



# Doctors

# of USF Health

## 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, and conferences. Visit <http://health.usf.edu/doctors/index.htm> and click on "View 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, 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—4<sup>th</sup> 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](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—1st and 3<sup>rd</sup> 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 Wednesday: Students with Diabetes,** 6:00pm, USF Diabetes Home for Healthy Living on Westshore and Kennedy. For college students, contact: Nicole Johnson, [nicolej@health.usf.edu](mailto:nicolej@health.usf.edu)
- **Monthly-1<sup>st</sup> Thursday of each month: Type 1 Diabetes Support group for adults who have had diabetes for 20 years or more.** 6:30-7:30PM, location: The Carol and Frank Morsani Center, Diabetes Center, 5<sup>th</sup> floor. Contact: Amanda Vasquez, 813-974-4361 or [avasque2@health.usf.edu](mailto:avasque2@health.usf.edu)
- **Monthly-3<sup>rd</sup> Thursday of the month: Spanish support group for parents of kids with type 1 diabetes.** 5:30-6:30, location: The Carol and Frank Morsani Center, Diabetes Center, 5<sup>th</sup> floor. Contact: Marisela Castillo, 813-396-9563, [mherrer3@health.usf.edu](mailto:mherrer3@health.usf.edu)
- **Monthly—3<sup>rd</sup> Wednesday: Support Group for ECT** beginning January 16<sup>th</sup> 2013 starting at 7:00pm-8:00pm. USF Department of Psychiatry and Behavioral Neurosciences at 3515 East Fletcher Ave. Tampa, FL 33613. For more information please contact Pamela Molano @ (813) 250-2524 or email [pmolano@health.usf.edu](mailto:pmolano@health.usf.edu) .
- **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, 1<sup>st</sup> Floor Conference Room. For more information, please call 813-974-4357.
- **Monthly-3<sup>rd</sup> 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, 1<sup>st</sup> Floor Conference Room. For more information, please call 813-974-4357.
- **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

- **Monthly—4th Wednesday: Chronic Migraine Support Group**, 6:00 PM to 7:00 PM, location The Carol and Frank Morsani Center, 13330 USF Laurel Drive Tampa, FL 33612, Conference Room1013, Contact: kkalidas@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, January 11, 2014; April 12, 2014; July 12, 2014; October 11, 2014; and January 10<sup>th</sup> 2015. **Contact Kevin Allison at 813-974-5909.**
- **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. 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). **Also meeting every Monday: Depression & Bipolar Support Alliance Tampa Bay Brandon** Location 7:00pm Brandon Christian Church 910 Bryan Road (NW Corner of Bryan Road & Lumsden) For additional info, please call (813) 878-2906 or [info@dbsatampabay.org](mailto:info@dbsatampabay.org) **And Plant City**, the 1st and 3rd Thursday every month in the Parish Hall, at St. Peter's Episcopal Church Address: 302 Carey Street, Plant City, FL 33563 Phone: (813) 752-5061
- **Monthly—1st and 3rd Sunday: Fibromyalgia/Chronic Fatigue Support Group;** Tampa Fibro Friends, 2:30-5:00 P.M., at The Carol and Frank Morsani Center, contact Michael Miller at (813) 653-4285 or the web site, [www.TampaFibroFriends.com](http://www.TampaFibroFriends.com).
- **Monthly—2nd 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, **USF Health Byrd Alzheimer's Institute**, 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 Health Byrd Alzheimer's Institute**, Betsy McDargh, Family Facilitator at TampaBayLewyBodyCareGivers@gmail.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 9:00 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 Thursday: NAMI Educational Meeting**, 6:30 PM to 8:00 PM, USF Dept. of Psychiatry, 3515 East Fletcher Ave. Tampa, FL 33613. Call 813-273-8104
- **Monthly—1st 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—1<sup>st</sup> Monday and 4<sup>th</sup> Friday: New Patient Weight Loss Surgery Support Group**, 6:30 PM 1<sup>st</sup> Monday and the 4<sup>th</sup> Friday of the month at 5:00 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](mailto: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](mailto:bariatriccenter@tgh.org)
- **Monthly—1st Tuesday: Parkinson's Disease Support Group**, 11:30 AM to 1:00 PM, lunch is provided, location: Grand Court Retirement Community 4902 S. Bayshore Blvd. Tampa, FL 33611.
- **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, 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 and Studies

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- **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

- **Free tobacco cessation classes are offered by the USF Area Health Education Center (AHEC) Program.** Classes include free nicotine replacement therapy (NRT) such as patches, lozenges and gum to help tobacco users cope with nicotine withdrawal symptoms (while supplies last and if medically appropriate). Participants can attend either a 2-hour session or a 6-week class. Classes are available throughout Hillsborough, Pinellas, Pasco, Sarasota, Manatee, Citrus, Hernando, Charlotte and DeSoto counties. For more information or to register for a class in your area, call 813/974-3507 or visit our website [www.ahectobacco.com](http://www.ahectobacco.com). IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit.

- **Need affordable health insurance?** New coverage options coming soon! Sign up at [HealthCare.gov](http://HealthCare.gov) for email and text updated about the Health Insurance Marketplace. Learn more and get ready by contacting one of the USF Health Insurance Marketplace Navigators:

Michelle Ray [michelleray@health.usf.edu](mailto:michelleray@health.usf.edu) 813-974-7735 -  
Wendy Hathaway [whathawa@health.usf.edu](mailto:whathawa@health.usf.edu) 813-974-9088 or  
813-727-9677- Xonjenese Jacobs [jacobs@health.usf.edu](mailto:jacobs@health.usf.edu) 813-  
974-3809 or 813-727-8906

- **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 813-396-0756.
- **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](mailto:usfdiabetescenter@health.usf.edu).

- **USF Health Chorus and Orchestra**, now rehearsing for our fall and winter seasons. Also, please contact me Frazier Stevenson, [fstevens@health.usf.edu](mailto:fstevens@health.usf.edu) Conductor, USF Health Chorus and Orchestra if you have interest in joining us as a performer.
- **PUBLIC TOURS** RSVP to (813) 396-0675: **USF Health Byrd Alzheimer's Institute** is a multi-disciplinary Center of Excellence at the University of South Florida and the largest freestanding facility dedicated to caring for patients and families struggling with Alzheimer's disease and other memory disorders—providing prevention, diagnosis and treatment services in one location. On-site services include patient evaluation and ongoing care, clinical drug studies, laboratory research, caregiver support, and education and training for health professionals. During the public tour, you will visit the Discovery Labs and see our researchers at work in the pursuit to prevent Alzheimer's. You will also tour our Center for Memory C.A.R.E. and learn about clinical trials, patient care, and services we provide to family caregivers. Along the way, you will learn about Prevent Alzheimer's Now, our plan to detect those at risk for Alzheimer's disease prior to the onset of symptoms and test agents designed to delay or prevent the disease.

**Tour Dates**

**Tours are held on the last Friday of the month from 2:00 – 4:00pm**

**Friday, April 25, 2014**

**Friday, May 30, 2014**

**Friday, June 27, 2014**

**Friday, July 25, 2014**

**Friday, August 29, 2014**

**Friday, September 19, 2014**

There is no cost for the tour but reservations are required as space is limited. For the privacy of our patients and guests, we request that you refrain from photography or filming of any kind during the public tour unless you are a credentialed representative of the media who has submitted a formal request in advance. If you would like to request images of the Institute, please call (813) 396-0675.

Please RSVP to (813) 396-0675 or [sjeffer1@health.usf.edu](mailto:sjeffer1@health.usf.edu).

**16<sup>th</sup> Annual Geriatric Conference: Excellence in Geriatric Care  
Compassionate, Comprehensive and Competent CONFERENCE  
HIGHLIGHTS**

- **DATES/TIME: June 17, 18, 19, 2014**  
**LOCATION:** Clarion Hotel  
2701 E. Fowler Avenue | Tampa, FL  
**SPONSOR:** USF Health Byrd Alzheimer's Institute  
University of South Florida  
**CREDIT:** The conference will provide 6 continuing  
education credits per day  
**FOR INFO:** Call (813) 974-4357 for information  
**PAYMENT:** Send checks payable to USF, addressed to:  
**USF Health Payment Center, PO Box 864300,  
Orlando, FL 32886-4300.** Check must state  
"Byrd Geriatric Conference"  
**Credit Card:** Submit payment online at  
**<http://alz.health.usf.edu>**  
(click on the education tab)

*Gina*

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**Gina Rathbun, M.A.**

Director, Physician & Community Relations

USF Physicians Group | USF Health

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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*