Join the initiative for a Healthier Lee County!

The Healthy Lee movement was created to empower and inspire the people of Lee County regarding healthy lifestyle choices through education and action. The initiative reflects Lee County’s comprehensive sustainability strategy, promoting the integration of healthy lifestyle choices into daily routines and supports the message of transformation based on free choice.

We know what we need to do to stay healthy but it is not until we commit ourselves to becoming and staying healthy that we are able to take the first steps.

“We are fortunate to have some of the best health care in the world available right here in our own backyard,” says Jim Nathan, president and CEO, Lee Health. “However, the American health care system is built on treatment rather than prevention. This model of health care delivery is changing, and so must we.”

In Lee County there is a park for every activity. Whether you’re bringing your family, friends or your dog, there is a public park in our community that can meet your needs. Visit HealthyLee.com and click on the links to some of Lee County’s most popular parks, offering everything from waterways to challenging trails for fitness and fun.

Go to www.HealthyLee.com
This website also has links and education to support your commitment to lead a healthy lifestyle.
Balanced Life Encompasses Multiple Dimensions of Wellness

A holistic approach to wellness extends beyond just physical health and fitness. It includes other aspects that contribute to a well-rounded life, including social, intellectual, emotional, environmental, occupational, financial and spiritual wellness. As we age, we often find fewer opportunities to experience certain aspects of wellness. Lee Health’s SHARE Club focuses on helping seniors stay active, connected and engaged so they can live happier, healthier lives.

Stay Connected for Social Wellness

Social circles change as we get older. We may lose friends or family members due to a move or death. Or, we may lose self-esteem or a sense of purpose due to functional decline, like a loss of physical abilities that keep us from participating in activities we used to enjoy. With these and other changes comes the threat of disconnection, loneliness, depression and isolation. Loneliness does not just affect one’s emotions; studies have found that it affects the brain, heart and overall life expectancy. That is why it is imperative that seniors find ways to make friends and stay engaged.

SHARE Club creates opportunities to pursue various hobbies and interests. Participating in activities with other seniors who share similar interests promotes deeper connections and friendships, which lead to a better quality of life.

Boost Your Intellectual Wellness

As important as social interaction is for the brain, so too, is exercising the brain. Expanding our skills and knowledge through mental exercises and learning keeps our brains active and fit. Memory loss and dementia can threaten our independence as we age. But, studies suggest that regular physical and mental exercise, as well as a heart-healthy diet, may help lower the risk for the disease.

SHARE Club offers opportunities for members to stay mentally alert through a variety of life-long learning and computer classes. Our life-long learning classes focus on a variety of historical and global topics. Computer classes, which are taught at a comfortable pace for seniors, help participants challenge their brains.

Exercise Improves Physical Wellness

There are obvious benefits of regular exercise, especially with regard to balance and mobility, but SHARE Club’s exercise programs incorporate other dimensions of wellness, including emotional and intellectual wellness. The exercise classes encourage camaraderie while enhancing physical and brain health. And, the variety of classes—including seniorcize, tai chi, line dancing, yoga and others—provide opportunities for seniors to participate in the classes that suit their needs and abilities.

Virginia Hanley leads SHARE Club exercise classes. “I’ve been a certified group exercise instructor for 10 years. I’m very happy to support the exercise group and I love teaching the Simply Fit class, which is a 45-50 minute session that includes a warm up, basic cardio, balance, strength training using free weights and relaxation. We have a lively group and we all encourage one another.”

For more information, please call 239-424-3765.

Dine & Discover New Friends For SHARE Club Members

Try new restaurants and make new friends with SHARE Club! Dutch treat. Call 239-424-3765 to make your reservations.

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nauti Mermaid</td>
<td>5961 Silver King Blvd, Cape Coral</td>
<td>Wednesday, Nov. 23</td>
<td>11:30 a.m.</td>
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<tr>
<td>Mimi’s Café</td>
<td>5070 Bell Tower Shop Ave., Fort Myers</td>
<td>Thursday, Dec. 22</td>
<td>11:30 a.m.</td>
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<tr>
<td>The Standard</td>
<td>1520 Broadway (Hotel Indigo), downtown</td>
<td>Friday, Jan. 13</td>
<td>11:30 a.m.</td>
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<tr>
<td>Bianca’s Ristorante</td>
<td>16251 N Cleveland Ave., North Fort Myers</td>
<td>Thursday, Feb. 9</td>
<td>11:30 a.m.</td>
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<tr>
<td>Mission BBQ</td>
<td>12984 S. Cleveland Ave., Fort Myers</td>
<td>Tuesday, March 28</td>
<td>11:30 a.m.</td>
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<tr>
<td>La Trattoria Café Napoli</td>
<td>12377 S. Cleveland Ave., Fort Myers</td>
<td>Wednesday, April 19</td>
<td>11:30 a.m.</td>
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</tbody>
</table>
Celebrating 100 Years

With a century of caring, Lee Memorial Health System has emerged with a new name and a promise of caring for the community. While Lee Health delivers the same quality care patients have come to expect for the past 100 years, the new name signifies an increased awareness of the important role to help strengthen our community's overall health and well-being.

Lee Health is committed to continue to invest in life-saving technology, procedures and impressive staff and physicians; however, it is essential that as a nation we shift the focus to healthier lifestyles, more prevention, chronic care management, health education and improved coordination of care that transcends prior to and following any hospitalization.

To learn more about our history and to view our 100 year video and photo book go to LeeHealth.org/100-years-of-caring.

What is MyChart?

MyChart offers patients personalized and secure on-line access to portions of their medical records. It enables you to securely use the Internet to help manage and receive information about your health.

With MyChart, you can use the Internet to:
• Request medical appointments.
• View your health summary from the MyChart electronic health record.
• View test results.
• Request prescription renewals.
• Access trusted health information resources.
• Communicate electronically and securely with your medical care team.

How do I sign up?

Patients who wish to participate need an activation code from their physician (currently most Lee Physician Group offices, Lee Convenient Care, and Florida Neurology Group offices provide this service). This code will enable you to login and create your own user ID and password. If you were not issued an activation code, you may contact your physician's office to request one or ask to sign up during your next office visit.

MyChart Demonstrations

Learn to use MyChart can change how you schedule doctor’s appointment and order medication and keep track of testing results. Maybe you have a MyChart account but have not used it yet, or you have questions on how to use the MyChart program. This program is for you.

Call 239-424-3765 to register for one of the programs

Monday, Jan. 16, 10 a.m.,
Lee Memorial Hospital Auditorium
Friday, Feb. 10, 11 a.m.,
Cape Coral Hospital Aux. Conference Room
Monday, March 13, 11:30 a.m.,
Wa-Ke Hatchee Recreation Center
Monday, April 17, 10 a.m.,
North Fort Myers Recreation Center
NOVEMBER
9th Annual Veteran’s Breakfast
Monday, Nov. 7, 9 a.m. Cape Coral Hospital auxiliary conference room
All veterans and their families are welcome to attend. Sponsored by SHARE Club and Lee Memorial Military Support program

Brain Booster Workshop
Nov. 8, Dec. 13, Jan. 10 or Feb. 14 Time: Noon Wa-Ke Hatchee Recreation Center 16760 Bass Road, Fort Myers
Brain Boosters is a fun, interactive 60-minute workshop. You will learn to train your brain like any other muscle in your body Cost: $5

Medicare Update 2017
Wednesday, Nov. 9, 11 a.m. Estero Recreation Center, 9200 Corkscrew Palms Blvd., Estero
Presented by Jo Marshall, SHINE counselor.

“What You Need to Know About Your Thyroid”
Thursday, Nov. 10, 3 p.m. Discovery Village, 2619 Forum Blvd., Ft Myers
Presented by Patricia Sareh, M.D.

ClearCaptions
Monday, Nov. 14, 10 a.m., Lee Memorial Hospital Auditorium
Discussions on the many free options those with hearing challenges have available to communicate clearly on a telephone.

Free Memory Screening
North Fort Myers Recreation Center
Wednesday, Nov. 16, 10 a.m.-4 p.m. Wednesday, March 15, 10 a.m.-4 p.m.
Appointments required. Please call 239-533-7207

Estero Recreation Center
Friday, Jan. 20, 10 a.m.-4 p.m.
Appointments required. Please call 239-424-3765

Alzheimer’s Disease: Current Data and Updates on Treatment
Wednesday, Nov. 16, 10 a.m., Estero Recreation Center 9200 Corkscrew Palms Blvd., Estero
Presented by Psychiatrist, Frederick Schafer, M.D.

SHARE Club Senior Health fair Wa-Ke Hatchee Recreation Center
Friday, Nov. 18, 9 a.m.-noon, Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers
Health information, screenings, giveaways and community resources for seniors will be provided.

Skin Cancer Screening provided by Riverchase Dermatology
Tuesday, Nov. 29, 8-11 a.m.
North Fort Myers Recreation Center
2000 Recreation Park Way.

Adults only; wear loose fitting clothes. Appointments required. Please call 239-533-7207.

DECEMBER

SHARE Club Holiday Party
Join us for fun, food and Holiday cheer
Thursday, Dec. 1, 11:30 a.m., Cape Coral Hospital.
Lunch and entertainment. $10 for members Monday, Dec. 5, 11:30 a.m., Lee Memorial Hospital. Lunch and entertainment. $10 for members Thursday, Dec. 15, 2-4 p.m. Healthy Life Center Coconut Point. Holiday appetizers, desserts and entertainment. No cost.

JANUARY

Tai Chi for Arthritis & Health Prevention
Start date: Tuesday, Jan 3, 2-3 p.m. - End date: Tuesday, April 18, Brookdale Bonita Springs, 26850 South Bay Drive, behind Promenade Mall
Tai Chi can be done seated or standing. Tai Chi has been shown to prevent falls by improving balance and increasing leg strength. A 16-week class at no charge.

SHARE Club Senior Health fair
Wednesday, January 11, 9 a.m.-noon North Fort Myers Recreation Center, 2000 Recreation Park Way
Health information, screenings, giveaways and community resources for seniors will be provided.

Brain Booster Workshop
Tuesdays, January 17, February 21, March 21 or April 18, 10 a.m.
North Fort Myers Recreation Center, 2000 Recreation Park Way
Brain Boosters is a fun, interactive 60-minute workshop. You will learn to train your brain like any other muscle in your body. Cost: $5 Call 239-533-7207 to register.

New Advances in Joint Replacement
Wednesday, January 18, 3 p.m., American House Coconut Point Estero, 1416 Country Club Blvd, Cape Coral
Single Traveler? Join us!
Thursday, January 26, 3 p.m. Brookdale Cape Coral, 1416 Country Club Blvd, Cape Coral
Presented by Collette Vacations.

Skin Cancer Screening provided by Harris Dermatology
Friday, January 27, 9-11 a.m., American House Coconut Point Estero, 8460 Murano Del Lago Dr., Estero
Do you have swollen, achy legs? Varicose or spider veins? Restless or cramping legs?

Autoimmune Diseases What Are They? Who Gets Them?
Monday, January 23, 11:30 a.m. Lee Memorial Hospital Auditorium
Presented by Matxalen Amezaga, M.D., rheumatologist Lunch provided.

Isolation: Enemy of Positive Aging
Wednesday, January 25, 11:30 a.m., Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers
Learn the benefits of social engagement and simple ways to get more involved and active today. Lunch provided.

Single Traveler? Join us!
Thursday, January 26, 3 p.m. Brookdale Cape Coral, 1416 Country Club Blvd, Cape Coral
Presented by Collette Vacations.

Skin Cancer Screening provided by Harris Dermatology
Friday, January 27, 9-11 a.m., American House Coconut Point Estero, 8460 Murano Del Lago Dr., Estero
Do you have swollen, achy legs? Varicose or spider veins? Restless or cramping legs?

FEBRUARY

Home and Car Insurance, Are You Properly Protected?
Wednesday, February 1, 1 p.m.
Cape Coral Hospital auxiliary conference room. What insurance you need for your home, rental property and car and why it is so important to have.

Brain Fit
Wednesday, February 8, 11 a.m. Brookdale Cypress Lake
Join us for a presentation, interactive trivia fun, and select brain games to get “BrainFit” at our community.

What Legal Tools Do You Need in Your Toolbox
Thursday, February 16, 11:30 a.m.
Wa-Ke Hatchee Recreation Center, 16760 Bass Road, Fort Myers
Do you have a will, health surrogate, power of attorney or living will? Presented by Lance McKinney, elder law attorney. Lunch provided.

Vein Disease - What Is It and How to Treat It
Wednesday, February 22, 4 p.m.
Brookdale Bonita Springs, 26850 South Bay Drive, behind Promenade Mall
Do you have swollen, achy legs? Varicose or spider veins? Restless or cramping legs?
Medication Safety & Management  
Thursday, February 23, 11:30 a.m., Lee Memorial Hospital Auditorium  
Presented by Dawn Moore, RN, CMC, Aging Life Care Manager™ and Chris Austin, MA, BSW, CSWCM, Aging Life Care Manager™. Lunch provided.

Enrich Your Life through Travel with Trendy Tours  
Tuesday, March 7, 10 a.m., North Fort Myers Recreation Center, 2000 Recreation Park Way, North Fort Myers. 
Come discover the many different fully escorted travel opportunities Trendy Tours has to offer.

Advanced Directives  
Thursday, March 9, 10 a.m. Lee Memorial Hospital Auditorium  
Kim Pieretti, MSW, with our Quality of Life department will talk about how you can help make the hard choices easier for your loved ones.

5th Annual Picnic at Lakes Regional Park  
Thursday, March 16, 11 a.m.-1 p.m. Plenty of games and entertainment to keep you active. Lunch provided by Sonny's BBQ. $8 for members

Essential Oils 101  
Wednesday, March 22, 10 a.m. Cape Coral Hospital Auditorium  
636 Del Prado Blvd. Cape Coral  
Learn about the everyday benefits essential oil can add to your health and wellbeing.

Vein Disease - What is It and How to Treat It  
Monday, April 3, 10 a.m., North Fort Myers Recreations Center, 2000 Recreation Park Way  
Do you have swollen, achy legs? Find out why.

Brain Fit  
Tuesday, April 4, 2 p.m. Brookdale Bonita Springs 26850 South Bay Drive  
What is BrainFit? BrainFit is an informative, interactive and fun event that teaches lifelong lessons for brain-healthy living.

Diagnosing and Treating Age Related Macular Degeneration” Luncheon  
Tuesday, April 11, Noon, Frantz Eyecare 12731 New Brittany Blvd., Fort Myers  
Presented by Nisha Warrier, MD, MPH, vitreoretinal surgeon.

Identity Theft program  
Thursday, April 13, 11 a.m. Wa-Ke Hatchee Recreation Center Community room  
Lee County Sheriff's office will talk about the ways you can protect yourself against this growing crime.

Know Your Nutrition  
Enjoy a food preparation demonstration and recipe tasting and healthy lectures 2-3 p.m., the second Wednesday of each month at the Regional Cancer Center 4th Floor Conference room.

Nov. 9, Avoiding Energy Malnutrition  
Dec. 14, Healthy for The Holidays  
Jan. 11, Managing Your Weight after a Cancer Diagnosis  
Feb. 8, Stay Heart Healthy  
March 8, Tell Me What to Eat (Symptom Management)  
April 12, Herbs and Spices of Cancer Protection  
Call 239-343-9557 to register.

Senior Scholar Classes  
10 a.m., Cape Coral Hospital auxiliary conference room  
Cost: $10  
Please call 239-424-3765 for reservations.  
Professor Adrian Kerr is an internationally respected lecturer in ancient civilizations and has spent more than 30 years visiting Egypt, Turkey, Greece, Iraq and Israel to study the ancient civilizations of the Middle East.

Dec. 10, Jerusalem Holy City of Three Religions  
Jan. 14, Ancient Greek Olympic Games and Why They Ended  
Feb. 11, Story of Buddha  
March 11, Java, Sumatra and Bali and Their Fabulous History  
April 8, Hong Kong The Rise of The Dragon

SHARE Club Computer Classes Available  
• Word Processing I and II  
• Internet Use and Cautions  
• Basic Computers  
• Pre Beginner Computer  
• Print Shop and Photo Editing  
• Buying and selling on eBay  
• Using and Working with Windows 10  
• Windows Operating System  
• Security and Safety for the new Windows 10 user  
• iPad and iPhone  
Classes range from $20-$50 and run 2-5 weeks. For more information, call SHARE Club at 239-424-3765 or go to www.LeeHealth.org/SHAREClub.

We are blessed to have numerous volunteers who design and teach our computer classes. These are a unique group of people who have dedicated their time and expertise to help fellow seniors be more computer savvy and help them stay in touch with family members and friends via the internet.
SHARE Club Partners with Lee County Parks & Recreation
Visit one of these centers to find out all we have planned for you.

Wa-Ke Hatchee Recreation Center (across Summerlin Road from HealthPark Medical Center), 16760 Bass Road, Fort Myers, FL 33908
North Fort Myers Recreation Center (near the North Fort Myers Library), 2000 North Recreation Park Way, North Fort Myers, FL 33903

In addition to your SHARE Club membership, all of these programs also require a general Lee County Parks & Recreation facility membership, which is available for a one-time fee of $10 per person.

**Movie Days**
Join us for popcorn and drinks while enjoying a movie. No cost for these events. Call for movie selection and reservations 1 month ahead of time by calling 239-533-7207.

**Movie Day Wa-Ke Hatchee Recreation Center**
Nov. 9, 2016
Dec. 7, 2016
Jan. 12, 2017
Feb. 22, 2017
March 8, 2017
April 12, 2017

**Dinner Dance**
Time: 5-8 p.m., North Fort Myers Recreation Center, 2000 Recreation Park Way
Come and enjoy a nice sit-down dinner, followed by live entertainment that promises to get you moving on the dance floor.

**Double Pinochle** - A card game for two to four players similar to bezique.

**Art Social** - Bring your own canvas and art supplies and enjoy creativity and socialization.

**Meditation** - This is a practice where an individual trains the mind or induces a mode of consciousness to realize some benefit for the mind or body.

**Hawaiian Dance /Hula** - This is an exceptionally fun dance that anyone can enjoy. Hawaiian dance is a traditional art of movement with smooth gestures and vocals.

**Miscellaneous Classes**

**North Fort Myers Recreation Center** Call 239-533-7207 for schedule and fees.

**Seniorcize** - This class is all about muscle strengthening and good posture and focuses on movements we must do every day to stay independent.

**Zumba Gold** - Easy-to-follow steps will have you moving with the different rhythms from the very beginning. This is a great and fun cardio workout that will help you burn a ton of calories.

**Tai Chi** - This is an eastern exercise well-suited for seniors that focuses on balance and flexibility. It is a series of slow twisting, turning and bending movements that address all parts of the body.

**Ceramics Class** - You must supply your own green ware to work on. We provide a book that includes all the paints and glazes you will need to order. We also have a large kiln to fire your pieces. Small items are free to fire. Yearly fee is $5 and there is a $2 sitting fee.

**Bridge** - This is a friendly card game for those who have some experience playing cards. This game is played with 4 people using a standard 52-card deck.

**Euchre** - This is a trick-taking game with a trump. It is played by 4 players in teams of 2 and is similar to whist.

**Hand & Foot** - The aim of this card game is to get rid of your cards from your hand and foot by melding them. This game is similar to canasta.

**Line Dance** - This formation dance has groups of people dancing in one or more lines. Everyone faces the same direction.

**Gentle Yoga** - Slower paced restorative class with focus on breathing relaxation and gentle stretching.

**Crochet** - Needle work done with a needle having a small hook at one end from drawing the thread.

**Spanish** - Learn the basic conversational Spanish.

**Wa Ke Hatchee Recreation Center** Call 239-424-3765 for schedule and fees.

**Seniorcize** - See above

**Tai Chi** - See above

**Bridge** - See above

**Euchre** - See above

**Hand & Foot** - See above

**Line Dance** - See above

**Art Social** - See above

**Simply Fit** - See above
Aching, pulsing, throbbing, shooting, dull—these are just some of the dozens of words used to describe pain. While there are many descriptions, there aren’t necessarily outward signs of pain, which leave many people living with chronic pain feeling frustrated and misunderstood. Adding to the emotional and psychological frustrations, chronic pain often keeps people from living an active lifestyle.

“Following a car accident a year-and-a-half ago, I’ve been living with near-constant pain on my right side—in my hip, lower back and down through my leg,” says Fort Myers resident Ed Solomon. “I couldn’t sleep in my bed or sit in a chair for any real length of time. I had to give up golf, and I could barely walk my dogs because of the pain.”

Ed’s wife told him about the Chronic Pain Self-Management Program offered through Lee Health, and he jumped at the chance to participate. This free, six-week, interactive class—which was developed by Stanford University—teaches people how to self-manage their pain and improve their health, well-being and self-confidence through decision-making, action-planning/goal-setting and problem-solving. The program stresses the importance of clear communication, exercise and healthy nutrition. It also provides tools for dealing with difficult emotions, positive thinking, guided imagery and other coping techniques.

“The leaders and the material provided a lot of valuable information, but so did the interactions and communications between those of us in class,” Ed says. “One lady in the class suggested I try sleeping with a pillow between my legs to ease the pain in my hips and lower back. I did, and it made a world of difference. Now, in addition to incorporating all he learned in the Chronic Pain Self-Management Program, Ed also is in physical therapy. “I have seen definitive improvements,” he says. “I am able to sleep in my bed again, and I can walk and train my rescue dogs. Overall, I feel more confident and in control of my quality of life.”

The Chronic Pain Self-Management Program is structured like the very successful “It’s All About You” chronic disease self-management program, also developed by Stanford University. “It’s All About You” has had stellar participant satisfaction scores and improvements in self-efficacy, including a 24 percent reduction in hospitalizations for people who completed the program.

Both programs are offered free of charge throughout Lee County at various locations in the community. Participants meet once a week for 2.5 hours each week over 6 weeks. Call 239-424-3120 for more information.

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Bonita Springs YMCA Mini Medical Series
Tuesdays 12:30 p.m., lunch and 1 p.m., presentations
27200 Kent Rd, Bonita Springs, FL 34135. Call 1-239-424-3765 for reservations.

**Jan. 17: Probiotics for Overall Health**
Teresa Spano, naturopathic consultant.

**Jan. 24: Enrich Your Life Through Travel with Trendy Tours**
Come discover the many different fully-escorted travel opportunities.

**Jan. 31: Vein Disease - What is It and How to Treat It**
Do you have swollen, achy legs? Varicose or spider veins?

**Feb. 7: How to Kick the Sugar Habit**
Presented by Amy Rybicki, certified health coach.

**Feb. 14: Essential Oils, 101 Uses and Benefits**
Learn about the amazing and powerful benefits of therapeutic-grade essential oils

**Feb. 21: Nutrition and Chronic Pain**
Physiatrist, Sebastian Klisiewicz, D.O.

**Feb. 28: Alternative Treatments for Arthritis**
Physician Victoria Yorke, M.D.

**March 7: How Do You Know When It’s Time to Move to Assisted Living?**
Presented by McKenzie Millis, health care marketing specialist.

**March 14: Hearing Loss and Balance: Two Sides of the Same Organ**
Travis J. Pfannenstiel M.D., otolaryngologist

**March 21: Osteoporosis: Dispelling Myths and Preserving Your Independence**
Matthew Shlapack, M.D., endocrinologist
SHARE Club's membership program is designed to bring you more events and benefits for only $10 a year!

SHARE Club Offers Valuable Benefits

For a small investment of $10 per year, SHARE Club offers a number of valuable benefits that help you live healthier, happier, more engaged lives.

Benefits include:
- Community discount program
- $5 coupon for a computer class
- 20% discount in the hospital gift shops
- 20% discount in the hospital cafeterias
- Health screenings and lectures
- Travel opportunities

How to Join

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

Once you join, you will receive a membership key tag, and a list of SHARE Club benefits.

For more information, contact SHARE Club at 239-424-3765 or www.LeeHealth.org/SHAREClub

Name ________________________________
Address ____________________________________________________________________________
City __________________ State __________ Zip __________________
Phone Number __________________ Date of Birth __________________
Email __________________

I have enclosed cash or check in the amount of __________________

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