While you’re wrapping gifts, trimming the tree, baking cookies, or lighting candles, don’t forget an important holiday task: ensuring your family’s safety. Lindsay Schwandner, M.D., a primary care pediatrician at Golisano Children’s Hospital of Southwest Florida, says it’s easy to overlook safety precautions.

“During the holidays, with so many distractions, sometimes children aren’t as closely supervised,” Dr. Schwandner says. “With many adults in the house, it’s easy to think someone else is watching them.”

To ensure a safe holiday season for your family, Dr. Schwandner suggests taking these precautions:

**Décor Tips**
- Use non-breakable tree ornaments tied with ribbon instead of metal hooks, which are choking hazards for small children.
- Poinsettia, holly, and mistletoe plants can be toxic. Put plants out of the reach of toddlers. Collect fallen leaves and needles. Use netting with mistletoe and holly plants to prevent children from ingesting their fallen berries.
- String decorative lights toward the upper reaches of your holiday tree. The bulbs can burn tiny fingers and loose lights pose a choking hazard.
- For outdoor lighting, choose extension cords rated for outside use. Also, don’t overload outlets.

**Fire Awareness**
- Never decorate a tree with candles.
- Keep candles where only adults can reach them.
- Extinguish candles before going to bed or leaving the room. Consider replacing candles with electric and battery-operated versions.
- Your tree should be fresh with green needles. Avoid trees with brown needles, easily bendable branches, and sap-sticky trunks.
- To prevent your tree from tipping over, securely fasten it inside a broad stand.
- Water your tree every other day to keep it from drying out and becoming a fire hazard.
- Artificial trees should be rated fire-retardant and non-allergenic by a recognized testing facility.
- Check decorative lights for broken or missing bulbs and frayed wires.
- Turn off tree lights before leaving your home or going to bed.
- Dispose of your tree in a timely fashion after the holidays—as it can easily dry out and pose a fire risk.

**Child Gift-Giving Tips**
- Check the safety label to determine if the gift is age-appropriate for its recipient.
- Avoid toys with small parts for infants, toddlers, and all children who still chew objects.
- Even if a small child is considered advanced for his or her age, he or she should not receive a gift meant for an older, more mature child.
- When opening gifts, collect all packaging pieces to eliminate choking hazards.

**Avoid Common Mishaps**
- To prevent children from burning themselves on hot holiday food and liquids, place items on a countertop out of their reach.
- Keep alcohol away from the reach of children, and promptly throw away empty bottles or cans.
- Never burn colored gift wrap in your fireplace. Some metals found in certain ink pigments can release toxic fumes.

Lindsay Schwandner, M.D.
Pediatrics
Lee Physician Group
4751 S. Cleveland Ave.
Fort Myers, FL 33907
239-343-9888

For more information on safe holiday gifts for kids, go to: tinyurl.com/HolidaySafe
Designer Purse Bingo

Join in the excitement – and try your luck at winning name brand handbags – at a special lunch edition of Lee Health Foundation’s Designer Purse Bingo at noon on Dec. 7, at Texas Roadhouse. Proceeds from the event help offset cancer treatment costs for patients at the state-of-the-art Regional Cancer Center. At the event, guests will enjoy hors d’oeuvres and 18 rounds of lively bingo with the chance to take home Michael Kors, Kate Spade, Dooney & Burke, Coach, and many more designer purses! This is a party you don’t want to miss – and tickets go fast! Make your reservation or get more information at LeeHealthFoundation.org/PurseBingo or call 239-214-0819.

Golisano Children’s Hospital Fashion Show—Dec. 8

Join more than 600 women for a preview of the latest fashions, lunch, and an auction during the 8th Annual Golisano Children’s Hospital Fashion Show at Hyatt Regency Coconut Point. Tickets are $100 for this popular event. Sponsorship opportunities are also available including the Runway Table Sponsorship for $1,500 each, which includes 10 seats, recognition in the program, and complimentary wine. For more event details, please visit LeeHealthFoundation.org/GolisanoFashionShow.

Ways to Give

As you begin to map out your year-end charitable giving plans, please consider ways to support Lee Health’s lifesaving mission:

• **Capital Campaign** – Make a gift to help build the new outpatient center Lee Health - Coconut Point.

• **Unrestricted Gift** – Your unrestricted gift allows Lee Health to direct your donation to meet our most urgent needs.

• **Honor a Loved One** – Show you care by making a gift to celebrate his/her accomplishments, memory, or milestone event.

• **Stock** – Donating appreciated stock may allow you to make a charitable donation while improving your capital gains tax situation.

• **Will and Estate Gifts** – Name Lee Health as a beneficiary of your will, trust, or other estate plan.

To talk with someone about your giving plans, email Foundation@LeeHealth.org or call 239-214-0819.

Enhancing the Health of Our Community

Over the next few years, Lee Health Foundation will focus on six initiatives to enhance the overall health and wellness of the Southwest Florida community. As we continue to serve patients with the highest quality care, we are raising awareness and philanthropic support in the following areas:

1. **Lee Health – Coconut Point**

   Our goal is to be the most comprehensive health and wellness destination in South Lee County. To be completed in 2018, and located south of Coconut Point Mall.

   **Features include:**
   - Freestanding 24-hour emergency department
   - Surgery center
   - Breast health center
   - Cardiac testing, rehabilitation services, and chronic disease management
   - Pharmacy
   - Nutritional counseling including a teaching kitchen
   - Healthy Life Center for exercise, health assessments, and education throughout the year

   Visit LeeHealthFoundation.org/CoconutPoint to learn more.

2. **Little Red Wagon Fund**

   Golisano Children’s Hospital received The Leapfrog Group Top Children’s Hospital in 2016. Every dollar raised through the Little Red Wagon Fund will benefit the youngest, most vulnerable patients and their families, and also support:

   - Pediatric Specialty Clinic in Port Charlotte
   - Golisano | Nicklaus Children’s Health Center in Naples

   Visit LeeHealthFoundation.org/LittleRedWagon to learn more.

3. **The Health & Wellness Initiative**

   With Healthy Lee, physicians’ groups, local schools, social services, and neighborhood organizations, we are initiating healthy living programs that transform the way our families feel about wellness and health care.

   **Our six key focus areas include:**
   - Purpose-Driven Living “Your Why”
   - Physical Activity
   - Nutrition, Sleep
   - Stress Management
   - Mental & Behavioral Health

   Visit LeeHealthFoundation.org/Wellness for more information on the CHIP Program, walking trails, gardens, teaching kitchens, food trucks, and other efforts.

4. **Pediatric Behavioral Health**

   Golisano Children’s Hospital’s Pediatric Behavioral Health Fund will help create a pediatric behavioral health program to enable children with mental and behavioral health disorders to receive proper diagnosis, treatment, and the best community resources.

   You can support families and assist with hiring mental and behavioral health professionals for counseling and therapy.

   Visit LeeHealthFoundation.org/NotOnMyWatch and shine a light for a child in need of hope.

5. **Regional Cancer Center Expansion**

   The five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. The multi-million-dollar expansion of the Regional Cancer Center will feature a 24,000-square-foot addition to the existing health center in Fort Myers, and include space for cancer treatment research.

   Completion is anticipated for fall 2018.

   You can have a lasting impact on our community. Visit LeeHealthFoundation.org/RegionalCancerCenter to learn more.

6. **Shipley Cardiothoracic Center**

   Thanks to a $2.5 million gift from Mr. Richard C. Shipley and Shipley Foundation, Inc., Lee Health created Shipley Cardiothoracic Center to address the management and care of those suffering from 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.

   Visit LeeHealthFoundation.org/ShipleyCenter to learn more.

By partnering with Lee Health Foundation, you can transform the future of Southwest Florida and have a lasting impact on our community through your generous support. Contact our team to discuss the area of need that reflects your passion! Visit LeeHealthFoundation.org or call 239-214-0819 to speak with our team.
Friendship Flourishes in Pancreatic Cancer Support Group

Business owner Ina Harris, 52, exercises every day, eats healthy, doesn’t drink alcohol, and takes care of herself. But in the spring of 2014 she began to experience severe stomach cramps, pain, and vomiting. She believed it to be a bout of food poisoning.

Ina visited Cape Coral Hospital and an urgent care facility for testing. Laboratory results indicated a pancreatic infection. She spent a few days in the hospital on IVs then returned home thinking all was well. Almost a year later, she began to experience the same symptoms. In March of 2016, Mark Bloomston, M.D., diagnosed Ina with pancreatic cancer. He removed her spleen, gallbladder, two-thirds of her pancreas, part of her stomach, and 29 cancerous lymph nodes. “The hardest part of the experience was that I couldn’t tell my parents,” she says. “My brother lost his battle to stomach cancer in January of 2015, so I didn’t want to worry them.”

Sometimes, tough circumstances ignite friendships. Ina found support in gastrointestinal oncology nurse navigator Bobbi Marino, BSN, RN, OCN. “Together, we started the pancreatic/biliary cancer support group at the Regional Cancer Center,” Ina says. “It really helps to be around people going through the same thing as you.”

Ina Harris (left) and Bobbi Marino, BSN, RN, OCN developed the pancreatic cancer support group at the Regional Cancer Center.

Bobbi says the support group is a great connection for patients undergoing treatment and surgery for pancreatic and biliary cancers. “We needed a place patients can go and share their feelings and stories,” Bobbi says. “I try to schedule speakers from the community and Lee Health to come and educate our patients about what is available for them and their families.”

Now, Ina has completed her treatment. She’s excited to be cancer free and will have her medication infusion port removed once she returns from visiting her parents in Germany. Her friendship with Bobbi has blossomed, and the two look forward to reconnecting after Ina returns. They enjoy sharing stories, laughing, and eating German chocolate from Ina’s hometown.

Physical Therapy Sparks India Expedition

Kathy Rice wanted to explore India, so the Sanibel resident went on a three-week trek of the country. The journey of a thousand miles begins with one step, Chinese philosopher Lao Tzu said. For Kathy, her journey to Asia began when she had to relearn how to stand, sit, and walk after having knee replacement and back surgeries.

Diagnosed with spinal stenosis and scoliosis, Kathy lost her ability to balance and perform daily activities successfully. “For a long time I was really frightened,” she recalls. “I wasn’t sure how much I could do anymore. It was a little depressing.”

She had knee replacement surgery first, about two years ago. Afterward, she went to physical therapy twice a week for three months. “It was very intense, it was hard, but they got me through it,” she says of her rehabilitation therapists.

But the following summer she underwent back surgery, and afterward the Ohio native returned to Outpatient Rehabilitation at Riverwalk in Fort Myers for physical therapy. “It’s why I wanted to come back, because they knew me, they knew my situation,” Kathy says. “It had worked before.”

Kathy worked with physical therapist Raymond Halstead to relearn daily tasks. “Our goal was to help her regain her functional abilities and achieve personal goals that she mapped out during our encounters,” Raymond says.

She performed lunges and squats to help rebuild muscle around the knee. Disciplined in her recovery, Kathy even practiced her physical therapy exercises at home. “They really were very encouraging and kind and supportive,” she says. “It made it a pleasant experience during a tough time. They really are like friends now.”

Kathy has a new travel plan, one a little closer to home. She wants to bike Sanibel now that she walks without pain. “I can actually walk through a store without a cart, which I couldn’t do before.”

Outpatient Rehabilitation at Riverwalk 8350 Riverwalk Park Blvd. Fort Myers, FL 33919 239-343-8853

Kathy Rice and physical therapist Raymond Halstead review her treatment plan.

I can actually walk through a store without a cart, which I couldn’t do before.”

Have pancreatic or biliary cancer and need support? The pancreatic/biliary cancer support group meets 4-5 p.m., the third Thursday of the month at the Regional Cancer Center.

For more information on pancreatic cancer and treatment, go to tinyurl.com/SupportFriend
Don’t Ignore the Tingling

Do you spend most of your days typing? Using a mouse to surf the web? Or digging in your garden? If so, you may be used to ignoring numbness and pain in your thumbs.

But you should pay attention to thumb pain because this common ailment can turn debilitating and worsen each year, says orthopedic surgeon Chris Myer, M.D. Some studies show at least 26 percent of men and 42 percent of women in their early 50s can suffer from thumb arthritis.

“Many patients with thumb arthritis describe a pain with gripping, grasping, pinching, opening jars or pill bottles, turning keys, and even buttoning clothing,” Dr. Myer says. “If you have these symptoms, and especially if you have associated numbness or tingling, it’s important to see a doctor before permanent damage to the thumb or nerves occurs.”

Treatment options to relieve thumb arthritis vary depending on your symptoms, and include:
• Cortisone injection
• Firm thumb splints
• Soft thumb supports

Dr. Myer says surgical treatments are also available if the conservative treatments are ineffective. Surgery involves removing the affected bones at the joint and reconstructing the ligament at the thumb to alleviate the pain.

If you are suffering from thumb or finger numbness or pain, make an appointment for your physician to find relief and begin treatment.

For more information on arthritis, go to tinyurl.com/Thumb-Arthritis

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Deck the Halls with Reds and Greens – Not the Holiday Blues

Eating too much, spending too much money, and overextending yourself to friends and family can contribute to the “holiday blues.” According to the National Alliance on Mental Illness, about 64 percent of people with mental illness say the holidays worsen their conditions.

“The stress of standing in long lines, dealing with the crowds, having to travel and see relatives, and buying gifts for everyone can lead many people to experience anxiety and depression around the holiday season,” says psychiatrist Daryl Tanski, M.D. “We need to have realistic expectations for the holidays. It won’t be perfect, and don’t push yourself to do more than you can handle.”

1. Get enough sleep: 7-8 hours per night.
2. Plan and stick to a budget.
3. Have realistic expectations.
4. Simplify gift giving.
5. Consume less alcohol and sugar.
6. Start or keep exercising.
7. Avoid “toxic” people and relatives.
8. Do not over commit yourself.

If feelings of anxiety or depression persist or worsen, you should make an appointment with your doctor because you may be experiencing recurrent depression or seasonal affective disorder (SAD), a mood disorder associated with the time of year.

For more information on depression, go to tinyurl.com/NoHolidayBlues

Daryl Tanski, M.D.
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239-343-9180
Cartoonist Doug MacGregor has drawn everything from sunsets to pelicans, but his real talent is drawing out the child in people as program coordinator with the Lee Health Arts in Healthcare program. By offering patients creative channels to link the expressive arts with the healing arts, the program promotes the well-being of those who are ill, as well as their caregivers.

“We provide creative activities for patients, families, and staff,” Doug says. “We bring to the patient’s bedside activities that include painting, drawing, puppetry, storytelling, music, and the art of conversation.”

For patients too ill to leave their rooms, Doug and program volunteers bring the power of art bedside in a cart filled with art supplies, crafts, and puzzles. “We want to make them feel that they’re not in a hospital,” he says. For those with musical interests, the “Music on Wheels” cart with a keyboard, percussion instruments, and an iPod sound system offers patients an opportunity to perform in their own one-person band.

When a patient’s face lights up while creating, Doug knows he or she has connected with their inner child. “Those are the magic moments I work for,” he says. “They feel younger, seem to look younger. At that moment, they are somewhere healthy in their mind.”

Doug admits a career in the healing arts was not on his radar when he graduated from Syracuse University in 1979 with a degree in illustration. “Drawing came naturally to me,” he says. “I enjoyed it. I drew for the university newspaper and took a liking with cartooning, which is my strength. I like painting with oils, too, but cartooning comes easier to me, and it’s more fun.”

But he had some doubts about his passion to become an editorial cartoonist. “I asked myself, ‘How are you going to make a living at it?’” he says. After 18 months of searching, Doug was hired by a small newspaper in eastern Connecticut. “To get paid a salary to draw was really wonderful.”

Doug’s career path eventually led him to The News-Press in Fort Myers, where he served as its full-time editorial cartoonist for 23 years. He still draws a Sunday cartoon for the paper each week. Since 2012, Doug has organized activities for the Arts in Healthcare program and the Art by the disABLEd program.

Art by the disABLEd assists individuals with disabilities showcasing their talents. Each of Lee Health’s four hospitals maintains a gallery to display their artwork, and the health system arranges an annual juried art show and assists disabled artists in participating in local art shows. More than 75 participants volunteer their time to the Art by the disABLEd program, which is partly funded by donations.

“It takes a special somebody to be a volunteer,” Doug says. “They have to be passionate about giving. Volunteering puts our lives in perspective. This is soul work.”

For more information about volunteering in the arts or Lee Health’s Arts in Healthcare programs, contact Doug MacGregor at 239-343-2633 or email Art@LeeHealth.org.

Volunteer artists have painted calming scenes on more than 300 ceiling tiles throughout six hospitals and multiple outpatient facilities to provide visual relief for patients, families, visitors, and staff.

Arts in Healthcare offers the following programs:

- **Art by the disABLEd**
  The Arts in Healthcare program partners with local disABLEd artists and musicians to showcase their work and talents in the Art by the disABLEd galleries. Anyone can purchase the art and the proceeds benefit the artist and the Arts in Healthcare program.

- **Visual Arts**
  Patients of all ages produce visual art in a variety of mediums. Volunteers may help patients paint ceiling tiles, construct art and craft projects, make a handmade tissue flower, fold paper origami butterflies, and create other artful projects.

- **Music and Performance**
  Guest musicians, singers, actors and dancers visit each hospital as part of the monthly Arts in the Park. Young patients can play musical instruments and sing songs.

- **Clowning, Puppetry, and Storytelling**
  Clowns, storytellers, and puppeteers visit patients at their bedside to entertain and bring cheer.

- **Healing Ceilings**
  Local artists and program volunteers paint ceiling tiles for the enjoyment of patients.

For more information on musical healing for kids, go to TinyURL.com/KidsMusicHealing

Arts in Healthcare Announces Calendar Contest Winners

The Arts in Healthcare program at Lee Health is proud to announce the winners of the 2018 Art by the disABLEd Calendar Contest. More than 25 works were entered and placed on display in the atrium of HealthPark Medical Center. A local panel of six judges chose five winners from the entries.

Linda Livesay earned top honors for her piece, “Mom’s Vase.” Her art will appear on the cover of the 2018 Arts in Healthcare calendar and will remain on display on the fifth floor of the Rehabilitation Hospital at Lee Memorial Hospital.
Jackfruit Steals the Show at 4th Annual Vegetarian Chef Challenge Cook Off

Chef Jack Brown successfully defended his crown at Lee Health’s annual Vegetarian Chef Challenge on Nov. 1 at HealthPark Medical Center. Chef Brown’s winning meal used vegan cheese and panko breaded green jackfruit to create chicken Parmesan and chicken marsala, an Italian meal accompanied by mashed parsnip potatoes with a dash of black truffle oil, fresh steamed mushrooms, baby carrots, purple cauliflower and zucchini, and a dash of lemon juice.

Chef Brown and Chef Cathy Berner were allotted 20 minutes to create a culinary dish using only plant-based ingredients. Four judges and cafeteria patrons sampled the creations. Plant-based diets can help improve chronic disease, diabetes, and chronic obstructive pulmonary disease.

Plant-Based Healthy Holiday Meal from Lee Health

**Holiday Stuffing**

**Rice**

Ingredients:
- 4½ cup low-salt chicken broth
- 3 tablespoons chopped fresh thyme
- 1¼ cup short grain brown rice
- 1¼ cup wild rice

Rice Directions:
In a saucepan, bring broth and thyme to boil over medium-high heat. Add the brown and wild rice and cook for 30 minutes. Turn off heat and let stand for 10 minutes. Fluff with fork.

**Vegetables**

Ingredients:
- 2 tablespoons unsalted butter
- 2 tablespoons extra virgin olive oil
- 1 bag (14-ounce) pearl onions, thawed
- 1 teaspoon kosher salt
- 3 large (about 13 ounces) portabella mushrooms, thinly sliced
- 8 ounces Brussels sprouts, trimmed and thinly sliced

Vegetable Directions:
In a skillet, heat the olive oil and butter over medium-high heat. Add the onions and seasoning with ½ teaspoon salt and ¼ teaspoon pepper. Cook, stirring occasionally, until it turns light golden, about five minutes. Add the mushrooms, ¼ teaspoon salt and ¼ teaspoon pepper. Cook until it becomes soft, about eight minutes. Add Brussels sprouts and cook for five minutes.

Transfer the vegetable mixture to the cooked rice. Toss until all ingredients are mixed. Transfer the stuffing to a bowl. Serve.

**Butternut Squash Soup**

Ingredients:
- 1 (2-3 pound) butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and pepper

Directions:
Cut squash into 1-inch chunks. In large pot, melt butter. Add onion and cook until it is translucent, about eight minutes. Add squash and stock to pot. Bring to a simmer and cook until squash is tender, about 15-20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.
Fall-Proof Your Home
3 Tips to Reduce the Risk of Tumbles

Accidental falls don’t “just happen.” Older adults may not be able to eliminate all falls, but it is possible to minimize some of the risk factors.

A safe home environment is important for everyone, but it is especially crucial for the elderly. “Even though a fall may not result in injury, it can influence a decision to transition into different living arrangements such as moving in with family, going to an assisted living facility or even a skilled nursing home,” Nathalie Grondin, PT, says. “Making changes in your environment could prevent a fall and allow you to remain independent in your home longer.”

Almost every room in the home can be adapted or modified to create a safer environment, often at little or no cost. When fall-proofing your home, Nathalie suggests tackling three major areas:

1. Lighting
   - Install brighter lights.
   - Add switches at each entrance.
   - Motion-activated night lights can illuminate the walking path to bathroom.
   - Older adults should take time to let their vision adjust between indoor and outdoor lighting.

2. Clutter
   - Remove throw rugs; if needed, use double-sided tape and rubber backing underneath.
   - Arrange furniture and holiday decorations away from the walking path.
   - Remove possible tripping hazards such as electrical cords.
   - Older adults should move slowly around pets.

3. Reaching tasks
   - Store commonly used items between shoulder and knee levels.
   - Consider purchasing a reacher/grabbing tool.
   - Older adults should ask for help with challenging tasks such as changing light bulbs.

The Advantages of the Bertec Balance Machine
Strengthen Your Vestibular Balance

Feeling off balance? Improving your balance can take time, practice, and sometimes even technology. Rehabilitation staff members at Lee Health can help you improve your balance in a new way.

The Bertec Balance Advantage Dynamic CDP, a virtual rehabilitation tool, combines immersive environments that assess your stability, including:

- Motor control
- Sensory organization
- Adaptation
- Rhythmic weight shift
- Limits of stability
- Unilateral stance
- Weight bearing

A person, supported by a safety harness, can test his or her balance skills in a simulated environment that is projected on a screen.

The platform provides objective data about sensory or motor problems related to balance. Based on each individual’s needs, the tool simulates a visual environment. Individuals are supported in a safety harness as the moving screen and platform takes them through different scenarios that may cause balance problems.

For more information on how to prevent falls, go to tinyurl.com/HomeFallProof
For information on testing your balance, go to tinyurl.com/Balance-Advantage
Lee Health Calendar

Walk with a Doc 7-8 a.m., Dec. 13 Walk with Salvatore Lacagnina, D.O., internal medicine.

Events & Screenings
Free Memory Screenings 11 a.m.-noon, third Tuesday of each month 12600 CR 391 West, Cape Coral

Aphasia Group 9:30-10:30 a.m., Tuesdays Cape Coral Hospital Meeting Room A (located at Day Surgery entrance)

Brain Tumor Support Group 6:30-7:45 p.m., third Tuesday of each month Lee Memorial Medical Center and Cape Memorial Hospital

Wellness Center – Cape Coral 605 SE 15th St, Cape Coral, FL 33990 Call 239-424-3270.

Breast Cancer Support Group The Breast Cancer Support Group is facilitated by Patricia Trione, LCSW.

Young Driver Program 5:30-8:30, Dec. 19 Lee Memorial Hospital Auditorium Free for new drivers age 15-16. A supplement to drivers education. Call Contact Syndy at 239-343-3797 to register for the class.

Walk with a Doc 7-8 a.m., Dec. 13 Walk with Salvatore Lacagnina, D.O., internal medicine.

Tasting and Lecture 10-11 a.m., Dec. 12 North Fort Myers Recreation Center 2000 North Recreation Park Way, North Fort Myers, FL 33923 Call 239-495-4475.

Tour 2:30-3:30 p.m., Dec. 4 Rehabilitation and Healthcare Center of Cape Coral 2629 Del Prado South Blvd., Cape Coral, FL 33904 Call 239-495-4475.

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Palliative Care
Ahmed Hassan, M.D.
Rabia Khan, D.O.
Sarah Newman, M.D.
Colleen Taller, M.D.
Jonathan Von Koenig, M.D.
Jeaniene Briggs, ARNP
Christina Caffee, ARNP
Debbie Chapa, ARNP
Tonya Gottschalk, ARNP
Abreonna Greco, PA-C
Catherine Gouge, PA-C
Holly Lamer, ARNP
Marion O'Henian, ARNP
Dawn Rogers, ARNP
Teresa Thompson, ARNP
Kathy Udell, ARNP
Kimberly Vogelbein, ARNP

GOLISANO CHILDREN'S HOSPITAL
*Please note that there are certain items highlighted on the Wish List that cannot be accepted including toy weapons, religious-themed items, used toys, or movies and games rated R or M.

The hospital is currently taking toy donations for its annual Child Life Holiday Wish List program. Your generous donation will help children, families, and caregivers have a joyful and fulfilling holiday season.

How?
Follow the Amazon or Starlight Wish List links below, pick out a toy, and ship it directly to the hospital.

• Amazon – tinyurl.com/HowTo-GiveAmazon
• Starlight – tinyurl.com/StarlightGiving

To learn more go to:
LeeHealth.org/childrens-health/ways-to-give/

When?
Donate any time between now and Dec. 18.

*Please note that there are certain items highlighted on the Wish List that cannot be accepted including toy weapons, religious-themed items, used toys, or movies and games rated R or M.
### Coconut Point
23190 Fashion Drive, Suite 105, Estero, FL 33928 For reservations call 239-495-4475.

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<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>RSVP Info</th>
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<tbody>
<tr>
<td><strong>Every Tuesday</strong></td>
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<td>Free Blood Pressure Screening</td>
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<td>Babes and Babies Fitness Class</td>
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<td>9 - 10 a.m.</td>
<td>$5 drop in fee</td>
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<tr>
<td><strong>Every Wednesday</strong></td>
<td>Yoga Classes – all levels welcome, please bring a mat</td>
<td>3:30-4:30 p.m.</td>
<td>5-6 p.m.</td>
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<td>Call 239-495-4475 to RSVP</td>
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<td>Walking Club</td>
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<td>Fourth Trimester Club</td>
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<td><strong>Every Friday</strong></td>
<td>SWFL Produce Box Pickup</td>
<td>4-6 p.m.</td>
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<td>To place an order visit swflproduce.net</td>
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<tr>
<td><strong>Friday, December 1</strong></td>
<td>Medicare: Part A, B, C, D, and Supplements</td>
<td>11 a.m. - noon</td>
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<td><strong>Saturday, December 2</strong></td>
<td>Mommy and Me Yoga</td>
<td>9-10 a.m.</td>
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| **Wellness Center—Cape Coral**
609 SE 13th Court, Cape Coral, FL 33990 For reservations call 239-424-3210.

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<tr>
<td><strong>Every Wednesday</strong></td>
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<td></td>
<td>Walking Club</td>
<td>7-7:30 a.m.</td>
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<td></td>
<td>Memory Café</td>
<td>10 a.m.-noon</td>
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<tr>
<td><strong>Monday, December 11</strong></td>
<td>Exercise and Heart Health</td>
<td>9-10 a.m.</td>
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<tr>
<td><strong>Brain Boosters</strong></td>
<td>Train Your Brain Like You Would Any Other Part of Your Body</td>
<td>12:1 p.m.</td>
<td></td>
<td>$5</td>
<td>Call 239-424-3247 to RSVP</td>
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<tr>
<td><strong>Tuesday, December 12</strong></td>
<td>Essential Oils 101 Class and Make and Take It: Bath Salts</td>
<td>10-11:30 a.m.</td>
<td></td>
<td>$10</td>
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<td></td>
<td>Healthy Options for Happy Hour</td>
<td>4-5 p.m.</td>
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<tr>
<td><strong>Wednesday, December 6</strong></td>
<td>Graston Technique and Kinesio Taping: Therapy Techniques to Improve Mobility</td>
<td>10-11 a.m.</td>
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<tr>
<td><strong>Whole Food Plant Based Living Group</strong></td>
<td>11:30 a.m.-12:30 p.m.</td>
<td>RSVP</td>
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<tr>
<td><strong>Thursday, December 7</strong></td>
<td>Healthy Options for Happy Hour</td>
<td>3-4 p.m.</td>
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<tr>
<td><strong>Saturday, December 9</strong></td>
<td>Eye Health: Eye Emergencies and Important Eye Conditions</td>
<td>10-11 a.m.</td>
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<tr>
<td><strong>Monday, December 11</strong></td>
<td>Food &amp; Probiotics: You Are What You Eat</td>
<td>10-11 a.m.</td>
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<tr>
<td><strong>Tuesday, December 12</strong></td>
<td>Parkinson's Disease Functional Screening Clinic</td>
<td>10 a.m. - 2 p.m.</td>
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<td>Pelvic Congestion Syndrome</td>
<td>4-5 p.m.</td>
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<tr>
<td><strong>Wednesday, December 13</strong></td>
<td>Bon-appé -TEMPT Cooking Demo: Healthy eating for parties</td>
<td>11 a.m.-noon</td>
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<tr>
<td><strong>Thursday, December 14</strong></td>
<td>What Can Acupuncture &amp; Massage Therapy Do For You?</td>
<td>3-4 p.m.</td>
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<tr>
<td><strong>Saturday, December 16</strong></td>
<td>Memory Cafe</td>
<td>10 a.m.-noon</td>
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<td><strong>Monday, December 18</strong></td>
<td>Brain Boosters: Train Your Brain Like You Would Any Other Part of Your Body</td>
<td>10-11 a.m.</td>
<td></td>
<td>$5</td>
<td>Call 239-495-4475 to RSVP</td>
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<tr>
<td><strong>Wednesday, December 20</strong></td>
<td>Guided Meditation for Wellness</td>
<td>2:30-3 p.m.</td>
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<td><strong>Thursday, December 26</strong></td>
<td>Is It My Memory or is it My Hearing?</td>
<td>11:30 a.m.-12:30 p.m.</td>
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<tr>
<td><strong>Friday, December 8</strong></td>
<td>Memory Café</td>
<td>10 a.m.-noon</td>
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<tr>
<td><strong>Monday, December 11</strong></td>
<td>Exercise and Heart Health</td>
<td>9-10 a.m.</td>
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<td><strong>Brain Boosters</strong></td>
<td>Train Your Brain Like You Would Any Other Part of Your Body</td>
<td>12:1 p.m.</td>
<td></td>
<td>$5</td>
<td>Call 239-424-3247 to RSVP</td>
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<tr>
<td><strong>Tuesday, December 12</strong></td>
<td>Healthy Options for Happy Hour</td>
<td>3-4 p.m.</td>
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<td><strong>Wednesday, December 13</strong></td>
<td>Draw Your Art Out</td>
<td>4-5 p.m.</td>
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For upcoming events, go to LeeHealth.org/HealthyLifeCenter.