solutions that help vulnerable older adults in one of AARP Foundation’s four main areas:

- Encourage more working-age adults to become employed and better equipped to protect their financial assets.
- Help create a food-secure community where older adults have access to healthy, safe and affordable foods.
- Ensure older adults are able to keep and maintain the place called home.
- Aid in creating a socially connected community and help reduce the risk of social isolation for older adults.

“For many older adults food security, housing security and financial security can be at risk as we age,” says AARP Foundation President Lisa Marsh Ryerson. “AARP Foundation is proud to work with organizations committed to helping older adults live their best lives by connecting them with trustworthy resources in their own communities.”

Lee Health will use the grant to support the Flavor Harvest@Home program, a nutrition intervention program designed to improve the identification of and intervention for patients who are currently malnourished or at risk of becoming malnourished. Supported by grant from Bank of America and the Allen Foundation, Flavor Harvest@Home is currently available only to patients admitted to Lee Health — Cape Coral Hospital and Gulf Coast Medical Center.

5 Initiatives to Enhance the Health of Our Community

Lee Health Foundation has identified five initiatives that focus on enhancing the health of the Southwest Florida community as priorities during the next few years. This progressive approach aims to improve the overall health of our community while continuing to serve those in need with the highest quality care possible. Lee Health Foundation will focus on raising awareness and philanthropic support in the following strategic areas:

- **Golisano Children’s Hospital of Southwest Florida** - The capital campaign was just the beginning. We now turn our focus to raising funds to address critical pediatric care areas, including children’s behavioral health services and outpatient care, at locations in Lee, Charlotte and Collier counties. Donate to The Little Red Wagon Fund in support of children’s services at Golisano Children’s Hospital.
- **Health & Wellness** - Through programs and partnerships with Healthy Lee, physicians’ groups, local schools, social services organizations and our varied neighborhoods, we are taking a grassroots approach to education with healthy living programs.
- **Lee Health – Coconut Point** - When completed in 2018, Lee Health – Coconut Point will serve as south Lee County’s most comprehensive health and wellness destination. Consider making a gift to help build the new outpatient center Lee Health - Coconut Point.
- **Regional Cancer Center** - To continue to provide high-quality comprehensive care to this growing community, Lee Health will begin a multimillion-dollar expansion of the Regional Cancer Center.
- **Shipyield Cardiothoracic Center – Innovation • Education • Research** - Focused on heart and lung diseases, Shipley Cardiothoracic Center is at the forefront of developing techniques that will make a difference for patients and significantly improve their health and vitality.

In partnership with the Lee Health Foundation, you can help support all five initiatives or focus on your greatest passion and area of interest. Let’s work together to impact our community by investing in the health and wellness of Southwest Florida! Donate online at LeeHealthFoundation.org or call 239-214-0819 for more information.

SanCap Cares 17th Annual Island Celebration – April 9

SanCap Cares will take place at The Sanctuary Golf Club on Sanibel Island. It’s time for another exciting edition of Designer Purse Bingo, set for Thursday, April 6 at Crowne Plaza, 1305) Bell Tower Drive, Fort Myers. Proceeds from the event benefit patients who receive lifesaving care at the state-of-the-art Regional Cancer Center.

Lee Health Foundation News & Events

Designer Purse Bingo – April 6

Proceeds from this year’s event will fund the building of an additional operating room at Golisano Children’s Hospital. To become a sponsor, please call 239-472-2082. Tickets will not be sold at the door. For more information or to purchase tickets, visit SanCapCares.org.

Those assessed most at risk have been elderly patients in the hospital for cardiac issues, surgical services, orthopedic and gastrointestinal conditions. The program has shown to positively impact readmission rates and length of stay for participating patients.

Flavor Harvest@Home is currently available only to patients admitted to the hospital. The AARP grant will make it possible for the program to expand into the outpatient arena through Lee Physician Group. Poor nutrition and malnutrition are often contributing factors for hospitalized patients with complex medical conditions such as diabetes and heart failure. By identifying the most at-risk patients and intervening early, Lee Health and Lee Physician Group aim to improve patient health, and reduce hospitalizations and lengths of stay.

“The program will likely begin in June and will impact approximately 350 individuals over the next two years,” says Larry Allier, director of nutrition and food services for Lee Health. “It is designed to help patients avoid ‘medically induced food deserts’, a condition in which an individual is unable to secure, prepare or manage their nutritional needs based on restrictions created by their medical condition, in our elderly populations.”

There is no defining demographic for eligibility other than one of medical necessity. Patients who are identified as being at risk for undernourishment as defined by set criteria and their physicians will be offered the opportunity to participate in the program. To learn more about Lee Health’s Flavor Harvest@Home program or programs made possible through Lee Health Foundation, visit LeeHealthFoundation.org. Please visit aarpfoundation.org to learn more about AARP Foundation grants program.

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LeeHealth.org
As Leonardo da Vinci was a master at painting, the robotic machine that bears his name is equally adept—at the art of surgery. In use for several years, the da Vinci robot has been replaced with the next generation of robot—the da Vinci® Xi™.

“The new da Vinci® XI™ platform allows us to safely perform surgeries that previously were not possible,” says Paul DiGiorgi, M.D., the first cardiothoracic surgeon to use the new robot at HealthPark Medical Center. “It is the biggest improvement in our robotic program since its inception.”

The robot uses a 3-D high-definition vision system that allows surgeons and their support teams to get a better view of the surgical site. The new da Vinci® Xi™ is the most advanced platform available for minimally invasive procedures, including cardiac, gynecological, thoracic, general and urologic surgery.

The results include:

- Shorter hospital stays
- Faster recovery
- Smaller incisions and less scarring
- Reduced blood loss
- Fewer complications
- Less pain medication

Obstetrician-gynecologist Kevin Fleishman, M.D. describes the da Vinci® XI™ as “the whole package” for its advanced capabilities. “We can tailor the surgery to the patient,” Dr. Fleishman says. “We can perform surgeries that previously would have required open surgery—for example, someone who had a previous C-section.”

Instead of one large incision, Dr. Fleishman uses several small incisions, and some procedures only require one small incision.

“As great as the size of the incisions are, one of the best benefits is that some of my patients are in the hospital for fewer than 24 hours. They go back to work one week later, instead of 6 weeks.” Women with multiple C-sections or an enlarged uterus are candidates for da Vinci surgery.

Elisha Deleon chose the da Vinci® XI™ when Dr. Fleishman presented it as an option. “I didn’t have any need for pain medication after the procedure,” Elisha says. “My incisions are small and I didn’t have to worry about unbearable pain and was able to return to work in a little over a week.”

As great as the size of the incisions are, one of the best benefits is that some of my patients are in the hospital for fewer than 24 hours. They go back to work one week later, instead of 6 weeks.” Women with multiple C-sections or an enlarged uterus are candidates for da Vinci surgery.
Early Detection Key to Treating Oral Cancer

Naples resident Cara Denny was no stranger to the word “cancer.” She was diagnosed with tongue cancer more than four years ago. The surgery was successful and she required no further treatment.

Then, in early 2016, she noticed a change.

“I was having more sensitivity and more pain on my tongue,” Cara says. “I went back to my doctor and we tried different things to treat the pain.” When the normal course of treatment was unsuccessful, Cara was referred to Anthony Anfuso, M.D., otolaryngology (ear, nose and throat) surgeon. He ordered a PET scan and did a biopsy. The result: the cancer had returned.

“She had a persistent lesion,” Dr. Anfuso says. “The greatest risk factors for this type of cancer are smoking and drinking, and neither of those applied to Cara.”

Signs and symptoms of oral cancer can include:

• Pain
• Bleeding
• Unusual spot of color or texture
• Lump or thickening inside the mouth
• Difficulty swallowing or chewing

Dr. Anfuso removed one half of Cara’s tongue and all lymph nodes from the right side of the neck. Next, he rebuilt the tongue with a microvascular free flap harvested from her left forearm. This is a soft tissue transplant requiring an artery and vein of the flap to be connected to vessels in the neck in order for the flap to survive.

The procedure requires 10-12 hours in the operating room. Dr. Anfuso is the only person to perform these transplants for head and neck cancer in Southwest Florida. “By performing this delicate and time-intensive reconstruction, we have allowed Cara to have essentially normal speech and swallowing,” Dr. Anfuso says.

After the operation, Cara spent approximately 10 days in the hospital at which time the flap was monitored closely to ensure it remained alive. After one week, she began eating and is now eating a normal diet. With the help of a speech therapist, her speech has returned to almost normal, and she has returned to work as a school counselor.

In addition to primary care physicians, dentists also provide information on abnormalities of the mouth. “The earlier we can address a problem, the better the outcome,” Dr. Anfuso says. “In Cara’s case we got everything before it became a long-term, life-threatening problem.”

‘SPEAK OUT!’ Restores Voices for Those with Parkinson’s Disease, Speech Challenges

Reduced vocal volume and pitch, along with difficulty articulating sounds and syllables can be frustrating side effects of Parkinson’s disease. Approximately 89% of individuals with Parkinson’s disease will experience speech and voice disorders at some point.

‘SPEAK OUT!’ is an international speech therapy treatment program developed by Parkinson Voice Project. It helps those with Parkinson’s disease and speech problems recover their voices and confidence.

Jenny Larson was referred to participate in the ‘SPEAK OUT!’ program through a functional screening at Lee Health Outpatient Rehabilitation at City Center. “Since I was diagnosed, I’ve noticed my voice getting softer. People were frequently asking me to repeat myself. So, I began to withdraw from social situations and found myself talking less.”

Mary Jo Haughey, a trained ‘SPEAK OUT!’ program speech-language pathologist, works with Jenny in 45-minute ‘SPEAK OUT!’ sessions, three times a week. “I’ve seen this program give new hope to many individuals with Parkinson’s disease because it improves the way they communicate at work, with family and during social gatherings,” Mary Jo says.

Thinking back to when I first evaluated Jenny, her demeanor has changed; she is more confident and readily participates in conversations. She diligently practices all the techniques she learns in our treatment sessions—and it shows. Jenny has more expression in her voice and clearer speech.”

The speech challenges that come with Parkinson’s disease no longer hold. Jenny back during social occasions. “I am not asked to repeat myself and I no longer withdraw from speaking when with a group of people. In fact, the other night, we went out to dinner with eight people, and the people at the other end of the table were able to hear me,” Jenny says. “I highly recommend that anyone experiencing changes with their voice or speech participate in ‘SPEAK OUT!’”

‘SPEAK OUT!’ treatment exercises strengthen the muscles used for speaking in order to restore vocal loudness and increase both pitch range and speech clarity. The program includes the following activities:

• Maximum sustained vowel phonation—such as taking a deep breath and holding the “ah” sound for as long as possible
• Maximum pitch range—gliding from lowest to highest pitch
• Reading phrases and passages with intent and increased vocal loudness
• Cognitive exercises

If you have questions and/or are interested in the ‘SPEAK OUT!’ voice program, please contact Mary Jo Haughey at 239-343-4962.

To watch a video on Cara’s treatment go to www.tinyurl.com/Dr-Anfuso

April 15:
6th annual free oral/head/neck cancer screenings
Open to anyone in the community.
21stcenturycare.org/PDF/HN_screening_04-2017.pdf
April 29:
5th annual 5K run and 2-mile walk
www.kintera.org/faf/home
All funds stay in Southwest Florida for free screenings, education and patient financial assistance.
Volunteers Needed. Call 239-343-5055.

Golisano Children’s Hospital OPENING SOON, Now All We Need is You!
Do you love helping others, serving and giving back to people in need? Make a difference in the lives of kids, families and visitors and become a volunteer at Golisano Children’s Hospital of Southwest Florida.

We are recruiting volunteers for many different positions, including:
- Sunshine Ambassadors
- NICU cuddlers
- Arts and crafts volunteers
- Gift shop volunteers
- Couriers
- Pediatrics nursing unit volunteers
- Clerical volunteers
- Library and business center volunteers
- Emergency room volunteers
- Trolley/Golf cart drivers

To apply and learn more about volunteer opportunities, visit our website at LeeHealth.org/Volunteers or call Golisano Children’s Hospital of Southwest Florida at 239-343-5055. You may also email Volunteers@LeeHealth.org.

OPEN HOUSE!
Explore a Bright New World
Join your friends, family and staff of Golisano Children’s Hospital of Southwest Florida for an open house with tours of our area’s only hospital dedicated exclusively to children.

Saturday, April 1, 2017 • 10 a.m.-1 p.m.

KIDS’ URGENT CARE
When kids need immediate care for minor emergencies, we are here for you in Collier County.

SEE US FOR:
- Minor cuts, scrapes and burns
- Fractures
- Flu
- Infections
- Colds and fever
- Upset stomach
- Sunburn

KEEPING KIDS CLOSE TO HOME FOR SPECIALIZED CARE. OTHER SERVICES INCLUDE:
- Pediatric specialists
- Pediatric pharmacy
- Pediatric lab
- Pediatric rehabilitation
- Asthma management

Lee Physician Group Pediatric Office-Page Field
Now Open Weekends
For your convenience, Lee Health’s Lee Physician Group Pediatric office located near Page Field at 4751 S. Cleveland Ave., Fort Myers, has extended its pediatric services into the weekend. Now open 8 a.m. – 8 p.m., on Saturdays and 8 a.m. - 6 p.m., on Sundays, the pediatric office gives you access to exceptional health care for your kids, every day of the week.
Call 239-343-9888 for more information.

Safe Kids Day on April 22
Join the fun Saturday, April 22 for Safe Kids Day at the Gulf Coast Town Center. Lee Health, Safe Kids Southwest Florida Coalition and community sponsors are hosting Safe Kids Day as a way to educate parents and help children learn ways to protect themselves. “Many parents think they know about safety and they do, but there is always more to learn,” says Sally Kreuscher, Safe Kids Coordinator at the Golisano Children’s Hospital of Southwest Florida. “For instance, 80% of all car seats are installed incorrectly. Most people don’t know that.”

Teaching kids something as small as buckling a seat belt every time you get in a car is important—even if the adult in the situation does not remember or insist. “Kids are going to fall, crash, slip, explore,” says Sally. “It’s a part of being a kid. But we can protect them from serious injuries due to motor vehicle crashes, fires, drowning and more. We want parents to communicate with their children, and for children to talk their friends about making smart choices. Losing one child is one child too many for something that could have been prevented.”

Safe Kids Day at Gulf Coast Town Center
Saturday, April 22 • 11 a.m.-2 p.m.
Best Practices Bring Common Sense, Research Together for Patient Safety

When we visit our medical practitioner’s office we expect our provider to make the best decision regarding our care. Nurses and clinical staff at Lee Health do just that, and for the past eight years we have accelerated the use of “best practices,” which incorporates research to improve patient care, change how we practice and share new knowledge with others in the health care field.

“Research leads to the discovery of knowledge,” says Donna Giannuzzi, chief nursing officer, HealthPark Medical Center. “Oxford dictionaries define research as a ‘diligent and systematic inquiry or investigation into a subject in order to revise facts, theories and applications.’ This type of nursing research has been practiced for many years.”

Florence Nightingale was one of the first nurses to use research to improve nursing care. She discovered that nurses who worked on improving how they cared for soldiers in the Crimean War actually saved lives. During the war, she kept patient files in which she recorded certain procedures, or protocols, that her fellow nurses used that helped to reduce the number of deaths among their patients.

Nowadays, Florence’s method would be called Performance Improvement (PI), which measures how successful a process is, then modifies it to make that process even more successful. Evidenced-Based Practice (EBP) uses proof, or evidence, of those improvements found in PI to make decisions about patient and nursing care.

“Best evidence stems mostly from research, but that may not always be the case,” Donna says. “EBP can also come from performance improvement data and practice experts. Through performance improvement, nurses collect and share evidence of effective and efficient care by measuring outcomes of their activities.”

“Lee Health nurses and clinical staff deliver on the promise of care based on the best evidence available,” Donna says. “It’s what we’ve always done but now we have a way to track and chart our successes.”

Hand Therapy Helps Pro Get Back in the Game

In May 2016, Florida Gulf Coast University (FGCU) student and professional kayak fisherman, Conner Thompson, injured his right wrist which escalated from occasional aching to a painful problem.

Tarpon season was in full swing, so Conner spent most of his time out on the water in his Hobie kayak. “I didn’t meet my goal—I landed more than 20 tarpon, more than 100 pounds each; this aggravated my already painful wrist and forced me to wear a brace,” Conner says. “I was stubborn and dealt with the pain, until class resumed in August when I took five intensive writing courses; that’s when I could no longer ignore it.”

Conner underwent surgery for a triangular fibrocartilage complex (TFCC) tear in his right wrist. After surgery, Conner’s surgeon, Sandra Collins, M.D., recommended occupational and certified hand therapist, Paul Zavala.

As one of 6,284 certified hand therapists worldwide, Paul specializes in advanced treatment of hands and upper extremity. “Conner had pain in his right dominant wrist, and weakness gripping his fishing pole, along with writing,” Paul says.

Diagnosing the exact cause of a wrist injury can be difficult; many factors can lead to wrist pain. “I frequently use power tools on my lawn tractors, trucks, ATVs and swamp buggy,” Conner says. “Paul said too much torqueing force could have caused my injury.”

Now, Conner is preparing for advanced demands on his wrist (kayak fishing). “Advanced strengthening and conditioning, activity stimulation, along with education on proper joint movement and injury prevention is all a part of therapy,” Conner says.

Conner has adjusted to primarily using his opposite hand for now, and is gradually reintroducing his affected hand to activities. “I haven’t touched a wrench or power tool since surgery; I know I will try to use both hands and hurt it before it’s healed,” says Conner. “I’ve pretty much learned to be left-handed, so I’m back to doing almost everything I was doing before.”

Twice a week, Conner meets with Paul. “My schedule is packed, so I’m grateful he works with me as much as possible,” Conner says. Conner’s injured wrist has not slowed him down one bit; he is still dedicated to his passions. “Everyone looks at me weird when I tell them I still kayak fish as often as possible, but that’s why the Hobie and FGCU kayak fishing teams keep me around,” Conner says.
Young Driver Program Teaches Safety and Respect for the Road
Monthly Courses for Your Teen

Once a month, Lee Health Trauma Services is partnering with the Florida Highway Patrol, Lee County Sheriff’s Office and AAA to offer a free program for 15-19-year-old new drivers. This three-hour course is a supplement to driver’s education courses and helps young drivers understand that driving is a responsibility and a privilege.

Syndi Bultman, Lee Health Trauma Services injury prevention manager, says young drivers are not necessarily bad drivers, they are just inexperienced. “We emphasize why they need to keep their hands on the wheel and their eyes on the road,” she says. “By telling stories of youth who have been injured or killed in motor vehicle crashes because of decisions they made or because of other bad drivers, they understand why safe and focused driving is so important.”

The program also includes a presentation by the Lee County Sheriff’s Office, which use fatal vision drunk goggles and marijuana goggles to demonstrate to the teens how it affects their ability to perceive what is around them. “It gives our young drivers a safe way to see how easily a crash can occur when you are intoxicated and/or distracted,” Syndi says.

Florida Highway Patrol will discuss the responsibilities of the driver to bicyclists and pedestrians as well as different laws of the roadway.

The program will also have a variety of videos interspersed throughout the evening for visual effect.

At the end of the program, the teens will get to try distracted or intoxicated driving on the virtual driving simulator. “This takes them through driving, a crash, the crash scene and depending on the severity of the crash, through the Trauma Center and court scenes,” Syndi says. “It is a great way for teens to see what the consequences would have been if this was an actual crash.”

The goal of the program is to encourage teens to be role models of good driving and staying focused. “We hope our teens educate others about good driving habits,” Syndi says.

Young Driver Programs are scheduled for April 25, May 23, June 27 and July 25 from 5:30-8:30 p.m. in the Auditorium at Lee Memorial Hospital. Please call to register your teen, 239-343-3797.

*If no one registers, the class will be cancelled.*

Program Helps Seniors Age in Place

As we age, we often have a greater need for medical and therapeutic services. Lee Health’s Senior Care Choices enables many seniors to remain safely and comfortably in their own home, while enjoying the independence they desire.

“Our team has extensive knowledge about how to assess an individual’s needs, determine the best living situation for them, efficiently manage resources and provide the numerous support services to maintain independence and the best possible quality of life as they age,” Cindy says.

“The goal is to keep older adults as independent as possible so they can ‘age in place,’” says Cindy Auskamp, RN, CMC, certified geriatric care manager. “This means staying in their current residence, whether that is a single-family home or an assisted-living residence. With the services we provide, the older person may not need to move as he or she requires more comprehensive care.”

The aging team:

- Accompanies each client to physician appointments and communicates with families.
- Develops a Care Plan with input from family members and physicians, which includes a complete medical, social, safety and nutritional evaluation.
- Coordinates and oversees the Care Plan to be followed by all those in connection with the care of our client.
- Investigates benefits of home care, assisted living and nursing homes.
- Arranges for in-home services, such as caregivers, laundry, housekeeping, meal preparation and even installation of grab bars or other assistive devices.
- Coordinates the delivery of medications, meals, medical equipment, health alert devices and other items.

For more information on Lee Health Senior Care Choices, call 239-225-7718.
**Cancer**

**Bladder Cancer Support Group**
- **Time:** 1st and 3rd Tuesday of every month
- **Location:** Lee Memorial Center 609 SE 13th Court
- **Contact:** Karen Godfrey, Bladder Cancer Advocacy, 239-343-5069, ggodfrey@leememorial.org

**Blood Cancer Support Group**
- **Time:** 1st Wednesday of every month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court 5th Floor, Suite 500
- **Contact:** 239-343-5101 or email Lorena.Rodriguez@LeeHealth.org

**Diabetes**

**Diabetes Self-Management Classes**
- **Time:** 10-hour education program discussing all aspects of diabetes self-management, including meal planning, exercise, stress, medication management and prevention of complications.
- **Location:** Available in English and Spanish.
- **Cost:** Diabetes education is covered by Medicare and most commercial insurances.

**Diabetes Prevention Program**
- **Time:** 12-month program designed to delay or prevent type 2 diabetes.
- **Cost:** $20 per couple, $5 per additional person.

**Pregnancy/Parenting**

**Pregnancy & Diabetes Program**
- **Time:** Education program for expectant mothers with gestational diabetes.
- **Cost:** $160 per couple.

**Support Groups/Classes**

**Diabetes Support Group**
- **Time:** 2:30-5:30 p.m., 3rd Tuesday of each month
- **Location:** Estero, FL 33928

**Diabetes Prevention Program**
- **Time:** 4-5 p.m., 3rd Thursday of each month
- **Location:** Regional Cancer Center, 6th Floor Conference Room

**Pregnancy/Parenting**
- **Time:** 4-5 p.m., 3rd Thursday of each month
- **Location:** Regional Cancer Center, 6th Floor Conference Room

**Support Group**
- **Time:** 4-5 p.m., 1st Monday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Chronic Pain**

**Chronic Pain Support Group**
- **Time:** 4-5 p.m., 1st and 3rd Tuesday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Dietary**

**Nutrition Counseling**
- **Time:** 10-11 a.m., 1st Wednesday of the month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor Conference Room

**Wellness**

**Wellness Weight Management Program**
- **Time:** Individualized weight loss counseling with a registered dietician.
- **Cost:** Counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, Health Park Medical Center and Lee Memorial Hospital.

**Weight Management Exercise Program**
- **Time:** Individualized weight loss counseling with a registered dietician.
- **Cost:** Must be registered and a physician referral is required.

**Pregnancy & Diabetes Program**

**Diabetes Prevention Program**
- **Time:** 4-5 p.m., 3rd Thursday of each month
- **Location:** Regional Cancer Center, 6th Floor Conference Room

**Wellness Class**
- **Time:** 1:30-2:30 p.m., 1st Wednesday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Mended Hearts Support Group**

**Mended Hearts Support Group**
- **Time:** 4-5 p.m., 3rd Wednesday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Nutrition Counseling**
- **Time:** 10-11 a.m., 1st Wednesday of the month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor Conference Room

**Obesity/Neuropathy Support Group**
- **Time:** 10:30 a.m.-11:30 a.m., 3rd Thursday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Pregnancy & Parenting**

**Pregnancy & Parenting**
- **Time:** 10-11 a.m., 3rd Thursday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500

**Support Group**
- **Time:** 10:30 a.m.-11:30 a.m., 3rd Thursday of each month
- **Location:** Lee Memorial Hospital, 609 SE 13th Court, 5th Floor, Suite 500
Every Monday
Yoga Classes – all levels welcome, please bring a mat
3:30-4:30 p.m.
5-6 p.m.
Call 239-495-4475 to RSVP

Every Tuesday
Free Blood Pressure Screening
9 a.m.-1 p.m.
Babes and Babies Fitness Class
9-10 a.m.
$5 drop in fee

Every Wednesday and Saturday
Walking Club
8:30-9:30 a.m.

Every other Thursday (4/6, 4/20)
Fourth Trimester Club
12-1 p.m. moms and children under 1 year

Every Friday
SWFL Produce Box Pickup
4-6 p.m.
To place an order visit swflproduce.net

Saturday, April 1
Parkinson's Disease Functional Screening Clinic
9 a.m.-1 p.m.
Call 239-343-4960 to register for appointment

Tuesday, April 4
Natural Solutions to Back Pain
3-4 p.m. RSVP

Wednesday, April 5
National Walking Day Celebration
8:30-10 a.m.
Metabolism and Circadian Rhythm
11 a.m.-noon RSVP
Where Does Your Water Come From?
3-4 p.m. RSVP

Thursday, April 6
Excursion: Shopping Tour of Costco
2-3:30 p.m. RSVP to book
30-minute small group tour with dietitian
Location: Costco at Gulf Coast Town Center, 10088 Gulf Center Dr.
Fore Myers, FL 33913

Friday, April 7
Living with COPD Lecture and Screening
11 a.m.-noon RSVP
Food Technology
1-2 p.m. RSVP
Dr. Jose Colon, sleep medicine
"Nice" Cream Social—Join us for music and line dancing! 3:30-5:30 p.m. RSVP

Tuesday, April 11
Heart Report Card
10:30 a.m.-3:30 p.m.
Call 239-424-1499 for fees and to make an appointment.
A noninvasive screening program for those who may not have symptoms, but could be at risk for heart disease.

Wednesday, April 12
Diabetes: Exploring Various Treatment Options
1-2 p.m. RSVP

Monday, April 17
Benefits of Tai Chi-Demonstration
1-2 p.m. RSVP

Tuesday, April 18
Living Strong with a Weak Heart: Basics of Heart Failure
10:30-11:30 a.m. RSVP

Wednesday, April 19
What is Frozen Shoulder and What Can Be Done to Treat it?
12:15-1:30 p.m. RSVP
Dr. John Mehalik, orthopedic surgeon
Medical Driving Evaluations: Am I a Safe Driver?
3-4 p.m. RSVP

Thursday, April 20
Safety with Children in Mind
10-11 a.m. RSVP
Lung Cancer: What You Should Know
5:30-6:30 p.m. RSVP
Dr. Imtiaz Ahmad, pulmonologist
Dr. Lowell Hart, medical oncologist

Friday, April 21
Essential Oils for Spring Cleaning
11 a.m.-12:30 p.m. RSVP
$10 fee. Include DIY cleaning product
Guided Meditation
1-1:30 p.m. RSVP
Dr. Jose Colon, sleep medicine

Saturday, April 22
Healthy Family Series: Incorporating Vegetables and Healthy Eating Habits
10-11 a.m. RSVP
Dr. Denise Drago, pediatrician
Essential Oils 101
1-2 p.m. RSVP

Monday, April 24
Anxiety & Essential Oils
10-11 a.m. RSVP
What Lee County Transit Has to Offer including ADA
2-3 p.m. RSVP

Tuesday, April 25
Shipley Cardiothoracic Center Leaders Series: Advances and Treatments of Atrial Fibrillation
5-6 p.m. RSVP
Dr. Paul DiGiorgi, cardiothoracic surgeon

Wednesday, April 26
GMOs Fact or Fiction?
11 a.m.-noon RSVP
Alzheimer's Update
3-4 p.m. RSVP
Dr. Frederick Schaerf, neuropsychiatrist

Friday, April 28
Book Club and Discussion: The Microbiome Solution
(Author: Robynne Chutkan, M.D.)
9-11 a.m. RSVP

Healthy Life Center
23190 Fashion Drive, Suite 105
Estero, FL 33928
9 a.m.-6 p.m., Monday-Friday
9 a.m.-4 p.m., Saturday
For information, call 239-495-4475
For upcoming events, go to LeeHealth.org/HealthyLifeCenter