Jim Nathan walked into Lee Memorial Hospital 42 years ago, expecting to complete a one-year administrative residency, after which he would return to his hometown of Cincinnati to begin his career in health administration. But in less than a year, Jim’s extraordinary leadership abilities were recognized and he was promoted to vice president of Institutional Services. In late 1981, the Lee Memorial Board of Directors appointed him President and CEO, positions he would hold until 1997, and once again from 2000-2017. Except for three years of health and leadership consulting and working on national health reform in the late 1990s, Jim Nathan has belonged to Southwest Florida’s health care community for more than four decades.

Throughout the years, Jim has overseen remarkable growth at Lee Health through its development and expansion from a single hospital to an organization with four major acute care hospitals, a children’s hospital, a rehabilitation hospital, a regional cancer center, a skilled nursing and rehabilitation facility, home health services, multiple outpatient facilities and physician group practices.

“If I have always seen my role as an enabler so that brilliant, talented, hardworking, caring people have the resources and culture to succeed.”

In the past few years, Lee Health has received national recognition, including for Lee County Schools Board member of the Foundation for Lee County Schools Board member of the American Heart Association of Lee County

Jim Nathan’s Impact on Southwest Florida Health Care

Jim Nathan’s Impact on Southwest Florida Health Care

Jim Nathan’s Impact on Southwest Florida Health Care

As an advocate in shaping health care at a national level, Jim has served as a national keynote speaker on many health care topics and testified before the U.S. Senate on competition and antitrust issues regarding health care delivery and financing.

Jim has agreed to serve “on call” during the next two years based on assignments selected by the Lee Memorial Health System Board of Directors and our new CEO, Larry Antonucci, M.D. “While I am not retiring or resigning, I have no intention of being an ‘advisor’ on issues as I believe Larry and his administrative team in partnership with the Board and Medical Staff leaders must be empowered to make the right short term and long term decisions. I am honored to have served Lee Health for decades and proud of the Lee Memorial Health System Board for making the right decision to support an orderly leadership transition.”

Jim says the best time to transition Lee Health leadership is now. “For the past year I have been focusing on vital system leadership needs, to make sure Lee Health is well positioned for a successful future,” he says. “We recently announced a succession plan for key leaders who are retiring this year while identifying or recruiting the leaders who are replacing them. I am proud of the impressive team we have assembled and feel that Lee Health is prepared for the challenges of a rapidly changing health care delivery system and the ‘future world’ of coordinated care and population health.”

Jim’s devotion to ensuring our community has the best health care extends well past Lee Health through his involvement in many other organizations, including serving as:

• Past chairman of the Florida Hospital Association
• Past campaign chairman and president of the United Way of Lee County
• Founding chairman of the Safety Net Hospital Alliance of Florida
• Founding chairman of the Coalition for a Drug-Free Southwest Florida
• Board member of the Foundation for Lee County Schools
• Board member of the American Heart Association of Lee County

Awards Jim has earned for his leadership include:

• Named “Person of Distinction” for the past 25 years by The News-Press
• Gulfshore Business Lifetime Achievement Award
• Clara Barton Humanitarian Award by the American Red Cross
• Business Building Leadership Award by the Chamber of Commerce of Southwest Florida
• Distinguished Alumni Award for Xavier University’s Graduate Program in Health Administration
• Distinguished Citizen Good Scout Award for the Boy Scouts of America’s Southwest Florida Council
• Inauguration into the Business Hall of Fame by Junior Achievement of Southwest Florida
• A Champion of the Movement by the Dr. Martin Luther King, Jr. Celebration Committee
• Founder’s Award from Lee Mental Health for his on-going support of mental health initiatives in Southwest Florida
• Voted “Person of the Decade” by Gulfshore Life
Lee Health Foundation has identified six initiatives that focus on enhancing the health and wellness of the Southwest Florida community as priorities for 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:

1. **Lee Health – Coconut Point** will be the most comprehensive health and wellness destination in South Lee County. When complete, the 172,000-square-foot medical campus will occupy a 31-acre site south of Coconut Point Mall and offer a broad array of medical services. In addition to providing an excellent experience and helping patients thrive, features include: a freestanding 24-hour emergency department, surgery center, breast health center, cardiac testing and rehabilitation services, a pharmacy, chronic disease management, nutritional counseling including a teaching kitchen, and the Health & Wellness Center for exercise, health assessments and education throughout the year. Visit LeeHealthFoundation.org/CoconutPoint.

2. **Golisano Children’s Hospital of Southwest Florida** is the only full-service children’s hospital between Tampa and Miami. Every dollar raised will benefit our community’s youngest, most vulnerable patients and their families. In addition to the new children’s hospital in Fort Myers, Lee Health serves children through the Pediatric Specialty Clinic in Port Charlotte and at the Golisano Nicklaus Children’s Health Center in Naples. Lee Health Foundation is raising funds to address critical pediatric care areas of greatest need. In partnership with us, you can help ensure children receive the care they need through your generous support. Visit LeeHealthFoundation.org/LittleRedWagon.

3. **The Health & Wellness** initiative is enhancing the overall health of residents and positively impacting Southwest Florida communities. Through programs and partnerships with Healthy Lee, physicians’ groups, local schools, social services and neighborhood organizations, we are taking a proactive, grassroots approach to education and 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, and Mental & Behavioral Health. Visit LeeHealthFoundation.org/Health&Wellness for more on the CHIP Program, walking trails, gardens, teaching kitchens, food trucks and other efforts.

4. **Pediatric Behavioral Health** - one in five children currently face or at some point during their life struggle with a seriously debilitating mental disorder. Golisano Children’s Hospital’s new Pediatric Behavioral Health Fund will assist children with mental and behavioral health disorders by enabling them to receive proper diagnosis, treatment and the best community resources. Your support will provide essential funding to create a pediatric behavioral health program and assist with the hiring of mental and behavioral health professionals, case management and navigation, provide in-patient and outpatient counseling and therapy, and support families of children with behavioral health issues. Visit LeeHealthFoundation.org/NotOnMyWatch and shine a light for someone in need.

5. **Regional Cancer Center Expansion** - Every year since opening in 2008, the Regional Cancer Center has experienced double-digit growth. The five-year success rate for cancers diagnosed and managed within Lee Health exceeds national averages. To continue to provide high-quality comprehensive care in our growing community, Lee Health began a multi-million-dollar expansion of the Regional Cancer Center, including a 24,000-square-foot addition to the existing health center on Colonial Boulevard near I-75 in Fort Myers. The expansion is anticipated for completion by fall 2018 and will include space for cancer treatment research. In partnership with us, you can have a lasting impact on our community. Visit LeeHealthFoundation.org/RegionalCancerCenter.

6. **Shipley Cardiothoracic Center** - Heart disease continues as the leading cause of death for men and women in the United States. Established in 2014 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. Outcomes have vastly improved by using a formalized program to improve a patient’s health before surgery with a multidisciplinary team approach engaging all care providers at all levels. 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.

In partnership 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.

**SanCap Cares Celebrates 17 Years of Success**

The annual SanCap Cares Island Celebration was held at The Sanctuary Golf Club with more than 250 members of the Sanibel and Captiva communities in attendance. Supporters of Golisano Children’s Hospital joined together to raise $775,000 for a pediatric orthopedic operating room in the new Golisano Children’s Hospital. Susan Ryckman, Vice President of Patient Care Services at Golisano Children’s Hospital commented, “Amanda’s Room” in honor of SanCap Cares co-founder and champion Amanda Cross. With this year’s funds, SanCap Cares has raised more than $14 million since its founding in 2001. For more information, visit SanCapCares.org.

**Inaugural Event a Success for Pediatric Behavioral Health in SWFL**

The inaugural Secret Garden Gala to support Kids’ Minds Matter – Voices for Pediatric Behavioral Health at Golisano Children’s Hospital raised more than $700,000 for Lee Health Foundation’s newest initiative. The theme for this event was Secret Garden, representative of the invisible illnesses that debilitates an estimated 46,000 children living in Southwest Florida who currently have an untreated mental or behavioral disorder, such as ADHD, autism, bipolar disorder, depression or drug and alcohol abuse. In the past year, Kids’ Minds Matter has raised more than $790,000 though fundraising efforts, and more than $100,000 through a tax-deductible donation to Kids’ Minds Matter to support pediatric behavioral health services at Golisano Children’s Hospital.

**6 Initiatives to Enhance the Health of Our Community**

- **SanCap Cares Celebrates 17 Years of Success**
- **Inaugural Event a Success for Pediatric Behavioral Health in SWFL**
Kidney Recipient and Lee Health—Transplant Institute Team-Up for ‘Incredible’ Result

Long-time Fort Myers resident Dave Ferreira, originally from Boston, is certainly “Boston Strong” after undergoing a kidney transplant. When asked how he felt one week after the procedure, the 38-year-old grinned. “Incredible...unbelievable.”

Dave received his kidney in March at the Lee Health—Transplant Institute at Gulf Coast Medical Center, which opened March 20 after a year-long hiatus as the only option for kidney transplantation between Miami and Tampa.

Dr. Lynsey Biondi, the medical director of the transplantation program at Lee Health—Transplant Institute, says she was “overwhelmed” with the results. "I’ve never seen a transplant work so well and so quickly. It was incredible.” Dr. Biondi says the innstitute will “follow Dave, Biondi and Mogilishetty and transplant team members will continue to care and his outpatient follow-up. During the coming years, Drs. Long-time Fort Myers resident Dave Ferreira, originally from Boston, is certainly “Boston Strong” after undergoing a kidney transplant. When asked how he felt one week after the procedure, the 38-year-old grinned. “Incredible...unbelievable.”

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The institute focuses on “taking the patient all along the way of his or her journey.” Lynsey Biondi, M.D.

The institute focuses on “taking the patient all along the way of his or her journey.” Lynsey Biondi, M.D.

“3-D mammograms show what you can’t feel.”

Breast cancer screenings mean examining the breasts for cancer before you experience symptoms. Both men and women can be diagnosed with breast cancer. Breast cancer is the most common type of cancer among women according to Centers for Disease Control and Prevention. Fortunately, regular screenings can often detect breast cancer early.

Three types of screenings diagnose breast cancer:

• Breast self-exam and clinical breast exam with your physician
• Mammograms yearly starting at age 40
• Magnetic resonance imaging (MRI); only if known family history or cancer syndrome is present

Mammography, the most common type of screening, has advanced from the traditional 2-D exam to 3-D imaging. 3-D mammograms give health care providers more information than the traditional exam, says diagnostic radiologist Priyanka Handa, M.D.

“3-D mammograms are different from 2-D mammograms in that we can minimize structural overlap and acquire images from different angles,” Dr. Handa says. “The exam takes about 10 seconds. Masses and distortions within the breast are actually better seen on a three-dimensional study.”

If an abnormality is found in the 3-D mammogram, an individual will revisit the mammography suite for a diagnostic mammogram and/or ultrasound to investigate the matter further. From the diagnostic workup, an ultrasound guided or stereotactic breast biopsy procedure may be recommended. A stereotactic breast biopsy is performed by a radiologist, and precisely targets and biopsies cell tissue or a group of calcification only seen on the mammogram,” Dr. Handa explains. “With computerized mammographic guidance, a needle is placed into the breast exactly where the abnormality is, then a few samples are taken and sent to pathology for analysis.
Rotator Cuff Injury Symptoms and Options

The rotator cuff is a group of muscles and tendons that surround the shoulder joint and keep the head of your upper arm bone within the shallow socket of the shoulder. A rotator cuff injury can cause a dull ache in the shoulder, which often worsens when you try to sleep on the injured side, says orthopedic surgeon, John Mehalik, M.D.

“Most cases of rotator cuff tears occur in the absence of trauma,” Dr. Mehalik explains. “Very few tears occur as a consequence of a direct traumatic issue, about 10%. In nine of 10 cases, the rotator cuff breaks down with time. It’s like a fraying rope that when the last strand breaks, the tendon tears.”

There are two types of tears—partial and full-thickness tears, Dr. Mehalik says. “Partial-thickness tears, which happen when a tendon is frayed, typically are treated with anti-inflammatory medications, steroid injections and physical therapy to strengthen the remaining rotator cuff muscles,” he says. “In a full-thickness tear, the tendon completely separates from the bone. Interestingly, rotator cuff tears show no correlation between the size of the tear and the degree of pain it causes.” In other words, small tears can be as painful as large tears and vice versa.

Torn rotator cuff symptoms:
• When you move your arm in certain ways, it hurts.
• Your shoulder is weak.
• You’re unable to lift things as you normally do.
• Your arm makes a clicking or popping noise when you move it.
• Your arm hurts at rest and at night, and disrupts your sleep.
• Your arm is weak when you lift or rotate it.

New Cardio-Oncology Rehabilitation Trial Program Hopes to Bridge Needs

As cancer treatments have advanced, oncology patients are living longer. Unfortunately, in addition to experiencing cancer treatment side effects, many survivors are developing treatment-related cardiovascular disease and conventional cardiac conditions as they age.

The American College of Cardiology recognizes cardio-oncology as a new specialty within cardiovascular medicine. This past March, Lee Health cardiac rehabilitation service and oncology rehabilitation service combined both therapies through a cardio-oncology rehabilitation trial program. Its goal is to care for cancer patients with a history of cardiovascular disease and cancer patients who develop cardiac complications and need cardiovascular monitoring during rehabilitation.

Cardiologist Anita M. Arnold, D.O. introduced the cardio-oncology rehabilitation program at Lee Health. “Because we know there are complications from cancer therapy, we’re trying to develop a program where we’re not sending people to both rehabilitation programs,” she says. “One combined program is much more convenient and bridges caring for cardiac patients who have cancer and cancer patients so they don’t develop cardiovascular problems.”

Studies have shown 30% of cancer patients will develop cardiovascular complications due to cancer treatment. Chemotherapy agents can be toxic to the heart muscle, and radiation therapy to the chest can affect the heart by causing heart failure, irregular heart beats, and valve and pericardial disease.

Oncology rehabilitation navigator Denise Pfeiffer works closely with a cardiac rehabilitation nurse to determine a patient’s rehabilitation needs. “Our dual screening process is a great strategy to address specific cardiac and cancer impairments that often co-exist,” Denise explains. “A patient may need precise treatment to address cancer deficiencies such as chemo-induced neuropathy—nerve damage—balance impairments, fatigue or specific functional weaknesses, to enable them to participate in a more rigorous cardiac rehabilitation program.”

The program involves people who are strongly committed to proving cardio-oncology rehabilitation will go a long way to improve care for cancer survivors. Dr. Arnold says, “Rehabilitation is much underutilized in general. At Lee Health we’ve been blessed with an administration that supports a cardio-oncology rehabilitation program, and the dedicated cardiac rehabilitation and oncology rehabilitation staff that see the value. It’s not the only program in the world, but it is uncommon.”

Anita Arnold, D.O.
Cardiology
Lee Physician Group
9800 S. HealthPark Drive
Suite 320
Fort Myers, FL 33908
239-343-6350

If the tear fails to improve with conservative, non-surgical treatments, outpatient surgery may be warranted. This can be done arthroscopically—meaning the surgery can be performed with three or more small ½-inch incisions instead of a single large incision.

Recovery time will depend on the severity of the injury. Generally, a patient can resume limited participation in athletic activity at three months and over time, transition to full participation.

John Mehalik, M.D.
Orthopedic Center of Florida
12670 Creekside Lane
Suite 202
Fort Myers, FL 33919
239-482-2663

June 4, 2017
Lexington Country Club
16257 Willowcrest Way
Fort Myers, FL 33908

Inspirational Speakers, Music and Fun

Reservations are required. Please call 239-343-9557.
Sun, Sea and Safety: Keep Your Kids Safe This Summer

Summer fun brings an abundance of sun and sea activities for the family. To ensure a safe and memorable summer, parents should learn ways to protect their children. Sally Kreuscher, a child advocate with Golisano Children’s Hospital of Southwest Florida, says preventable injuries are the number one killer of kids in the United States.

“One of the first things related to safety that we see during the onset of summer is an uptick of water accidents and drownings,” Sally says. “Too often at family functions we assume everyone around the pool is watching the kids. We recommend you designate someone as a ‘water watcher’—a person, preferably an adult, who accepts responsibility for watching the children.”

Sally also is coordinator of Safe Kids Southwest Florida, a coalition of more than 80 health and safety agencies and experts. Led by Golisano Children’s Hospital, the cooperative implements community programs such as car-seat checkups, safety workshops and sports clinics.

To learn more water safety tips like the importance of having a “water watcher,” visit Safekids.org, a resource devoted to helping you protect your kids while they are on the move, at home and at play. Safekids.org offers safety information on:

**Home safety issues:**
- Button battery injury prevention
- Fall prevention
- Fire, burns and scalds prevention
- General home safety
- Liquid laundry packets
- Medication safety

**Car and road safety:**
- Car seat
- Booster seat
- Seatbelt
- In and around cars

**At play:**
- Sports safety
- Playground safety
- Skating and skateboarding safety

- Bike safety
- Boating safety
- Swimming safety

The Child Advocacy Department provides services at the Golisano Children’s Hospital, the Golisano I Nicklaus Children’s Health Center in Collier County, and Hendry, Glades and Charlotte counties. In Lee County, call 239-343-6199. In Collier County, call 239-254-9560. In Hendry, Glades and Charlotte counties, call either number.
**TAVR a Great Option for Aortic Valve Replacement**

In April, Lee Health performed its 450th successful transcatheter aortic valve replacement (TAVR) surgery at Shipley Cardiothoracic Center. TAVR is an alternative to open-heart surgery that uses a catheter to access the heart through an artery in the groin. Until TAVR, patients ineligible for traditional open-heart surgery had no effective, long-term treatment option and typically did not survive two years. Led by cardiothoracic surgeon Brian Hummel, M.D., the first TAVR was performed at HealthPark Medical Center on December 15, 2011.

Mary Kroman was the fourth patient to receive a TAVR. Now 86 years-old and a long-time survivor, Mary recalls her experience with TAVR. “I was in the hospital for some reason, they did some tests and then suggested I talk with Dr. Hummel about TAVR,” she says. At the time, it was a new system where they go through the groin and up into the artery to replace a heart valve. They were tickled to death to have me participate. I didn’t want to be cut open like in the traditional procedure.”

Dr. Hummel, who performed Mary’s TAVR, says she was critically ill before the surgery. “Mrs. Kroman was not considered a candidate for traditional aortic valve replacement at that time,” he says. “Therefore, we offered her the transcatheter approach.”

Mikaela Smith, cardiothoracic surgery outreach coordinator at Shipley Cardiothoracic Center, says a patient may be eligible for TAVR through echocardiogram results showing severe aortic stenosis – the stiffening of the aortic valve opening that prevents normal blood flow. “There are many benefits to having a TAVR over traditional open-heart surgery,” Mikaela says. “They can have a shorter recovery time, overall better outcomes and very little to no discomfort after surgery. They can go home in as few as three days.”

Originally offered only for the most frail patients with severe aortic stenosis, TAVR surgery at Shipley Cardiothoracic Center has made impressive strides. The center was chosen to participate in an international FDA clinical trial for TAVR patients considered at low risk for surgical mortality.

Mary says her TAVR recovery was seamless. “I’m feeling pretty good and he really did a great job,” she says.

**If you have questions or would like to learn more about Shipley Cardiothoracic Center, please contact 239-343-7000 or email ShipleyCardio@LeeHealth.org.**

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**Where’s Larry?**

**At Golisano Children’s Hospital of Southwest Florida**

In April, Larry participated in a training simulation at Golisano Children’s Hospital of Southwest Florida involving the hospital’s pediatric medical emergency team (PMET) and a 16-year-old “patient” at the children’s hospital. Acting as the father of the patient, Larry followed his “son” from the boy’s hospital room on the sixth floor of the pediatric unit to his transfer to the fourth floor Pediatric Intensive Care Unit (PICU) for treatment of tachycardia, which describes a heart that beats too fast.

Larry interacted with social workers, nurse assistants, critical care nurses and child life specialists during the emergency drill. “Not only was I reassured as a ‘parent’ to see the team working so cohesively and skillfully on behalf of my ‘son,’ I was also struck by their compassion,” he says. “The child life specialists Karlie Colwell and Stacy Robillard were incredible. They are one of the main differentiators between a true children’s hospital and a hospital that cares for children.” They were there for me, explaining in terms a parent can understand, what was happening. They were awesome!”

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**“Fast Pass” Security Initiative Debuts at Two More Lee Health Hospitals**

The goal of Lee Health is to be among the safest health care systems in the nation. Indeed, its No.1 core value remains patient safety. That culture of safety naturally extends to its visitors and employees, as well. In recent years, Lee Health has continued to implement measures to ensure visitor and patient safety, one of which is the Fast Past identification system.

Fast Pass requires visitors to show photo identification to obtain a 24-hour pass for access into the hospital, whether they’re visiting a patient or making a medical appointment. Children receive a pass with their parent’s picture ID while teenagers may use their school ID. The security system is intended to prevent unauthorized visitors from accessing the hospitals and physician offices. Similar security systems are employed by some school systems and cruise lines.

The new Golisano Children’s Hospital of Southwest Florida and HealthPark Medical Center both implemented Fast Pass in May. The system was initially rolled-out at Lee Memorial Hospital and Gulf Coast Medical Center in 2013.

“Fast Pass allows us public control in that we know what visitors are in our facilities and the nature of their visit,” says Dawn Strey, guest service manager for HealthPark Medical Center and Golisano Children’s Hospital. “It helps keep our patients and staff safe. If you don’t have business being here, then you shouldn’t be in a hospital setting."

The nation’s newest children’s hospital offers not only state-of-the-art medical systems and technology, but also leading-edge security measures like the Fast Pass system, which was planned into the facility’s design. Fast Pass stations are available at the main hospital lobby, all public entrances, and the Emergency Department entrance. Additionally, the garden entrances at both the children’s hospital and HealthPark Medical Center have Fast Pass installed.

Upon entering the hospital, all visitors must present a photo ID at the Fast Pass station, where a guest service representative or security personnel member will scan and print their picture onto a sticker. Passes are valid for 24 hours. All employees and physicians entering through other entrances need to use their hospital ID to swipe the badge reader.

“All visitor identifications are checked against criminal, sex offender and internal watch lists,” Dawn explains. “The sticker, which must be worn above the waist and made visible, includes information such as name, picture, visit date and the visitor’s destination. The process doesn’t take long at all. For repeat visitors, it’s even quicker because their photo ID automatically brings up their information.”

Dawn says plans are for Golisano Children’s Hospital and HealthPark Medical Center to develop a long-term pass for family members of incubated infants or intensive care unit patients. Cape Coral Hospital administrators are currently examining implementation plans for Fast Pass.
Lee Memorial Health System has served the health needs of this community for more than 100 years. Now as Lee Health, we commit to deliver the top quality care our patients have come to expect. We are also committed to redoubling our efforts to help community members adopt habits that will help them achieve their maximal health status at whatever age they begin to seek to improve on their own.

Lee Health continues to invest significantly in modern facilities and life-saving technology to enable our dedicated and talented staff to bring leading-edge medicine and medical procedures to Lee County and beyond. Concurrently, we have increased our focus on assisting individuals to adopt healthier lifestyles; emphasizing prevention, health care education, coordinating the continuum of care beyond the hospital setting and, chronic care issues. This 2016 Community Benefit Report provides a glimpse into some of the leading-edge services and programs that Lee Health offers to all. It also includes more details concerning how we invest in our community and provide support the citizens of Lee County.

The Healthy Life Center at Coconut Point mall in Estero is one example of our provision of health education and assistance at community sites. Thousands of Lee residents have taken advantage of our services at no charge. These services include: health screenings, health education programs and literature, ideas, motivation and inspiration to improve their own personal health. Other such centers may be developed in the future as resources become available. The Child Advocacy Program at Golisano Children’s Hospital of Southwest Florida on our HealthPark campus is another example of our continuing commitment to the health of all of our citizens. It is also detailed in the pages that follow.

Our view is that the more we do to strengthen the health status of our citizenry, the better they will be able to avoid future unnecessary illness, injury and pain as much as possible. We are extremely proud of our history of “caring,” but our new motto is to be “inspiring” as well. We look forward to a continuation of our partnership with the people of Lee County and beyond to continue to provide competent and compassionate care to all in need. We live by our motto: “Caring People, Inspiring Health.”

Sanford Cohen, M.D.
Chairman, Board of Directors
Lee Memorial Health System
(Lee Health)

Jim Nathan
President
Lee Memorial Health System
(Lee Health)
Ten years ago Lee Health recruited and convened community leaders to help improve the health of our residents and improve the health care delivery system in the community. Since then, representatives from a variety of businesses, social services, government agencies, congregations, education, community and health care organizations have collaborated to improve community health. These community partners engaged in active participation with best practice programs and services to improve community health including prevention, outreach, education, screenings and creative partnerships for intervention and care.

**Healthy Lee set seven goals:**

- Promote healthy lifestyles
- Create primary care alternatives to the emergency department
- Increase chronic disease prevention and management
- Support availability of behavioral health treatment options
- Increase public engagement
- Address healthcare workforce shortage
- Support electronic medical records

The Healthy Lee website—HealthyLee.com—was created to provide a one-stop resource for families, professionals, educators and employers to find information and inspiration to develop and maintain healthy lifestyle habits. On the website you can find recipes, fitness tips, news, events and other resources.

Healthy Lee has adopted a number of best practices programs that are successfully helping the residents of Lee County focus on healthy habits. One program is called 5 - 2 - 1 - 0. Through the Healthy Lee website, individuals may pledge to maintain these healthy habits.

### Healthy Lee

**Healthy Lee Website**

To define Healthy Lee priorities for action and measure the success of Healthy Lee initiatives through changes in community health, Healthy Lee measures the health of the community every three years through the Community Health Needs Assessment. View results of the Community Health Needs Assessment at HealthyLee.com.

**Healthy Lee Pledge**

- **5** Five vegetables and fruits a day
- **2** No more than two hours of recreational screen time
- **1** At least one hour of physical activity everyday
- **0** Zero sugary beverages

Learn more at HealthyLee.com

**Annual Statement of Community Benefit by Hospital and System—2016**

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Academy of Pediatrics. Brady Campaign to Prevent Gun Violence in partnership with the American

have an unlocked gun in the home before sending their children over to play. The ASK Campaign urges parents to ask other parents if they

is participating in a national effort called the ASK (Asking Saves Kids)

Golisano Children’s Hospital of Southwest Florida Child Advocacy Program

select a helmet for the best fit. A good fit is vital for a helmet to offer the

Bicycles are associated with more childhood injuries than any other

best protection. The advice is to avoid buying an oversized helmet for your

of Southwest Florida in Lee County and the Children’s Advocacy Center

Child Safety Seats

Swim Safety Program

Sun Safety

Bicycle Helmet Safety

Parenting Classes

ASK: “Asking Saves Kids”

Golisano Children’s Hospital of Southwest Florida is a state-of-the-art, family-centered, full-service children’s hospital and the only acute care children’s hospital between Tampa and Miami. Part of Lee Health, the children’s hospital opened a new free-standing 300,000-square-foot, 128-bed Golisano Children’s Hospital in May 2017.

Golisano Children’s Hospital has provided support and education through the Child Advocacy Program to more than 95,000 people in Lee and Collier counties, including unintentional injury prevention and health education.

Child Safety Seats

The parents are smart, well-educated and positive they’ve done everything right. Yet, their children are in danger while riding in the car, even with car seats and safety belts. Child advocates coordinate the hospital’s Child Passenger Safety Program, making sure every newborn leaves Golisano Children’s Hospital safely. They explain the importance of car seats to first-time parents and then take dad to the car to demonstrate correct installation. The advocates are certified child passenger safety technicians.

The program is open to the public, and with an appointment, anyone can have a child’s car seat inspected for free. To ask a question or make an appointment to have car seats checked, call 239-343-6199.

Michele King, director of the Child Advocacy Program for Golisano Children’s Hospital, agrees with Dr. Witham. “There is absolutely no substitute for adult supervision, but we need layers of protection,” she says. Have an adult present at all times, but you also need barriers like pool fencing, special locks on doors or alarms on doors leading out to the pool.

“Take a life preserver and a cell phone, Michelle adds. With layers of protection, if one thing fails, another step you’ve taken can save the child’s life. The Swim Safety Program reinforces these important messages.

Swim Safety Program

There are more places to swim in Southwest Florida than most places on Earth; it’s no wonder, then, that drowning is the leading cause of accidental death for Florida children. Pediatrician Nancy Witham says the need to educate parents about water safety never stops.

“People think they only need sun protection in the summer or at the beach. They don’t think about physical education class at school or when kids are playing in the yard,” Dr. Kash says. “In our area, we need sun protection 365 days a year, whether it is sunny or cloudy.”

Sun Safety

Just one blistering sunburn as a child can double the risk of melanoma during your lifetime. More than one in four Americans develop skin cancers, making childhood education about sun safety a vital step towards reducing risk.

“You receive more than half your total lifetime sun exposure before age 19,” pediatrician Irwin Kash, M.D. says, “Children spend more of their day outdoors than adults do, and their skin is more sensitive.”

Dr. Kash recommends protecting children and adults every day with clothing, hats, SPF 15 UVA/UVB sunscreen and sunglasses with 100% UVA/UVB protection. Children under six months old may use sunscreen, but the best protection at that age is to avoid the sun.

“People think they only need sun protection in the summer or at the beach. They don’t think about physical education class at school or when kids are playing in the yard,” Dr. Kash says. “In our area, we need sun protection 365 days a year, whether it is sunny or cloudy.”

Bicycle Helmet Safety

Bicycles are associated with more childhood injuries than any other consumer product except automobiles.

Universal bicycle helmet use by children ages 4-15 would prevent 39,000 to 45,000 head injuries and 18,000 to 55,000 scalp and face injuries each year. The Bicycle Helmet Safety Program provides guidance on how to select a helmet for the best fit. A good fit is vital for a helmet to offer the

best protection. The advice is to avoid buying an oversized helmet for your child to grow into it. When selecting a helmet, have your child try on the size you think will fit and one size smaller. Select the smallest size that fits comfortably.

The Bicycle Safety Program encourages participants to learn all rules of the road and to obey all traffic laws.

Parenting Classes

Golisano Children’s Hospital of Southwest Florida offers free, specialized parenting classes to teach new parents how to focus on their strengths and set appropriate expectations for their children. Classes are held weekly and are facilitated by the trained staff of the Children’s Advocacy Center

of Collier County. They are available to all interested parents and families. The parenting classes help parents to learn, understand and implement the “building blocks” for strong child development.

ASK: “Asking Saves Kids”

Golisano Children’s Hospital of Southwest Florida Child Advocacy Program is participating in a national effort called the ASK (Asking Saves Kids) Campaign. The ASK Campaign urges parents to ask other parents if they have an unlocked gun in the home before sending their children over to play. It is a comprehensive national public health campaign, organized by the Brady Campaign to Prevent Gun Violence in partnership with the American Academy of Pediatrics.

To learn more about these Child Advocacy Programs, please contact Michele King at 239-343-5890.
Community Health
Lee Community Healthcare

In 2010, it was estimated that 191,235 Lee County residents were living in low-income households, with more than 130,000 of them lacking access to primary health care services. In response to this acute community need, Lee Health opened primary care clinics in the neighborhoods of Dunbar and North Fort Myers during 2011 and later in Cape Coral. These locations provided more than 14,500 office visits to 5,700 residents of Lee County during 2016.

In an effort to provide the highest quality of care possible, patient care teams have been assembled consistent with a patient-centered medical home approach to providing primary care. Patient care teams are formed from clinical staff that includes physicians, advanced registered nurse practitioners, nurses, patient registration specialists, case managers, information referral specialists, chronic disease counselors and a nutritionist.

Caring largely for the uninsured and economically distressed residents of Lee County, Lee Community Healthcare helped individuals access primary care services, 35% of whom would have otherwise gone to a Lee Health emergency department to receive care for nonemergency conditions. Based on household size and family income, Lee Community Healthcare patients can qualify for discounts on their care.

Healthy Life Center at Coconut Point

Healthy Life Center at Coconut Point is a health information and education destination in Lee County. The Healthy Life Center offers services and education to support healthy lifestyles, early detection of disease and chronic disease management. It offers screenings, classes, workshops and seminars available on a variety of wellness topics. Onsite staff help share information about all the services available at Lee Health as well as schedule appointments.

The site is staffed by personal health advocates and health guides who assist patients in person to help navigate their health care needs. They provide information and connect them with the resources they need to regain their health or maintain a healthy lifestyle. Wellness initiatives include lectures from physicians and health professionals, chronic disease management programs, support groups and wellness based programs that are scheduled at the location.

Examples of events and offerings include:
- Screenings, including cardiovascular, memory, balance, asthma, chronic obstructive pulmonary disease (COPD), and fitness
- Classes and workshops
- Seminars on nutrition, wellness, integrative medicine, sleep, healthy hearts and healthy joints
- Cooking demonstrations
- Children’s programs
- Wellness library, the incorporation of holistic health options/choices into daily life and other resources

Health Professions Education
Medical Residency

Statistically, about 60% of medical residents, especially those who specialize in family practice, stay in the areas of the country where they completed their residency. By partnering with Florida State University, Lee Health is involved in a medical residency program that aims to keep physicians in Southwest Florida.

The local program is based at Lee Memorial Hospital with the Florida State University College of Medicine as its institutional sponsor. This residency program was developed to abate the shortage of primary care physicians anticipated nationally, an issue that is compounded locally by a rapid population growth in Southwest Florida. Medical school graduates are required to complete residency training in their chosen specialty in order to become independently practicing physicians. Most physicians set up practice near where they complete this training, making the ideal candidate local students who also plan to practice in the community.

After just two years, Lee Health’s family practice residency program has been approved for expansion and has received continued accreditation with commendation from the Accreditation Council for Graduate Medical Education (ACGME) for the next 10 years—without a single citation for improvement.

“…This is a remarkable achievement, especially for a new program,” says Gary Goforth, M.D., founding program director of the Florida State University College of Medicine Family Medicine Residency Program at Lee Health. “I have worked with four residency programs during the past 32 years, and each of those programs has received continued accreditation status with the maximum time interval. However I have never received a notification letter with zero citations.”

In April 2014, the first six residents were welcomed to Lee Health’s three-year program. Now, with all 18 slots full, Dr. Goforth says he is pleased to announce the program’s expansion to 24 residents. Eight new residents will be added each year for the next three years. “We are exploring the possibility of expanding the program as the need for more family practice physicians becomes apparent.”

Residents complete 36-month rotations in a number of areas including:
- Adult medicine
- Behavioral medicine
- Cardiology
- Dermatology
- Emergency medicine
- Gastroenterology
- General surgery
- Geriatrics
- Obstetrics and gynecology
- Ophthalmology
- Pediatrics
- Physical therapy
- Sports medicine
- Urology
- Neurology
- Pharmacology
- Psychiatry
- Social work
- Rehabilitation

The program gives residents the exposure to a cross-section of the local community and gives patients an opportunity to choose a physician for many years to come.

“The residency program has already been successful.” Dr. Goforth says. “Several of the residents have already established roots in Southwest Florida and plan to make this a permanent home. That is the goal of the program, which benefits the community long-term.”

Clinical Experience

In addition to the medical residency program that prepares physicians, Lee Health offers clinical experience for students attending local colleges and universities. Lee Health employees have supervised thousands of hours of clinical experience for more than 1,800 students. The value of clinical supervisory time and the value of these required internship-type programs is valued at $28 million in 2016.

Any questions regarding this publication please contact mary.andrews@leehealth.org
Mending Lives Through Compassion Blankets, One Stitch at a Time

Last March, dozens of Lee Health parish nurses along with local sewing groups from 15 different churches met at Quilt Lovers Hangout in North Fort Myers to sew, iron, fold, pray over and bless more than 78 blankets in support of the Compassionate Blanket Program. These blankets are gifted to provide comfort for families grieving the loss of their loved ones in Lee Health’s intensive care units (ICUs).

Founded in 2009 by ICU nurse, Sue Hutter and parish nurse, Nancy Roberts, the Compassionate Blanket Program was initially funded by a $500 Mission in Motion Foundation Grant. Through the years it continues to thrive through generous donations.

Through the Compassionate Blanket Program, parish nurses, faith community sewing groups and individuals have assembled approximately 1,700 blankets, which are distributed between 11 intensive care units (ICUs) within Lee Health’s four acute care hospitals.

Linda Convertine, parish nurse at Sanibel Congregational United Church of Christ, worked as a professional seamstress and tailor years before becoming a nurse. She regularly brings fabrics home to sew and bless blankets in her spare time. “They’re called ‘compassionate blankets,’” she says. “They are only designated to the ICUs for now, but they are a hot commodity because many other departments would like to ask to receive them. Being able to show compassion in this way is special, and it’s really the last way our nurses can care for their patient and their patient’s family.”

Janet Cahill is a Crafty Ladies member at St. John’s XXIII Catholic Church and says her group completed 200 compassion blankets this past year. “We have members who crochet and knit, and we also do ‘huggy hearts’ for the hospital as well as prayer shawls that get distributed toICUs within Lee Health’s four acute care hospitals.

Providing fabric, assembling and sewing compassion blankets goes a long way. “It’s a labor of love,” Janet says. “And we give them what they need, and when you can’t afford to give all that much money, you give your time. God gave me the talent so I just give it back – now it’s my time to give it back.”

If you would like to help sew or donate to the Compassionate Blanket Program, please contact Nancy Roberts, Lee Health parish nurse manager at 239-343-5182.

Foundations of Faith Community Nursing Course (40 CEU)

is offered once a year to credential registered nurses and prepares them for the ministry of health and healing in a faith community. The course is offered August 4, 5, 6, 11, 12 and 13. Contact Nancy Roberts, parish nurse manager, for more information. Some grant money may be available.

To Avoid Potential Complications, Don’t Delay Hernia Repair Surgery

Each year, more than 200,000 people in the United States develop hernias. Overall, hernias affect some 5 million Americans, many of whom delay having their hernias repaired because they don’t suffer any significant pain or major health issues from them.

A hernia occurs when part of an internal organ or tissue bulges through a weak area of muscle. Most hernias happen in the abdomen. Hernias can affect everyone, from kids to adults to seniors. Although hernias don’t discriminate, they’re far more common to happen in men than women, especially inguinal hernias, which occur in the groin.

Surgeon Michael McCann, D.O., says a “wait and see” approach to surgery poses a number of risks, some with grave consequences. A hernia may not bother you much, especially at first and the hernia is a small one. But over time, especially if you lead an active lifestyle, or perform heavy lifting or heavy labor, your hernia can get bigger. As it grows, the hernia increasingly aggravates the muscle and surrounding tissue, which can lead to some serious complications.

“The more dangerous complications can result in the bowel or intestine getting trapped in the hernia, which can compromise blood supply to the intestine,” Dr. McCann says. Also, if the intestine is trapped, stool may not be able to pass through it, causing pain, nausea, vomiting, and abdominal swelling. Dr. McCann says the trapped part of the intestine can become strangulated, which causes the tissue to die. Emergency surgery and is needed should that happen.

“Many people with hernias feel only a numbing and tingling at first, which they may manage with medications.” Nevertheless, those apparently harmless symptoms indicate the hernia is pressuring nerves and stretching the groin area, Dr. McCann explains. Hernias don’t go away, he says.

The good news is that hernias are highly treatable with surgery and innovative hernia repair products. Depending on the size of the hernia, there are three surgery options. One option is laparoscopic hernia repair, in which small scopes (with cameras) are inserted through small incisions. The procedure is less invasive and offers a shorter recovery time, than open hernia repair surgery. In that procedure, the hernia is repaired through a cut (incision) in the groin. Typically performed to repair larger hernias, the recovery time for this option runs 6 to 8 weeks.

Dr. McCann is enthusiastic about the third option—robotic surgery—which his practice began offering in May. The cutting-edge procedure uses the da Vinci Xi Surgical System™ to repair inguinal and hiatal hernias. The da Vinci system enables surgeons to operate through quarter-inch incisions with dramatically enhanced vision, precision and control. Most patients resume normal activities within a week, Dr. McCann says.

Michael L. McCann D.O. General and Vascular Surgery Lee Physician Group 8380 Riverwalk Park Blvd Suite 100 Fort Myers, FL 33919 239-424-2755

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Hernia types and where they occur:

- **Inguinal**, in the groin. This is the most common type.
- **Umbilical**, around the belly button
- **Incisional**, through a scar
- **Hiatal**, a small opening in the diaphragm that allows the upper part of the stomach to move up into the chest
- **Congenital diaphragmatic**, a birth defect that needs surgery

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Dr. McCann is an advocate of robotic surgery as a third option for hernia repair.
Lee Health Calendar

Events & Screenings

Balance Screening
Tuesday, June 27, 10:15 a.m., Outpatient Rehabilitation at Healthpark Commons, 6821 Bass Rd., Ste. 200, Fort Myers.
Space is limited. Call 239-739-7440 to register.
Healthy Living Series by Dr. Op Topic: Advanced Tests for Chronic Disease
Tuesday, June 27, noon-1 p.m., Cape Coral Hospital 2nd floor conference room. Please register at 239-424-5234.

SHARE Club
Unless otherwise noted, call SHARE Club at 239-342-5765 to register for these events.

The Power of Nutrition
Friday, June 2, 10 a.m.
Becky Calle, register at 3830 College Ln.

Skin Cancer Screening
Wednesday, June 7, 9 a.m.
Healthpark Commons, 15190 Fashion Dr., Suite 105, Estero.
Free skin cancer screenings are offered for those who may not have symptoms, but who may be at risk for skin cancer.

Party on the River
Thursday, June 9, 11 a.m.-3:30 p.m.
Outpatient Center at the Sanctuary, 2nd floor conference room.

Cancer

Bladder Cancer Support Group
3rd Monday of every month
Regional Cancer Center
Coastline Cancer
For additional information, call 239-424-5765 to register.

Cervical Cancer Support Group
3rd Tuesday of every month
Regional Cancer Center
Wellness Center – 2nd floor conference room.

Colonrectal Cancer Support Group
3rd Thursday of every month
Regional Cancer Center, 1st floor conference room.

Cancer Nutrition Seminar
This free monthly seminar is for oncology patients and their caregivers. Each month features a different topic and food demonstration with tasting and recipes are provided. All attendees are presented by dietary registered dietitians.

Diabetes

Diabetes Self-Management Classes
A 6-week program discussing all aspects of diabetes self-management, including medication, exercise, stress management, nutrition, and prevention of complications. Classes are available in English and Spanish. Diabetes education is a covered benefit for Medicare and most commercial insurance.

Wellness

Wellness Weight Management
Individualized weight loss counseling with a registered dietitian.

Weekly counseling sessions are available at Cape Coral Hospital, Gulf Coast Medical Center, HealthPark Medical Center and Lee Memorial Hospital

Nutrition Counseling
Individualized nutrition counseling with a registered dietitian for a variety of health conditions.

Ortho/Neurop/Spine

Preoperative Joint Replacement Class
Everything you need to know to feel comfortable before joint replacement surgery.

Pregnancy & Diabetes Program
An educational program for expectant mothers with diabetes or gestational diabetes. This program is available in English and Spanish.

Wellness

Pregnancy & Diabetes Program
- Available in English & Spanish
- Education program for expectant mothers with diabetes or gestational diabetes
- Improves pregnancy outcomes and reduces the need for surgical intervention for the health of mom and baby.

Wellness Weekly classes available.

Wellness

Childbirth Preparation Traditional Course
This includes 4 hours of classroom taught by nurses who are certified by the International Childbirth Educators Coalition (ICEA). The 4-day course is followed by a hospital tour & hands-on practice.

Wellness Weekly classes available for adults & children.

Wellness

Mended Hearts Support Group
Do you suffer from chronic pain due to arthritis, fibromyalgia, traumatic injury or another culprit? If so, then this program is for you. This complimentary e-weekly 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 pain management.

Wellness

Lee Health Banner Ads
Lee Health Calendar

Summer Fitness Special 3 MONTHS for $139
From June 1st – July 31st, there will be no enrollment fee for teachers.

Wellness Center
- Fort Myers 3114 Cleveland Ave.
- Cape Coral 609 SE 13th Court

Fitness Center
- Fort Myers 3343-4980
- Cape Coral 3349-4230

Expires after July 31st. Cut out and bring in coupon.
For reservations or to make an appointment, call 239-495-4475. For upcoming events, go to LeeHealth.org/HealthyLifeCenter

Every Monday
Yoga Classes – all levels welcome, please bring a mat
3:30-4:30 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 (6/1, 6/15, 6/29)
Fourth Trimester Club
12-1 p.m.
Fees vary

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

Thursday, June 2
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.

Friday, June 3
Water Safety Awareness by Golisano Children's Hospital
9 a.m.-noon

Momsy and Me Yoga
9-10 a.m. RSVP
Children 0-3 years old

Healthy Family Series: Making Family Meals Easy
10-11 a.m. RSVP
Dr. Denise Drago, pediatrician

Kicking the Sugar Habit
2-3 p.m. RSVP

Monday, June 5
Brain Booster: Train Your Brain Like Any Other Part of Your Body
10-11 a.m. RSVP
$5 Fee

Tuesday, June 6
Is There a Bathroom Near By? Women Only
11 a.m. -noon RSVP

Sustain Your Brain: Lifestyles to a Better Brain
1:30-2:30 p.m. RSVP

Wednesday, June 7
Memory Screenings
1-5 p.m.
Call 239-495-4475 for an appointment

Friday, June 9
Step WiseLee
10-11 a.m. RSVP

Smoothies 101: How to Get Your Greens
3-4 p.m. RSVP

Tuesday, June 13
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.

Saturday, June 10
Water Safety Awareness by Golisano Children's Hospital
9 a.m.-noon

Momsy and Me Yoga
9-10 a.m. RSVP
Children 0-3 years old

Healthy Family Series: Making Family Meals Easy
10-11 a.m. RSVP
Dr. Denise Drago, pediatrician

Kicking the Sugar Habit
2-3 p.m. RSVP

Monday, June 12
Brain Booster: Train Your Brain Like Any Other Part of Your Body
10-11 a.m. RSVP
$5 Fee

Tuesday, June 14
National Fresh Fruits & Vegetables Month Cooking Demo
11 a.m.-noon RSVP

Learn Exercises You Can Do at Home to Improve Your Balance
3-4 p.m. RSVP

Getting Started with Your iPad
4:30-5:30 p.m. RSVP

Thursday, June 16
Protecting Your Identity
10-11 a.m. RSVP

Friday, June 17
Living with Asthma
10-11 a.m. RSVP

Supplements: What Do You Really Need?
2-3 p.m. RSVP

Tuesday, June 20
Medicare Donut Hole: What to do if you fall in and how to plan for it
11 a.m. -noon RSVP

Wednesday, June 21
Volunteer Opportunities with Golisano Children's Hospital
1:30-3:30 p.m. RSVP

Self Defense Class for Women
4-6 p.m. RSVP
$5 Fee

Thursday, June 22
Prevention of Chronic Health Conditions
11 a.m.-noon RSVP

Friday, June 23
Balance Screenings
9-11 a.m.
Call 239-495-4475 for an appointment

Monday, June 26
Micronutrients – Why should I care?
10-11 a.m. RSVP
Dr. Heather Auld, integrative medicine

Tuesday, June 27
Prayer Doodling
2-3 p.m. RSVP

Wednesday, June 28
Overnight Oats: Get Your Grains!
9:30-10:30 a.m. RSVP

Preparing for Retirement Lunch and Learn
12-2 p.m. RSVP

Friday, June 30
Book Club and Discussion: Food Freedom Forever
Author: Melissa Hartwig, Whole 30
9-11 a.m. RSVP

Caring for Older Cats
3-4 p.m. RSVP

Golisano Children's Hospital of Southwest Florida
Family Program

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 toLeeHealth.org/HealthyLifeCenter