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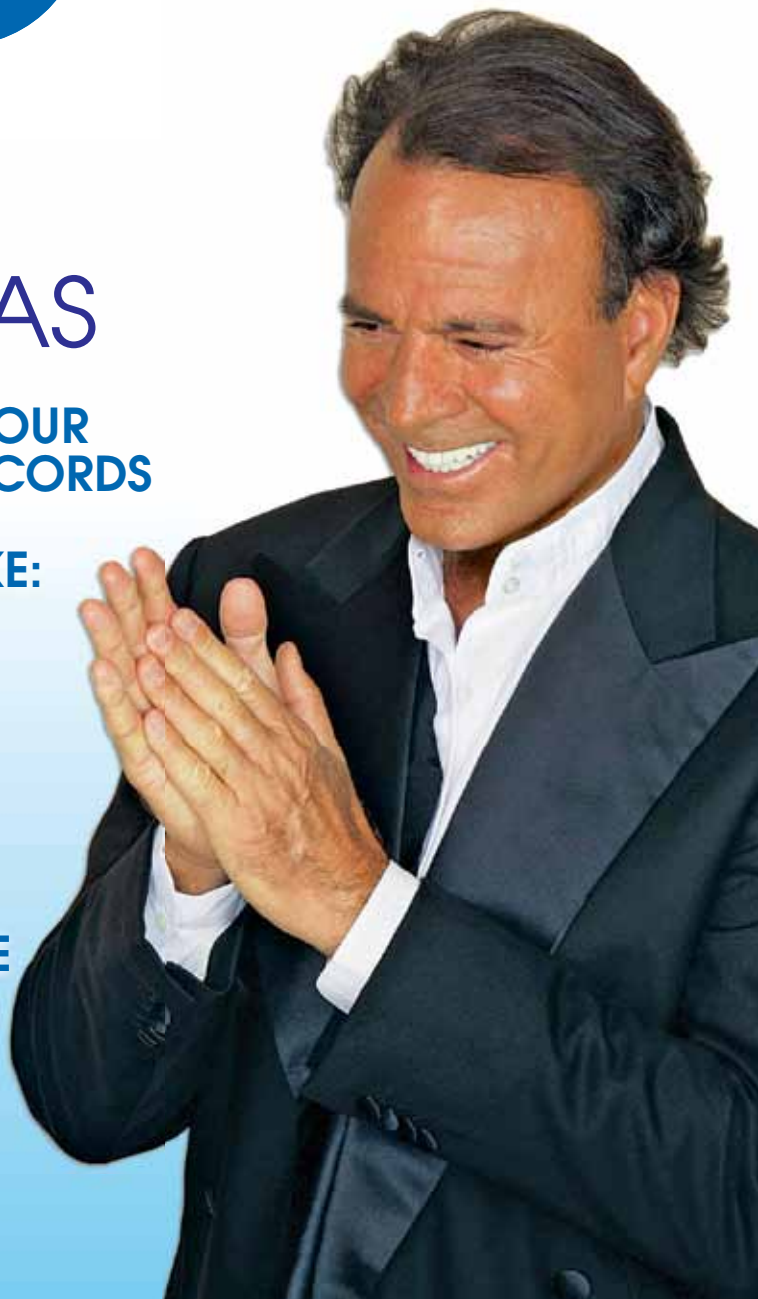
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# TABLE OF CONTENTS

2010 • VOLUME 1, ISSUE 2

<b>MAILBAG</b> .....	<b>5</b>	<b>CORREO DELECTORES</b> .....	<b>6</b>
<b>THE ELECTRIC BICYCLE</b> .....	<b>9</b>	<b>LA BICICLETA ELÉCTRICA</b> .....	<b>11</b>
<b>LEGENDARY SINGER: JULIO IGLESIAS</b> .....	<b>15</b>	<b>UN CANTANTE LEGENDARIO: JULIO IGLESIAS</b> .....	<b>17</b>
<b>55+ CARE GIVING</b> .....	<b>57</b>	<b>55+ CUIDADO DE DAR</b> .....	<b>59</b>
<b>55+ BEAUTY ADVICE</b> .....	<b>61</b>	<b>55+ CONSEJOS DE BELLEZA</b> ..	<b>62</b>
<b>SECURING YOUR MEDICAL RECORDS</b> .....	<b>65</b>	<b>ASEGURAR SU HISTORIAL MÉDICO</b> .....	<b>66</b>
<b>55+ CROSSWORD PUZZLE</b> .....	<b>19</b>	<b>55+ JUEGO DEL PALABRAS</b> ...	<b>20</b>
<b>RESOURCE DIRECTORY</b> .....	<b>21</b>	<b>NURSING/REHAB FACILITY GUIDE</b> .....	<b>26</b>
<b>HOSPITAL &amp; HOSPICE GUIDE</b> ..	<b>22</b>	<b>ASSISTED LIVING FACILITY GUIDE</b> .....	<b>30</b>
<b>ADULT DAY CARE GUIDE</b> .....	<b>24</b>		

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## RECOGNITION:

55+ Magazine would like to recognize that the cover image of Rita Moreno on our premier issue was photographed by Miami photographer Michael LaMonica. His work has been seen around the globe; we are honored to have had Mr. LaMonica's image grace our cover.

Mr. LaMonica has worked with clients such as AvMed, Coca-Cola, Pepsi, Microsoft, Marriott Hotels, Sheraton Hotels and Volvo just to name a few! This talented photographer can be reached at LaMonica Productions Inc, 305-975-0700 or via email [mike@lamonicaproductions.com](mailto:mike@lamonicaproductions.com)

*As many as 13% of all Baby Boomers are part of a minority group. 55+ magazine will be sensitive to the needs of all people i.e.; race, creed, religion, sex, sexual orientation, gender identity and national origins.*

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Dear 55+,  
I picked up a copy of 55+ Magazine yesterday at Walgreens while picking up a prescription. I read it today and discovered a wealth of information in that small magazine...small but mighty!

I am a former City Commissioner, presently President of The Cooper City Civic Group and have been very active in working for the positive good of our "Over 50" residents in Cooper City for over 20 years. Your 55+ Magazine is a very welcome addition with service information that I can share with my friends in Cooper City.

I don't want to miss a single copy!

Cordially, Gladys Wilson

Dear 55+,  
I first came across 55 + Magazine at Walgreens in Lake Worth. I have read it fully and thoroughly enjoyed the article featuring Rita Moreno. The magazine is a good tool for seniors and it's great that we have our own bilingual magazine! 55+ Magazine is full of useful information! Here I am sending you something personal.

I'm in my 80's, my health is great and I am very active for my age. I still love to travel, read good books and great magazines like 55 + Magazine. Thanks Humberto!

Sincerely, Edith in Lake Worth

Dear 55+,  
I am emailing you to compliment your new magazine! I am finding the articles interesting and your magazine very informative. Here's hoping that the embryo stage of this magazine will grow into a major publication!

Good luck!! Debbie in Coconut Creek

Dear 55+,  
I loved reading my first edition of 55+ Magazine. Your interview with Rita Moreno was great. I love reading about 55+ people who have preserved themselves as much as she has. She is an inspiration to all of us over 55 folks. How she keeps young is something, perhaps I can glean from her and apply to my daily living. I admire her and the beautiful questions you supplied her with brought out the best in her.

I hope you are interested in hearing a reader's response to the magazine: the health advice was wonderful, the Resource Guide was unbelievable (I'll keep this copy in my desk for future reference) and Humberto's article about decision making was excellent as well!

I will look for the magazine again in Walgreens and look forward to reading the next issue. Keep up the good work.

From the Heart, Adrienne and Bert in Coral Springs

---

Dear Readers,

Thank you for filling our mailbag full of compliments! We appreciate all of the feedback; 55+ Magazine will always consider your comments to assist us in improving our publication. Your continued communication will enable us to make the necessary changes if need be. Please share your thoughts with us via Facebook, Twitter or email, [info@55plusmag.us](mailto:info@55plusmag.us)

Sincerely,  
55+ Magazine Staff



# CORREO DEL LECTOR<sup>TM</sup>

Querido 55+,  
Ayer recogí un ejemplar de la revista 55+ MAGAZINE en Walgreens cuando fui a buscar una medicina. Hoy la leí y descubrí abundante información en una revista tan pequeña... ¡pequeña pero jugosa!

He sido comisionada de la ciudad y actualmente Presidente de "The Cooper City Civic Group", trabajando activamente por el bienestar de los más de 50 residentes de Cooper City por más de 20 años. Su revista es muy bienvenida sumando información de servicios que puedo compartir con mis amigos de Cooper City.

No me quiero perder un solo ejemplar así que me gustaría saber si uno puede suscribirse, con qué frecuencia se publica, en qué otras localidades la puedo encontrar. Apreciaré que me acerquen cualquier información adicional.

*Cordialmente, Gladys Wilson*

**Estimada revista 55+:**  
Encontré por primera vez "55+ Magazine" en Walgreens de Lake Worth. La he leído completa y disfrutado mucho el artículo de Rita Moreno. La revista es una buena herramienta para las personas de la tercera edad y ¡es bárbaro tener nuestra propia revista bilingüe y llena de información valiosa! Aquí le envío algo personal.

Tengo 80 años y mi estado de salud es fabuloso y soy muy activa para mi edad. Aún me encanta leer buenos libros, viajar, y leer buenas revistas como 55+ Magazine. ¡Gracias Humberto!

*Atentamente, Edith de Lake Worth*

Querida 55+,  
¡Les escribo para felicitarlos por la nueva revista! Encuentro muy interesantes los artículos y a su revista con mucha información. Desde aquí les deseo que sigan creciendo y se conviertan en una publicación masiva!

*Buena suerte, Debbie de Coconut Creek*

Querida revista 55+,  
Me encantó leer la primer edición de 55+ Magazine. La entrevista a Rita Moreno fue genial. Me encanta leer acerca de personas de más de 55 que pudieron auto-preservarse tanto como pudieron. Ella es una inspiración para todos los de más de 55 años. Cómo la señora Moreno, se mantiene joven es algo que, quizás puedo aprender de ella y aplicarlo en mi vida cotidiana. La admiro y las hermosas preguntas que le hicieron permitieron que surja de ella lo mejor.

Espero que estén interesados en escuchar la respuesta de los lectores: los consejos de salud fueron maravillosos, la Guía de Recursos es increíble (Mantengo esta copia en mi escritorio para futuras referencias) y el artículo sobre haciendo la elección correcta fue excelente!  
Buscaré de nuevo la revista en Wallgreens para poder leer el próximo ejemplar.  
Mantengan este buen trabajo.

*Desde el corazón, Adrienne and Bert de Coral Springs*

Estimados lectores:

Muchas gracias por llenar nuestro correo con sus elogios!. Apreciamos todos sus comentarios; 55+ Magazine toma en consideración sus comentarios para el mejoramiento de nuestra revista. Su constante comunicación nos ayuda hacer los cambios necesarios que la revista necesita. Por favor mantengan compartiendo sus ideas con nosotros via Facebook , twitter or via email al [info@55plusmag.us](mailto:info@55plusmag.us)

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# THE ELECTRIC BICYCLE: DISCOVER FREEDOM, FUN & HEALTH BENEFITS!

BY SHARON KERSTEN

Remember your first bicycle ride? That feeling of flight, of freedom, the wind rushing at your face, and most of all, the fun!

Now there's a new way to recapture that "first-time" feeling -- that "aha! moment" -- when you take your first ride on an electric bicycle.

One out of four Americans is a Baby Boomer, accounting for 77 million people. This group is generally more health-conscious, more environmentally aware and less willing to give up the pleasures experienced at a younger age than previous generations.

Electric bicycles have been wildly popular in Europe and Asia for years, and now Americans - especially those born between 1946 and 1964, are finally realizing the myriad of benefits they have to offer. "From virtually nothing a decade ago,

electric bikes have become an \$11 billion global industry," maintains *The New York Times*. "Bikers around the world are snapping up these bikes," echoes NPR's Morning Edition.

The benefits extend way beyond the fun. For Baby Boomers that have begun to experience joint pain, for example, the pedal-assist feature of many electric bicycles eases the discomfort and strain on the knees and hips while providing all the benefits of exercise without the pain. With pedal assist, you get to choose whether you want to use the throttle to add a little extra push, or work harder by turning off the pedal assist mode and just start pedaling.

Tired after pedaling a few miles? Just twist the throttle, take a break, and let the electric bicycle do the work for you! Either way, you still burn calories, you still use your muscles, and you still get a workout.



“Riding an electric bicycle is like walking quickly on a moving walkway in the airport,” says Mark Lechter of The Electric Bicycle Store. “You’re still doing the work and getting a workout, but you get a little extra push. It’s akin to always having the wind at your back.”

The Electric Tricycle is one of the models that has been gaining in popularity lately, not only among Baby Boomers, but also among older riders and those who may have a physical limitation. The “Trike” can carry loads of groceries in the basket or larger packages on the platform with the basket folded down. With comfortable upright position and power on demand with just a twist of the throttle, the electric tricycle makes getting around a breeze. Reap the benefits of exercise without worrying about maintaining balance or maneuvering the neighborhood.

Electric bicycles are also a “Green” alternative for millions around the world,

and the reasons for this are simple. Operating on a lithium ion battery, electric bicycles are an eco-friendly way to reduce your carbon footprint. Zero pollution; zero emissions; zero noise.

Go 20 miles for just five cents, nearly 60 miles per charge. Imagine the looks of envy as you cruise at 15 - 20 miles per hour past the rush-hour traffic. “The ease with which you can slip in and out of traffic without breaking into a sweat is intoxicating,” states *The Economist*.

With the average auto trip in the U.S. at just five miles or less, imagine the savings in gas, as well as time looking for parking when using an electric bicycle.

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# LA BICICLETA ELÉCTRICA: DESCUBRIENDO LIBERTAD, ENTRETENIMIENTO BENEFICIO PARA LA SALUD POR SHARON KERSTEN

¿Te acordás de la primera vez que anduviste en bicicleta? Esa sensación de volar, de libertad, el viento rozándote la cara, y sobre todo, ¡la diversión!

Ahora existe una nueva forma de recapturar aquella primera sensación-ese momento de “¡siiiiiiiiiiiiiiiiii!”- cuando tengas tu primera vez en una bicicleta eléctrica.

Uno de cuatro americanos es geronte, contando los 77 millones de personas. Este grupo es generalmente más consiente acerca de la calidad de vida, más educado ambientalmente y están menos dispuestos a dejar ir experiencias placenteras de la infancia que generaciones anteriores.

Fueron muy populares en Europa y Asia por años, y ahora los americanos, especialmente aquellos nacidos entre 1946 y 1964, se están dando cuenta finalmente de la cantidad de beneficios que tiene para ofrecerles. “Por nada es que desde hace una década atrás, las bicicletas eléctricas se han convertido en una industria de \$ 11 billones”, mantiene el New York Times.

“Los ciclistas de todo el mundo están arremetiendo sobre estas bicicletas”, se hizo eco el NPR’s Morning Edition.

Los beneficios se extienden más allá de la diversión. Para los gerontes que han empezado a experimentar dolor, por ejemplo, el pedal asistido de muchas de este tipo de bicicletas reduce la tensión en las rodillas y la cadera mientras ofrece todos los beneficios del ejercicio pero sin dolor. Con este sistema Usted puede elegir entre usar el control para agregar una pequeña ayuda o directamente quitar el modo de pedal asistido para agregarle dificultad y comenzar a pedalear.

¿Cansado después de pedalear unas pocas millas? Sólo gire el control, tómese un descanso, y ¡deje que la bicicleta eléctrica haga el trabajo por Usted! De este modo, Usted seguirá quemando calorías, seguirá usando sus músculos, y seguirá trabajando su cuerpo.

“Andar en una bicicleta eléctrica es como caminar ligero en un



cinta transportadora en el aeropuerto”, dice Mark Lechter de la Tienda de Bicicletas Eléctricas.”Usted continuará realizando el trabajo y adquiriendo entrenamiento, pero tendrá una pequeña ayuda. Es como tener siempre el viento a favor.”

El Triciclo Eléctrico es uno de los modelos que ha ganado popularidad recientemente, no solo entre los adultos mayores, sino que también entre viejos conductores y aquellos que tienen algún impedimento físico. El “Triciclo” puede llevar las bolsas de las compras en su canasto o grandes paquetes en el compartimento debajo del canasto. Con una posición vertical confortable y con la potencia necesaria con solo girar la palanca, el Triciclo Eléctrico hace de dar una vuelta una brisa. Obtenga los beneficios del ejercicio sin preocuparse por mantener el equilibrio o andando por el vecindario solo/a.

Las bicicletas eléctricas son una alternativa ecológica entre millones alrededor del mundo, y las razones para

esto son simples. Operadas a base de una batería de litio, estas bicicletas reducen las huella del carbón. Cero contaminación, cero ruidos.

Recorra 20 millas por solo 5 centavos, cerca de 60 millas por carga. Imagínese la envidia cuando pase a 15-20 millas por hora en la hora pico. “La facilidad con la que puede escabullirse en el tráfico sin “sudar la gota gorda es embriagador”

Con el porcentaje de tránsito de los estados Unidos a 5 millas o menos, imagínese lo que ahorraría en gasolina, como también en buscar estacionamiento, usando la Bicicleta Eléctrica.

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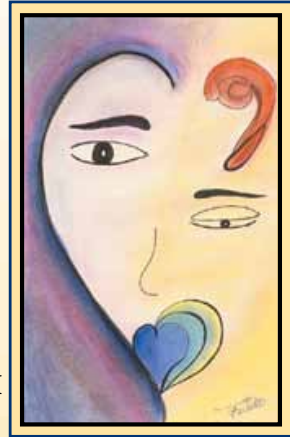
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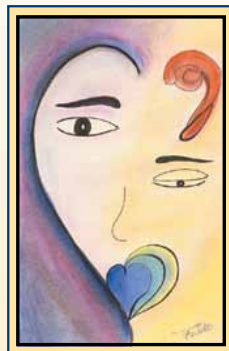
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# LEGENDARY SINGER: Julio Iglesias

BY DAVID RANOFSKY

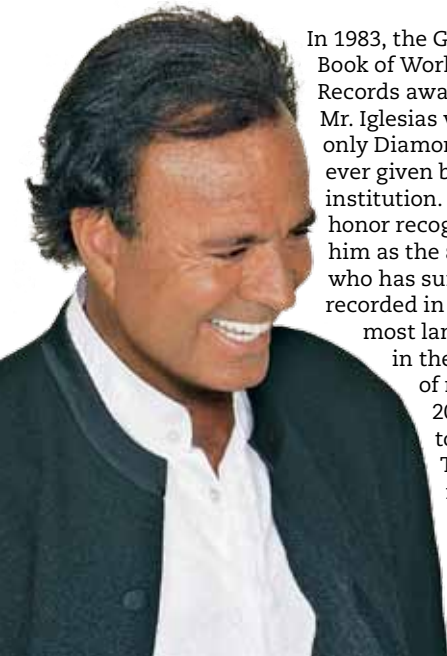


Julio Iglesias is loved the world over. As proof of this star's international stature, his website ([www.julioiglesias.com](http://www.julioiglesias.com)) is written in 21 different languages, from Chinese to Hebrew and everything in between! Born in Madrid on September 23, 1943 Mr. Iglesias transcends languages and boundaries. Of his 79 albums, he has sold 300 million worldwide. As a matter of fact, Julio Iglesias is the best selling Spanish-speaking artist of all time! What a fantastic achievement!

recordings were in 2006, on the album "Romantic Classics." He sung in Mandarin Chinese, Philippine Tagalog, and Bahasa Indonesian.

Julio Iglesias has collected awards, accolades and honors from around the globe! In 1988, he won a Grammy Award and one year later was awarded a star with his name on the Hollywood Walk of Fame. He holds an American Music Award and the prestigious "ASCAP Pied Piper Award," (the highest award of the *American Society of Composers, Authors and Publishers*). Julio is in great company; the Pied Piper award has also been bestowed upon other icons such as Frank Sinatra, Ella Fitzgerald and Barbra Streisand. Mr. Iglesias is the only foreign artist honored by the Chinese Ministry of Culture for his record-breaking sales of albums in that country. In 1989 he was named UNICEF Special Ambassador for the Performing Arts, a title he holds with much affection and which he continues to carry with great esteem.

His international appeal goes beyond his many awards and accolades. In 42 years of an unstoppable career, Mr. Iglesias has received 2,600 platinum and gold records. He has performed more than 5,000 concerts in 600 cities around the



In 1983, the Guinness Book of World Records awarded Mr. Iglesias with the only Diamond Disc ever given by their institution. This honor recognized him as the artist who has sung and recorded in the most languages in the history of music: 20 in total. The most recent



(Left) Julio with children Julio Jr, Chabeli & Enrique

(Below) Julio and wife Miranda

(Below Left) Julio with children Guillermo and Victoria

world, and more than 60 million people have seen him perform live. Julio Iglesias has sung duets with famous artists such as Frank Sinatra, Stevie Wonder, Willie Nelson, Diana Ross, Dolly Parton, Art Garfunkel, Paul Anka, Charles Aznavour, Plácido Domingo, Sting, The Beach Boys, Nana Mouskouri, Mireille Mathieu, Dalida, Lola Flores, Pedro Vargas, Alejandro Fernández, José Luis Rodríguez, Wei Wei, Zeze di Camargo and Luciano.

Julio Iglesias is currently on a world tour called “Starry Night.” This is a tour without borders, taking him to perform on the five continents. The “Starry Night” world tour started in Punta del Este (Uruguay) then, crossing the Río de la Plata, he performed his show in many Argentinean cities, Peru and Panama.

Julio's most recent tour destinations have also included the Philippines, Australia, Malaysia, Japan and Hawaii. Without a doubt, his return to Australia and to



the stages of Asia has been the most memorable. Within these two continents, his popularity remains at its highest point in four decades. His songs are heard daily throughout this part of the world!

The Asian leg of the tour started with a charity show benefiting the victims of the Ondoy typhoon, which devastated the Philippines in September, 2009. In March of this year, the Manila Times said the following in regards to Mr. Iglesias's generosity, “While on a visit to the Philippines, balladeer Julio Iglesias has



been proving that he really has a heart of gold... Iglesias donated his considerable fee to a new Gawad Kalinga village that will house 200 families who were all rendered homeless by the devastating typhoon.” The world could use more people like Julio Iglesias!

Mr. Iglesias currently makes his primary home in Miami Beach. He has three grown accomplished children as well as five younger children (including twin girls) from his marriage to Miranda Johanna Maria Rijsburger. Life is good for Julio Iglesias!

The “Starry Night” world tour will continue throughout 2010. Visit [www.julioiglesias.com](http://www.julioiglesias.com) for additional show dates. •

# UN CANTANTE LEGENDARIO: Julio Iglesias

POR DAVID RANOFSKY



Julio Iglesias es amado en todo el mundo. Como prueba de su status de estrella internacional, su sitio web ([www.julioiglesias.com](http://www.julioiglesias.com)) está traducido en 21 diferentes idiomas, desde el chino hasta el hebreo y todo lo que se encuentre entre ambos! Nacido en Madrid el 23 de Septiembre de 1943 el Sr. Iglesias trascendió idiomas y fronteras. De sus 79 álbumes, vendió 300 millones de copias en todo el mundo. Por lo tanto Julio Iglesias es el artista de habla hispana mejor vendido de todos los tiempos.

¡Qué fantástico logro! En 1983, el Libro de los records Guinness mundiales galardonó al Sr. Iglesias con el Disco de Diamante jamás entregado por alguna Institución hasta ese momento. Este honor lo reconoce como el artista que cantó y grabó en la mayor cantidad de

lenguajes en la historia de la música: 20 en total. La más reciente grabación fue en el año 2006 en su álbum "Clásicos Románticos". Cantó en Chino mandarín, Filipino Tagalog e Indonecio Bahasa.

¡Julio Iglesias recolectó galardones,.....y honores por todo el Globo! En 1988, ganó el Premio Grammy y un año después fue premiado con la estrella con su nombre en el Paseo de la Fama de Hollywood. Obtuvo el Premio a la Música Americana y el prestigio "ASCAP Pied Piper Award," (el mayor premio otorgado por la Sociedad Americana de Compositores, Autores y Editores). Julio está muy bien acompañado, este galardón fue también otorgado a otros iconos de la música como Frank Sinatra., Ella Fitzgerald y Barbra Streisand. El Sr. Iglesias es el único artista extranjero honrado por el Ministerio de Cultura Chino por record de ventas de sus álbumes en ese país. En 1989 fue nombrado por la UNICEF como Embajador Especial de Interpretaciones Artísticas, título que lo enorgullece y mantiene con gran estima.

Su atracción internacional va más allá de sus muchos premios y galardones. En 42 años de una imparable carrera, el Sr. Iglesias recibió 2600 Discos de Platino y Oro. Dio más de 5000 conciertos en 600 ciudades alrededor del mundo, y más de







(Left) Julio con niños Julio Jr, Chabeli y Enrique

(Below) Julio y esposa Miranda

(Below Left) Julio con niños Guillermo and Victoria

60 millones de personas lo vieron en vivo. Julio Iglesias cantó duetos con artistas famosos como Frank Sinatra, Steve Wonder, Willie Nelson, Diana Ross, Dolly Parton, Art Garfunkel, Paul Anka, Charles Aznavour. Plácido Domingo, Sting, The Beach Boys, Nana Mouskouri, Mireille Matjieu, Dalida, Lola Flores, Pedro Vargas, Alejandro Fernández, José Luis Rodríguez, Wei Wei, ZEZE di Camargo y Luciano.

Julio Iglesias está, en la actualidad, en un Tour mundial llamado "Noche Estrellada". Este es un Tour sin límites llevándolo a dar conciertos en los cinco continentes. Comenzó en Punta del Este (Uruguay), luego cruzó el Río de la Plata, realizando interpretaciones en diversas ciudades de Argentina, Perú y Panamá.

Los últimos destinos del Tour incluyen Filipinas, Australia, Malasia, Japón y Hawai. Sin lugar a dudas, su retorno a Australia y a los Estados de Asia será lo más memorable.



Con estos dos continentes, su popularidad permanece en su punto máximo por más de cuatro décadas. Sus canciones son oídas cotidianamente por toda esta parte del mundo.

La parte asiática del Tour comenzó con un show a beneficio de las víctimas del tifón de Ondoy, que devastó a las Filipinas en septiembre del 2009. En marzo de este año el periódico MONILO TIMES dijo lo siguiente en agradecimiento a la generosidad del Sr. Julio Iglesias: "En una de sus visitas a las Filipinas el



baladista Julio Iglesias vino a demostrar que realmente tiene un corazón de oro... Iglesias donó su considerable ganancia artística para el nuevo barrio de Gawad Kalinga que reine a 200 familias cuyos hogares quedaron desbastados por el tifón." ¡El mundo debe tener más personas como Julio Iglesias!

El Sr. Iglesias actualmente tiene su casa en Miami Beach. Tiene tres niños ya grandes y realizados como también cinco pequeños hijos (incluidas mellizas) de su matrimonio con Miranda Johanna María Rinjsburger. ¡La vida es buena para Julio Iglesias!

El tour "Starry Night", continuará por todo el año 2010. Visite a [www.julioiglesias.com](http://www.julioiglesias.com) para más información sobre las fechas de presentación. •

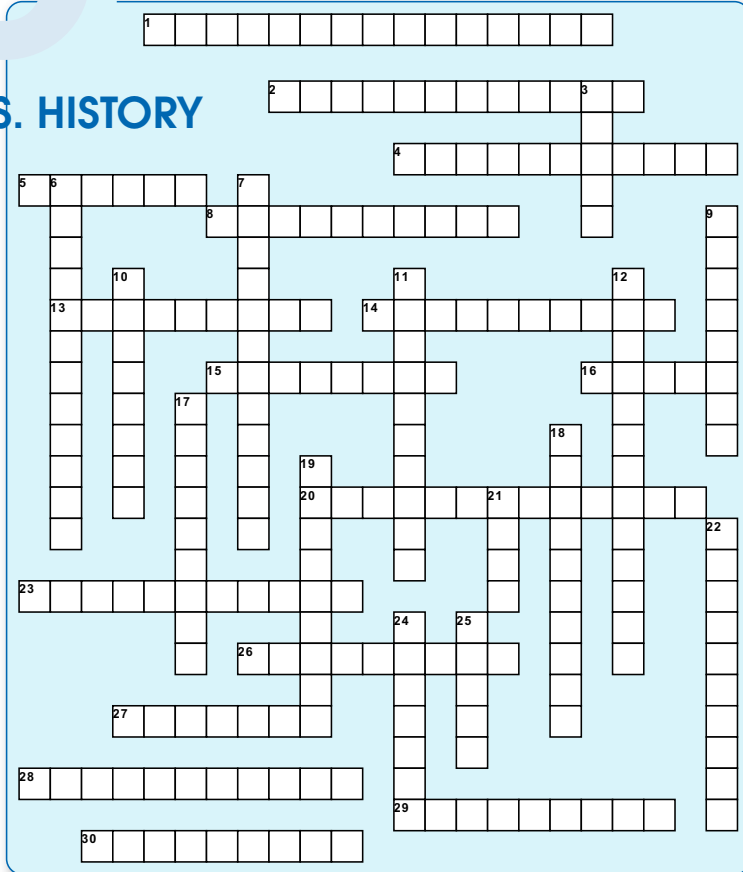
Todas las fotos de autor, siempre por la Oficina de Julio Iglesias



# CROSSWORD PUZZLE

BY SCOOP FOR SENIORS

## U.S. HISTORY



### ACROSS

- 1 Gift from France to the United States
- 2 This President was shot by John Hinkley
- 4 Japanese attacked this base in 1941
- 5 The homeland of Helen of Troy
- 8 This King received the Declaration of Independence
- 13 He launched the New Deal
- 14 This crashed on May 6, 1937
- 15 Japanese suicide pilots
- 16 His leg was treated by Dr. Samuel Mudd
- 20 Host of "Person to Person"
- 23 Famous Mayor of New York
- 26 Ship sunk off the coast of Ireland in 1915
- 27 This Presidential family all had the same initials
- 28 He said "Nothing is sure but death and taxes"
- 29 This communication ended the Pony Express in 1861
- 30 This communication device was invented in 1876

### DOWN

- 3 First Vice President of the United States
- 6 Inventor of the Steamboat
- 7 He painted the ceiling of the Sistine Chapel
- 9 A dance named after Lindbergh
- 10 D-Day refers to the invasion of this place
- 11 Middle name of the youngest US President
- 12 Animal who started the Great Fire in Chicago
- 17 Indian woman with Lewis and Clark Expedition
- 18 In the 1700s he took a famous ride
- 19 President at the time of the Louisiana Purchase
- 21 Assassin of Lee Harvey Oswald
- 22 World War II General who became President
- 24 First woman to receive the Flying Cross
- 25 Indian tribe that defeated Custer

ANSWERS ON PAGE 39

# JUEGO DE PALABRAS

POR SCOOP FOR SENIORS

## BUSCANDO PALABRAS CON "Z"

Z K D I Z N H Q U O B J C J I N P Z W X S K  
J P Y E Z A N C A J E R A T J N D X Y E R I  
F U O J U O M O S V R D K D O E Z H Y M Q Y  
G B N B R E A X E H F H Q Y K J M C H X J I  
L Z G P C C T V C M Z Q N E E M V I P Z M Q  
A A O J I E S I U W U O E O R V I B O U Q J  
L R C P D D X O I T R D O P R W G O L R A G  
I R H Q E P H S L E R E M L N R G M K R P C  
U A W W R T H P M V U K L F O R A D U I B P  
F S H A A S E A Q E S N T V A G C C I D Q S  
K P K C F X L R P Z C G P F R C I A N O J A  
C A O B M A Z X O I O F I R E A U C T A O C  
P S S T Z A R R B A G A A D L P F X O O Z S  
A T K E Y B A G L M P E Q E N E I A N P B R  
P R T X Z K E L V B D F U V Z P B Z Z L M E  
C O X D A P I U Z N Z Z A C A T E O A R Y J  
N S H A N T W U A N R X O H P O O Q N U O U  
I O P E A X R R E A G F L O A X Q U C J T F  
Z B R P H R A V Z X C L L A T K B E A P I E  
T U A Q O Z H Z O A O T A Y E I B T D E P G  
S Z M K R G S U R B M U P F A B O E I G A W  
C O O O I P R Z Z C P T A H D E Q R L W R Y  
O X T N A A Q O A Y S P Z W O F Q O L C A L  
L J O C A W P S L X W Q P R R K A A A K Z R  
B Y M A T H N O I C A C I F I N O Z M H S B  
H T T K H Z A M B U L L I M E N T O Y V P V  
B D V R C C Q V O P X F V X A O U F C M W D  
K Y N E N K O D X H N P J L G Z B F M U P N

zacateo  
zamboa  
zancadilla  
zapallo  
zar  
zarraspastoso  
zona

zorzal  
zurrido  
zafar  
zambullimento  
zancajera  
zapateador  
zarandear

zonificacion  
zopetero  
zumo  
zurrusco  
zalamero  
zanahoria  
zancarron

zarapito  
zinc  
zoografia  
zoquetero  
zurcidera  
zuzo



# RESOURCE DIRECTORY

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The following is the most comprehensive list of resources available in Florida

<b>ADULT DAY CARE CENTERS</b> .....	<b>24</b>	<b>HOME MAINTENANCE</b> .....	<b>50</b>
<b>ALZHEIMER'S</b> .....	<b>44</b>	<b>HOSPITALS &amp; HOSPICES</b> .....	<b>22</b>
<b>AREA AGENCIES ON AGING</b> .....	<b>44</b>	<b>HOUSING</b> .....	<b>50</b>
<b>ASSISTED LIVING FACILITIES</b> .....	<b>30</b>	<b>LEGAL SERVICES</b> .....	<b>50</b>
<b>ASSOCIATIONS</b> .....	<b>44</b>	<b>LGBT SERVICES</b> .....	<b>51</b>
<b>BEREAVEMENT</b> .....	<b>46</b>	<b>MEDICAID</b> .....	<b>51</b>
<b>BEREAVEMENT, GRUPOS DE APOYO (ESPAÑOL)</b> .....	<b>46</b>	<b>MEDICARE</b> .....	<b>51</b>
<b>COUNTY HEALTH DEPARTMENTS</b> ..	<b>46</b>	<b>MENTAL HEALTH SERVICES</b> .....	<b>52</b>
<b>CRISIS INTERVENTION</b> .....	<b>46</b>	<b>NURSING / REHABILITATION CENTERS</b> .....	<b>26</b>
<b>DENTAL RESOURCES</b> .....	<b>47</b>	<b>PRESCRIPTION ASSISTANCE</b> .....	<b>52</b>
<b>DISABILITY PARKING PERMITS</b> .....	<b>47</b>	<b>SENIOR ORGANIZATIONS &amp; SERVICES</b> .....	<b>52</b>
<b>DIASER PREPAREDNESS &amp; EMERGENCY ASSISTANCE</b> .....	<b>47</b>	<b>SHELTERS</b> .....	<b>53</b>
<b>DRIVER'S LICENSE OFFICES</b> .....	<b>47</b>	<b>SOCIAL SECURITY</b> .....	<b>53</b>
<b>ELDERLY ABUSE</b> .....	<b>47</b>	<b>SUBSTANCE ABUSE</b> .....	<b>53</b>
<b>EMPLOYMENT OPPORTUNITIES</b> .....	<b>48</b>	<b>SUPPORT SERVICES</b> .....	<b>54</b>
<b>ENERGY ASSISTANCE</b> .....	<b>48</b>	<b>TRANSPORTATION</b> .....	<b>55</b>
<b>FINANCIAL ASSISTANCE</b> .....	<b>48</b>	<b>VETERAN SERVICES</b> .....	<b>55</b>
<b>FOOD ASSISTANCE</b> .....	<b>49</b>	<b>VISION RESOURCES</b> .....	<b>56</b>
<b>HEARING RESOURCES</b> .....	<b>49</b>	<b>VOLUNTEER OPPORTUNITIES</b> .....	<b>56</b>

# HOSPITALS & HOSPICES

The following is one of the most comprehensive lists of hospitals and hospices available in Southeast Florida

## HOSPITALS BROWARD

Atlantic Shores Hospital  
4545 N Federal Hwy  
Ft Lauderdale  
954.771.2711

Broward Gen Medical Ctr  
1600 S Andrews Ave  
Ft Lauderdale  
954.355.4400

Cleveland Clinic Hospital  
3100 Weston Rd  
Weston  
954.689.5000

Coral Springs Medical Center  
3000 Coral Hills Dr  
Coral Springs  
954.344.3000

Florida Medical Center 5000 W  
Oakland Park Blvd  
Ft Lauderdale  
954.735.6000

Ft Lauderdale Hospital  
1601 E Las Olas Blvd  
Ft Lauderdale  
954.463.4321

HealthSouth Sunrise  
Rehab Hospital  
4399 Nob Hill Rd  
Sunrise  
954.749.0300

Hollywood Pavilion  
1201 N 37<sup>th</sup> Ave  
Hollywood  
954.962.1355

Holy Cross Hospital  
4725 N Federal Hwy  
Ft Lauderdale  
954.771.8000

Imperial Point Medical Ctr  
6401 N Federal Hwy  
Ft Lauderdale  
954.776.8500

Kindred Hospital  
1516 E Las Olas Blvd  
Ft Lauderdale  
954.764.8900

Kindred Hospital  
1859 Van Buren St  
Hollywood  
954.920.9000

Memorial Hospital Pembroke  
7800 Sheridan St  
Pembroke Pines  
954.962.9650

Memorial Hospital West  
703 N Flamingo Rd

Pembroke Pines  
954.436.5000

Memorial Regional Hospital  
3501 Johnson St  
Hollywood  
954.987.2000

Memorial Regional Hospital S.  
3600 Washington St  
Hollywood  
954.966.4500

North Broward Medical Ctr  
201 E Sample Rd  
Deerfield Beach  
954.941.8300

North Ridge Medical Center  
5757 N Dixie Hwy  
Ft Lauderdale  
954.776.6000

Northwest Medical Center  
2801 N State Rd 7  
Margate  
954.974.0400

Plantation General Hospital  
401 NW 42<sup>nd</sup> Ave  
Plantation  
954.587.5010

St Anthony's Rehab Hospital  
3487 NW 30<sup>th</sup> St  
Lauderdale Lakes  
954.739.6233

University Hospital & Med Ctr 7  
201 N University Dr  
Tamarac  
954.721.2200

Westside Regional Med Ctr  
8201 W Broward Blvd  
Plantation  
954.473.6600

## BROWARD OUTPATIENT

Broward Health Weston  
2300 N Commerce Pkwy  
Weston  
954.217.5000

## MIAMI-DADE

Anne Bates Leach Eye Hospital  
900 NW 17<sup>th</sup> St  
Miami  
305.326.6000

Aventura Hospital & Med Ctr  
20900 Biscayne Blvd  
Aventura  
305.682.7000

Baptist Hospital of Miami  
8900 N Kendall Dr  
Miami  
786.596.1960

Cedars Medical Center  
1400 NW 12<sup>th</sup> Ave  
Miami  
305.325.5511

Coral Gables Hospital  
3100 Douglas Rd  
Coral Gables  
305.445.8461

Doctors Hospital  
5000 University Dr  
Coral Gables  
305.666.2111

Douglas Gardens Hospital  
5200 NE 2<sup>nd</sup> Ave  
Miami  
305.232.5433

HealthSouth Rehabilitation Hospital  
20601 Old Cutler Rd  
Miami  
305.251.3800

Hialeah Hospital  
651 E 25<sup>th</sup> St  
Hialeah  
305.693.6100

Homestead Hospital  
160 NW 13<sup>th</sup> St  
Homestead  
786.243.8000

Jackson Memorial Hospital  
1611 NW 12<sup>th</sup> Ave  
Miami  
305.585.6754

Jackson Memorial Hospital North  
14701 NW 27<sup>th</sup> Ave  
Miami  
305.585.1111

Jackson South Community  
Hospital  
9333 SW 152<sup>nd</sup> St  
Miami  
305.251.2500

Kendall Regional Medical Center  
11750 Bird Rd  
Miami  
305.223.3000

Kindred Hospital South Florida  
5190 SW 8<sup>th</sup> St  
Coral Gables  
305.448.1585

Larkin Community Hospital  
7031 SW 62<sup>nd</sup> Ave  
South Miami  
305.284.7500

Mercy Hospital  
3663 S Miami Ave  
Miami  
305.854.4400

Mount Sinai Medical Center  
4300 Alton Rd  
Miami Beach  
305.674.2223

North Shore Medical Center  
1100 NW 95<sup>th</sup> St  
Miami  
305.835.6000

Palm Springs General Hospital  
1475 W 49<sup>th</sup> St  
Hialeah  
305.558.2500

Palmetto General Hospital  
2001 W 68<sup>th</sup> St  
Hialeah  
305.823.5000

Pan American Hospital  
5959 NW 7<sup>th</sup> St  
Miami  
305.264.1000

Parkway Regional  
Medical Ctr  
160 NW 170<sup>th</sup> St  
N. Miami Beach  
305.654.5050

Select Specialty Hospital-Miami  
955 NW 3<sup>rd</sup> St  
Miami  
305.416.5700

Sister Emmanuel Hospital for  
Continuing Care  
3663 S Miami Ave  
Miami  
305.285.2939

South Beach Community Hospital  
630 Alton Rd  
Miami Beach  
305.672.2100

Florida Evaluation &  
Treatment Ctr  
2200 NW 7<sup>th</sup> Ave  
Miami  
305.637.2500

South Miami Hospital  
6200 SW 73<sup>rd</sup> St  
South Miami  
786.662.4000

Southern Winds Hospital  
4225 W 20<sup>th</sup> Ave  
Hialeah  
305.558.9700

St Catherine's Rehabilitation  
Hospital  
1050 NE 125<sup>th</sup> St  
N. Miami  
305.357.1735

# GUIDE



University of Miami Hospital  
& Clinics  
1475 NW 12<sup>th</sup> Ave  
Miami  
305.243.1000

West Gables Rehabilitation  
Hospital  
2525 SW 75<sup>th</sup> Ave  
Miami  
305.262.6800

Westchester General Hospital  
2500 SW 75<sup>th</sup> Ave  
Miami  
305.264.5252

## MARTIN

Martin Memorial Hospital South  
2100 SE Salerno Road  
Stuart  
772.223.2300

Martin Memorial Medical Center  
200 Hospital Ave  
Stuart  
772.287.5200

SandyPines Hospital  
11301 SE Tequesta Terrace  
Tequesta  
561.744.0211

## MONROE

Fishermen's Hospital  
3301 Overseas Highway  
Marathon  
305.743.5533

Lower Keys Medical Center  
5900 Colledge Rd  
Key West  
305.294.5531

Mariners Hospital  
91500 Overseas Highway  
Tavernier  
305.434.3000

## PALM BEACH

Bethesda Memorial Hospital  
2815 S Seacrest Blvd  
Boynton Bch  
561.737.7733

Boca Raton Community Hospital  
800 Meadows Rd  
Boca Raton  
561.395.7100

Columbia Hospital  
2201 45th St  
West Palm Beach  
561.842.6141

Delray Medical Center  
5352 Linton Blvd  
Delray Beach  
561.498.4440

Lakeside Medical Center  
39200 Hooker Hwy  
Belle Glade  
561.996.6571

Good Samaritan Medical Ctr  
1309 N Flagler Dr  
West Palm Beach  
561.655.5511

JFK Medical Center  
5301 S Congress Ave  
Atlantis  
561.965.7300

Jupiter Medical Center  
1210 S Old Dixie Hwy  
Jupiter  
561.747.2234

Palm Beach Gardens Medical Ctr  
3360 Burns Rd  
Palm Bch Grdns  
561.622.1411

Palms West Hospital  
13001 Southern Blvd  
Loxahatchee  
561.798.3300

St Mary's Medical Center  
901 45th St  
West Palm Beach  
561.844.6300

VA Medical Center  
7305 N Military Trail  
West Palm Beach  
561.422.8262

Wellington Reg Medical Ctr  
10101 Forest Hill Blvd  
Wellington  
561.798.8500

West Boca Medical Center  
21644 State Road 7  
Boca Raton  
561.488.8000

## ST LUCIE

Lawnwood Regional Medical  
Center  
1700 S 23<sup>rd</sup> St  
Ft Pierce  
772.461.4000

Port St Lucie Hospital  
2550 SE Walton Road  
Port St Lucie  
772.335.4000

St Lucie Medical Center  
1800 SE Tiffany Ave  
Port St Lucie  
772.335.4000

## HOSPICES BROWARD

Hospice by the Sea Care Center  
3600 Washington St  
Hollywood  
954.518.2470

Hospice of Gold Coast Home  
Health Services  
2101 W Commercial Blvd Ste  
4500  
Ft Lauderdale  
954.785.2990

HospiceCare of SE Florida Inc.  
309 SE 18<sup>th</sup> St  
Ft Lauderdale  
954.467.7423

VITAS Innovative Hospice Care  
5420 NW 33<sup>rd</sup> Ave  
Ft Lauderdale  
954.486.4085

## MARTIN

The Hospice of Martin & St  
Lucie Inc  
1201 SE Indian St  
Stuart  
772.403.4500

## MIAMI-DADE

Catholic Hospice Inc  
14875 NW 77<sup>th</sup> Ave Ste 100  
Miami Lakes  
305.822.2380

Douglas Gardens Hospice Inc  
5200 NE 2<sup>nd</sup> Ave  
Miami  
305.762.3883

Hospice Care of South Florida  
7270 NW 12<sup>th</sup> St Ph 6  
Miami  
305.591.1606

Odyssey HealthCare  
6161 Blue Lagoon Dr Ste 170  
Miami  
786.388.1400

VITAS Healthcare Corp of Florida  
16800 NW 2<sup>nd</sup> Ave  
Ste 400  
N Miami Beach  
305.654.3718

## MONROE

Hospice of the Florida Keys Inc  
119 William St  
Key West  
305.294.8812

## PALM BEACH

Hospice by the Sea Inc.  
1531 W Palmetto Dr  
Boca Raton  
561.395.5031

Hospice of Palm Beach County Inc  
5300 East Ave  
West Palm Bch  
561.848.5200

Vitas Healthcare Corp of FL  
1901 S Congress Ave  
Boynton Bch  
561.364.1479

## ST LUCIE

Hospice of the Treasure Coast Inc  
5090 Dunn Rd  
Ft Pierce  
772.403.4500

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**SE HABLA ESPAÑOL**



# ADULT DAY CARE

The following is one of the most comprehensive lists of Adult Day Care facilities in Southeast Florida

## BOCA RATON

Adolph & Rose Levis Alz & ADC Center  
21050 95th Ave S  
561.558.2510

Alzheimer's Day Care – Boca Raton  
300 E Yamato Rd  
561.391.6955

Mae Volen Senior Center  
1515 W Palmetto Park Rd  
561.395.8920

Memory & Wellness Ctr  
At Ft Atlantic Uni  
777 Glades Rd  
561.297.0503

## BOYNTON BEACH

Alzheimer's Day Care – Boynton Beach  
3600 Old Boynton Rd  
561.683.2700

Morse Adult Day Center  
8500 Jog Rd  
561.509.0111

Sunrise Community  
4745 NW 7th Ct  
561.547.2220

## CORAL SPRINGS

Sarah Care of CoralSprings  
754 Riverside Dr  
954.341.7788

## DAVIE

Central West Adult DayCenter  
6915 Stirling Rd  
954.587.2312

## DEERFIELD BEACH

Northeast Focal Point  
Adult Day Care Ctr  
225A NW 2nd St  
954.480.4470

## DELRAY BEACH

Mae Volen Senior Center  
Dementia  
850 N Congress Ave  
561.395.8920

## DORAL

Miami Behavioral Health  
Center  
1905 NW 82nd Ave  
305.398.6100

## FORT PIERCE

Alzheimers Day Care – Ft  
Pierce  
2900 S Jenkins Rd  
772.466.3261

Council on Aging Adult Day  
Care Center  
1505 Orange Ave  
772.465.5220

## FT LAUDERDALE

Aging Grace  
2039 N University Dr  
954.357.0637

Noble A McArtor Adult Day  
Care Center  
1480 SW 9th Ave  
954.64.5055

Northwest Federated Woman's  
Club  
2185 NW 19th St  
954.714.3500

## GREENACRES

Alzheimer's Day Care –  
Greenacres  
2164 Jog Rd  
561.683.2700

## HALLANDALE

Chai Seniors  
788 E Hallandale Beach Blvd  
954.458.1968

Memorial Adult Day Care  
Center  
1750 E Hallandale Beach Blvd  
954.457.0505

## HIALEAH

Easter Seals Therapeutic Day Care  
489 Hialeah Dr Ste 7  
305.887.7370

Happy Times Adult Day Care  
Center  
50 W 29th St Ste A  
305.805.1040

LCC Adult Day Care  
551 E 49th St Ste 12  
786.488.8652

LHANC of Dade – Hialeah  
Adult Day Care  
4410 W 16th Ave, Ste 28-C  
305.858.0887

United Help Community  
Services  
4160 W 12th Ave  
305.822.5956

William Lehman ADC Center  
7605 W 10th Ave  
305.557.8138

Hialeah Gardens  
Xclusive Senior Daycare Center  
12975 W Okeechobee Rd  
305.820.0805

## HOLLYWOOD

Joseph Meyherhof Senior  
Center, The  
3081 Taft St  
954.966.9805

## HOMESTEAD

Golden Age Adult Day Care  
Center  
28951 S Dixie Hwy  
305.248.6200

Homestead Adult Day Care  
Center  
653 SW 4th St  
305.242.7676

Homestead Behavioral Clinic  
654 NE 9th Pl  
305.248.3488

## LAKE WORTH

Alzheimer's Day Center – Lake  
Worth  
1615 Lake Ave  
561.585.7781

## LAUDERDALE LAKES

Lauderdale Lakes  
Alzheimer Care Center  
4320 NW 36th St  
954.535.2800

## MARGATE

Northwest Focal Point Senior  
Ctr ADC  
6009 NW 10th St  
954.973.0300

## MIAMI

Centro Axis  
6840 SW 40th St  
305.668.0634

Community Adult Day Care  
7944 SW 8th St  
305.269.6845

Community Adult Day Care  
8346 SW 8th St  
305.266.9620

Easter Seals Therapeutic Day  
Care  
1475 NW 14th Ave  
305.325.0470

Edison Little River Adult Day  
Care Ctr  
150 NW 79th St  
305.751.4342

Family Adult Day Care, The  
6429 SW 8th St  
786.478.6222

Florida Pace Centers  
5200 NE 2nd Ave  
305.795.8410

Gelber Adult Day Care  
11025 SW 84th St  
305.270.2979

Joy of Life Adult Day Care, The  
15190 SW 136th St Ste 6  
786.293.3310

LHANC of Dade – Mildred  
Pepper  
10000 SW 56th St  
305.858.0887

LHANC of Dade – Rafael  
Villaverde  
700 SW 8th St  
305.858.0887

Maggie's Adult Day Care  
7930 SW 11th St  
305.266.6762

# FACILITY GUIDE

Montverde Adult Day  
Activity Center  
11865 SW 26th St  
Ste G-5  
305.485.9141

Nona's Adult Care  
8870 SW 40th St Ste 4  
305.207.1290

North Dade Adult Day Care  
60 NE 166th St  
305.940.0075

Roseland Adult Daycare  
7392 SW 40th St  
786.388.7673

San Judas Tadeo Community  
ADC  
15628 SW 72nd St  
305.408.0077

Santo's Adult Day Care  
2620 SW 137th Ave  
786.271.0050

Santovenia Adult Day Care  
13359 SW 42nd St  
305.227.9500

Senior Care Options  
9801A NW 7th Ave  
305.756.3458

South Dade Adult Day Care  
Center  
19590 Old Cutler Rd  
305.255.1433

Sunrise Community  
13788 SW 8th St  
305.228.4001

United Adult Day Care  
9734 SW 24th St, Ste 100  
305.225.0974

West Dade Adult Day Care  
Center  
6950 N Waterway Dr  
305.267.6372

**MIAMI BEACH**  
Miami Beach Senior Center &  
Day Care  
610 Espaniola Way  
305.673.6060

**N MIAMI**  
Villa Maria Adult Day Care Center  
20855 NW 9th Ct  
305.651.0034

**N PALM BEACH**  
New Day Adult Day Center  
301 Ebbtide Dr  
561.844.0012

**PAHOKEE**  
Alzheimer's Day Care –  
Pahokee  
470 E 1st St  
561.924.7283

**PALM BEACH GAR-  
DENS**  
Alzheimer's Day Care – Palm  
Beach Gardens  
4075 Holly Dr  
561.630.4724

North County Senior Center  
5217 Northlake Blvd  
561.627.6488

**PEMBROKE PINES**  
Southwest Focal Point  
Senior Center  
301 NW 103rd Ave  
954.450.6888

**POMPANO BEACH**  
St Elizabeth Adult Day Center  
801 NE 33rd St  
954.781.0461

Tender Loving Care Adult  
Day Health Ctr  
155 S Pompano Pkwy  
954.917.8099

**PORT ST LUCIE**  
Council on Aging Adult  
Day Care Center  
2501 SW Bayshore Blvd  
772.336.8608

**RIVIERA BEACH**  
Alzheimer's Community Care  
2600 Avenue H  
561.683.2700

**SEBASTIAN**  
Senior Resource Association  
815 Davis St  
772.388.1787

**STUART**  
Alzheimer's Day Care –  
North Stuart  
2200 NW Federal Hwy  
561.683.2700

Alzheimer's Day Care – Stuart  
3110 SE Aster Ln  
772.220.2773

Day Respite Center Hospice,  
The  
1201 SE Indian St  
772.403.4500

Egret Pond  
1760 SE Salerno Rd  
772.288.1288

Gene C Rifkin Adult Day Care  
Center  
1071 E 10th St  
772.223.7800

Hospice of Martin & St Lucie,  
The  
1201 SE Indian St  
772.403.4525

**SUNRISE**  
Kurt & Alice Walter ADC  
& Alzheimer's  
5000 Nob Hill Rd  
954.742.2299

**VERO BEACH**  
Senior Resource Association  
704 14th St  
561.569.0760

**W PALM BEACH**  
Alzheimer's Day Care –  
West Palm Beach  
800 Northpointe Pkwy, Ste  
101-B  
561.683.2700

Kramer Senior Services Agency  
4847 Fred Gladstone Dr  
561.687.5790

**WILTON MANORS**  
Wilton Manors Adult Day Care  
Center  
1503 NE 26th St  
954.630.9501



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**561-329-4337**

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# NURSING / REHABILITATION

The following is one of the most comprehensive lists of skilled nursing and rehabilitation facilities

## AVENTURA

Classic Residence by Hyatt in Aventura  
19333 W Country Club Dr  
305.692.4700

Palm Garden of Aventura  
21251 E Dixie Hwy  
305.935.4827

Regents Park at Aventura  
18905 NE 25th Ave  
305.932.6360

Boca Raton  
Avante at Boca Raton  
1130 NW 15th St  
561.394.6282

Boca Raton Rehab Center  
755 Meadows Rd  
561.391.5200

Fountains, The  
3800 N Federal Hwy  
561.395.7510

Heartland Health Care & Rehab Center  
7225 Boca Del Mar Dr  
561.362.9644

ManorCare Health Services  
375 NW 51st St  
561.997.8111

Menorah House  
9945 Central Park Blvd  
561.483.0498

Regents Park Nursing & Rehab Center  
6363 Verde Trl  
561.483.9282

Stratford Court of Boca Raton  
6343 Via de Sonrisa del Sur  
561.392.5940

Whitehall Boca Raton  
7300 Del Prado S  
561.392.3000

Willowbrooke Court at St Andrews  
6152 Verde Trl N  
561.487.5200

Willowbrooke Ct at Edgewater Pt Estates  
23305 Blue Water Cir  
561.368.5600

## BOYNTON BEACH

Barrington Terrace of Boynton Beach  
1425 S Congress Ave  
561.369.7919

Boulevard Manor Nursing Center  
2839 S Seacrest Dr  
561.732.2464

Boynton Beach Nursing & Rehab Center  
9600 Lawrence Rd  
561.740.4100

Boynton Health Care Center  
7900 Ventura Center Way  
561.736.6000

Heartland Health Care Ctr  
Boynton Beach  
3600 Old Boynton Rd  
561.736.9992

ManorCare Health Services  
3001 S Congress Ave  
561.737.5600

## COCONUT CREEK

Health Center of Coconut Creek, The  
4125 W Sample Rd  
954.968.8333

Coral Springs Park Summit  
8500 Royal Palm Blvd  
954.752.9500

Dania Beach Cross Pointe Care Center  
440 Phippen Waiters Rd  
954.927.0508

## DEERFIELD BEACH

Forum at Deer Creek, The  
3001 Deer Creek Country Club Blvd  
954.698.6269

## DELRAY BEACH

Abbey Delray South  
1717 Homewood Blvd  
561.272.9600

Harbour's Edge  
401 E Linton Blvd  
561.272.7979

Health Center at Abbey Delray  
2105 SW 11th Ct  
561.454.1136

Lakeview Care Center  
5430 Linton Blvd  
561.495.3188

Liberty Inn  
5858 Heritage Park Way  
561.499.2500

ManorCare Health Services  
16200 Jog Rd  
561.638.0000

## FORT PIERCE

Abbiejean Russell Care Center  
700 S 29th St  
772.465.7560

Fort Pierce Health Care  
611 S 13th St  
772.464.5262

Laurel Pointe Health & Rehab  
703 S 29th St  
772.466.3322

## FT LAUDERDALE

Broward Nursing & Rehab Center  
1330 S Andrews Ave  
954.524.5587

Fort Lauderdale Health & Rehab Center  
2000 E Commercial Blvd  
954.771.2300

Harbor Beach Nursing & Rehab Center  
1615 S Miami Rd  
954.523.5673

Manor Oaks Nursing & Rehab Center  
2121 E Commercial Blvd  
954.771.8400

Manor Pines Convalescent Center  
1701 NE 26th St  
954.566.8353

## HIALEAH

Heartland Health Care Center-Miami Lakes  
5725 NW 186th St  
305.625.9857

Hialeah Convalescent Home  
190 W 28th St  
305.885.2437

Palmetto Health Center  
6750 W 22nd Ct  
305.512.4688

Susanna Wesley Health Center  
5300 W 16th Ave  
305.556.3500

## HIALEAH GARDENS

Signature Healthcare of Waterford  
8333 W Okeechobee Rd  
305.556.9900

## HOBE SOUND

Edgewater Manor  
9555 SE Federal Hwy  
772.546.5800

## HOLLYWOOD

Golfcrest Healthcare Center  
600 N 17th Ave  
954.927.2531

Hillcrest Nursing & Rehab Center  
4200 Washington St  
954.981.6300

Hollywood Hills Rehabilitation Center  
1200 N 35th Ave  
954.981.5511

## HOMESTEAD

Homestead Manor  
1330 NW 1st Ave  
305.248.0271

Signature Healthcare of Brookwood Gardens  
1990 S Canal Dr  
305.246.1200

## JUNO BEACH

Waterford Health Care Center  
601 Universe Blvd  
561.627.3800

## JUPITER

Courtyard Gardens Rehabilitation Center  
17781 Thelma Ave  
561.746.2998

Jupiter Medical Center Pavilion  
1230 S Old Dixie Hwy  
561.744.4444

## KENDALL

Heartland Health Care Ctr - Kendall  
9400 SW 137th Ave  
305.385.8290

## KEY WEST

Key West Health & Rehab Center  
5860 W Jr College Rd  
305.296.2459

## LAKE PARK

North Lake Rehab & Health Center  
750 Bayberry Dr  
561.881.8144

## LAKE WORTH

American-Finnish Nursing Home  
1800 South Dr  
561.588.4333

Avante at Lake Worth  
2501 North A St  
561.585.9301

Crossings, The  
4445 Pine Forest Dr  
561.965.5954

# CENTERS GUIDE



Lake Worth Manor  
1201 12th Ave S  
561.586.7404

Medicana Nursing & Rehab  
Center  
1710 Lake Worth Rd  
561.582.5331

Signature Healthcare of Palm  
Beach  
4405 Lakewood Rd  
561.969.1400

Terraces of Lake Worth  
1711 6th Ave S  
561.586.0808

**LANTANA**  
Classic Res by Hyatt at Lake-  
side Village  
2792 Donnelly Dr  
561.963.2100

Hamlin Place  
2180 Hypoluxo Rd  
561.582.6711

**LAUDERDALE LAKES**  
Palms Rehab & Nursing Center  
3370 NW 47th Ter  
954.733.0655

St John's Nursing Center  
3075 NW 35th Ave  
954.739.6233

**LAUDERHILL**  
Heartland Health Care Ctr –  
Lauderhill  
2599 NW 55th Ave  
954.485.8873

Life Care Center at Inverrary  
4300 Rock Island Rd  
954.485.6144

**MARGATE**  
Margate Health Care Center  
9551 Colonial Dr  
954.979.6401

**MIAMI**  
Coral Gables Nursing & Rehab  
Center  
7060 SW 8th St  
305.261.1363

Coral Reef Nursing & Rehab  
Center  
9869 SW 152nd St  
305.255.3220

East Ridge Retirement Village  
19301 SW 87th Ave  
305.238.2623

Florida Club Care Center  
220 Sierra Dr  
305.653.8427

Floridaean Nursing Home  
47 NW 32nd Pl  
305.649.2911

Franco Nursing & Rehab  
Center  
800 NW 95th St  
305.836.1550

Gramercy Park Nursing Center  
17475 S Dixie Hwy  
305.255.1045

Harmony Health Center  
9820 N Kendall Dr  
305.271.6311

Hialeah Shores Nursing &  
Rehab Center  
8785 NW 32nd Ave  
305.691.5711

Jackson Memorial Long Term  
Care Center  
2500 NW 22nd Ave  
786.466.3000

Jackson Memorial Perdue  
Medical Center  
19590 Old Culler Rd  
786.466.3500

Jackson Plaza Nursing &  
Rehab Center  
1861 NW 8th Ave  
305.347.3380

Miami Gardens Care Centre  
190 NE 191st St  
305.651.9690

Miami Jewish Home &  
Hospital  
5200 NE 2nd Ave  
305.751.8626

Miami Shores Nursing &  
Rehab Center  
9380 NW 7th Ave  
305.759.8711

Nursing Center at Mercy  
3671 S Miami Ave  
305.854.1110

Palace Nursing & Rehab  
Center, The  
11215 SW 84th St  
305.271.2225

Palmetto Sub Acute Care  
Center  
7600 SW 8th St  
305.261.2525

Pines Nursing Home  
301 NE 141st St  
305.893.1102

Ponce Plaza Nursing & Rehab  
Center  
335 SW 12th Ave  
305.545.6695

Riverside Care Center  
899 NW 4th St  
305.326.1236

Sinai Plaza Nursing & Rehab  
Center  
201 NE 112th St  
305.899.4700

St Anne's Nursing Center  
11855 Quail Roost Dr  
305.252.4000

Unity Health & Rehab Center  
1404 NW 22nd St  
305.325.1050

Victoria Nursing & Rehab  
Center  
955 NW 3rd St  
305.548.4020

West Gables Healthcare Center  
2525 SW 75th Ave  
305.265.9391

**MIAMI BEACH**  
Hebrew Home of South Beach  
320 Collins Ave  
305.672.6464

Oceanside Extended Care  
Center  
550 9th St  
305.531.3321

South Pointe Plaza Rehab &  
Nursing Ctr  
42 Collins Ave  
305.672.1771

**MIAMI SPRINGS**  
Fair Havens Center  
201 Curtiss Pkwy  
305.887.1565

**N BAY VILLAGE**  
Treasure Isle Care Center  
1735 N Treasure Dr  
305.865.2383

**N MIAMI**  
Arch Plaza Nursing & Rehab  
Center  
12505 NE 16th Ave  
305.891.1710

Berkshire Manor  
1255 NE 135th St  
305.891.6850

Claridge House Nursing &  
Rehab Center  
13900 NE 3rd Ct  
305.893.2288

Fountainhead Care Center  
390 NE 135th St  
305.895.4804

Pinecrest Convalescent Center  
13650 NE 3rd Ct  
305.893.1170

Plaza Nursing & Rehab Center  
14601 NE 16th Ave  
305.945.7631

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**SE HABLA ESPAÑOL**

# NURSING / REHABILITATION CENTERS GUIDE

The following is one of the most comprehensive lists of skilled nursing and rehabilitation facilities

Villa Maria Nursing Center  
1050 NE 125th St  
305.891.8850

## N MIAMI BEACH

Aventura Plaza Rehab  
& Nursing Center  
1800 NE 168th St  
305.947.3445

Hampton Court Nursing  
& Rehab Center  
16100 NW 2nd Ave  
305.354.8800

North Beach Rehab Center  
2201 NE 170th St  
305.945.1401

Watercrest Care Center  
16650 W Dixie Hwy  
305.945.7447

## PAHOKEE

Glades Health Care Center  
230 S Barfield Hwy  
561.924.5561

## PALM BEACH GARDENS

Chatsworth at PGA National  
347 Hiatt Dr  
561.227.3200

Gardens Court  
3803 PGA Blvd  
561.626.1125

Heartland Health Care Ctr –  
Prosperity Oaks  
11375 Prosperity Farms Blvd  
561.626.9702

Nursing Center at La Posada,  
The  
3500 Masterpiece Way  
561.514.5000

## PALM CITY

Palm City Nursing & Rehab  
Center  
2505 SW Martin Hwy  
772.288.0060

Water's Edge Extended Care  
1500 SW Capri St  
772.223.5863

## PEMBROKE PINES

Alexander Nininger Veterans  
Nrgs Home  
8401 W Cypress Dr  
954.985.4824

Memorial Manor  
777 S Douglas Rd  
954.276.6200

## PLANTATION

Covenant Village Care Center  
9211 W Broward Blvd  
954.472.8290

ManorCare Health Services  
6931 W Sunrise Blvd  
954.583.6200

Plantation Nursing & Rehab  
Center  
4250 NW 5th St  
954.587.3296

West Broward Care Center  
7751 W Broward Blvd  
954.473.8040

## POMPANO BEACH

Broward Institute for  
Long Term Care  
401 E Sample Rd  
954.941.4100

Court at Palm Aire, The  
2701 N Course Dr  
954.975.8900

John Knox Village Health  
Center  
830 Lakeside Ctr  
954.783.4001

Pompano Rehab & Nursing  
Center  
51 W Sample Rd  
954.942.5530

Seaview Nursing & Rehab  
Center  
2401 NE 2nd St  
954.943.5100

## PORT ST LUCIE

Brighton Gardens of Port St  
Lucie  
1699 SE Lyngate Dr  
772.335.9990

Emerald Health Care Center  
1655 SE Walton Rd  
772.337.1333

Life Care Center of Port St  
Lucie  
3720 SE Jennings Rd  
772.398.8080

Palm Garden of Port St Lucie  
1751 SE Hillmoor Dr  
772.335.8844

Port St Lucie Nursing &  
Restorative  
7300 Oleander Ave  
772.466.4100

Tiffany Hall Nursing & Rehab  
Center  
1800 SE Hillmoor Dr  
772.337.3565

## ROYAL PALM BEACH

Royal Manor  
600 Business Pkwy  
561.798.3700

## STUART

Martin Nursing & Restorative  
Care Ctr  
6011 SE Tower Dr  
772.223.8777

Parkway Health & Rehab  
Center  
800 SE Central Pkwy  
772.287.9912

Salerno Bay Manor  
4801 SE Cove Rd  
772.286.9440

Stuart Nursing & Restorative  
Care Center  
1500 Palm Beach Rd  
772.283.5887

## SUNRISE

Regents Park of Sunrise  
9711 W Oakland Park Blvd  
954.572.4000

Springtree Rehab & Health  
Care Center  
4251 Springtree Dr  
954.572.4251

Sunrise Health & Rehab Center  
4800 Nob Hill Rd  
954.577.3530

## TAMARAC

Heartland of Tamarac  
5901 NW 79th Ave  
954.722.7001

Tamarac Rehab & Health Center  
7901 NW 88th Ave  
954.722.9330

## TAVERNIER

Plantation Key Convalescent  
Center  
48 High Point Rd  
305.852.3021

## W PALM BEACH

Azalea Court  
5065 Wallis Rd  
561.689.1799

Consulate Health Care of West  
Palm Beach  
1626 Davis Rd  
561.439.8897

Coral Bay Healthcare & Rehab  
2939 S Haverhill Rd  
561.641.3130

Darcy Hall of Life Care  
2170 Palm Beach  
Lakes Blvd  
561.683.3333

Edward J Healey Rehab &  
Nursing Center  
1200 45th St  
561.842.6111

Joseph L Morse Geriatric Center  
4847 Fred Gladstone Dr  
561.471.5111

Lakeside Health Center  
2300 Village Blvd  
561.655.7780

Lourdes Noreen McKeen  
Residence  
315 S Flagler Dr  
561.655.8544

ManorCare Health Services  
2300 Village Blvd  
561.478.1800

Palm Garden of West Palm  
Beach  
300 Executive Center Dr  
561.471.5566

Rehab Center of the Palm  
Beaches, The  
301 Northpoint Pkwy  
561.712.1717

Savannah Cove  
2090 N Congress Ave  
561.686.5100

Wood Lake Nursing & Rehab  
Center  
6414 13th Rd S  
561.478.9900

## WILTON MANORS

Wilton Manors Health & Rehab  
Center  
2675 N Andrews Ave  
954.563.5711



**SERVICES:**

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide
- Medical Social Worker
- Dietician

**SPECIALTY PROGRAMS:**

- In-Home Telemonitoring
- Cardiopulmonary Rehabilitation
- Low Vision
- Advanced Wound
- Behavioral Health
- Infrared Therapy
- Nutrition Therapy



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In-Home Telemonitoring



Low Vision



Clinical Outcomes



Quality Improvement Program

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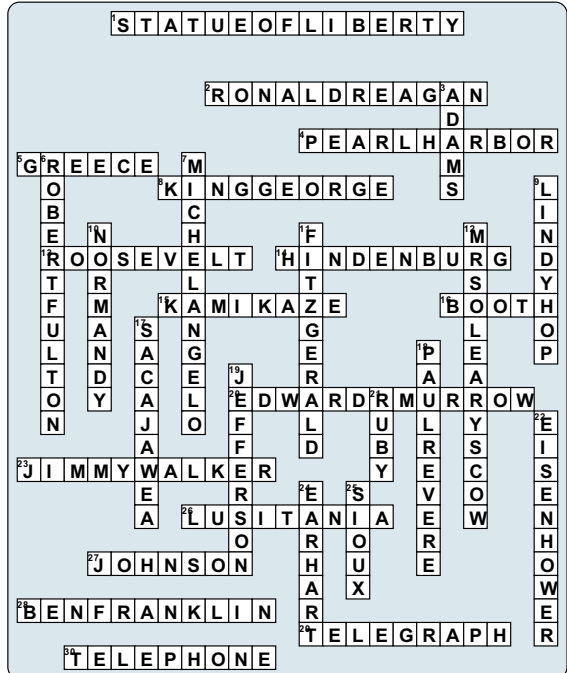
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PUZZLE  
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FROM PAGE 19



# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

<b>AVENTURA</b> Imperial Club 2751 NE 183 <sup>rd</sup> St 305.935.1801	230	<b>COCONUT CREEK</b> Havencrest Assisted Living Facility II 4244 NW 51 <sup>st</sup> St 954.360.0680	6	Coral Springs County Club for Seniors 2903 NW 115 <sup>th</sup> Ter 954.757.9446	6	Living Legends Retirement Center 4001 Hillsboro Blvd 954.426.9700	100	Jenkins Harmony Home 2640 NW 16 <sup>th</sup> Ct 954.485.0891	7
Sterling Aventura, The 2777 NE 183 <sup>rd</sup> St 305.918.0000	168	Havencrest Assisted Living Facility III 4471 Coconut Creek Blvd 954.971.4289	6	Coral Stone Retirement Facility 8666 NW 47 <sup>th</sup> Dr 954.755.8459	6	Peace Haven 1433 SW 1 Ter 954.354.0561	6	Kelly's Assisted Living Facility 1441 NW 20 <sup>th</sup> St 954.524.2867	33
<b>BOCA RATON</b> Brighton Gardens of Boca Raton 6347 Via DE Sonrisa Del Sur 561.392.2772	155	Paradise Villa Retirement Home VI 4130 NW 22 <sup>nd</sup> St 954.970.3193	6	Paradise Villa Retirement Home III 4275 NW 67 <sup>th</sup> Way 954.755.0071	6	Renaissance, The 1050 SW 24 <sup>th</sup> Ave 954.360.7667	120	<b>KINGS MANOR</b> 261 SW 38 <sup>th</sup> Terr 954.306.3885	13
Oakbridge Terrace Assisted Living Res 23305 Blue Water Cir 561.368.5600	51	Pat-Bran Senior Care 5030 NW 44 <sup>th</sup> Ave 954.421.9115	6	Sunshine Assisted Living 6513 NW 55 <sup>th</sup> St 954.255.5588	6	Emeritus at Deer Creek 2403 W Hillsboro Blvd 954.426.3800	145	Lake View Retirement Residence 2304 NW 52 <sup>nd</sup> Ct 954.714.0064	24
Oakbridge Terrace Assisted Living Res 6051 S Verde Trl 561.487.6200	40	Royal Living at CoconutCreek 3420 NW 71 <sup>st</sup> St 954.600.6935	6	Superior Care 11412 NW 1 <sup>st</sup> Pl 954.345.6511	6	<b>DELRAY BEACH</b> Abbey Delray Health Center 2000 Lawson Blvd 561.454.2000	14	Leland Palms 12981 SE 52 <sup>nd</sup> St 954.252.8711	8
Whitehall Boca Raton 7300 Del Prado S 561.392.3000	18	<b>COOPER CITY</b> Nightingale 9990 NW 41 <sup>st</sup> St 954.435.7443	12	Unique Assisted Living 8510 NW 38 <sup>th</sup> St 954.575.8585	6	Arden Courts ManorCare Health Services 16150 Jog Rd 561.498.5552	56	New River Villas 408 SE 7 <sup>th</sup> Ave 954.462.4445	35
<b>BOYNTON BEACH</b> Barrington Terrace of Boynton Beach 1425 S Congress Ave 561.369.7919	125	<b>CORAL GABLES</b> Gables Manor Independent 1535 Venetia Ave 305.265.8548	6	<b>CUTLER BAY</b> Bel-View ALF 19768 Bel-Aire Dr 786.306.9441	6	Villa of Kings & Queens Of Delray 13415 Barwick Rd 561.450.8551	5	Ocean View Retirement Home 3091 NW 43 <sup>rd</sup> St 954.777.5167	32
Boynton Beach Assisted Living Facility 1708 NE 4 <sup>th</sup> St 561.737.6465	118	<b>CORAL SPRINGS</b> A&L HEALTH CARE II 8280 NW 14 <sup>th</sup> St 954.345.7481	6	<b>CUTLER RIDGE</b> Bertha Elderly Care II 10411 SW 198 <sup>th</sup> St 305.259.9242	6	<b>FORT LAUDERDALE</b> Adoring Ranches 14450 Stirling Rd 954.680.2293	6	Paradise Villa Retirement Home II 2560 NW 83 <sup>rd</sup> Ave 954.749.0538	6
Boynton Village 1935 S Federal Hwy 561.736.2424	127	A&L Health 11764 NW 30 <sup>th</sup> St 954.757.6529	6	Ifa Lola ALF 12230 SW 220 <sup>th</sup> St 786.308.9915	6	Annie's Retirement Home 1659 NE 62 <sup>nd</sup> St 954.772.6551	9	Pine Island Seniors Living 8620 NW 54 <sup>th</sup> St 954.572.8580	6
Doreen's Assisted Living Home 3045 S Seacrest Blvd 561.364.7056	6	Alpha & Omega Home Care 10132 NW 23 <sup>rd</sup> St 954.510.7153	6	Rick & Dauvy ALF 23120 SW 124 <sup>th</sup> Ave 786.970.2048	6	Bayview Retirement Home 2625 NE 13 <sup>th</sup> Ct 954.564.3100	12	Ranmar Gardens 1454 NE 56 <sup>th</sup> St 954.491.7396	9
Emeritus at Boynton Beach 8220 Jog Rd 561.733.3200	160	Alternative Care III 1763 NW 85 <sup>th</sup> Dr 954.509.9983	6	<b>DANIA BEACH</b> Billmar Gardens Retirement Home 380 S Federal Hwy 954.921.6577	26	Broward House 417 SE 18 <sup>th</sup> Ct 954.552.4749	60	Royal Palm Senior Residence 5121 NE 19 <sup>th</sup> Ave 954.491.4041	34
New Beginning Assisted Living, A 105 NE 11 <sup>th</sup> Ave 561.369.2891	6	Binda Assisted Living 5544 NW 106 <sup>th</sup> Dr 954.341.3082	6	Eden Inn Assisted Living Facility, The 4064 SW 51 <sup>st</sup> St 954.581.2240	8	Caring Hands Retirement Residence 7438 NW 47 <sup>th</sup> Pl 954.578.3635	6	Sunshine Senior Assisted Living 4580 SW 33 <sup>rd</sup> Ave 954.983.5157	14
Parkside Inn 1613 SW 3 <sup>rd</sup> St 561.734.1616	38	Bright Horizons of Coral Springs 8664 NW 1 <sup>st</sup> St 954.340.4795	6	Hammond House of Dania 357 SW 6 <sup>th</sup> St 954.981.8847	6	Caring Place, The 2953 NW 47 <sup>th</sup> Pl 954.583.0702	6	Tara's Home 551 E Evanston Cir 954.791.5220	6
Points at Newport Place, The 4733 NW 7 <sup>th</sup> Ct 561.586.2989	93	Bright Horizons of Greenwood 9565 NW 27 <sup>th</sup> St 954.340.3045	6	Willow Manor Retirement Home 150 Stirling Rd 954.920.1988	165	EJL Assisted Living 1701 SW 47 <sup>th</sup> Ave 954.625.2266	6	Towers Retirement Home 824 SE 2 <sup>nd</sup> St 954.463.4973	80
Rustic Retreat Retirement Home 1120 N Federal Hwy 561.737.5887	30	Bright Horizons of North Spring 7506 NW 42 <sup>nd</sup> St 954.255.1811	6	<b>DEERFIELD</b> Forum at Deer Creek, The 3001 Deer Creek Country Club Blvd 954.698.6292	65	Fort Lauderdale Retirement Home 420 SE 12 <sup>th</sup> Ct 954.524.3312	81	Tropical Heaven 460 NW 40 <sup>th</sup> St 954.937.5541	25
Simpson Adult Care Facility 1641 NW 5 <sup>th</sup> St 561.355.3851	10	Bright Horizons of Ramblewood 8630 Ramblewood Dr 954.796.6084	6	Horizon Club 1216 S. Military Trl 954.481.2304	68	Garden of Health, The 1910 NE 56 <sup>th</sup> St 954.958.9757	7	Villa Rio Vista 1115 SE 6 <sup>th</sup> Terr 954.763.1044	50
Tyval Assisted Living Facility 3526 Geneva Ave 561.433.3924	6	Comfort Springs Home Care 1326 NW 113 <sup>th</sup> Terr 954.255.6773	6	Keval Esquisite Care II 323 SW 45 <sup>th</sup> Ave 954.725.9572	6	Golden Sands Retirement Home 809 NE 20 <sup>th</sup> Ave 954.524.6054	14	West Vista Del Lago 1077 Waterside Cir 954.762.6881	6
								Willow Wood 2850 W Commercial Blvd 954.739.4200	110

# GUIDE

<b>FORT PIERCE</b> Academy Assisted Living Facility 1225 Soliman Ave 772.460.1211	20	Abuelitos Residence Home 7855 NW 185 <sup>th</sup> St 305.558.6777	8	Cira Home Care 870 NE 5 <sup>th</sup> St 305.888.2068	6	La Rosa Assisted Living Facility 7865 W 5 <sup>th</sup> Ct 305.819.9739	6
Aurora of the Treasure Coast 6609 N US Highway 1 772.460.0809	16	Achoy Home Care 3635 W 13 <sup>th</sup> Ave 305.820.0671	6	Crossroads Assisted Living Center 7960 NW 181 <sup>st</sup> St 305.316.9491	6	Las Brisas Home Care 7401 W 34 <sup>th</sup> St 305.819.9739	6
Bayamo Assisted Living 1199 SW Bayamo Ave 772.873.2903	6	Adam Home 158 W 8 <sup>th</sup> St 305.884.1961	19	Daniella's Care Center 4325 E 9 <sup>th</sup> Ln 305.681.2780	6	Lazarro Loving Home 390 SW 8 <sup>th</sup> Ave 305.888.4359	6
Beachland Retirement Home 462 Hernando St 772.460.8007	8	Ailin Living Facility 7005 W 16 <sup>th</sup> Ave 305.819.1597	6	Daria Home Care 3167 W 77 <sup>th</sup> Pl 305.512.7529	6	Loving Place, A 25 W 26 <sup>th</sup> St 305.884.4002	12
Broadmoor Assisted Living 200 Dixieland Dr 772.468.7235	55	Alpha & Omega Facility 410 E 24 <sup>th</sup> St 305.691.6335	48	Davisito's 6524 NW 197 <sup>th</sup> Ln 305.624.1995	6	Luz Home for the Elderly 810 W 74 <sup>th</sup> St 305.818.2082	6
Candi's Echo Street Retreat 910 Echo St 772.466.9747	6	American Life Adult Care Center 8849 NW 169 <sup>th</sup> Ter 305.303.2980	6	Dulce Hogar 423 W 12 <sup>th</sup> Pl 305.887.9780	6	M&M Comprehensive 280 W 56 <sup>th</sup> St 305.362.9151	6
Center for Independent Living 4700 Buchanan Dr 772.460.2108	6	Amigos 5701 NW 110 <sup>th</sup> St 305.819.4626	6	El Viso Care 756 W 53 <sup>rd</sup> St 305.822.6402	6	Maggie's Home Care 8969 NW 152 <sup>nd</sup> Ln 305.826.5773	6
Divine Senior Care 4707 Oleander Ave 772.465.9389	22	Amor y Esperanza Home Care 3224 W 14 <sup>th</sup> Ave 786.663.4392	6	Epworth Village Retirement Community 5300 W 16 <sup>th</sup> Ave 305.556.3500	125	Maria's Sweet Home 5991 W 20 <sup>th</sup> Ln 305.698.2437	6
Friend Assisted Living 1102 Alameda Ave 772.595.9223	6	Angeles Residential 6341 Palm Ave 305.825.0262	6	Family Rest Home 182 W 9 <sup>th</sup> St 305.887.8095	40	Maribel Paradise Home 651 E 49 <sup>th</sup> St 305.582.1647	6
Kalake 308 S 30 <sup>th</sup> St 772.595.5565	6	Angels in Paradise 4636 W 6 <sup>th</sup> Ave 305.818.9666	6	Farah Michele Home 431 W 31 <sup>st</sup> Pl 305.828.5395	6	Maria Home Care 6898 W 29 <sup>th</sup> Ave 786.236.1509	6
Lake Forest Park Retirement Community 2909 S 25 <sup>th</sup> St 772.466.1919	68	Antonia Residence 840 SE 8 <sup>th</sup> Ct 305.883.1960	6	Garden Elderly Care 7450 W 14 <sup>th</sup> Ct 305.827.8696	6	Mary Jo ALF 158 W 10 <sup>th</sup> St 305.644.1797	14
Lynmoore St Lucie Lawnwood, the 1550 N Lawnwood Cir 772.489.6800	98	Best Age, The 1240 W 83 <sup>rd</sup> St 305.231.8260	6	Golden Age Adult Center 7355 W 12 <sup>th</sup> Ave 305.824.1046	6	Mary's Home 14158 NW 88 <sup>th</sup> Pl 305.825.7097	6
Royal Care ACLF 5081 Dunn Rd 561.464.0728	12	Better Care Home 7599 W 4 <sup>th</sup> Ct 305.820.6530	6	Good Life ALF 7746 NW 201 <sup>st</sup> Ter 786.547.7116	6	Mayra's ALF 4210 W 19 <sup>th</sup> Ave 305.820.8585	6
Seminole Acres/Kanlake II 3562 Seminole Rd 561.467.0181	10	Care & Love Retirement Residence 642 E 21 <sup>st</sup> St 305.885.4978	20	Heterly Home for the Elderly 825 SE 7 <sup>th</sup> Ave 305.889.1166	16	Mi Arcorais Family Care 431 E 10 <sup>th</sup> St 786.337.6357	6
<b>GREENACRES</b> Arbor Oaks 3400 Jog Rd 561.432.4700	97	Carolina's Care Center 9024 NW 148 <sup>th</sup> St 305.827.3100	6	Hilda Home Care 224 E 42 <sup>nd</sup> St 305.819.8090	6	Mi Retiro ALF II 2793 W 72 <sup>nd</sup> St 305.362.5264	6
Encore Senior Village at Greenacres 4760 Jog Rd 561.434.0434	70	Carolina's Care Center II 7824 NW 165 <sup>th</sup> St 305.827.3100	6	Hogar Cristian La Roca 4183 E 8 <sup>th</sup> Ct 305.953.4056	6	Modelo Health Care Center 3601 W 11 <sup>th</sup> Ave 305.364.7611	21
<b>HALLANDALE</b> Bernadette's ACLF 520 NW 2 <sup>nd</sup> Ave 954.454.0826	8	Carolina's Care Center III 8100 W 12 <sup>th</sup> Ave 305.0827.3100	6	Home Sweet Home Care Facility 5341 E 5 <sup>th</sup> Ave 305.953.1649	6	Morales Sweet Home 670 E 57 <sup>th</sup> St 305.681.3739	6
Seaside Retirement Resort 2091 S. Ocean Dr 954.457.0100	94	Casa Bella Assisted Living Facility 670 W 72 <sup>nd</sup> Pl 305.556.7502	6	Joannie's Place 4256 W 10 <sup>th</sup> Ave 305.698.9811	5	Mount Sinai Christian Home 5190 E 8 <sup>th</sup> Ave 305.685.5136	6
<b>HIALEAH</b> A1A Care Center 641 W 33 <sup>rd</sup> St 305.825.4600	6	Casa Sol 441 E 35 <sup>th</sup> St 305.693.3111	6	Julia Home Health Care 3890 E 10 <sup>th</sup> Ave 305.696.8500	6	My Family Home 662 W 50 <sup>th</sup> St 305.362.6649	6
		Christian Home 34 W 14 <sup>th</sup> St 305.888.6356	6	Kathy Loving Facility ALF I 7715 W 10 <sup>th</sup> Ave 305.819.8989	6	My New Family Home 12748 NW 98 <sup>th</sup> Ct 305.820.3329	6



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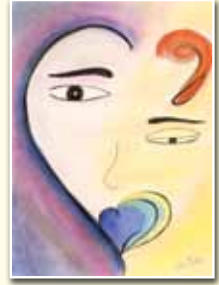
# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

New Home Senior Care 73 E 47 <sup>th</sup> St 305.826.4343	6	Palmetto Senior Care 3157 W 78 <sup>th</sup> Pl 305.934.8770	6	St DB&Y Home for the Elderly 8715 NW 153 <sup>rd</sup> Ter 305.828.2003	6	<b>HOLLYWOOD</b> Amazing Care 2620 N 62 Ave 954.987.1235	6	Lifestyle Living II 833 N Rainbow Dr 954.894.7958	6
New Horizon Manor, A 7968 W 14 <sup>th</sup> Ct 305.970.8812	6	Paradise Adult Center 480 W 66 <sup>th</sup> St 786.277.9822	6	Sun Village 1350-60 W 31 <sup>st</sup> St 305.823.8963	29	Amazing Care II 6270 Atlanta St 954.963.2125	6	Lincoln Manor 2144 Lincoln St 954.922.1995	56
New Life Retirement Home 1001 W 50 <sup>th</sup> Pl 305.557.7825	6	Paradise of Hialeah 592 E 45 <sup>th</sup> St 305.681.9320	6	Sunshine Adult Center 180 W 13 <sup>th</sup> St 305.885.2358	19	Azalea Gardens Assisted Living 1701 Mayo St 954.921.5990	35	Malibu Love & Care ASL 6461 Johnson St 954.243.9815	6
New Paradise Home 3297 W 70 <sup>th</sup> St 305.884.6884	6	Pavilion Gardens 71 W 30 <sup>th</sup> St 305.884.5613	6	Sunshine Adult Center II 170 W 13 <sup>th</sup> St 305.885.2358	19	Buckingham Palace 1845 Garfield St 954.921.1819	14	Meadow Brook Retirement Home 6741 Evans St 954.983.8077	6
New World ACLF 8184 W 18 <sup>th</sup> Ave 305.364.2821	6	Professional Home Care I 435 E 31 <sup>st</sup> St 305.696.7364	25	Sunshine Home ALF 4264 W 7 <sup>th</sup> Ln 305.364.0461	6	Camelot Court 2233 McKinley St 954.922.0808	8	Merriment Manor 1835 Wilson St 954.921.4059	46
Nuevitas Home for the Elderly II 675 E 31 <sup>st</sup> St 305.696.9392	6	Professional Home Care II 447 E 31 <sup>st</sup> St 305.696.7364	15	Sweet Paradise Elderly Home 4986 E 9 <sup>th</sup> Ln 305.953.9691	6	Exquisite Senior Care 2616 Washington St 954.927.7617	6	Midtown Manor 2001 Polk St 954.927.2001	105
Nursing Love & Care Facility 1045 W 23 <sup>rd</sup> St 305.883.1915	19	Professional Home Care III 447 E 26 <sup>th</sup> St 305.691.2083	26	Tranquil Retreat 7224 W 29 <sup>th</sup> Wy 305.819.6308	6	Golden Manor ALF I 2003 Fletcher St 954.926.7937	10	New Hope Group Home 6021 Duval St 954.987.3937	10
Oasis Home for the Elderly 33 W 26 <sup>th</sup> St 305.934.8770	19	Renancer 115 W 5 <sup>th</sup> St 305.884.0611	22	Two Sisters Home Care II 12335 NW 98 <sup>th</sup> Ave 305.362.3707	6	Golden Manor ALF II 1510 S 20 <sup>th</sup> Ave 954.926.7937	6	Newport Home Care 2811 Cleveland St 954.921.0027	6
Our Dream Retirement Home 1630-40 Palm Ave 305.887.4141	42	Renancer Home Care 642-44 SE 4 <sup>th</sup> Pl 305.885.2545	6	Villa Maria Living Solutions 790 E 18 <sup>th</sup> St 305.863.0156	6	H Floridian 1831 Plunket St 954.925.8604	31	North Lake Retirement Home 1222 N 16 <sup>th</sup> Ave 954.922.2643	114
Our Golden Home ALF II 18400 NW 81 <sup>st</sup> Ct 305.821.5153	6	Rosewood Lakes 14512 Rosewood Rd 305.365.1242	6	Villa Nora ALF 4040 W 10 <sup>th</sup> Ct 305.827.7996	6	Hammond House, The 5301 McKinley St 954.981.8847	6	Peninsula, The 5100 W Hallandale Beach Blvd 954.893.7755	200
Our Loving Mother Elderly Care 1635 W 65 <sup>th</sup> St 305.557.8100	6	Salmu 23 Elder Care 277 E 4 <sup>th</sup> St 305.863.9623	24	Villa Nora II 998 W 31 <sup>st</sup> St 786.942.4420	6	Heart to Heart ALF 2201 N 55 <sup>th</sup> Ave 954.981.5862	6	Presidential Place 3880 S Circle Dr 954.894.0059	118
Palm Breeze ALF 1045-55 Palm Ave 305.883.8376	61	San Judas Home for Elderly 14602 NW 87 <sup>th</sup> Ct 305.828.2003	6	Yamilé's Home 6135 W 8 <sup>th</sup> Ave 305.558.8769	6	Hollywood Beach Retirement Home 1722-26 Madison St 954.923.1726	25	Rainbow Place 522 S Rainbow Dr 954.964.8179	6
Palm Gardens Manor I 1232 W 60 <sup>th</sup> St 305.970.8812	9	San Miguel Home Care 3931 W 8 <sup>th</sup> St 305.558.8769	6	Your Sweet Home 1105 W 69 <sup>th</sup> Pl 305.827.5442	6	Hollywood Manor Assisted Living 1928 Washington St 954.929.7487	8	Serenity Gardens Retirement Home 6200-10 Cleveland St 954.983.5174	15
Palm Gardens Manor II 1255 W 64 <sup>th</sup> Ter 305.970.8812	6	Santa Teresita Home Care 538 W 40 <sup>th</sup> Pl 305.818.6586	6	<b>HIALEAH GARDENS</b> Hialeah Gardens ALF 8905 NW 120 <sup>th</sup> Ter 305.698.6067	6	Hollywood Paradise Residence 1700 N 47 <sup>th</sup> Ave 954.624.5824	6	Victorian Manor ALF 900 N 24 <sup>th</sup> Ave 954.929.7009	8
Palm Gardens Manor III 5835 W 14 <sup>th</sup> Ln 305.826.7713	6	SC Home Care 626 E 40 <sup>th</sup> St 305.696.3966	6	La Orquidea Home Care 10460 NW 129 <sup>th</sup> St 305.362.6257	6	Irving's Place of Loving Care 4561 SW 36 <sup>th</sup> St 954.989.0273	6	<b>HOMESTEAD</b> Advance Assisted Living Care Facility 14335 SW 288 <sup>th</sup> St 786.326.0680	6
Palm Gardens Manor V 5435 W 14 <sup>th</sup> Ave 305.970.8812	6	Senior Living Home 1084 W 65 <sup>th</sup> St 305.557.2632	6	Riliz Home 8777 NW 110 <sup>th</sup> St 305.825.4270	6	Jordan Brooke's Assisted Living 4508 Van Buren St 954.322.4112	6	Alita & John Haran ALF 1532 Flamingo Ct 305.242.5620	6
Palm Gardens Manor VI 1214 W 78 <sup>th</sup> Ter 305.970.8812	6	Senior's Palace 1760 E 1 <sup>st</sup> Ave 305.885.7733	34	Two Sisters Home Care III 9143 NW 117 <sup>th</sup> St 305.817.1138	6	Lakeview ALF 3833 SW 33 <sup>rd</sup> St 954.967.0690	6	Angele's ALF 29921 SW 151 <sup>st</sup> Ave 786.339.9380	6
Palm Spring North Manor 7861 NW 175 <sup>th</sup> St 305.970.8941	6	Seven Elderly Care 6132 W 14 <sup>th</sup> Ln 305.512.0102	6	<b>HOBE SOUND</b> Pine Grove Manor 9555 SE Federal Hwy 561.546.9142	48	Leoray ALF 101 Thomas Rd 954.559.9307	6	Bright Happy Home 931 NE 17 <sup>th</sup> Ter 786.282.5317	6
Palmetto ALF 6826 W 25 <sup>th</sup> Ct 305.819.6919	6	South Hialeah Manor 240 E 5 <sup>th</sup> St 305.887.4965	67						

# GUIDE



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<p><b>Campo Alegre ALF</b> 24201 SW 192<sup>nd</sup> Ave 305.242.4429</p>	5	<p><b>Peace ALF</b> 12451 SW 236<sup>th</sup> St 305.742.3446</p>	6	<p><b>KENDALL</b> Abuelas Home Care 4257 SW 154<sup>th</sup> Ct 305.227.6682</p>	6	<p>Andre Retirement Manor 5711-21 NW 28<sup>th</sup> St 954.485.3244</p>	36
<p><b>Del Real Home Care</b> 13071 SW 260<sup>th</sup> Ter 305.257.0041</p>	6	<p><b>Pina &amp; Fuerte Adult Care</b> 14935 SW 297<sup>th</sup> St 305.242.0871</p>	6	<p><b>Lourdes ALF</b> 14825 SW 82<sup>nd</sup> St 786.229.3431</p>	6	<p><b>Bethesda ALF</b> 5360 NW 78<sup>th</sup> Ave 954.578.1629</p>	6
<p><b>Diaz Home Care ALF</b> 13481 SW 268<sup>th</sup> Ter 305.258.7790</p>	6	<p><b>Quality Care ALF</b> 11381 SW 247<sup>th</sup> Ter 305.799.2782</p>	6	<p><b>Villa Josefa</b> 16139 SW 68<sup>th</sup> Ter 305.223.3417</p>	6	<p><b>Brandon House</b> 2731 NW 58<sup>th</sup> Ter 954.735.9062</p>	14
<p><b>Duran Home Care</b> 26775 SW 129<sup>th</sup> Ave 305.726.5782</p>	6	<p><b>Quality ALF</b> 19421 SW 307 St 305.807.8645</p>	6	<p><b>KEY WEST</b> Boyshore Manor 5200 College Rd 305.294.4966</p>	16	<p><b>Briarwood Manor</b> 5621-31 NW 28<sup>th</sup> St 954.735.8989</p>	39
<p><b>El Viejo Sol ALF</b> 4163 NE 16<sup>th</sup> St 305.986.8104</p>	6	<p><b>San Rafael Home Health</b> 13373 SW 283<sup>rd</sup> St 786.470.7927</p>	6	<p><b>LAKE PARK</b> Tropical Palm ALF 915 Forresteria Dr 561.667.6965</p>	6	<p><b>Bridge at Inverrary, The</b> 4291 Rock Island Rd 954.486.9799</p>	120
<p><b>Gardens, ALF, The</b> 2835 NE 4<sup>th</sup> St 305.230.6789</p>	6	<p><b>Santa Flora ALF</b> 19005 SW 320<sup>th</sup> St 305.247.7055</p>	6	<p><b>White Palms</b> 9072 Old Dixie Hwy 561.845.1114</p>	12	<p><b>Devine Living Facility</b> 1142 NW 43<sup>rd</sup> Ter 954.584.5897</p>	6
<p><b>Heaven Assisted Living Facility</b> 30136 SW 148<sup>th</sup> Pl 305.245.2290</p>	6	<p><b>Sara Home Care</b> 29100 SW 172<sup>nd</sup> Ave 305.246.4034</p>	16	<p><b>LAKE WORTH</b> Avaton of Palm Beach 4905 Lantana Rd 561.641.0126</p>	107	<p><b>Forest Trace</b> 5500 NW 69<sup>th</sup> Ave 954.572.1800</p>	40
<p><b>Homestead Group Home</b> 30671 SW 189<sup>th</sup> Ave 305.245.9399</p>	5	<p><b>Serenity Adult Home Care Services</b> 15401 SW 277<sup>th</sup> St 786.853.8880</p>	6	<p><b>Finnish-American Rest Home</b> 1800 South Dr 561.588.4333</p>	150	<p><b>Gena's Retirement Home</b> 2233 NW 56<sup>th</sup> Ave 954.733.9614</p>	32
<p><b>Homestead Manor</b> 1330 NW 1<sup>st</sup> St 305.248.0271</p>	18	<p><b>Sol Radiante</b> 221 NE 15<sup>th</sup> St 305.246.4798</p>	6	<p><b>Nuestra Casa</b> 1906 North A St 561.439.1785</p>	6	<p><b>Hampton Court ALF</b> 7801 NW 45<sup>th</sup> Ct 954.748.9282</p>	6
<p><b>Jesus Home Services</b> 28425 SW 131<sup>st</sup> Ct 786.355.3611</p>	6	<p><b>Swankridge</b> 122 NW 7<sup>th</sup> St 305.248.9662</p>	12	<p><b>Sunrise Adult Care</b> 4102 Cooley Ct 561.967.2287</p>	6	<p><b>Happy Hearts ALF</b> 5245 NW 73<sup>rd</sup> Ter 954.746.1977</p>	6
<p><b>Kayleen &amp; Denis Care</b> 15700 SW 296<sup>th</sup> St 305.248.5046</p>	6	<p><b>Swankridge II</b> 120 NW 17<sup>th</sup> St 305.248.9662</p>	8	<p><b>Tropical Garden Villas</b> 428 South F St 561.383.2992</p>	12	<p><b>Lamerlie Home</b> 4225 NW 25<sup>th</sup> Pl 954.486.7792</p>	14
<p><b>La Edad Dorada</b> 1501 SW 2 ct 305.819.1912</p>	6	<p><b>Sweet Home of Miami</b> 18640 SW 194<sup>th</sup> Ter 305.245.7822</p>	6	<p><b>Tropical Garden Villas</b> 432 South F St 561.383.2992</p>	12	<p><b>Lauderhill Family Care Retirement</b> 5821 NW 28<sup>th</sup> St 954.777.0038</p>	62
<p><b>Living Well ALF I</b> 24151 SW 107<sup>th</sup> Ave 305.431.2586</p>	6	<p><b>Sweet Mansion ALF</b> 16925 SW 300 St 786.486.4902</p>	5	<p><b>LANTANA</b> Atlantis Assisted Living 6026 Old Congress 561.966.3232</p>	70	<p><b>Loving Care of Lauderdale</b> 5605 NW 27<sup>th</sup> Ct 954.733.1840</p>	70
<p><b>Mary's Care Center</b> 30796 SW 189<sup>th</sup> Ave 305.498.9171</p>	6	<p><b>Vicky's ALF</b> 12438 SW 266<sup>th</sup> Ln 305.257.3039</p>	6	<p><b>Atria Meridian</b> 3061 Donnelly Dr 561.965.7200</p>	104	<p><b>Loving Care of Lauderdale II</b> 5640 NW 28<sup>th</sup> St 954.733.1840</p>	39
<p><b>Meadow Wood Homes</b> 25799 SW 122<sup>nd</sup> Pl 305.283.5034</p>	6	<p><b>INDIANTOWN</b> Seagull Ranch 9601 Fox Brown Rd 772.597.4004</p>	15	<p><b>Classic Res by Hyatt at Lake-side Village</b> 2792 Donnelly Dr 561.966.4600</p>	60	<p><b>Park Regency Assisted Living</b> 2801 NW 55<sup>th</sup> Ave 954.484.1960</p>	85
<p><b>Merline's Place</b> 28412 SW 135<sup>th</sup> Ave 305.274.4326</p>	6	<p><b>JENSEN BEACH</b> Emeritus of Jensen Beach 1700 NE Indian River Dr 772.225.1355</p>	100	<p><b>Pleasant Retirement Home</b> 7512 Washington Ave 561.540.8563</p>	10	<p><b>Potter's House at Cannon Point</b> 5820 NW 27<sup>th</sup> Ct 954.746.8584</p>	16
<p><b>Mi Renacer ALF</b> 1305 SE 7<sup>th</sup> St 786.295.2913</p>	6	<p><b>JUPITER</b> Courtyard Gardens of Jupiter 1790 Indiancreek Dr W 561.743.5966</p>	100	<p><b>LAUDERDALE LAKES</b> St Joseph's Residence 3485 NW 30<sup>th</sup> St 954.738.1483</p>	80	<p><b>Rebecca's House</b> 6711 NW 46<sup>th</sup> Ct 954.748.8487</p>	6
<p><b>Mother's Golden Years II</b> 29332 SW 143<sup>rd</sup> Ct 305.551.3160</p>	5	<p><b>Mangrove Bay</b> 110 Mangrove Bay Way 561.575.3123</p>	60	<p><b>LAUDERHILL</b> Alea's ALF 5304 NW 16<sup>th</sup> St 954.731.4863</p>	7	<p><b>Serenity Garden at Lauderdale</b> 5811 NW 28<sup>th</sup> St 954.485.1210</p>	66
<p><b>Oasis I</b> 26508 SW 128 Ct 786.709.5155</p>	6	<p><b>St Joseph's Assisted Living</b> 350 Bush Rd 561.747.1135</p>	100	<p><b>Shalom Manor</b> 2771 NW 58<sup>th</sup> Ter 954.485.0901</p>	80	<p><b>Special Senior's of Inverrary</b> 7471 NW 35<sup>th</sup> Ct 954.746.8550</p>	6
<p><b>Palace Gardens, The</b> 1351 N Krome Ave 305.247.0446</p>	200						



# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

Virginia's Country Manor 8140 NW 47 <sup>th</sup> Ct 954.749.3879	5	Abuelitas Home 15257 SW 61 <sup>st</sup> St 786.229.1618	6	Always Loving Family 4394 SW 151 <sup>st</sup> Pl 305.487.9938	6	<b>MIAMI</b> Angels Home 7935 SW 146 <sup>th</sup> Ct 305.385.1138	6	Baby Danny ALF 10840 NW 1 <sup>st</sup> Ln 786.290.8387	6
<b>LEISURE CITY</b> MD Adult Living Facility 15735 SW 303 <sup>rd</sup> Ter 305.247.0260	6	Abuelitas De Mary 4242 SW 137 <sup>th</sup> Ct 305.222.9305	5	Ama Home Care 13720 SW 108 <sup>th</sup> St 305.408.3042	6	Angels House 12720 SW 43 <sup>rd</sup> Dr 305.207.1614	6	Balbina Home Care 10115 SW 77 <sup>th</sup> Dr 305.271.3295	6
<b>LOXAHATCHEE</b> Hidden Pines ALF 16242 Sycamore Dr E 561.383.8838	6	AC Family Home 1879 SW 59 <sup>th</sup> Ave 305.261.2534	6	Amanda's Paradise 6132 SW 129 <sup>th</sup> Ct 305.386.6695	6	Annie's Palace 935 SW 9 <sup>th</sup> St 305.860.9549	13	Bay Oaks Home for the Aged 435 NE 34 <sup>th</sup> St 305.573.4337	41
<b>MARATHON</b> Heron House 1320 Coco Plum Dr 305.743.4129	16	Acacia's 15295 SW Palmetto Lake Dr 305.251.1344	6	Amanecer Home 9010 SW 17 <sup>th</sup> Ter 305.225.8878	6	Anos Dorados ALF 6400 SW 24 <sup>th</sup> St 305.244.9691	6	Bel Aire Retirement Home 9855 SW 196 <sup>th</sup> St 305.232.0429	6
<b>MARGATE</b> A&J ALF of Florida 2187 NW 63 <sup>rd</sup> Ave 954.467.3145	6	Acelia Tropical Senior Care 21 NW 133 <sup>rd</sup> Pl 786.286.5777	6	Amapala ALF 11850 SW 189 <sup>th</sup> St 305.238.9349	6	Apostolado Home III 13510 SW 79 <sup>th</sup> St 305.387.0453	6	Bel-Air ALF 8830 Caribbean Blvd 305.255.8737	6
Andrea's Golden Care ALF 4980 SW 4 <sup>th</sup> St 954.260.5428	5	Ada ALF 683 NW 122 <sup>nd</sup> Pl 305.226.4283	6	Amegab Home Care 11451 SW 74 <sup>th</sup> Ct 305.261.3910	6	Apostolado Home 11081 SW 63 <sup>rd</sup> Ter 305.279.7614	8	Bel-Air ALF II 19431 Franjo Rd 305.278.2120	6
Coral Plaza Retirement Residence 5850 Margate Blvd 954.970.0053	120	Adela's Sweet Home ALF 12915 SW 21 <sup>st</sup> St 305.551.9394	6	Amistada 308 8420 SW 2 <sup>nd</sup> St 305.221.2797	6	Arcadia Manor 1024-26 SW 19 <sup>th</sup> Ave 305.643.2571	32	Belen Sweet Home ALF 11500 SW 192 <sup>nd</sup> St 305.255.1614	6
Cypress Manor ALF 7459 Royal Palm Blvd 954.979.6893	6	Adult Care of Miami 9833 SW 27 <sup>th</sup> Ter 305.559.8159	6	Amor De Dios 718 NW 132 <sup>nd</sup> Pl 305.485.1225	6	Arcadia Manor South 1144 SW 19 <sup>th</sup> Ave 305.643.2193	12	Belkis ALF I 3700 SW 147 <sup>th</sup> Pl 305.487.6736	6
Cypress Manor ALF II 1910 NW 77 <sup>th</sup> Ave 954.971.5595	6	Ady's Family Home II 1030 SW 10 <sup>th</sup> Ave 305.857.9425	6	Amor De Jesus 14283 SW 177 <sup>th</sup> St 305.255.7630	6	Ashley Gardens 1016 NW 42 <sup>nd</sup> St 305.637.7465	5	Bella Luna Retirement Home 18700 SW 93 <sup>rd</sup> Ct 305.969.7482	6
Emeritus at Regency 5600 Lakeside Dr N 954.974.6604	47	Affordable Adult Center 311 SW 71 <sup>st</sup> Ave 786.283.3204	6	Amparito's Senior Care 15877 SW 85 <sup>th</sup> Ln 305.993.6226	6	Assisted Living Retirement Homes I 132-34 NW 17 <sup>th</sup> Ct 305.642.8495	14	Bella Luna Retirement Home II 11511 SW 128 <sup>th</sup> St 786.293.0431	6
Gardens at Margate, The 6700 NW 21 <sup>st</sup> St 954.957.9300	6	Alborada Family Home ALF 5524 SW 5 <sup>th</sup> St 305.261.4976	6	Angel ALF 9605 SW 144 <sup>th</sup> Pl 305.382.2353	6	Assisted Living Retirement Homes II 2787-89 SW 33 <sup>rd</sup> Ave 305.446-5076	14	Bermudez Senior Care 5301 SW 162 <sup>nd</sup> Pl 305.226.8409	6
House of Tranquility 421 SW 64 <sup>th</sup> Ter 954.979.3433	6	Aldara Home 12810 SW 18 <sup>th</sup> St 786.262.1994	6	Angel De Amor 18020 SW 134 <sup>th</sup> Ct 786.573.4487	6	Assisted Living Retirement Homes III 2756-58 SW 25 <sup>th</sup> Ter 305.567.9589	14	Bertha Elderly Care 9760 Memorial Rd 305.278.1351	6
Lorna's Home For the Elderly 5511 SW 10 <sup>th</sup> Ct 954.984.8494	6	Aleman's Family Home Corp 8735 SW 132 <sup>nd</sup> Ct 305.388.6519	6	Angel's Age II, The 13320 SW 71 <sup>st</sup> St 305.408.7287	6	Assisted Living Suites 9405 SW 89 <sup>th</sup> St 305.345.6919	6	Best Home ALF, The 13600 SW 75 <sup>th</sup> St 305.385.7223	6
Professional Care Facility ALF 5515 SW 8 <sup>th</sup> St 954.968.7676	6	ALF Family Care 14381 SW 159 <sup>th</sup> Ter 786.293.7955	6	Angel's Age II, The 13320 SW 71 <sup>st</sup> St 305.408.7287	6	Aviles Forever Care 9365 SW 36 <sup>th</sup> St 786.210.4840	6	Beth Shalom Home Care 7891 NW 171 <sup>st</sup> St 305.828.9728	6
<b>MIAMI</b> I2ource Living Care 1401 NE 176 <sup>th</sup> St 954.447.4192	6	ALF Family Solution 7235 S Water Way Dr 786.488.1636	6	Angeles ALF 10923 SW 5 <sup>th</sup> St 305.559.7130	12	B&B Home Care 20625 SW 114 <sup>th</sup> Pl 305.235.4884	6	Better Life ALF 5750 NW 192 <sup>nd</sup> St 305.620.6978	6
330 Assisted Living 330 SW 22 <sup>nd</sup> Rd 305.285.0119	6	Alice's Home 12795 NW 10 <sup>th</sup> Ln 305.223.6443	6	Angeles Senior Care 13751 SW 17 <sup>th</sup> Ter 305.480.5664	6	B&B Home Care II 17430 SW 118 <sup>th</sup> Pl 305.235.3255	6	Better Living of Miami 11010 SW 42 <sup>nd</sup> Ter 305.551.7700	6
340 Assisted Living 340 SW 22 <sup>nd</sup> Rd 305.858.3878	6	Aloma Retirement Home 2030 NW 33 <sup>rd</sup> St 305.635.0718	14	Angels Forever 7201 SW 142 <sup>nd</sup> Ave 305.387.3686	6	B&B Home Care III 11960 SW 172 <sup>nd</sup> St 305.235.9510	6	Bird Lakes Facility Care 14279 SW 52 <sup>nd</sup> St 305.553.0192	6
		Alton Asst Care Living Facility Home 2090 NW 115 <sup>th</sup> St 305.687.7142	6	Angels Hands 15040 SW 144 <sup>th</sup> Ct 305.234.2437	6	Baby Boomers Adult Care Facility 6478 SW 72 <sup>nd</sup> St 305.662.6706	6	Biscayne Gardens Country Estate 1074 NW 153 <sup>rd</sup> St 305.681.9762	6
								BJ Home Care 2218 SW 26 <sup>th</sup> Ln 305.858.6422	10

# GUIDE



Blanco Home Health Care 604-06 NW 25 <sup>th</sup> Ave 305.649.9299	14	Carely Home Care 650 SW 65 <sup>th</sup> Ave 305.265.8945	6	Cheta's Senior Care 1442 SW 145 <sup>th</sup> Pl 305.225.1490	6	Daniella's Home Care 15971 SW 42 <sup>nd</sup> Ter 305.226.2820	6
Blessing House 14350 SW 29 <sup>th</sup> St 305.553.3607	6	Caribbean ALF 9860 Caribbean Blvd 305.971.9667	6	Christian Home ALF 9700 NW 29 <sup>th</sup> Ave 786.202.4971	6	Daylien's Living Facility 2920 SW 12 <sup>th</sup> St 305.644.9511	6
Blessing House II 4940 SW 116 <sup>th</sup> Ave 305.595.4382	4	Caring for You ALF 5210 SW 5 <sup>th</sup> Ter 305.569.0069	6	Classic Residence Senior Living by Hyatt 19333 W Country Club Dr 305.692.4501	25	De' Blanca Home 11901 SW 25 <sup>th</sup> Ter 305.541.3007	6
Blue Point Home Care 21910 SW 97 <sup>th</sup> Ct 305.971.5826	6	Caring for you ALF II 5645 SW 2 <sup>nd</sup> St 305.264.6106	6	Cleria Family Home 4911 SW 132 <sup>nd</sup> Ave 305.554.5521	6	De' Blanca Home II 2520 SW 102 <sup>nd</sup> Ave 305.220.8616	6
Blue Sky 354 SW 22 <sup>nd</sup> Rd 305.856.1589	6	Caring for you ALF III 7080 SW 14 <sup>th</sup> St 305.262.7704	6	Colonial Drive Seniors Residence Care 10220 SW 164 <sup>th</sup> St 786.277.1226	6	De' Blanca Home III 4010 SW 107 <sup>th</sup> Ave 305.551.7721	6
Blue Sky Group Home 11000 SW 142 <sup>nd</sup> Pl 305.387.4952	6	Caring Hands Assisted Living 12735 N Miami Ave 305.409.6471	6	Colonial North Home Care 5300 SW 104 <sup>th</sup> Ave 305.273.3349	6	De' Blanca Home IV 125 SW 103 <sup>rd</sup> Ct 305.228.0018	6
Bosan Residence 1754 NW 6 <sup>th</sup> St 305.649.3492	14	Caring Place ALF, A 13232 SW 85 <sup>th</sup> St 305.382.6279	6	Companion Home Corp 1997 SW 17 <sup>th</sup> Ct 305.856.2933	13	Deerwood Manor 12853 SW 147 <sup>th</sup> St 305.259.1883	6
Bosch ALF 3060 NW 19 <sup>th</sup> Ter 305.637.8109	6	Cary Crist Home Care ALF 1706 SW 136 <sup>th</sup> Pl 305.553.7491	6	Coral Park Senior Care 9640 SW 10 <sup>th</sup> Ter 305.207.9191	6	Diana Home Care I 650 SW 60 <sup>th</sup> Ct 305.260.9625	6
Breezy Acres Retirement Living 1864 NW 175 <sup>th</sup> St 305.624.4901	65	Cary's Adult Care 14109 SW 167 <sup>th</sup> Ter 305.234.0914	6	Coral Sands ALF 7800 Abbott Ave 305.867.3232	30	Diana Home Care II 1725 SW 71 <sup>st</sup> Ct 305.342.6155	6
Cachita Adult Care Living Facility 4753 NW 1 <sup>st</sup> St 305.829.4321	10	Cary's Adult Care II 15765 SW 76 <sup>th</sup> Ter 786.486.9365	6	Coral Terrace ALF 6744 SW 22 <sup>nd</sup> St 305.267.0073	44	Diana Home Care III 7231 SW 7 <sup>th</sup> St 305.498.2369	6
Calle 30 Health Care 7511 SW 36 <sup>th</sup> St 786.546.5126	6	Casa De Paz ALF 9360 SW 24 <sup>th</sup> St 305.223.0821	4	Coral Villa Adult Care 2860 SW 122 <sup>nd</sup> Ave 305.226.9301	6	Doral ALF 9795 NW 27 <sup>th</sup> Ter 305.629.2908	6
Calusa Adult Care I 13871 SW 112 <sup>th</sup> St 786.493.6220	13	Casa Dulce Corazon 11475 Quail Roost Dr 305.971.8071	6	Coral Villa Adult Care II 14213 SW 100 <sup>th</sup> Ln 305.380.8084	6	Dulce Esperanza Home 1679 SW 14 <sup>th</sup> Ter 305.285.6847	6
Camacho ALF 1631 SW 14 <sup>th</sup> St 786.619.7070	6	Casa Herminda Home Care 120 Apache St 786.553.5145	6	Coral Way Senior Care 2451 SW 143 <sup>rd</sup> Ct 305.551.1439	6	Dulce Hogar 120 NW 26 <sup>th</sup> Ave 305.631.8872	6
Camila's Home Care 224 SW 67 <sup>th</sup> Ave 305.401.7930	6	Casabel Home Care 2472 SW 113 <sup>rd</sup> Ct 305.554.8627	6	Cordero Residence 4510 SW 106 <sup>th</sup> Ave 305.559.2530	6	Dulce Hogar II 3601 SW 139 <sup>th</sup> Ave 786.262.9130	6
Camino De Esperanza 5903 SW 147 <sup>th</sup> Pl 305.382.2570	6	Cascante Retirement Home 8325 SW 37 <sup>th</sup> St 305.554.4106	6	Cornell ALF 581-583 Central Blvd 305.269.1931	6	E&A Paradise Home 5925 SW 117 <sup>th</sup> Ave 305.273.4230	6
Candid Home Care 7200 SW 131 <sup>st</sup> Ave 305.382.2923	6	Casita Amor II 2303 SW 62 <sup>nd</sup> Ct 305.260.3895	6	Corner House 1895 SW 11 <sup>th</sup> Ter 305.649.2490	16	East Gables Retirement Center 3590-92 SW 16 <sup>th</sup> St 305.223.7574	14
Candid Home Care II 14733 SW 113 <sup>th</sup> Ln 305.382.3487	6	Catholic Senior Living 100 SW 52 <sup>nd</sup> Ave 786.552.5704	6	Curtis Senior Care 21831 SW 102 <sup>nd</sup> Ave 305.251.5170	6	East Ridge Retirement Village 19301 SW 87 <sup>th</sup> Ave 305.238.2623	60
Candid Home Care III 10710 SW 148 <sup>th</sup> Ct 305.382.2923	6	Celena's Senior Care 10601 SW 142 <sup>nd</sup> Ave 305.408.3236	6	D&E Home Care Facility 6305 SW 59 <sup>th</sup> Ave 305.668.0586	5	Edad De Oro Senior Care 17891 SW 152 <sup>nd</sup> Ct 305.235.0649	6
Candid Home Care IV 8105 SW 136 <sup>th</sup> Pl 305.382.2923	6	Central Palace Residential 4491 SW 8 <sup>th</sup> St 305.445.3565	33	Daisy Cuidado De Ancianos 6510 NW 2 <sup>nd</sup> St 305.262.0728	6	Edelmira ALF 19720 SW 116 <sup>th</sup> Ave 305.253.0649	6
Capricorn Retirement Home 13720 NW 1 <sup>st</sup> Ave 305.688.4670	6	Century ALF 15900 SW 72 <sup>nd</sup> Ter 305.752.5306	6	Damabian ALF Center 4065 NW 4 <sup>th</sup> St 305.643.3095	6	Eden Gardens ALF 12221 W Dixie Hwy 305.893.2634	118

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# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

Eilaz Home 12300 SW 31 <sup>st</sup> St 305.227.7261	6	Ferreiro Senior Care 15942 SW 61 <sup>st</sup> Ln 305.910.7105	6	Gonzalez & Son's Home Care II 4290 SW 4 <sup>th</sup> St 786.317.4752	6	Hermana's Family Home 6524 SW 162 <sup>nd</sup> Path 305.383.4067	6	Isabel Adult Care III 10711 SW 52 <sup>nd</sup> Ter 305.413.4376	6
El Paraiso Home 1540 SW 7 <sup>th</sup> St 305.649.0490	14	Forest View Senior Care 13431 SW 178 <sup>th</sup> St 305.971.3628	6	Good Family Home 6851 SW 79 <sup>th</sup> Ter 786.268.1039	6	Highlands Home Care 3320 SW 88 <sup>th</sup> Pl 305.223.1629	6	Ive Home 20020 SW 113 <sup>th</sup> Pl 305.255.7934	6
Eleanor's Retirement Home 12315 NW 23 <sup>rd</sup> Ave 305.688.0759	6	Fofine's Senior Home 5937 SW 41 <sup>st</sup> St 305.661.3027	6	Good Time Home Care 8640 SW 185 <sup>th</sup> St 305.252.9419	6	Hogar Cristiano Larga Vida 8601 SW 36 <sup>th</sup> St 305.223.6420	6	Ive Home II 22636 SW 125 <sup>th</sup> Ave 305.804.3183	6
Ella's Home Care 5600 SW 7 <sup>th</sup> St 786.287.2359	6	G&G Assisted Care Living Facility 1984 NW 22 <sup>nd</sup> Pl 305.634.2395	12	Gran Familia 9981 SW 16 <sup>th</sup> St 305.223.5909	6	Hogar De Abuelos 3240 NW 18 <sup>th</sup> St 305.635.2893	5	Iva-Kere ALF 9-11 NW 56 <sup>th</sup> Ct 786.317.6505	6
Elpa Home Care Center 9950 SW 83 <sup>rd</sup> St 305.962.8752	6	Gables Estates ALF 1881 SW 37 <sup>th</sup> Ave 305.774.5801	6	Grand Court Lakes 280 Sierra Dr 305.654.5300	110	Hogar La Tercera Edad 2930 SW 114 <sup>th</sup> Ave 305.226.0683	6	MIAMI Izquierdo Home Care I 311 SW 62 <sup>nd</sup> Ave 305.263.1310	6
Elsa's House for the Elderly 11700 SW 169 <sup>th</sup> Ter 305.235.7546	12	Gables Manor Independent I 6355 SW 2 <sup>nd</sup> St 305.265.9373	6	Grandad Elderly 7520 SW 108 <sup>th</sup> Ave 305.270.9123	6	Home Away From Home 2660 SW 68 <sup>th</sup> Ave 305.663.6979	6	J&J Family Home 100 NE 185 Ter 305.653.1344	5
EMU ALF 10241 SW 134 <sup>th</sup> Ave 305.383.0622	6	Gabriel's Home ALF 11232 SW 7 <sup>th</sup> St 305.229.9860	12	Granny's Adult Home 1031 NW 39 <sup>th</sup> Ct 305.642.2888	6	Home Away From Home, A 1851 SW 142 <sup>nd</sup> Ave 305.229.1315	6	Jackson North CMCH Serenity Home 480 NW 123 <sup>rd</sup> St 305.769.0244	6
Esperanza's ALF II 500 62 <sup>nd</sup> Ave 305.267.1751	6	Garden Hills Retirement Center 10337 SW 159 <sup>th</sup> Ct 305.510.2004	6	Greenview 1701 SW 87 <sup>th</sup> Ct 305.229.0543	6	Home for the Angels 9270 SW 42 <sup>nd</sup> Ter 305.207.4481	6	JC Loving Care 11260 SW 176 <sup>th</sup> ST 305.255.1178	6
Esther Home Care I 9341 SW 32 <sup>nd</sup> St 305.485.8870	6	Garden of Hope 11511 SW 83 <sup>rd</sup> Ter 305.274.2138	6	Guardian Elder Care Services, The 8318 SW 162 Pl 305.388.1655	6	Home Loving Care 4321 SW 133 <sup>rd</sup> Ave 305.229.1852	6	Jesus ALF 3144 SW 21 St 305.460.6898	6
Esther Home Care II 13908 SW 26 <sup>th</sup> Ter 305.221.9614	6	Genesis ALF I 1445 NW 116 <sup>th</sup> Ter 305.681.9643	6	Guardian Elder Care Services, The 10930 SW 143 <sup>rd</sup> Ct 305.387.0969	6	Home of the Heart of Miami 6701 SW 27 <sup>th</sup> St 305.740.0102	6	Jesus Home 3401 SW 72 <sup>nd</sup> Ct 305.269.4823	6
Eufemia ALF 3215 SW Village GreenDr 305.227.9633	6	GIL Family Home, The 15201 SW 297 <sup>th</sup> St 305.248.0308	6	Happy Face Home Care 3910 NW 23 <sup>rd</sup> Ct 305.318.6260	6	Home Sweet Home II 20700 SW 122 <sup>nd</sup> Ave 305.256.0570	6	Jesus of Nazareth Home 2801 SW 37 <sup>th</sup> Ct 305.445.6869	14
Executive Group Home 10170 Sugarwood Way 305.387.4971	6	Gina's Rehab Center I 2329 NW 33 <sup>rd</sup> St 305.635.5189	6	Harmony Family Home 9245 SW 208 <sup>th</sup> Ter 786.242.5577	6	IBIS ALF 15088 SW 71 Ln 305.386.0566	6	JJ Group Home 1150 NW 130 <sup>th</sup> St 305.688.8516	6
Fairway ALF 15523 SW 105 <sup>th</sup> Ave 786.285.1474	6	Gina's Rehab Center II 2266 SW 2 <sup>nd</sup> St 305.642.7446	6	Haven,The 10601 Caribbean Blvd 305.235.5872	7	Idalmis Residence 3530 SW 12 <sup>th</sup> St 305.446.5720	6	Jorge's Home 15172 SW 13 <sup>th</sup> Ter 305.559.5369	6
Fairway Park Retirement Facility 16324 SW 99 <sup>th</sup> Ct 305.233.4840	6	God is First ALF 11316 SW 246 <sup>th</sup> Ter 305.508.8412	6	Hazel Cypen Tower 5066 NE 2 <sup>nd</sup> Ave 305.762.3890	132	Ideal Home Care 13841 SW 152 Ct 305.972.4443	6	Joy & Love Rehabilitation ALF 910 NW 58 <sup>th</sup> St 305.992.4539	6
Family First ALF 15600 SW 143 <sup>rd</sup> Ave 786.942.0998	6	Golden Age 7811 SW 129 <sup>th</sup> Ave 786.355.9829	6	Heartland Health Care Center- Kendall 9400 SW 137 <sup>th</sup> Ave 305.385.8290	54	Isa Adult Care 7020 SW 107 <sup>th</sup> Ave 305.598.9610	6	Joz-Brick Luxury Villas 11901 NW 4 <sup>th</sup> St 305.221.0605	6
Family House ALF 3011 NW 52 <sup>nd</sup> St 305.635.5710	6	Golden Era ALF 15680 SW 139 <sup>th</sup> Ave 305.969.4698	6	Heavenly Home Care of Florida 17321 SW 109 <sup>th</sup> Ave 305.259.9729	6	Isa Adult Home Care 4363 SW 146 <sup>th</sup> Ave 305.220.0605	6	JR Family Care 1110 NW 134 <sup>th</sup> Ave 305.229.0592	6
Fantasy Family Home 16163 SW 143 <sup>rd</sup> Ln 786.210.2145	6	Golden Touch Home Care 41 NW 190 <sup>th</sup> St 786.877.8688	6	Helen M Sawyer Plaza 1150 NW 11 <sup>th</sup> Street 305.545.3410	101	Isabel Adult Care I 10701 SW 66 <sup>th</sup> Ter 305.279.8097	6	Jumerolis Home Care 956 SW 143 <sup>rd</sup> Pl 305.228.8373	6
Feba Living Care 6120 NW 2 <sup>nd</sup> St 305.269.9279	6	Golden Years for the Elderly 13184 SW 19 <sup>th</sup> Ter 305.229.7007	6	Helping Hand Assisted Home Care 4406 SW 129 <sup>th</sup> Ave 305.978.8439	6	Isabel Adult Care II 10300 SW 66 <sup>th</sup> St 305.598.8394	6	Justa Home, The 13801 SW 46 <sup>th</sup> Ln 305.696.0248	6
Feliz Amanecer 2117 SW 57 <sup>th</sup> Ave 305.269.1946	6	Gonzalez & Son's Home Care 4045 SW 9 <sup>th</sup> Ter 305.443.9944	6						

# GUIDE



Kalia's Loving Home 5130 SW 96 <sup>th</sup> Ave 786.258.6458	6	Las Marias ALF 12381 SW 144 Ter 786.444.0514	6	Lizi Home Care ALF 2820 SW 131 <sup>st</sup> Pl 305.220.7685	6	Lucy Wright Boarding Home 2375 NW 161 <sup>st</sup> St 305.685.5123	12
Kayla's Place 3122 SW 151 <sup>st</sup> Ct 305.220.6449	6	Las Mercedes Boarding Home 3418 SW 23 <sup>rd</sup> Ter 305.441.0247	39	Lizmary Senior Care 16671 SW 52 <sup>nd</sup> Ln 305.228.0972	6	Lucy's Home Care 2005 SW 97 <sup>th</sup> Ave 786.704.3474	6
Kelly ALF 10410 SW 127 <sup>th</sup> Ave 305.385.7690	6	Laura's Elderly Homecare 19500 SW 127 <sup>th</sup> Ave 305.378.9962	6	Llanes Residence Home 4712 SW 143 <sup>rd</sup> Ave 305.485.4905	6	Lugar De Amor ALF 403 NW 136 <sup>th</sup> Pl 305.226.6597	6
Kelly Son's Elderly Home Care 16521 SW 144 <sup>th</sup> Ct 786.573.5253	6	Lawrence's Home Care 2650 NW 15 <sup>th</sup> Ave 305.860.9613	14	Los Abuelitos Felices 15140 SW 183 <sup>rd</sup> Ter 305.259.3023	6	Luna 11 3783 SW 27 <sup>th</sup> Ave 786.718.9710	6
Kendall ALF home 4604 SW 144 <sup>th</sup> Ct 305.559.9559	6	Lee's Foster Home 9020 NW 12 <sup>th</sup> Ct 305.693.5102	6	Los Abuelitos Felices II 14743 SW 173 <sup>rd</sup> Ter 305.254.4098	6	Luz Del Espiritu Santo 14584 SW 174 <sup>th</sup> St 305.253.0906	6
Kennel Home 10051 Haitian Dr 786.543.0325	6	Lee's Progressive Home Care 80-82 NE 166 <sup>th</sup> St 305.947.1439	6	Los Tres Milagros 10681 SW 182 <sup>nd</sup> St 305.234.7246	6	Lydia An's Casa Verde 1420 NE 203 <sup>rd</sup> St 305.999.9235	6
L&B Solution Care 565 NE 137 <sup>th</sup> St 305.899.8449	6	Lemar Home 320 NW 183 <sup>rd</sup> St 305.652.8857	6	Lourdes Residence 5770 SW 5 <sup>th</sup> Ter 305.265.0041	6	Mablex Home Care 13391 SW 27 <sup>th</sup> St 305.554.7511	6
L&L Assistance Living 43 NW 136 <sup>th</sup> Pl 305.228.7127	6	Leo homes 12705 NW 2 <sup>nd</sup> St 305.554.8161	6	Love & Tenderness 2620 SW 10 <sup>th</sup> Ct 305.649.9220	8	Machin USA ALF 18111 NW 143 Ct 305.971.6867	6
La Caridad del Cobre ALF 1310 SW 76 <sup>th</sup> Ave 305.266.0871	8	Leo May ALF 3666 SW 5 <sup>th</sup> Ter 305.648.1446	14	Love & Tenderness II 6731 SW 135 <sup>th</sup> Ave 305.382.6237	6	Magda's Home 10551 SW 49 <sup>th</sup> St 305.270.0322	6
La Casita Nuestra Home I 14909 SW 22 <sup>nd</sup> St 305.227.3361	6	Lesende Home Care 2308 SW 10 <sup>th</sup> St 305.631.1658	6	Love Paradise 9984 SW 19 <sup>th</sup> St 305.552.8310	6	Maggie's Retirement Home I 7930 SW 11 <sup>th</sup> St 305.266.6762	24
La Dalia ALF 10121 SW 37 St 305.793.3156	6	Levi's Adult Care II 1017 NW 29 <sup>th</sup> Ave 305.642.9288	10	Love Village 11060 SW 58 <sup>th</sup> Ter 305.598.9154	6	Maggie's Retirement Home IV 7100 NW 1 <sup>st</sup> Ter 305.262.2001	14
La Edad De Oro Cuidado De Ancianos 9410 SW 52 <sup>nd</sup> Ter 305.271.9080	6	Lidy's Health Care 15561 SW 8 <sup>th</sup> Ln 305.228.8965	6	Loving Care Center II, The 10301 SW 51 <sup>st</sup> St 305.274.1980	6	Maggie's Retirement Home V 7435 SW 23 <sup>rd</sup> St 305.265.9797	6
La Milagrosa Home 3341 SW 7 <sup>th</sup> St 305.447.1559	14	Lidy's Health Care II 15678 SW 20 <sup>th</sup> St 305.223.9611	6	Loving Care Center, The 9210 SW 56 <sup>th</sup> St 305.274.1980	6	Maggie's Retirement Home VI 6890 SW 39 <sup>th</sup> Ter 305.666.4463	6
La Milagrosa Home II 1820 SW 14 <sup>th</sup> Ave 305.854.5871	6	Life & Health ALF 12525 SW 34 <sup>th</sup> St 786.718.9710	6	Loving Care Retirement Services 380 NW South River Dr 305.545.7859	16	Magiari Residence 3400 SW 122 <sup>nd</sup> Ave 305.553.8006	6
La Paz Home Care 12986 NW 9 Ter 786.370.6174	6	Life Enhancement 12325 SW 42 <sup>nd</sup> St 305.553.9124	6	Loving Elderly Care 14898 SW 175 <sup>th</sup> St 786.294.4281	6	Magnet Adult Home 1431 NW 55 <sup>th</sup> Ter 305.607.5549	6
La Purisima ALF 100 SW 36 <sup>th</sup> Ave 305.446.6614	6	Lifetime ALF 822 SW 89 <sup>th</sup> St 305.225.6547	6	Loving Hands ALF 2291 SW 100 <sup>th</sup> Ave 305.710.5701	6	Maidelin ALF 8231 SW 33 <sup>rd</sup> Ter 305.225.3201	6
La Salud 15525 SW 138 <sup>th</sup> Ave 305.278.6533	6	Lily Home Care 6321 SW 20 <sup>th</sup> Ter 305.262.9287	6	Loving Home Enterprises, A 3640-42 SW 91 <sup>st</sup> Ave 305.554.4432	6	Majestic Senior Care ALF 15347 SW 179 <sup>th</sup> 786.573.0198	6
Lady Regla ALF 11935 SW 40 <sup>th</sup> St 305.552.5809	6	Little Havana 100 Tamiami Canal Rd 305.262.9250	6	Loving Place II, A 14871 SW 70 <sup>th</sup> St 305.408.7260	6	Majuly's Adult Care 12730 NW 6 <sup>th</sup> Ln 305.559.4231	6
Las Flores Care Center 4960 NW 188 <sup>th</sup> Ter 305.622.8884	6	Little Havana Retirement Center 820 SW 20 <sup>th</sup> Ave 305.649.5835	34	Lucia Residence 2400 NW 9 <sup>th</sup> St 305.541.4327	6	Manos Amigas ALF 8510 SW 47 <sup>th</sup> St 305.262.1031	6
Las Magnolias Retirement Home 4028 NW 5 <sup>th</sup> St 305.644.9621	13	Lizi Home Care ALF II 4521 SW 135 <sup>th</sup> Ave 305.223.9761	5	Lucille's Loving Care 17820 NW 22 <sup>nd</sup> Ave 305.623.0710	14	Manuly's Adult Care 12710 NW 8 <sup>th</sup> Ln 305.228.6963	6
						Marcia Adult Care 5143 SW 157 <sup>th</sup> Ct 305.485.0478	6

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# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

Margarita's ALF Home I 1801-03 NW 19 <sup>th</sup> St 305.326.1308	6	Martin Residences 19940 SW 124 <sup>th</sup> Ct 305.696.0392	6	Mi Sevilla Home Care 8331 SW 27 <sup>th</sup> St 305.225.1700	6	Miramar Senior Living V 5722 SW 165 <sup>th</sup> Ct 305.305.1275	6	Nelly Home Care 8701 SW 20 <sup>th</sup> Ter 305.228.7273	6
Margarita's Elderly Care 14532 SW 38 <sup>th</sup> Ln 305.220.2740	6	Maruly's Adult Care 311 SW 136 <sup>th</sup> Ave 305.229.0396	6	Miami Asturias 10854 SW 69 <sup>th</sup> Dr 786.385.2691	6	Miramar Senior Living VI 15364 SW 10 <sup>th</sup> St 305.305.1275	6	Nena's ALF Care 15932 SW 101 <sup>st</sup> Ter 305.387.4691	6
Margarita's Elderly Care III 825 NW 18 <sup>th</sup> Pl 305.528.6482	6	Maud's Place 860 NW 186 <sup>th</sup> Dr 305.652.8442	6	Miami Genesis Elderly Care 3460 SW 137 <sup>th</sup> Ave 305.220.8725	6	Model Retreat 3135 NW 67 <sup>th</sup> St 305.696.1627	5	Never Alone Senior Care 11865 SW 185 <sup>th</sup> St 786.242.1313	6
Margreg Facilities 12412 SW 213 <sup>rd</sup> Ter 305.255.8716	6	Maylu Retirement Home 4751 NW 4 <sup>th</sup> Ter 305.445.0380	14	Miami Lakes ALF 7849 NW 200 <sup>th</sup> Ter 305.829.6701	6	Molina's Adult Care 9830 SW 12 <sup>th</sup> Ter 305.221.1733	6	New Hope ALF 100-102 NW 55 <sup>th</sup> Ct 305.262.2005	14
Margy Homecare 10620 SW 127 <sup>th</sup> Ave 786.290.4510	6	Mayra R Rondon Inc 856 NW 136 <sup>th</sup> Ave 305.485.0876	6	Midway Retirement Residence 93 SW 79 <sup>th</sup> Ct 305.266.1499	12	Mom & Daughter Home Care 9640 SW 161 Pl 305.385.2927	6	New Horizon Home for The Elderly 4781 SW 2 <sup>nd</sup> Ter 305.443.0210	6
Mari's Family Home 11340 SW 47 <sup>th</sup> Ter 305.223.0097	6	Mayra's ALF III 2748-50 NW 16 <sup>th</sup> Ter 305.637.9379	6	Migdy's Home Care 10465 SW 158 <sup>th</sup> Pl 305.408.4975	6	Monte Olivo 1745 SW 88 <sup>th</sup> Ave 305.258.2895	6	New Light Home Care, A 5970 NW 3 <sup>rd</sup> St 305.261.0474	6
Maria Adult Home Care I 8441 SW 129 <sup>th</sup> Ave 305.388.3017	6	MD Home Care 4857 NW 168 <sup>th</sup> Ter 786.213.4662	6	Milagros De Vida ALF 10762 SW 228 Ter 786.317.0141	6	Mother's Golden Years 5454 SW 145 <sup>th</sup> Ave 305.551.3160	6	New Millennium Adult Care III 3134-36 SW 26 <sup>th</sup> St 305.445.4520	11
Maria Adult Home Care II 400 SW 76 <sup>th</sup> Ct 786.488.1506	6	MD Home Care II 13711 SW 105 St 786.213.4662	6	Miller Heights Home 4930 SW 87 <sup>th</sup> Ave 305.598.7614	6	Mother's Golden Years III 13621 SW 281 <sup>st</sup> Ter 305.807.7138	6	New Paradise 2001 SW 80 <sup>th</sup> Ct 786.388.8747	6
Maria Adult Home Care III 14561 SW 30 <sup>th</sup> St 305.221.4369	6	Meadow Wood Manor 10162 SW 143 <sup>rd</sup> Pl 305.283.5034	6	Miller Retirement Home 11265 SW 56 <sup>th</sup> St 305.412.3633	6	Mount Sinai Home Care 21201 NE 13 <sup>th</sup> Pl 305.652.8152	6	Noel Senior Care 15937 SW 141 <sup>st</sup> St 786.223.7423	6
Maria Adult Home Care IV 13111 SW 84 <sup>th</sup> St 786.488.1506	6	Meadows of Kendall, The 8820 SW 79 <sup>th</sup> Ave 305.412-8522	6	Millie Home Care 17810 SW 137 <sup>th</sup> Ct 305.232.9841	6	Munne Center 17250 SW 137 <sup>th</sup> Ave 305.259.2828	160	Norita Adult Family Care 11971 SW 118 <sup>th</sup> St 305.274.9563	6
Maria De La Luz 9073 SW 6 <sup>th</sup> St 305.207.1240	6	Mercedita's Home Care 2170 SW 20 St 305.857.0314	6	Mily Home Care 17778 SW 145 <sup>th</sup> Ave 305.229.2656	6	My Bells ALF 2161 SW 24 <sup>th</sup> St 786.376.2214	6	Nueva Vida 13361 SW 53 <sup>rd</sup> St 305.228.6139	6
Maria Home Care 14615 SW 288 <sup>th</sup> St 786.385.5415	6	Merci's Home 4291 SW 9 <sup>th</sup> Ter 305.443.8294	16	Mimi's ALF 1361 SW 142 <sup>nd</sup> Ct 305.225.5333	6	My Future Home of Miami 3042 SW 16 <sup>th</sup> Ter 305.262.1210	6	Nueva Vida I 745 NW 102 <sup>nd</sup> St 786.444.8788	9
Maria's Home 16131 SW 104 <sup>th</sup> Ct 305.233.0583	6	Mercy & Michael ALF 3000 SW 23 <sup>rd</sup> Ter 786.295.5920	14	Mimi's ALF II 10790 SW 43 <sup>rd</sup> Ter 305.227.5438	6	My Grandfather Home Care 3042 SW 134 <sup>th</sup> Pl 305.551.7278	6	Nueva Vida II 735 NW 102 <sup>nd</sup> St 786.444.8788	5
Marilyn ALF 7312 SW 16 <sup>th</sup> St 305.267.9614	6	Merry One ALF 1066 SW 141 <sup>st</sup> Ct 305.554.7190	6	Minerva Retirement Home 7863 SW 5 <sup>th</sup> St 786.388.0852	6	My Home ALF 290 NW 188 <sup>th</sup> St 305.999.9986	6	O&O Home Care 14950 SW 129 Place Rd 786.486.5850	6
MariLuca I 8411 SW 21 <sup>st</sup> St 786.587.9060	6	Mery ALF 12200 SW 2 <sup>nd</sup> St 305.480.6052	6	Minerva RetirementHome II 41 SW 68 <sup>th</sup> Ave 305.264.4565	6	My Kind Home ALF 1846 SW 22 <sup>nd</sup> Ter 305.854.0478	6	Oasis Adult Care 15058 SW 63 <sup>rd</sup> St 305.456.8210	6
MariLuca II 9362 SW 155 <sup>th</sup> Ave 305.216.7504	6	Mery ALF II 3259 SW 141 <sup>st</sup> Ave 305.228.9679	6	Miramar Senior Living 14833 SW 24 <sup>th</sup> St 305.305.1275	6	My New Home ALF 7151 SW 42 <sup>nd</sup> St 786.488.1636	6	Oasis De Amor ALF 9024 SW 21 <sup>st</sup> Ter 305.221.3094	6
Marlin Retirement ALF 20610 Marlin Rd 305.519.8517	6	MGR Home 5305 SW 137 <sup>th</sup> Ct 305.562.0972	6	Miramar Senior Living II 15558 SW 24 <sup>th</sup> Ter 305.305.1275	6	My Sweet Home 11312 SW 203 <sup>rd</sup> Ter 305.251.1119	6	Odalys Home 4342 SW 129 <sup>th</sup> Ave 305.553.8701	6
Mariha's Garden ALF 11530 SW 180 <sup>th</sup> St 305.219.6171	6	Mi Casita ALF 13562 SW 38 <sup>th</sup> Ln 305.552.9789	6	Miramar Senior Living III 15342 SW 16 <sup>th</sup> Ter 305.305.1275	6	My Sweet Home II 214 NW 120 <sup>th</sup> Ave 305.229.0332	6	Olaz Home Care 4124 SW 97 <sup>th</sup> Ct 305.229.8907	6
Marlin Elderly Care Living 901 NW 63 <sup>rd</sup> St 305.757.4505	6	Mi Esperanza Home Care 11263 SW 35 Ter 305.386.5043	6	Miramar Senior Living IV 14934 SW 32 <sup>nd</sup> Ter 305.305.1275	6	Natalia ALF 2118 SW 151 <sup>st</sup> Pl 786.325.4360	6	Old Cutler Retirement Home 21640 Old Cutler Rd 305.232.1411	6



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Our Family ALF 153 NW 26 <sup>th</sup> St 786.597.4695	14	Plamarhome Care Services 4407 SW 162 Pl 305.338.9029	6	Remanso ALF 1147 SW 13 <sup>th</sup> Ave 305.854.7010	14	Rose Assisted Living Center 1176 NE 151 <sup>st</sup> St 305.940.1675	6
Our Lady of Charity 2927 SW 21 <sup>st</sup> Ter 305.598.3577	14	Pleads Family 300 NW 69 <sup>th</sup> St 305.759.5009	10	Residencia La Esperanza Home Care Corp 1125 SW 48 <sup>th</sup> St 305.273.9222	6	Rose's Retirement Home 11520 SW 108 <sup>th</sup> Ave 305.255.8158	10
Our Lady of Fatima 2905 NW 10 <sup>th</sup> Ave 305.638.3594	13	Pointe of North Gables, The 5890 SW 8 <sup>th</sup> St 305.266.0284	92	Residencia La Esperanza Home Care II 3654 SW 156 <sup>th</sup> Ct 305.386.5043	6	Royal Gardens Villa 1270 NE 112 <sup>th</sup> St 305.895.4720	12
Our Lady of Lourdes ALF 14491 SW 153 <sup>rd</sup> Ter 305.255.6750	6	Precious Moments ALF 9480 Dana Rd 786.925.9518	6	Residencia Paquita 10456 SW 22 <sup>nd</sup> St 305.223.9550	6	Royal Green ALF 2011 SW 4 <sup>th</sup> St 305.643.9786	14
Our Mercy Residence 9441 SW 27 <sup>th</sup> Dr 305.551.4898	6	Precious Times ACLF 4310 SW 89 <sup>th</sup> Ave 305.229.0342	6	Residencia Ramentol 9041 SW 142 <sup>nd</sup> Ct 305.408.8172	6	Royal Living Rest Home 2926 SW 2 <sup>nd</sup> St 305.649.7334	14
Our Sweet Home Care ALF 2435 SW 82 <sup>nd</sup> Ave 305.267.5404	6	Premier Assisted Living 11401 SW 42 <sup>nd</sup> Ter 305.551.2229	6	Residencia Salome 3525 SW 130 <sup>th</sup> Ave 305.220.1041	6	Royal of Kendall ACLF 12201 SW 93 <sup>rd</sup> St 305.270.0271	6
Oz House of Care 15863 SW 150 <sup>th</sup> Ter 305.238.9418	6	Pretty Family Home Care 2980 SW 103 <sup>rd</sup> Ct 305.551.2380	6	Residencia San Lazaro Home Care 7120 SW 92 <sup>nd</sup> Ave 305.598.2554	6	Sampedro Residence 3240 NW 14 <sup>th</sup> St 305.633.8607	6
MIAMI Palace at Kendall 11355 SW 84 <sup>th</sup> St 305.270.7000	368	Prince of Peace Elderly Care Facility 12322 NW 3 <sup>rd</sup> Ln 786.306.2610	6	Residential Home for Adult Care I 1535 NW 25 <sup>th</sup> Ave 305.633.9106	14	San Cayetano Home 3525 SW 104 <sup>th</sup> Ct 305.221.7733	6
Panda's Senior Care 3015 NW 4 <sup>th</sup> St 305.643.0104	6	Puerta De Amor 14551 SW 156 <sup>th</sup> Ave 786.356.9454	5	Residential Plaza at Blue Lagoon 5617 NW 7 <sup>th</sup> St 305.267.2227	350	San Juan De Dios 1244 NW 41 <sup>st</sup> St 305.663.2495	6
Paradise Adult Care 14730 SW 150 <sup>th</sup> St 305.235.7351	6	R&A Senior Care 15355 SW 171 <sup>st</sup> St 305.234.6525	6	Reyes Home Care 1111 SW 103 <sup>rd</sup> Ct 305.485.0627	6	San Judas Home Care 10720 NW 5 <sup>th</sup> Ave 305.762.4064	6
Paradise Retirement Club 21 SW 75 <sup>th</sup> Ave 305.264.2051	14	R&M Elderly Care 2400 SW 137 <sup>th</sup> Ct 305.229.1615	6	Reyes Home Care II 1640 SW 83 <sup>rd</sup> Ct 305.261.8372	6	San Judas Tadeo ALF 1620 SW 97 <sup>th</sup> Ave 305.553.3444	6
Paraiso Home of Miami II 9808 SW 147 <sup>th</sup> Pl 305.380.6905	6	Rafaela's Home ALF 11750 SW 192 <sup>nd</sup> St 305.234.3568	6	Reyes Senior Care 9830 SW 3 <sup>rd</sup> St 786.970.6183	6	San Judas ALF 8275 SW 47 <sup>th</sup> Ter 305.799.6371	6
Parklake Senior Palace 4229 SW 157 <sup>th</sup> Ct 305.480.6014	6	Rafaela's Home ALF II 20560 SW 113 <sup>rd</sup> Rd 305.259.3607	6	Reyse ALF 20-22 NW 40 <sup>th</sup> Ct 305.642.9903	6	San Martin De Porras ALF 1840-42 NW 15 <sup>th</sup> St 305.545.7046	12
Paula's Mansion ALF 13206 SW 218 <sup>th</sup> Ter 786.306.4819	6	Raffa Corp 13961 SW 75 <sup>th</sup> St 305.382.4415	6	Richland Retirement Home II 721 NW 13 <sup>th</sup> Ave 786.417.3190	14	San Martin Porras ALF II 18861 SW 92 <sup>nd</sup> Ct 305.256.4174	6
Peace & Care South 24027 SW 111 <sup>th</sup> Ave 305.450.9457	6	Raffa Corp II 15032 SW 55 <sup>th</sup> Ter 305.487.6087	6	Richland Retirement Senior Home 3508 SW 26 <sup>th</sup> St 305.444.7776	14	Santa Ana's Rest Home 5730 SW 39 <sup>th</sup> St 305.661.0249	6
Peace Home Care 5040 NW 197 <sup>th</sup> St 305.621.4213	8	Rainbow Heights Home Care 1430 NW 35 <sup>th</sup> St 305.637.9988	6	Rita Maria Group Home 15348 SW 33 <sup>rd</sup> Ln 305.376.2155	6	Santa Barbara Home I 3317 SW 24 <sup>th</sup> Ter 305.447.8650	12
Pearls Place 10540 SW 149 <sup>th</sup> St 305.238.1219	6	Rainbow Home Care 3302 NW 2 <sup>nd</sup> Ave 305.576.8928	14	Riverside Senior Care 22712 SW 103 <sup>rd</sup> Ct 305.528.6347	6	Santa Barbara Home II 3323 SW 44 <sup>th</sup> Ter 305.446.7744	12
Pines ALF 1800 SW 11 <sup>th</sup> Ter 305.643.0611	12	Reflexion ALF 3550 NW 20 <sup>th</sup> St 305.634.7024	6	Robyll Rehab Care 2610 NW 19 <sup>th</sup> Ave 305.637.5427	8	Santa Clara ALF 2830 SW 106 <sup>th</sup> Ave 305.221.9955	6
Pioneer Adult Residential Facility 2166 SW 14 <sup>th</sup> Ter 305.856.5103	111	Reflexion ALF II 1010 NW 31 <sup>st</sup> Ave 786.470.1554	6	Rona's Retirement Home 10900 SW 177 <sup>th</sup> Ter 305.251.5341	6	Santa Teresa De Jesus ALF 4010 SW 112 <sup>nd</sup> Ave 305.553.5494	6
Place Called Home, A 80-82 NE 68 <sup>th</sup> Ter 305.754.0626	6	Regency Villa, The 6230 SW 78 <sup>th</sup> St 305.666.5129	6	Rosario Retirement Senior Home 836 SW 4 <sup>th</sup> Ave 305.854.6078	8	Santa Teresa De Jesus II 8390 SW 43 <sup>rd</sup> Ter 305.207.0675	6

# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

Santander Retirement Home 1702 SW 102 <sup>nd</sup> Pl 305.226.5408	6	South Miami Heights 11720 SW 18 <sup>th</sup> Ter 305.992.4786	4	Sunflowers Village II 13295 SW 99 <sup>th</sup> Ct 305.408.6222	6	Tadeos ALF 1525 SW 119 <sup>th</sup> Ct 305.251.4905	6	Valdes Retirement Home 8100 SW 95 <sup>th</sup> Ct 305.389.0226	6
Santo Tomas Aquino ALF 4150 SW 108 <sup>th</sup> Ave 786.291.6903	6	South Miami Senior Care 15592 SW 183 <sup>rd</sup> Ln 786.302.8272	6	Sunrise ALF II 8240 SW 140 Ave 786.546.7404	6	Talia ALF 14601 SW 50 <sup>th</sup> Ter 305.207.1959	6	Valeen's Gentle Care 771 NW 42 <sup>nd</sup> St 305.759.3350	6
Sarah's Senior Home 11310 SW 145 Ave 786.877.8471	6	Southwind Adult Care 16961 SW 149 <sup>th</sup> Ave 786.223.0844	60	Sunrise ALF 13920 SW 71 <sup>st</sup> Ln 305.752.7709	6	Tender Loving Care ALF 3100 SW 79 <sup>th</sup> Ave 305.267.0111	6	Varadero Retirement Home Care 15359 SW 23 <sup>rd</sup> Ln 305.812.8182	6
Senior Retirement Home 3033 SW 6 <sup>th</sup> St 305.541.4336	6	Spring of Life ALF 11465 SW 75 <sup>th</sup> St 786.271.1616	6	Sunset Gardens 9740 SW 77 <sup>th</sup> Ter 305.279.7421	6	Tere's Senior Care 17950 SW 155 <sup>th</sup> Ct 305.969.6180	6	Varadero Retirement Home Care II 15372 SW 117 <sup>th</sup> St 305.812.8182	6
Seraphim Care 651 NE 83 <sup>rd</sup> St 305.798.1678	6	St Anne's Residence 11855 Quail Roost Dr 305.252.4000	60	Sunset Gardens II 11173 SW 112 <sup>th</sup> Ter 305.254.1884	6	Terrace Manor 8770 SW 127 <sup>th</sup> Ter 305.253.1909	12	Venetian Isles ALF 3003 SW 156 <sup>th</sup> Pl 305.229.7258	6
Serene Living Facilities 8615 SW 43 <sup>rd</sup> Ter 786.326.4614	6	St John's ALF 7580 SW 30 <sup>th</sup> Ter 305.265.9337	6	Sunset Senior Care 9820 SW 72 <sup>nd</sup> St 305.219.9445	6	TGL Residence & ALF 3210 SW 104 <sup>th</sup> Ct 305.559.5917	9	Vereda Nueva 12412 SW 215 <sup>th</sup> Ln 786.573.9776	6
Sevilla Home Care Ass Living Facility 10844 SW 154 <sup>th</sup> Ter 786.573.3111	6	St Joseph ALF 16100 SW 101 Ave 305.251.4123	6	Supreme ALF I 8821 SW 41 <sup>st</sup> St 305.796.1757	6	Tiffany Senior Residence 19240 SW 124 <sup>th</sup> Ct 305.278.7314	6	Verona's Retirement Home II 12990 SW 190 <sup>th</sup> Ter 305.238.8533	6
Shalom ALF 441 NW 33 <sup>rd</sup> Ave 305.644.5808	6	St Jude Home 9981 SW 42 <sup>nd</sup> Ter 305.220.3276	6	Sweet Care 634 SW 96 <sup>th</sup> Ct 305.559.0240	6	TL Sea Home Care Services 14031 SW 39 <sup>th</sup> St 305.480.5995	6	Vicky's Home ALF 6402 SW 41 <sup>st</sup> St 305.662.4815	12
Shalom ALF 7046 SW 103 <sup>rd</sup> Pl 305.412.0327	6	St Mark's Villa 3381 NW 194 <sup>th</sup> Ter 305.624.6871	6	Sweet Care Home ALF 18260 SW 153 <sup>rd</sup> Ct 305.790.8256	6	TLC Home 15101 SW 87 <sup>th</sup> Ave 305.232.1209	6	Victoria Retirement Home 3755 NW 13 <sup>th</sup> St 305.631.0574	6
Silver Days ALF 8823 SW 151 Ct 305.299.1887	6	St Mary Adult Care 5716 SW 149 <sup>th</sup> Pl 305.408.0362	6	Sweet Home Care 5920 SW 2 <sup>nd</sup> St 305.269.7482	6	TLC Retirement Home II 16001 SW 81 <sup>st</sup> Ave 305.271.5861	6	Villa Blanca 5384 NW 4 <sup>th</sup> St 305.774.7184	12
Silver Moments 8847 NW 180 <sup>th</sup> Ter 305.878.5970	6	St Mary Adult Care II 11271 SW 229 <sup>th</sup> Ter 305.238.5594	6	Sweet Hope Assisted Living 13551 SW 208 St 786.470.6195	6	TLC Retirement Home III 8395 SW 112 <sup>th</sup> St 305.232.1209	6	Villa Candita ALF 1321 NW 29 <sup>th</sup> Ave 786.586.6087	14
Sol Palmeras ALF 14714 SW 177 <sup>th</sup> Ter 305.562.7971	6	Star of Mary Adult Center 6425 SW 93 <sup>rd</sup> Pl 305.910.6222	6	Sweet Living Facility 15505 SW 16 <sup>th</sup> Ln 305.228.8581	6	Tropical Heaven 14201 SW 48 <sup>th</sup> Ln 305.207.6963	6	Villa Esmeralda ALF 10310 NW 30 <sup>th</sup> Ct 305.693.9300	6
Solimar ALF 12470 SW 185 Ter 305.498.1565	6	Starlite View 3251 NW 198 <sup>th</sup> St 305.621.0498	8	Sweet Paradise 15481 SW 21 <sup>st</sup> Ter 305.229.7437	6	Tropical Paradise ALF 14112 SW 145 <sup>th</sup> Pl 786.573.0390	6	Villa Francisco Home Care ALF 16832 SW 110 Ct 305.234.7787	6
South Deering Retirement Home 9730 SW 160 <sup>th</sup> St 786.293.2816	6	Suany's Home 20411 SW 116 <sup>th</sup> Rd 305.252.0734	6	Sweet Residence Retirement Home 4715 SW 95 <sup>th</sup> Ave 305.551.9200	6	True Time Home Care 2431 SW 127 <sup>th</sup> Ct 305.222.2975	6	Villa Isabel 7265 NW 5 <sup>th</sup> St 305.260.9960	6
South Florida Home Services 140 NW 9 <sup>th</sup> Ave 305.324.7198	14	Sun Bay Manor I 8440 SW 155 <sup>th</sup> Ter 305.238.0373	8	Sweet Residence Retirement Home II 2178 SW 15 <sup>th</sup> St 305.858.4597	5	Twins Seniors Residence ACLF 11334 SW 2 <sup>nd</sup> St 305.559.6222	14	Villa Loreto I 12620 SW 37 <sup>th</sup> Ter 305.220.7203	6
South Florida Senior Care 5247 SW 153 Ave 786.302.8272	6	Sun Bay Manor II 8820 SW 148 <sup>th</sup> St 305.251.3080	6	Sweet Residence Retirement Home III 11511 SW 7 <sup>th</sup> St 305.229.7084	6	Two Sisters Home Care 11470 SW 80 <sup>th</sup> Ter 305.412.4650	6	Villa Margo I 3644 SW 22 <sup>nd</sup> Ter 305.858.1840	6
South Floridian Village 9220 SW 45 <sup>th</sup> Ter 305.229.9233	6	Sun Coast 9111 SW 28 <sup>th</sup> Ter 305.225.8701	6	Sylvia's Retirement Home 1823 NW 94 <sup>th</sup> St 305.836.7261	7	Two Sister's Place 2591 SW 124 <sup>th</sup> Ave 305.207.0717	6	Villa Margo II 2930 SW 38 <sup>th</sup> Ct 305.858.1840	12
South Miami Health Facility 7650 64 <sup>th</sup> Ct 305.661.4204	6	Sun Coast Village I 12785 SW 49 <sup>th</sup> Ter 305.228.6517	6	Sylvia's Senior Home 23025 SW 120 <sup>th</sup> Ave 305.257.2880	6	UME Family Corporation 7960 SW 36 <sup>th</sup> St 305.267.8730	6	Villa Margo III 3669 SW 24 <sup>th</sup> Ter 305.858.1840	5
		Sunflowers Village 8035 SW 13 <sup>th</sup> St 305.266.9048	6			V&R Home Care 14918 SW 10 <sup>th</sup> St 305.226.7228	6	Villa Margo IV 2978 SW 27 <sup>th</sup> Ln 305.858.1840	13

# GUIDE



Villa Margo V 3277 SW 22 <sup>nd</sup> Ter 305.858.1840	12	Xanadu Palace Family Home 8070 SW 157 <sup>th</sup> Pl 305.320.1273	6	Miami Garden ALF 3520 NW 210 <sup>th</sup> Ter 305.620.1082	6	South Oaks 6141 SW 34 <sup>th</sup> St 954.983.7996	8
Villa Maria Pia 320-22 NW 43 <sup>rd</sup> Pl 305.444.4310	14	Xina Home 9711 SW 135 <sup>th</sup> Ave 786.512.9085	6	Miami Gardens Manor 915 NW 175 <sup>th</sup> St 305.621.5663	6	Summerville Homes 7933 Indigo St 954.961.9988	5
Villa Marie Isabel 2340 NW 1 <sup>st</sup> St 305.631.9239	6	Xiomara Home 4321 SW 1 <sup>st</sup> St 305.461.3894	6	Peace & Care ALF 8121 NW 200 Ter 305.450.9457	6	Sunny Residence 9001 SW 20 <sup>th</sup> St 954.436.1381	5
Villa Oni 3030 SW 95 <sup>th</sup> Ct 305.553.6138	8	Xiomara's Gardens 13720 SW 13 <sup>th</sup> St 305.798.1370	6	PM Adult Home Care 16720 NW 48 Ct 305.627.0826	6	Tender Touch Home Care 1801 Alcazar Dr 954.893.5992	6
Villa Oni II 5401 SW 98 <sup>th</sup> Ct 305.270.7439	6	Yami's Loving Home 1425 SW 91 <sup>st</sup> Ave 786.543.8698	6	Rodriguez ALF I 2751 NW 209 Ter 305.624.8086	4	Tendercare Living Facilities 2906 Sunshine Blvd 954.665.8740	4
Villa Serena I 1200 SW 22 <sup>nd</sup> Ter 305.858.5664	14	Yesenia ALF 15608 SW 63 <sup>rd</sup> Ter 305.408.1698	6	Royal Destiny Home Care 3260 NW 179 <sup>th</sup> St 305.474.3273	5	<b>N LAUDERDALE</b> Forest Springs Retirement Residence 7512 SW 5 <sup>th</sup> St 954.724.2038	6
Villa Serena II 60-62 NW 33 <sup>rd</sup> Ave 305.631.1493	14	Yilliam Home 13888 SW 18 <sup>th</sup> Ter 305.226.9841	6	<b>MIAMI LAKES</b> DP&B Enterprise 14290 Sable Dr 305.512-1073	6	Genesis ALF 1510 SW 68 <sup>th</sup> Ave 954.971.0246	6
Villa Serena III 1777 NW 30 <sup>th</sup> St 305.206.5342	6	Your So Precious Group Home 8250 NW 12 <sup>th</sup> Ct 305.205.9550	6	Garden Valley Retirement Home 18140 NW 90 <sup>th</sup> Ave 305.300.1477	6	I&G ALF 6560 Harbor Rd 754.234.4318	6
Villa Serena IV 754-56 NW 22 <sup>nd</sup> Ct 305.206.5342	8	Yuli's Home Care 14580 SW 173 <sup>rd</sup> St 305.255.7168	6	Marivan ALF 8943 NW 147 <sup>th</sup> Ter 786.208.2075	6	Love & Affectionate ALF 311 SW 77 <sup>th</sup> Ter 954.718.7556	6
Villa Torres 5710 SW 131 <sup>st</sup> Ct 305.380.7915	6	Zu Ser's Senior Care 9603 SW 44 <sup>th</sup> St 305.753.0705	6	Miami Lakes Retirement Home 16837 NW 91 <sup>st</sup> Ct 305.817.1455	6	Orchid Garden 403 SW 74 <sup>th</sup> Ave 954.720.1317	6
Villa Ursula 1528 NW 34 <sup>th</sup> Ave 305.637.9379	6	Zuni ALF 370 NW 133 <sup>rd</sup> Pl 786.234.5085	6	Miami Lakes Senior Care 16350 NW 88 <sup>th</sup> Path 305.335.1544	6	<b>N MIAMI</b> Jas Manor 645 NE 131 <sup>st</sup> St 305.893.7428	10
Violeta's Home 3810 NW 2 <sup>nd</sup> Ter 305.644.3972	6	<b>MIAMI BEACH</b> Hebrew Home of South Beach ALF 336 Collins Ave 305.672.6464	64	Special Life Moments 8902 NW 177 <sup>th</sup> Ter 305.512.1246	6	Paradise Elderly Home 12690 NE 2 <sup>nd</sup> Ave 305.807.7536	6
Violeta's Home II 3920 NW 6 <sup>th</sup> St 305.644.1277	6	Nightingale Manor 1753 Michigan Ave 305.538.1530	30	<b>MIAMI SPRINGS</b> Achoy Home Care II 1161 Nightingale Ave 305.887.4495	6	<b>N MIAMI BEACH</b> Ives Dairy Senior Care 19840 NE 10 <sup>th</sup> Ave 786.316.6007	6
We "R" Family USA 2230 SW 131 <sup>st</sup> Ct 305.485.0849	6	<b>MIAMI GARDENS</b> Brown's Assisted Care Living Facility 15770 NW 18 <sup>th</sup> Pl 305.625.1718	6	Fair Havens Center 201 Curtiss Pkwy 305.887.1565	60	M&G ACLF 15900 NE 19 <sup>th</sup> Ct 305.956.7766	6
West Kendall ALF 15325 SW 56 Ter 305.989.2400	6	E&C Group One 3941 NW 207 <sup>th</sup> Dr 561.640.0424	5	Morningside Manor & Villa Adult Care 200 South Dr 305.805.0277	6	Parke Plaza Retirement Residence 15520 NW 2 <sup>nd</sup> Ave 305.949.2626	120
West Miami Adult Living Facility 7215 SW 21 <sup>st</sup> St 305.261.9220	6	GC Quality Home 5370 NW 172 <sup>nd</sup> St 786.208.8831	6	<b>MIRAMAR</b> Fullness of Love ALF 3405 Knolls Rd 954.905.4365	6	Rainbow Gardens ALF 1998 NE 178 <sup>th</sup> St 305.525.5466	6
Westview Pleasant Living 2140 NW 126 <sup>th</sup> St 786.517.2523	6	Home Care For Elderly 4730 NW 178 <sup>th</sup> Ter 305.474.9137	6	Mary's Extreme Care 6107 SW 26 <sup>th</sup> St 954.966.0901	5	Rainbow Gardens Assisted Living II 1801 NE 182 <sup>nd</sup> St 305.525.5466	6
Westwood Boarding Home ACLF 5301 SW 116 <sup>th</sup> Ave 305.273.9700	11	Las Delicias ALF 4840 NW 191 <sup>st</sup> St 305.623.5193	6	Palm Manor, The 6609 SW 20 <sup>th</sup> St 954.682.9848	6	Tender Hands Services 17600 NE 2 <sup>nd</sup> Ct 305.651.7899	6
Willow Haven ALF 1220 NE 207 <sup>th</sup> St 305.297.1327	6	Mi Dulce Ocaso 3910 NW 165 <sup>th</sup> St 786.356.1471	6	Saejca's Castle 13393 SW 32 <sup>nd</sup> St 954.450.5506	5	<b>OAKLAND PARK</b> Good Hope Manor 2251 NW 29 <sup>th</sup> Ct 954.677.2900	100
Xanadu Living Facility 840 NW 44 <sup>th</sup> Ave 305.774.9615	8	Mi Sublime Atardecer 20630 NW 37 <sup>th</sup> Ct 305.628.6158	6				

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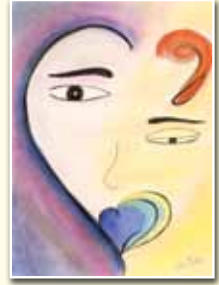
# ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

Palms Villa Retirement Home 2131 NW 28 <sup>th</sup> St 954.484.1350	21	<b>PALM CITY</b> Gardens Retreat 4405 SW 72 <sup>nd</sup> Ave 772.287.9713	6	St Thomas Manor 1110 SW 40 <sup>th</sup> Ave 954.583.3321	30	Brighton Gardens of Port St Lucie 1699 SE Lyngate Dr 772.335.9990	110	Quality Care AL of the Treasure Coast 432 SW Prado Ave 772.879.2501	6
Paradise Manor 365 NW 43 <sup>rd</sup> Ct 954.565.7049	30	Water's Edge Extended Care 1500 SW Capri St 772.223.5863	20	With Open Arms Residence 6801 NW 11 <sup>th</sup> Pl 954.587.5895	8	Circle of Care, The 4161 SW Tumble St 772.336.3457	6	Ridgecrest Assisted Living 190 SW Ridgecrest Dr 772.873.9191	6
Treemont on the Park 3881 NE 3 <sup>rd</sup> Ave 954.563.0276	34	<b>PEMBROKE PARK</b> Orange Blossom Manor 3535 SW 52 <sup>nd</sup> Ave 954.961.8111	144	<b>POMPAN0 BEACH</b> Arnwil Assisted Living 840 SW 8 <sup>th</sup> St 954.943.4606	75	Country Living Assisted Care Center 1762 SW Arch St 772.621.8211	6	Rosewood Gardens 643 NE Lagoon Ln 561.344.5974	6
<b>OPA LOCKA</b> Annie C Horn ALF 17020 NW 47 <sup>th</sup> Ave 305.626.9829	10	<b>PEMBROKE PINES</b> Ana's ALF 8920 NW 7 <sup>th</sup> Ct 954.704.1810	6	Atlantic Shores Retirement Residence 1500 N Riverside Dr 954.941.7974	30	Harbor Place at Port St Lucie, The 3700 SE Jennings Rd 772.337.4330	128	Serenity Care Center 619 SW Jaffe Ave 772.336.5939	6
Edem Home Care 4783 NW 195 <sup>th</sup> St 305.622.4136	6	Assisted Living of Broward 17646 SW 10 <sup>th</sup> St 954.538.9061	6	Broadview Retirement Home I 1741 SW 70 <sup>th</sup> Ave 954.979.5699	8	Harmony Care Home 534 SE Thanksgiving Ave 772.873.6660	6	Springfield Gardens 588 SW Ray Ave 772.871.9039	5
Lillia Home Care II 4503 NW 203 <sup>rd</sup> Ter 305.362.6293	6	Assisted Living of Pembroke Pines 1985 NW 179 <sup>th</sup> Ave 954.441.6799	6	Broadview Retirement Home II 6200 SW 17 <sup>th</sup> St 954.979.5864	6	Hollyhome ALF, A 5288 NW North Macedo Blvd 772.807.9438	6	Sunny Days ALF II 4645 SW Vahalla St 772.343.9088	6
Nuevo Renacer ALF 540 N Perviz Ave 305.681.3888	6	Betsy's Loving Home 309 SW 68 <sup>th</sup> Ave 954.854.7389	6	Grand Court Village I 295 SW 4 <sup>th</sup> Ave 954.942.3388	125	Independent Living With Care 3165 SW Fambrough St 772.607.4370	6	Sunnysdays ALF 169 NE Prima Vista Blvd 772.343.9088	6
Time is Care 19010 NW 44 <sup>th</sup> Ave 305.624.2442	6	Paradise Villa Retirement Home 11330 Sheridan St 954.433.7523	6	Grand Court Village II 459 Racetrack Rd 954.942.3388	80	Jamaica Shores 171 SW Euler Ave 772.446.7333	6	V&R Retirement 356 SE Prima Vista Blvd 772.878.8765	6
Vida Sin Fin ALF 3921 NW 179 <sup>th</sup> St 305.622.4122	6	Paradise Villa Retirement Home IV 1145 NW 92 <sup>nd</sup> Ave 954.443.0707	6	John Knox Village of Florida 840 Lakeside Cir 954.782.1300	64	Johanna's Assisted Living 1958 Dorado Ln 772.871.2695	6	<b>PRINCETON</b> Sunny Hills of Homestead 25268 SW 134 <sup>th</sup> Ave 866.352.2537	105
Villa Real ALF 15965 NW 22 <sup>nd</sup> Ct 305.624.1737	12	Twenty-Four Seven 741 SW 72 <sup>nd</sup> Ave 954.966.6503	6	Lighthouse Inn North 3208 NE 11 <sup>th</sup> St 954.943.6318	42	Life Long Learning Center 1699 SW Southworth Ter 772.340.0594	6	<b>RIVIERA BEACH</b> Mills ALF 701 9 <sup>th</sup> St 561.863.0014	18
<b>PALM BEACH GARDENS</b> Assisted Living of Palm Beach Gardens I 9239 W Highland Pines Dr 561.691.8630	14	<b>PLANTATION</b> Bougainvillea Garden 6980 NW 6 <sup>th</sup> St 954.797.0595	6	Lighthouse Inn South 3305 SE 5 <sup>th</sup> St 954.783.2317	33	Horizon Bay Vibrant Ret Living 448 9825 S US Hwy 1 772.337.0084	120	<b>ROYAL PALM BEACH</b> Cassie's Castle 208 Natchez Trace 561.439.3301	6
Chatsworth at PGA National 346 Hiatt Dr 561.624.5650	42	Covenant Village of Florida 9211 W Broward Blvd 954.472.2860	55	M&M ALF 113 NE 7 <sup>th</sup> St 954.946.9699	38	Nature's Edge 699 NW Airoso Blvd 772.879.7530	33	Orange Blossoms Villa 10331 Pippin Ln 561.795.9316	6
Country Residence, A 14327 N 69 <sup>th</sup> Dr 561.622.1348	11	Gentle Touch ALF 5010 SW 11 <sup>th</sup> St 954.327.3354	6	Patrician Arms Retirement Home 239 NE 23 <sup>rd</sup> Ave 954.783.1761	12	New Life ALF 2133 SE Shelter Dr 772.337.3158	6	Meadowlark Inn 151 Meadowlark Dr 561.204.3807	6
Emmanuel Care ALF 3628 Daisy Ave 561.627.3674	6	Jencarl's Angels 4890 NW 7 <sup>th</sup> St 954.316.8534	6	Peace on Earth ALF II 470 SW 14 <sup>th</sup> Ct 954.544.3454	6	Ohana Adult Family Care Home 817 SW Sail Ter 772.873.9606	7	<b>SOUTHWEST RANCHES</b> Golden Ranch 5711 W 196 <sup>th</sup> Ln 954.680.7019	5
Inn at La Posada 3600 Masterpiece Way 561.514.5000	88	Nancy's Adult Family Care ALF 7860 NW 12 <sup>th</sup> Ct 954.476.7185	6	Pompano Retirement Village 501 SW 2 <sup>nd</sup> Pl 954.782.8903	42	Palms of St Lucie West, The 501 NW Cashmere Blvd 772.398.8899	80	<b>STUART</b> Amore Dementia Care 1634 S Kanner Hwy 772.219.8989	32
Palms Edge ALF 4201 Leo Ln 561.841.0055	65	Paradise Loving Care 4541 NW 3 <sup>rd</sup> St 954.791.1793	6	Sunset by the Sea 420 N Riverside Dr 954.788.8350	15	Paradise Care Cottage 2277 SE Lennard Rd 772.398.8899	50	Family Manors 3385 SE Evergreen St 772.288.4781	24
Prosperity Oaks 11381 Prosperity Farms Rd 561.694.9709	126	Royal Living ALF 621 NW 76 <sup>th</sup> Ave 954.474.4292	6	<b>PORT ST LUCIE</b> Amazing Grace 1160 SE Puritan Ln 772.340.3742	6	Parah 701 SW Tulip Blvd 772.878.6586	6	Maple Leaf Assisted Living 24 Mead Pl 772.781.6249	10
Odosia Home 3927 Buttercup Cir S 561.775.3459	6		6	Bayshore Residence 686 SW Lucero Dr 772.871.1106	6	Perfect Kare ALF 5902 NW Wolverine Rd 772.837.0325	6		

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Place at Stuart, The 860 SE Central Pkwy 772.287.9909	100	Jennifer's Home Care 7100 NW 76 Dr 954.597.1567	6	Garden Villas 912 N Olive Ave 561.820.9946	16	Tradition of the Palm Beaches, The 4880 Loring Dr 561.687.3005	72
Residence of Stuart, The 1048 N Fork Rd 772.692.2577	12	Horizon Bay Vibrant Ret Living 450 7650 University Dr 954.722.6314	103	Golden Years ALF 321 W Blue Heron Blvd 561.881.3583	26	Trinity Care ALF 1298 Victoria Dr 561.969.0904	6
Stirling House of Stuart 3401 Aster Ln 772.287.6001	55	Sunflower Senior Living 6931 NW 81 <sup>st</sup> Ct 954.597.7035	6	Hidden Garden 4373 Venus Ave 561.471.1766	14	Wize Choice 2901 Broadway 561.271.8118	20
<b>SUNRISE</b> Absolute Care AL at Welleby 3621 NW 90 <sup>th</sup> Ter 954.747.7265	14	<b>TAVERNIER</b> Lillie's House 119 Harborview Dr 305.852.5601	6	Howard House 131 W Blue Heron Blvd 561.848.0047	20	<b>WELLINGTON</b> Goldencare of Wellington 13752B Yarmouth Dr 561.798.0944	6
Golden Age Seniors III 9811 NW 31 <sup>st</sup> Pl 954.742.8658	6	<b>TEQUESTA</b> Clare Bridge of Tequesta 211 Village Blvd 561.748.3611	50	It's Just Like Home 3815 Russell Pl 561.805.5757	8	Residence at Paddock Park 2901 Broadway 14622 Paddock Dr 561.791.2630	6
Good Shepherd ALF 8610 NW 24 <sup>th</sup> Ct 954.742.3171	6	Sterling House of Tequesta 205 Village Blvd 561.748.3611	55	Joy of Living Care Services 5710 Coconut Rd 561.687.5455	6		
Nina's Haven 10620 Sunset Strip 954.746.6732	6	Terrace Communities Tequesta 400 N US Highway 1 561.748.2299	106	Lee Residence 6260 Gun Club Rd 561.689.7307	6		
Paradise Villa Retirement Home 11360 NW 29 <sup>th</sup> St 954.749.3138	6	<b>W PALM BEACH</b> ALF Home Assisted Living Plus More 4941 Pine Cone Ln 561.712.0913	6	Lourdes Pavilion 311 S Flagler Dr 561.650.8900	50		
Professional Health Care Group 10620 NW 32 <sup>nd</sup> St 954.749.4618	4	Arden Courts of West Palm Beach 2330 Village Blvd 561.688.9999	56	Marriott Home Care 2700 Broadway 561.659.3793	15		
Rose of Sharon Garden ALF 8400 NW 28 <sup>th</sup> St 954.747.0869	6	Avery Cottage 4052 Collin Dr 561.248.3447	5	Mi Casa Es Tu Casa II 6700 Parker Ave 561.547.5474	6		
Royal Living at Sunrise 3181 NW 94 <sup>th</sup> Way 954.748.1930	6	BP ALF 906 36 <sup>th</sup> St 561.844.6127	6	Open Arms ALF 4652 Belvedere Rd 561.478.9345	6		
Emeritus at Springtree 4201 Springtree Dr 954.572.4261	246	BP ALF II 1174 Wynnewood Dr 561.687.3280	6	Palm Beach ALF 534 Datura St 561.659.9330	200		
Sunhaven Villa 11810 NW 30 <sup>th</sup> Pl 954.746.3982	6	Caring Hands of Acreage 13635 78 <sup>th</sup> Pl N 561.333.5294	4	Personal Elder Care 4533 Brook Dr 561.684.4960	4		
Victorian ALF 4610 NW 113 <sup>th</sup> Ter 772.871.7539	6	Christel Care 4973 Broadstone Cir 561.478.8648	6	Personal Elder Care II 5739 Orchard Way 561.687.8845	5		
Westbridge ALF 3142 NW 109 <sup>th</sup> Ter 954.749.0141	6	Country Retreat 7357 Wilson Rd 561.683.7877	17	Preferred Lifestyle 4384 Purdy Ln 561.433.9817	10		
<b>TAMARAC</b> Active Senior Living Residence 9057 NW 57 <sup>th</sup> St 954.721.1115	72	Cresthaven East 5100 Cresthaven Blvd 561.964.2828	308	Savannah Court of the Palm Beaches 2090 N Congress Ave 561.686.5100	114		
Anita's House 5711 NW 54 <sup>th</sup> Ter 954.762.5134	6	Doreen's ALF 3217 Broadway 561.844.5313	21	Seagull Place 1233 Island Rd 561.845.6210	24		
Harbor Memory Care of Tamarac 6855 NW 70 <sup>th</sup> Ave 954.722.0212	116	Fountainview 145 Executive Center Dr 561.697.5500	74	St Mary's ALF 7001 S Dixie Hwy 561.588.7677	37		
Heartland of Tamarac 5901 NW 79 <sup>th</sup> Ave 954.722.7001	12			Terrace of West Palm Beach 6300 Common Cir 561.697.3051	76		



# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

## ALZHEIMER'S BROWARD

Area Agency on Aging of Broward County  
954.714.3456

Alzheimer's Family Care Center, Inc  
954.971.7155

Long-Term Care Community Diversion Program  
954.746.1773

North Broward Memory Disorder Center  
954.786.7392

## MIAMI-DADE

Alliance for Aging, Inc  
305.670.6500

Long-Term Care Community Diversion Program North & Central Miami-Dade  
786.336.1400  
South Miami-Dade  
305.671.7200

The Wien Center Memory Disorder Clinic  
305.674.2543

University of Miami Memory Disorders Center  
305.355.9065

## PALM BEACH

Abbey Delray Health Center  
561.454.1136

Abbey Delray South Health Center  
561.272.9600

Adolph and Rose Levis Alzheimer's and Adult Day Care Center  
561.558.2510

Alzheimer's Association Southeast Florida Chapter  
800.861.7826

Alzheimer's Community Care  
561.683.2700

Area Agency on Aging  
561.684.5885

Edward J Healey Rehabilitation and Nursing Center  
561.842.6111

Florida Atlantic University Memory and Wellness Clinic  
561.297.0502

Glades Health Care Center  
561.924.5561

Joseph L. Morse Geriatric Center, Inc  
561.687.5790

Jupiter Medical Center Alzheimer's Support Group  
561.744.4444

Long-Term Care Community Diversion Program  
561-840-3150

Lourdes-Noreen McKeen Residence for Geriatric Care, Inc  
561.655.8544

Mae Volen Senior Center  
561.395.8920

New Day Adult Care Center  
561.844.0012

Palm Beach County Division of Senior Services  
Mid County Adult Day Care  
561.355.4746  
North County Adult Day Care  
561.694.5440

Schaffer Adult Day Health Center  
561.687.5790

St. Mary's Medical Center Memory Disorder Clinic  
561.882.6363

## STATE

Florida Council on Aging  
850.222.8877

## NATIONAL

Alzheimer's Association  
800.272.3900

Alzheimer's Caregiver Support Online  
866.260.2466

Alzheimer's Foundation of America  
866.232.8484

## AREA AGENCIES ON AGING

### BROWARD

Aging and Disability Resource Center  
954.745.9779

Broward County Elderly Services  
954.537.2936

## MIAMI-DADE

Alliance for Aging  
305.670.6500

## PALM BEACH

Area Agency on Aging  
561.214.8600

## STATE

Florida Department of Elder Affairs  
850.414.2000

Florida Council on Aging  
850.222.8877

## NATIONAL

National Eldercare Locator  
800.677.1116

## ASSOCIATIONS BROWARD

American Association of Retired Persons (AARP)  
866.595.7678

American Cancer Society  
954.564.0880

American Dental Association  
954.772.5461

American Diabetes Association  
954.772.8040

American Heart Association  
954.772.8100

American Lung Association  
954.524.4657

American Parkinson Disease Association  
954.786.2305

American Red Cross  
954.797.3800

Arthritis Foundation  
954.616.1233

Broward Homebound Program, INC.  
954.786.2484

Coalition for the Homeless  
954.925.6466

County Health Department  
954.467.4700

County Medical Association  
954.714.9477

County Office of the Public Guardian  
954.831.6550

Epilepsy Foundation  
954.779.1509

Leukemia/Lymphoma Society  
954.744.5300

National Multiple Sclerosis Society  
954-731-4224

Senior Citizen Law Project  
954.736.2400

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South Florida Asthma  
Consortium  
954.524.4657

#### MIAMI-DADE

American Cancer Society  
305.594.4363

American Dental Association  
800.344.5860

American Heart Association  
305.856.1449

American Red Cross  
305.644.1200

Coalition for the Homeless  
305.571.8101

County Health Department  
305.324.2400

County Medical Association  
305.324.8717

County Office of the Public  
Guardian  
305.592.7642

Epilepsy Foundation  
305.670.4949

Miami-Dade Elder Helpline  
305.670.4357

#### PALM BEACH

American Cancer Society  
561.366.0013

American Dental Association  
561.278.7551

American Diabetes Association  
561.689.2746

American Heart Association  
561.615.3888

American Lung Association  
561.659.7644

American Red Cross  
561.833.7711

Anti-Defamation League  
561.988.2900

Arthritis Foundation  
561.833.1133

County Health Department  
561.840.4500

County Medical Society  
561.433.3940

County Office of the Public  
Guardian  
561.655.8944

Epilepsy Foundation  
561.478.6515

Leukemia/Lymphoma Society  
561.775.9954

#### STATE

Agency for Healthcare Admin-  
istration  
888.419.3456

American Association of Retired  
Persons (AARP)  
866.595.7678

American Lung Association  
904.743.2933

Brain Injury Association of Florida  
800.992.3442

Breast Cancer Resource  
Network – Florida  
800.696.8349

Coalition for the Homeless  
877.205.0021

Compulsive Gambling  
888.236.4848

Florida Bar-Elder Law Section  
850.561.5625

Florida DCF Office on  
Homelessness  
850.922.4691

Lupus Foundation of America  
800.684.9276

National Kidney Foundation  
800.927.9659

Senior Legal Helpline (Florida  
Department of Elder Affairs)  
888.895.7873

#### NATIONAL

Administration on Aging  
202.619.0724

Alliance for Retired Americans  
202.637.5399

ALS Association (Lou Gehrig's  
Disease)  
818.880.9006

Alzheimer's Association  
800.272.3900

Alzheimer's Foundation  
866.232.8484

American-Arab Anti-Discrimi-  
nation Committee  
202.244.2990

American Association of Retired  
Persons (AARP)  
888.687.2277

American Cancer Society  
800.227.2345

American Dental Association  
312.440.2500

American Diabetes Association  
800.342.2383

American Heart Association  
800.242.8721

American Institute for Cancer  
Research (AICR)  
800.843.8114

American Liver Foundation  
(ALF)  
212.668.1000

American Lung Association  
800.548.8252

American Parkinson Disease  
Association  
800.223.2732

American Red Cross  
800.733.2767

American Speech Language  
Hearing Association (ASHA)  
800.638.8255

American Stroke Association  
888.478.7653

American Urological  
Association Foundation  
800.828.7866

Americans with Disabilities Act  
(ADA)  
800.514.0301/TTY  
800.514.0383

Anxiety Disorders  
Association of America  
240.485.1001

Arthritis Foundation  
800.283.7800

Asian American Justice Center  
202.296.2300

Asian Pacific American Labor  
Alliance  
202.508.3733

Blinded Veterans  
Association (BVA)  
202.371.8880

Coalition for the Homeless  
202.462.4822

Epilepsy Foundation  
800.332.1000

Human Rights Campaign  
202.628.4160

League of United Latin American  
Citizens  
202.833.6130

Leukemia/Lymphoma Society  
888.955.4572

Lupus Foundation of America  
800.558.0121



**Call Now for  
FREE  
Assistance**

- Assisted Living
- Alzheimer's Care
- Secure Units
- Mental Health Units
- Extended Care
- Adult Family Care

**MIAMI DADE  
305-931-0618**

**BROWARD  
954-965-2925**

**PALM BEACH  
561-329-4337**

**SE HABLA ESPAÑOL**

# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

NAACP National Association for the Advancement of Colored People  
877.622.2798

National Alliance to End Homelessness  
202.638.1526

National Family Caregiver Support Program-Elders (Admin on Aging)  
202.619.0724

National Kidney Foundation  
800.622.9010

National Multiple Sclerosis Society  
800.344.4867

National Organization for Women  
202.628.8669

National Parkinson's Foundation  
800.327.4545

National Substance Abuse Helpline (SAMHSA)  
800.662.4357

Native American Rights Fund  
303.447.8760

Sikh American Legal Defense and Education Fund  
202.393.2700

## **BEREAVEMENT**

**BROWARD**  
Anxiety Group  
954.746.2055

Bereavement Counseling Support Group St. Gregory Church  
954.473.6261

Compassionate Friends for the Loss of a Child  
954.370.3446

Daniel D Cantor Senior Center  
954.742.2299

Gay/Lesbian Bereavement Support Group  
954.463.9005

Gold Coast Home Health and Hospice Services  
954.785.2990

Heart Talk  
Plantation General Hospital  
954.370.9822

Leo Goodman Senior Complex  
943.742.2299

Our "Family Support Group"  
954.763.6776

SE Focal Point Senior Center  
954.966.9805

Survivor of Suicide Support Group  
954.924.0014

SW Focal Point Senior Center  
954.450.6888

The Florida Initiative for Suicide Prevention, Inc  
954.384.0344

**MIAMI-DADE**  
Aventura Cancer Center  
305.682.2151

DCIS/Cancer and Caregiver  
305.535.3347

Sterling of Aventura  
305.918.0000

Temple Bet Breira  
305.595.1500

Miami Temple Seventh Day Adventist Church  
305.223.2102

Michael-Ann Russell Jewish Community Center  
305.932.4200

Mount Sinai Cancer Bereavement Support Group  
305.535.3407

Palm Gardens of Aventura  
305.935.4827

Sacred Heart Catholic Church  
305.247.4405

South Miami Hospital  
786.662.4000

The Compassionate Friends Miami Chapter  
305.460.5762

**GRUPOS DE APOYO (ESPAÑOL)**  
Good Shepherd Catholic Church  
305.385.4320

Iglesia Ejecutive Bautista  
305.303.9498

Mother of Christ  
305.559.6111

Principe de Paz Ministerio del Consuelo  
305.264.9059

Viudas & Viudos  
305.588.2150

**PALM BEACH**  
Alpert Jewish Family & Children's Services Support Groups  
561.684.1991

Boca Raton Community Hospital, Inc  
Bereavement Support Group  
561.955.5406

Catholic Charities, Diocese of Palm Beach, Inc  
Counseling Services  
561.775.9567

Center for Family Services of Palm Beach County, Inc  
Counseling Services  
561.616.1222

Holy Name of Jesus Church Bereavement Support Group  
561.683.3555

Hospice of Palm Beach County, Inc Horizons Bereavement Center  
561.227.5175

Jupiter Medical Center Bereavement Support Group  
561.745.4351

Mental Health Association of Palm Beach County, Inc Senior Services  
561.832.3755

Ruth Rales Jewish Family Service Bereavement Support Groups  
561.852.3333

**NATIONAL**  
Parents of Murdered Children  
888.818.7662

The Compassionate Friends  
877.969.0010

**COUNTY HEALTH DEPARTMENT BROWARD**  
Broward County Health Department  
954.467.4700

**MIAMI-DADE**  
Miami-Dade County Health Department  
305.324.2400

**PALM BEACH**  
Palm Beach County Health Department  
561.840.4500

**CRISIS INTERVENTION BROWARD**  
BSO Baker Act Team  
954.765.4321  
After Hours: 954.831.5846

Henderson Mobile Crisis Response Team  
954.463.0911



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Women in Distress  
954.761.1133

#### **PALM BEACH**

Destiny by Choice, Inc.  
561.439.3145

Family Violence Intervention Program  
561.355.1664

New Hope Anger Management, Inc.  
561.832.3828

#### **STATE/NATIONAL**

Florida Domestic Violence Hotline  
800.500.1119

National Domestic Violence Hotline  
800.799.7233

#### **DENTAL RESOURCES**

**BROWARD**  
Broward College Dental Clinic  
954.201.6779

Dental Association  
954.772.5461

Ft. Lauderdale Health Center  
Dental Clinic  
954.467.4820

Gulf Stream Living Water Center  
North 954.763.6644  
South 954.965.0077

North Regional & Paul Hughes Health Centers  
954.788.6079

Nova Southeastern  
954.7262.7500

South Regional Health Center  
Dental Clinic  
954.985.4814

#### **MIAMI-DADE**

Camillus Health Concern  
305.577.4840

Community Health of South Florida, Inc  
305.253.5100

Community Smiles Program  
305.325.0510

Florida Donated Dental Services  
305.598.7080

Helen B Bentley Family Health Center  
305.447.4950

Jessie Trice Community Health Center, Inc  
305.637.6400

Martin Luther King, Jr Clinica Campesina  
305.248.4334

Miami-Dade Community College  
Dental Hygiene Program  
305.237.4142

North Dade Health Center  
786.466.1500

Nova SE University Health Care Center  
305.949.6202

South Florida District Dental Association  
305.667.3647

UF College of Dentistry  
305.694.5400

#### **PALM BEACH**

Caridad Health Clinic  
561.737.6336

Palm Beach Community College  
Atlantic Coast Research Clinic  
561.868.3747  
Dental Hygiene Clinic  
561.868.3753

Palm Beach County Health Department  
Belle Glade Dental Office  
561.996.1612  
Delroy Beach Dental Clinic  
561.274.3111  
Dental Administration  
561.837.5560  
Lantana/Lake Worth Dental Office  
561.547.6811  
Pahokee  
561.924.0184  
West Palm Beach Dental Office  
561.514.5310

Samaritan Gardens Community Health Center  
561.840.8681

#### **DISABILITY PARKING PERMITS**

**BROWARD**  
Motor Vehicle Services (County Tax Collector)  
954.765.4697

#### **MIAMI-DADE**

Motor Vehicle Services (County Tax Collector)  
305.375.5678

#### **PALM BEACH**

Motor Vehicle Services (County Tax Collector)  
561.355.2264

#### **DISASTER PREPAREDNESS & EMERGENCY ASSISTANCE**

**BROWARD**  
American Red Cross  
954.797.3800

Broward County Emergency Management Division  
954.831.3900

Broward County Hurricane Preparedness Guide & Hurricane Hotline  
954.831.4000

#### **MIAMI-DADE**

American Red Cross  
Central Dade  
305.644.1200  
North Dade  
305.681.1066  
South Dade  
305.248.2024

Emergency Management Answer Center  
311

Miami-Dade Department of Emergency Management  
305.468.5400

#### **PALM BEACH**

American Red Cross  
561.833.7711

Palm Beach County Division of Emergency Management  
561.712.6400

#### **STATE**

Florida Division of Emergency Management  
850.413.9969

#### **NATIONAL**

Federal Emergency Management Agency  
800.621.3362

#### **DRIVER'S LICENSE OFFICES**

**BROWARD**  
Department of Highway Safety & Motor Vehicles  
954.497.1570

#### **MIAMI-DADE**

Department of Highway Safety & Motor Vehicles  
305.229.6333

#### **PALM BEACH**

Department of Highway Safety & Motor Vehicles  
561.681.6333

#### **STATE**

Department of Highway Safety & Motor Vehicles  
850.617.2000

#### **NATIONAL**

AARP Driver Safety Program  
888.227.7669

#### **ELDER ABUSE**

**BROWARD**  
Broward County Domestic Violence Services  
954.327.8750



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**MIAMI DADE**  
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**BROWARD**  
**954-965-2925**

**PALM BEACH**  
**561-329-4337**

**SE HABLA ESPAÑOL**

# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Senior Citizens Law Project  
954.736.2400

Women in Distress  
954.760.9800

## MIAMI-DADE

Disability and Independent Living (DSAIL)  
305.547.5444

Jewish Community Services of South Florida  
Information & Referral Line  
305.576.6550

Miami-Dade Elder Helpline  
305.670.4357

## STATE

Elder Abuse Hotline  
800.962.2873

## EMPLOYMENT OPPORTUNITIES BROWARD

AARP Senior Community Service Employment  
954.563.2559

Hispanic Unity  
954.964.8884

Positive Images  
954.484.1824

Second Chance Society  
954.763.5999

Women Investigating New Goals & Services (WINGS)  
954.201.2256

WorkForce One Ft Lauderdale  
954.677.5555  
Hollywood  
954.967.1010  
Pompano Beach  
954.969.3541

## MIAMI-DADE

AARP Senior Community Service Employment  
305.476.5925

Association for Senior Citizens  
305.545.7270

Jewish Community Services of South Florida Information & Referral Line  
305.576.6550

Senior Community Service Employment Program  
305.871.2820

## PALM BEACH

AARP Senior Community Service Employment  
561.471.9828

Workforce Alliance  
561.340.1060

## ENERGY ASSISTANCE BROWARD

Community Development Water/Sewer Program  
954.357.5800

LIHEAP – Low Income Home Energy Assistance Program  
954.497.1350

FPL Customer Care  
954.797.5000

NE Focal Point  
954.480.4449

NW Focal Point  
954.973.0300

Salvation Army Emergency Assistance  
954.524.6991

SE Focal Point  
954.966.9805

## MIAMI-DADE

LIHEAP – Low Income Home Energy Assistance Program  
786.469.4600

FPL Customer Care  
305.442.8770

## PALM BEACH

FPL Customer Care  
561.994.8227

LIHEAP – Low Income Home Energy Assistance Program  
561.355.4792

## FINANCIAL ASSISTANCE BROWARD

A New Horizon Credit Counseling Services  
800.556.1548

American Red Cross South Florida Region  
954.797.3800

Credit Counseling Inc  
954.825.0879

FCFH – Emergency Assistance  
954.537.0211

First Call Broward County  
211

Gateway Community Outreach  
954.725.8434

HOPE Outreach Center, Inc.  
954.321.0909

Jewish Family Service of Broward  
954.370.2140

Lighthouse Point Senior Citizen Outreach Program  
954.942.8080

Miramar Assisting Seniors in  
954.967.1605

Miramar Community Outreach Center  
954.989.6200

The Salvation Army  
954.524.6991

Miami-Dade Accion Community Center  
305.547.7713

American Red Cross South Florida Region  
305.644.1200

Attapattah Neighborhood Center  
305.547.4960

Blanche Moton/Hialeah Neighborhood Center  
305.884.4801

Catholic Charities Emergency Services  
305.754.2444

Culmer Neighborhood Center  
305.579.2820

Edison/Little River Neighborhood Center  
305.758.9662

Florida City/Homestead Neighborhood Center  
305.247.2068

Frankie Shannon Rolle Neighborhood Center  
305.446.3311

Goulds Community Center  
305.233.2121

Liberty City Community Center  
305.756.2830

Low Income Home Energy Assistance Program (LIHEAP)  
305.347.4685

## PRESTIGE MANOR

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Miami-Dade Elder Helpline  
305.670.4357

Naranja Neighborhood Center  
305.258.5471

Opa-Locka Neighborhood  
Center  
305.623.6500

Richmond Heights Resource  
Center  
305.234.4927

The Salvation Army  
305.438.9066

Wynwood Neighborhood  
Center  
305.547.7661

### **PALM BEACH**

Adopt-A-Family of the Palm  
Beaches, Inc.  
561.253.1361

American Red Cross  
Greater Palm Beach Area  
Chapter  
561.833.7711

Boca Helping Hands Assistance  
Center  
561.417.0913

Catholic Charities, Diocese of  
Palm Beach, Inc.  
561.775.9560

Center for Family Services of  
Palm Beach County, Inc.  
561.616.1222

Community Action Program of  
Palm Beach County  
561.355.4726

Community Caring Center  
561.364.9501

Consumer Credit Counseling  
Service  
800.251.2227

Farmworker Coordinating  
Council of Palm Beach County  
561.533.7227

Mae Volen Senior Center  
561.395.8920

Palm Beach County  
Division of Senior Services  
561.355.4750

Palm Beach County  
Division of Human Services  
954.355.4775

Palm Beach County  
Division of Veteran Services  
561.355.4761

Ruth Rales Jewish Family  
Service  
561.852.3333

Society of St. Vincent de Paul  
561.697.9699

The Salvation Army  
561.686.3530

**STATE**  
Florida Department of  
Financial Services  
877.693.5236

Florida Medicare Beneficiary  
Helpline  
800.844.0795

IRS Tax Helpline  
800.829.1040

**NATIONAL**  
Lifeline Across America  
888.225.5322

### **FOOD ASSISTANCE BROWARD**

Aging & Disability Resource  
Center of Broward County  
954.745.9779

Broward Meals on Wheels  
954.731.8770

Broward Homebound  
954.786.2484

Cooperative Feeding Program  
954.792.2328

Cross Road Food Bank  
954.627.6900

David Posnack Jewish  
Community Center  
954.434.0499

EASE Foundation  
954.797.1077

Gateway Community Outreach  
954.725.8434

Hallandale Food Distribution  
Program  
954.457.1460

Hope Outreach Center  
954.321.0909

Jubilee Center of South  
Broward  
954.920.0106

Manna – Share a Meal  
954.475.0508

Sunrise Social Service Division  
954.746.3670

WeCare  
954.792.6700

**MIAMI-DADE**  
CC Elder Services – Malcom Ross  
305.633.0462

CC Elder Services – Pete O'Connor  
305.757.0218

Community Action Agency  
786.469.4692

De Hostos Senior Center  
305.573.6220

Farm Share Food Program  
305.248.3006

Jewish Community Services  
of South Florida Information &  
Referral Line  
305.576.6550

Marian Towers Elderly Services  
305.932.1300

Miami-Dade Elder Helpline  
305.670.4357

Miami-Dade Meals on Wheels  
305.347.4674

North Miami Foundation for  
Senior Citizens  
305.893.1450

South West Social Services  
305.261.6202

**PALM BEACH**  
Adopt a Family of the Palm  
Beaches, Inc. Project Uplift  
561.253.1361

Boca Helping Hands Food Center  
561.417.0913

Community Caring Center  
561.364.9501

Lighthouse Café  
561.996.5568

New Hope Charities, Inc.  
561.924.7986

Regeneration Center  
561.655.2204

Samaritan Gardens Christian  
Care Center  
561.650.7400

Strive for Excellence Food  
Pantry  
561.848.3142

The Soup Kitchen, Inc.  
561.732.7595

**STATE**  
Food Stamp Hotline  
866.762.2237

SHARE Florida Food Network  
800.536.3379

### **HEARING RESOURCES BROWARD**

Accessible Communication  
for the Deaf  
954.578.3081

Center for Hearing and  
Communication  
954.601.1930



## **FREE SERVICE**

### **HOW CAN EVERYONE AFFORD A FACILITY COST?**

We can guide  
you with  
**BENEFITS and  
PROGRAMS**  
that may be  
available  
To YOU!

**Call NOW  
for FREE  
assistance!**

**MIAMI DADE  
305-931-0618**

**BROWARD  
954-965-2925**

**PALM BEACH  
561-329-4337**

**SE HABLA ESPAÑOL**

# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

NSU Hearing & Balance Center  
954.678.2273

North Broward Medical Center  
Audiology Center  
954.786.7395

**MIAMI-DADE**  
Deaf Services Bureau  
305.560.2866

Hearing and Speech Center  
of Florida  
305.271.7343 or  
305.557.4764

**PALM BEACH**  
Audiology & Speech  
Pathology, Inc  
561.649.4006

Deaf Service Center of Palm  
Beach County  
West Palm Beach  
561.802.3353/TTY  
561.802.3351  
Delray Beach  
561.278.6444/TTY  
561.278.1444

**STATE**  
Florida Relay Service  
800.222.3448/TTY  
888.447.5620

**NATIONAL**  
Hear Now  
800.328.8602

Hearing Aid Helpline  
800.521.5247

International Hearing Society  
734.522.7200

**HOME MAINTENANCE**  
**BROWARD**  
Broward Community  
Development  
954.765.5311

Hollywood Housing Rehab  
Program  
954.921.3381

Home Touch Program  
954.792.1121

North Lauderdale Home  
Repair Program  
954.724.7065

**MIAMI-DADE**  
Community Action Agency  
305.438.8604

Little Havana Activities &  
Nutrition Centers  
305.858.2226

Metro Dade Community Action  
305.347.4600

**PALM BEACH**  
Palm Beach County Housing &  
Community Development  
561.233.3600

**STATE**  
Premier Bathrooms  
800.950.0491

Weatherization Assistance  
Program  
850.488.7541

**HOUSING**  
**BROWARD**  
Broward County Housing  
Authority  
954.739.1114

Broward County Office of Equal  
Opportunity  
954.357.7800/TTY  
954.357.6181

Broward Housing Solutions  
954.764.2800

Deerfield Beach Housing  
Authority  
954.425.8449

Hollywood Housing Authority  
954.989.4691

Housing Authority of the City of  
Fort Lauderdale  
954.525.6444

**MIAMI-DADE**  
Housing Authority of the City of  
Miami Beach  
305.532.6401

Harbor House Special Needs  
Housing  
305.371.0722

Hialeah Housing Authority  
305.888.9744

Housing and Urban Development  
305.536.5678

Little Haiti Housing  
Association, Inc  
305.759.2542

**MIAMI-DADE** Public  
Housing Agency  
786.469.4100

**PALM BEACH**  
Belle Glade Housing Authority  
561.996.2140

Boca Raton Housing Authority  
561.206.6200

Delray Beach Housing  
Authority  
561.272.6766

Fair Housing Center of the  
Greater Palm Beaches, Inc  
877.910.3247

Housing Partnership, Inc  
561.841.3500

Pahokee Housing Authority  
561.924.2506

Palm Beach County Depart-  
ment of Housing & Community  
Development  
561.233.3600

Palm Beach County – Human  
Services and Veterans Services  
561.355.4775

West Palm Beach Housing  
Authority  
561.655.8530

**NATIONAL**  
Housing and Urban Develop-  
ment  
202.708.1112/TTY  
202.708.1455

**LEGAL SERVICES**  
**BROWARD**  
Broward County Bar Association  
954.764.8040

Broward County Consumer  
Affairs  
954.765.4400

Broward County Office of the  
Public Defender  
954.831.8650

Broward Senior Intervention  
and Education Program  
954.966.9805

Catholic Charities Legal  
Services  
800.691.7530

Coast to Coast Legal Aid of  
South Florida, Inc  
954.736.2400

Florida Local Advocacy  
Council  
954.713.1263

Jewish Federation  
954.660.2089

Legal Aid Service of Broward  
County  
954.765.8950

Senior Citizen Law Project  
954.736.2400

## *Peace on Earth I*

8501 NW 35th St, Coral Springs

954-796-9912

&

## *Peace on Earth II*

470 SW 14 Ct, Pompano Beach

954-781-4954

Located in the heart of Pompano Beach and Coral Springs, our facilities offer the finest in luxury senior living combined with total **peace of mind.**

Our residents enjoy the independence they desire, balanced by the assistance they need, with care provided by caring and certified licensed personnel.

Our commitment to our residents is governed by the highest standards of total satisfaction. **Come for a visit and see for yourself!**

AL7693 & AL11315

## MIAMI-DADE

ACLU – Advocacy  
786.363.2700

Catholic Charities Legal  
Services  
305.373.1073

Dade Legal Aid Society  
305.579.5733

Guardianship Program of Dade  
County  
305.592.7642

Legal Services of Greater  
Miami  
305.576.0080

MIAMI-DADE Elder  
Helpline  
305.670.4357

## PALM BEACH

Family Mediation Services  
561.355.2739

Florida Rural Legal Services  
Belle Glade  
561.993.0003  
West Palm Beach  
561.820.8902

Legal Aid Society of Palm  
Beach County  
561.655.9353

Office of the Attorney General  
561.688.7759

Office of the Public Defender  
Central West Palm Beach  
561.355.7500  
Criminal Justice Complex  
561.688.4610  
North County Complex  
561.624.6560  
South County Complex  
561.274.1522  
West County Complex  
561.996.4880

Palm Beach County Bar  
Association  
561.687.2800

## STATE

Florida Bar Association  
850.561.5600

Florida Call-A-Law  
850.561.1200

## LGBT SERVICES BROWARD

Dignity Fort Lauderdale  
954.463.4528

Dolphin Democrats  
866.478.8262

Log Cabin Republicans Broward  
954.527.1995

MCC Fort Lauderdale  
954.462.2004

PFLAG Broward  
954.540.3366

Senior Action in a Gay  
Environment (SAGE)  
954.720.0833

SunServe  
954.548.4602

The Pride Center at Equality  
Park  
954.463.9005

MIAMI-DADE  
Freedom Democrats  
305.895.9466 X204

MCC Miami Beach  
877.796.1514

PFLAG Homestead  
305.989.1623

PFLAG Miami  
305.666.1778

Save Dade  
305.751.7283

PALM BEACH  
Dignity Palm Beach  
561.309.0088

MCC of Boynton Beach  
561.733.4000

MCC of West Palm Beach  
561.775.5900

Palm Beach County  
Human Rights Council  
561.845.6545

PFLAG Delray Beach  
561.716.9464

PFLAG West Palm Beach  
561.640.4026

## STATE

Equality Florida  
813.870.3735

NATIONAL  
Dignity USA  
800.877.8797

Gay & Lesbian Alliance Against  
Defamation (GLAAD)  
212.629.3322

Gay & Lesbian National Hotline  
888.843.4564

Human Rights Campaign (HRC)  
800.777.4723

Log Cabin Republicans  
202.347.5306 X1001

Metropolitan Community  
Church (MCC)  
310.360.8640

Parents, Families, and Friends  
of Lesbians and Gays (PFLAG)  
202.467.8180

Stonewall Democrats  
202.625.1382

## MEDICAID BROWARD

Agency for Health Care  
Administration (AHCA)  
561.796.5900

Medicaid Beneficiary Services  
954.202.3200 X277

Medicaid Provider Services  
954.497.2863

Sunrise Community Medicaid  
Waiver Group  
954.584.0390

## MIAMI-DADE

Agency for Health Care Admin-  
istration (AHCA)  
305.499.2165

Medicaid Beneficiary Services  
305.499.2100

PALM BEACH  
Agency for Health Care  
Administration (AHCA)  
561.496.5900

Medicaid Beneficiary Services  
561.616.5255

## STATE

Agency for Health Care  
Administration (AHCA)  
888.419.3456

Florida Department of Elder  
Affairs (SHINE)  
800.963.5337

The Florida Department of  
Children & Families  
866.762.2237

Medicaid Fraud Hotline  
866.966.7226

NATIONAL  
Centers for Medicare & Medicaid  
Services  
800.633.4227

Supplemental Security Income  
(SSI)  
800.772.1213

## MEDICARE BROWARD

North Broward Referral Service Center  
954.267.2090

## MIAMI-DADE

Miami-Dade Elder Helpline  
305.670.4357

## PALM BEACH

Bethesda Prime Time Club  
561.737.7733



**FREE  
ASSISTANCE !  
Call now for  
Facilities that  
Accept:**

- Medicaid
- ICP/ Waiver
- OSS
- Diversion Program
- V.A. and
- Social Security Benefits

**CALL NOW  
FOR FREE  
ASSISTANCE!**

MIAMI DADE  
**305-931-0618**

BROWARD  
**954-965-2925**

PALM BEACH  
**561-329-4337**

SE HABLA ESPAÑOL

# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

## STATE

Florida Medical Quality Assurance-Appeals  
866.800.8754

Florida Department of Elder Affairs (SHINE)  
800.963.5337

Florida Medicare Hotline  
800.844.1795

Qualified Medicare Beneficiaries (QMB)  
866.762.2237

## NATIONAL

Centers for Medicare & Medicaid Services  
800.633.4227

Medicare Rights Center  
800.333.4114

Medicare Choices Helpline  
800.633.4227

Medicare Fraud Hotline  
800.447.8477

Social Security Administration  
800.772.1213

## MENTAL HEALTH SERVICES

### BROWARD

ARC Broward Mental Health Counseling  
954.746.9400

Archways  
954.763.2030

Broward County Elderly Services  
954.537.2936

Broward County Mental Health Services  
954.327.8750

Henderson Mental Health Center  
954.463.0911

Jewish Family Senior Services  
954.370.3388

Mental Health Association of Broward County  
954.746.2055

NOVA Psychology Service Center  
954.262.5730

Silver Impact  
954.572.0444

Women in Distress  
954.760.9800

## MIAMI-DADE

Bayview Center for Mental Health  
305.892.4600

Catholic Charities Counseling Programs  
305.758.0024

Jewish Community Services of South Florida  
305.899.1587

Mental Health Association of Miami-Dade County  
305.379.2673

Miami Counseling & Resource Center  
305.448.8325

Miami-Dade County Health Department  
305.324.2400

Miami-Dade Elder Helpline  
305.670.4357

New Era Health Center  
305.559.8838

The Village South  
305.573.3784

## PALM BEACH

Alpert Jewish Family & Children's Services  
561.684.1991

Glades Crisis Stabilization Unit  
561.993.8022

Mental Health Association of Palm Beach County  
561.832.3755

National Alliance for the Mentally Ill of Palm Beach County  
561.588.3477

Oakwood Center of the Palm Beaches  
561.383.8000

Palm Beach Center for Personal Enrichment  
561.776.1660

Senior Focus  
561.882.0252

South County Mental Health Center  
561.495.0522

## PRESCRIPTION ASSISTANCE

### BROWARD

Broward County Human Services Prescription Drug Discount Cards  
877.321.2652

Broward General Medical Center Retail Pharmacy  
954.468.8082

## PALM BEACH

Palm Beach County Prescription Drug Assistance Program  
866.652.4325

## STATE

Florida Discount Drug Card Program  
866.341.8894/TTY  
866.763.9630

Serving Health Insurance Needs of Elders (SHINE)  
800.963.5337

## NATIONAL

AstraZeneca Patient Prescription Assistance Program  
800.236.9933

Free Medicine Foundation  
573.996.3333

GlaxoSmithKline Orange Card  
888.672.6436

Lilly Cares Foundation  
800.545.6962

Medicare-Approved Drug Discount Cards  
800.633.4227

Merck Patient Assistance Program  
800.727.5400

Novartis Care Card  
866.974.2273

Pfizer Helpful Answers  
866.706.2400

Partnership for Prescription Assistance  
888.477.2669

RxAssist Patient Assistance Program  
401.729.3284

Together Rx Access  
800.444.4106

## SENIOR ORGANIZATIONS & SERVICES

### BROWARD

CARES – Department of Elder Affairs  
954.746.1773

First Call  
211

## Lesende Home Care

2308 SW 10th Street, Miami

305-631-1658

&

## Gable Estates ALA

1881 SW 37th Ave, Miami

305-774-5801

*Hermosas comunidades dedicadas para las personas con necesidad de asistencia personal. Deliciosas comidas balanceadas para nuestra comunidad con atención personalizada. Trabajamos con todos los seguros médicos y beneficios del gobierno. Disponemos de cuartos privados y semi privados. Dos localidades para escoger ese lugar especial para su ser querido. Llame para una visita personalizada.*

AL9895 & AL11082

Focal Point Senior Centers  
NW – 954.973.0300  
NE – 954.480.4449  
SW – 954.450.6888  
SE – 954.966.9805

Jewish Healing Center  
954.370.2140

Miramar Youth & Family  
Outreach Center  
954.889.2723

North Broward Medical Senior  
Supper Club  
954.344.3344

Ombudsman Broward  
954.747.7919

Respite for Elders Living in  
Everyday Families (RELIEF)  
954.745.9779

#### MIAMI-DADE

CARES – Department of Elder Affairs  
North & Central Miami-Dade  
786.336.1400  
South Miami-Dade  
305.671.7219

Guardianship Program of Dade  
County  
305.592.7642

Jewish Community Services of  
South Florida  
Information & Referral Line  
305.576.6550

Miami-Dade Community  
Action Agency  
786.469.4600

Miami-Dade Alliance for Aging  
305.670.6500

Ombudsman North Dade  
786.3361418  
Ombudsman South Dade  
305.671.7247

#### PALM BEACH

CARES – Department of Elder Affairs  
561-840-3150

Catholic Charities Elderly  
Services  
305.751.5203

Ombudsman Palm Beach  
561.837.5038

#### STATE

AARP Florida  
866.595.7678

Florida Ombudsman Program  
888.831.0404

#### NATIONAL

Children of Aging Parents  
800.227.7294

National Family Caregivers  
Association  
800.896.3650

#### SHELTERS BROWARD

Broward Partnership for the  
Homeless  
954.779.3990

Broward Outreach Hollywood  
954.926.7417

Broward Outreach Pompano  
954.979.6365

EASE Foundation  
954.797.1077

Helping People in America  
(COSAC)  
954.954.3571

Henderson Mental Health Center  
954.463.0911

Jubilee Center of South  
Broward, Inc  
954.920.0106

Love Thy Neighbor  
954.779-3990

Our Father's House Soup  
Kitchen  
954.968.7550

The Homeless Voice Shelter  
954.924.3571

#### MIAMI-DADE

A Woman's Place  
305.358.2063

Camillus House  
305.374.1065

Concept House  
305.751.6501

Douglas Gardens CMHC  
Homeless Assistance Program  
305.604.3446

Homeless Assistance Center  
305.329.3000

M. Teresa Mission of Charity  
305.545.5699

Metatherapy – Beckham Hall  
Homeless Shelter for men  
305.247.1949

Miami City Mission  
305.576.3725

Miami Rescue Mission  
305.571.2273

Miami Rescue Women  
305.571.2250

New Life Family of Catholic  
Charities  
305.573.3333

Opa-Locka Rescue Mission  
305.687.4110

Salvation Army – Men Lodge  
305.637.6720

Women of Power Restoration  
Program  
786.226.7883

#### PALM BEACH

Aid to Victims of Domestic  
Abuse  
800.355.8547

Association for Abused Women  
and Children Shelter  
561.586.1888

Catholic Charities Belle Glade  
Office  
561.996.0483

Christians Reaching Out to  
Society  
561.963.3000

Clean Time Inn  
561.547.4357

Emergency Services Office  
561.391.1344

Operation Hope Inc  
561.842.2260

Program REACH Homeless  
Shelter  
561.845.0515

Salvation Army Area Command  
561.686.3530

The Federal of Windsors  
561.385.7343

The Niners of Windsor  
561.385.7343

Vetsville Cease Fire House, Inc  
561.736.4325

#### SOCIAL SECURITY

Social Security Administration  
Broward, Miami-Dade & Palm  
Beach  
800.772.1213

#### SUBSTANCE ABUSE BROWARD

Alcoholics Anonymous  
954.462.0265

Broward Addiction Recovery  
Center (BARC)  
954.765.4200

Faith Farm  
954.763.7787

Memorial Regional Hospital  
954.265.4603

NOVA SE University Healthy Life-  
styles Guided Self-Change Program  
954.262.5968



**FREE  
ASSISTANCE!**

- Independent
- Assisted Living
- Alzheimer's Care
- Dementia Care
- ASSISTANCE!

**CALL NOW  
FOR FREE!  
ASSISTANCE!**

MIAMI DADE  
**305-931-0618**

BROWARD  
**954-965-2925**

PALM BEACH  
**561-329-4337**

SE HABLA ESPAÑOL



# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Spectrum Programs  
954.467.4657

Susan B Anthony Recovery Center  
954.733.6068

The Starting Place  
954.733.6068

United Way of Broward County  
Commission on Substance Abuse  
954.760.7007

**MIAMI-DADE**  
Alcoholics Anonymous  
305.461.2425

Alcoholics Anonymous  
ESPAÑOL  
305.642.2805

Better Way of Miami, Inc  
305.634.3409

Concept House  
305.751.6501

Fellowship House  
305.667.1036

Genesis Outpatient Detox  
Program  
786.275.8615

Giordano & Goldfarb Holistic  
Addiction Treatment Center, Inc  
800.559.9503

Harmony House for Women  
305.879.7750

Jewish Community Services of  
South Florida  
305.899.1587

Spectrum Programs  
305.757.0602

The Village South  
305.573.3784

Transitions Recovery Program  
305.949.9001

**PALM BEACH**  
Abiding Hearts  
561.833.3300

Alcoholics Anonymous  
561.655.5700

Center for Family Services of Palm  
Beach County, Inc - Recovery  
Program  
561.616.1222

Comprehensive Alcoholism Reha-  
bilitation Programs, Inc (CARP)  
561.844.6400

Counseling Services of Lake Worth  
561.547.0303

Drug Abuse Foundation of  
Palm Beach County, Inc  
561.278.0000

Drug Abuse Treatment Association  
561.743.1034

Faith Farm  
561.737.2259

Faith, Hope, Love & Charity  
561.649.9919

Fern House  
561.471.0430

Gratitude House  
561.833.6826

Growing Together, Inc  
561.585.0892

Palm Coast Area Narcotics  
Anonymous  
561.848.6262

Partnership for a Drug Free  
Community of  
South Florida, Inc  
561.627.6603

Regeneration Center  
561.655.2204

Ruth Rales Jewish Family Service  
561.852.3333

Sistah to Sistah Recovery House  
561.837.9997

Sunset House  
561.627.9701

The Crossroads Club  
561.278.8004

The Lord's Place, Inc  
561.494.0125

The Phoenix House  
561.585.2508

Wayside House  
561.278.0055  
National

Alcoholics Anonymous  
212.870.3400

**SUPPORT SERVICES**  
**BROWARD**  
Compassionate Friends  
954.370.3446

Coral Springs Medical Center  
Support Groups  
954.344.3344

Daniel Cantor Senior Center  
954.742.2299

FCFH Senior Helpline  
954.390.0485

First Call Broward County  
211

Gilda's Club South Florida  
954.763.6776

Glass House  
954.938.0055

Hospice of SE Florida  
Bereavement Group  
954.467.7423

Imperial Point Medical Center  
Mental Health & Cancer  
Support Groups  
954.776.8500

Jewish Family Services of Broward  
954.370.2140

Mental Health Association of  
Broward County  
954.746.2055

Miramar Assisting Seniors in  
their Homes (M.A.S.H.)  
954.899.2700

National Alliance on Mental  
Illness  
954.722.5445

North Broward Medical Center  
Support Groups  
954.786.6460

Northeast Focal Point Senior  
Center  
954.480.4449

Northwest Focal Point Senior  
Center  
954.973.0300

OCD Resource Center  
954.962.6662

Plantation Community  
Outreach Center  
954.916.5601

Southeast Focal Point Senior Center  
954.966.9805

Southwest Focal Point Senior  
Center  
954.450.6888

Vitas Bereavement Support Group  
954.777.5284

Women in Distress of Broward  
County  
954.761.1133

**MIAMI-DADE**  
Catholic Charities Bereavement  
Groups  
305.754.2444

Easter Seals Miami-Dade  
305.325.0470

*Angels Loving Care*  
Assisted Living At It's Best  
Located In A Private, Quiet, Residence.  
Customized Care For All Your Needs.

DAPHNIE SKYERS  
PERSONAL CARE ADMINISTRATOR  
(bus) 954-430-5672 (cell) 954-681-2823  
LINCENSE #6906133

Compassionate Friends  
305.460.5762

Elder Services  
305.576.2511

Everglades Community Association  
305.242.2142

Foster Grandparent Program  
305-514-6000

Jewish Community Services of South  
Florida Information & Referral Line  
305.576.6550

Miami-Dade Alliance for Aging  
305.670.6500

Miami-Dade Elder Helpline  
305.670.4357

National Alliance on Mental Illness  
305.377.8750

North Miami Foundation for  
Senior Citizens  
305.893.1450

Senior Companion Program  
305.514.6000

Service Corp of Retired Executives  
786.425.9119

Switchboard of Miami – 24  
Hour Helpline  
305.358.4357

Vitas Bereavement Support  
305.690.4764

#### **PALM BEACH**

Alpert Jewish Family & Children's Services  
561.684.1991

Boynton Beach Senior Center  
561.742.6570

Compassionate Friends  
561.368.0324

Joseph L Morse Geriatric  
Center, Inc  
561.471.5111

Mae Valen Senior Center  
561.395.8920

Mid County Senior Center  
561.357.7100

National Alliance on Mental Illness  
561.588.3477

North County Senior Center  
561.694.5435

Palm Beach County Division of  
Senior Services  
561.355.4750

Ruth Roles Jewish Family Service  
561.852.3333

West County Senior Center  
561.996.4808

#### **STATE**

Florida Kinship Care Warmline  
800.640.6444

National Alliance on Mental Illness  
850.671.4445

#### **NATIONAL**

AARP Grief Support  
866.797.2277

National Alliance on Mental Illness  
800.950.6264

#### **TRANSPORTATION BROWARD**

Air Ambulance Professionals  
954.491.0555

Broward County Transit Accessibility  
954.357.8232/TTY  
954.357.8302

Broward County Transit  
954.357.8400/TTY  
954.357.8302

Broward Urban Shuttle  
954.295.6709

Cooper City Community Bus Service  
954.434.4300 X255

Davie  
954.797.1035

Hallandale Beach  
954.457.1620

MediVan  
954.735.1996

Miramar Senior Transportation  
954.602.2711

North East Focal Point  
954.480.4449

NW Focal Point Senior  
Transportation  
954.973.0300

Pompano Beach  
954.786.4601

SE Focal Point Senior Transportation  
954.966.9805

Sunrise Senior Medical Transport  
954.746.3677

SW Focal Point Senior  
Transportation  
954.450.6888

"TOPS" Broward County  
Paratransit Service  
954.357.6794

Tri Rail  
800.874.7245

#### **MIAMI-DADE**

Community Action Agency  
Transportation Unit  
305.638.5730

Jewish Community Services  
of South Florida Information &  
Referral Line  
305.576.6550

Metrobus  
305.891.3131

Miami-Dade Elder Helpline  
305.670.4357

North Miami Foundation for  
Senior Citizens  
305.893.1450

Senior Ride  
305.673.8658

Special Transportation Service  
786.469.5000

#### **PALM BEACH**

Bethesda Memorial Hospital  
Bethesda Prime Time Club  
561.737.7733 X4195

Palm Tran  
561.841.4200

Salvation Army Center of Hope  
561.682.1118

#### **STATE**

Angel Flight Southeast  
800.352.4256

Florida Commission for the  
Transportation Disadvantaged  
800.983.2435

Florida Department of  
Transportation  
866.374.3368

#### **NATIONAL**

Corporate Angel Network  
866.328.1313

National Patient Travel Center  
800.296.1217

U.S. Department of Transporta-  
tion American Disabilities Act  
888.446.4511

#### **VETERAN SERVICES BROWARD**

Broward County Elderly &  
Veterans Services Division  
954.537.2936

Broward County VA Clinic  
954.475.5500

Ft Lauderdale Veterans Center  
954.356.7926

#### **MIAMI-DADE**

Bruce W. Carter Department of  
Veterans Affairs Medical Center  
305.575.7000

Miami-Dade County Veteran  
Service Office  
305.270.2940



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305-931-0618**

**BROWARD  
954-965-2925**

**PALM BEACH  
561-329-4337**

**SE HABLA ESPAÑOL**

# RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Miami Veterans Center  
305.718.3712

## **PALM BEACH**

Faith Hope Love Charity, Inc  
561.968.1612

Palm Beach County Division of  
Human Services and Veterans  
Services  
561.355.4761

Palm Beach County Veteran  
Service Office  
561.355.4761

Palm Beach Veterans Center  
561.585.0441

VA Medical Center  
800.972.8262

Vetsville Cease Fire House, Inc  
561.736.4325

## **STATE**

Florida Department of Veterans  
Affairs  
850.487.1533

## **NATIONAL**

U.S. Dept of Veterans Affairs  
800.827.1000

Tri-Care  
800.444.5445

## **VISION RESOURCES**

### **BROWARD**

Broward College Vision Care Clinic  
954.201.2400

Broward County Blind Services  
954.497.3360

Foundation Fighting Blindness  
954.308.5555

Gulf Stream Living Water  
Center North  
954.763.6644

Lighthouse of Broward  
954.463.4217

The Learning Center for Vision  
Impaired Seniors  
954.742.3214

Low Vision Institute  
866.942.2020

Nova College of Optometry  
800.541.6682 X21101

Rand Eye Institute  
800.782.1711

## **MIAMI-DADE**

Florida Lions Eye Bank  
305.324.4340

Lighthouse for the Blind  
305.856.2288

Miami-Dade County Blind  
Services  
305.377.5339

## **PALM BEACH**

Florida Outreach Center  
for the Blind, Inc  
561.640.6029

Palm Beach County Blind Services  
561.681.2548

Lighthouse for the Blind  
561.586.5600

## **STATE**

Florida Council of the Blind  
800.267.4448

Florida Division of Blind Services  
800.342.1828

Southeastern Guide Dogs  
800.944.3647

## **NATIONAL**

American Printing House for  
the Blind  
800.223.1839

Braille International  
888.336.3142

Foundation Fighting Blindness  
800.683.5555

Jewish Books for the Visually  
Impaired  
800.433.1531

National Federation of the Blind  
410.659.9314

North American Resource Line  
for Braille  
800.272.4553

Seniors Eye Care Program  
800.222.3937

Vision USA  
800.766.4466

## **VOLUNTEER OPPORTUNITIES BROWARD**

Cystic Fibrosis Volunteer  
Recruitment  
954.739.5006

Each One Teach One –  
Literacy Volunteers  
954.357.8211

Senior Volunteer Services  
954.484.7117

Volunteer Broward  
954.233.1300

## **MIAMI-DADE**

Jewish Community Services of  
South Florida  
786.866.2206

RSVP Miami-Dade  
305.270.2954

Service Corp of Retired Executives  
786.425.9119

## **PALM BEACH**

Alpert Jewish Family & Children's  
Services – Volunteer Services  
561.684.1991

Area Agency on Aging  
Retired and Senior Volunteer  
Program (RSVP)  
561.684.5885

City of West Palm Beach  
Volunteer Program  
561.653.3573

Jewish Federation of Palm  
Beach County  
561.242.6612

Jupiter Medical Center Volun-  
teer Auxiliary  
561.744.4461

Mentor Center of Palm Beach  
County  
561.655.8887

Ruth Rales Jewish Family  
Services  
Volunteer Services  
561.852.3333

School District of Palm Beach County  
Volunteer Program  
561.434.8789

United Way of Palm Beach County  
561.375.6600

YMCA of the Palm Beaches, Inc  
Volunteer Program  
561.968.9622

Youth, Family & Community Services  
– Internship and Volunteer Program  
North  
561.835.7030  
South  
561.835.7180

## **STATE**

Florida Ombudsman Program  
888.831.0404

Volunteers of America – Florida  
813.282.1525

## **NATIONAL**

Volunteers of America  
800.889.0089



Assisted, E.C.C and Secure Alzheimer's Facility

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Pompano Beach, FL 33060

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954.942.8901 Fax

[www.grandcp.com](http://www.grandcp.com)

**Respite Care**

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AL5464 – AL5899

# TAKING CARE OF YOU- TAKING CARE OF ME

BY MONICA FORTUNA, PSYCHOLOGIST

Caregiving is like “falling in love.” When it happens to you, it changes your entire life and the emotions are so overpowering that you think you must be the first person in the world to ever feel this way.

Our first impulse is to dedicate ourselves to the task at hand. We are going to be the best caregivers in the world. Our loved one will get all of our attention and we will devote ourselves, unselfishly to whatever lies ahead.

Little by little, things start to happen...Your life begins to turn a little “upside down.” You can no longer do all of the things you used to do. You now have to take care of your loved one first. You used to go and have coffee with the girls on Tuesday mornings, but now, Tuesday is the day you prepare for the visit to the Rehabilitation Center. You start to feel a little guilty because you really want to go have coffee with your friends.....and this is where the stress begins! Is this how my life is going to

be now? I didn't apply for this job. I've had no training for this job. I've got places to go and things to do.

But I love this person. This person needs me. Why do I have this feeling like I want to run away?

The desire to escape, even though it is difficult to understand, is perfectly normal. In fact, what you're going through has been experienced millions of times before.

The very first thing you are going to need to do is find a support group for Caregivers in your area. Try to find a support group that coincides with the particular illness or disability that your loved one has. (If Alzheimer's, then find an Alzheimer support group, etc.) You are going to have many questions and go through many emotional ups and downs. You will need a support system around you in order to deal with your new life. And, a “new life” is what it's going to be.





Everything will center around your loved one now. You will have to find a way to take care of that person as well as yourself. This is another good reason why the support group will be of major importance in your life.

Let's talk a little more about the "guilt factor." If you go out for a little while and leave your loved one with someone else, you will feel guilty. The guilt will be stronger if you are going somewhere for fun or pleasure rather than grocery shopping or picking up medication at the drug store. You will start to think, "I love this person, so I shouldn't leave them" or "this person really needs me there all the time." Then you realize that it will be worse when you return as you will have to face accusations such as, "you abandoned me" and "how could you go out and leave me?" These words make you feel sad and vulnerable and as if you have done something wrong.

When you are overwhelmed with feelings of guilt, sadness, stress and even anger, you need to stop and breathe and take care of yourself. If you don't take care of yourself, you will not be able to take care of the one you love.

Dedicate a time when you take care of you! Once again, going regularly to a support group is going to help you to know the importance of this. It will also teach you ways to take care of yourself. Some

things you can do are as simple as taking a walk, spending time in a garden, reading a book, visiting with a friend, going to a movie, getting your hair done, or taking an exercise class.

Respite Care is also a way of giving you a much needed break. This will greatly reduce stress. You can have a companion or a Certified Nursing Assistant come and stay at your home while you go on a much needed vacation or you can do a short term stay for your loved one in an Assisted Living Facility or Nursing Home. If it's just a few hours a day that you need some alone time, there are Adult Day Care Centers that are available. It is vital that you take time off, whether it be for a vacation or for just a few hours a day.

Knowledge is also important in Caregiving. Learn as much as you can about the particular illness or disability that your loved one has. It will make an enormous difference in the way you handle, treat and communicate with that person. And this in turn, will make your job easier.

In conclusion, Caregiving is a "love act." The fundamental basis for Caregiving is human to human love. It is a completely selfless act. Remember, you must love and take care of yourself the same way that you love and take care of your special person. •





# CUIDAR SIN DESCUIDARSE

BY MONICA FORTUNA, PSYCHOLOGIST

Cuando a un familiar se le ha diagnosticado determinada patología por la cual necesitará de asistencia, a veces podemos convertirnos en Cuidador de buenas a primeras.

Nuestra vida, toda nuestra organización cotidiana, se ve de repente modificada. Aparecen demandas que hay que atender, ¿pero cómo incluirlas en nuestras tareas diarias? En un principio probablemente nos abocaremos “enteros” a la atención del demandante dejando de lado otras actividades que -aparentemente- ya no tienen valor.

“Ahora es así, no puedo hacer otra cosa más que atenderlo. Todo gira alrededor de él/ella” Probablemente empezamos a cuestionarnos con culpa “debo hacerlo, lo quiero, quiero ayudarlo, y ¿por qué aún así siento ganas de salir corriendo? ¡Qué mal! ¿Cómo puedo sentir una cosa así? Me necesita.” Este deseo de escapar, aunque sea difícil entenderlo así, es un deseo de salud. Este sentimiento nos habla de descomprimir, de volver la mirada sobre nosotros mismos, aunque sea por un

rato.”Oxigenarnos” para volver a la tarea de cuidar más relajados.

Cuidar ¿nos quita el oxígeno? No la tarea en sí misma. Sí, cuando la realizamos dejándonos totalmente de lado. Sí, ya sé, es fácil decirlo y difícil hacerlo cuando el otro me necesita “todo el tiempo” a su lado.”Si me alejo un momento, la culpa me invade, y cuando vuelvo, peor aún, escucho los lamentos por haberlo “abandonado” y “enfurezco”.

La culpa es condimento frecuente en este tipo de vínculo, quitando salud y entorpeciendo la tarea sobre todo la puesta de límites. Nos intoxica. Hace que perdamos claridad en el pensamiento, nos hace vulnerables, nos violenta. Algunos de nosotros nos contenemos adoptando una postura SUMISA. Caemos en el maltrato y la manipulación del asistido aceptando esto como parte de la tarea porque el “enfermo no puede otra cosa”. ¿Será así?

Otros, ante este tipo de conducta del asistido, nos predisponemos mal y nos





descubrimos siendo agresivos en el trato. (Nos referimos a personas en las cuales maltratar, no es parte de su naturaleza). Esto nos asusta y surge la culpa.

Debemos saber que poner **límites claros, firmes, sin violencia ordena y contiene tanto al asistido como al Cuidador**. Los límites puestos de este modo parten del AMOR y la SALUD. Ahora, ¿estamos hablando de “abandonar” cuando hablamos de “oxigenarnos”? No. Estamos hablando de reorganizarnos, dedicarnos un tiempo para nosotros, salir a caminar, mirar el jardín, encontrarse con un amigo, ir a la peluquería, o cualquier actividad de más o menos duración, que nos permita recrearnos con otras imágenes, sonidos, olores. La recreación evita la saturación. Es importante comprender que de este modo ganamos salud para nosotros, para el vínculo y *sumamos salud para el asistido*. Vale esto para el cuidador circunstancial como para el cuidador profesional, por elección. Me detengo un instante aquí.

Para cuidar, acompañar a una persona con determinado diagnóstico, no basta con buenas intenciones y el amor por el ser humano, aunque considero que esta es la BASE de este rol. Es importante estar preparado, informado, conocer qué es esperable para cada patología, de qué manera se asiste en cada una de ellas y esto no es cosa menor. Alivia el hecho de saber

que determinada situación es “esperable” y así podemos actuar con serenidad. Igualmente, insisto en que la calidad de ser humano es un ingrediente fundamental para un buen Cuidador.

Reiteramos, cuidar es asistir aunque a veces caemos en el asistencialismo. Desde el asistencialismo creemos “el otro no puede sin mí” y me pregunto “¿será que nosotros no podemos sin el otro? o parafraseando ¿no “somos” sin el otro?”. Para pensar...

Cuidamos y asistimos tratando de mantenernos saludables, con actividades, informándonos, poniendo límites a las manipulaciones, sin caer en el asistencialismo que nos borra como persona, nos descuida y nos enferma. Y si sentimos que nos estamos enfermando busquemos la ayuda de un profesional. Es importante que las Instituciones que tienen un staff de Cuidadores consideren que la tarea se verá enriquecida y desintoxicada si se considera el cuidado de los mismos. Una forma posible, es con reuniones semanales donde puedan compartir y trabajar juntos las situaciones y emociones que surgen de la tarea.

Para finalizar... Cuidar es un acto de amor, un acto de entrega, que se vuelve más genuino, si primero lo ejercemos con nosotros mismos. Ámate a ti mismo como amas a tu prójimo. Cuidate a ti mismo como cuidas a tu prójimo. •

# BEAUTY ADVICE: LOOKING GREAT AT ANY AGE!

BY LAZZ MASSÓN RODRIGUEZ

Make-up extraordinaire, Lazz Massón Rodriguez, is the man responsible for the look of numerous diverse talents involved in the entertainment industry and Univision. Living in Miami, Lazz has been influenced by the diverse mix of cultures in that city...its distinct flavors and sounds. Miami is where he has cultivated his talent. 55+ Magazine is fortunate to have Lazz giving our readership beauty advice:

**Dear Lazz,**  
**I am a 58 year old woman that colors and straightens her hair. My hair is looking damaged. Is there anything I can do to revitalize my hair?** *Cindy in Miami Beach*

It seems that you are using too many chemical processes at the same time. I suggest that you don't color your hair and straighten it on the same day. You should wait a few weeks, at least, between processes. For over processed hair, you should use a shampoo and conditioner that has a low ph balance. It will help to make your hair shinier and easier to handle.

**Dear Lazz,**  
**My son recently came home from college and said that my hair was looking thin. Actually, he said that he could see my scalp. I looked in the mirror and realized that what he was telling me was absolutely true! I had not been paying very much attention to my hair lately. Please tell me what I can do to decrease the appearance of my thinning hair.** *Linda in Boca*

First, let me ask you if you have been under a lot of stress lately or have you made any serious changes in your diet? That can cause loss of hair. If this is not the case, try taking vitamin supplements. There are certain vitamins that help to keep hair healthy. Make sure you buy a shampoo for thinning hair as it will help to make it thicker and give you more body. If these things do not work, I suggest

you visit a Dermatologist to determine the reason for your hair loss.

**Dear Lazz,**  
**Although I am in my late 60's, my curly hair is still very thick and unruly. I have tried both short styles and long styles, but I still find my curls difficult to manage. What advice can you give me? I am at my "wits ends." (Not split, though, haha)** *Katarina in Hollywood*

Hi Katarina, there are so many new products on the market that will help calm your unruly curls. I suggest that you have a conversation with your stylist to see what it is that you really want. Is it a softer curl or totally straight hair? If you can't go to a stylist, there are many over the counter products that you can use yourself that will give you a softer look. The most important thing is to make sure that the shampoo and conditioner that you're using are designed specifically for your hair type.

**Dear Lazz,**  
**Friends keep telling me that vitamins will help my hair look its best. I currently take a multi-vitamin but see no difference. My salt and pepper hair is coarse and wiry. I need some professional help.** *Marissa in Hialeah*

Marissa, taking a multi-vitamin is a good start, but you need more than that. Take an extra B complex as well as Biotin. These are very important vitamins for healthy hair. There are also shampoos and conditioners that you can buy at your health food store, they are vitamin enriched and will complement the multi-vitamin that you are now taking.

**Email your questions to Lazz please email:**  
[Lazz@55plusmag.us](mailto:Lazz@55plusmag.us) •



# CONSEJO DE BELLEZA: ¡VERSE GENIAL A CUALQUIER EDAD!

POR LAZZ MASSÓN RODRIGUEZ

Extraordinario experto en belleza, Lazz Masson Rodríguez, es el hombre responsable de la apariencia de numerosos talentos de la industria del entretenimiento y de Univisión. Dado que vive en Miami, Lazz se vio influenciado por las diversas culturas de esa ciudad... sus sabores y sonidos particulares. Miami es el lugar donde ha cultivado sus talentos. Nuestra revista 55+ es afortunada de tener a Lazz dando a nuestros lectores consejos de cómo mejorar su apariencia.

**Querido Lazz,  
Mis amigos me dicen siempre que las vitaminas van a hacer que mi cabello se vea mejor. Por eso tomo un complejo de vitaminas pero no veo diferencia alguna. Mi cabello canoso es áspero y fibroso. Necesito de la ayuda de un profesional.**

*Maria de Hialeah*

Marissa, tomar complejos vitamínicos es un buen comienzo, pero se necesita más que eso. Tome un suplemento de vitamina B como también Biotin. Estas son vitaminas muy importantes para tener un cabello saludable. Existen también shampoos y acondicionadores que Usted puede comprar que están enriquecidos con vitaminas y que serían un buen complemento.

**Querido Lazz,  
Tengo 58 años que tiñe y plancha su pelo. Mi cabello se ve dañado. ¿Existe algo que pueda hacer para revitalizarlo?**

*Cindy de Miami Beach*

Parece que Usted está utilizando muchos procesos químicos al mismo tiempo. Le sugiero no teñir y alisar su pelo el mismo día. Debe esperar unas semanas, por lo menos, entre ambos procesos. Para reparar el daño de su cabello debería usar un champú y acondicionador que sea bajo en PH. La ayudará a recuperar brillo y se hará más fácil manejarlo.

**Querido Lazz,  
Si bien estoy en mis sesentas, mi cabello se**

**mantiene grueso y enrulado. Probé tanto estilo corto como largo, pero igual encuentro difícil manejar mis rulos. ¿Qué consejo me puede dar? Estoy a punto de perder la calma. (pero no estoy derrotada, ja, ja)**  
*Katarina de Hollywood*



Hola Katarina, hay muchos productos nuevos en el mercado para poder mantener calmos sus enrulados rulos. Le sugiero hablar claramente con su estilista sobre qué es lo Usted quiere. ¿Son rulos suaves o muy armados? Si no puede ir al estilista hay una cantidad de productos que le permitirá lucir un estilo más suave. Lo más importante es saber si el champú y el acondicionador que está usando está acorde a su tipo de cabello.

**Querido Lazz,  
Mi hijo acaba de venir de la Universidad y me dijo que mis cabellos lucen muy delgados. En realidad dijo que podía ver mi cuero cabelludo. Me miré al espejo y me di cuenta que lo que me estaba diciendo era cierto! No le estuve prestando mucha atención a mi cabello últimamente Por favor, qué puedo hacer para ir mejorándolo.**

*Linda de Boca*

Primero déjeme preguntarle si estuvo bajo mucho stress en el último tiempo o si realizó muchos cambios en su dieta. Eso puede hacer que le haga perder cabello. Si este no es el caso, pruebe tomando suplementos vitamínicos. Existen ciertas vitaminas que permiten mantener el cabello saludable. Asegúrese de comprar un champú para cabello fino que la ayudará a engrosarlo y darle más cuerpo. Si esto no funciona, le recomiendo visitar a un dermatólogo para determinar la causa de la pérdida de cabello.

**Envíe sus preguntas por correo electrónico a  
Lazz@55plusmag.us •**

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- Male  Female

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- Under 55  
 55- 61 yrs old  
 62 – 67 yrs old  
 68 – 75 yrs old  
 76- 81 yrs old  
 81 – 86 yrs old  
 86 + (please specify age)

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- English  
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 Other (please specify)  
\_\_\_\_\_

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 Hispanic or Latino  
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 Caregiving  
 Fitness  
 Money matters  
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 Lifestyle Trends  
 Advice Columns  
(relationship, beauty, finance)  
 Retirement  
 55+ Travel Tips  
 Entertainment/ the arts  
 Assisted Living for Seniors

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**MAIL TO: 55+Magazine 2699 Stirling Rd. Suite C-107 Fort Lauderdale, FL 33312**

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\* REQUIRED INFORMATION



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# SECURING YOUR MEDICAL RECORDS

BY HUMBERTO FORTUNA, MA, MS

Disaster can strike without warning, forcing you to confront an unexpected situation. Are you prepared? Knowing what steps to take before an emergency can greatly reduce danger and stress.

Here in Florida, we have the constant threat of hurricanes. They can cause extensive damage to your personal records due to winds, rain and flooding. Having an emergency plan already in place ensures that you will have the information needed should a disaster affect you personally.

We all know how to put up our shutters, fill the bathtub with water and stock the appropriate supplies, but do we know how to make sure that all of our important documents remain safe and intact?

Let's review what personal information is crucial to have access to in case of an emergency. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

Some of the items that should be kept safe and secure are: personal identifications, copies of birth certificates, marriage licenses, death certificates, inventory of household goods, bank account information and most important of all, your medical records. This article will be focusing, primarily on your medical records.

Today, technology can be our best friend in these situations. The use of a waterproof, electronic medical device can help us in many ways. This portable device can be plugged into a computer (through the USB port), and can hold all your medical information and keep it secure throughout a disaster. Special software is not needed in many cases.

Of the choices available where no software is required, our research has shown that the best device on the market today is the ER Card.

Keeping your personal healthcare information with you at all times is key as well as having the ability to provide this information, complete with past history and medications, as needed.

Having a device containing your personal information will ensure the sharing of that information across multiple settings to include hospitals, emergency departments, physician's offices and more.

Having this device will minimize failure to diagnose, or delay a diagnosis with the end result causing over testing and over treatment.

Since you will be the one to coordinate all of your information, how much of it you wish to include is up to you. We recommend that you document information that would be vital to your treatment in all situations.

Portable health record devices, such as the ER Card, were developed under the premise that great care starts with great information. When care is needed in an emergency situation, your personal medical information will be crucial to your receiving the correct care.

The following is a list of recommended information to be put on a portable device: current medications (prescribed or over the counter and herbal supplements), blood type, allergies (to food or medication), medical conditions, emergency contacts, physical or verbal limitations, major surgeries (anything removed or implanted), Primary Care doctor and phone number, treatment specialists, emergency evacuation information and advance directives

Having a plan for emergencies and disasters can help loved ones gain peace of mind as well as save your life! •

# ASEGURAR SU HISTORIAL MÉDICO



POR HUMBERTO FORTUNA, MA, MS

Un imprevisto aparece sin aviso enfrentándolo a Usted a una situación inesperada. ¿Está usted preparado para eso? Saber los pasos a seguir antes de una emergencia puede reducir el peligro y el stress.

Aquí en Florida tenemos la constante amenaza de los huracanes. Ellos pueden ocasionar un gran daño a sus documentaciones personales debido a los vientos, la lluvia y las inundaciones. Tener un plan de emergencia establecido le asegura la información necesaria si una catástrofe afecta a su persona.

Todos sabemos como levantar las (shutters), llenar la bañera y abastecerse de las provisiones necesarias, pero sabemos nosotros como asegurarnos de que toda nuestra documentación importante permanezca a resguardo e intacta.

Veamos qué información personal es crucial para tener acceso en caso de una emergencia. Saber qué hacer y cómo hacerlo puede ayudar a su familia a manejar una emergencia con menos preocupación, miedo e inseguridad.

Algunos de los elementos que deben permanecer a salvo y seguros son: identificaciones personales, certificados de nacimiento, acta de matrimonio y lo más importante de todo, su documentación médica.

Hoy en día, la tecnología puede ser nuestro mayor amigo en estas situaciones. El uso de un dispositivo medico electrónico a prueba de agua/sumergible, nos puede ayudar de muchas maneras. Este dispositivo portátil puede conectarse a una computadora (a través de un puerto USB) y puede archivar toda su información médica y mantenerla a salvo durante una catástrofe. No es necesario un software especial.

De las elecciones posibles en el Mercado que no necesitan un software especial, encontramos que el mejor dispositivo al día de hoy es ER Card.

Mantener su información médica con usted en todo momento es clave como también poder proveer esta información completa con su historia clínica pasada y las medicaciones cuando es necesario.

Tener un dispositivo conteniendo su información personal le asegurará poder compartirla con diversos establecimientos incluyendo hospitales, departamentos de emergencia, consultorios médicos y más.

Dado que usted será la persona a cargo de coordinar toda su información, la cantidad que considere incluir depende de usted. Le recomendamos que documente toda la información que sería vital para su tratamiento en esas situaciones.

Los dispositivos como ER Card, fueron desarrollados bajo la premisa de el principal cuidado empieza la información principal. Cuando es necesaria asistencia en una situación de emergencia, su información médica es crucial para que reciba la correcta.

La siguiente es una lista de la información recomendable para ser incluida en el dispositivo: Medicaciones en la actualidad (prescritas, ..... y suplementos de hierbas), Grupo sanguineo, Alergias (a alimentos o medicaciones), Condición médica, Contactos en caso de emergencia, Limitaciones físicas o verbales, Cirugías (extirpación o implante), Médico clínico de cabecera y su teléfono, Médicos especialistas, y información en caso de evacuación.

Tener un plan de emergencias y catástrofes puede ayudar a sus seres queridos a mantenerse serenos mientras salva su vida! •

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# Who knows your medical information in an emergency?



**ER Card** is an electronic personal health record (ePHR) service providing individuals, doctors and other caregivers with *anytime, anywhere* access to personal medical information in a secure and confidential manner. With the ER Card, medical professionals have instant access by web, phone or fax to:

- *current medications*
- *allergies*
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- *primary care physician*
- *physical or verbal limitations*
- *emergency contacts*
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