



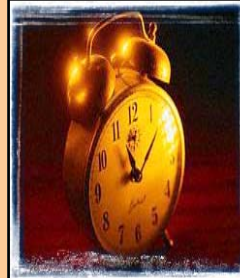
Health & Human Services

November 2010



A Publication of the Hernando County
Department of Health and Human Services

Health ObservancesPage 1
Community EventsPages 1-2
Helpful Information.....Pages 2-9
Veteran Services.....Page 9-10
Veteran's Parade Information.....Page 9



Fall Back!
Remember to turn
your clocks back one
hour on Saturday,
November 7th!!!

Health Observances

Community Events

American Diabetes Month

American Diabetes Association
(800) DIABETES (342-2383)
(703) 549-1500
(703) 549-6995 Fax
askada@diabetes.org
www.diabetes.org
Materials available

Lung Cancer Awareness Month

Lung Cancer Alliance
(202) 463-2080
(202) 463-7497 Fax
info@lungcanceralliance.org
www.lungcanceralliance.org
Materials available
Contact: Kay Cofrancesco



Children ages 2-5 years old
and their parent/caregiver are invited
to enjoy stories and an outdoor picnic.

Please bring your favorite bear
and a bag lunch.

No registration is required.

Friday, November 5
11:00 a.m.

Main Library
238 Howell Ave.
Brooksville, FL 34601

Friday, November 12
11:00 a.m.

**West Hernando
Branch Library**
(Near Weeki Wachee)
6335 Blackbird Ave.
Brooksville, FL 34613

*Government Offices will be closed the following
dates in November:*

*November 11, 2010
in observance of Veterans Day*



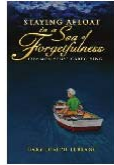
*November 25 & 26, 2010
in observance of the
Thanksgiving Holiday*

Courtesy of Friends of the Library of Hernando County, Florida, Inc.

For more information, please contact
Library Program Staff at (352) 540-6391.



Hernando County Public Library System



Alzheimer's Common Sense Caregiving Workshop

This free community workshop is designed for those Caregivers who would like to learn more about respite care and how to manage family members dealing with Alzheimer's and dementia.

Wednesday, Nov 3rd 10:30am -12:30pm
Career Central Conference Room
7361 Forest Oaks Blvd in Spring Hill

Guest Speakers:

Gary Joseph LeBlanc, Author & Columnist

Janet Clymer
HPH Hospice

Sponsored by:

Marie Monahan
Catholic Charities



RSVP to Gary LeBlanc 352-345-6270 or email: us41books@bellsouth.net



Candles of Care



Date: Sunday, November 14, 2010

Time: 4:30 p.m.

Location: HPH Hospice
12260 Cortez Blvd., Brooksville

In remembrance of individuals who have died as a result of Alzheimer's disease and related dementias.

For more information, please call the Alzheimer's Organization at 727-848-8888.



MEDICARE REMINDER!!!

Medicare Open Enrollment begins on Monday, November 15 and lasts through Friday, December 31st, 2010.

This is a period of time that occurs each year and allows Medicare beneficiaries to make changes to their existing cover-

Seasons Greeting from Toys for Tots

The United States Marine Corps Reserve of Hernando County is starting their 2010 season with a registration program to better serve the children of Hernando County. Children ages 6 months to 12 years old are eligible to participate.

Location: Marine Corps League Detachment
8405 Sunshine Grove Rd. Brooksville

To register your child or children for the program the parents or legal guardians must bring the following with them at the time of registration:

1. Your current driver's license and a utility bill in your name showing you are a legal resident of Hernando County and your social security card.
2. A birth certificate and a social security card for each child to be registered.
3. If you are the guardian, foster parent or grandparents, you must also bring papers or a court order which shows that the child or children are in your legal custody.

Registration dates are as follows:

November 29 & 30, 2010
December 1,2,3,4,6,7,8,9,10,11,13,14, & 15, 2010

Registration times are Monday through Saturday from 9:00 a.m. to 1:00 p.m. each day, and are closed on Sundays.

The Marine Corp League number is 352-796-3666 and will only be answered during registration hours.

Crescent Community Clinic cordially invites you to attend **The Blue Foundation** for a Healthy Florida presentation of a \$100,000 grant award to fund a medical and dental clinic to serve the uninsured and low to moderate income individuals in Hernando County. Crescent Community Clinic opened its free clinic in Brooksville in June, 2008 and has provided free primary health care and referrals for over 3,000 adults. And now with the support of the Blue Foundation, **Crescent Community Clinic will expand services with the opening of a second site in Spring Hill - opening Spring 2011.**



Date: Monday, November 15, 2010

Time: 12:00 p.m.

Location: 5244 Commercial Way
Winchester Plaza in Spring Hill

R.S.V.P. to Barbara Sweinberg at sweinberg@bellsouth.net. Visit their website at



Beach-lovers in Hernando County are invited to join the Great VISIT FLORIDA Beach Walk, hosted by United Way of Hernando County. All 34 of Florida's beach counties, including Hernando County, will have a diverse group of volunteers from Scout troops to retirees as Beach Walkers. Registered individual or group volunteers will walk their official mile and take photographs along the way. Volunteers can register now at VolunteerFlorida.com to walk a beach mile and upload a photo. All photos will be displayed on www.VISITFLORIDA.com/beachwalk.

For information, please contact United Way of Hernando County at 352-688-2026.

Date: Saturday, November 6, 2010
Location: Pine Island Beach
Time: Between 7:30 a.m. & 11:00 a.m.



**PEOPLE HELPING PEOPLE
OF HERNANDO COUNTY**

PHP is a program established to help feed those homeless and hungry on the west side of Hernando County. For more information, contact Ron Van Matre at 352-686-4466 or 352-650-3702.

Date: Every Sunday
Time: 4 p.m. to 6 p.m.
Location: Hernando County Senior Citizens Club
7925 Rhanbuoy Road
Spring Hill, FL 34606
Cost: FREE to anyone hungry



Sunday Dinner

Location: First United Methodist Church
109 S. Broad Street, Brooksville

Time: 2:00 p.m. to 4:00 p.m.

Date: Every Sunday

Cost: FREE to anyone hungry

Local restaurants join together to offer meals to those on fixed incomes, single parents, homeless, or "anyone that's hungry". Sponsored by numerous businesses and organizations throughout Hernando County. For more information about Love Your Neighbor, please contact John 352-428-9434 or Lisa at 352-428-9275.

Love Your Neighbor announces that its monthly Flea Market has moved, and will be held on the third Saturday every month at its warehouse on 408 West Jefferson Street in Brooksville.



AUTISM

Community Support Group for families of children on the Autism Spectrum. Please join BayCare Behavioral Health Institute in an effort to create awareness in Hernando County.

Date: 1st & 3rd Wednesday of the month
Time: 6:30 p.m. to 8:00 p.m.
Location: BayCare Behavioral Health Institute
7074 Grove Road, Brooksville, FL

For more information, please call 352-346-1677 or 352-544-



FAMILY TO FAMILY EDUCATION COURSE

~ FREE 12 WEEK COURSE ~

NEW CLASSES BEGIN SOON!

Focuses on helping family members understand and cope with mental illness. Taught by trained family members who understand. Registration is required.

Please call Judy 352-544-0352 or Mariann at 352-683-1350.



Flu Shot Locations & Dates

Call for prices & Insurance Questions

Brooksville Regional Health Fair

17240 Cortez Blvd. Brooksville
Saturday, November 6, 2010
9:00 a.m. to 1:00 p.m.
352-796-5111

Care One of Florida

12220 Cortez Blvd. Spring Hill
Monday through Friday
9:00 a.m. to 8:00 p.m.
Saturdays & Sundays
9:00 a.m. to 5:00 p.m.
352-556-5216

VNA of Florida Inc.

7020 Mariner Blvd., Spring Hill
Monday through Friday
8:00 a.m. to 5:00 p.m.
352-592-9800

Walmart 1213 Pharmacy

13300 Cortez Blvd., Brooksville
Call store for schedule
352-596-0797

Winn Dixie-Ridge Manor

31100 Cortez Blvd., Brooksville
Monday through Friday
8:00 a.m. to 8:00 p.m.
Saturdays
9:00 a.m. to 6:00 p.m.
Sundays
10:00 a.m. to 3:00 p.m.
352-754-5154

Publix Pharmacy

4365 Commercial Way, Spring Hill
Monday through Friday
10:00 a.m. to 7:00 p.m.
Saturdays
11:00 a.m. to 5:00 p.m.
Sundays
1:00 p.m. to 4:00 p.m.
352-597-8506



United Way of Hernando County is proud to be in partnership with the Internal Revenue Service (IRS) to present the Volunteer Income Tax Assistance (VITA) program. The IRS will certify volunteers during a 4-class training session, beginning **December 7th, 8th, 14th and 15th.**

Volunteers will enjoy being greeters, return preparers, and quality reviewers. Volunteers should be computer literate and possess good communication skills.

For more information or to sign up as a volunteer, contact United Way of Hernando County 352-688-2026 or visit www.unitedwayhernando.net or contact Adriane Alexander, IRS 813-315-2378.



Life South Blood Bank November Schedule

For a complete calendar, please call **(352) 596-2002** or visit the website at www.lifesouth.org/schedulehernando.html

Date: Friday, November 5, 2010
Time: 2:00 p.m. to 6:00 p.m.
Location: Steak 'N Shake
4305 Commercial Way, Spring Hill
Free Shake

Date: Sunday, November 7, 2010
Time: 8:30 a.m. to 12:30 p.m.
Location: St John's Episcopal Church
200 S Broad St., Brooksville
Free Chick-Fil-A coupon

Date: Thursday, November 18, 2010
Time: 2:00 p.m. to 7:00 p.m.
Location: Old Navy
7211 Coastal Blvd., Brooksville
Free Harry Potter T-Shirt

Date: Sunday, November 28, 2010
Time: 8:00 a.m. to 1:30 p.m.
Location: Breakfast Club
148 Mariner Blvd., Spring Hill

Donors must be 17 or older (16 year olds may donate with written parental consent), weigh at least 110 pounds and show a **valid** photo I.D.

Career Central "Hot Jobs"

There is a "Hot Jobs" tab on the Career Central website that lists multiple job openings within Hernando County as well as surrounding areas.

The "News" tab lists career fairs that take place throughout the month, and lists the type of career fair, for example, Medical Fair or Special Fair.

For more information, please call **352-200-3020** or visit their website at:

<http://www.careercentral.jobs/HotJobs>



HELP WITH MEDICATIONS

Many drug companies offer **Patient Assistance Programs (PAPs)** that provide free prescription medications to low-income persons of all ages who have no prescription coverage or have exhausted their benefits. The income limits vary for each program. The following web sites: www.rxassist.org or www.needymeds.com provides you with access to most PAP instructions and applications. If these options are not available to you, you may contact the Hernando County Health and Human Services Dept. at **352-540-4338** for help in obtaining these applications. Proof of household income and your doctor's signature on the application is required.

*Have a
Happy Thanksgiving
Holiday*

	<p>Volunteers helping seniors with their health insurance option choices.</p> <p>Please call toll free 1-800-96-ELDER or 1-800-963-5337</p>
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**HERNANDO COUNTY MEDICAL ALLIANCE PRESENTS:
Smart Women- Healthy Children
Happy Families- Strong Community**

A free & fun day of sharing & gathering vital information

Date: Saturday, December 4, 2010

Time: 10:00 a.m. to 1:00 p.m.

**Location: Lake House on Kenlake Drive
Spring Hill**

For more information or to reserve a space, email mosey217@hotmail.com or call 352- 650- 9006.

The Spotlight for November is on the Heart Literacy Program



The Heart program betters the lives of individuals through 3 methods: Adult Education, Pre -GED Testing, and ESOL-English for speakers of other languages. There are four locations to register. **Free child care at most sites.**

For more information regarding registration, please contact:

Denise Moen 352-797-7018

Publix.
WHERE SHOPPING IS A PLEASURE®

FREE
Metformin Medication for Diabetics

Publix Super Markets Inc., is now offering three prescription strengths of Metformin, a generic form of Glucophage, used generally by Type II Diabetics. It is a broader effort the grocer unveiled to help diabetics monitor and manage their lives with online educational resources, recipes, cooking classes, and a monthly e-newsletter. Publix also offers eight types of generic brand antibiotics for free.

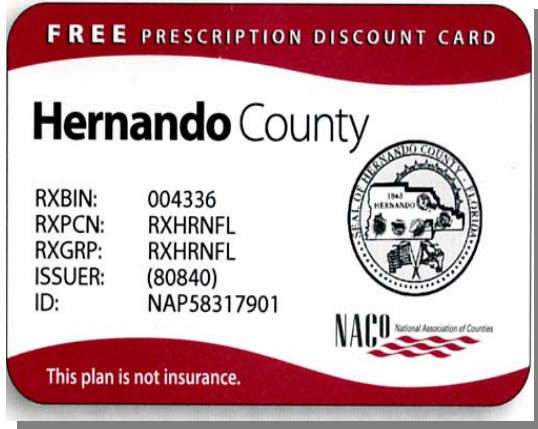


Cleaning For A Reason



If you know any woman undergoing Chemo, please pass the word to her that there is a cleaning service that provides **Free** house cleaning one time per month for four months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment. Cleaning for a Reason will have participating maid service in her zip code area arrange for the service. For more information, go to:

www.cleaningforareason.org



Hernando County's FREE Prescription Discount Card

The National Association of Counties (NACo) Prescription Drug Discount Card Program is an innovative partnership between NACo, CVS/Caremark and county governments for the purpose of providing residents with financial assistance for their prescription medications. Hernando County was the first county in the state of Florida to participate in this national partnership, and recruited forty-eight (48) additional counties in Florida and two out-of-state counties to join the program.

To obtain a free prescription discount card, visit any local pharmacy or for more information, contact **Hernando County Health & Human Services** at **352-540-4338** or visit their website at <http://www.hernandocounty.us/HealthandHumanServices/prescriptions.asp>

Report Abuse - Child & Elder Report Abuse on (DCF) Web Site

The Department of Children and Families (DCF) has added a **"Report Abuse Online"** icon on its Web site at:
www.state.fl.us/cf_web

But, pranksters beware! Anyone who knowingly files a false report can be charged with a felony.

The traditional abuse hotline remains available at **(800) 96-ABUSE** or **TDD (800) 453-5145**.

**Floridians, please report all
child or elder abuse!**



To purchase passes, contact **THE Bus** at **754-4444** or visit one of the following locations to learn more about public transportation at:

Tax Collectors Office: Hernando County Government Center in Brooksville; Tax Collectors Office: West Side Government Center at Forest Oaks, Spring Hill; Brooksville Main Library; West Hernando Branch Library; Health & Human Services at the Hernando County Government Center in Brooksville.

Monthly passes are available for **\$25.00**, reduced rate are **\$12.50**. Tokens are sold 12 for **\$10.00** and 18 for **\$15.00**.

Florida KidCare

For parents of children without health insurance, there is something that can be done: Apply for Florida KidCare, an affordable, comprehensive health insurance for uninsured children under age 19. Services include doctor visits, shots, surgery, vision and hearing screenings, mental health, checkups, hospitalization, prescriptions and emergencies. KidCare monthly premiums are based on household size and income. Most families pay \$20 a month or less while some pay nothing at all.

Enrollment applications can be downloaded from the internet at www.floridakidcare.org. Families can also call toll-free **1-888-540-5437** to receive the enrollment application by mail.

To complete your application, you will need to have your most recent federal income tax return, wages and earnings statements or your last four weeks of pay stubs. You can check the status of your application and make a payment at www.floridakidcare.org. KidCare applications are also available at all three Hernando County Health Department locations. Assistance is also available for families with filling out the application.



Food Stamps, Cash & Medical Benefits
 The Department of Children and Families provides immediate online access and assistance is available at the following community partner locations:

Department of Children and Families
 661 S. Broad Street, Brooksville

Health and Human Services
 20 N. Main Street, Rm 161, Brooksville

Career Central
 7361 Forest Oaks Boulevard, Spring Hill

A food stamp household is normally a group of people who live together, buy food, and prepare meals together.

An individual must be a U.S. citizen or an individual who has a qualified non-citizen status. Must provide a Social Security number or proof that an application has been submitted for a number. May be required to cooperate with the state's child support enforcement agency. Households may have some assets.

Simply log onto the ACCESS Florida website, from any computer at: www.myflorida.com/accessflorida.

The website can be accessed 24 hours a day, seven days per week. For questions, please call the toll free number at **1-866-762-2237**.

Medicare Offers Smokers Counseling

Medicare is providing counseling for anyone who's trying to kick the smoking habit. Medicare already covers drugs used to help smokers quit, as well as counseling for those who have developed a smoking-related illness.

Starting immediately, the program will expand the benefit to cover up to eight counseling sessions a year for people who want to quit. Next year, such counseling will be free under a provision in the new health care law that eliminates co-payments for preventative services.

For information, please contact



Alzheimer's Family Organization Support Groups

Brookridge Support Group
 Brookridge Club House
 3rd Tuesday of the month at 1:00 PM
 Leader: Maria Curley (727) 856-2196

Oak Hill Hospital Enrichment Center
 11377 Cortez Blvd., Spring Hill, 34611
 1st, 2nd and 4th Monday of the month at 1:00 PM
 and 3rd Tuesday of the month at 1:00 PM
 Leader: Maria Curley (727) 856-2196

The Residence at Timber Pines
 3140 Forest Road, Spring Hill, 34606
 3rd Monday of the month at 2:00 PM
 Leader: Maria Curley (727) 856-2196

http://www.alzheimersfamily.org/support.htm#Hernando_County

Gulfcoast North Area Health
 Education Center &
 Hernando County Health
 Department presents...

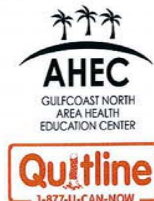


Freedom from
 Addiction.
 There is hope!



- 6-week program (1hour a week)
- Individual counseling or support group
- Education on and access to FREE Nicotine Replacement Therapy (NRT) (patches, gum, lozenges)
- Discussion of prescription options
- Support after quitting
- Special sessions for pregnant smokers and youth.

To register, please call
 1-87-QUIT-NOW-6
 1-877-848-6696



Florida CFO Alex Sink invites you to participate in



Florida Housing Help

Florida Housing Help is designed to educate and assist families facing foreclosure. The workshop will include opportunities to meet with mortgage lenders, HUD-certified housing counselors, local housing authorities, legal assistance, credit counseling services, and many other foreclosure assistance programs.

Please bring copies of these items if applicable:

- Recent paycheck stubs and bank account statements
- Driver License or picture ID and Social Security Cards
- Income Tax Returns along with W-2 Forms
- Hardship letter explaining delinquency of mortgage payments or any gap in employment
- Statements or bills documenting all household expenses
- Recent correspondence from mortgage company and last mortgage statement
- Current property tax bill and proof of homeowners' insurance

Event: **Florida Housing Help Workshops**

Date: **Saturday, November 13, 2010**

Where: **Hernando High School
700 Bell Avenue
Brooksville, Florida 34601**

Time: **10 a.m. to 2 p.m.**

A community outreach program sponsored by the Florida Department of Financial Services, Division of Consumer Services in partnership with the Nature Coast Human Resources Society and Hernando County.

For more information please visit www.MyFloridaCFO.com or call (850) 413-3089 or 1-877-MY-FL-CFO (1-877-693-5236).



NATIONAL 11.13.10 GAMING DAY @ your library

FUN FOR THE WHOLE FAMILY

Video Games and Board Games for all ages.

Saturday, November 13, 2010

10:00 a.m. - 2:00 p.m.

Spring Hill Branch Library
9220 Spring Hill Drive
Spring Hill, FL 34608

Sponsored by the Friends of the Library of Hernando County, Florida, Inc.

For more information, please contact the Library Program Staff at (352) 540-6391

Hernando County Public Library System

HAPPY AUTUMN

*Health & Human Services
20 North Main Street, Room 161
Brooksville, FL 34601
(352) 540-4338
"At Your Service"*

Hernando County Extension Services

UNIVERSITY OF FLORIDA Solutions for Your Life



2011 Master Gardener Calendar Now Available

Surprise the gardener in your life with a 2011 Master gardener Calendar. The calendar features month by month expert advice on your Central Florida landscape. The calendars are only \$3.00 and they make great Holiday Gifts for the long time gardener as well as the beginner. Stop by the Hernando County Cooperative Extension Service at 1653 Blaise Dr., Brooksville to pick up the information packed calendars.

For more information, please call **352-754-4433**



From left, Veda Ramirez, HHS Specialist

Beth Bach-Gates, Adm. Secretary II

Jean Rags, Director

Idalia Fontan Lopez, HHS Specialist

Donna Moore, HHS Specialist

Veteran Services



Hernando County Veteran Services

Hernando County Veteran Service Officers will be available at the following locations:

West Hernando Government Center
Monday ~ Friday 8:00 a.m.- 5:00 p.m.
7479 Forest Oaks Blvd.
Spring Hill, FL 34606
(352) 754-4033

Health & Human Services
Every ~ Friday 1:00 p.m. - 4:00 p. m.
Hernando County Courthouse
20 N. Main Street, Room 161 (1st Floor)
(352) 540-4338 Appointments Preferred

Brooksville Enrichment Center
Every Friday 11:00 a.m.-12:00 p. m.
99 Jerome Brown Place
Brooksville, FL 34601
(352) 540-3835 (New Location)

For more information, please visit their website at:
www.hernandocounty.us/veteran_services/



Veteran Services:

Operation Family Assistance Network

Mental Health & Substance Abuse Services

- Case management & Resource Coordination
- In Home Individual, Couples, Children and Family Counseling
- Assessment and Planning
- Group Counseling
- Veteran & family Support Groups

The Fan Program is available in Hernando and Pasco County.

Meetings: Thursdays
Times: 5:30 to 7:00 pm
Locations: 7074 Grove Rd. Brooksville
14527 7th St., Dade City
8002 King Helie Blvd., New Port Richie

For more information, please contact:

Cindy Lapidus, MS
Cell Phone: 352-428-6631
Alison.lapidus@baycare.org

352-232-4770 & 727-420-7943
(Alternate numbers)



Veterans Appreciation Day Parade

Date: Saturday, November 13, 2010
Time: 10:00 a.m.
Line up: 8:30 a.m. Parking lot behind Brooksville City Hall
201 Howell Ave.

Plenty of parking available in adjacent lot on Orange Ave.

Parade Route ~ Leave City Hall parking lot & go south on Main St., turn left (east) on Liberty St., go to Magnolia, turn left (north), proceed on Magnolia through the Courthouse parking lot & across Jefferson, continue to Ft. Dade, turn left (west) & return to City Hall parking lot.

God Bless America



More News For Veterans

 Department of Veterans Affairs

Please be informed that effective July 1, 2010, the Department of Veterans charge for a 30-day or less supply of medication provided on an outpatient basis for treatment of a non-serviced connected condition will increase from \$8 to \$9 for Veterans who generally have higher incomes and no service connected disabilities – referred to as Priority Groups 7 and 8. As a result, the charge for a 60-day supply of medication will be \$18 and for a 90-day supply will be \$27.

Veterans in Priority Groups 2 through 6 will not be impacted by this change and will continue to pay \$8 for each 30-day or less supply of medication provided for a non-service connected condition unless otherwise exempted. Priority Group 2-6 Veterans will also continue to have a cap on the amount they can be charged in a calendar year of \$960.

Veterans who have an injury or illness connected with their military service resulting in a disability rated 50 percent or greater – enrolled in Priority Group 1 - are exempt from this co-pay.

VA generally sets its outpatient medication co-pay rate based upon a regulation which ties the rate to the Medical Consumer Price Index for prescription drugs.

We understand that this change may result in a financial hardship for certain Veterans and encourage Veterans to contact us at **1-877-222 VETS (8387)** or your local VA health care facility. For benefit questions concerning co-pays or other programs please contact us at the above number or visit our health eligibility Web site at www.va.gov/healtheligibility.



The Hernando County Veteran Services Department and Health and Human Services are drop off sites for the **Cell Phones for Soldiers**.

For every phone donated, a soldier will receive one hour of phone time to call home. You may drop off the phones anytime during regular business hours, **Monday – Friday, 8:00 a.m. to 5:00 p.m.**

Drop off locations:

Veteran Services: 7479 Forest Oaks Blvd, Spring Hill

Health & Human Services: 20 N. Main St., Rm. 161, Brooksville

For more information, please visit their website at:

<http://www.cellphonesforsoldiers.com/index.html>

IMPORTANT PHONE NUMBERS FOR VETERANS

Education Benefits

1-888-442-4551

Telecommunication Device for the Deaf (TDD)

1-800-829-4833

Gulf War Helpline

1-800-749-8387



Let's Say **Th**an**k**s
In support of our troops