

FALL 2007

**SARASOTA COUNTY**

# DIABETES

## RESOURCE GUIDE

A directory of  
local resources & information  
to assist those living with diabetes.

**CHIP**  
Community Health  
Improvement Partnership 



**Diabetes** is a disease in which the body does not properly control the amount of sugar in the blood. As a result, the level of sugar in the blood is too high. Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

**If you have been diagnosed with diabetes**, you should know you have a community that supports you. Use this guide to find and connect with local resources.

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## DOCTORS

specializing in diabetes (endocrinologists)

### **Diabetes Treatment Services**

929 S Tamiami Trail, Sarasota 34236  
(941) 917-7468

### **Dr. Motaz Agabani**

2650 Bahia Vista St., Suite 104, Sarasota 34239  
(941) 330-8355

### **Dr. Jose Antunes**

2400 Fruitville Rd., Sarasota 34237  
(941) 365-0333

### **Dr. Laura Rainer**

1720 Venice Ave., Venice 34239  
(941) 483-9700

### **Dr. Lenita Hanson**

389 Commercial Court, Suite A, Venice  
(941) 484-1200

### **Port Charlotte Office**

21216 Olean Blvd., Ste 6  
(941) 629-3211

### **Dr. Mark Lupo**

5741 Bee Ridge Rd., Suite 500, Sarasota 34233  
(941) 342-9750

### **Dr. Jesus Perez**

3333 Cattlemen Dr., Sarasota 34232  
(941) 379-1777

### **Dr. Joseph Rand**

395 Commercial Ct, Suite B, Venice 34292  
(941) 484-0508



## general **DIABETES EDUCATION**

If you have specific questions about your diabetes, you should contact your health care provider. Here are some local agencies that specialize in diabetes education for patients.

### **Englewood Community Hospital**

700 Medical Blvd., Englewood | (941) 473-3919

Living Smart With Diabetes is a 3-Part class which runs the 1st, 2nd, and 4th Monday of every month. The cost is covered by Medicare and most insurance.

### **Lakewood Ranch Medical Center**

8330 Lakewood Ranch Blvd., Bradenton | (941) 782-2100

A course in Diabetes Self-Management Education is taught at the center once a month. The course is designed for individuals with Type 1 and 2 Diabetes. Call (941) 232-3846 to reserve a spot. The LWRMC also offers a course in Gestational Diabetes. This 3-hour class is offered weekly at the LWRMC Women's Services Center and is intended to assist expectant mothers who develop diabetes during pregnancy. A reservation is required. Call (941) 782-2222 for more information.

### **Peace River North Port Health Park**

15121 Tamiami Trail, North Port | (941) 423-5000

Contact: Emily VanArsdale, RN, Diabetes Educator

This center offers a diabetic education program that is accredited by the American Diabetes Association and includes 9 hours of comprehensive education. Several locations are available for programs.

**Sarasota Memorial Hospital – Diabetes Treatment Services**

1700 S. Tamiami Trl, Sarasota | (941) 917-7468 or (941) 917-7777  
Contact: Ann Warren, ARNP, CDE

Sarasota Memorial offers group diabetes education courses that meet 3 nights per week for 3 hour sessions at the hospital. This course teaches individuals how to better manage their diabetes and has the goal of reducing diabetes related disability and hospitalization. Individual counseling is available. Most insurance companies will cover this diabetes education course. The fee of \$640 for the standard group education course is covered by Medicare. Physician referral is needed.

**Senior Friendship Centers, Inc.**

1900 Brother Geenen Way, Sarasota | (941) 493-3065 or 556-3247  
2350 Scenic Drive, Venice | (941) 584-0041  
Contact: Georgeann DiVito, RN, CDE

Senior Friendship Centers, Inc. offers:

- Free Pre-Diabetes and Diabetes Education
- Fasting Blood Glucose Screenings in Sarasota: 1st Monday of the month, 8-9:30 a.m.
- Fasting Blood Glucose Screenings in Venice: 2nd Tuesday of the month, 8-9:30 a.m.
- Diabetes Support Group is the last Monday of the month, 11- 12 noon (in Sarasota).
- 5 part Diabetes Education series to improve knowledge and health
- 5 part Heart Wellness Series to improve your overall health status

**Venice Regional Diabetes Center**

1213 Jacaranda Blvd., Venice | (941)486-6099  
Contact: Ann Beckford, RN, MSN

This center has a self-management education course in diabetes education for physician referred diabetics. The course includes 10 hours of education; the patient meets with a dietician, a nurse educator, and an exercise physiologist. Diabetic patients will learn how to use a glucose monitor, meal planning, exercise motivation, and medication management. The course is taught at Venice Regional Medical Center and costs \$760.00. Medicare and most insurance covers 80-100% of this cost. This course is certified by the American Diabetes Association.

Free diabetes lectures also take place at the HealthPark on the first Thursday of every month at 1 p.m..

## EXERCISE PROGRAMS

### **Arlington Park & Aquatic Complex**

2650 Waldemere, Sarasota | (941) 316-1346

Offers memberships for exercise at reasonable prices.

### **Channel 16 Fit & Be Fit television exercise classes**

Exercise programs air Monday - Friday at 9:30 a.m. on channel 16.

### **Health Center America Fitness Center/ Doctor's Hospital of Sarasota**

5731 Rosin Way, Sarasota | (941) 923-9320

Personalized fitness and spa services for members over the age of 50.

### **Sarasota Family YMCA**

1075 S. Euclid, Sarasota  
(941) 955-819-1991

Main St, Sarasota  
(941) 366-6778

8301 Potter Park Dr., Sarasota  
(941) 922-9622

The Sarasota YMCA offers memberships for exercise at several branches in Sarasota. Call specific sites for more information.

### **Sarasota Memorial Hospital, Blackburn Point location**

929 S. Tamiami Trail, Sarasota | (941) 917-6775

At Sarasota Memorial's Blackburn point location in Osprey, exercise classes are offered on Mondays for \$5.00 fee per class. Call 917-7468 for information.

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**CHIP Information Centers are a unique resource for health and human service information for residents of Sarasota County. Go to [www.chip4health.org/CHIPCenters](http://www.chip4health.org/CHIPCenters), or call 861.2987, to find a location near you.**

### **Senior Friendship Centers**

1888 Brother Geenen Way, Sarasota | (941) 556-3214  
2350 Scenic Drive, Venice | (941) 584-0075

Senior Friendship Centers offers FREE exercise programs.

- WellQuest Low-Impact Aerobics Program, offered Monday & Wednesday 9-10 a.m. (Sarasota)
- Balance Movement, offered Monday and Wednesday 10-11a.m. (Sarasota) Friday 9:30 a.m. (Venice)
- Senior Friendly Aerobics, offered Monday 10-11 a.m. and Wednesday and Thursday 9-10 a.m. (Venice)
- Neuromuscular Integrative Action, offered Thursdays at 1:45. (Sarasota) This fitness program tones through pleasure, not pain. Work out and feel good. Call 556-3214 for information.
- Balance Matters – Fall Prevention Program. This program focuses on medication review, balance movement, awareness education, and home safety assessment. Call 556-3223 for times and locations.

### **South County Family YMCA**

701 Center Road, Venice | (941) 492-9622  
701 Medical Blvd, Englewood | (941) 475-1234

The South County Family YMCA offers numerous exercise and wellness programs at branches in Venice and Englewood. Call for more information.



#### **CHIP Centers offer:**

- Resource directories and informative newsletters
- Neighborhood news bulletin boards
- Wellness events

## EYE CARE

Refer to a local telephone directory for a list of ophthalmologists in your area.

### **American Foundation for the Blind**

(800) AF-BLIND (232-5463) | [www.afb.org](http://www.afb.org)

The American Foundation for the Blind provides information on services for blind and visually impaired persons.

### **Division of Blind Services**

5117 26th St. W., Bradenton, Florida | (941) 751-7670

This office serves Desoto, Highlands, Manatee, and Sarasota Counties, providing independent living services to enable individuals who are blind or severely visually impaired to live more independently in their home and communities with a maximum degree of self-direction.

### **Manasota Lighthouse for the Blind**

7318 N. Tamiami Trail, Sarasota | (941) 359-1404

This organization provides assistance for people who have low vision by helping activities of daily living.

### **Senior Friendship Centers, Inc.**

1900 Brother Geenen Way, Sarasota | (941) 556-3220

2350 Scenic Drive, Venice | (941) 584-0041

In addition to offering medical and dental care, Senior Friendship Centers also provides eye exams for clients 50 years of age and older that have limited income and/or no insurance.



### **Sarasota County Lions Clubs**

Local Lions Clubs can assist individuals with obtaining hearing aids, eye glasses, and eye exams.

Englewood Lions Club  
4611 Placida Road  
Englewood, FL 34224  
(941)492-3931

Laurel Lions Club  
P.O. Box 591  
Venice, FL 34284  
laurellionsclub@comcast.net

North Port Lions Club  
(941)429-1223  
Born2dance28@msn.com  
(941)423-2883  
mcmerkel@comcast.net

Venice Lions Club  
Venice Health Park  
1289 Jacaranda Blvd.  
Venice, FL 34292  
(941)492-3931

Sarasota Lions Club  
P.O. Box 51207  
Sarasota, FL 34232  
(941) 952-2658

Venice & Englewood Vision Program  
1289 Jacaranda Boulevard  
Venice, FL 34292  
(941) 492-3931

**Annual diabetic care  
should include eye exams,  
foot care with  
a podiatrist,  
and dental exams.**



## FOOT CARE

Refer to a local telephone directory for a list of ophthalmologists in your area.

### **American Orthopaedic Foot & Ankle Society**

(206) 223-1120 | [www.aofas.org](http://www.aofas.org)

The Society provides help in locating an orthopedic specialist. The website includes many articles on diabetic foot problems.

### **American Podiatric Medical Association**

(301) 571-9200 | [www.apma.org](http://www.apma.org)

The American Podiatric Medical Association provides referrals to podiatrists. Their website has information on foot disorders & tips for keeping feet healthy.

### **Apple Therapeutic Shoes**

3129 Tamiami Trail, Suite E, Port Charlotte, FL  
(941) 661-1911

Contact: Beth Ann Algie, RN, Certified Pedorthist, Foot Care Educator

As part of the Amputation Prevention Program for Lower Extremities (APPLE), a nurse assesses the skin, capillaries, and circulation in the feet. The nurse also teaches the client how to properly wear shoes and what dangerous signs to look for regarding foot care. Medicare will pay 100% of the cost for therapeutic shoes which are fitted by a podiatrist or pedorthist. This nurse will contact your doctor and get the physician order for these shoes. Two locations are available in Englewood and Venice, call Beth Ann for information.

### **Foot Solutions**

6593 S. Tamiami Trail, Sarasota  
(941) 927-9629

Foot Solutions will fit diabetic patient with correct shoes. Medicare will pay 100% of the cost annually for therapeutic shoes and inserts. A physician referral is necessary.

## **DURABLE MEDICAL EQUIPMENT**

diabetic testing supplies (lancets, strips, monitors, etc.)

### **CCS Medical**

(800) 617-6639 | [www.ccsmed.com](http://www.ccsmed.com)

CCS Medical is a nationwide direct-to-home provider of diabetes supplies. The company accepts Medicare and Medicaid.

### **Florida Diabetes Services**

(800) 862-9053 | [www.fladiabetes.net](http://www.fladiabetes.net)

Florida Diabetes Services assists diabetics with the process of receiving medications and supplies. Medicare and private insurance are accepted.

### **SaraCare**

715 N. Washington Blvd., Suite C, Sarasota  
(941) 362-3343 | [www.saracare.net](http://www.saracare.net)

SaraCare is a local durable medical equipment company in Sarasota. The company provides diabetes testing supplies delivered directly to the home, with no charge for shipping.



## MEDICATION

### & prescription assistance

If you need help paying for your diabetes medications, ask your doctor or pharmacist about patient assistance programs. You may be able to get your medications free or at a reduced cost.

#### **Cost Containment Research Institute**

(202) 637-0038 | [www.institute-dc.org](http://www.institute-dc.org)

This institute maintains a list of drug manufacturers with programs offering free or low-cost prescription drugs. The website also includes facilities obligated to offer free/low-cost hospital, outpatient care or nursing.

#### **Senior Friendship Centers, Inc.**

1888 Brother Geenen Way, Sarasota  
(941) 556-3247 | [www.seniorfriendship.com](http://www.seniorfriendship.com)

Senior Friendship Centers provides needed medications to eligible patients who cannot afford to purchase them and have no insurance.

#### **Medicare**

(800) 772-1213 | [www.medicare.gov](http://www.medicare.gov)

Medicare is a health insurance program for people 65 and older, some disabled people under 65, and people with End-Stage Renal Disease (permanent kidney failure treated with dialysis or transplant). As the nation's largest health insurance program, Medicare covers nearly 40 million Americans. Medicare plan options vary; Part D covers part of the cost for prescriptions. Call or visit the website for more information.

#### **Medicaid**

(866) 76-ACCESS | [www.dcf.state.fl.us/ess](http://www.dcf.state.fl.us/ess)

Medicaid is the government health insurance program that provides free health coverage for selected categories of people with low incomes and/or disabilities. Prescription medications are covered under this program. Please call the number given above, or visit the website for enrollment and eligibility information.

## DIABETES DIET

### **American Diabetes Association**

(800) DIA-BETE | [www.diabetes.org](http://www.diabetes.org)

The ADA provides nutrition information via the website, monthly magazine, The Diabetes Forecast, literature and book references.

### **American Dietetic Association**

(800) 366-1655 | [www.eatright.org](http://www.eatright.org)

Offers referrals to registered dietitians and information about nutrition.

### **American Association of Diabetes Educators**

(800) TEAM-UP4 [(800) 832-6874] | [www.diabeteseducator.org](http://www.diabeteseducator.org)

The AADE provides the names of certified diabetes educators in the area. A certified diabetes educator can teach you the basics of diabetes self-care or help you fine-tune your management plan.

### **Diabetes Self-Management**

(800) 234-0923 | [www.diabetes-self-mgmt.com](http://www.diabetes-self-mgmt.com)

Publishes a magazine, cookbooks, and special reports on diabetes topics.

### **Private Dietitians**

Diabetes and Weight Loss Management: (941) 379-8053  
Heidi Jo Kaplan, MS, RD, CDE, LD

Nutrition Care: (941) 360-0025  
Florey Miller, MS, RD, CDE,

Doctors Hospital Of Sarasota/Education: (941) 342-1014  
Sheree Boley, RN, CDE

Dibon Systems LLC/Education & Products: (941) 923-2608  
Bonita Peters, RN, CDE

## SHARPS DISPOSAL

### needles & lancets

Call (941) 861-6133 for drop-off locations nearest you.

#### Needle Disposal Locations:

- Sarasota County Health Department  
2200 Ringling Blvd., Sarasota  
(941) 861-6133 (9 a.m. to 4 p.m., M-F)
- North Port Fire Department Station 82  
5700 North Port Blvd., North Port  
(941) 423-3620 (9 a.m. to 6 p.m., 7 days/week)
- North Port Fire Department Station 81  
4980 City Center Blvd., North Port  
(941) 423-4355 (9 a.m. to 6 p.m., 7 days/week)
- Express Testing, Sarasota Memorial Hospital, Blackburn Point Ctr.  
929 S. Tamiami Trail, Osprey  
(941) 917-4900 (7:30 a.m. to 4:30 p.m., M-F)
- Suncoast Communities Blood Bank  
1097 N. Tamiami Trail, Nokomis  
(941) 485-4800 (Please call for hours of operation)
- Heartland Home Health  
628 Indiana Ave. N., Englewood  
(941) 473-1519 (8:30 a.m. to 4:30 p.m., M-F)
- Sarasota County Hazardous Waste Management  
8750 Bee Ridge Rd., Sarasota  
(941) 861-1530 (8 a.m. to 4 p.m., W-S)
- St. Armand's Pharmacy  
19 N. Boulevard of the Presidents, Sarasota  
(941) 388-3604 (9 a.m. to 8 p.m., M-F)

- Sarasota Communities Blood Bank  
1875 Arlington St., Sarasota  
(941) 955- 2956 (8 a.m. to 4:30 p.m., M-F)
- Selby Newtown Goodwill  
1781 Dr. Martin Luther King Jr. Way, Sarasota  
(941) 359-0520 (8 a.m. to 5 p.m., M-F)
- Senior Friendship Health Services  
1900 Brother Geenen Way, Sarasota  
(941) 556-3225 (8 a.m. to 4 p.m., M-F)
- Today's Dentistry  
1872 S. Tamiami Trail, Venice  
(941) 493-4156 (8 a.m. to 4:30 p.m., M-F)



## DIABETES SUPPORT GROUPS

### **Amputee Support Group At Venice Health Park**

1289 Jacaranda Blvd, Venice | (941) 497-7800

The Amputee support group meets Friday mornings, from 9 a.m. to noon, in Lions Community Room at the Venice Health Park.

### **Council for the Blind Support Group**

930 South Tamiami Trail, Venice | (941) 484-9753

The Council assists local residents who have lost their sight, providing fellowship and outreach through support. Meetings are held at 10:00 a.m. at the Village on the Isles Community Center on the 1st and 3rd Wednesday of the month. (Meetings are not held during July and August.)

### **Englewood Community Hospital**

700 Medical Blvd., Englewood | (941) 917-4514

Englewood Community Hospital hosts a peer group discussion and support for those with diabetes. The group meets every third Monday at 9:00 a.m..

### **Juvenile Diabetes Research Foundation**

3333 Clark Rd, Ste, 160, Sarasota | (941) 929-0621

The Juvenile Diabetes Research Foundation provides support and information for individuals and families dealing with juvenile diabetes.

### **Senior Friendship Centers, Inc.**

1888 Brother Geenen Way, Sarasota | (941) 556-3247

Senior Friendship Centers offers a diabetes support group every last Monday of the month (excluding holidays), from 11 a.m to 1 p.m. Meetings are held in the Wellman Room, located on the second floor of the Ruben Center for Healthy Aging.



**Sarasota Memorial Hospital**

1700 S. Tamiami Trail, Sarasota | (941) 917-7270  
929 S. Tamiami Trail, Osprey | (941) 917-4514

Sarasota Memorial offers a support group in Sarasota every first Monday at 6:00 p.m.. In Osprey, a support group meets every first Monday at 1:00 p.m..

**general  
DIABETES-RELATED TOPICS****American Diabetes Association**

(800) DIABETES (342-2383) | [www.diabetes.org](http://www.diabetes.org)

The American Diabetes Association provides general diabetes information & referrals to doctors recognized for good diabetes care.

**American Heart Association**

(800) AHA-USA1 or (800) 242-8721 | [www.americanheart.org](http://www.americanheart.org)

The American Heart Association is a national voluntary health organization whose mission is to reduce disability and death from cardiovascular disease and stroke. Diabetics are at increased risk for these conditions.

**Centers for Disease Control and Prevention**

(800) CDC-INFO (232-4636) | [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

The CDC's National Center for Chronic Disease Prevention and Health Promotion provides general information about diabetes, as well as specific details about diabetes data and trends, risk factors, research and more.

**Centers for Medicare & Medicaid Services**

(800) MEDICARE (633-4227) or (877) 486-2048  
[www.medicare.gov/health/diabetes.asp](http://www.medicare.gov/health/diabetes.asp)

The Centers provide information on diabetes screenings, supplies and self-management training for patients with Medicare and Medicaid.

**Gulf Coast Diabetes Foundation**

(941)957-5099 | [www.gulfcoastdiabetesfoundation.org](http://www.gulfcoastdiabetesfoundation.org)

Establishes sources of funds and administers these funds to benefit people with diabetes in the Florida Gulf Coast Region.

**MediAlert**

(800) 432-5378 | [www.medicalert.org](http://www.medicalert.org)

Provides emergency medical information services linked to customized bracelets for Americans with medical conditions and special needs.

**National Diabetes Information Clearinghouse**

(800) 860-8747 | [www.niddk.nih.gov](http://www.niddk.nih.gov)

The National Diabetes Information Clearinghouse maintains a large library of diabetes-related materials

**National Diabetes Education Program**

(800) 438-5383 | [www.ndep.nih.gov](http://www.ndep.nih.gov)

This is a federally funded program sponsored by the U.S. Dept. of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention and includes over 200 partners at the federal, state, and local levels, working together to reduce the morbidity and mortality associated with diabetes.

**The Neuropathy Association**

(800) 247-6968 | [www.neuropathy.org](http://www.neuropathy.org)

The Neuropathy Association is a non-profit member organization that provides support and education, and promotes research into the causes and cure for peripheral neuropathy.

## HEALTH CARE for those without health insurance

### **Senior Friendship Centers, Inc.**

1900 Brother Geenen Way, Sarasota  
(941) 556-3225

2350 Scenic Drive, Venice  
(941) 584-0043

Offer medical care, eye exams, and dental care for clients 50 years of age and older with limited income and/or no insurance. The Centers provide physician visits utilizing a sliding scale payment system and assist with prescription medications and diabetic testing supplies.

### **Sarasota County Health Department**

2200 Ringling Blvd, Sarasota | (941) 861-2900

Strives to protect and improve the health of visitors and residents of Sarasota County by providing quality environmental and personal health services and promoting healthy lifestyle practices. Provides non-emergency medical care and laboratory services to eligible patients between ages 18 and 54. Those 55 and over should contact the Senior Friendship Center.

### **Manatee Rural Health Services**

Many locations throughout Manatee County and North Sarasota County  
(941) 776-4000 - Call for locations

Provides patients with top-quality primary health care and educates them in preventative medicine. Services include family practice, optometry, podiatry, and pharmacy.

### **Genesis Health Services, Inc.**

2223 N. Washington Blvd., Sarasota | (941) 957-1970

Genesis health clinic is a community-based health clinic providing primary medical, dental, mental health and residential substance-abuse services.

## Support Diabetes Research and Care

You can make donations to these non-profit groups to support diabetes research and care .

### **American Diabetes Association**

4902 Eisenhower Blvd, Suite 295  
Tampa, FL, 33634

diabetes.org  
(800) DIABETES  
(813) 885-5007

### **Juvenile Diabetes Research Foundation**

3333 Clark Rd # 160  
Sarasota, FL 34231

jdrf.org  
(800) 533-CURE  
(941) 929-0621

### **Gulf Coast Diabetes Foundation**

2100 Constitution Boulevard  
Sarasota, Florida 34231

[gulfcoastdiabetesfoundation.org](http://gulfcoastdiabetesfoundation.org)  
(941) 957-5099

To submit updated information for this Guide, please contact the Community Health Improvement Partnership (CHIP):  
(941)861.2987  
[info@chip4health.org](mailto:info@chip4health.org)



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