

HEALTH EDUCATION

Class Schedule

OCTOBER - DECEMBER 2016



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COMMUNITY HEALTH
EDUCATION

CLASSES AND SUPPORT GROUPS ARE OFFERED AT Tampa General Hospital and in:
Brandon • South Tampa

Trying to figure out the health insurance marketplace? We can help you for free.



Our certified application counselors can help you with the application process for the Health Insurance Marketplace.

What is the Health Insurance Marketplace?

The Marketplace is a new way to find quality health coverage. It can help if you don't have coverage now or if you have it but want to look at other options.

With one Marketplace application, you can:

- learn if you can get lower costs based on your income
- compare your coverage options side-by-side
- enroll

The Marketplace will also tell you if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP).

You can apply in person by making an appointment with a TGH certified application counselor who will walk you through the process. To make an appointment, please call (813) 844-8084 between 7:30 a.m. and 4:00 p.m., Monday through Friday.

You will have to provide the certified application counselor with personal, identifiable information such as name, date of birth, social security number, address, etc. Specific questions will be determined in the enrollment process based on what is verifiable through the system.

Open enrollment ends January 31, 2017.

For details and more information about how to enroll, please visit www.coveringtampabay.org.

**Health Insurance Marketplace Enrollment Fair
Saturday, November 12, 2016
8:00 AM – 1:00 PM**

Tampa General Hospital,
1 Tampa General Circle, Tampa, FL 33606
Room: A190, Financial Assistance Main Desk

Our Health Insurance Marketplace Enrollment fair will help you:

- find out if you qualify for financial assistance to reduce the cost of health insurance
- choose a plan that is right for you based on your age, income and other factors
- review options if you don't have coverage, or if you have coverage and want to review other options
- find out if you can get lower costs based on your income
- compare your coverage options side-by-side and enroll
- find out if you qualify for free or low-cost coverage available through Medicaid or the Children's Health Insurance Program (CHIP)

Insurance purchased during the open enrollment period from November 1, 2016 to January 31, 2017 will take effect as soon as January 1, 2017. For more information, call (813) 844-8084.

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TAMPA GENERAL HOSPITAL'S Lifestyle & Weight Management Program

Program will be held
at the following location:

TGH Community Health
Education Center located at
Tampa General Medical Group Lois
2106 S. Lois Ave.
Tampa, FL 33629

Thursdays,
January 5 - May 25, 2017

6:00 PM – 7:00 PM Program

To register, visit www.tgh.org or call
(813) 660-6100

To find out more about the
Lifestyle & Weight Management
Program, go to:
www.cdc.gov/diabetes/prevention

This program is for people with prediabetes. This program is NOT for those already diagnosed with diabetes.

The Centers for Disease Control and Prevention (CDC) estimates that more than 79 million Americans age 20 and older, have prediabetes. The vast majority of people living with prediabetes do not know they have it. A person with prediabetes has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. Prediabetes is a serious health condition that increases the risk of developing type 2 diabetes, heart disease and stroke.

Am I at risk?

Many factors can increase your risk for prediabetes and type 2 diabetes.

Risk factors can include:

- being 45 years of age or older
- being overweight
- having a family history of type 2 diabetes
- being physically active fewer than three times per week
- ever having diabetes while pregnant (gestational diabetes) or giving birth to a baby that weighed more than nine pounds

TGH's Lifestyle and Weight Management Program is part of the Centers for Disease Control and Prevention-led National Diabetes Prevention Program. Trained lifestyle coaches from Tampa General Hospital lead a small group of adults and discuss tools and strategies to help participants adopt behavior changes that will help them achieve a healthy weight and improve their overall health. This program consists of 16 weekly one-hour sessions, followed by 8 monthly support group meetings delivered over the course of a year.

Who Can Participate in the Program?

If you have been referred by your doctor, have prediabetes, have been told by a doctor that you are at risk for developing type 2 diabetes, or have a body mass index (BMI) of 24 or higher, then you are eligible to participate in Tampa General Hospital's Lifestyle & Weight Management Program.

NOTE: Adults who have **already been diagnosed** with diabetes may benefit from our two-day Diabetes Self-Management Education Program. To learn more about this program, call (813) 844-8087 or visit www.tgh.org. A prescription is required for this class.

Quit Smoking Now: Tools to Quit

TGMG Brandon, 214 Morrison Road, Brandon, FL 33511

Wednesday, October 19, 2016

5:30 PM - 7:30 PM Program

Bill Roberto, MST, RRT, *Respiratory Therapist, Tampa General Hospital*

Tools to Quit is a two-hour seminar where you'll receive information about how to select and prepare for your quit date. You'll learn what triggers you to smoke, dip, or chew, and how to handle withdrawal symptoms. This program offers free nicotine patches, lozenges, and/or gum (while supplies last), as well as follow-up support.

Community Health Education Programs at TGMG Lois

2106 S. Lois Avenue, Tampa, FL 33629

Thursday, October 6, 2016

1:00 PM Check-in / 1:30 PM - 3:00 PM Program

Healthy Holiday Survival Guide: Keep the Weight Off

Jamila Lepore, MS, RD/N, CPT, *Nutrition & Health Agent, UF/IFAS Hillsborough Extension*

Many of us believe weight gain during the holiday season is inevitable. Learning key strategies and expert tips beforehand, such as healthy preparations and nutritious seasonal recipes, can mean enjoying traditional favorites without depriving yourself or gaining weight.

Wednesday, October 19, 2016

11:30 AM - 1:30 PM Program

Quit Smoking Now: Tools to Quit

Jennifer Keane, CRT, AE-C, TTS &
Nancy Zoffer, RRT, AE-C, CTTS,
Respiratory Therapists, Tampa General Hospital

Tools to Quit is a two-hour seminar where you'll receive information about how to select and prepare for your quit date. You'll learn what triggers you to smoke, dip, or chew, and how to handle withdrawal symptoms. This program offers free nicotine patches, lozenges, and/or gum (while supplies last), as well as follow-up support.

Wednesday, October 19, 2016

2:30 PM - 4:30 PM Program

COPD 101: Education & Support

Jennifer Keane, CRT, AE-C, TTS &
Nancy Zoffer, RRT, AE-C, CTTS,
Respiratory Therapists, Tampa General Hospital

This program will provide you with the latest updates about managing chronic obstructive pulmonary disease (COPD). You will learn about advances in treatment, how to manage your care and tips about how to live a healthy, active life with COPD. This program will be followed by a support group where participants are encouraged to share their experiences and challenges of living with COPD.

MORE CLASSES AT THE TGH COMMUNITY HEALTH EDUCATION CENTER

Wednesday, October 19, 2016

6:00 PM - 7:30 PM Program

Breathing Easier with Asthma Workshop

Jennifer Keane, CRT, AE-C, TTS &
Nancy Zoffer, RRT, AE-C, CTTS,
Respiratory Therapists, Tampa General Hospital

Do you suffer from asthma? During this informative workshop, medical professionals will discuss asthma symptoms, triggers and medications. They will also provide tips on increasing communication with health-care providers, how to use asthma devices, the importance of creating an emergency asthma action plan, and what to do when you are having an asthma attack. Participants will receive asthma resources.

Saturday, October 22, 2016

9:00 AM - 11:00 AM Program

Hypertension Management, Prevention and Support

Michele Eliason, BSN, RN, *Tampa General Hospital*

Hypertension, or high blood pressure, is called the silent killer because it usually has no symptoms. High blood pressure is serious and increases the risk for heart disease and stroke, the leading causes of death in the U.S. Our cardiac care specialists will provide you with tools and education to improve your health and lower your blood pressure. A blood pressure screening and support group will follow the program.

Monday, October 31, 2016

1:00 PM - 3:00 PM Program

Powerful Tools for Caregivers (Six-session program)

Meeting Dates: October 31; November 7, 14, 21, 28;
December 5

Suzan Mekler, CCHW, CMES, DP, NS, CPT &
Tamika Powe, MPH, CHES
*Community Health Educators,
Tampa General Hospital*

If you are an adult caring for a loved one, this program will provide techniques to develop a wealth of self-care tools to reduce personal stress, deal with difficult feelings, develop positive communication skills, and make tough caregiving decisions.

Thursday, November 3, 2016

1:00 PM Check-in / 1:30 PM - 3:00 PM Program

The Scoop on Sugar

Jamila Lepore, MS, RD/N, CPT, *Nutrition & Health Agent, UF/IFAS Hillsborough Extension*

Uncover the truth about sugar and learn about hidden sources of sugars, how to read food labels correctly and the importance of the glycemic index.

Friday, November 4, 2016

9:00 AM Check-in / 9:30 AM - 11:30 AM Program

Medicare 101

Serving Health Insurance Needs of Elders (SHINE)

SHINE will provide an overview of Medicare as well as an introduction to the SHINE program and the services and assistance it provides. This presentation will include information about Medicare Advantage Plans, prescription plans and changes in the enrollment period.

Saturday, November 5, 2016

9:00 AM - 1:00 PM Program

Be a TGH SuperSitter

Babysitting class & CPR orientation for 11 - 15 year olds

- Learn basic first aid.
- Receive an orientation to infant and pediatric CPR.
- Learn how to handle emergency situations.
- Learn age-appropriate play activities.

COST: \$35 per person

CONTACT: (813) 287-5032 to register

Monday, November 7, 2016

5:30 PM Check-in / 6:00 PM - 7:00 PM Program

Mind-Body Practices to Improve Metabolism (Six-session program)

Meeting dates: November 7, 14, 21, 28; December 5, 19
Suzan Mekler, CCHW, CMES, DP, NS, CPT,
Community Health Educator, Tampa General Hospital

Mind-body methods, such as Tai Chi, Qigong and yoga are all beneficial for overall health. This program will use techniques and movements from each of these practices to focus on improving metabolism and giving participants the chance to experience all three disciplines. Movements will be completed while sitting and standing. Please wear comfortable clothing and flat shoes, and bring a mat and towel.

Saturday, November 12, 2016

9:00 AM Check-in / 9:30 AM - 11:30 AM Program

Family & Friends CPR

Sylvia Helms, MSN, RN, CNL, Nurse Manager,
Clinical Education, Tampa General Hospital

Family & Friends CPR teaches the lifesaving skills of adult Hands-only™ CPR, child CPR with breaths, adult and child automated external defibrillator (AED) use, infant CPR and relief of choking in an adult, child or infant. Skills are taught in a dynamic group environment using the American Heart Association's (AHA) research-proven, practice-while-watching technique, which provides students with the most hands-on CPR practice possible.

Friday, November 18, 2016

8:30 AM Check-in / 9:00 AM - 11:00 AM Program

Being Mortal: Medicine & What Matters in the End

Cyndi Cramer, RN, MSN, OCN, PCRN,
Clinical Administrative Supervisor & Palliative Care
Educator, Tampa General Hospital

Join us to watch and discuss the PBS Frontline documentary *Being Mortal*. Based on the best-selling book by Dr. Atul Gawande, this film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them. After viewing the film, you will have an opportunity to be part of a national conversation taking place in our community that asks, 'Have you and your family had these important conversations and planned ahead?'

This program is presented by the Hospital Foundation Association and Tampa General Hospital's Palliative Care Resources Committee.

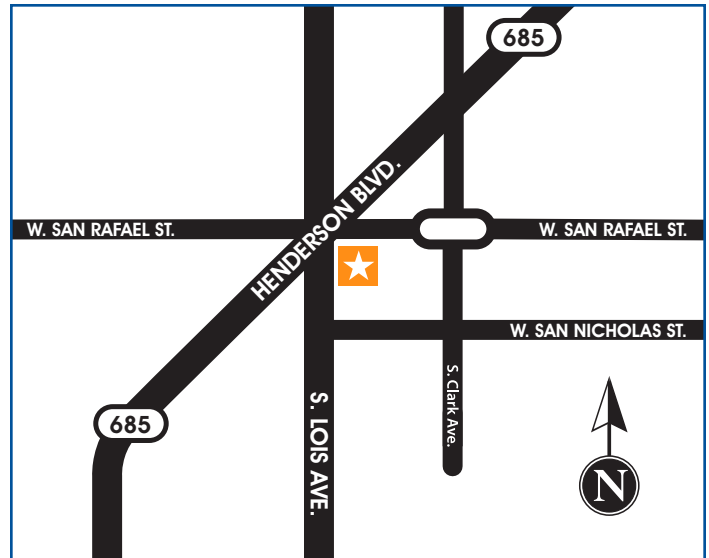
Saturday, November 19, 2016

12:30 PM - 2:30 PM Program

Heart Failure 101: Educational Update & Support

Pamela Brennan, RN, & Jackie Gilbert, RN,
Tampa General Hospital

Join our cardiac care nurses to discuss heart failure, weight, blood pressure, fluid retention, diet and nutrition, medication management and daily living. A support group will take place during the second hour of the program. See page 8 for support group details.



These programs are at 2106 S. Lois Ave., Tampa, FL 33629. Free parking is available. Parking lot is accessible from W. San Rafael St.

Thursday, December 1, 2016

1:00 PM Check-in / 1:30 PM - 3:00 PM Program

Nutrition, Stress and Inflammation: What's the Connection?

Jamila Lepore, MS, RD/N, CPT, Nutrition & Health
Agent, UF/IFAS Hillsborough Extension

Stress during the holiday season can negatively impact our immune system and cause inflammation. Frequently, our food choices during stressful times can make inflammation even worse. Join us to learn how to decrease stress and inflammation, and make more nutritious food choices during the holidays.

Friday, December 9, 2016

8:30 AM Check-in / 9:00 AM - 11:00 AM Program

Complementary Medicine for Health & Well-being

Sheela Chokshi, MD, Internal Medicine,
Physician Leader, Tampa General Hospital
Integrative Medicine Program

Learn how your overall well-being can benefit by supplementing your care with complementary medicine techniques. You will receive information about mindfulness, breathing, guided imagery, visualization, massage therapy, acupuncture, visual art, therapeutic yoga, therapeutic music and Ayurvedic medicine.

**Register for these programs via phone
at (813) 660-6100 or online at www.tgh.org/healthed**

MORE CLASSES AT THE TGH COMMUNITY HEALTH EDUCATION CENTER

Monday, December 12, 2016

5:30 PM Check-in / 6:00 PM - 8:00 PM Program

Eating Right & Cooking Light

Holly Long, RDN, LDN, *In-store Registered Dietitian, Publix Super Markets, Inc.*

Do you want to feel good about cooking your family's favorite recipes in a flavorful yet lighter and nourishing way? Your Publix in-store registered dietitian will teach you simple, everyday strategies on how to eat right and cook light.

Wednesday, December 14, 2016

1:00 PM Check-in / 1:30 PM - 4:30 PM Program

Parkinson's Disease 101

This interactive class about Parkinson's disease will include information on current treatments, medicinal therapies and available resources.

Friday, December 16, 2016

8:30 AM Check-in / 9:00 AM - 11:00 AM Program

Mental & Emotional Health

Jaclyn Lewis-Croswell, PhD,
Tampa General Hospital

Learn about the effects of stress on your physical, mental and emotional well-being as well as skills to manage stress and be more resilient. Learn about the signs of a mental health condition, resources in the community and how to get help if you or a loved one needs treatment.



These programs are at 2106 S. Lois Ave., Tampa, FL 33629. Free parking is available. Parking lot is accessible from W. San Rafael St.

Thursday, December 22, 2016

1:00 PM - 4:00 PM Program

Free Blood Pressure, Glucose & Total Cholesterol Screening

By Appointment Only

Our complimentary screening is a great way to "know your numbers" and stay informed about your health. Test results are provided immediately using general, non-fasting ranges. No preparation is necessary. Fasting is not required.

**Register for these programs via phone
at (813) 660-6100 or online at www.tgh.org/healthed**

Support Groups

COMMUNITY HEALTH EDUCATION CENTER
LOCATED AT TGMG LOIS
2106 S. Lois Avenue, Tampa, FL 33629

TGH TRANSPLANT & SPECIALTY SERVICES
409 Bayshore Boulevard, Tampa, FL 33606

The Ostomy Support Group of Tampa Bay

This is a support group for individuals and their family members with ostomies (colostomy, ileostomy, and urostomy). Please call one of the numbers below to register.

DATES: November 19, 2016

TIME: 10:30 AM - 12:30 PM

CONTACT: Molly Holt, (813) 844-7160 or Amy Evans, (813) 844-7597

Hypertension Support Group

Our cardiac care specialists will provide blood pressure screenings and the support, tools and education to help improve your health and lower your blood pressure.

DATES: October 22, 2016

TIME: 10:00 AM - 11:00 AM

CONTACT: Michele Eliason, BSN, RNE, michelelsaunders@tgh.org, (813) 844-4627

"Sweet Ones" Diabetes Support Group

This group provides a forum for people living with diabetes and their family/friends to help facilitate self-management skills.

DATES: October 27; November 17, 2016

TIME: 10:00 AM - 11:00 AM

CONTACT: Laura A. Gil, RN, BSN, CDE, (813) 844-8091, lgil@tgh.org

Heart Failure Support Group

This support group is provided by cardiac care nurses and discusses heart failure, weight, blood pressure, fluid retention, diet and nutrition, medication management and daily living issues for those who have heart failure and their loved ones.

DATES: November 19, 2016

TIME: 12:30 PM - 2:30 PM

CONTACT: Jacqueline Gilbert, RN, jacquelineagilbert@tgh.org & Pamela Brennan, RN, pbrennan@tgh.org

Liver Transplant Support Group

This support group is open to liver transplant patients and their families/caregivers who are anticipating or have already undergone a liver transplant. Our mission is to provide compassionate, emotional support to pre- and post-liver transplant patients and their loved ones and to provide comfort and inspire hope to those impacted by liver disease.

Liver Transplant Education:

DATES: Meets 3rd Friday of each month

TIME: 11:00 AM - 12:00 PM

LOCATION: 409 Bayshore Blvd., 4th floor conference room

Liver Transplant Support:

DATES: Meets 1st Friday of each month

TIME: 11:00 AM - 12:00 PM

LOCATION: 409 Bayshore Blvd., 4th floor conference room

DATES: Meets 3rd Friday of each month

TIME: 10:00 AM - 11:00 AM

LOCATION: 409 Bayshore Blvd., 4th floor conference room

CONTACT: Donna Arshadi, EdD, LMHC, (813) 844-7199, adarshadi@tgh.org

Post Kidney Transplant Support Group

This support group, coordinated by N.O.T.E (National Organ Transplant Enlightenment), is open to kidney transplant patients and their families/caregivers.

DATES: Meets 1st Tuesday of each month

TIME: 11:00 AM - 12:00 PM

LOCATION: 409 Bayshore Blvd., 4th Floor, Room 432

CONTACT: Kate Carpenter, MSW, (813) 844-5655, kcarpenter@tgh.org

Support Groups at Tampa General Hospital

1 Tampa General Circle, Tampa, FL 33606

A.W.A.K.E. (Alert, Well and Keeping Energetic)

This support group is a resource for anyone with sleep problems. Free parking available in designated oversized parking area. Refreshments and door prizes.

DATES: Meets 3rd Thursday, every other month (January, March, May, July, September, November)

TIME: 6:30 PM – 8:00 PM

LOCATION: West Pavilion, 1st Floor, Room B104 (this room is inside the Cafeteria/Food Court)

CONTACT: Robby Beauchamp, (813) 844-4292, wbeauch@tgh.org

Brain Injury Family Support Group

This group is designed for families and survivors of traumatic brain injury and includes speakers, discussions and support. Refreshments/snacks provided.

DATES: Meets 3rd Wednesday of each month

TIME: 5:00 PM – 6:00 PM

LOCATION: Rehabilitation Center, 6 Tampa General Circle, 2nd Floor, Room R201

Free parking available in front of the Rehabilitation Center.

CONTACT: TGH Psychology Services, (813) 844-3541

Burn Survivors Connect

The burn survivors group meets once a month to discuss challenges faced after a burn injury. It's a way for survivors to meet and discuss similar experiences.

DATES: Meets 2nd Thursday of each month

TIME: 5:00 PM – 7:00 PM

LOCATION: Rehabilitation Center, 6 Tampa General Circle, 2nd Floor, Room R200

Free parking available in front of the Rehabilitation Center.

CONTACT: Molly Morris, (813) 844-3381, mollykmorris@tgh.org

Epilepsy Support Group

This group provides a forum for people who have epilepsy and their families and provides an opportunity to learn more about epilepsy, the challenges of living with epilepsy and available treatment options.

DATES: Meets 3rd Wednesday of each month

TIME: 6:00 PM – 7:30 PM

LOCATION: Tampa General Hospital, Rehabilitation Center, Room R201

Free parking available in front of the Rehabilitation Center.

CONTACT: Diane Clancy, dclancy@health.usf.edu, (813) 259-8577

Lung Transplant Support Group

This support group is for pre- and post-lung transplant patients and their families.

DATES: Meets 4th Tuesday of each month, except December

TIME: 3:00 PM – 4:00 PM

LOCATION: Rehabilitation Center, 6 Tampa General Circle, 2nd Floor, Room R201

Free parking available in front of the Rehabilitation Center.

CONTACT: Michael Mendoza, PsyD, (813) 844-7712, mjmendoza@tgh.org

N.O.T.E. (National Organization for Transplant Enlightenment)

This support group provides community education about organ donation, assists patients with immunosuppressive medications and provides assistance in setting up fundraising accounts. The group also offers support for transplant patients, their families and mentors.

DATES: Meets 2nd Tuesday of each month

TIME: 11:00 AM – 12:00 PM

LOCATION: West Pavilion, 1st Floor, Room B103, (this room is inside the Cafeteria/Food Court)

CONTACT: Kate Carpenter, MSW, (813) 844-5655, kcarpenter@tgh.org

MORE SUPPORT GROUPS AT TAMPA GENERAL HOSPITAL

One Breath at a Time, Inc.

This group provides support to patients before, during and after lung transplantation. The group raises funds to assist with needs and works to raise awareness of organ donation.

CONTACT: Patrick Pustay, (813) 844-3514, patrickpustay@tgh.org for information on dates, time and location

Post-Operative Bariatric/Weight Loss Surgery Support Group

This support group is designed to provide post-operative support to patients who have had weight loss surgery at any facility.

DATES: Meets 3rd Tuesday of each month

TIME: 6:00 PM

LOCATION: Harbourside Medical Tower, Suite 410, 5 Tampa General Circle

CONTACT: (813) 844-7473, bariatriccenter@tgh.org

Spinal Cord Injury Resource and Support Group

This forum provides an opportunity for survivors and their families to learn about and discuss issues specific to SCI. Refreshments provided.

DATES: Meets 2nd Wednesday of each month

TIME: 4:30 PM – 6:00 PM

LOCATION: Rehabilitation Center, 6 Tampa General Circle, 2nd Floor, Room R200

Free parking available in front of the Rehabilitation Center.

CONTACT: Anthony Radano, (813) 844-4711, aradano@fscirc.com

Tampa Bay Stroke Education and Support Group

This educational support group provides stroke survivors, caregivers and all interested individuals with information about stroke awareness, recovery and prevention. The group also discusses community offerings for people with disabilities.

DATES: Meets 1st Wednesday of each month

TIME: 5:00 PM – 6:00 PM

LOCATION: Rehabilitation Center, 6 Tampa General Circle, 2nd Floor, Room R200

Free parking available in front of the Rehabilitation Center.

CONTACT: Ann LaPlaca, (813) 844-7641, alaplaca@tgh.org; or Karen Wilson, RN, Stroke Coordinator, (813) 844-8434

Transplant Caregivers Support Group

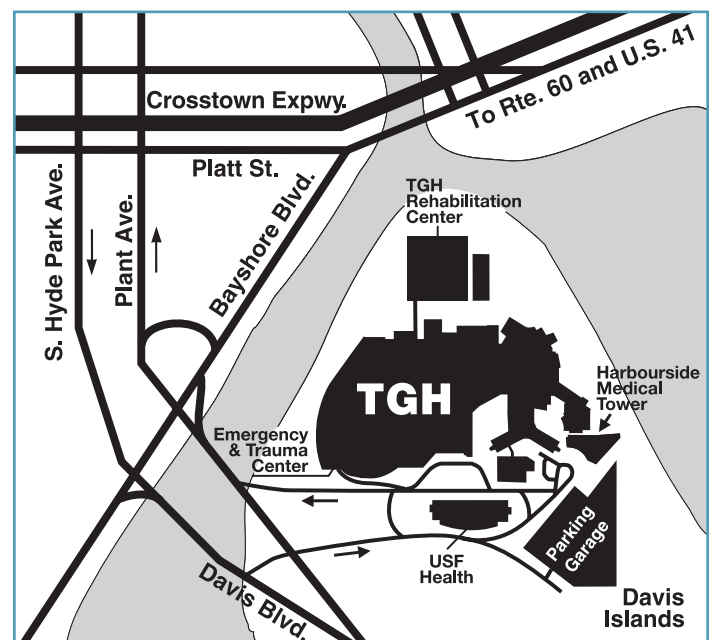
This support group is open to caregivers of patients who are anticipating or have already undergone an organ transplant. Our mission is to provide compassionate, emotional support to pre- and post-transplant caregivers while they provide comfort and care to their loved ones.

DATES: Meets 2nd Wednesday of each month

TIME: 5:30 PM – 7:00 PM

LOCATION: West Pavilion, 1st Floor, Room B104 (this room is inside the Cafeteria/Food Court)

CONTACT: Donna Arshadi, EdD, LMHC, (813) 844-7199, adarshadi@tgh.org



These groups meet on the Tampa General Hospital campus. Parking is available in the TGH parking garage for a \$3 flat rate due upon exiting. Cash and credit cards accepted.



COMMUNITY HEALTH
EDUCATION

PO Box 1289 • Tampa, FL 33601

The TGH Community Health Education Center is located at
TGMG Lois, 2106 S. Lois Avenue, Tampa, FL 33629.



VISIT US ONLINE



www.tgh.org/healthed