



**A Seminar About the Current Status,
Health Benefits, and Qualifying Process
for Medical Cannabis**

**Friday, January 10, 2025
2:00 PM to 3:30 PM
Alderman Oaks Retirement Residence**



Agenda

Medical Cannabis Overview & Process

Dr. Robert "Jeff" Mara, Certified Medical Cannabis Physician

Types of Products & Routes of Administration

Josephine Cannella-Krehl, MMJ Knowledge

Medical Cannabis in Senior Living Communities

Don Fitts, Alderman Oaks Retirement Center

Q & A



Dr. Robert "Jeff" Mara
MaraCare Solutions, Founder
Emergency Medicine Physician
Certified Medical Cannabis Physician

Medical Cannabis Overview

- Update on the Medical Cannabis Industry in Florida
- Some of the Obstacles to People Considering Use of Medical Cannabis
- Defining CBD and Medical Cannabis

The Medical Cannabis Process

- The Relationship of Traditional Medicine to Medical Cannabis
- The Overall Role of a Certified Medical Cannabis Physician
- Where and How to Purchase Products Once You Have a Card
- The Review and Monitoring of Your Treatment Outcomes

Qualifying Conditions for Medical Cannabis

The following conditions are eligible to receive Medical Cannabis under Florida law:

- Cancer
- Crohn's Disease
- HIV
- AIDS
- ALS
- Multiple Sclerosis (MS)
- Parkinson's Disease
- PTSD (Post Traumatic Stress Disorder)
- Glaucoma
- Chronic Non-Malignant Pain (chronic pain not caused by cancer)

***Other medical conditions which are "like or similar" to those listed above may also qualify.**

Getting Your Card

FLORIDA RESIDENTS:

- Call office for a free phone consultation to see if you qualify.
- Complete initial paperwork online before your appointment.
- Bring pertinent medical records relating to your qualifying condition.
- Bring Florida driver's license or state-issued ID as proof of Florida residency.
- Come to office for an in person physical examination by a qualified physician.
- Physician will make recommendation and enter you into the Florida medical marijuana use registry.
- Complete online application to state and pay the \$77.75 fee.
- Receive email from state to take to the dispensary to purchase your medical marijuana until your card arrives.

Getting Your Card

SEASONAL RESIDENTS:

- Any person who resides in Florida at least 31 consecutive days each year and maintains a temporary residence can obtain a Florida medical marijuana card if they have a qualifying condition. Such seasonal residents will need two of the following to prove residency: (no more than 2 months old).
 - Mortgage, rental, or lease agreement.
 - Recent utility bill.
- Mail from financial institution.
- Mail from government agency.

HOW TO BECOME A CERTIFIED CAREGIVER:



MMJ Knowledge, LLC
Just Say Know

Josephine Cannella-Krehl, LCSW

Medical Cannabis Specialist

MMJ Knowledge, Founder

Cornerstone LifeCare Consultant

THE FLOWERY – Statewide Physician & Community Relations

Review of Products

- **Orals**
- **Edibles**
- **Patches**
- **Vapes**
- **Concentrates**
- **Flower**
- **Handrolls**
- **Prerolls**

Routes of Administration for Medical Cannabis

Inhalation

(Smoking, Vaporizing, inhalers)

- * Dry flower or cannabis extracts can be inhaled.
- * Immediate effect - especially useful for relief of nausea, vomiting, spasticity, pain & anxiety.
- * Lasts 45 mins. - 3 hours.
- * Starting dose for cannabis naive users is 2.5mg - 3mg (one 3 second "draw").
- * Repeat dose until desired effect is achieved.
- * Easiest route for a patient to self titrate.
- * Vaporizing does not create tar, may be a healthier choice.

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Oral Intake

(Edibles, Pills, Capsules)

- * 30 minutes - 3 hours to take effect.
- * Lasts for 6 - 24 hours.
- * Start low and go slow - It is EASY to overdose.
- * Cannabinoids metabolized through the liver.
- * Delta 9 THC is converted into 11-hydroxy THC - believed to be more psychoactive.
- * More efficient than smoking but more difficult to titrate.
- * Can be effected by contents of stomach and liver metabolism.

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**Don Fitts, Director of Marketing
Alderman Oaks Retirement Center
President & Cofounder
Cornerstone LifeCare LLC**



Medical Cannabis in Senior Living Communities

- Protocols For Use By Residents in Senior Living Communities
 - Independent Living Versus Assisted Living
- **Follow-Up Appointments at Alderman Oaks**
 - Fill Out Information Form
 - Thursday, January 16, 2025, 10:30 AM
 - General Session For All New Patients of Dr. Mara (30 Minutes)
 - Individual Sessions to Process State Medical Cannabis Card (45 Minutes)
- **Follow-Up Appointments at MaraCare Solutions)**
 - Call (941) 227-2055 for Individual Appointments (1 Hour)

Contact Information

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Q & A