



James A. Haley Veterans' Hospital

Patient Health Education Programs



Compiled by:
Veteran/Family Health Education Committee
James A. Haley Veterans' Hospital
13000 Bruce B. Downs Blvd.
Tampa, FL 33612
(813) 972-2000 x7428
www.tampa.va.gov

10/19/12
Updated quarterly

Welcome to the James A. Haley Veterans' Hospital!

Your health is important to us.

We want you to be an informed and active partner in your health care.

James A. Haley Veterans' Hospital and Clinics offers many resources to help you learn about your health. We offer many classes and support groups taught by trained staff. To attend these classes and support groups the meeting locations will vary throughout the hospital and clinics. Please refer to the chart and information below for assistance in class and support group locations:

The main hospital at James A. Haley Veterans' Hospital is divided into 4 wings (A, B, C, D):

When the class room is listed as 1C-103, this means that the room is on the 1st floor, in the C section of the building in room 103.



Room Location	Description
1C-102B	1 st floor of main hospital in C wing near Podiatry
1C-103	1 st floor of main hospital in C wing near Podiatry
2B-258	2 nd floor of main hospital in B wing near OT/PT
2CN Conference Room	2 nd floor of main hospital in C wing and north section
Auditorium	2 nd floor of main hospital in front of canteen in A wing
RTU Conference Room	Radiation Therapy Unit (RTU) in between main hospital and SCI on ground floor
VA Outpatient Mental Health Clinic	11707 N. Club Drive, Tampa, Florida 33612 (across from University Mall)

Visit the Patients' Library: 2nd floor (2A-237)

Use the My HealthVet computers: www.health.va.gov

- Patients' Library: 2nd floor (2A-237)
- VA Café in SCI (Spinal Cord Injury) building

Contact our Patient Education Committee for more information: (813) 972- 2000 ext. 7428

Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

Cardiac Rehab

Day: Wednesdays

Time: 10 a.m. - noon

Where: 1C-102B

Target Audience: 12-session series covers topics for the self-management of heart disease.

Consult Needed: No

Walk-ins Accepted: Yes, 10 to 11a.m. session only

Contact Person: Gene McColgan

Contact Extension: 1795

Chronic Disease Self-Management

Day: Mondays

Time: 1-3:30 p.m.

Where: 2B-258

Target Audience: Anyone interested in taking an active role in managing their healthcare.

Consult Needed: No

Walk-ins Accepted: No

Contact Person: David Folds, Connie Malik

Contact Extension: 2021, 7428

Diabetes Basic Class

Day: Wednesdays (1 to 2 times monthly)

Time: 8:30 a.m. - 12:30 p.m. or 12:30 - 4:30 p.m.
(Starting in January 2013 morning classes only.)

Where: Auditorium, 2nd floor

Target Audience: Newly diagnosed Diabetic Veterans needing education / training on self-management skills related to controlling Diabetes and complications

Consult Needed: No (Quick Order used to refer)

Walk-ins Accepted: Yes, if space available

Contact Person: Aida Macias, MSN, RN x2916,
Diabetes Clinic x6335

Diabetes Basic Class (Spanish)

Day: Wednesdays (Once every 3-4 months)

Time: 8:30 a.m. - 12:30 p.m.

Where: Auditorium, 2nd floor

Target Audience: For SPANISH SPEAKING newly diagnosed Diabetic Veterans needing education / training on self-management skills related to controlling Diabetes and complications

Consult Needed: No (Quick Order used to refer)

Walk-ins Accepted: Yes, if space available

Contact Person: Aida Macias, MSN, RN

Contact Extension: 2196

Diabetes Basic Class: Part 2

Day: 1st and 3rd Thursday

Time: 1-2 p.m. or 2-3 p.m.

Where: 2B-258

Consult Needed: No (Follow-up from Diabetes Basic Class only)

Contact Person: Aida Macias, MSN, RN

Contact Extension: 2196

Diabetes Basic Class: Part 2 (Spanish)

Day: 1st or 3rd Thursday

Time: 2-3 p.m. (every 3 - 4 months)

Where: 2B-258

Consult Needed: No

Contact Person: Aida Macias, MSN, RN

Contact Extension: 2196



Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

Meal Planning for Diabetes Class

Day: Thursdays (4 week series)

Time: 11 a.m. – 12:30 p.m.

Where: Tampa 2B-258 (2nd Floor)

Lakeland Clinic Building One (via teleconference)

Zephyrhills Clinic (via teleconference)

Target Audience: Veterans wanting to learn how to plan healthy meals and carbohydrate counting for diabetes and pre-diabetes.

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Robert Blalock

Contact Extension: 2913

Diabetes Meter Class

Day & Time: Mondays from 2 – 3 p.m. in room 1C-102B or Fridays from 11 a.m. – noon in room 2B-258

Where: Room 102-B on Mondays

Room 2B-258 on Fridays

Target Audience: Veterans with newly diagnosed

diabetes and those wishing to switch out their present meter to receive strips issued by the VA

Consult Needed: No (Quick Order used to refer)

Walk-ins Accepted: No

Contact Person: Aida Macias, MSN, RN

Contact Extension: 2196

Healthy Cooking: Vets Can Cook!

MOVE! Weight Reduction Program

This class will no longer be offered after December 2012.

Day: 1st and 2nd Tuesdays (two-week program)

Time: 1 – 2:30 p.m.

Where: 2B-258

Target Audience: Veterans interested in learning to cook tasty, healthy, budget friendly meals.

Consult Needed: No

Walk-ins Accepted: No. Appointments must be scheduled through Primary Care Clinic dietitian, provider or clerk.

Contact Person: Diane Barravecchio

Contact Extension: 7023

Hearing Aid Accessory Class

Day/Time: Mondays 1 p.m. – 2 p.m.

Where: 14020 N. 46th Street, Tampa, FL 33612

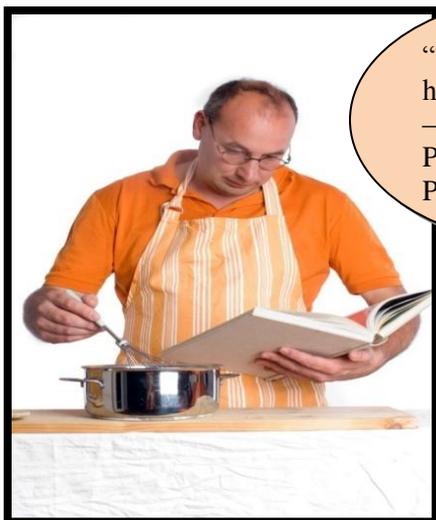
Target Audience: Open to Veterans with VA issue hearing aids and their family members who still have significant communication difficulties even while wearing hearing aids. Learn about accessories that may help maximize communication function.

Consult Needed: No

Walk-ins Accepted: Yes. Come 20 minutes early.

Contact Person: Paula Myers, Ph.D.

Contact Extension: (813) 972-7529



“This class is very helpful to Veterans.”
–Diabetes Meal Planning Class Participant

Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

Hyperlipidemia

March To a Healthy Beat: Love your Heart

Target Audience: Veterans wanting to eat healthy for cholesterol, high blood pressure

Days: 2nd and 4th Wednesdays

Time: 1:30 - 2:30 p.m.

Location: 2B-258 (2nd Floor)

Contact Person: Robbie Richardson

Contact Extension: 1779

Kidney Education Class

Day: 1st and 4th Thursday of the month

Time: Noon- 3:30 p.m.

Where: 2B-256

Target Audience: Veterans who are starting dialysis or those newly diagnosed with end-stage renal disease (ESRD)

Consult Needed: Yes, from Primary Care Provider, Nephrologist or other health care professional
Walk-ins Accepted: Yes; consults preferred

Contact Person: Virginia Soto, BSN

Contact Extension: 6997

Lipreading and Auditory Training Class

Day: Thursdays

Time: 1- 2 p.m.

Where: 14020 N. 46th Street
Tampa, FL 33612

Target Audience: Open to all Veterans with hearing loss and their family members. Learn about communication strategies, lipreading and auditory training to maximize communication function.

Consult Needed: No

Walk-ins Accepted: Yes. Come 20 minutes early.

Contact Person: Paula Myers, Ph.D.

Contact Extension: (813) 972-7529

Hearing Loss Management

Day/Time: Mondays 11 a.m. – noon, Tuesdays 10-11 a.m., Thursdays 2:30 – 3:30 p.m., and Fridays 8 - 9 a.m.

Where: 14020 N. 46th Street, Tampa, FL 33612

Target Audience: Learn about hearing loss, hearing aids, communication strategies and hearing conservation. Open to Veterans with hearing loss and their family members.

Consult Needed: New patients need a referral.

Consult From: Provider

Walk-ins Accepted: No

Contact Person: Paula Myers, Ph.D.

Contact Extension: (813) 972-7529

Living Life Well Class

Day: Tuesdays

Time: 1- 2:30 p.m.

Where: 2B-258

Target Audience: Primary Care Patients with mild to moderate depression

Consult Needed: YES, Primary Care Provider must submit consult to PCC-BH/MH and patient must be screened by psychologist for class admittance.

Consult From: Primary Care Provider

Walk-ins Accepted: No

Contact Person: Dr. Jaclyn Lewis-Croswell or Dr. Melissa Leedy

Contact Extension: 5759, 6072

“This class was very helpful to me and will benefit another patient.”
–Living Life Well Participant.

Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

Multiple Sclerosis Education & Support Group

Day: 3rd Monday of each month

Time: 1 - 2 p.m.

Where: SCI Conference Room

Target Audience: Persons with multiple sclerosis and their family members.

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Catherine Wilson, PsyD., ABPP

Contact Extension: 5483

New Patient Orientation Class

Choose One Day and Time:

Tue., Wed., or Thur. from 8 – 9 a.m.

or 1- 2 p.m., or Mondays, Fridays from 1- 2 p.m.

Where: 1C-103

Target Audience: New and returning patients in need of Primary Care assignment and education

Consult Needed: Yes

Consult From: Enrollment, Inpatient and Urgent Care

Walk-ins Accepted: If orientation appointment missed

Contact Person: Howard Cooley, HAS Supervisor

Contact Extension: 3757

SCI Rehab Education Class

Day: Mondays, Wednesdays, and Fridays

Time: 11 a.m.

Where: SCI Patient Conference Room, A043-38

Target Audience: Rehab patients with a new spinal cord injury

Walk-ins Accepted: Yes

Contact Person: Diana Weinel

Contact Extension: 7889

My HealthVet Demo

Day: Mondays

Time: 10 – 11 a.m.

Where: 2B-258

Target Audience: Anyone wanting to learn about the My HealthVet Web site(www.myhealth.va.gov) registration, and/or IPA process

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Robert "Goose" Gosline

Contact Extension: 4107



Pain School

Day: Tuesdays

Time: 1st and 3rd Tuesdays 8 - 10 a.m. 2nd and 4th Tuesdays 1 - 3 p.m.

Where: Building 68, Rm 202

Target Audience: Anyone interested in self pain management techniques

Consult Needed: No

Consult From: Anyone is able to put in a consult.

Walk-ins Accepted: Yes

Contact Person: N. Qazi, MD or Bran Zilka, MD

Contact Extension: 1624, 2032

Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

Tinnitus Self Management

Day: Wednesdays

Time: 10 a.m. - noon

Where: 14020 N. 46th Street
Tampa FL 33612

Target Audience: Learn about tinnitus – causes and methods to manage it. Open to Veterans with tinnitus and their family members.

Walk-ins Accepted: No

Consult Needed: If you are a new patient, you will need a referral from your provider

Contact: Paula Myers, Ph. D.

Contact Extension: 7529

MOVE! Introduction to Weight Management

Alpha/Zep

Day: 1st and 3rd Tuesdays of the month

Time: 10 – 11 a.m.

Where: T80, PCC-Alpha

Target Audience: Veterans who are interested in basic information for weight management.

Consult Needed: Pre-registration is encouraged. Appointments may be scheduled through Primary Care Clinic dietitian, provider or clerk.

Walk-ins Accepted: Yes

Contact Person: Robert Blalock

Contact Extension: 2913

Introduction to Weight Management: MOVE!

Women's Clinic

Day: 4th Tuesday of the month

Time: 10 – 11 a.m.

Where: T59

Target Audience: Veterans who are interested in introductory information for weight management.

Consult Needed: Pre-registration is encouraged. Appointments may be scheduled through Primary Care Clinic dietitian, provider or clerk.

Walk-ins Accepted: Yes

Contact Person: Claire Bell

Contact Extension: 7919

Smoking Cessation Clinic

Day & Time: Mondays from 6 - 7 p.m. or
Thursdays 10 - 11 a.m.

Where: 2B-258

Target Audience: Veterans interested in quitting smoking.

Consult Needed: No

Walk-ins Accepted: Yes (please call to confirm schedule)

Contact Person: Carolyn Schlede, MD

Contact Extension: 6216

Stress Management Class

Day: Mondays

Time: 8:30 - 10 a.m.

Where: Building. 68, Delta classroom

Target Audience: Any Veteran

Consult Needed: No, but preferred

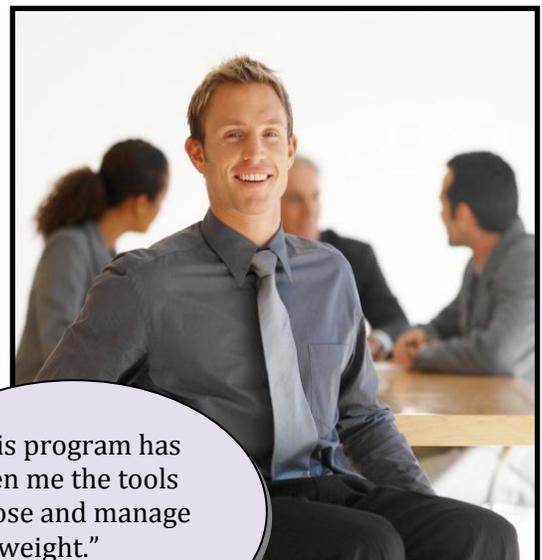
Consult From: Any provider

Walk-ins Accepted: Yes

Contact Person: Dr. Melissa Leedy or Dr. Jaclyn Lewis-Croswell

Contact Extension: 6072, 5759

“This class is a positive addition to VA care.”
–Stress Management



“This has been a life changing experience.”
-MOVE! Participant

“This program has given me the tools to lose and manage my weight.”
-MOVE!

Patient Education Programs

James A. Haley Veterans' Hospital
(813) 972-2000

4 Week Weight Reduction Series: MOVE!

Day: Wednesdays

Time: 3 - 4 p.m.

Where: 2B-258

Target Audience: Veterans who are interested in exercise, nutrition, behavioral change and complications of obesity.

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Melody Chavez

Contact Extension: 210-0081

Pager: 813-201-2244

11 Week Weight Reduction Series: MOVE!

Day: Mondays

Time: 8 - noon

Where: 1C-103

Target Audience: Veterans who are interested in intensive weight reduction program.

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Diane Barravecchio

Contact Extension: 7023

Introduction to Weight Management: MOVE!

Bravo

Day: 3rd and 4th Thursday of the month

Time: 1:30 - 2:30 p.m.

Where: T-81

Target Audience: Veterans wanting introductory information for weight management.

Consult Needed: Pre-registration is encouraged. Appointments may be scheduled through Primary Care Clinic dietitian, provider or clerk.

Walk-ins Accepted: Yes

Contact Person: Diane Barravecchio

Contact Extension: 7023

"I have lost 130 lbs as a direct result of my efforts and the MOVE! program...."
-MOVE! Participant

Introduction to Weight Management: MOVE!

Charlie & Foxtrot

Day: 2nd Thursday of the month

Time: 1:30 - 2:30 p.m.

Where: Bravo, T-81

Target Audience: Veterans who are interested in introductory information for weight management.

Consult Needed: Pre-registration is encouraged. Appointments may be scheduled through Primary Care Clinic dietitian, provider or clerk.

Walk-ins Accepted: Yes

Contact Person: Diane Molitor

Contact Extension: 1635

Introduction to Weight Management: MOVE!

Delta

Day: 2nd Monday and 4th Tuesday of the Month

Time: 10 - 11 a.m.

Where: Delta Team Conference Room #202

Target Audience: Veterans who are interested in introductory information for weight management.

Consult Needed: Pre-registration is encouraged. Appointments may be scheduled through Primary Care Clinic dietitian, provider or clerk.

Walk-ins Accepted: Yes

Contact Person: Renee Bosler, RD

Contact Extension: 5706

Weight Reduction: MOVE!

Advance Support Group

Target Audience: Veterans who have completed 11 Week Weight Reduction.

Day: Wednesday

Times: 9 - 10 a.m.

Location: First Dining Room SCI

Contact Person: Claire Bell

Contact Extension: 7919

Patient Education Programs

New Port Richey Outpatient Clinic (OPC)

9912 Little Road
New Port Richey, FL 34654
(727) 869-4100

Diabetes Training Class

Day: 1st and 3rd Fridays

Time: 8 a.m. - noon

Where: NPR Classroom A123

Target Audience: Veterans who have been diagnosed with diabetes and want to learn how they may be able to control their blood sugar with dietary intervention, exercise, and weight reduction.

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Marc Fleissner RN-BC

Contact Phone: From Tampa VA: 321-4173;
Outside VA: (727) 869-4215

Diabetes Meter Class

Day: Tuesdays

Time: 3 - 4 p.m.

Where: NPR Classroom A123

Target Audience: Veterans with diabetes needing a meter for monitoring their blood sugars at home. Patients will get a new glucometer in the class.

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Marc Fleissner, RN-BC

Contact Phone: From Tampa VA: 321-4173
Outside VA: (727) 869-4215

Diabetes Established Class

Target Audience: A follow-up class for Veterans who have previously completed the Diabetes Training Class.

Days: 4th Friday

Times: 8 - 10 a.m.

Location: NPR Classroom A123

Contact Person: Marc Fleissner RN-BC

Contact Phone: From Tampa VA: 321-4173
Outside VA: (727) 869-4215

New Patient Orientation Class

Day: Mondays and Thursdays

Time: 3 - 4 p.m.

Where: NPR Classroom, A123

Target Audience: Veterans new to the NPR Outpatient Clinic needing provider assignment

Consult Needed: No

Contact Person: John McEnaney or Kathleen Griffin-Christy

Contact Phone: From Tampa VA: 321-4214
Outside VA: (727) 869-4214

Nutrition Basic – MOVE! class

Weight Management: MOVE!

Days: 1st Tuesday of the month (8 - 9 a.m.) & the 3rd Wednesday of the month (10 - 11 a.m.)

Where: NPR classroom A123

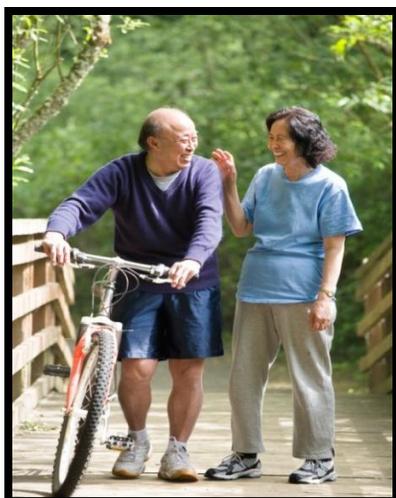
Target Audience: Veterans interested in introductory information for weight management, ways to help lower high blood pressure & tips for lowering high cholesterol.

Consult needed: No

Walk-ins accepted: No

Contact Person: Kari Osterloh, RD

Contact phone: From Tampa VA: 321-4117 OR
Outside VA: (727) 869-4117



Patient Education Programs

New Port Richey Outpatient Clinic (OPC)

9912 Little Road
New Port Richey, FL 34654
(727) 869-4100

Hypertension Class

Day: Wednesdays

Time: 10 - 11 a.m.

Where: NPR Classroom A123

Target Audience: For Veterans with high blood pressure and who want to learn about medications and diet that work to help blood pressure stay at normal levels. Also, you will receive a blood pressure cuff at that time.

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Marc Fleissner RN-BC

Contact Phone: From Tampa VA: 321-4173

Smoking Cessation

Day: Wednesdays

Time: 8 - 9:30 a.m.

Target Audience: Veterans who want to quit smoking

Consult Needed: No: Physician Order Needed

Walk-ins Accepted: Yes

Where: Pasco Clinic (Patient Education Room)

Contact Person: Shelley Boggan, LCSW, CTTS
(Certified Tobacco Treatment Specialist)

Contact Phone: Tampa VA: 321-4242

Outside VA: (727) 869-4242

Urology Class

Day: 1st and 3rd Friday

Time: 1:30 - 2:30 p.m.

Where: NPR OPC Room A123

Target Audience: Veterans with complaints of erectile dysfunction

Consult Needed: Yes

Consult From: Primary Care Provider

Walk-ins Accepted: No

Contact Person: Marc Fleissner, RN-BC

Contact Phone: From Tampa VA: 321-4173

Outside VA: (727) 869-4215

Pre-Diabetes

Day: 2nd Friday and
4th Thursday of the month

Time: 8 - noon

Where: NPR Classroom A123

Target Audience: Veterans who have been diagnosed as a pre-diabetic and are looking for information on ways to help prevent the onset of diabetes.

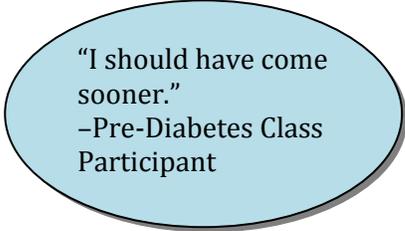
Consult Needed: No

Walk-ins Accepted: No

Contact Person: Marc Fleissner, RN-BC

Contact Phone: From Tampa VA: 321-4173

Outside VA: (727) 869-4215



"I should have come sooner."
-Pre-Diabetes Class Participant

Pain School

Available by Vtel

Day: Tuesdays

Time: 1st and 3rd Tuesdays 8 - 10 a.m. 2nd and 4th Tuesdays 1 - 3 p.m.

Where: **Building** New patient education room
Target Audience: Anyone interested in self pain management techniques

Consult Needed: No

Consult From: Anyone is able to put in a consult. **Walk-ins Accepted:** Yes

Contact Person: Lisa Aldrich

Contact Extension: 727-869-4163

Patient Education Programs

Zephyrhills Community-Based Outpatient Clinic (CBOC)

6937 Medical View Lane

Zephyrhills, FL 33542

(813) 780-2550

Diabetic Meter Class

Day: Wednesdays

Time: 1:30 - 2 p.m.

Where: Conference room

Target Audience: Veterans with newly diagnosed diabetes and Veterans wishing to switch out their present meter to receive strips issued by the VA

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Cecilia Feliciano

Contact Extension: (813)780-2550, x3103

Meal Planning for Diabetes Class

Day: Thursdays (4 week series)

Time: 11 a.m. – 12:30 p.m.

Where: Conference room (Room 8) via satellite broadcast from Tampa

Target Audience: Veterans wanting to learn how to plan healthy meals and carbohydrate counting for diabetes and pre-diabetes

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Robert Blalock

Contact Extension: (813) 972-2000, x2913

Smoking Cessation Class (CVT- Clinical Video Telehealth)

Classes: 1-4

Day: Mondays

Time: 10:30 a.m.

Where: Building 1

Target Audience: Veterans and Staff

Consult Needed: Yes

Consult From: Provider with privileges

Walk-ins Accepted: Yes, after attending first class

Contact Person: David Folds

Contact Extensions: (813) 972-2000 x2021

MOVE! Introduction to Weight Management

Day: 1st and 3rd Tuesday

Time: 10-11 a.m.

Where: Zephyrhills Clinic (via teleconference from Tampa to Zephyrhills Clinic)

Target Audience: Veterans and staff who are interested in basic information for weight management

Consult Needed: Pre-registration is encouraged. Appointments can be scheduled though dietitian or clerk.

Walk-ins Accepted: Yes

Contact Person: Robert Blalock

Contact Extension: 2913



Patient Education Programs

Brooksville Community-Based Outpatient Clinic (CBOC)

14540 Cortez Blvd., Suite 108

Brooksville, FL 34613

(352) 597-8287

(813) 780-2550

[Audiology - Hearing loss Management](#)

Day: 1st Thursday of every month

Time: 8 - 9 a.m.

Where: Conference room

Target Audience: Hearing Loss Management

Consult Needed: Yes

Consult From: Provider

Walk-ins Accepted: No

Contact Person: Brooksville CBOC

Contact Extension: (352) 597-8287

[Audiology - Tinnitus Class](#)

Day: 2nd and 4th Thursdays

Time: 8 - 10 a.m.

Where: Conference room

Target Audience: Hearing - Tinnitus

Consult Needed: Yes

Consult From: Provider

Walk-ins Accepted: No

Contact Person: Brooksville CBOC

Contact Extension: (352) 597-8287

[BMI \(Body Mass Index\)](#)

Day: 1st and 3rd Wednesday

Time: 2:30 - 3:30 p.m.

Where: Conference room

Target Audience: Veterans who are interested in the basics of weight management but desire to only attend a single class versus a group 10 week program.

Consult Needed: Yes

Walk-ins Accepted: No

Contact Person: Kathleen Kappel, RD, LD

Contact Extension: (352) 597-8287

[Diabetes Class](#)

Day: 3rd Friday of the month

Time: 11 - 11:30 a.m.

Where: Conference room

Target Audience: Veterans who have been diagnosed with high diabetes and want to learn how they may be able to control their blood sugar with dietary intervention, exercise, and weight reduction

Consult Needed: Yes

Walk-ins Accepted: No

Contact Person: Kathleen Kappel, RD, LD

Contact Extension: (352) 597-8287

[Hyperlipidemia](#)

Cholesterol Class

Target Audience: Veterans who have been diagnosed with having high cholesterol and want to learn how they may be able to control their cholesterol with dietary intervention, exercise, and weight reduction.

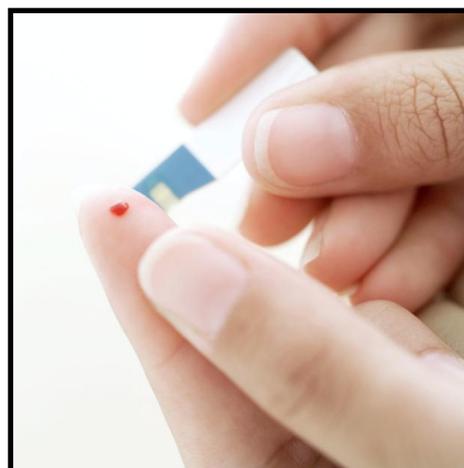
Days: 2nd and 4th Wednesday

Times: 2:30 - 3:30 p.m.

Location: Brooksville CBOC

Contact Person: Kathleen Kappel, RD, LD

Contact Extension: (352) 597-8287



Patient Education Programs

Brooksville Community-Based Outpatient Clinic (CBOC)

14540 Cortez Blvd., Suite 108

Brooksville, FL 34613

(352) 597-8287

(813) 780-2550

MOVE! 10 Week Weight Management Program

Day: Tuesdays

Time: 9 - 10:30 a.m.

Where: Conference room

Target Audience: Veterans who are interested in a 10 week program involving weight management and who desire group support as they work toward their weight loss goals.

Consult Needed: Yes

Consult From: Provider, dietitian or nurse

Walk-ins Accepted: No

Contact Person: Kathleen Kappel, RD, LD

Contact Extension: (352) 597-8287

Weight Management MOVE! Moving On!

Day: 1st and 3rd Thursday of the month

Time: 9 - 10 a.m.

Where: Conference room

Target Audience: Veterans who have completed the 10 week MOVE! Weight Management Program and desire continued group support as they continue to work towards their weight loss goals and maintenance efforts.

Consult Needed: No

Walk-ins Accepted: No, scheduled appointments only.

Contact Person: Kathleen Kappel, RD, LD

Contact Extension: (352) 597-8287

New Patient Orientation Class

Day: Mondays, Wednesdays, Fridays

Time: 1 - 2 p.m.

Where: Conference room

Target Audience: Veterans new to Brooksville clinic needing provider assignment and education

Consult Needed: Yes

Consult From: Enrollment, Inpatient or Urgent Care

Walk-ins Accepted: No

Contact Person: Brooksville CBOC

Smoking Cessation Class

Day: Tuesdays

Time: 2 - 3:30 p.m.

Where: Brooksville CBOC

Target Audience: Veterans wanting to quit smoking or using tobacco products

Consult Needed: Yes

Consult From: Provider

Walk-ins Accepted: No

Contact Person: Keith Growe MSW, LCSW

Contact Extension: (352) 597-8287 x4121



Patient Education Programs

Lakeland Community-Based Outpatient Clinic (CBOC)

4237 South Pipkin Rd.

Lakeland, FL 33811

(863) 701-2470

“Great class!”
– Lakeland MOVE!
Participant

Meal Planning for Diabetes Class

Day: Thursdays (4 week series)

Time: 11 a.m. – 12:30 p.m.

Where: Lakeland Clinic Building One (via teleconferencing from Tampa)

Target Audience: Veterans wanting to learn how to plan healthy meals and carbohydrate counting for diabetes and pre-diabetes.

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Robert Blalock

Contact Extensions: (toll-free) 1-888-716-7787 or 813-972-2000, x2913

Hearing Loss Management

Day: 2nd and 4th Tuesdays of the month

Time: 8 – 9 a.m.

Where: Audiology Clinic- Building 2

Target Audience: Class recommended for all hearing aid users to get the most benefit from their aids. Family members are encouraged to attend as well.

Consult Needed: No

Walk-ins Accepted: Yes

Contact Person: Debbie Hendry, Au.D. CCC-A

Intro to Weight Management MOVE!

Day: 4th Wednesday of the month

Time: 10:30 a.m. - noon

Where: Lakeland CBOC conference room

Target Audience: Veterans wanting introductory information for weight management.

Consult Needed: No. Contact your primary care provider or Lakeland dietitian directly.

Walk-ins Accepted: No

Contact Person: Monique Dantzler

Contact Extension: (863) 668-4120

MOVE! 10 Week Program

Day: Mondays

Time: 10:00 a.m.

Where: Lakeland CBOC conference room

Target Audience: Veterans who want an intensive weight reduction program. Class meets once a week for 10 weeks.

Consult Needed: No

Consult From: Scheduled through Lakeland dietitian.

Walk-ins Accepted: No

Contact Person: Monique Dantzler

Contact Extension: (863) 668-4120

MOVE! Maintenance Class

Day: 2nd Wednesday

Time: 10:30 - 11:30 a.m.

Where: Lakeland CBOC conference room

Target Audience: Veterans who have completed the 10 week Weight Reduction Program and want continued group support as they work towards their weight loss goals.

Consult Needed: No. Contact Lakeland dietitian for scheduling.

Walk-ins Accepted: No

Contact Person: Monique Dantzler

Contact Extension: (863) 668-4120

Smoking Cessation Class

Day: Mondays

Time: 10:30 a.m.

Where: Building 1

Target Audience: Veterans and Staff

Consult Needed: Yes

Consult From: Provider with privileges

Walk-ins Accepted: No

Contact Person: David Folds

Contact Extensions: (813) 972-2000 x2021

Patient Education Programs

Lakeland Community-Based Outpatient Clinic (CBOC)

4237 South Pipkin Rd.

Lakeland, FL 33811

(863) 701-2470

Tinnitus Management Workshop

Time: By appointment only.

Where: Audiology Clinic - Building 2

Target Audience: Veterans and family members interested in methods of tinnitus management

Consult Needed: No

Walk-ins Accepted: No

Contact Person: Debbie Hendry, Au.D. CCC-A

Treatment and Support Groups offered at James A. Haley Veterans' Hospital & Clinics!

Details about these groups are published in the guide to "Treatment & Support Groups."

- Acceptance and Commitment Therapy for Depression
- Advanced Support Group for Weight Management
- Alcoholics Anonymous
- Amputee Support Team
- Anger Management
- Caregiver Support
- Chronic Disease Self-Management
- Cognitive Processing Therapy group
- Dementia Caregiver Group
- Depression and Bipolar Support Alliance
- Diabetes Support Group
- Family Meeting
- Insomnia
- Multiple Sclerosis Education & Support Group
- National Alliance on Mental Illness – Family Members of Individuals with Serious Mental Illness
- Ostomy
- PTSD
- Seeking Safety
- Social Skills Training
- Suicide Prevention Support Group
- Symptom Management
- Wellness Support
- Women's Support

Helpful Numbers

Library and waiting room television channels 27 through 33 provide on-demand health information on a variety of health topics.

Patients' Library: (813)-972-2000 ext. 6571
Located on the 2nd floor (2A-237)

OEF/OIF/OND Transition Coordinator: (813)-972-2000 ext.6173
24-Hour Access: (813)-972-7547

Patient Advocates Office: (813) 972-2000 ext. 5856
Located on the 2nd floor (2A-243 through 2A-245)

Veterans Crisis Prevention Line: 1-800-273-8255

Tampa Clinic Scheduling: (813)-903-3600 (option 1) or 1-866-737-6843
Don't be a "no show." Please call to cancel scheduled appointments you are not able to attend

Helpful Websites:

- American Stroke Association: www.strokeassociation.org/STROKEORG/
- Brain Attack: <http://yourbrainattack.com/>
- Electronic educational materials: www.tampa.va.gov/patients/patiented.asp. This website provides detailed educational guides on Living Well with Diabetes, COPD, Heart Disease, and Heart Failure.
- James A. Haley VA Hospital: www.tampa.va.gov
- My HealthVet (Research health and refill prescriptions): www.myhealth.va.gov
- Resources and Education for Stroke Caregivers' Understanding and Empowerment: www.rorc.research.va.gov/rescue/
- VISN 8 VA Sunshine Healthcare Network: www.visn8.va.gov
- VA Polytrauma System of Care: www.polytrauma.va.gov
- VA regional office: www.vba.va.gov/ro/south/spete
- Veterans Crisis Prevention Line: www.suicidepreventionlifeline.org/Veterans/

One of the goals for the James A. Haley Veterans' Hospital is to provide quality educational classes and support groups to Veterans and their families. James A. Haley Veterans' Hospital appreciates recommendations on ways we can better educate Veterans' and their families. If there are any recommendations for additional educational classes or support groups, please contact the Veteran/ Family Health Education Committee at: (813) 972-2000 ext. 7428.

