Weighty Matters – Part II

Based on the number of phone calls we received from our last newsletter, I can tell that there is an interest in weight loss/exercise program. I held a focus group meeting (30 members) last month and discussed what each individual was wanting to achieve. The two most common goals were to lose weight and to begin an exercise program. I bet many of you that read this article also have the same goals. Furthermore, I believe that many of you want a quick and easy fix (wouldn’t we all). As discussed in our meeting, there are many fad diets out there. If you follow those recommendations, weight loss will occur. However, our discussions also focused on how many of these fad diets were successful long term. We discussed the idea of lifestyle change. I truly believe that this is the key to becoming a healthier individual. Now this does not create a 10 lb weight loss in 1 month. This can create a 10 lb weight loss in 3 months with the greatest potential of long-term success. Lifestyle changes and choices are the keys to being a healthier you. The two main choices on which we will focus are our dietary choices and exercise choices.

I was educated on this simple principle: calories in versus calories out. If we eat more calories than we exercise off, we will gain weight. If we eat less calories than we exercise off, we will lose weight. I stress that this is a simple principle, and I acknowledge that many things are easier said than done. Many of the focus group members were also looking to the program for encouragement and motivation. I support that any successful program will need to have external support. We must also recognize and accept that we are ultimately responsible for every decision we make. I get so upset when I hear about these lawsuits against fast food chains; that we blame them for our decision to enter their establishment and order their food. What happened to self-responsibility?

continued on page 2
SHARE Club offers group exercise classes at Cape Coral Hospital and Lee Memorial Hospital. Make a commitment to start an exercise program in January. If a lot of you start, the cost will be lower per class. The class is designed so that you can work as hard as you like. The instructor is capable of encouraging you to get the most out of the 45-minute workout. This class can accommodate the beginner exercise person or someone who already walks an hour every day. The instructor is qualified and motivational. Now you have a choice to give this exercise class a try. Getting a partner that will encourage you to go when you are lacking motivation is ideal. We will begin the support group stage of this program in January. We will let each of you know that have called in and our interested in this. For more information on ways you can make yourself a healthier you please call 772-6765.

January's National Blood Donor Month

SHARE CLUB'S BLOOD BUDDIES:
‘Tis the season for returning those unwanted holiday gifts. There is one gift that you can give that will always be appreciated: the gift of life through a blood donation. We all know that habits are tough to break, so why not start one that helps you and your community by donating blood at the Lee Memorial Blood Centers. With January being national blood donor month, it is a perfect time for a new year’s resolution. Every 8 weeks, you and your buddy can visit one of our blood centers to share your gift of life. When you come to donate, make sure that you say you are donating to the SHARE Club’s blood account. SHARE Club members make up nearly 10 percent of the local senior population. Let’s strive to make up 20 percent of the blood donor base! Every SHARE Club Presents, we will report on how many SHARE Club members opened their hearts by opening their vessels, and show how SHARE Club keeps the heart of the community beating. For more information, call 334-5333, or visit www.LeeMemorial.org/bloodcenter.

You can donate blood at any one of the Lee Memorial Health System hospitals:
Lee Memorial Hospital
HealthPark Medical Center
Cape Coral Hospital

Stay Active, Fit and Healthy

SHARE CLUB EXERCISE CLASSES
These classes are taught by qualified exercise professionals.
Lee Memorial Hospital will meet every Mon, Wed. and Fri. from 1:15 to 2 p.m. the class is $4 per class. For more information 335-7637.
Wellness Center of Cape Coral meets every Tuesday & Thursday 2 p.m. $32 for 8 classes. For more information 573-4800.
CARE Program
“Best Practice”

The Caregivers Assistance and Regional Education (CARE) Program was recently recognized by the State of Florida, Department of Elder Affairs as one of the “Best in Practice.” CARE classes provide outreach and education to caregivers who are taking care of a loved one at home. The program has been available through Lee Memorial Health System for two years and classes will begin again in February of 2004. If you are caring for a spouse, parent, or loved one at home and would like more information on when and where CARE classes will meet, please call toll-free at 1-866-231-0921 or 334-5751.

Avoiding Voiding Problems

Barry Blitz, MD

Overactive bladder and urinary loss of control are sometimes associated with aging. If untreated, an overactive bladder can lead to urgency incontinence. Leakage caused by movement is called stress incontinence. As women develop more urinary troubles, they tend to become less active, stay home, travel less, and have a general feeling of declining health. For many women, such conditions cause embarrassment and stress, and lead to depression. Frequently, women find these topics too sensitive to discuss, even with their doctor.

OVERACTIVE BLADDER AND URGENCY INCONTINENCE

Many times a urinary tract infection is to blame. For others, the bladder does not empty completely, in which medication or a procedure may be needed. Usually there is no clear cause. In such a case urologists often recommend a physical therapy program called Biofeedback. After two to four training sessions that last about an hour, a patient can be taught to help control her urinary urges. Studies show up to a 70% improvement rate. Medications, such as Detrol or Ditropan, are frequently used to correct overactive bladder and urgency incontinence.

STRESS INCONTINENCE

Stress incontinence occurs with activity, such as coughing, sneezing, laughing, standing, and lifting. It is due to looseness in the urinary channel (the urethra). This can be caused by childbirth, pelvic surgery, or as part of aging. Biofeedback can help this condition, but most women now choose one of the new surgical Sling procedures. The Sling procedures can be done in as little as 15 minutes under light anesthesia in an outpatient setting. Cure rates are over 85%. Treatment is available, so seek out your primary care doctor or urologist for help. For more information call 772-6765 and register for the January 28th lecture at Cape Coral Hospital on Bladder Problems for Women.

The Symphony House – Designer Showcase and Art Exhibit 2004

Exclusive day for the SHARE Club is February 13th, 10 a.m. to 4 p.m.


Discover the beauty of nature, exquisite interior designs, award-winning art. Original oils, acrylics, watercolors, sculpture, custom-designed jewelry, hand-painted furniture, linens, bowls. All works of art available for purchase in the Art Gallery.

The Artist in Residence will be Barbara Chloe Murdoch. Ticket price for the SHARE Club members is $8. Please call the SHARE Club office at 772-6765 to order tickets in advance. The proceeds benefit The Southwest Florida Symphony and Chorus Association, Inc. For more information call (239) 390-1145.
Baseball Great Luis Tiant, to serve as Honorary Chairman

Luis Tiant will be honored at the The Boston Red Sox / Children’s Hospital Celebrity Classic Friday, February 27th at the Forest Country Club.

In addition to Tiant’s participation in the tournament, many other Boston Red Sox greats will be on hand. A silent and live auction will also be held. Thanks to the generous matching $100,000 gift from Jack and Shelley Blais, the committee is well on their way of reaching their goal of $350,000, all of which will benefit the Pediatric Intensive Care Unit at the Children’s Hospital of Southwest Florida. To reserve your spot to play golf now, please contact the Foundation Office at 437-1840, or www.LeeMemorial.org/Foundation.

Down Under with the Boston Red Sox.

Join us at the Diamond Dinner at the outfield of the City of Palms Ball Park on Thursday, March 25th. After the Boston Red Sox take on the Minnesota Twins, join Red Sox players and families for an evening of fun, food and interactive entertainment. Special thanks goes to Outback Restaurants for their generous support of this event. To reserve a ticket now, please contact the Foundation Office at 437-1840.

Special Exercise Offer to SHARE Club

“Get your New Year off on the right start and add life to your years with an exercise program, supervised at Lee Center for Rehabilitation and Wellness. This special offer gives you an opportunity to try out our facility and see the benefits. Upon joining, we will waive the one time enrollment fee of $75 and you can begin to enjoy your membership at the monthly rate of $47. It’s a great gift, the GIFT of health and feeling well. Please call 335-7637 for more information.
**Health Care in Your Home**

Lee Memorial Home Health (LMHH) has a variety of services to meet the needs of our patients in the comfort and familiarity of their own home. Our agency provides quality skilled care for homebound patients. With a physician’s order, our caring professional staff can help individuals from recovering from surgery, have an illness or just need extra help due to illness. Our services include teaching and monitoring of heart disease, diabetes or ostomy and I.V. therapy along with wound care management.

Our staff consists of Registered Nurses, LPN’s, Home Health Aides, Physical Therapists, Occupational, and Speech Therapists.

LMHH ranks in the highest percentile on the national scale for quality outcomes. That says a lot about our integrity as a health care provider.

Medicare covers 100 percent of physicians ordered skilled intermittent home health visits, as do some commercial/private insurance. LMHH can provide care without physician’s orders for patients paying directly for private duty services. Our reimbursement specialist will assist you in payment arrangements and will submit the claims directly to the insurance carrier on your behalf for skilled care.

For more information on our services provided in the home please call 332-6440, or visit www.LeeMemorial.org/homehealth

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**Computer Classes**

Is the new computer you just received for the holidays already gathering dust? If you’re among those ages 50 and over who didn’t grow up with computers, you may find them frustrating and intimidating. It doesn’t have to be that way. Through SHARE Club’s Computer Learning Center, older adults can learn all about computers in morning and afternoon classes. During hands-on sessions, students learn a wide variety of skills ranging from turning on the computer to surfing the Internet. There are also classes in digital photography, including instruction in editing and storing images.

Since it was first offered in 1994, this program has become increasingly popular. There is one teacher per three students so all participants receive abundant individual attention. Further, they’re encouraged to ask questions and learn at their own pace.

With fellow seniors as classmates and instructors, most students quickly recognize just how useful, fun and mentally stimulating computer technology can be. So whether you just want to send and receive e-mail, get the most from your digital camera or access a wealth of information online, the SHARE Club has a computer class tailored to your specific interests. For information on upcoming classes, call 772-6765.
Lee Cardiac Care: Growing With Community Need

INVASIVE CARDIOLOGY SERVICES AT HEALTHPARK MEDICAL CENTER

The newly renovated Cardiac Cath labs at HealthPark Medical Center provide state-of-the-art imaging and diagnostic equipment in three rooms dedicated to cardiac diagnostic and interventional procedures. Coronary artery disease can be diagnosed and treated with cardiac catheterization, intracoronary ultrasound, balloon angioplasty, rotational atherectomy and coronary artery stenting.

An Electrophysiology Lab and Cardiac Implant Room, where cardiac rhythm problems can be diagnosed and treated, are also housed in the Cardiac Cath lab facility. Pacemakers and Implantable Cardiac Defibrillators are just two of the procedures done in the Cardiac Implant Room. The Electrophysiology Lab also offers state of the art diagnosis and treatment of abnormal atrial rhythms.

Lee Cardiac Care is staffed by experienced LMHS employees. The staff includes Registered Nurses and Registered Cardiovascular Technologists. All staff members are specifically trained for these procedures and stay up to date with changing technology.

VENOUS ABLATION NOW AVAILABLE

Those with varicose veins now have a new procedure available at Lee Memorial Health System. Called Venous Ablation, the procedure uses a laser fiber inserted in a catheter to “heat” the vein from the inside to reduce or eliminate the varicose vein. This is much less invasive than vein stripping, the traditional treatment for varicose veins. A small incision is made at the knee and the procedure can be done under local anesthesia.

This relatively new treatment for varicose veins can be done on an outpatient basis and takes about 90 minutes. A special laser and ultrasound imaging are used during the procedure. Venous Ablation is covered under most insurance plans. Hospital staff traveled to Massachusetts with Vascular Surgeon Thad Kammerlocker, M.D., to learn the procedure.

HEART CENTRAL

In late October, Cape Coral Hospital became the first of the Lee Memorial Health System hospitals to have a new telemetry monitoring system for its patients needing cardiac monitoring.

This new Phillips monitoring system has a number of benefits for patients and staff alike. Because the system will be “web-enabled”, physicians can check their patients’ vital signs from office or home at any time. The system also allows a longer storage of patient history so physicians and staff can quickly see how patient vital signs have changed over a longer period of time. Also the record of this monitoring follows the patient wherever they go. For example, if a patient is first seen and monitored in the Emergency Department and then admitted to the hospital, the monitoring record is a continuous one.

The new system provides for sharper and more accurate images and there is a dedicated “heart central” room where staff is exclusively devoted to monitoring the patients cardiac status. If a patient has to go to Radiology or for other testing, they can still be monitored when away from their room.

In the coming year, this system will also be installed at Lee Memorial Hospital and HealthPark Medical Center.

CARDIAC REHABILITATION

After a cardiac event, many changes are in store – lifestyle changes, physical changes, psychological changes — basically a total reevaluation of how you live your life. Changing habits is never easy, but you don’t have to do it alone. Cardiac Rehabilitation is a positive turning point . . . one which helps you get the most out of life by achieving a more heart-healthy lifestyle.

Lee Memorial Health System’s Cardiac Rehabilitation serves as an excellent follow-up for other services provided by Lee Cardiac Care. Our comprehensive services including exercise, risk factor education, lifestyle modification classes and support. The program is tailored specifically to your individual needs. To ensure optimum results, your physician, who works closely with the rehabilitation team, must refer you to the program.

As a team, our Cardiac Rehab staff includes medical professionals from a variety of disciplines who understand the challenges of living with heart disease. They also recognize the benefits of learning how to meet those challenges. Our multifaceted program emphasizes what you can do to restore — and even improve — your quality of life. By choosing Lee Memorial Health System’s Cardiac Rehabilitation, you’re choosing a healthier way of life. In fact, many program participants experience fewer hospital stays, as well as a reduced risk of developing future heart problems.
If your cardiac condition requires a hospital stay, your rehabilitation will begin while you are still a patient. You will learn about your heart’s function, heart disease, the role diet and exercise play in your recovery, and also begin limited physical activity.

**PHASE II**

Phase II Cardiac Rehab is geared toward improving quality of life and reducing the risk associated with heart problems. It is designed specifically for people who have had recent heart problems, including angina, heart attack, angioplasty or open-heart surgery.

The benefits of Cardiac Rehab are well recognized. Therefore, Medicare and most insurance companies provide coverage for Cardiac Rehab services.

**PHASE III**

Phase III Cardiac Rehab is for heart patients who have completed Phase II or need less supervision and monitoring. This program emphasizes independence while helping the cardiac patient to maintain a heart-healthy lifestyle.

Because Phase III is considered a maintenance program; insurance companies do usually not cover the membership fee.

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**REHAB IN PARADISE**

If you are a seasonal resident, you can participate in or continue Cardiac Rehab during your stay in Fort Myers/Lee County. You should contact the LMHS Cardiac Rehab program prior to your arrival here to pre-register, and we can help facilitate a smooth entry or transfer. A local physician referral on the LMHS Cardiac Rehab Order form is required. Ideally, you should make an appointment for clearance and referral well in advance of your arrival in the area. We will need your medical records from your hometown physician, hospital or Cardiac Rehab program. For additional information, contact the location of your choice: Cape Coral Hospital (239) 574-0396 HealthPark Medical Center (239) 432-3720.
We're Bringing Women's HeartAdvantage to you!

In 2004, Lee Cardiac Care will bring Women's HeartAdvantage to the women of this area. Pioneered by Yale-New Haven Hospital, we are pleased to join other leading hospitals across the country in this important initiative. It is designed to:

• increase awareness and knowledge among women about the nature and risk of heart disease
• save lives through earlier recognition of the warning signs and symptoms of heart attack in women
• improve communication among patients, physicians and other health care providers to achieve better prevention, detection and treatment of heart disease in women.

We are launching this program on January 29, 2004, with a Women’s Heart Health Fair at Harborside Convention Center. Attendees can take advantage of free health screenings, learn about risk factors, take a tour of cardiac care from the Emergency Department to the recovery phase and much more. Our special guest during the fair will be Holly Atkinson, M.D. For more information about Women’s Heart Advantage and the Women’s Health Fair, contact Donna Cook, R.N., Cardiac Outreach Coordinator, at 432-3201.

Dr. Atkinson is an award-winning medical journalist and one of the leaders in medical education of the American public. She is Editor of HealthNews, a consumer health letter started six years ago by the Massachusetts Medical Society, publishers of The New England Journal of Medicine. Her extensive experience as a medical correspondent includes assignments with NBC’s TODAY show, the CBS Morning News, Lifetime Medical Television and the PBS health show BODYWATCH.

She currently has a faculty appointment as Lecturer in the Department of Public Health, at Cornell University Medical College.

DID YOU KNOW?

Almost nine million American women suffer from heart disease and 500,000 will die of a heart attack this year. Even though they may have been experiencing symptoms for some time, many women to not realize they have the disease until their first attack. As a result, almost half of women die from a heart attack before ever reaching the hospital.

A GROWING PROBLEM

With coronary risk factors like obesity, diabetes and hypertension on the rise, plus the aging of the population, coronary heart disease will continue to present significant health concerns for millions of women.

NOT A MAN’S DISEASE

Even more troubling is the continued perception that this is a “man’s disease”. In fact, since 1984 heart-disease related deaths among women have exceeded those in men by 6-9 percent.
Discount Program

Lee Memorial Health System has more than 275+ businesses providing discounts to employees, volunteers, and SHARE Club members. For more information, please contact the SHARE Club at 772-6765. The new 2004 discount cards will be available. If you need a list of the businesses please go to our website www.leememorial.org/SHAREClub or call the office.

Motor Skills: Driving After a Stroke

Some people assume that if you’ve had a stroke or head injury, your driving days are over. That may sound like a prison sentence to anyone who is used to being mobile. But according to the specialists with Lee Memorial’s Occupational Rehabilitation Program, that’s probably not the case. Before you give up your license or give up on driving, they suggest you ask your doctor about a driving evaluation.

With the aid of a computerized driving simulator, Lee Memorial’s occupational therapists can test your skills just as if you were at the Department of Motor Vehicles. In addition to performing maneuvers such as backing and parking, drivers are tested on their ability to make static and dynamic turns. Based on their evaluation, therapists can identify physical deficits and design a program to maximize the patient’s coordination, strength and flexibility.

Particularly for those with spinal cord injuries and arthritis, returning safely to the road often requires just a few simple vehicular adjustments, such as reducing the tension on the steering wheel or hand controls. Adding a “spinner knob” to the steering wheel is another common customization that makes the wheel easier to turn. Combined with an individualized program to rebuild strength and flexibility, many rehab patients can safely return to the road.

By enhancing their capabilities, drivers find that their confidence is restored and their independence retained. And that’s good news for anyone who wants to remain in the driver’s seat.

Ask your doctor about this service or call 335-7637 for more information.

Sports Medicine & Rehab

Does it hurt when you raise your arms, bend over or reach for something? If muscle pain, tension or stiffness limits your range of motion, you may be a good candidate for physical therapy at the Riverwalk Sports Medicine and Rehabilitation Center. There, therapists are trained to help people move more freely, whether they’ve been hurt in an accident or are simply hurting.

Typically, strains, sprains and other pains occur in muscles that are weak, overused, improperly supported or inflexible. Although a person’s first reaction may be to avoid pain by avoiding certain movements, rehab specialists say that’s probably not a good move. Instead, they’ll customize an exercise program that starts with a thorough warm-up, and focuses on increasing a person’s flexibility and strength.

In a short time, most patients feel considerably better and stay that way as long as they stick with their rehab program. More important, relief through rehab usually means they can avoid surgery and prevent additional pain.

However, doctors and rehab specialists agree that it is critical to catch painful problems as quickly as possible. The sooner you do, the less likely you are to seek a surgical solution to ease your pain. Just remember that whenever you’re at work or at play, be sure to include a warm up and cool down to keep your muscles in top shape.

To learn more about sports medicine, come to Dr. Heligman program February 4th, 3 p.m. at Life Care Center in Estero. Call 772-6766. For more information on our sports medicine program please call 432-0500.
**BLOOD DRIVE**

Wednesday, January 7th, 10 a.m. to 2 p.m. at the Wellness Center of Cape Coral. Lee Memorial’s blood mobile will be on site. Give the Gift of life and donate a pint of blood today. For more information on blood donation please call our Lee Memorial’s Blood Center at 334-5333.

**GOOD NEWS FOR BAD JOINTS**

Tuesday, January 13th, 3 p.m. at Life Care Center in Estero. Discussion will focus on arthritis and other types of joint degeneration and various treatment options available. Presented by George Markovich, M.D., an Orthopedic Surgeon with the institute for Orthopedic Surgery and Sports Medicine. Call 772-6765 to register. Refreshments provided.

**TOOLS FOR THE POOL**

Wednesday, January 14th, 1 p.m. at Wellness Center of Cape Coral. Learn a fun easy way to exercise in your own pool by using movements that minimize repetitive motions that cause undue stress on your joints. Wear or bring your suits as you will be participating in the heated pool. Call 772-6765 to register.

**FRIGHTENED OF FALLS?**

Thursday, January 15th, 9 a.m. to 11 a.m. at Lee Memorial Hospital Auditorium. Learn what causes a fall and what you can do to prevent it. Any person that limits activities based on a fear of falling, has a history of falling or believes they may have balancing problems. Presented by Nathalie Grondin, Physical Therapist who coordinates LMHS’s Balance Program. Call 772-6765 to register.

**IS YOUR DIET HEALTHY?**

SHARE Club Luncheon Friday, January 16th, 12 noon at Lee Memorial Hospital Auditorium. Jan Anderson, Registered dietician, community educator with Lee Cancer Care will discuss how you can adjust your diets to eat healthier. Call 772-6765 to register. A healthy meal will be provided for $6.

**A WEIGH TO WELLNESS**

Wednesdays from 5:30 to 6:30 p.m. Classes start on January 22. Includes a 1 hour one on one dietary consultation, a personal fitness evaluation and programming. 10 weeks of dietary program and group exercise. SHARE Club members $300 and non-members $350 For more information or to register call 573-4515

**PORTFOLIO AND ESTATE PLANNING STRATEGIES**

Sponsored by Lee Memorial Health System Foundation. Wednesday, 1/14; Thursday, 2/26 or Wednesday, 3/10. 11:30 a.m. at HealthPark Medical Center, Meeting Room 1A

These complimentary luncheon workshops focus on financial and estate planning. Reservations are required. Call LMHS Foundation at 437-1840 to register.

**DO YOU HAVE DROOPY EYELIDS?**

Tuesday, January 27th, 12 p.m. at HealthPark Medical Center Room 1A. Presented by Dr. John T. LiVecchi, Oculoplastic Surgeon & Board Certified Ophthalmologist with Eye Centers of Florida. Eyelid surgery is a simple alternative to heavy eyelids that interfere with good vision. Please call 772-6765 to register. A light lunch provided complimentary of Eye Centers of Florida.

**BLADDER PROBLEMS FOR WOMEN**

Wednesday, January 28th, 11:30 a.m. Cape Coral Hospital Room A. Presented by Barry Blitz, M.D., Urologist with Florida Urology Physicians. Dr. Blitz will discuss the surgical treatment options for urinary incontinence. Call 772-6765 to register. Lunch will be provided for $6.

**SENIOR MOMENTS: WHAT’S NORMAL WHAT’S NOT**

Friday, January 30th, 10 a.m. Causes of memory loss: prevention and treatments presented by Alfonzo Martinez, Ph.D. Neuropsychologist with Lee Memory Care. Please call 772-6765 to register. Refreshments provided.

**LIVING WILLS**

Tuesday, February 3rd, 10 a.m. at Cape Coral Hospital Room A. Learn the importance of having a living will and the legal issues. Presented by Norma Hand Brill, esquire, certified elder law attorney. Call 772-6765 to register. Refreshments provided.

**SPORTS INJURIES**

Wednesday, February 4th, 3 p.m. at Life Care Center in Estero. Discussion will focus on prevention and treatment of joint pain. Presented by David Heligman, M.D., Orthopedic Surgeon with the Institute for Orthopedic Surgery and Sports Medicine. Call 772-6765 to register. Refreshments provided.
ESTATE, INCOME TAX & FINANCIAL PLANNING FOR FLORIDA RESIDENTS

Sponsored by Lee Memorial Health System Foundation
Wednesday, February 4, 9:30 a.m. at HealthPark Medical Center, Meeting Room 1A.
This complimentary seminar provides key tax and financial/estate information of special interest to Florida residents. Reservations are required. Call LMHS Foundation at 437-1840 to register.

IMMUNIZATIONS FOR TRAVELERS

Thursday, February 5th, 6 p.m. at Cape Coral Hospital Room A. Learn about the various potential diseases in other countries and what you should do and know before you go. Presented by Rudolf J. Kotula, M.D., an infectious disease specialist, with Internal Medicine Associates. Call 772-6765 to register.

TAKING A BREATH FOR GRANTED/COPD

Monday, February 9th, 1 p.m. at HealthPark Medical Center room 1A. COPD along with information about asthma, emphysema and bronchitis, how this affects your daily living and tips to help maintain your quality of life. Presented by Dana Darche, Pulmonary Rehab Therapist with LMHS. Call 772-6765 to register.

IRRITABLE BOWEL SYNDROME

Tuesday, February 10th, 1p.m. at Lee Memorial Hospital Auditorium. Presented by James O’Mailia, M.D., gastroenterologist. Dr. O’Mailia will discuss the causes and treatment for IBS. Call 772-6765 to register.

DIABETIC RETINOPATHY

Wednesday, February 25th, 11 a.m. at Cape Coral Hospital Room A. Presented by Dr. Richard Glasser, Board Certified Ophthalmologist, with Eye Centers of Florida. Call 772-6765 to register. Refreshments provided.

AUXILIARY ART SALE

The CCH Auxiliary will be having an Art Sale on Feb. 26 & 27, 2004, in the main lobby at Cape Coral Hospital.

DRIVING MISS DAISY HOME SAFELY

SHARE Club Luncheon. Friday, February 27th, 12 noon in Lee Memorial Hospital Auditorium. Presented by Syendi Bultman, LMHS Community Trauma Coordinator. Syndi will discuss all aspects of highway safety including drinking and driving, safety belt use, and pedestrian safety, along with making decisions about when to curtail or stop driving. Call 772-6765 to register. Lunch provided for $6.

CHARITY ART SHOW

This benefits the Children’s Hospital of Southwest Florida.
Caloosa Yacht & Racquet Club
Sunday, March 7th, 1 p.m. - 5 p.m.
437-1840
Why Be Part of SHARE Club?

**BENEFIT HIGHLIGHT**
SHARE Club members receive 20% discount in our hospital cafeteria’s and gift shops (some exclusions apply). Please show your card to receive your discount.

**FREE BLOOD PRESSURE CHECKS**
Walk into any of our Lee Convenient Care locations and have your blood pressure checked. Cape Coral Hospital offers this service on every Thursday from 1 p.m.–3 p.m. in the main lobby.

Support Groups
Us Too. support group for prostate cancer 574-4070.
Ovarian Cancer Support Group 336-6167.
Aphasia Group Call Nancy Gizi 772-6572.
Voice Support Group 772-6572.
Peripheral Neuropathy support group 693-7224.
Multiple Myeloma support group. Call 939-0892
Fibromyalgia & Chronic Fatigue Support Group 939-0910
Parkinson Support Group 334-5764.
Stoke Support Group Call Shirley 574-1438.
Pulmonary Fibrosis Support Group, Call Marge at 481-0582.

Save A Life: CPR Classes
The SHARE Club offers the American Heart Association’s CPR course for Family and Friends. The cost for this 4-hour course is $15 per person. Please call us at 772-6765 to sign up. Individuals who require a CPR course for employment are not eligible for this class.

FREE INTRODUCTORY YOGA CLASS
Americans are attending yoga classes in record numbers. **Attend a free class with Joyful Yoga and find out why.** You may think you have to be ultra-flexible and thin to do yoga. We invite you to think again! Yoga is for everyone, male and female, all ages, all sizes, all shapes.

CLASSES ARE AVAILABLE AT CAPE CORAL HOSPITAL AND HEALTHPARK.

Please call for a schedule or to pre-register 482-6677. Or look online at [http://www.JoyfulYoga.com](http://www.JoyfulYoga.com)

New Year’s Resolution: Volunteering
To learn more about volunteering, please visit www.LeeMemorial.org/volunteer, or call 574-0206 or 334-5388.