

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 your community referring physicians and patients for helpful support groups, events, studies, and conferences. Visit <http://health.usf.edu/doctors/index.htm> and click on "View Our Locations" for maps and directions. Follow us on Facebook at <https://www.facebook.com/usfhealth>

Departments: If you have an event, support group, or conference that you want the community to be aware of, please notify Gina Rathbun, Director, Physician and Community Relations at grathbun@health.usf.edu or phone 813-974-8433.

Support Groups

- **Monthly—4th Saturday of each month: ALS Association Florida Chapter**, 1:00 PM to 5:00 PM, location: The Carol and Frank Morsani Center, Morsani Rooms 1013A and 1013B, Contact Christine Bright 1-888-257-1717 ext. 130 www.alsafll.org.
- **Monthly-1st 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, 1st Floor Conference Room. This group is for individuals caring for someone with all types of dementia including MCI, Alzheimer's, Lewy body dementia, FTD and vascular dementia. For more information, please call 813-396-0659.

- **Monthly-3rd Wednesday: Support Group for Individuals (not caregivers) recently diagnosed with Alzheimer's or memory problems,** 1:00 PM to 2:30 PM, location: USF Health Byrd Alzheimer's Institute, 4001 E. Fletcher Avenue, 1st Floor Conference Room. For more information, please call 813-396-0659.
- **Bi-monthly: AWAKE Support Group meeting for people with Sleep Disorders:** 3rd 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—1st and 3rd Friday: USF Department of Obstetrics and Gynecology is offering a New Mom Breastfeeding Support Group.** 1-3 PM at the South Tampa Center of Advanced Healthcare, Room 5050. The contact person is Maureen Nelson RN (813) 259-8500.
- **Monthly-1st Thursday of each month: Type 1 Diabetes Support group for adults who have type 1 diabetes.** 6:30-7:30PM, location: The Carol and Frank Morsani Center, Diabetes Center, 5th floor. If anyone has questions or are interested in forming/joining a type 1 support group, please Contact: Amanda Vasquez, 813-974-4361 or avasque2@health.usf.edu
- **Monthly-1st Tuesday (1 – 4 PM) and 3rd Thursday (9 – 12 PM) of each month: Type 1 Diabetes Self – Management Education.** Location: The Carol and Frank Morsani Center, Diabetes Center, 5th floor. If anyone has questions or are interested in forming/joining a type 1 support group, please Contact: Amanda Vasquez, 813-974-4361 or avasque2@health.usf.edu
- **Monthly-1st Monday (8:30 AM – 10:30 AM) Medical Nutrition Therapy Group for pre diabetes and type 2 diabetes and 2nd Tuesday 5-7PM, 4th Thursday and 5th Thursday 3-5 PM.**
Location: The Carol and Frank Morsani Center, Diabetes Center, 5th floor. If anyone has questions or are interested in forming/joining a type 1 support group, please Contact: Amanda Vasquez, 813-974-4361 or avasque2@health.usf.edu
- **Monthly—3rd Wednesday of each month: Epilepsy Support Group,** 6:00 PM to 7:30 PM, The location is usually R-200 (Rehab center second floor) at Tampa General Hospital. It is open to both patients with seizures disorders, their families and/ or others who are interested in learning more about seizure disorders. Interested persons can contact me at 813-844-4675 option 4 or **Emily Schmidt: emilyschmidt@health.usf.edu**
- **Quarterly: West Central Florida Ataxia Support Group,** Saturday 12:30 PM to 3:00 PM, location The Carol and Frank Morsani Center room 1013, August 20, 2016 and November 19, 2016. **Contact Kevin Allison at 813-974-5909.**

- **Monthly: Depression and Bipolar Support Alliance of Tampa Bay USF Area:** Monthly on Tuesdays 6:30 PM – 8:00 PM, upcoming dates are available at www.dbsatampabay.org. USF Department of Psychiatry and Behavioral Neurosciences, 3515 East Fletcher Ave. Directions: From Fletcher Ave., turn south on Magnolia Drive. Psychiatry Center is the first building on the left. Would you like to reach us? Call 727-410-1569 or you can also email us at info@dbsatampabay.org.
- **Monthly— 1ST Tuesday: Head & Neck Cancer Support Group:** A community of patients, family members, friends and health care professionals to provide support and education for those dealing with head and neck cancer
Location: R200 (second floor) in the Rehab building at TGH, Time: 6:00 PM
Contact: Ellen Eckelman, MA,PT,DPT 844-7706
- **Monthly—1st and 3rd Sunday: Fibromyalgia/Chronic Fatigue Support Group;** Tampa Fibro Friends, 1:30-4:00 P.M., at the USF Health-Faculty Offices Building, contact Michael Miller at (813) 653-4285 or the web site, www.TampaFibroFriends.com.
- **Monthly—2nd 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—2nd Thursday: Huntington's Disease Support Group,** 7:00 PM to:00 PM, location the Faculty Office Building, Room 1304, across from 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—1st Wednesday: Neuropathy Support Group,** 1:00 PM to 2:00 PM, location The Carol and Frank Morsani Center, contact Cindy Tofthagen, ctofthag@health.usf.edu , PhD., A.R.N.P, at 813-396-9441.
- **Monthly—1st Monday and 4th Friday: New Patient Weight Loss Surgery Support Group,** 6:00 PM 1st Monday and the 4th Friday of the month at 4:30 PM. All meetings are held in the Harbourside Medical Tower on Tampa General Hospital campus, 5 Tampa General Circle, Suite 410, Tampa, FL 33606. Contact Susan Orellana, 813-844-7473, for questions email bariatriccenter@tgh.org
- **Monthly—3rd Tuesday: Post-Operative Weight Loss Surgery Support Group,** 6:00 PM. It is also held in the Harbourside Medical Tower on Tampa General Hospital campus, 5 Tampa General Circle, Suite 410, Tampa, FL 33606. Contact Susan Orellana, 813-844-7473, email bariatriccenter@tgh.org

- **Monthly—1st 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.
- **Monthly – 3rd Wednesday: North Tampa Parkinson’s Support Group**, 1:00 pm to 3:00 pm Location: The North Tampa Branch Library, 8916 North Boulevard, Tampa, FL 33604 (Busch Blvd & North Blvd, caddy corner from Chamberlain High School just across the railroad track)
Most meetings have guest speakers. Contact Jane Lowry at 813-252-9037
- **Monthly—3rd 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—3rd Tuesday: Post-Operative Weight Loss Surgery Support Group**, 6:30 PM – 8:30 PM, Tampa General Hospital Rehabilitation Center, 2nd Floor, Rehab Activity Room. Contact Susan Orellana, 813-844-7473.
- **Quarterly-The Tampa Bay Area Spasmodic Dysphonia Support Group** will be meeting on Saturday, September 24, 2016 from 9am-12pm in The Morsani Conference room 1013-A, first floor. For additional information please contact Ron Langdon co-leader for the SD support group at 813-525-8215 or rontampabay@aol.com.
- **Quarterly--There is now a new Facial Paralysis/Head and Neck Radiation Support Group**. The time is 7pm-8pm and Location is at the 509 S. Armenia Ave. Suite 301 Tampa, 33609. The meeting is open to anyone in need of support and education in dealing with Facial Paralysis/Effects from Head and Neck Radiation. Contact: Ellen Eckelman, MA,PT,DPT at 844-7706 or @ Eckelman@tgh.org
- **Liver Transplant Support Group** - meets first and third Friday of the month at Tampa General Medical Group Transplant Specialty Services, 409 Bayshore Blvd, Tampa FL. Our mission is to provide compassionate emotional support to pre and post liver transplant patients, caregivers, family and loved ones through their journey of liver transplantation. For more information, contact Marsha Levine 813-210-1333 or Evie Agustin Colon Legon* at 813-348-9726. *Se Habla Español.

Transplant Caregivers Support Group - meets the second Wednesday of the month. Tampa General Hospital, B104 in the cafeteria, 5:30PM to 7:00PM. We believe caregivers affected by transplantation should have the opportunity to understand the journey ahead and how to best prepare for the journey. For more information, contact Stanley Genstein 813-260-3723 or Pattie Jones 661-406-3494 or Evie Agustin Colon Legon* 813-348-9726. *Se Habla Español.

Events and Studies

- **The USF Health Byrd Alzheimer's Institute offers free, confidential memory screenings Monday through Friday** by appointment. Qualified professionals administer memory screenings* — which consist of a series of questions and tasks— and provide educational materials about memory concerns and Alzheimer's disease. Screenings take approximately 30 minutes and the results are not a diagnosis. Individuals with below-normal scores or who have concerns are encouraged to pursue a full medical examination. Memory screening is recommended for persons aged 65 years and older. To register, visit <http://health.usf.edu/byrd> or call (813) 396-0722.

* A memory screening is not used to diagnose any particular illness and does not replace consultation with a medical provider. Screening not recommended for persons already under a physician's care for dementia or Alzheimer's disease.

- **Weekly – Music and Visual Art classes for Special Needs Students** sponsored by VSA Florida on **Tuesdays 5-6 PM**. Ages 12 and up welcome. Location: Land O'Lakes Recreation Center, 3032 Collier Pkwy, Land O Lakes, FL 34639. Cost: \$60/6 sessions. Register at <http://vsafll.org/content/vsa-florida-programs/Classes> or contact Wendy Finklea at (813) 974-0715.
- **Do you have Asthma and Smoke?**
We have a study for you! Qualified participants will receive a free evaluation and will be compensated for time and travel.
Call USF Asthma, Allergy and Immunology Clinical Research Unit for more information. (813) 631-4024
- **Do You Have Asthma or COPD?**
We have a study for you! Qualified participants will receive a free evaluation and will be compensated for time and travel. Call USF Asthma, Allergy & Immunology Clinical Research Unit for more information. 813-631-4024
- **Allergic to Dust Mites?**
We have a study for you! Qualified participants will receive a free evaluation and will be compensated for time and travel. Call USF Asthma, Allergy & Immunology Clinical Research Unit for more information. 813-631-4024
- **Need affordable health insurance?** New coverage options coming soon! Sign up at HealthCare.gov for email and text updates and to learn about the Health Insurance Marketplace. You can get ready by contacting one of the USF Health Insurance Marketplace Navigators at 813-803-0628

- **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, or e-mail usfdiabetescenter@health.usf.edu.

- **Are you concerned about memory loss? The USF Health Byrd Alzheimer's Institute** is seeking participants for several clinical studies for older adults with normal memory, mild cognitive impairment or Alzheimer's disease. These clinical studies are available to qualified participants at no cost and may include memory evaluations, new treatments, and advanced brain scans like MRIs or PET/CT scans. If you or a loved one has concerns with your memory, call **(813) 396-0722** for a free memory screening or request an appointment at <http://health.usf.edu/byrd/msdform> (*recommended for persons aged 65 years and older*). To learn more about currently enrolling clinical studies at the Byrd Institute, call **(813) 974-4355**.
- **Are you a nursing mother concerned about pesticide exposure?** We have a study for you! Qualified participants will receive a free evaluation of possible pesticide residues in donated breast milk. Contact Marie Bourgeois at [\(813\) 974-6633](tel:(813)974-6633) or mbourgeo@health.usf.edu for more information.
- **Are you interested in quitting smoking (tobacco)?** Tobacco Free Florida AHEC Cessation Program is offering FREE cessation group counseling for USF employees, students, family members, and friends on the Tampa campus! "Tools to Quit" is a one-session (2 hour) cessation program designed to provide participants with practical and effective tools to successfully quit smoking. FREE nicotine replacement products (including patches, gum or lozenges) are provided while supplies last. Our classes are held throughout Hillsborough County. Registration is required and space is limited. For more information about program dates and registration, please call 813-974-7889.

- **Newly opened clinical trials:**

Please visit USF's CenterWatch link to view more information on our currently enrolling trials- <http://www.centerwatch.com/trials/sponsor-conditions.aspx?OrderID=6004>

Gina

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"What lies behind us and what lies before us are small matters compared to what lies within us."

—Ralph Waldo Emerson