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“Come Walk with Me”
Third Annual SHARE Club Picnic in the Park
11 a.m., March 29
See Page 4 for details.
You never cease to amaze me. The stories you share with me are so inspiring, I thought I would mention a few. I met a nice lady at our tai chi class at HealthPark Medical Center, and she shared a story about how when she moved to our area five years ago, she began to visualize herself using the powered carts in the grocery stores and anticipated having to buy a walker to get around. She decided she did not want her life to become that, so she got involved in a couple of different slow gentle exercise classes we offer and she is so proud of what she can do. She said to me, “I may be slow when I walk around, but I can walk around.” What a powerful statement!

The old adage “use it or lose it” is applicable in many situations. I just had a conversation with two different members. One lady lowered her triglycerides; she and her physician attribute this to the exercise class she attends with Mr. Deke at our SHARE Club North. Another gentleman—after years of taking diabetes medication—has been taken off of it since he attended the CHIP educational program we offered. In fact, this gentleman reminded me that all we have to do is take that first step, and it all rolls from there.

Now, taking that first step can take years and much encouragement from our loved ones, but once you do that, you begin to see and feel the changes. To change behavior, you must continue something for eight weeks. Sounds easy, but it’s not always the case. I suggest changing or adding one behavior at a time. The support and opportunities are out there; it is just taking that first step for many of us that is the hardest.

Seniors who want to make a change in their diet can choose vegetarian or vegan options, even if they do not want to exclude meat and fish entirely from their diet. “More people are asking me how to eat less meat,” says Jeanne Struve, Lee Memorial Health System wellness coach. Jeanne encourages seniors who want to reduce or eliminate meat from their diet to choose healthy vegetarian or vegan foods, like beans, dark leafy vegetables, whole grains and fruits that are rich in vitamins. “You still have to make healthy choices,” Jeanne says. “Just because you’re eating vegetarian, doesn’t mean you’re eating healthy.”

Vegetarians typically fall into one of two categories:

**Vegans**—eat no animal products, including honey, eggs and dairy.

**Vegetarians**—do not eat meat or meat products but may eat food produced by animals, including eggs, yogurt, cheese and honey. These types of vegetarians are called ‘lacto-ovo’ vegetarians.

Seniors can adopt a meat-free diet with few complications. “They need to check with their physician,” Jeanne says. “Sometimes seniors have problems absorbing vitamin B-12, so they need to make sure they follow their physicians’ recommendations.”

People who make the change may end up with good results, including weight loss and a reduction of chronic diseases. “Many people think they have to eat a lot of salads if they choose a vegetarian menu,” Jeanne says. “It’s a lot more than salads, and they don’t have to worry about a lack of protein. You can get plenty of protein with a plant-based diet. Overall, Americans eat too much protein.”
The Importance of Proper Hand Hygiene

Lee Memorial Health System board member and retired physician, Steve Brown, is passionate about handwashing—not only because of his chosen profession, but also because he has experienced the pain, anguish and frustration of infection.

“Twenty years ago, my wife, Lena, was the last patient of the day admitted to the operating room at one of the nation’s leading medical facilities,” Dr. Brown says. "We found out later that the OR staff knew that another patient had a staph infection, but continued to operate on patients anyway. Lena was readmitted to the hospital on Dec. 21 and spent two-and-a-half weeks there, recovering from her infection. Our family spent Christmas Eve, Christmas Day, New Year's Eve and New Year's Day in the hospital that year. It did not have to happen!"

Up until his wife's infection, Dr. Brown thought the care she received was world-class and administered by compassionate, competent, caring professionals. But, after the realization of the cause of her infection, his opinion changed. “The reputation of the hospital and the care she had received up to that point didn't matter anymore,” Dr. Brown says. “My opinion completely changed and her whole hospital experience turned into an epic failure. Patient safety always has to be the top priority.”

At Lee Memorial Health System, patient safety is our No. 1 core value. While there are certain aspects of patient safety that fall on the physicians, nurses and other hospital-based staff and volunteers, the truth is that patient safety is everyone's responsibility.

“One way that we can all affect patient safety is through good hand hygiene,” says Steve Streed, system director of infection control. “It is something that everyone—all employees, patients, families and visitors—can do to reduce the spread of infection.”

Good hand hygiene definitely is important when visiting a family member or friend in the hospital, but maintaining a routine for handwashing also keeps you healthy, too.

As health care professionals, we will always be mindful of hand hygiene, but we also encourage you to ask your physician or health care team if they washed their hands. Working together, we can keep patient safety in our clean hands.

Peace,

Jim Nathan
President
Lee Memorial Health System

After Hospitalization, Care Continues at Home

Patients discharged from the hospital after a heart attack or with a diagnosis—either new or pre-existing—of congestive heart failure or chronic obstructive pulmonary disease are among the most likely to be readmitted within 30 days. To keep patients at home instead of back in the hospital, Lee Memorial Health System implemented the Care Transition program in December 2010.

Nurses, referred to as “transition coaches,” meet with patients prior to their discharge from the hospital. Once the patient returns home, the transition coaches sit down with the patient, and often, his or her spouse or caregiver.

While the coaches do not administer medical care, they address the following:

- Look for medication discrepancies
- Review red flags of patient's condition
- Encourage the patient to set personal health goals
- Enter information into a "Personal Health Record," including questions the patient has for his or her doctor, daily weights and current medication log
- Assess patients for problems and safety issues
- Educate patients on the purpose of all medications and how to set up a system to ensure they do not miss any doses

“Our job is to teach them to manage their condition,” says Joan Carroll, RN, Care Transitions director. “Reading food labels, knowing the airline policies about traveling with oxygen, understanding the process of requesting home health...these are all areas where the coaches help.”

In the time since the program’s implementation, more than 465 patients have been enrolled in the program, and only 10 percent were readmitted to the hospital. Patients are not required to participate, but the transition coaches encourage them to take advantage of the free program. “Some people are ashamed to ask for help,” Joan says. “By offering, we eliminate their need to ask.”

Attend a lecture to learn more about this quality of life program:
11 a.m., March 23, Cape Coral Hospital Auxiliary Conference Room
11 a.m., April 24, Calusa Harbour, 2525 E. First St., Fort Myers. Lunch included.
Call 239-424-3765 to register.
Calendar of Events

Unless otherwise noted, call 239-424-3765 to register for any of the programs below. You must register to attend these events.

Vegan Diets
Kathy Reynaert, Coronary Health Improvement Project nutrition director, will discuss vegan and vegetarian diets and why they are becoming more popular.
11 a.m., March 13, Gulf Coast Medical Center Community Room

What’s New in MRIs
Learn how the new MRI machines can benefit you. Presented by Cory Duffek, M.D., diagnostic radiologist.
11 a.m., March 14, HealthPark Medical Center Rooms 1A, 1B

Brain Fitness at the Memory Spa
Combat your aging brain by exercising your mental muscles via hands-on games.
10 a.m., March 16 or 2 p.m., April 2, Lee Memorial Hospital Auditorium 10 a.m., March 19 or April 16, SHARE Club North

2012 Parkinson Symposium
An educational seminar for those living with Parkinson’s disease. Featuring J. Eric Ahlskog, M.D., Mayo Clinic Parkinson’s specialist, Nima Mowzoon, M.D., neurologist, and the Michael J. Fox Foundation. The event is $10 per person. Register online at www.hopeparkinson.org/events or call 239-859-0314.
9 a.m., March 17, Holiday Inn Fort Myers Airport, 9931 Interstate Commerce Drive, Fort Myers

Hospital to Home – For CHF and COPD Patients
A special program to help people with congestive heart disease and chronic obstructive pulmonary disease who have been admitted to the hospital. Presented by Joan Carroll, RN, Lee Memorial Health System director of care transition interventions.
11 a.m., March 23, Cape Coral Hospital Auxiliary Conference Room
11 a.m., April 24, Calusa Harbour, 2525 E. First St., Fort Myers. Lunch included.

Travel Happy Hour
Presented by Collette Vacations Travelogue. Learn about the trips available exclusively to SHARE Club members.
3 p.m., March 23
Gulf Coast Medical Center Community Room

Robotic Surgery for Prostate Health
Presented by Omar Benitez, M.D., urological surgeon with Southwest Florida Urologic Associates.
Noon, April 4
Gulf Coast Medical Center Community Room

Stroke Risk, Stroke Prevention and You
Presented by Ross Levine, M.D., Lee Memorial Health System medical director of neurology.
5:30 p.m., March 15
Trianon Bonita Bay, 3401 Bay Commons Drive, Bonita Springs

Powerful Tools for Caregivers
A six-week educational program designed to help family caregivers take care of themselves while caring for a relative or friend. Call 239-343-2751 to register and to find out about various dates and locations available.

Third Annual SHARE Club Picnic in the Park
This year’s theme is “Come Walk with Me.” The picnic will feature games, entertainment, food from Sonny’s Real Pit Bar-B-Q and door prizes. Wear your walking shoes and take a walk with Mr. Deke. $6 for SHARE Club Advantage/Plus members, $10 for guests. Complimentary parking courtesy of Right at Home.
11 a.m., March 29
Lakes Regional Park, 7330 Gladiolus Drive, Fort Myers

Lunch and Learn
Complimentary for all Advantage and Plus members, $6 for guests.

Stroke Risk, Stroke Prevention and You
Presented by Ross Levine, M.D., Lee Memorial Health System medical director of neurology. Lunch sponsored by Brookdale Senior Living.
11 a.m., April 3, Cape Coral Hospital Auxiliary Meeting Room

Healthy Brain Class
This four-hour program uses innovative strategies and exercises to help participants remember everyday things. Open to those of all ages, this is not a course for those who already have been diagnosed with memory loss or signs of memory loss. $20 for SHARE Club Advantage/Plus members, $30 for guests. Various dates and times available in Bonita Springs, Fort Myers, Cape Coral and North Fort Myers. Register at www.HealthyBrainFL.org

Fresh and Interesting Finds Available at Farmers Markets
Farmers markets offer a great opportunity to browse fresh, and often organic produce, as well as honey, seafood, baked goods, herbs, flowers, art and so much more. Each market may offer slightly different items, so it is worth visiting multiple sites. Here are some of the local farmers market locations, days and hours of operation:

Fort Myers State Farmers Market
8:30 a.m.-5 p.m., Monday-Saturday
10 a.m.-2 p.m., Sunday
Open year-round
2744 Edison Ave., Fort Myers

Coconut Point Green Market
9 a.m.-2 p.m., Thursday
Open winter months only
Coconut Point Mall, Estero

Lakes Regional Park Farmers Market
9 a.m.-1 p.m., Friday
Open through April 27
7330 Gladiolus Drive, Fort Myers

Bonita Springs Farmers Market
7:30 a.m.-noon, Saturday
Open through May 5
The Promenade at Bonita Bay, 26811 S. Bay Drive, Bonita Springs

Cape Coral Chamber Farmers Market
8 a.m.-1 p.m., Saturday
Open through May 12
Club Square, SE 47th Terrace and SE 10th Place, Cape Coral

GreenMarket
9 a.m.-1 p.m., Saturday
Open year-round
10091 McGregor Blvd., Fort Myers

Sanibel Island Farmers Market
8 a.m.-1 p.m., Sunday
Open through April 29
Sanibel City Hall, 800 Dunlop Road

Downtown Fort Myers Farmers Market
7 a.m.-1:30 p.m., Thursday
Open year-round
Centennial Park parking lot, under the U.S. 41 Caloosahatchee Bridge

Fort Myers State Farmers Market
8:30 a.m.-5 p.m., Monday-Saturday
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Centennial Park parking lot, under the U.S. 41 Caloosahatchee Bridge
Colon Cancer Screening Saves Runner’s Life

Cancer is an especially frightening diagnosis, especially for someone who has followed a healthy lifestyle.

Avid runner Vera Owens received a diagnosis of colon cancer in June 2009, at the age of 66. Her mother died of the disease at the age of 73. Because of her family history, Vera was adamant about regular checkups and testing.

As soon as her gastroenterologist, Nick Sharma, M.D., came out with the results, Vera knew something was wrong. "He said he removed some polyps, which didn't surprise me," Vera says. "But then he said there was a tumor on my colon, and preliminary tests showed it was cancerous.

"I felt so ashamed," she admits. "I felt like there was something I could have done to prevent the cancer."

Dr. Sharma referred Vera to Janette Gaw, M.D., colorectal surgeon, who encouraged Vera to have a laparoscopic partial colectomy to surgically remove the tumor.

"Because Vera was in such great health—other than the tumor—and her surgery was done with a camera through a small incision, her recovery time was much shorter than most patients," Dr. Gaw explains. Less than three months after her surgery, Vera began running again.

In October 2009, a follow-up colonoscopy revealed no polyps and no cancer.

Vera strives to educate not only her family and friends about the importance of colorectal cancer screening, but also the community. She and Dr. Gaw co-chair the Colon Cancer Coalition's Fort Myers "Get Your Rear in Gear" 5K run/two-mile walk. Funds raised facilitate public education, screening and treatment of colorectal cancer in Southwest Florida.

More information also is available at www.LeeMemorial.org/ShareClub

What: Get Your Rear in Gear 5K Run/Walk
When: March 24, 7 a.m. registration, 8 a.m. race start
Where: Hammond Stadium, 14100 Six Mile Cypress Parkway, Fort Myers
To register: Go to www.getyourrearingear.com and click on "Ft. Myers, FL 2012"
Want to get moving with SHARE Club Advantage and Plus Members?

To register, call 239-424-3765 unless otherwise noted.

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<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Fee/Details</th>
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<tbody>
<tr>
<td>Tai Chi</td>
<td>HealthPark Medical Center</td>
<td>Wednesdays, 11 a.m.</td>
<td>Six-week courses are $40 and Tai chi classes start every six weeks</td>
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<tr>
<td>Yoga</td>
<td>HealthPark Medical Center, Room 201</td>
<td>Wednesdays, 5:30 p.m.</td>
<td>$5 per class</td>
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<tr>
<td>Line Dancing</td>
<td>The Palms</td>
<td>Fort Myers, 1 p.m.</td>
<td>$2 per person</td>
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<td>Sit and Be Fit</td>
<td>Group Exercise at the Wellness Centers</td>
<td>Fort Myers</td>
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Step Wisely

A high collar on your shoes may provide greater mechanical stability to the ankle joint and that extra sensory information may provide better joint position sense. After all, your feet are a major contributing factor to your ability to balance.

Attend a free balance clinic:
10 a.m.-noon, April 4
Outpatient Center at HealthPark Commons, 16281 Bass Road, Suite 200, Fort Myers (across from HealthPark Medical Center)
Call 239-343-7244 for reservations.

Open MRI Gives Patients More Freedom

Patients who need an MRI had few choices in the past. In order to get a detailed look at an injury or a potentially life-threatening internal condition, physicians used traditional MRIs. These images, while effective, are not always comfortable for the patient.

Lee Memorial Health System is introducing the most powerful high-field open MRI available for medical diagnosis. The new system is in place at Outpatient Radiology at Riverwalk. In addition to high-quality images, the machine is open—allowing patients to maintain eye contact with a friend or relative during the entire process.

MRI images are formed when signals are emitted by body tissue after a radio frequency is pulsed in the magnet. These signals are then processed by computers and turned into clinical images. Physicians use the information to detect changes in many areas of the body, including the brain, vascular system, breast, bones and major organs. The machine translates tissue characteristics into different contrast levels, allowing medical staff to locate any problems.

The new machine allows greater comfort and can accommodate patients as large as 660 pounds. It also lowers to wheelchair height—making it accessible to a wide range of patients.

“For people who are anxious about a traditional MRI, this is a viable alternative,” says Mark Williams, Lee Memorial Health System director of outpatient imaging. “We want to do everything we can to make our patients comfortable during testing.”
Travel Opportunities for Advantage and Plus Members

Call each company for refund and cancellation policies

**C I Travel - Trendy Tours**
877-597-2961

**March 13 – The Chihuly Collection at Morean Arts Center and lunch in St. Petersburg.** Includes round-trip transportation, lunch at The Hangar, tour of the Chihuly Collection at the Morean Arts Center. $89 per person.

**March 15 – Solomon’s Castle, The Royal Lipizzan Stallions and lunch.** Includes round-trip transportation, guided tour of Solomon’s Castle, lunch and visit to the Lipizzan Ranch. $89 per person.

**March 30 – Gulfstream Race Park with live thoroughbred horse racing and casino.** Includes round-trip transportation, $10 slot voucher and $7 food voucher. $59 per person.

**April 19 – Sarasota lunch cruise, mini city tour, St. Armand’s Circle.** Includes round-trip transportation, cruise on Sarasota Bay with delicious buffet lunch, bus tour of Sarasota and its art district, shopping time at St. Armand’s Circle. $89 per person.

**July 30 – Four-day Tour to Georgia Gardens with Callaway Gardens.** Includes round-trip transportation, three nights accommodations at the Country Inn & Suites in LaGrange, admission to Callaway Gardens, Hills & Dales Estates, Roosevelt’s Little White House at Warm Springs and seven meals (including down-home Georgia dinners) and much more. $489 per person for double-occupancy, $599 single.

**Concierge Cruises**
239-772-1840

Please call for additional cruise opportunities.

**June 29 – Alaska Southbound cruise** with four-night precruise excursion from Alaska Cruise Tour. Please call for details. Seven nights. Prices start at $2,289 per person for double-occupancy for interior stateroom.

**Sept. 7 – Norwegian Cruise Line Sky Bahamas** “Cruise for a Cause” from Miami to Great Stirrup Cay, Nassau; return to Miami. Three days. Prices start at $499 per person for double-occupancy for interior stateroom. A portion of your cost will be donated to the Lee Memorial Health System Regional Cancer Center.

**Collette Vacations**
239-424-3758

**Aug. 17 – Northern National Parks.** Eight days, 11 meals, Salt Lake City, Jackson, Blackfoot, Pocatello, Grand Teton National Park, Yellowstone and more. $2,149 per person for double-occupancy, $2,299 per person for single. Includes airfare from Florida.

**Sept. 9 – Exploring Greece and Its Islands,** featuring classical Greece, Mykonos and Santorini. 14 days, 22 meals. $2,499 per person for double-occupancy. Price does not include airfare and is subject to change until paid in full.

**Oct. 30 – Irish Splendor.** Eight days, nine meals. Explore Dublin, Killarney, Dingle Peninsula, Cliffs of Moher, Cong and more. $2,699 per person for double-occupancy includes airfare from Florida.

**Nov. 13 – Italia Classica.** Nine days, 11 meals. Explore Rome, Florence, Mogliano, Venice, Milan and more. $2,949 per person for double-occupancy includes airfare from Florida.

**Dec. 8 – New England’s Yuletide Treasures.** Seven days, nine meals. Explore Newport, Rhode Island; Portsmouth, New Hampshire; Kittery, Maine; and Boston, Massachusetts. $1,499 per person for double-occupancy does not include airfare and is subject to change until paid in full.

**Feb. 22, 2013 – San Antonio Getaway.** Five days, seven meals. Featuring a visit to an authentic dude ranch. $999 per person for double-occupancy does not include airfare and is subject to change until paid in full.

**April 26, 2013 – Branson Musical Getaway.** Six days, eight meals. Featuring an array of spectacular shows. $1,249 per person for double-occupancy does not include airfare and is subject to change until paid in full.
You can pay your $10/person annual membership fee at the SHARE Club office at Cape Coral Hospital by credit card, by cash or check at any of our classes or you can mail a check with the application form below to this address:

Lee Memorial Health System
SHARE Club
P.O. Box 2218, Fort Myers, FL 33902

Once you join, you will receive a new membership key tag, as well as a list of SHARE Club Advantage benefits. For more information, contact SHARE Club at 239-424-3765.

Name ____________________________________________________________

Address __________________________________________________________

City ______________________ State ________ Zip ____________________________

Phone Number __________________ Date of Birth _________________________

I have enclosed cash or check in the amount of _________________________

To pay by credit card, please call us at 239-424-3765.

Please cut out application and mail in.