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.

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

Visit the Patients’ Library: 2nd floor (2A-237)
Use the My HealtheVet computers: [www.health.va.gov](http://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
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 Baravecchio  
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
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.
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

My HealtheVet Demo
Day: Mondays
Time: 10 – 11 a.m.
Where: 2B-258
Target Audience: Anyone wanting to learn about the My HealtheVet 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

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

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

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

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

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

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

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

“This program has given me the tools to lose and manage my weight.”
-MOVE!
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: Diane Barravecchio
Contact Extension: 7023

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! 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

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

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

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: 321-4141
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

### 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

### 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) 869-4215

### 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

### 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

“I should have come sooner.”
– Pre-Diabetes Class Participant
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

**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

**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

**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

**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

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

“Great class!”
– Lakeland MOVE! Participant
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.