



## Community Outreach Bulletin

USF Health advocates broadening our health communication outreach efforts by providing awareness of the specialties and services offered by our USF Physicians and professional healthcare providers. Through ongoing educational community outreach, we build productive and meaningful patient and physician relations, increase our external/internal referrals through better communication, and unify our USF Health voice collectively. Please use this bulletin to forward to any of your community referring physicians and patients for helpful support groups, events, and conferences. Visit [www.myhealthcare.usf.edu](http://www.myhealthcare.usf.edu) and click on “Our Locations” for maps and directions.

**Departments:** If you have an event, support group or conference, that you want the community to be aware of and listed on the [myhealthcare.usf.edu](http://myhealthcare.usf.edu) website—*community* *events* *calendar*, [http://health.usf.edu/nocms/myhealthcare/community\\_events.html](http://health.usf.edu/nocms/myhealthcare/community_events.html), please notify Gina Rathbun, Director Physician and Community Relations at [grathbun@health.usf.edu](mailto:grathbun@health.usf.edu) or phone 813-974-8433.

## Support Groups

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- **Monthly—3<sup>rd</sup> Saturday: ALS Association Florida Chapter**, 2:00 PM to 4:00 PM, location: The Carol and Frank Morsani Center, Contact Christine Bright 1-888-257-1717 xt. 130 [www.alsafll.org](http://www.alsafll.org).

- **Bi-monthly: AWAKE Support Group meeting for people with Sleep Disorders:** 3<sup>rd</sup> Thursday of every other month Jan, March... 6:30 PM to 8:00 PM, location Tampa General Hospital Cafeteria Room B104. Contact Robby Beauchamp 844-7537
- **Monthly-1<sup>st</sup> Thursday: Alzheimer's Support Group for Family Caregivers,** 2:00 PM to 4:00 PM, location: USF Health Byrd Alzheimer's Institute, 4001 E. Fletcher Avenue, 1<sup>st</sup> Floor Conference Room. For more information, please call 813-974-4355.
- **Monthly-3<sup>rd</sup> Wednesday: Support Group for Individuals (not caregivers) with Alzheimer's or memory problems,** 1:00 PM to 3:00 PM, location: USF Health Byrd Alzheimer's Institute, 4001 E. Fletcher Avenue, 1<sup>st</sup> Floor Conference Room. For more information, please call 813-974-4355.
- **Monthly—4<sup>th</sup> Thursday: Alzheimer's Association – Florida Gulf Coast Chapter Presents: Mild Cognitive Impairment Caregiver Support Group, 2:00-3:00pm,** hosted at the USF Health Byrd Alzheimer's Institute, located at 4001 East Fletcher Avenue, 1<sup>st</sup> Floor Conference Room. For additional information call Nancy Teten, LCSW 813-974-4355
- **Bi-monthly: West Central Florida Ataxia Support Group,** Saturday 12:00 PM to 3:00 PM, location The Carol and Frank Morsani Center, Contact Amber Miller 974-5909. The meetings are on Jan. 7, May 5, July 7, and Sept. 8, 2012.
- **Every Tuesday: Depression and Bipolar Support Alliance Tampa Bay USF Area:** Tuesday 7:00 PM - 8:30 PM, USF Department of Psychiatry and Behavioral Medicine. 3515 East Fletcher Ave. Directions: From Fletcher Ave, turn south on Magnolia Drive. The Psychiatry Center is the first building on the left. *Would You Like To Reach Us?* Call 813-878-2906 or you can also email us at: [info@dbsatampabay.org](mailto:info@dbsatampabay.org)
- **Monthly—1<sup>st</sup> and 3<sup>rd</sup> Sunday: Fibromyalgia/Chronic Fatigue Support Group;** Tampa Fibro Friends, 3:00-6:30 P.M., at The Carol and Frank Morsani Center, contact Laura Roza at (813) 948-6420 or the web site, [www.TampaFibroFriends.com](http://www.TampaFibroFriends.com).
- **Monthly—2<sup>nd</sup> Monday: Tampa Bay Lewy Body Dementia Care Givers Support Group** provide support to caregivers through education and information about the disease, sharing real world strategies to cope with your loved one's illness, and fostering a local community through shared

experience. Time: 3:00 - 4:00 PM, Upcoming Meetings: 04/10/2012 @**USF Health Byrd Alzheimer's Center**, 4001 E Fletcher Avenue Tampa, FL 33613. All support group meetings are free and open to caregivers of those with Lewy Body Dementia. For more information, please contact Nancy Teten, LCSW, CAP at the USF Alzheimer's Center or Andrea Dombrowski, MSW at USF Memory Disorders clinic at (813) 974-4355 or Betsy McDargh, Family Facilitator at [TampaBayLewyBodyCareGivers@gmail.com](mailto:TampaBayLewyBodyCareGivers@gmail.com)

- **Monthly—2<sup>nd</sup> Tuesday IBD: Irritable Bowel Disease Crohn's' and Ulcerative Colitis Support Group.** 6:30pm - 8:00pm, Tampa Jan Kaminis Platt Regional Library 3910 S. Manhattan Ave., <http://www.hcplc.org/hcplc/locations/jpl/> (includes a link for directions)
- **Monthly—1<sup>st</sup> Wednesday: Students with Diabetes**, for college students, 7:30 to 9:00 p.m. USF Tampa Campus, Marshall Center, Room 4102, contact: Nicole Johnson, [nicolej@health.usf.edu](mailto:nicolej@health.usf.edu)
- **Monthly—USF Hope House for Eating Disorders Support Groups:** Every Thursday from 6:30 pm-8:00, 7401-A Temple Terrace Highway W, Tampa, FL 33637. Free to public. Contact Stephanie Helms, 251-3784, [shelms@health.usf.edu](mailto:shelms@health.usf.edu) or [www.usfhopehouse.org](http://www.usfhopehouse.org).
- **Monthly—2<sup>nd</sup> Thursday: Huntington's Disease Support Group**, 7:00 PM to 9:00 PM, location The Carol and Frank Morsani Center, Contact Kelly Elliot, 974-6022.
- **Multiple Sclerosis Patient Education Series**, location The Carol and Frank Morsani Center, contact Lise Casady 974-8859.
- **Monthly—1<sup>st</sup> Thursday: NAMI Educational Meeting**, Beginning Sept. 1 until Oct. 4, 2012, 6:30 PM to 8:00 PM, USF Dept. of Psychiatry, 3515 East Fletcher Ave. Tampa, FL 33613. Call 813-273-8104
- **Monthly—1<sup>st</sup> Wednesday: Neuropathy Support Group**, 1:00 PM to 2:00 PM, location The Carol and Frank Morsani Center, contact Cindy Tofthagen, PhD., A.R.N.P, at 813-396-9441.
- **Monthly—2<sup>nd</sup> Thursday: New Patient Weight Loss Surgery Support Group**, 6:30 PM – 8:30 PM, Tampa General Hospital Rehabilitation Center, 2<sup>nd</sup> Floor, Rehab Activity Room. Post –op patients share valuable information relevant to pre-surgical and post-surgical issues. Contact Susan Orellana, 813-844-7473.

- **Monthly—1<sup>st</sup> Tuesday: Parkinson’s Disease Support Group**, 11:30 PM to 1:00 PM, lunch is provided, location: Grand Court Retirement Community 4902 S. Bayshore Blvd. Tampa, FL 33611, for information call Eden Feldman at 813-396-0756.
- **Monthly—4<sup>th</sup> Friday: Adult Sickle Cell Support Group**, 6:00pm to 7:30pm. Location: Tampa General Hospital, West Pavilion, Room B-104 (Room located in the Cafeteria). This group allows those who have Sickle Cell Disease an opportunity to share their life experiences. Contact: [Sickledcell@yahoo.com](mailto:Sickledcell@yahoo.com), Facebook: Sickledcell, or Clinton Squires, RN (813) 844-4239 for more information.
- **Monthly—3<sup>rd</sup> Tuesday: Tampa Bay Area-Pulmonary Hypertension Association Support Group**, 6:30 PM to 8:00 PM, location: The Carol and Frank Morsani Center, Contact Marla Akins 813-842-5436 for additional information.
- **Monthly—3<sup>rd</sup> Tuesday: Post Operative Weight Loss Surgery Support Group**, 6:30 PM – 8:30 PM, Tampa General Hospital Rehabilitation Center, 2<sup>nd</sup> Floor, Rehab Activity Room. Contact Susan Orellana, 813-844-7473.
- **Dystonia Support Group**, 2:00 PM – 5:00 PM, The Carol and Frank Morsani Center, Conference Room 1013, Contact Val Inman, 813-395-8446.

## Events

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- **Wesley Chapel Health & Wellness Festival 2012. Saturday, March 24, 2012, 10am-4pm.** The Shops at Wiregrass, Wesley Chapel. SR 56 and Bruce B. Downs Blvd. Wesley Chapel, FL 33544. Free Health Screenings, Visit with medical, health and wellness professionals, Fitness and healthy cooking demonstrations, Live entertainment, Nutrition and health food advice, Kid’s Zone.
- **Walk to Defeat ALS® on Saturday March 17<sup>th</sup>, 2012.** Your participation in the Walk will make a difference in the lives of those affected by ALS. Think about the ways that The ALS Association has impacted those around you. The money we raise will help The Association lead global research, assist people with ALS, fund multidisciplinary certified clinical care centers, and foster government partnerships. Each dollar we contribute will make a

difference! The Association builds hope and enhances quality of life while aggressively searching for new treatments and a cure. We need your support, so please do anything you can; join our team the "UnstoppaBULLS" , register as an individual or make a donation to support our efforts.

To register: Click on the link and select "Join team".

[http://web.alsa.org/site/TR/Walks/Florida?team\\_id=210871&pg=team&fr\\_id=7772](http://web.alsa.org/site/TR/Walks/Florida?team_id=210871&pg=team&fr_id=7772)

- **USF Diabetes Center:** Each month **The Diabetes Center offers classes for Diabetes Self Management Education**, taught by Jane Norman, RD, CDE. Our classes cover blood sugar targets, high and low blood sugar symptoms and treatment, treatment tools used to achieve good diabetes control, medication review (oral and insulin), blood sugar testing, healthy eating, sick day guidelines, decreasing your risk of heart attacks and stroke, stress management, and how to set goals and succeed.

The class is presented in two parts and can be taken in one day or on two separate days. Most insurance companies cover the cost of the class but those interested in taking the class need check with their insurance company. We also need an order from the primary care physician for insurance to cover.

If you have questions or would like to register for classes, please call 813-396-2580 option #4, or e-mail [usfdiabetescenter@health.usf.edu](mailto:usfdiabetescenter@health.usf.edu).

- **Tai Chi Classes for PD patients and their caregivers.** These classes are sponsored by the **USF Parkinson's Disease & Movement Disorders Center** in partnership with The National Parkinson Foundation. The classes are free to all patients and caregivers and help improve flexibility and balance. Please contact Eden Feldman for class locations at 813-844-4547.

## Symposiums and Conferences

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- **Schizophrenia and Women Symposium March 14, 2012:** Time 6:30-7:30pm; Place: **Carter Jenkins Center, 1325 West Fletcher Avenue Tampa, FL 33612; Speaker: Dr. de Erausquin, MD, PhD;** Topics Covered: Understand the differences in the prodromal symptoms, age of onset, course of illness, and prognosis between males and females with schizophrenia; Become familiar with the possible mechanisms that account for dimorphic manifestations of schizophrenia at the cellular and circuit levels of analysis in the brain; Recognize the implications of dimorphic brain

changes in patients with schizophrenia for diagnosis and treatment of this disease. Refreshments will be served. Supported By: Women's Health at USF  
If there are any questions please contact, Danielle Kamis at  
dkamis@health.usf.edu.

- **Speaking of Women's Health And Tween Talk Conference**  
**Saturday, May 19, 2012 Tampa Convention Center** (more information to come)



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- **3rd Annual International Women in Surgery Career Symposium**  
This year's program will be held May 31 – June 2, 2012  
Baltimore, Maryland  
<http://www.youtube.com/watch?v=30SQeyrbpjY>

TO REGISTER GO TO: [www.cme.hsc.usf.edu/wis](http://www.cme.hsc.usf.edu/wis)

**May 31 - June 2, 2012**  
**3rd Annual International**



**WIS**  
**WOMEN IN SURGERY SYMPOSIUM**



**Founder & Chair:**  
**Sharona B. Ross, MD FACS**


This year, the 3rd Annual International Women in Surgery (WIS) Career Symposium 2012 will be held at Johns Hopkins University in Baltimore, Maryland. The WIS symposium is a professional and academic event dedicated to encouraging more women to pursue careers in surgery. The annual WIS Career Symposium series serves to discuss the issues and challenges confronting women as they seek to advance in a changing but still male-dominated field, and to share successes and advice for breaking the glass ceiling in surgery. Furthermore, the intention is to highlight the importance of advancing women toward careers in surgery by providing meaningful avenues for surgical professionals and students to interact, exchange ideas, and formulate effective strategies in advancing this important endeavor.

**YouTube links:**

The Inaugural Women in Surgery Career Symposium 2010  
<http://www.youtube.com/watch?v=ixdePnbor7s>




The Second Annual Women in Surgery Career Symposium 2011  
<http://www.youtube.com/watch?v=30S0eyrbpjY>

**TO REGISTER GO TO: [www.cme.hsc.usf.edu/wis](http://www.cme.hsc.usf.edu/wis)**




**Co-Chair:**  
**Julie A. Freischlag, MD FACS**

Jointly Sponsored by



Supported in part by:



**CAREGIVER SYMPOSIUM: Saturday, March 31, 2012, 9:00 a.m.-3:00 p.m.**, University of South Florida College of Public Health, 13201 Bruce B. Downs, Tampa, FL 33612, Auditorium 1023 A-B: How To Be A Successful Caregiver Without Losing Your Mind! Experts will be sharing information on Veteran's Benefits, Powers of Attorney, Trusts, Adaptive Equipment, Driving, Asking for Help, Community Resources and More. LUNCH WILL BE PROVIDED This program is sponsored by the Memory Disorders Clinic and The Parkinson's Disease & Movement Disorders Center. Also sponsored by The Palms of Largo, Retirement Living At Its Best! And Grand Court Retirement Community

Speakers include:

- ❖ Jack Rosenkranz, Elder Law Attorney
- ❖ Andrea Dombroski , MSW, RCSW-I, Social Worker
- ❖ Nancy Mashberg, MA, Support from FFAST
- ❖ Patricia Henderson, West Central FL Area on Aging
- ❖ Keith Stabler, VA Regional Office
- ❖ Eden Feldman, MSW , Social Worker

For More Information, please call Eden Feldman at (813) 396-0756

Due to high call volume, phone registrations will not be accepted

**Return completed forms to: 4001 E Fletcher Ave. 6<sup>th</sup> Floor**

**Tampa, FL 33613**

**RSVP by March 25, 2012**

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**Registration Form**

**Name(s)** \_\_\_\_\_  
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**Address** \_\_\_\_\_  
\_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Attending** \_\_\_\_\_

**Number of People**

**Email**

**Address:**

\_\_\_\_\_  
**Caregiver Conference**

*Gina Rathbun*

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