

PRESENTS

SHARE CLUB

LEE MEMORIAL HEALTH SYSTEM—THE HEART OF OUR COMMUNITY

MAY - JUNE 2003

Befriending Your Computer, You Can Do It.

The SHARE Club computer learning center offers a 2 1/2 hour class each week for 4 weeks on teaching you the basics.

Cost is \$40 per person. Computer classes are for SHARE Club members only.

For the complete beginner, you will be introduced to Personal Computer basics and to the "language" of computers – what is hardware, what is software, and other PC terminology, followed by hands on experience on the computer.

Our classes are designed for seniors who are beginner computer users. Our instructors create an atmosphere of fun and learning. Students have fun, and learn to enjoy their home computers.

Registration for our computer classes are on a first come, first serve basis. After we receive your registration we will put you in the first available class. We offer 9 sessions a year with classes available Monday through Friday either 9 a.m. to 11:30 am or 1 p.m. to 3:30 p.m.

Call 772-6758 for a list of other courses.

**TO REGISTER FOR THE PROGRAM PLEASE SEND THE REGISTRATION FORM BELOW WITH YOUR CHECK FOR \$40 TO:
LEE MEMORIAL HEALTH SYSTEM S.H.A.R.E. CLUB OFFICE P.O. BOX 2218 FT. MYERS, FL 33902**

I am interested in taking an Introduction To Computers Course at the following location:

☐ Cape Coral Hospital ☐ Lee Memorial Hospital ☐ Either Location

When we receive your request, we will contact you by phone to schedule you for a definite class. Once you are scheduled for a class the fee is non-refundable due to the limited space available for students.

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone Number: _____

**LEE MEMORIAL
HEALTH SYSTEM**

SHARE CLUB

P.O. Box 2218, Fort Myers, Florida 33902

Prsrt Std
U.S. Postage
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Fort Myers, FL

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A Message From Teresa



God bless America. Our thoughts and prayers go out to our family members that may be involved in this war. A national event makes us realize what a small world we live in. Lee Memorial Health System has 50 employees that have a family member in the military who have been deployed to Iraq. Lee Memorial has asked all of us to support these employees with thoughts and prayers. There will also be a special bake sale with the money raised going directly to the employees of LMHS who have family members in the military. The money raised will purchase phone cards for the uniformed family members, as well as assistance with their utility bills. I am encouraging all SHARE Club members to bake something and bring it in to our hospitals on May 22nd. They will go on sale May 23rd from 6 a.m. until the items are sold out.

Many of you know SHARE Club founder, Sue Maxwell. One of her sons is deployed in Korea. Her assistant Virginia, has family



directly involved in the war. She sent me this note on April 9th: "I need a favor from all of you. My nephew, Todd, is being deployed to Iraq tomorrow. He is a Sergeant in the U.S. Army and is stationed at Fort Carson, Colorado Springs. He will be assigned to a Combat Surgical Hospital (CSH) inside Iraq. It is a 144-bed facility and is a fully functioning hospital. He is a x-ray technician and also a medic. He states it will be like a 'M.A.S.H. Unit.' They will be setting up the hospital themselves when they get to Iraq.

"Todd is a terrific young man; he is 28 years old and is married. He has been in the Army almost six (6) years. We are very proud of him.

"I would appreciate any prayers that you can offer up for my nephew and all the other young men and women of our Armed Forces. They are truly my heroes."

I hope many of you will support our family by either baking something or by coming in and purchasing some baked goods. For more information on the bake sale for our military families please call 772-6298. Each hospital will also have a display with pictures of our Heroes.

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Pontifications to Ponder

When a young person looks to you for understanding and information I hope you teach them all life has given you, for our society truly needs to be reminded about the value of Aging. Many of you have life experiences that some of us will never have the opportunity to experience, so reach out and share your life with others.

Diversification Can Be A Life Saver

Edward Noble was one of those people who understood that variety is the spice of life. In 1913, he approached Clarence Crane, the inventor of the peppermint Life Saver, with the idea of producing the candy in a variety of flavors. Crane didn't want any part of this plan, so he sold Noble all rights to the candy for \$2,900.

Today, Life Savers is a billion-dollar business and the reason Noble became owner of it – and not Crane – was because he knew the value of diversification. He didn't base his success on the sales of just one flavor of candy. He knew that by offering a variety of flavors, he could appeal to more people. At the same time, he protected his business should any one flavor fall from grace with the public.

Like Edward Noble, smart investors understand the value of variety. They know that variety is the foundation of a good investment plan. Whether you call it diversification, asset allocation, or simply "not putting all your eggs in one basket," the benefits of spreading your dollars among a variety of investments cannot be overstated.

One of the main benefits of choosing a variety of investments is that you have some protection should one of those investments experience a downturn. No single investment performs well under all conditions. In fact, different types of investments sometimes go in opposite directions. For example, when the stock market declines, bonds generally perform well and vice versa. Owning both types of investments will benefit you in nearly any economic environment.

Diversification also protects against loss of purchasing power. Having all your money in fixed-income investments, such as bonds and CDs, will not allow you to keep up with inflation. Why is this important? Consider for a moment what

has happened to the price of bread over the past 50 years. \$1 would buy: in 1950 Nearly five loaves of bread (Bread cost 22 cents per loaf.); 1970 Three loaves of bread (Bread cost 33 cents per loaf.); 1990 One loaf of bread (Bread cost 89 cents per loaf.); 2002 Not even one loaf of many brands of bread.

So, although you usually know exactly how much a fixed-income investment will return at maturity, what you don't know is how much purchasing power that money will retain. Placing a portion of your assets in growth investments, however, has historically allowed you to outpace inflation.

Another benefit of diversification is that it offers the potential for better returns.

For example, with growth and growth-and-income investments, such as stocks and stock mutual funds, many investors concentrate too much of their money in companies that are familiar, such as consumer goods and utilities. Others lean too heavily on what's hot, like technology stocks. Stocks and stock mutual funds should represent a variety of companies and industries. Diversifying this way could protect you from negative events in any one company or industry.

You can also diversify the fixed-income portion of your portfolio. The specific mix of investments that's right for you depends on your needs for safety and return. Ask a professional to review your investments to make sure they're adequately diversified. The few minutes you spend evaluating your portfolio can be a priceless investment. As Edward Noble discovered, diversification can be a life saver.

For more information please plan to attend the Edward Jones Seminar titled "Smart Couples Finish Rich" presented by Paula Kaminski, at Lee Memorial Hospital on June 17th at 9 am. Call 772-6765 to register.

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Benefit Check-Ups

Many of you may be eligible for various state and federal programs and services. A new program is available; the National Council on Aging brings you an on-line program called Benefits Check-Up. I have previewed the site and believe this may benefit many SHARE Club members. Once on their web site, you enter your financial and medical information including current prescriptions. What I like best is that no personal identifying information is required. BenefitsCheckUP prepares a report identifying public and private benefits programs for you to consider. Many of these programs provide financial, health, pharmaceutical, informational, and supportive services. For your

convenience, this report includes program details such as: program descriptions, local contact information where questions can be answered and/or applications can be completed, and a listing of necessary documentation to aid in the application process. SHARE Club would like to invite those without computers to come to our computer labs. With the help of our volunteers, you fill out the questionnaires on the computer and print the report for you to take home with you. Those of you with computers you can go to www.BenefitsCheckup.org. If you are interested in receiving this very detailed report that may help you save money call 772-6765 to schedule an appointment with our staff.

www.BenefitsCheckup.org

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In Celebration of Older Americans Month

"LIFE REVIEW: BECOMING THE PERSON YOU WERE MEANT TO BE."

by Harry R. Moody

THURSDAY, JUNE 12TH, 1 PM AT LEE MEMORIAL HOSPITAL AUDITORIUM,

Scripture, myths and fairy tales point to midlife as a time of transition: an opportunity for review our lives and gain deeper understanding of how we can grow in years to come. This workshop offers an experience of spiritual autobiography both personal and analytical. Class includes slides of Rembrandt's self-portraits and segments from films such as "It's a Wonderful Life," "Wild Strawberries," "Ground Hog Day" and "Peggy Sue Got Married."

Call 772-6765 to register for this program. You will not want to miss this very informative and enjoyable speaker. Refreshments provided.

Harry R. Moody is currently Director of the Institute for Human Values in Aging, affiliated with the Brookdale Center on Aging of Hunter College.

Dr. Moody is the author of over 80 scholarly articles, as well as a number of books. His most recent book, *The Five Stages of the Soul*, was published by Doubleday Anchor Books (1997) and has been translated into seven languages worldwide.

A graduate of Yale (1967) and a Ph.D. in philosophy from Columbia University (1973), Dr. Moody taught philosophy at Columbia, Hunter College, New York University, and the University of California at Santa Cruz. From 1999 to 2001 he served as National Program Director of the Robert Wood Johnson Foundation's Faith in Action and, from 1992 to 1999, was Executive Director of the Brookdale Center at Hunter College. Before coming to Hunter, he served as Administrator of Continuing Education Programs for the Citicorp Foundation and later as Co-Director of the National Aging Policy Center of the National Council on Aging in Washington, DC.

Harry Moody is known nationally for his work in older adult education and is currently Chairman of the Board of Elderhostel.

You can also see Dr. Moody and many other experts at the 2003 Improving Geriatric Care Through Innovation Conference. Cost is \$40 for caregivers and \$85 for health care professionals wishing to obtain credits. Go to www.LeeMemorial.org/oas or call 334-5634 for more information.

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SHARE Club on the Move

CALIFORNIA NEW YEAR'S GETAWAY

SHARE Club presents a California New Year's Getaway featuring the Tournament of Roses Parade and the Crystal Cathedral with optional 2-night Las Vegas post extension. Includes: Round trip air from Ft Myers, 5 days, 6 meals (3 breakfasts, 3 dinners). Itinerary: Day 1, Arrive Long Beach, CA. Day 2, Los Angeles Sightseeing-Float Viewing. Day 3, Day at Leisure – New Year's Eve Party. Day 4, Pasadena, Parade. Day 5, Long Beach – depart for home. This wonderful opportunity is available for twin reservations at \$1,509, for single reservations at \$1,909 and for triple reservations at \$1,479. You can also add an additional 2 nights in Las Vegas for \$249 per person. For more information and reservation forms please call the SHARE Club at 772-6765.

SAN FRANCISCO AND LAKE TAHOE

SHARE Club presents a trip to San Francisco and Lake Tahoe. Includes: Round Trip Air from Sarasota, FL and hotel transfers, 7 days, 7 meals (3 breakfasts and 4 dinners). Itinerary: Day 1 Arrive San Francisco, CA. Day 2, Sightseeing tour of Twin Peaks, Golden Gate Bridge, Chinatown and Fisherman's Wharf. Day 3, Independent exploration. (Cable Cars and Union Square are only two options). Day 4, San Francisco, Napa Valley, Lake Tahoe, Nevada. Wine Tasting in Napa Valley is included, but your spending money in Lake Tahoe isn't! Day 5, Lake Tahoe, Virginia City, Reno, and Lake Tahoe. From the Old West to the Biggest Little City! Day 6, Lake Tahoe day of leisure, and a dinner cruise to end the evening. Day 7, Lake Tahoe, Reno, Depart for home. This fantastic getaway is available at \$1,549 for twin, \$2,049 for single, or \$1,519 for triple reservations. Please call the SHARE Club for more information and reservation forms at 239-772-6765.

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New Outpatient Building At HealthPark

Located across from HealthPark Medical Center (HPMC), the building will provide convenient, one-stop access to many outpatient services now performed at HPMC. Services available will include laboratory, diagnostic imaging, non-invasive cardiovascular lab, the Breast Health Center and physical therapy.

THE BUILDING IS SET TO OPEN SPRING, 2003.

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Avon Fund Raiser for SHARE Club

A SHARE Club member who is an Avon representative called me after reading our last issue of the newsletter to offer her assistance is sponsoring some Avon fundraisers. If you would like to help us by working on a committee, please call me at 772-6298. If you would like an Avon Book sent to your home with proceeds to benefit the SHARE Club please call our office at 772-6765.

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With Compliments

"TO WHO IT MAY CONCERN,

I have just returned home from a 6-week stay at HealthPark Care Center and want to say 'Thank You,' for the daily newspaper. I am a thirty five-year volunteer and a member of SHARE Club for over 15 years. I have had use of your paper before but never for so long a period. It really helped, as the days were long as I had broken my leg and could not get about. Thank you so much for that service. Sincerely, A SHARE Club member"



Free Memory Screenings

Memory is a terrible thing to lose — taking the initial memory screening at Lee Memory Care can provide you with great peace of mind. For more information regarding the free screening or other services offered at Lee Memory Care, please call 334-5634.

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Planned Giving – The Charitable Remainder Trust

By Attorney Joseph D. Zaks, LMHS Foundation Treasurer

Planned giving can take on many forms. It may be something as simple as a bequest in your Will. Planned giving may also be a way of increasing your lifetime income while making a significant gift to the Lee Memorial Health System Foundation. This type of planned giving could make use of a charitable remainder trust.

In the most common scenario, an individual will fund an irrevocable trust with a block of highly appreciated low-basis stock. The stock is usually not diversified and, therefore, subject to substantial risk in a volatile market.

The stock is transferred to the trustee of the irrevocable trust. The trustee then sells the stock and invests in a diverse portfolio, therefore, lending some stability to the investment portfolio. No tax is due on the sale of the stock. When the trust was created, its creator (called a “grantor”) would reserve a stream of income from the trust for his or her lifetime and perhaps the lifetime of his or her spouse. At the end of their lifetimes, the trustee will pay the remaining balance of the trust assets to the Foundation. Let’s look at a specific example.

Mr. I.M. Generous owns \$2,000,000 of Widget stock. Widget is currently paying a 1.7% dividend. Therefore, Mr. Generous is currently receiving \$34,000 annually less about \$14,000 in taxes or \$20,000 net from this holding. As Widget stock is very volatile, Mr. Generous is not comfortable with the return, given the large amount of risk. Mr. Generous contributes the \$2,000,000 to a charitable remainder trust. He has his attorney reserve a 5.5% return from the trust for the lives of Mr. and Mrs. Generous. The trustee immediately sells the \$2,000,000 of Widget stock and buys a diversified portfolio of stocks and bonds. The result of this planned giving decision is as follows.

Mr. and Mrs. Generous receive \$110,000 for the balance of their lifetimes. As much of this distribution is capital gains, a much smaller tax bite will be taken and, during the initial five years of the trust’s life, there may be no tax at all on this income, given that a charitable deduction in excess of \$500,000 (for the amount eventually passing to the Foundation) will be enjoyed by Mr. and Mrs. I.M. Generous.

As you can see, planned giving can truly be a win-win idea for you and Lee Memorial Health System Foundation. Contact the Foundation at (239) 437-1840 for more information.

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Support Groups

US TOO Prostate Cancer Support Group. They meet the last Saturday of the month, at CCH, Life Center. Dr. Davis Gates moderates this group. Call 574-4070 for details.

OVARIAN CANCER SUPPORT GROUP meets the first Sunday of each month, from 2 to 4 p.m. in the 6th floor North Library, Lee Memorial Hospital. Barbara Hardwick, RN, MSN, CS, is the group facilitator. Call 336-6167 for details.

APHASIA GROUP for communication problems post stroke. Conference Room, Wellness Center, Cape Coral Hospital, Thursdays 9 a.m. -10 a.m. Call Nancy Gizzi 772-6572.

VOICE SUPPORT GROUP for speech problems due to Parkinson’s. Conference Room, Wellness Center, Cape Coral Hospital. Thursday afternoons 2:15 p.m. - 3:15 p.m. Call Nancy Gizzi 772-6572.

VICTORS CLUB cardiovascular and stroke support group. For a reservation call 335-7275.

PERIPHERAL NEUROPATHY support group at HealthPark. Call Rhoda Waters at 693-7224.

MULTIPLE MYELOMA support group at 9:30 a.m. every second Saturday at HealthPark. Call 239-463-1214 and leave a message.

FIBROMYALGIA SUPPORT GROUP. Call the Arthritis Foundation at 1(800) 741-4008.

ARTHRITIS SUPPORT GROUP MEETINGS. Call the Arthritis Foundation at 1(800) 741-4008.

PARKINSON SUPPORT GROUP meetings at HealthPark Medical Center and Cape Coral Hospital. Call Karen at 334-5764.

STROKE SUPPORT GROUP, every Tuesday at 10:30 a.m. at Cape Coral Hospital. Call Shirley 574-1438.

PULMONARY FIBROSIS Support Group, second Friday of each month at HealthPark. Call Marge at 481-0582.

CPR Classes: Save A Life

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.



Exercise Classes

SIT FIT AND FUN

Chair and standing exercise promote flexibility, coordination and balance, and helps enhance limberness and ease of movement for those needing to increase joint range of motion. Stress release techniques and meditation end each class. Prudent exercise, good company, and fun fill each class session. It won't take long to get strong. Come join the fun. You'll be glad you did!

HEALTHPARK MEDICAL CENTER

4th floor atrium every Mon. and Wed. at 2 p.m. \$4 per class.

PARKINSON'S EXERCISE CLASS

Chair and standing exercises help Parkinsonians obtain optimal overall health, flexibility, coordination, balance and muscle strength. The goal of the class is to help individuals improve their activities of daily living, such as walking, rising from sitting to standing and overall movement. Mon. and Wed. at 12:45 p.m. in meeting room 4B on the 4th floor.

PENNY'S PERFECTLY PACED (LOW IMPACT EXERCISE CLASS)

This one-hour class could change your life. It's high energy, easy to follow, set your own pace moves are all done to fun inspiring music. You will have so much fun that you hardly notice you are strengthening your cardiovascular system, preventing disease, burning fat, and releasing stress. All fitness levels would easily benefit in this 'set your own pace' class. Mon. and Wed. at 4 p.m. on the 4th floor atrium.

Call Penny at (239) 369-9003 for more information. Please come and check it out.

Penny Lorence is a certified exercise instructor who really focuses on fun and motivation.

YOGA CLASSES

Reduced stress, greater strength, improved muscle tone, improved circulation, greater flexibility; peace of mind and so much more can be yours when you practice this ancient art.

We achieve all of these wonderful benefits by combining body movements, breathing techniques and relaxation techniques. Our goal is to take the mystery out of how to move the body with understanding and without pain.

Yoga is open to everyone, male and female, all ages, all sizes, all shapes! When you come to class wear shorts, t-shirts, leotards or barefooted tights. Yoga is done barefooted. Bring a large towel, a slightly empty belly and an open mind.

CAPE CORAL HOSPITAL LIFE CENTER

Tuesday evenings from 6 p.m. to 7:30 p.m.,
Wednesday afternoons from 1 p.m. to 2:30 p.m.

HEALTHPARK MEDICAL CENTER

Monday afternoons from 2 p.m. to 3:30 p.m.,
Monday afternoons from 4 p.m. to 5:30 p.m. &
Monday evenings from 6:15 p.m. to 7:45 p.m.

Yoga classes are ongoing and you can join at any time. The cost is \$45 for 4 classes, \$75 for 8 classes or \$125 for 16 classes. To pre-register call Joyful Yoga at 482-6677 or you can register on-line at <http://www.JoyfulYoga.com>

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Elders Living Alone Can Enjoy Worry-free Summer With Lifeline

May 2003 — Summer time in Southwest Florida can be quite peaceful. But who watches out for those living alone? Lifeline gives elders living alone the ability to enjoy the season safely at home.

By pushing a lightweight waterproof button, a Lifeline user has immediate access to a highly trained person called a monitor. The monitor takes the time to fully understand the caller's situation and efficiently links each Lifeline user to the care they need.

Lifeline gives peace of mind not only during the summer, but also everyday of the year.

For more information contact
1-800-LIFELINE ext. 3050

FREE ENROLLMENT COUPON

**Call to order Lifeline service
and redeem this coupon**

CALL TOLL FREE

1-800-LIFELINE ext. 3050

(1-800-543-3546 ext. 3050)

**Enjoy peace of mind with
Lifeline.**

***Coupon expires June 15, 2003**

Three-month minimum service required with coupon enrollment.

This offer may not be combined with other offers.

This referral to Lifeline is made by: SHARE Club Newsletter

CALENDAR OF EVENTS

SURFING THE INTERNET

Saturday, May 10th, 10 a.m. to 12 noon at Lee Memorial Hospital Auditorium. Wednesday, May 21st, 2 p.m. to 4 p.m. at Cape Coral Hospital New Café. Presented by Al Winchell, President of the S.W. Florida P.C. Users Club. Class fee is \$5. Limited seating. Call 772-6765 to reserve your seat. Open to the public.

ATTENTION BEACH GOERS: SKIN CANCER SCREENINGS

Saturday, May 10th, 10 a.m. to 2 p.m. at Lynn Hall Memorial Park on Ft. Myers Beach. (near the Pier) Skin Cancer specialists from Lee Memorial Health System and H. Lee Moffitt Cancer Center and Research Institute will provide the screenings and information about sun safety to prevent skin cancer for interested beach-goers.

JOINT PAIN AND YOU

Monday May 12th 10 a.m. at HealthPark. Joanne Calhoun, P.A.-C of the orthopedic practice of Kagan, Jugan and Associates will present the causes of joint pain and advances in treatment of this often debilitating condition. Her goal is to help you to decrease the intensity and severity of pain or provide information on how it can be alleviated. Call 772-6765 to reserve your seat.

HOME HEALTH CARE AND HOW TO COVER THE COST

Tuesday, May 13th, 10 a.m., HealthPark, Meeting Room 1-A. Presented by Todd E. Riley, representative of Bankers Life & Casualty. Mr. Riley will provide an educational workshop on the realities of what Medicare & Medicaid cover, and multiple strategies for securing the resources to pay for Home Health Care, which could delay or even eliminate the need to move into a nursing home. Call 772-6765 to reserve your seat.

TREATMENT OF HIP AND KNEE PAIN

Wednesday, May 14th, 6 p.m. also Saturday, May 31st, 10 a.m. at Lee Memorial Hospital Auditorium. Dr. Edward Humbert, an associate with Dr. John Fenning, joined Joint Implant Surgeons of Florida in 2003. He is fellowship-trained specializing in hip and knee total joint replacement, partial knee replacement and arthroscopy. Call 772-6765 to register for this lecture.

WHAT IS ACUPUNCTURE AND HOW CAN IT HELP YOU

Wednesday, May 21st, 10 – 11 a.m. at Cape Coral Hospital, Meeting Room A. Doctor of Oriental Medicine, Robert Murdoch will explain how acupuncture helps you regain your health. Headaches, back pain and sleep disorders are some of the conditions to be covered in the talk. Call 772-6765 to reserve your place.

EARLY TREATMENT OF HEART ATTACKS

Thursday, May 29, 6:30-7:30 p.m. James Conrad, M.D., PhD., F.A.C.C., F.A.S.E., Cardiologist, Southwest Florida Heart Group. HealthPark 1A. Call 772-6765 to register.

RESIDENTIAL CARE OPTIONS AND HOW YOU CAN PAY FOR THEM

Friday May 30th 12 noon at Lee Memorial Hospital Auditorium. Reina Schlager, C.P.A., Financial Consultant of Gilman and Ciocia, Financial Planners will help you identify several aspects of senior care to include home health and the types of communities such as life care, assisted living, or nursing home that are available as options. The emphasis will be on planning for these alternatives and what is available to cover the cost of each. \$6 for Lunch Call 772-6765 to register.

DYING BY YOUR WISHES

Tuesday, June 3rd, 11 a.m. at Cape Coral Hospital Meeting Room A. A LMHS attorney will be speaking on Living Wills, Health Care Surrogates and Health Care Power of Attorneys, what they mean. Sample Living Wills will be available. Call 772-6765 to register.

UNDERSTANDING YOUR MEDICARE & SUPPLEMENT CLAIMS

Tuesday, June 24th, 11 a.m. at HealthPark Medical Center room 1A. Jo Marshall, SHINE Representative will be presenting information on Medicare and Supplemental Insurance claims. How you can organize your claims at home to keep accurate track and knowing when you need to pay what. Limited registration. Call 772-6765 to register.

REMINISCENCES OF THE 21ST CENTURY

A Luncheon presented by Harry R. Moody Ph.D. June 13. Hyatt Coconut Pointe Bonita Springs 11:45 until 1:15 p.m. Learn about an aging society in the 21st century. This one man skit portraying a 122-year-old man in the year 2067. An approaching view of how our health and healthcare system may change. What will become of Social Security, Medicare and other age-based entitlement programs. What changes may occur with respect to human longevity. Discussions of successful and productive aging will be presented. Come listen to this informative and entertaining view of healthcare in the 21st century. \$35. Please complete the registration form below and send with a check prior to June 6, 2003. Lunch is not optional. If you are interested in attending the entire geriatric conference please call 334-5634 for a registration brochure.

AGING CONFERENCE REGISTRATION

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____

ZIP: _____

TELEPHONE: _____

Please print out this form, and mail the completed form and check made payable to Lee Memorial Health System to:
Lee Memorial Health System, Lee Memory Care
PO Box 2218, Fort Myers, FL 33902

SMART COUPLES FINISH RICH

Tuesday, June 17th, 9 a.m. at Lee Memorial Hospital Auditorium. This is a revolutionary educational seminar designed to address the unique financial concerns of couples. Learn: How to protect yourself financially in good times and in bad, how to really talk about money without fighting, how to identify your values and make prudent financial decisions as a team, the three biggest retirement account mistakes couples make, how the Couples Latte Factor can potentially help you create significant wealth with minor lifestyle changes. This program is presented by Paula Kaminski, Edward Jones Broker. All participants will receive a free 30 page financial workbook to help organize their finances, and plan their values, goals and dreams. Call 772-6765 to register for this valuable program.

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Lee Parkinson's Care

TREMOR SELF-TEST SCREEN

1. Does your head, hands and/or legs shake, quiver or tremble? ... Yes ☐ No ☐
2. Do your hands or fingers shake when you are sitting still? Yes ☐ No ☐
3. Has your handwriting become smaller? Yes ☐ No ☐
4. Has your voice become softer? Yes ☐ No ☐
5. Do your feet seem stuck to the floor? Yes ☐ No ☐

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS PLEASE CALL LEE PARKINSON'S CARE FOR AN APPOINTMENT, 334-5883. EARLY DETECTION PROVIDES YOU WITH THE MOST TREATMENT OPTIONS, SO CALL TODAY.

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Know Your Fat!

FRIDAY, JUNE 20, 2003, FROM 3:30 – 5:00 PM

Lee Memorial Hospital on Cleveland Avenue in Room 7124

A class for individuals with diabetes who also have elevated cholesterol levels. If you would like to learn more about reducing your risk of heart disease, this class is for you! A Certified Diabetes Educator and Dietitian will facilitate the class.

Cost is \$30 cash or check payable at the beginning of class.

To register contact Lee Diabetes Care at 334-5200, and indicate that you are registering for the June 20 class on cholesterol. Reserve early as class size is limited!

SHARE Club Presents is a Lee Memorial Health System publication for the members of SHARE Club

System Gerontology Business Leader, SUE MAXWELL, MSW

Program Coordinator, TERESA FRANK

Secretary, TRACY JOHN

For more information on Older Adult Services, call 772-6765 • www.LeeMemorial.org/OAS

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