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GATES

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THIS

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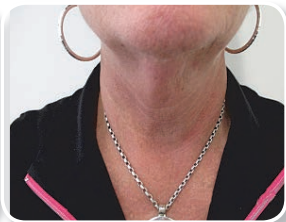
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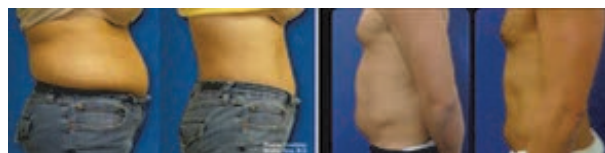


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Dear Readers,

Our New Year's resolutions are well intact as we head into spring. Every day, remember as you wake up to keep believing you can reach those goals set in January! Some of us have promised ourselves that 2016 will be the year we will be healthier, eat right and exercise more. Others planned to be more patient or better listeners or better money managers. You can do this.

Our mission at *Beyond the Gates* magazine continues to travel the path we love best: finding and celebrating the amazing people in our community. You can count on us to tell the stories of real people and their courage, faith and triumph. We will also continue to offer readers all kinds of great tips about being healthy, laughing more and simply taking time to enjoy life, as well as encouraging you to help others.

Our cover story is about two amazing ladies, Dr. Debbie Heil and Lisa Luthringer. They have fought multiple sclerosis (MS) in an amazing manner. They have accepted their diagnoses and gone on to help others. Through their journey, Debbie and Lisa have touched countless lives, including Anthony and Patti (right), and we thank them for sharing their incredible story and their spirit with our readers.

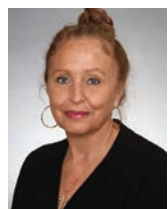
You will find lots of other goodies on these pages, too! So settle into your favorite chair and enjoy yourselves. We thank all of you for supporting our cause, and we wish each of you an amazing spring, filled with new adventures, introspection and laughter, too.

Remember, always keep your faith; prayers work and miracles really do happen.

From the team at *Beyond the Gates*



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WE'RE LISTENING!

FEEDBACK

Isn't it true that only if we are heard can we effect change around us?

Be a part of our transformation; let us know your thoughts! Please send us your feedback at *Beyond The Gates Magazine*, 5621 Strand Blvd. Ste. 303, Naples, FL 34110 or email us at debbies@conciergesimage.com.



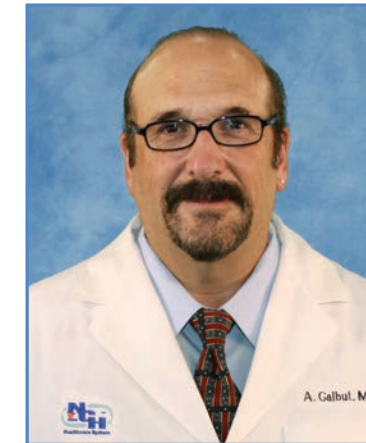
WE INVITE YOU TO SHARE BEYOND THE GATES



The MS Reality. Anthony has lived his entire life with a single disabled mom learning to carry his own diaper bag at 18 months. Today, they recently celebrated at an MS GAL event (above).

DR. ALAN GALBUT, M.D.

Dr. Alan Galbut is an award-winning physician board certified in Internal Medicine. He has been practicing in Naples and on staff at NCH Downtown Hospital since 1986. He is the past President of the Naples Medical Center, a multi-specialty center of medical excellence founded in 1957 and now partner of the Millennium Physician Group.



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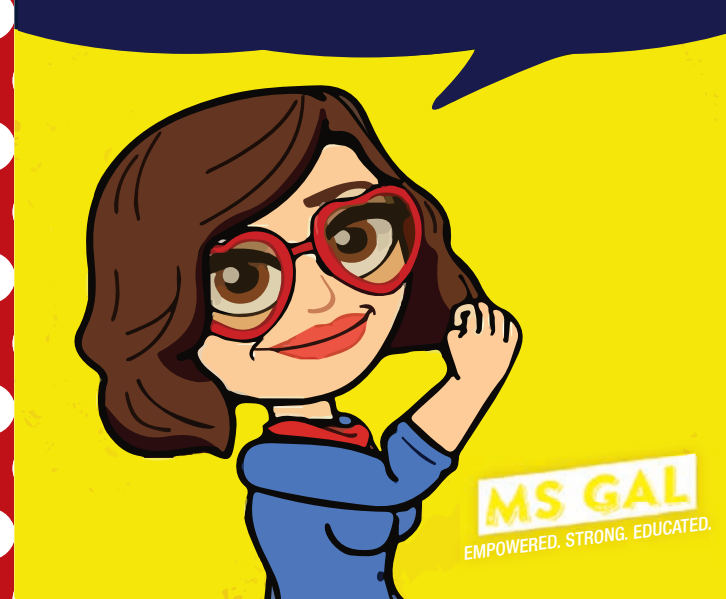
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WE ARE DOING IT!



The Heil Luthringer Foundation launched its newest initiative **"MS Gal"** on January 5th, 2016.

The MS Gal Polka Dot Bandana Challenge will be the major awareness campaign for the year!

The white polka dots represent the lesions on your brain & spinal cord, the root cause of Multiple Sclerosis.

To learn more and join our multiple sclerosis awareness community, visit MSGal.org and follow:

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ON THE COVER
Close friends and MS advocates, Lisa Luthringer, RN, and Dr. Debbie Heil. Photo by Heather Donlan

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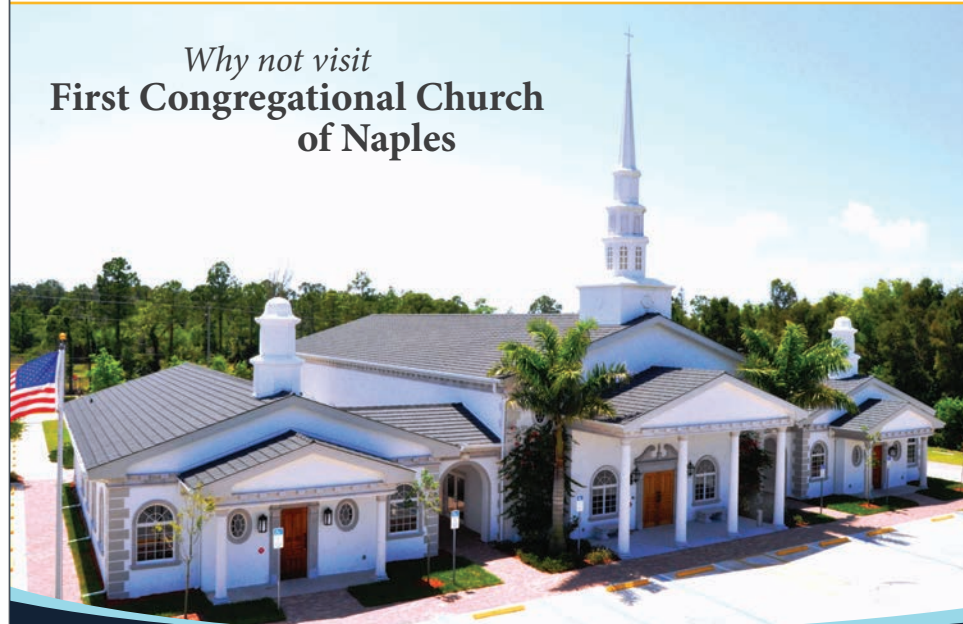
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Let Your Inner Child Play

You're never too old to try these stress-relieving activities.

By Sherri Coner

If you can't get through a day without nursing a stress headache, and you can't remember when you last laughed uncontrollably, we encourage you to commit to these be-a-kid-again exercises! Please don't wrinkle your grumpy nose at the idea. These 10 experiences can bring childlike joy back to your life!

1.

Grab an umbrella and take a walk in the rain. P.S., do NOT avoid the puddles. Just stomp your way through them.

2.

Walk a big dog. Don't have a big dog? Volunteer at the local animal shelter. Pick the largest, most excited dog and take that happy, guy for a walk.



3.

Think back about your favorite books from childhood. Buy them. Read them. Share them with the children in your life.

4.

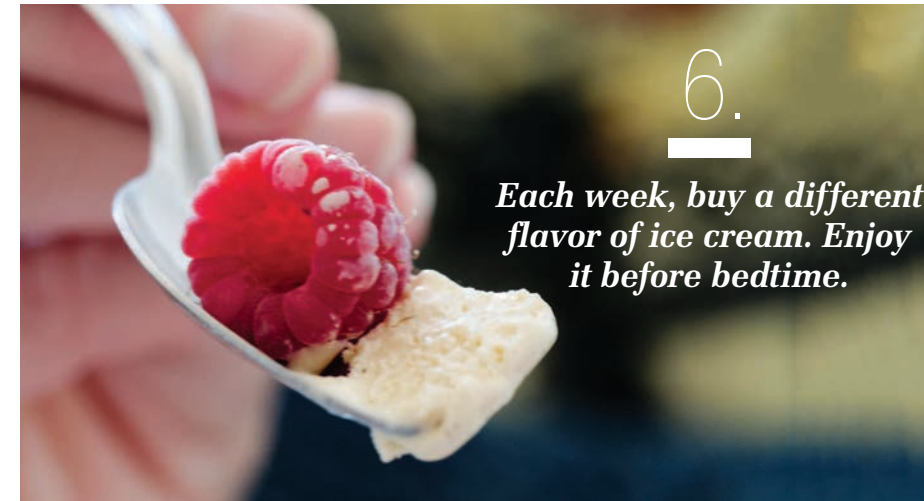
Hide your cell phone from yourself. Grab a raft and float for a sunny afternoon in the Gulf. Enjoy the sun sparkling on the water. When the waves dump you off, just laugh.

5.

Play dress-up and "house" with little ones. Make sure to include a tea set and cookies.

6.

Each week, buy a different flavor of ice cream. Enjoy it before bedtime.



7.

How long has it been since you played with a hula hoop? Buy a brightly colored one and start your day by hula-hooping in the kitchen.

8.

Cram a couple of pieces of bubble gum in your mouth, then have a bubble-blowing contest with your kids, your grandkids or some neighbor kids.

9.

Play flashlight tag with other adults who have lost their fun side.

10.

Jump rope with kids.

Believing, Supporting, Healing

By Robin DeMattia



Jennifer Johnson was in her junior year of high school when she started dating her first boyfriend. They dated for two years, enjoying typical activities like going to the movies and high school football games. But the relationship itself became far from typical. Things turned violent early on, and on countless occasions, Jennifer was raped and beaten.

With the support of her family and her faith, Jennifer got out of the abusive relationship and found the inner strength to move forward. She went on to become an actress and Ms. Petite Minnesota, and is raising adorable twins with her loving husband. She also owns the successful True Fashionistas Designer Resale store in North Naples.

Three years ago, Jennifer became board president of Project HELP, the only state-certified rape recovery and victim services center in Collier County. Annually, the organization provides free and confidential services to more than 5,000 people affected by sexual assault, human trafficking, sudden loss and other violent crime.

"I wish there had been an organization like Project HELP for me," Jennifer says. "It's important that survivors know that someone believes them, will listen to them without judgment, and will help them on their healing journey."

Project HELP provides individual and group counseling, grief counseling, a survivors of suicide program, music and expressive therapy, court advocacy, community crisis debriefing and sudden death notification. The organization operates a 24/7 helpline (239-262-7227) and responds 24 hours a day to victims and their families.

"We are one of those essential community services that we hope you don't need but are there if you do," says Michelle English, executive director. "We support victims of all crime and work closely with law enforcement and other agencies to guide people after an event."

Project HELP celebrates its 30th anniversary this year with a free reception on Thursday, April 7, from 5 to 7 p.m. at Design Studio by Raymond, 990 1st Ave. N., Naples. Collier County Commissioner Donna Fiala, Former Senator and Project HELP Founding Board Member Burt Saunders and NCH Health System CEO Allen Weiss are serving as honorary co-chairs.

"We are proud that such strong community leaders are joining us to recognize this milestone," Michelle says. "We want all survivors to know that they have been heard and that victim services remain a focus in Collier County."

The organization is also establishing the "Project HELP Endowment Fund" at the Community Foundation of Collier County to provide a financial bedrock and income stream toward operations. All donations up to the first \$5,000 will be matched by At Home Health Care and Florida Community Bank. Donations may be made at ProjectHelpNaples.org or by a check payable to "Project HELP Endowment Fund" sent to: Project HELP Endowment Fund, 3123 Terrace Avenue, Naples, FL 34104.

To learn more, visit ProjectHelpNaples.org or call the office at 239-649-1404.

It's important that survivors know that someone believes them, will listen to them without judgment, and will help them on their healing journey.

I Was a Stranger and You Welcomed Me

By Sherri Coner | Photo courtesy of Helps Outreach, Inc.



A family with no renter's insurance loses everything they own in a house fire. A woman runs away from an abusive relationship with only her children and the clothes on their backs. A financially strapped family of four must quickly make room in their budget and in their home to accommodate an out-of-work sibling and an elderly parent. Grandparents must take emergency custody of their grandchildren.

These are only a few of the scenarios that fill many hearts with fear.

That is when the dedicated volunteers of Helps Outreach, Inc., offer whatever is needed, such as food, clothing and furnishings.

Along with providing residents of Lee and Collier counties with these badly needed items, this loving organization also reminds the community that being down on your luck does not mean you will be alone in your struggle.

Ten area church congregations with amazingly gracious hearts have worked alongside Helps Outreach for 16 years, always honored to embrace the needy.

Their mission is based on Matthew 25: They are committed to clothing the naked, feeding the hungry and ministering to the hurting.

In the onsite library, adults and children find free uplifting Christian books and videos.

Expectant mothers find an assortment of baby items, from cribs and strollers to high chairs and diapers.

Families also have access to gently used furnishings for every room in the house, kitchen utensils, pictures, lamps, clothing and shoes, and a pantry filled with nonperishables and bread.

To date, Helps Outreach has served more than 32,000 area families, providing more than \$3 million in home furnishings and clothing, along with more than \$1 million in food.

want to help?

Would you like to donate your gently used home furnishings? Contact Helps Outreach to arrange a pickup of everything you wish to donate.

Cash is always needed, too, for purchasing bread for the pantry, diapers and formula for the babies, etc.

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Tutu Beautiful

STORY AND PHOTOGRAPHY
BY HEATHER DONLAN

Empowering young girls to feel beautiful about themselves through art and photography.



I have always felt like there is a gap of uncertainty between childhood and the teenage years. Most marketers called it the Tween Years. When kids are roughly between the ages of 8 and 14, there is a time when they are no longer seen as young children and yet still do not have the maturity of a teenager. Simultaneously, this is also about the same time that self-confidence drops, bullying starts and tweens start to feel insecure and doubtful about themselves. Seven out of 10 girls in this age range feel they are not good enough and don't measure up in some way, including looks and performance in school and sports.

When my own daughters first entered this time in their lives, as their mother it was very painful to sit by and watch them try to navigate negative feelings about themselves without having a solution as to how to make things better. I talked to them constantly about their feelings of depression and self-doubt, trying to come up with suggestions about how best to brush off other girls' mean behavior. But at the end of the day, all of the talk only goes so far. I searched for a way to empower my girls.

It wasn't until we had family visiting one weekend and decided to take everyone out to the Everglades for the day that everything shifted. I had been photographing in the heart of the Everglades for a few years at that point, and I decided to pack a tutu into my gear bag at the last minute for fun. When my daughter slipped on the tutu and got into the water to be

"Nothing makes a woman more beautiful than the belief that she is beautiful."

-Sophia Loren

photographed, she seemed to completely transform. She went from a timid, self-conscious young girl into a proud and confident force within a matter of minutes. Visually, the transformation was extraordinary. She stood taller. She smiled more brightly. And you could just feel a heaviness start to peel away.

Through watching my daughter transform, I realized that great strength can be gathered when you empower someone to feel beautiful about themselves. As a photographer, it's my job to bring out the inner beauty of all my subjects and let that beauty shine through in my work.

Something magical happens when you encourage these young girls to slip on something as simple as a tutu. It allows them the freedom to shine in a space that is familiar and comfortable. Almost every girl has memories of playing dress-up in her mother's closet, and my theory is that these photo shoots are simply an extension of those warm and happy memories. Creating something familiar with something as basic as a tutu allows these tweens to let their guard down and be photographed in a way that is fun and comfortable and really lets their inner beauty shine through.

The goal of TuTu Beautiful is to empower these young girls through art and photography. By reminding these girls just how strong and beautiful they are as the subjects of such unique artwork, my hope is that each girl who passes through my studio stands a little taller knowing she is the reason these photographs are so extraordinary. I always tell these girls when we begin working that my job is to compose and direct them in photograph, but their job is to let their inner light shine through, so that they can share their beauty with the world. ♦

For more information about these specialized sessions, please contact the studio at 239-234-6830 or visit www.heatherdonlan.com



WE CAN DO THIS

Two courageous women with multiple sclerosis set out to educate and empower others who are affected by this neurological disease.

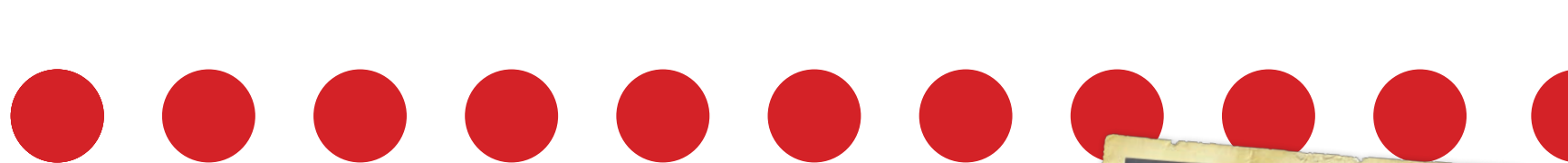
BY SHERRI CONER





SHE
CAN
STILL

She can still use one hand. So that means that Lisa Luthringer can still work in her flowers. She can also talk and make plans with friends, pay bills and greet home healthcare nurses into her Naples home. She can still spend time with her three adult sons. And she can still educate others about multiple sclerosis (MS), an incurable disease involving the central nervous system, which consists of the brain and spinal cord. In the past 20 years, this mysterious disease has taken a lot away from Lisa, including her career as a registered nurse and Nurse Consultant. But “she can still” is just one way to remind anyone who does not personally know Lisa that MS has never dampened her spirit or her contagious laugh. After experiencing a long list of very unusual symptoms for several years, Lisa was diagnosed with MS before her 30th birthday. Initially, MS didn’t change her life very much at all. At the time, Lisa was first working a lot to help her former husband attend podiatric medical school. Soon after that goal was accomplished, she was completely enthralled with the responsibility of raising three energetic



little boys.

In some ways, the neurological changes came slowly, making it possible for denial to sneak in every now and then.

But it wasn’t long before MS reminded Lisa that she was no longer symptom-free.

“I was using a cane and a walker when my oldest son was in kindergarten,” Lisa says.

A year later, she used a scooter to visit her son’s first-grade classroom. Her younger sons have no memory of seeing their mother walk.

Despite the many challenges, this incredible woman lives life very fully from an electric wheelchair.

“Until recently, I was driving with one hand,” she says. “I had an accommodated vehicle.”

With driving now off the to-do list, Lisa is again focused only on what she can still do.

The newest something is a third MS-inspired project shared with her dear friend, Dr. Debbie Heil.

Many years ago, the women met at a Naples luncheon for wives of physicians.

At that time, Lisa very slowly got around with a cane, explaining to anyone who inquired that she simply had a bad hip.

“It didn’t feel like MS was an acceptable disease to really talk about,” Lisa says.

A couple of weeks later, Lisa and Debbie again crossed paths.

“Debbie said, ‘I know you don’t have a bad hip. I know you have MS because I also have MS,’” Lisa says. “Then we both just started crying. It was a very emotional time for both of us.”

From that moment on, these two amazing women made commitments to teach the world about this disease, which strikes 400 people every week in the United States.

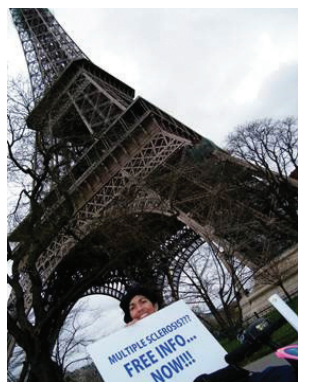
In 2000, the women co-founded MS Home, providing massage therapy, physical therapy, acupuncture, water exercise and horseback riding to those living with MS. This wellness project, now known as the Multiple Sclerosis Center of Southwest Florida, has served more than 2,000 individuals and over 300 families.

In 2007, the women launched yet another non-profit organization, the Heil Luthringer Foundation for MS Education. This venture took them to many states and also abroad, showing people that MS has no particular age or face or socioeconomic level.

And nowadays, Lisa says with a laugh, she and Debbie have a third vision for making MS less mysterious. “MS GAL” materialized and was officially launched on January 5, 2016.

Definitely, she is doing exactly what she was meant to do with this chapter of her life, Lisa says. “I love to help people who have MS. That’s my purpose.”

“I love to help people who have MS. That’s my purpose.”
-Lisa Luthringer



Lisa Luthringer’s amazing support system includes her family (opposite). Front row: Michael Luthringer (son), and Lisa; back row: Jason Luthringer (son), Barbara and Michael Giallombardo (parents), Peter Luthringer Jr. (son). Lisa has always remained optimistic in the face of her diagnosis, as president of MS Home, shown (top) at the first organizational meeting at Naples Medical Center in 2000, and even spreading awareness across the Atlantic (above).



MOVING FORWARD

The day her life immediately changed forever, Dr. Debbie Heil was performing surgery. “With the scalpel in my hand, I’m looking down and suddenly, I just went blind in both eyes,” Debbie says.

Amazingly, this very successful physician and surgeon somehow swallowed mounting hysteria and calmly requested that her assistant summon her partner to take over the case. She made it out of the operating room and past the patient’s family in the waiting area, mumbling along the way that she didn’t feel well.

That was the day Debbie, a married mom with a toddler at the time, gave up her medical practice and so much more.

“I left my career, my colleagues, my patients and many of my friends,” she says.

Three months later, her vision mysteriously returned.

It took a while for the odd symptoms to be gathered into a final diagnosis.

At 38 years old, Debbie and her husband, Dr. Alan Galbut, learned that she had multiple sclerosis, an incurable disease that never affects two people in the exact same way.

The day of the diagnosis, her husband sobbed, Debbie says.



But the news did not put her in deep despair. Instead, she thought of her mother, “an incredibly strong woman who came to America from Germany after World War II with a purse and an extra pair of underpants.”

Refusing to allow the diagnosis to take anything more away from her than it already had, Debbie became the facilitator for the local chapter of the National MS Society support group for eight years.

Next, Debbie focused on raising Elizabeth, the miracle baby she and Alan never believed they would have, while also helping countless people around the world to accept and learn how to live with MS.

After successfully launching two non-profit organizations in seven years, Debbie and her dear friend Lisa Luthringer, RN, MSN, also a medical professional with MS, have a third vision in mind.

This new vision involves red and white polka dots, Debbie says with a laugh.

While trying to think along the lines of pink ribbons symbolizing breast cancer support and the amazing public response accomplished with the ALS Ice Bucket Challenge, Debbie wondered what might easily catch the public’s eye and explain MS education and support.

That’s when the polka dots idea popped into her mind.

“You know, MS is a brain disorder,” Debbie says. “So the polka dots represent lesions seen on the brain MRI of someone who has MS.”

Debbie quickly adds another special fact: The scarf wrapped in the hair of World War II’s very capable Rosie the Riveter also happens to be red with white polka dots.

As she and Lisa continue to finalize all the plans for this new program, residents of Naples might occasionally see Debbie sporting around town in her red Mercedes, which is decorated with — you guessed it — small white magnetic dots.

Don’t forget to also notice the license plate on the unmistakable car for a cause, which reads, “FightMS.”

Every chance she finds to educate or comfort one more person or one more loved one of a person who has been diagnosed with MS, she readily accepts, Debbie says.

She and Alan, married now for 33 wonderful years, cherish this time in their lives, watching their daughter begin her adult life with an exciting career.

But also, Debbie and her friend take every opportunity to laugh and find the joy in this life that the two of them understand so well.

“Lisa and I always say that you have to embrace MS,” Debbie says. “Once you put your arms around it and say, ‘This is what I have to deal with,’ you can move forward with your life.” ♦



Dr. Debbie Heil hiking in Colorado July 2015 (opposite). Her daughter, Elizabeth Galbut, and husband, Alan, remain strong advocates of her vision to spread awareness and hope about MS (above, middle), including MS GAL Ambassadors visiting fellow MSers like Joe Stio at Lakeside Pavilion Rehabilitation & Nursing Center (above).

“Once you put your arms around it and say, ‘This is what I have to deal with,’ you can move forward with your life.”

-Dr. Debbie Heil

What Is MS?

By Dr. Debbie Heil



Dr. Debbie Heil (left) flashing her "License to Walk" card after a 12-day stay at NCH Brookdale Center for Healthy Aging & Rehabilitation for total hip replacement December 2013. Lisa shows her support during a visit (top) and Debbie spreads the cheer around the center with others in rehab (above).

Multiple sclerosis is a chronic, unpredictable neurological disease that affects the central nervous system, which consists of the brain, spinal cord and optic nerves. With MS, the fatty tissue that surrounds and protects the nerve fibers, called myelin, is lost in multiple areas, leaving scar tissue called sclerosis.

The devastating effects of this disease vary from individual to individual. MS patients can experience dizziness, mood swings, eye problems, numbness in the hands and feet, temperature sensitivity, muscle spasms, ringing in the ears, loss of balance, slurred speech, tremors, weakness, chronic fatigue, cognitive changes and other disabling symptoms. Many patients can live for years with MS and have minor symptoms. Others progress rapidly and lose their ability to walk or talk or see clearly in a few years or less.

What we do know:

Currently there is no cure for MS. Many immune modulating

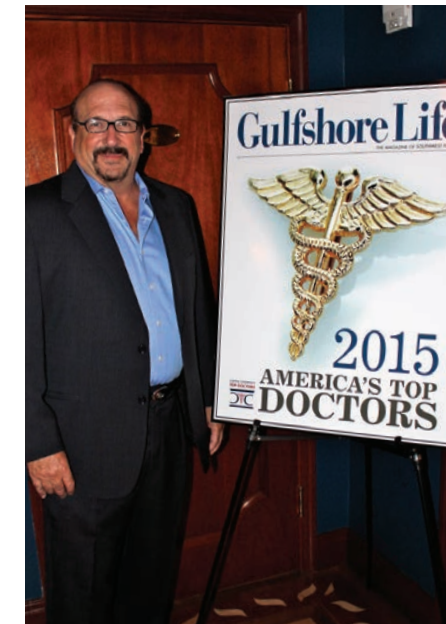
drugs are now available on the market to halt the progression of the disease. However, recent global stem cell research with clinical trials and ongoing genetic mapping holds promise for a cure in the next decade.

More than 400,000 Americans acknowledge having MS. Patients are often afraid of revealing their disease for fear of losing their jobs. It is estimated that 2.5 million people are affected worldwide. More than twice as many women as men have MS. Symptoms appear in the mid to late 20's and are devastating to young families. Many MS patients end up divorced.

Our Mission: The Heil Luthringer Foundation provides critical education to empower individuals and their families. With hope, love and faith anything is possible.

A Doctor, a Husband, a Caregiver

By Dr. Alan Galbut



My wife taught me over the years to take a deep breath, put things in perspective and endeavor to remain optimistic.

I have practiced internal medicine for 35 years and have been the husband of someone who was diagnosed with multiple sclerosis (MS) 23 years ago. Debbie's story is typical in that she was a woman with a young child, embarking on her career. Unfortunately, depending on the severity, such a diagnosis can lead to the loss of a job, loss of insurance (and insurability) and, not infrequently, the strain or breakup of a marriage.

The shock of receiving a serious diagnosis like MS in our case — as I'm sure in most — was quickly followed by dark thoughts, despair and projections of the worst-case scenario, such as being wheelchair- or bed-bound. But my wife soon realized, and taught me over the years, how important it is to take a deep breath, put things in perspective and endeavor to remain optimistic. This can be hard to do, of course, when the disease is knocking a person down, but Lisa and Debbie, from their own ups and downs, have by example showed others that a positive attitude can indeed improve both mind and body.

In 1993, when Debbie was finally diagnosed with MS, the first approved treatment was just coming out: Betaseron, an inter-

feron-based therapy. Now there are multiple approved drugs, including oral medications (most of them immunosuppressants) trying to combat the activated T cells that are attacking the nervous system. Fortunately, stem cell and genetic research seem to be gaining momentum, and doctors are looking at additional approaches such as stimulating cells to repair the myelin and thereby restore function. That would be great, but alas, it is the future.

Over the past 16 years, Lisa and Debbie have tirelessly raised funds from this generous community to enable the creation of numerous wide-ranging local initiatives for the nearly 700 people with MS in the area. These have included providing a variety of physical therapies and exercise classes as well as therapeutics such as acupuncture, social activities and support for the patients and their families (including scholarships for children). They have personally educated more than a thousand local nursing students regarding the unique needs of MS patients.

Lisa and Debbie have taught me so much, both as a doctor and as a husband. So I'll just take a deep breath and continue the journey.



Dr. Alan Galbut, M.D.

is an award-winning physician board-certified in internal medicine. He has been practicing in Naples and on staff at NCH Downtown Hospital since 1986. He is the past president of the Naples Medical Center, a multi-specialty center of medical excellence founded in 1957 and now partner of the Millennium Physician Group. Stanford University — Undergraduate BS Case Western Reserve University — Medical School University of Kansas — Internal Medicine Residency

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Naples Medical Center 400 8th St. N., Naples, FL 34102 • 239-649-3326

Sending a Message

By Sherri Coner



Last week, I was visiting a younger friend when she paused our conversation so she could first send a text to her teenaged son, reminding him to grab a gallon of milk on his way home from ball practice. She then sent another text to her younger son — who, by the way, was upstairs in the same house.

“I told him that he had better not appear at the dinner table still wearing that dirty T-shirt,” my friend said after pressing “Send.”

“Wow,” I sighed. “In my day, we actually got off the couch, walked over to the stairs and used our mom voices to holler up to the second floor.”

“Oh, I use all caps in my texts,” my friend smiled. “Believe me, they know I am serious!”

What?

“That approach cannot possibly take the place of the infamous mean mom face,” I said. “There’s just no way that a text message can have the same impact.”

“Well, my kids have grown up with texting,” she said.

“Funny, mine grew up with serious, face-to-face talks about grades and life choices,” I thought. “And while I was raising my son, we actually heard each other laugh out loud. We didn’t have to add that stupid little ‘LOL’ at the end of a sentence on a phone.”

“Oh, I have even grounded my kids through text messaging,” my friend boasted. “And through texting, they whine at me about being grounded.”

Weird.

A couple of days ago, I was minding my own business, waiting for an oil change. A young couple entered the waiting area, sat down together and began to wildly text on their phones.

Frequently, they looked up from their phones long enough to smile at each other.

“Good grief,” I muttered under my breath. “They are seated elbow to elbow, and yet they are texting each other! What is happening to the world?”

It is kind of ridiculous to look for a person’s face when meeting them somewhere. Since I only see the top of heads, I send a text stating, “I’m here!” and wait for a head to pop up and look for me.

By the way, I was dragged into the world of texting.

My own kid told me that if I just learned to text, I would hear from him more often.

I don’t understand that logic. But I learned how to text anyway, hoping to figure it out later.

My son and I do frequently text. And I live with that.

His schedule is crazy, and so is mine.

But text messages can never replace how much I cherish the sound of his actual voice on the phone.

Too often, the intended message of a text and the tone of a text can be misunderstood. I have heard many stories about misinterpreted texts that led to ground wars between the genders.

What in the world happened to the concept of actually speaking to each other?

When I walk into crowded restaurants, where people are waiting for tables, the majority of heads are bowed, enthralled by whatever is on their phones.

Apparently, people don’t find much value anymore in simply conversing with friends or making small talk with other patrons.

I am also learning that I have to completely change the way I once identified people. It is kind of ridiculous to look for a person’s face when meeting them somewhere.

Nowadays, I have to know them by how they part their hair.

Since I only see the top of heads, I send a text stating, ‘I’m here!’ and wait for a head to pop up and look for me.

Seeing Is Believing

By Sherri Coner | Photos courtesy of Spectacles of Naples



While the “one-pair-fits-all” mindset might be okay for some people, it’s not common that a single pair of glasses will be the ideal choice for every task in our hectic modern lifestyles. With designer eyewear styles evolving and expanding, your eyeglass wardrobe should be expanding too! It’s true that different pairs of glasses are a quick and easy way to update your look, but here are four more reasons you should add to your collection of optical accessories.

1. Match Your Glasses to the Mood

First impressions are important! And just like you’d pair different shoes with the different pants you might be wearing, your eyeglasses are no different. While you’re at work, a sophisticated pair of Oliver Peoples glasses might be the best choice for helping you get stuff done while looking the part of a professional. When it’s quitting time, however, a more daring pair of Tom Ford frames might be in order. You can go from office-ready to rock star in a flash!

2. Glasses Features

While the frames certainly help with the way a pair of eyeglasses looks, your prescription lenses are really the stars of the show. If you’re matching glasses to the mood, you should also

be matching the features of those glasses to whatever it is you’re doing. For instance, the Zeiss company makes lenses specifically for viewing electronic displays like phones, tablets and computers. The Zeiss Digital Lenses are perfect for eliminating eye strain and stiff neck.

After work, a pair of Zeiss DriveSafe lenses might help with the sun glare (or low-light environments) as you begin your evening commute. The lens features are just as important as the look of your glasses in fitting with your activities.

3. Glasses for Staying Safe

Bifocals and trifocal lenses are vital to some for work-related tasks. But even if your hobbies require a keen eye, getting the proper lenses will help significantly in reducing discomfort from wearing corrective lenses. Speak to your optometrist about your daily activities, and ask about your options for reading segments of bifocal and trifocal lenses.

In addition, your day-to-day work might put your eyes in dangerous situations. Safety frames and safety lenses will provide an extra layer of protection for anyone who needs it.

4. Accidents Happen

Your dog ate your eyeglasses. You left your specs on the train. Your toddler played a very successful round of hide-and-go-lose. Your glasses were an unfortunate casualty of a round of couch wrestling. Any of these sound familiar?

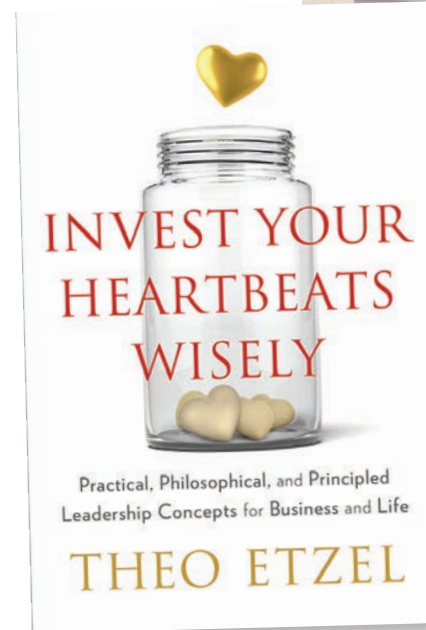
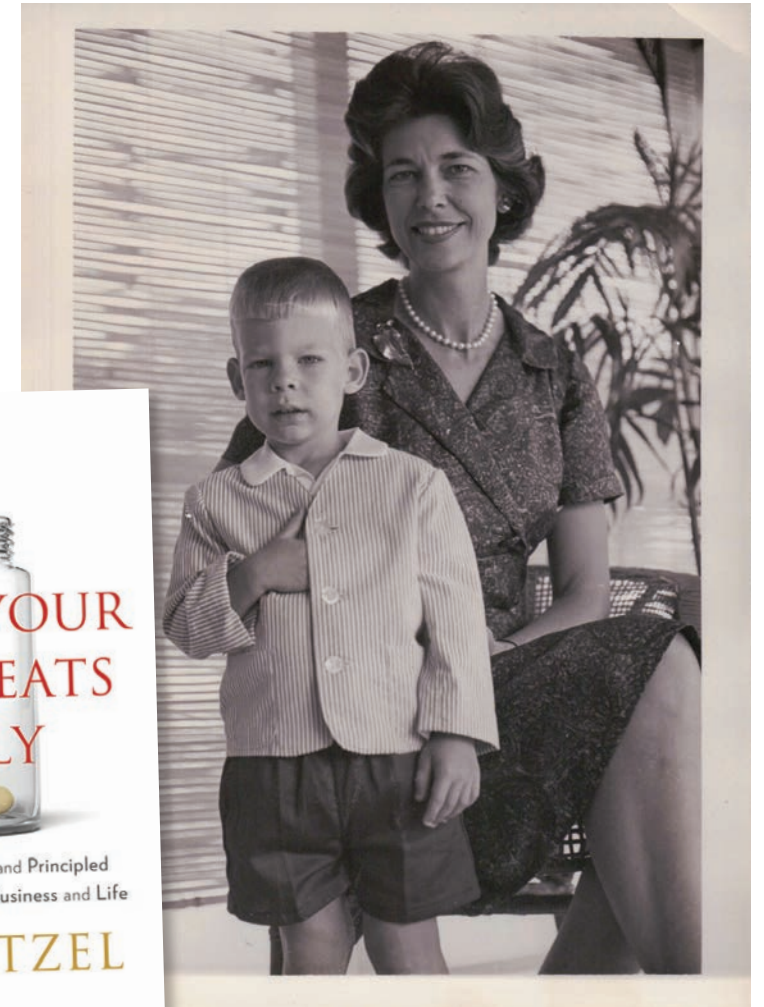
Instead of doing without your glasses (which, for some of us, could be downright dangerous), it’s always a great idea to have a spare pair or two lying around in case of emergency. While many people keep an old pair of glasses around for this reason, jumping back and forth between a current prescription and an expired one can be hard on your eyes. Whether you keep a spare in the car or by the bed, it’s always a good idea to be prepared.

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Invest Your Heartbeats Wisely

By Sherri Coner



Theo Etzel, circa 1961, with his mother, Mary.

As a child, Theo Etzel frequently heard his mother speak three words: “Money equals heartbeats.”

For many of the years between childhood, adolescence and adulthood, he might not have exactly understood that phrase, but it certainly stuck with him.

As a grown man with a family and a very successful business, Conditioned Air of Naples, Theo began to realize that his mother’s powerful words had somehow moved from his memory to his heart. He not only understood the words, he wanted to share with others what her words had taught him and how he applied them in his everyday life.

Both of his parents grew up during the Great Depression, a time when money was so hard to come by that it literally could cost more to make than what some people could ever realize, Theo says.

“My mother taught me that when you go to spend money, it represents a piece of you that you have given up in order to make it,” he says. “So make sure it is worthy of your heartbeats.”

For two years, this busy guy who sits at the helm of a \$46 million dollar company with over 300 employees took his private time on weekends and nights to sit down with his thoughts and a keyboard.

“Core values are like lug nuts. If you forget them, the wheels come off.”

The end result was a book, *“Invest Your Heartbeats Wisely: Practical, Philosophical and Principled Leadership Concepts for Business and Life.”*

“As leaders in a company, an organization or in your family, you have a limited number of heartbeats,” Theo says. “My book helps readers think about where and how they want to spend those heartbeats.”

In his business, employees acknowledge that doing the right thing is expected, whether during their interactions with each other or with customers.

“Core values are like lug nuts,” Theo says. “If you forget them, the wheels come off.”

Published by Greenleaf Book Group and scheduled for release on April 5, 2016, this book filled with tried-and-true wisdom will be available for purchase on Amazon.com as well as in area bookstores.

THANK YOU FOR YOUR SUPPORT!

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To be entered into the drawing simply complete our form (each and every item, please) and send it in by fax (239.591.4088), or mail (5633 Strand Blvd. Suite 319, Naples, FL 34110) before 5 p.m. May 31, 2016. Only entrants with all areas completed will be entered into the drawing. One entry per person. Entrants must be at least 21 years of age. Prize is 1 room for 2 consecutive nights. Gift certificate cannot be exchanged for cash value.



The Redline

by Paul Foslien



The Koenigsegg CCXR is one of the fastest cars in the world. In 2.9 seconds, it goes from zero to 62 mph. In another 6 seconds you'll reach 125 mph.

I once had an opportunity to drive this car on a two-mile airstrip. What I realized about driving at high speeds is that your perspective changes. You don't have a sense of how fast you're going or how quickly danger can come upon you.

In our day-to-day lives, I think it's the same. Society pushes us to live at breakneck speeds. We can get up at 5 a.m. and not stop until 9 o'clock at night. We're constantly taking our children from one activity to another, always doing something at church, and often going to work early or staying late at night. We wonder why our lives are falling apart.

Running at Full Throttle

The redline on a car's tachometer indicates how fast that vehicle can go without causing damage to the engine. It doesn't matter how well-designed and engineered a NASCAR sports car is, it can't run at the redline for extended periods of time.

And neither can we.

The thing about speed is that it produces weight. If a car going slowly hits an object, usually only minor damage results. Hit that same object going 100 mph and the car is totaled.

When we hit a wall while racing through life at full throttle, the weakest part of our lives is what breaks up. For most people, that's their marriage, because they haven't taken care of it the way they should.

It's only when we slow down to a manageable pace that we'll live balanced, Christ-centered lives filled with peace and contentment.

Building Pressure

We add weight to our lives by giving in to the pressures of society. Society pushes us to have the latest and greatest. Anytime something new comes out, we're made to feel that we have to have it — even if we don't have the money for it.

A lot of times we try too much to keep up with the Joneses. We feel pressured to do the same things they're doing. We'll take vacations we can't afford. We say we're creating great memories for our family. But when the credit card payments come due, those fond memories quickly sour.

How Close to the Redline Are You Running?

Do you feel as if you're living on the edge of your redline? Are you just one step away from going over?

Ask yourself these questions:

- Are you at the end of your rope with your spouse? Your kids? Your job?
- Do you have difficulty focusing?
- Are you tired, irritable and angry all the time?
- Do you feel as if you're just going through the motions?

If you've answered yes to these questions, it's time to put the brakes on. You're getting too close to the redline.

Start Subtracting

The only way to back off from life's redline is to slow down. And the only way to slow down is to start subtracting from our lives. Some-

times we're so committed that it seems as if we can't get out of those commitments. But there are things that all of us can let go of.

Get a Crew Chief

We need a crew chief to help us navigate the race of life. Yes, we have God. And the Holy Spirit — the greatest Crew Chief of all — lives inside of us. But we also need mentors. These are people who understand us and see our strengths. They also see our weaknesses and blind spots. They help us see things we don't see.

Set Healthy Boundaries

Boundaries are meant to keep us from spending more money than we have. They'll keep us from overcommitting ourselves and attending every activity we're invited to. Boundaries keep us from running after things that only bring pressure into our lives. They help us say no.

Sleek sports cars with their high-performance engines and aerodynamic styling may be mechanical wonders, but they're impractical to drive in rush-hour traffic. And while it might be fun to drive in life's fast lane, we can't live that way over the long haul.

It's only when we slow down to a manageable pace that we'll live balanced, Christ-centered lives filled with peace and contentment.

Original content: Pastor Paul Foslien, 2013, Living Word Family Church, Naples, FL

Formatted article originally published in "The Word of Faith", Kenneth Hagin Ministries, Tulsa, OK, September 2015.



Paul Foslien is the founding pastor of Living Word Family Church in Naples, Florida. He started the church in 1998 with only 17 people attending the first service. Since then, the church has grown to a weekly attendance of more than 2,000.

Living Word Family Church is known in the community for creatively impacting the people of Southwest Florida through "I Love My Community" outreach events.

Pastor Foslien attended RHEMA Bible College in Tulsa, Oklahoma, to gain the skills and knowledge needed for ministry on a large scale and live out the vision in his heart: for people all around the world to come to the knowledge of Jesus Christ, find their destiny, and be used in furthering His kingdom.

In 1993, Pastor Foslien and his wife, Maria, moved their family to the Russian nation of Belarus, where they distributed humanitarian aid and started a church that quickly grew to several hundred people. In 1996, they turned the church over to the Belarussian nationals and moved back to the United States. The church in Belarus is still going strong today.

Pastor Foslien currently serves as the Florida Regional Director for RHEMA Ministerial Association International.

Paul and Maria Foslien were married in 1989 and are proud parents to three children and loving grandparents to four grandchildren.

Above Board Chamber



L-R: Ingrid Fuller, Niccole Howard, Todd Gates, Pamela Campbell, Theo Etzel, John Huttner, Jeanne Sweeney, Scott Relf, Debbie Peterson

The Above Board Chamber was founded more than five years ago by its CEO, Jeanne Sweeney. Jeanne says, "It has given me the opportunity to work with some of the best businessmen and -women in

Operating an "above board" business is about setting an example to those around you.

Jeanne grew up in Bayonne, New Jersey, and was the middle child of five. "I had a normal middle-class Irish Catholic family with lots of wonderful friends," she says.

Southwest Florida, and to also help businesses grow with the right advice from many of Southwest Florida and beyond's top experts."

The mission of the Above Board Chamber of Florida is to bring people of faith together within the community and in the workplace to supply members with the tools that will allow them to take every aspect of their lives above board.

Each month in Lee and Collier counties, the Above Board Chamber brings a panel of experts to facilitate learning among its members and guests about specific business topics. It also encourages non-profits to set up free informational tables at meetings so the business community can learn more and consider supporting them.

In addition to monthly meetings, the chamber conducts special meetings throughout the year. For example, this year it is working to help area businesses get qualified workers such as nurses, doctors and skilled labor from Puerto Rico and Southwest Florida. Southwest Regional Airport will be the chamber's title sponsor for this program on May 12th at Harborside Event Center.

The chamber meets the second Monday of every month in Naples and the second Thursday of each month in Fort Myers, where the majority of the members who come are business owners. Other topics the chamber will be working on this year are Advertising Strategies, The Value of Giving — Charity Begins at Work, How to Turn Unhappy Customers into Raving Fans and lots more.

involved in her family business. Jeanne's oldest child was very sick with asthma, so she started the first Lung Association in her area and recruited the first Board of Directors. She started a family asthma program to help and educate those who had lung diseases in their families. Jeanne served as a board member for the American Red Cross and the Chamber of Commerce. She also would chair events for non-profits and politicians in the area, starting a program called "Silent Santas" that delivered clothes and gifts to some of the poorest families in the area every Christmas.

Since moving to Florida in 1989, Jeanne has served as a division director for the American Heart Association, Executive Director for Council on Aging, Executive Director for Interfaith Caregivers, CEO and President of the Christian Chamber of Southwest Florida, among others. Her favorite saying is that she loves making the invisible visible, which is why operating a chamber is just where she belongs. She will tell you that the Chamber's focus is:

Using biblical principles, we will impact our members' lives and businesses through programs, speakers, small groups and community outreach. Operating an "above board" business is not just about making money. It's about setting an example to those around you, including family, friends, customers and employees.

If you want to get involved in the community, a good place to start is the Above Board Chamber of Florida. Go to www.above-boardchamber.com and learn more!

Celebrate Veterans



Memorial Day is an American holiday observed on the last Monday of May, honoring men and women who died while serving in the U.S. military. Originally known as Decoration Day, it began in the years following the Civil War and became an official federal holiday in 1971. This Memorial Day, we want to thank the men and women who gave selflessly to protect our freedoms. God bless you!

We want to thank the men and women who gave selflessly to protect our freedoms.

Another way to help veterans is a new organization called Veterans Visiting Veterans. Their mission is genuine, veterans helping veterans: an informal group of veterans from Naples, Florida, available to help those who may be suffering alone. They offer hope and help to those in need. For more information, check out www.vetsvisitingvets.com.

Here is a review for 1-800-For-Veterans-Only that speaks to those who serve our country.

"I will always have a special place in my heart for our veterans. Growing up in a military family, I spent my childhood years living on various Air Force bases, learning the lingo and exploring the far corners of the world while my father flew various missions in both peacetime and conflict. This upbringing has given me a love and appreciation of anything written about the military, whether it be a Tom Clancy thriller or a World War II biography. Author Chris Bent has written some wonderful books in the past few years, and I simply love his latest, *1-800-For-Veterans-Only*.

"Bent definitely has a way with words, and his short essays on a variety of topics are conversational, often very witty, and sometimes quite touching. There are so many things that are touched on in this read that it would be impossible not to strike a chord with someone who has had any connection to the military over his or her lifetime, myself included. It covers everything from thoughts on enlisting, experiences at boot camp, early days in the service and the uncertainties faced to the battleground itself. Bent discusses not only what it's like to come home after a deployment but the experiences of being a veteran and some of the darker aspects of this that we see in our country today.

"One of the things that I found most inspiring about Bent's latest was his ability to speak directly to those veterans who may be out there and possibly struggling. There is some very sage wisdom in this one, and it certainly has the potential to turn some lives around. Very well done."

- TLF Reader

★★ Thank You For Your Service ★★

Humbling tales of WWII and Korea... This book is to all who are alone regardless of age. We all have our tales. Included are some from the author. Veterans need veterans and their tales are gifts to us all, yet unopened.



Order all books by Christopher Bent at Amazon.com

\$9.99
Paperback

\$7.99
Kindle

Print-to-order paperback - please allow 10 days.

About the Author:
After Yale and the US Navy, Chris Bent spent 30 years merchandising in department stores. For the last 15 years he has helped his wife with the success of her store, Best of Everything, in Naples, Florida, and Kennebunkport, Maine. Author of 7 books, Bent says he is "attacking the attack on our traditional values." According to enthusiastic readers, lives have already been changed.

From one reader's review of 1-800-FOR-VETERANS-ONLY:
"One need only look into the night sky to recognize that there is brilliance in chaos. One need only read this book to realize the same. **Intertwined in stories, random thoughts, and opinions, one will find extraordinary pearls of wisdom in here...** and a lot of them. Chris is brilliant."
-Navy SEAL Commander

Visit the author at www.chrisbent.com

Veterans are out there waiting for someone to care and to talk to. If you know a Veteran who is alone, we are an informal group of Veterans in Naples, Florida who want to fill that void. To request a visit from a fellow Veteran or to donate your time to visit a Veteran in the Naples area, visit www.vetsvisitingvets.com

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Community Events



APRIL 11

Spring Luncheon and Fashion Show in Bonita Springs

The Friends of Hope Women's Committee is hosting its annual Spring Luncheon at the Hyatt Regency Resort & Spa at Coconut Point in Bonita Springs. Nearly 400 guests are expected to attend this year's event on Monday, April 11, which will include boutique shopping from more than a dozen vendors as well as a glamorous fashion show. Handbags by Burberry, Fendi and Jimmy Choo will be featured in this year's raffle. The event, sponsored by Mr. and Mrs. Thomas Wynne, American House, Northern Trust and Times of the Islands, will benefit Hope Hospice and its Kids Care and Pet programs. Tickets and information are available at Donate.HopeHCS.org/Spring16 or by calling (239) 489-9164.



APRIL 28

Big Impressions by Little Artists

"Laughter is timeless, imagination has no age, and dreams are forever." - Walt Disney. If there is one thing that Walt Disney knows best, it is capturing the beauty and innocence of childhood and making it into art. Children are born competent and curious learners, and it is our job as adults to walk with them on their journey to find their place in this world. One way is through the arts. At Collier Child Care Resources (CCCR), we believe in inspiring children, birth to age 5, to grow through curiosity. We provide authentic art experiences to allow them to express themselves in multiple forms.

To celebrate the arts in young children's lives, CCCR is hosting a luncheon, Big Impressions by Little Artists. The event is taking place on Thursday, April 28th from 11 a.m. to 2 p.m. at the Hilton Naples, and we want you to attend! There will be lunch, live entertainment, and silent auctions of artwork from the children of CCCR and local talented artists, as well as other items from area establishments. For more information, visit www.collierchildcare.org

and get your tickets to support our early childhood education programs for underprivileged, at-risk children of Collier County.

APRIL 30 First Annual Walk 4 Hope

The Hope Parkinson Program invites you to join the inaugural *Walk 4 Hope* this spring at Lakes Park in Fort Myers. This casual, non-competitive walk will be held on April 30 from 10:00 a.m. to 12:00 p.m. to commemorate Parkinson's Awareness Month and to highlight the benefits of exercise and socialization for those living with Parkinson's disease. You can opt to participate in the 1- or 3-mile route; your \$25 registration fee includes your event t-shirt and light refreshments. All proceeds benefit the Hope Parkinson Program. Request a registration form by calling (239) 985-7727 or donate online by credit card at Donate.HopeHCS.org/Walk4Hope.



CALENDAR

OF EVENTS • APRIL - JUNE 2016



33rd Annual Taste Of Collier SHOPPES AT VANDERBILT

Taste Of Collier, a long-standing Naples tradition, is an afternoon of family fun featuring live local music, crowd-pleasing ice-carving demonstrations, cooking competitions with local top chefs, and of course, savory samples from over 30 of the best local restaurants in Collier County! A not-for-profit event that not only celebrates the culinary excellence of local restaurants but also to raise needed funds for local charities. Admission is \$5 per person and free for ages 5 and under. 2315 Vanderbilt Beach Rd., tasteofcollier.com

APRIL

1: Sound Minds Mental Health Symposium Wine Tasting hosted by The David Lawrence Center

von Liebig Art Center, 6 pm, (239) 304-3505, davidlawrencecenter.org/news-events/events

2: Sound Minds Mental Health Symposium Music Festival hosted by The David Lawrence Center

Naples Botanical Garden, 3 pm, (239) 304-3505, davidlawrencecenter.org/news-events/events

6: Ancient Forest Walking Tours

Corkscrew Swamp Sanctuary & Blair Audubon Center, 375 Sanctuary Rd. W., 9 am - 12 pm, (239) 348-9151, corkscrew.audubon.org/events

11: 2016 Friends of Hope Spring Luncheon

Hyatt Regency Resort & Spa at Coconut Point, Bonita Springs, reception/boutiques/raffles at 10 am, luncheon/fashion show 12:15 pm, donate. hopehcs.org/spring16

11-12: Hot Air Balloons Over Paradise

Seminole Casino Hotel Immokalee, (239) 658-1313, seminoleimmokaleecasino.com

14: Evening on Fifth

5th Ave. S., 6:30 - 9:30 pm, (239) 692-8436

15: "Hard Choices for Loving People" Author Hank Dunn to Speak at Avow Spiritual Care Workshop

1095 Whipoorwill Ln., 8 - 10 am, advance registration req., 239-430-3194, avowcares.org/event

16: Earth Day Festival

The Conservancy of Southwest Florida, 1495 Smith Preserve Way, 10 am - 4 pm, \$10 for adults, \$5 for children, free for children under 2 years old, free for Conservancy of Southwest Florida members, (239) 430-2466, Conservancy.org/Events/EarthDay

30: Walk 4 Hope

Lakes Park, Fort Myers, proceeds benefit the Hope Parkinson Program, 10 am - 12 pm, (239) 985-7727, donate.hopehcs.org/walk4hope

MAY

5: Cinco de Mayo Cruise!

Pure Florida Naples and Fort Myers, daily cruise departures at 10am, 12pm, 2pm, sunset (departs 1 hour before sunset) Reservations Recommended! (239) 263-4949, purefl.com

5: Evening on Fifth

5th Ave. S., 6:30 - 9:30 pm, (239) 692-8436

7: Derby Day on Third Street South

1207 3rd St. S., (239) 434-6533, thirdstreetsouth.com

7: Cinema Days - Turtle: The Incredible Journey

1495 Smith Preserve Way, 1:30 pm, (239) 262-0304, conservancy.org/cinema

8: Mother's Day in the Garden

Naples Botanical Garden, 4820 Bayshore Dr., 9 am - 5 pm, (239) 643-7275, naplesgarden.org/calendar

8: Naples Zoo Celebrates Mother's Day with Moms Free!

Naples Zoo, 1590 Goodlette-Frank Rd., 7 pm, (239) 262-5409, napleszoo.org

14: Great Dock Canoe Race - The 40th Annual & FINAL Race Event

Naples City Dock, 880 12th Ave. S., 11 am - 2 pm, (239) 263-9940, dockcraytoncove.com

30: Memorial Day Appreciation Weekend

Naples Botanical Garden, 4820 Bayshore Dr., 9 am - 5 pm, (239) 643-7275, naplesgarden.org/calendar

JUNE

2: Free Concert: Wilder Sons

Mercato, 9132 Strada Pl., 6pm, mercatoshops.com

18: World Giraffe Day

Naples Zoo, 1590 Goodlette-Frank Rd., 7 pm, (239) 262-5409, napleszoo.org

19: Naples Zoo Celebrates Father's Day with Dads Free!

Naples Zoo, 1590 Goodlette-Frank Rd., 7 pm, (239) 262-5409, napleszoo.org

25: 31st Annual "SummerJazz on the Gulf" Concert Series

The Naples Beach Hotel & Golf Club, Watkins Lawn, 6:30 - 9:30 pm, (239) 435-4362, naplesbeachhotel.com

ONGOING EVENTS:

Third Thursdays on Third

Every third Thurs., 6 - 9 pm, 3rd St. S.

Mercato Nights Music Series

Every first Thurs., 6 - 9 pm, Mercato, 9132 Strada Pl., mercatoshops.com

First Friday's Art for Art Lovers

Every 1st Fri., 5 - 7 pm, 258 Royal Palm Dr., Marco Island, (239) 394-2787, malendatruck.com

Third Street Farmers' Market

Every Sat. 7:30 - 11:30 am, behind Tommy Bahama's Naples, (239) 434-6533

Wellfit Naples Paddleboard Fitness and Yoga

Every Sat., 8:30 - 9:45 am, Beach on 2nd Ave. N., (239) 591-3199

2.5 hour Kayak Tours

9:30 am, 12:30 pm, Sunset, 920 Capri Blvd., (239) 695-0067, kayakmarco.com

Naples Jazz Concert Series

Most Sun., call for dates and showtimes, Cambier Park Bandshell, 580 8th St. S., (239) 263-1113

Live Entertainment at Miromar Outlets

Sat., 4 - 7 pm, & Sun., 1 - 4 pm, Miromar Outlets, 10801 Corkscrew Rd., Estero, (239) 948-3766, miromaroutlets.com

Village on Venetian Bay Farmers' Market

Every Sun., 9 am - 2 pm, 4200 Gulf Shore Blvd. N., south side of the village

EVENTS HOSTED BY THE NAPLES HISTORICAL SOCIETY:

Tours of Historic Palm Cottage

Every Tues. - Sat., 1 - 4 pm, Admission: \$10/per, Members Free, No reservations necessary

Walking Tours of the Naples Historic District

Every Wed., 9:30 am, Admission: \$16/per, Members \$10, reservations are required

Guided Garden Tours of the Norris Gardens at Palm Cottage

1st & 3rd Thurs. each month, 10 am, Admission: \$10/per, Members Free, reservations are required



Memorial Day Weekend Cruises PURE FLORIDA NAPLES AND FORT MYERS

Pure Florida is honoring members of the U.S. military throughout Memorial Day weekend, offering free cruises May 27-30 for veterans and active duty service members when accompanied by paid adult or child admission. The Memorial Day weekend cruises will set sail from Pure Florida's Naples and Fort Myers locations at 10 am, noon, 2 pm and 4 pm, with sunset cruises departing one hour before sunset. Pure Florida cruises are available for \$35 per passenger during the day and \$37.50 for the sunset cruise at its Naples location, and \$32 per passenger at its Fort Myers location. Reservations Recommended! (239) 263-4949, purefl.com



Father's Day at the Zoo NAPLES ZOO AT CARIBBEAN GARDENS

Naples Zoo Celebrates Father's Day with free ticket for dad with child ticket purchase or Dads can trade aftershave (new or partially used) for free admission by bringing the bottle to the zoo on Father's Day! In this tropical setting, you can take delight at seeing many of your favorite animals like lions, giraffes, monkeys, pythons, and bears. In addition, you'll also discover feature exhibits and an array of more rarely seen creatures like the fosas of Madagascar or an Asian deer that barks and eats meat. Combining conservation and recreation, Naples Zoo offers fun for every generation. You'll also discover a number of ways to get involved in helping animals. 1590 Goodlette-Frank Rd, open daily 9 am - 5 pm, last ticket sold at 4 pm, (239) 262-5409, napleszoo.org.

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747 5th Ave. S., 239-262-8771, bestofeverythingnaples.com

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239-482-4673, 800-835-1673, donate.hopehcs.org/kids, hopehospice.org/childcare/

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msgal.org

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239-254-8266, strokevictor.com

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Living Word Family Church36
10910 Immokalee Rd., Ste. 303, 239-348-7400, napleschurch.com

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Baptist Churches

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3000 Orange Blossom Drive, www.fbcn.org
Naples Baptist Church
654 104th Avenue North, www.naplesbaptistchurch.com
Seagate Baptist Church
1010 Whippoorwill Lane, www.seagatebaptistchurch.com

Catholic Churches

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5068 Annunciation Circle
St. Ann Catholic Church
475 Ninth Avenue South, www.naplesstann.com
St. John the Evangelist
625 111th Avenue North, www.saintjohntheevangelistStreet.com
St. Peter the Apostle
5130 Rattlesnake Hammock Road, www.stpeternaples.com

St. William
601 Seagate Drive, www.saintwilliam.org

Charismatic Churches

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10910 Immokalee Road, www.napleschurch.com

Christian Churches

Living Waters
22100 South Tamiami Trail, Estero, www.livingwaterscc.com

Naples Christian
8000 Goodlette Road North, www.napleschristian.org

Christian Science Churches

First Church of Christ, Scientist
649 Central Avenue, www.christianscienceusa.com

Church of Christ Churches

Naples Church of Christ
3001 Santa Barbara Boulevard, www.napleschurchofchrist.org

Church of God Churches

Naples Church of God
1074 10th Street North, www.naplescog.org

Parkway Life Church
5975 Golden Gate Pkwy., www.plcministries.com

Congregational Churches

First Congregational Church of Naples
6630 Immokalee Road, www.naplesflchurch.com

Episcopal Churches

St. John's Episcopal Church
500 Park Shore Drive, www.stjohnsnaples.com

St. Paul's Episcopal Church
3901 Davis Boulevard, www.saintpaulsnaples.org

Trinity-By-The-Cove
553 Galleon Drive, www.trinitybythecove.com

Jewish Temples

Chabad Jewish Center of Naples
1789 Mandarin Road, www.chabadnaples.com

Temple Shalom of Naples
4630 Pine Ridge Road, www.naplestemple.org

Lutheran Churches

Emmanuel Lutheran
777 Mooring Line Drive, www.naplesemmanuel.org

Shepherd of the Glades Lutheran Church
6020 Rattlesnake Hammock Road, www.sotgweb.org

Grace Lutheran
860 Banyan Boulevard, www.graceofnaples.com

Methodist Churches

Cornerstone United Methodist
8200 Immokalee Road, www.cornerstonenaples.org

East Naples United Methodist
2701 Airport Road South, www.enaples.org

First United Methodist
388 First Avenue South, www.fumcnaples.org

North Naples United Methodist
6000 Goodlette Road, www.northnaplesumc.com

Nazarene Churches

Faith Community
Oakes Boulevard at 22nd Avenue Northwest,
www.faithcommunitynaples.com

Nondenominational Churches

Calvary Chapel Naples
3285 Pine Ridge Road, www.calvarychapelnaples.org

Celebration Community Church
Cambier Park, www.celebrationbeachchurch.com

Community Christian Church
2200 Santa Barbara Boulevard, www.naplescommunitychurch.org

New Hope Ministries
7675 Davis Boulevard, www.newhopeministries.org

The Fisherman's Home Church
16165 Livingston Road

Word of Life Community Church
931 5th Avenue North, www.wordoflifecc.net

Orthodox Churches

St. Katherine Greek Orthodox
7100 Airport Road, www.stkatherine.net

Presbyterian Churches

First Presbyterian Church
250 6th Street South, www.fpcnaples.org

Mooring Presbyterian Church
791 Harbour Drive, www.mooring-presby.org

Vanderbilt Presbyterian Church
1225 Piper Boulevard, www.vpcnaples.org

Southern Baptist Churches

First Baptist Naples
3000 Orange Blossom Drive, www.fpcnaples.org

North Naples Baptist
1811 Oakes Boulevard, www.nnbcc.net

United Church of Christ Churches

Naples United Church of Christ
5200 Crayton Road, www.naplesucc.org

Unity of Naples Church
2000 Unity Way, www.naplesunity.org

Nonprofit Organizations

Alzheimer's Support Network
660 Tamiami Trail North
www.alzsupportnetwork.org

American Cancer Society Naples
5020 Tamiami Trail North, www.cancer.org

American Red Cross-Florida's Southern Gulf Region
2610 Northbrooke Plaza Drive
www.gulfcoastredcross.org

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5833 Pelican Bay Boulevard
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www.cancerallianceofnaples.com

Catholic Charities of Collier County

2210 Santa Barbara Boulevard
www.catholiccharitiescc.org

Children's Advocacy Center of Collier County

1036 6th Avenue North, www.CACcollier.org

Collier County Audubon Society

1020 8th Avenue South
www.collieraudubon.org

Collier County Hunger & Homeless Coalition

5251 Golden Gate Parkway
www.collierhomelesscoalition.org

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www.conservancy.org

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www.davidlawrencecenter.org

Drug Free Collier

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Eden Autism Services Florida

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15080 Livingston Road, www.cmon.org

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509 Hope Circle, www.guadalupecenter.org

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11145 Tamiami Trail East
www.HabitatCollier.org

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www.hopeforhaiti.com

The Immokalee Foundation

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908 Roberts Ave W, Immokalee
www.immokaleefoundation.org

Jewish Family & Community Services

5025 Castello Drive, www.jfcssfwl.org

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www.napleswinefestival.com

Naples Zoo at Caribbean Gardens

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PACE Center for Girls

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www.pacecenter.org

Parkinson Association of SWFL

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www.pasfi.org

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1425 Creech Road
www.MyPlannedParenthood.org

Salvation Army, Naples Corps

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www.salvationarmynaples.org

Shelter for Abused Women and Children

www.naplessshelter.org

Shy Wolf Sanctuary

1161 27th Street Southwest
www.shywolfsanctuary.com

Special Olympics Collier County

2663 Airport Road South, Suite D101
www.specialolympicscollier.org

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HURTS, HABITS AND HANG UPS

WHAT IS CELEBRATE RECOVERY?

A Christ-centered program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. This is a program for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them. The purpose of Celebrate Recovery is for fellowship and the celebration of God's healing power in our lives, through the Eight Recovery Principles found in the Beatitudes and Christ-Centered Twelve Steps. As we progress through the program, we discover our personal, loving and forgiving Higher Power Jesus Christ, the one and only true Higher Power.

CELEBRATE RECOVERY
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Living Word Family Church

10910 Immokalee Rd., Naples

Thursdays 6:30 – 8:00pm

Contact Katie Archer @ 763-218-7867
celebraterecoveryLWFC@gmail.com



So we fix our eyes not on what is seen
but on what is unseen.

For what is seen is temporary,
but what is unseen is eternal.

2 Corinthians 4:18



Chloe is an outgoing 16-year-old who loves animals, art and being the center of attention. She also struggles with a seizure disorder and has difficulty learning, making friends, sitting still, controlling her mood and understanding boundaries.

Her mother exhausted every possible medical solution and had little hope when she came to DLC for help. Over the next year, their entire family participated in the Community Action Team's holistic treatment process and experienced profound healing.

Chloe shares, "DLC has made a big difference in my life. They helped me set goals, taught us how to manage my emotions and found medication that helps control my anger."

Their feelings of desperation have been replaced with compassion, patience and optimism and the transformation is inspiring.

Her Recovery is *Our* Concern.

Mental health is a community issue. *Fortunately, there's a community solution.*

Chloe is among one in four in Collier County who suffer from a mental illness. One in nine of us will experience some form of substance abuse. When a family member, friend or coworker battles a mental health or substance abuse problem, we suffer with them. Thankfully, David Lawrence Center is here for our community.

A not-for-profit organization founded and still governed by community leaders, the David Lawrence Center is the behavioral health component of our community's healthcare network. A true local resource, it relies on donations, fees and grants to invest in the health, safety and wellbeing of our community.

When you or someone you love needs help, call on the highly compassionate, committed and competent professionals of the David Lawrence Center to inspire you to move beyond the crisis towards life-changing wellness.



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LESS WAITING
(AND A LOT MORE CARE, IF YOU NEED IT).



In a medical emergency, every minute matters. So, at Physicians Regional Healthcare System, you'll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

**The 30-Minutes-Or-Less E.R. Service Pledge –
at Physicians Regional Medical Center – Collier Boulevard
and Physicians Regional Medical Center – Pine Ridge.**

PhysiciansRegional.com



*Medical professionals may include physicians, physician assistants and nurse practitioners.