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55+ MAGAZINE

RITA MORENO INTERVIEW

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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 ie.; race, creed, religion, sex, sexual orientation, gender identity and national origins.

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A LETTER FROM THE PUBLISHER

Having been a specialist in geriatrics for over fifteen years, I realize that a magazine is needed to address the lifestyles of people over 55 and those who provide care to them. Our aging population is reshaping what it means to mature and grow older. Compared to our parents, we are healthier, better educated and living well into our 80s and beyond!

55+ Magazine is sure to become the source for those fifty-five and over! As you read through our premier issue you will become familiar with many essential features: healthcare articles, lifestyle columns and the most comprehensive resource guide to be published in Florida!

Our magazine is locally owned and operated. We understand the needs of the community because we live here. South Florida is our home; we are committed to servicing our diverse community. It is our intent to be an all inclusive magazine; 13% of the population is a member of a minority group – we will be sensitive to the needs of all of our readers!

I know that 55+ Magazine will become a vital part of the South Florida community. Please feel free to share your thoughts with us via Facebook or Twitter. On behalf of the entire 55+ team, we look forward to enhancing your quality of life through these pages!



Humberto Fortuna

Humberto@55plusmag.us



CARTA DEL EDITOR

Siendo especialista en geriatría por quince años me he dado cuenta de que una revista que trate los estilos de vida de las personas de 55 años y más, y de aquellos que proveen asistencia a los mismos, era necesaria. La vejez se fue transformando lo que significa que fue madurando. Comparados con nuestros padres, somos más saludables y educados para tener una buena calidad de vida y llegar mejor a nuestros 80s y más, por qué no.

¡55+ se convertirá seguramente en el mejor recurso para las personas de más de 55! En esta primer entrega Usted se irá familiarizando con artículos que tratan temas de salud, estilos de vida y la más amplia guía de servicios que jamás haya sido publicada en el Estado de La Florida!

Nuestra revista es manejada localmente. Conocemos las necesidades de la comunidad porque vivimos aquí. El Sur de La Florida es nuestra casa y estamos comprometidos a servir a nuestra diversa comunidad. Intentamos ser una revista "all inclusive", el 13 % de la población pertenece a un grupo minoritario- ¡Nosotros tenemos en cuenta las necesidades de todos nuestros lectores!

Sé que 55+ Magazine será una parte vital de la Comunidad. Por favor, siéntase libre de compartir sus opiniones con nosotros a través de Facebook o Twitter. ¡Es el deseo de todo nuestro equipo poder enaltecer su calidad de vida a través de estas páginas!



Humberto Fortuna

Humberto@55plusmag.us





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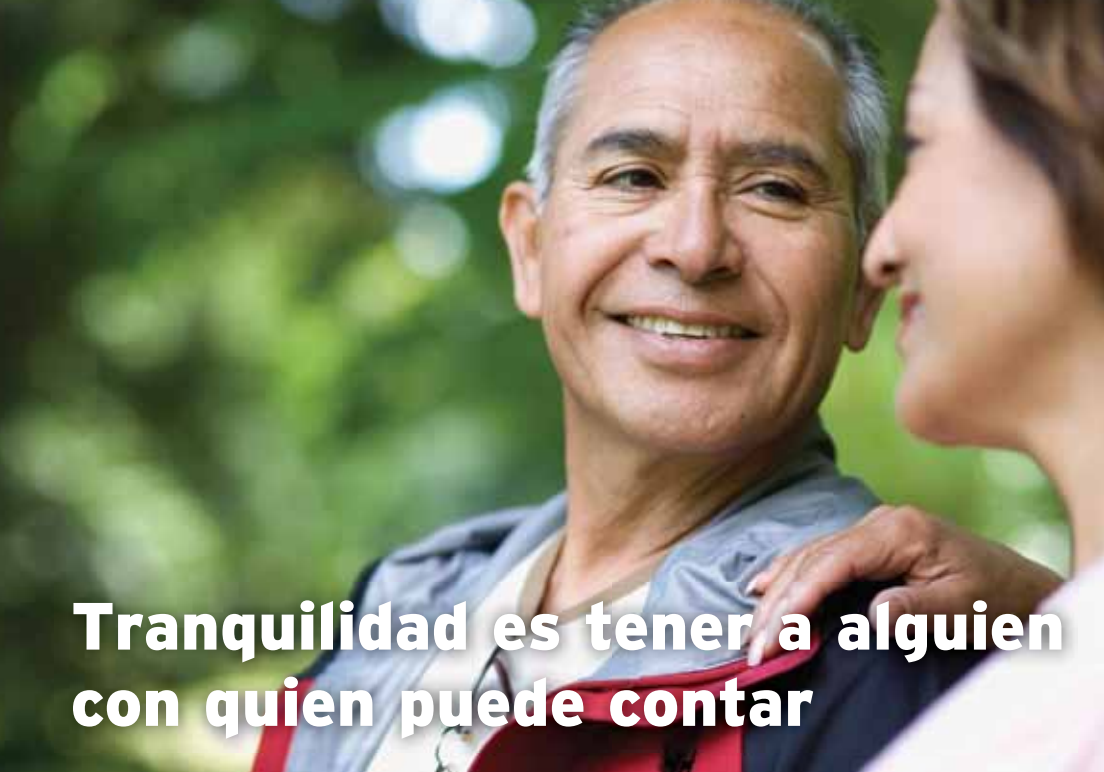
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BEAUTY ADVICE: LOOKING GREAT AT ANY AGE!

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 70 year old woman with gray hair. Lately, I feel like I am looking "washed-out." What color make-up do you suggest I wear? I'd still like to turn heads, hopefully you can help!**

Maria in Miami

Hi Maria. If you are feeling "washed out," there are some simple things that you can do. Change your color palette to only warm tones such as the "pinks" and the "peaches." Put these colors on your cheeks and they will perk you up and give you a youthful glow.

**Dear Lazz,
I have been dying my hair since I was very young. I was a brunette in my youth and continue to color my hair the same as it's always been. Now that I am in my 60's, I am starting to think the dark hair makes me look older. What hair color do you suggest for someone my age?**

Lisa in Delray Beach

Lisa, let's get rid of the dark hair first. While remaining in the brunette tones, go two to three shades lighter with some gold highlights. Pick out a color that you feel comfortable with. This will make you feel more youthful and it will perk up your skin tone as well.

**Dear Lazz,
As I age, I am starting to notice that the more make-up foundation I put on to cover my wrinkles, the more it goes into the crevices and makes me look more wrinkled. Is there a product that will not do this? Or should I not use a foundation anymore?**

Joanne in Boca Raton



Hello Joanne. Find a make-up primer, especially made for mature skin. It will have a "wrinkle filler" in it. Put this on your face first and then use a base. I strongly suggest a mineral based make-up line. This will not only hydrate your skin, but give you a youthful glow.

**Dear Lazz,
My daughter recently told me I wear too much make-up; to be honest I was a bit insulted. I consider myself a fashionable 56 year old! What cosmetic advice do you recommend in order for me to look more age appropriate?**

Sara in West Palm Beach

Sometimes women have a tendency to use too much make-up so it's always best to follow this one simple rule... "Less is more." While some think that a lot of make-up looks good, in reality, it makes a person look much older. My advice would be to use a moisturized tint instead of a base. Pick out some nice, soft colors that won't make you look overly made-up. Remember to use less make-up during the day and step it up a bit for evenings.

**Email your questions to Lazz please
email: Lazz@55plusmag.us •**

CONSEJOS DE BELLEZA: ¡VERSE GENIAL A CUALQUIER EDAD!

POR LAZZ MASSÓN RODRIGUEZ

Extraordinario experto en belleza, Lazz Masson Rodriguez, 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,
Soy una señora de 70 años con el cabello con los signos del paso del tiempo. Últimamente siento que me veo "desgastada". ¡Y aún deseo que volteen a verme! ¿Qué maquillaje puedo usar? ¿Qué tonos? ¡Ojalá pueda ayudarme!
Maria de Miami

Hola Maria, si te sientes muy "desgastada" (pálida), hay algunos pasos simples a seguir: cambie el color del maquillaje a colores mas cálidos como las tonalidades de los rosados y los duraznos. Aplique estos colores en sus mejillas y le darán un brillo joven y vital. ¡Le aseguro que no lo resistirán!

Querido Lazz,
Me he estado tiñendo el cabello desde que era muy joven. Siempre tuve el cabello castaño y continué con el mismo color. Ahora que tengo 60 años me parece que ese color me hacer ver mayor. ¿Qué color me puede sugerir?
Lisa de Delray Beach

Hola Lisa. Lo primero es quitarse el color oscuro. Mientras sigue usando las tonalidades de castaño, busque uno que sea dos o tres tonos más claros con algunos reflejos dorados. Elija el tono con el cual se sienta más cómoda. De esta

forma se sentirá más joven y le resaltará el color de su piel.

Querido Lazz,
A medida que pasan los años, estoy notando que cuanto más base para cubrir las arrugas me pongo, más se notan los pliegues de la piel y parezco aún más arrugada. ¿Habrá algún producto que no haga eso? O simplemente, ¿tengo que dejar de usar base?
Joanne de Boca Raton



Hola Joanne. Tiene que buscar un producto para aplicar antes de la base que sea especial para pieles con signos de vejez. Este viene con un producto agregado que "rellena" las arrugas. Mi sugerencia es una base mineral, que no sólo va a hidratar su piel sino también le dará un aire mas juvenil.

Querido Lazz,
No hace mucho mi hija me dijo que yo usaba mucho maquillaje. Para decirle la verdad eso me ofendió un poco. ¡Me considero una señora de 56 años moderna!. ¿Qué tipo de maquillaje me puede aconsejar que sea apropiado para mi edad?
Sara de West Palm Beach

Hola Sara. A veces la mujer tiende a usar mucho maquillaje pensando que es mejor y en realidad le hace verse mayor. Lo mejor es seguir una regla muy simple... "menos es más". Mi consejo es que use un producto hidratante, en vez de la base. También busque colores suaves que no la harán parecer con mucho maquillaje. Recuerde de usar menos maquillaje durante el día y un poquito más de noche.

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

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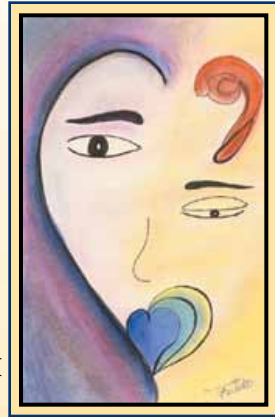
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Area Agency on Aging
561.684.5885

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561.297.0502

Glades Health Care Center
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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
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Alzheimer's Caregiver Support Online
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Alzheimer's Foundation of America
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PALM BEACH

Area Agency on Aging
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STATE

Florida Department of Elder Affairs
850.414.2000

Florida Council on Aging
850.222.8877

NATIONAL

National Eldercare Locator
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ASSOCIATIONS BROWARD

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American Cancer Society
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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

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County Health Department
954.467.4700

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Breast Cancer Resource
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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

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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

NAACP National Association for
the Advancement of Colored
People
877.622.2798

National Alliance to End Home-
lessness
202.638.1526

National Family Caregiver Sup-
port 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 Founda-
tion
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 Sup-
port 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 Bereave-
ment 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 & Chil-
dren'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 DE-
PARTMENT
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

Women in Distress
954.761.1133

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RESOURCE GUIDE

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

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

Fl. 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 Compesina
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
Delray 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



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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

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

Miami-Dade Elder Helpline
305.670.4357

Naranja Neighborhood Center
305.258.5471

Opa-Locka Neighborhood Center
305.623.6500

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RESOURCE GUIDE

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

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 Veteran 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

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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

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

MIAMI-DADE
ACLU – Advocacy
786.363.2700

Catholic Charities Legal
Services
305.373.1073

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RESOURCE GUIDE

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

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 Administration (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

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

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AL7693 & AL11315

MIAMI-DADE

Miami-Dade Elder Helpline
305.670.4357

PALM BEACH

Bathesda Prime Time Club
561.737.7733

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 & Medic-
aid 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 & Chil-
dren'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 Men-
tally 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 Prescrip-
tion 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 ORGANIZA-
TIONS & SERVICES****BROWARD**

CARES – Department of Elder
Affairs
954.746.1773

First Call
211

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

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RESOURCE GUIDE

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

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
561.540.1378

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

Metathery – 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 Windsor
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

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

NOVA SE University Healthy
Lifestyles Guided Self-Change
Program
954.262.5968

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
Rehabilitation 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
954.748.2055

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

Compassionate Friends
305.460.5762

Elder Services
305.576.2511

Everglades Community Association
305.242.2142

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any other offer.
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RESOURCE GUIDE

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

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 Volen 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 Rales 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 Transportation 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



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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

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



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MAKING THE RIGHT CHOICE

BY HUMBERTO FORTUNA, MA, MS

As our population ages, there are many healthcare choices that will need to be made. Is staying home with assistance the answer? Is moving into an Assisted Living Community the answer? Is a Skilled Nursing Facility or Alzheimer/Dementia unit the answer? No one was ever taught how to answer these questions. All of a sudden, we just find ourselves in this dilemma where we need to make these types of decisions for our loved ones. The Healthcare system can be very complicated and confusing, especially when we need to get answers in a hurry.

Many families struggle with these issues at a time when they need to make serious decisions. Some turn to their doctors, social workers, case managers and various organizations in search of answers and information.

Although they would like to, in many cases these professionals do not have the time to assist families in a detailed, hands on manner. We have to remember that the Healthcare industry is set up and run as a business and in many cases they are unable to accommodate the family the way they would like to.

Finding assistance from an outside professional who specializes in this field



could be the solution. Having someone to help you make the correct decisions for you or your loved one will give you peace of mind. A Geriatric Specialist can help you in making choices about living arrangements or personal care at home. This is not an easy task. Having a professional assist you can really prevent immediate and future problems.

This type of professional knows and understands all of the State Regulations, Veteran's benefits as well as all other financial programs that may be available to you or your loved one. A Geriatric Specialist will be able to see the whole picture, including the clinical, financial, geographical, psychosocial and family dynamic issues.

Family support is crucial in helping to make Healthcare decisions. In most cases, one family member is in charge and is usually the leader in the decision making process. Having a professional work with the whole family in one or two sessions could not only answer everyone's questions but save a lot of time as well.

Understanding benefit programs such as Medicaid and the VA, and having those discussed in detail help you make decisions faster and with more accuracy.

Understanding which programs you should apply for is crucial. There are different types of Medicaid and VA benefits depending on where you or your loved one will ultimately reside. Applying for the wrong program can create delays in services, as well as waste time and money. In many cases, applying to the wrong program can result in having to move a loved one after they have already settled and adjusted to their new environment. Interrupting the continuum of care can be very disturbing and upsetting to anyone, especially an elderly person.

We all listen to the suggestions of our well meaning friends and neighbors. While they do want to help, in most cases, their suggestions and recommendations may not be correct. Friends and neighbors often think that they can help take care of your loved one at home and they volunteer their services. This is a very nice gesture, but after a certain amount of time, they see that they have taken on more than they can handle. The key here is to find a safe environment with realistic and affordable goals whether that will be in their own home or some type of assisted living.

It is important to clarify that not everyone needs an assisted living facility or a nursing home. But it is important to have a plan and weigh the pros and cons. In many cases staying home is the answer. There are many reputable agencies that do provide excellent care and services. This can be very expensive. The Geriatric Specialist will be able to weigh the costs of bringing an agency into the home compared with the costs of an assisted living facility. There are many issues to keeping someone at home with assistance. How can you monitor the people coming and going in the house or apartment? How can you know that the person you hired will show up every day or will they send a relative in their place? If you decide to keep your loved one at home, be absolute sure that you are working with a very reputable agency.

As you can see, many questions will arise during this decision process. It is important to make a plan and understand the advantages and disadvantages from a neutral point of view. Choose the right Geriatric Specialist consultant who is knowledgeable and who can be objective. Speaking with a professional is the key to successful decision making. •



HACIENDO LA ELECCIÓN CORRECTA

POR HUMBERTO FORTUNA, MA, MS

Con la llegada del envejecimiento existen muchas elecciones que deben hacerse. ¿Será poner asistencia domiciliaria la respuesta? ¿Será esta mudarse a una Residencia Geriátrica o elegir una Unidad de Alzheimer o Demencia? Ninguno de nosotros fuimos educados para responder estas preguntas. De repente nos encontramos en el dilema de tener que tomar estas decisiones para y por nuestros seres queridos. El Sistema de Salud puede ser muy complicado y confuso en este sentido, especialmente cuando necesitamos estas respuestas al instante.

Muchas familias luchan con estos asuntos al momento de tener que tomar serias decisiones. Algunos se vuelcan hacia los médicos, trabajadores sociales, y a muchas organizaciones en busca de respuestas e información.

Aunque ellos así lo deseen, en muchos casos estos profesionales no tienen tiempo de asistir a las familias en detalle y ocuparse personalmente. Tenemos que recordar la Industria del Cuidado de la Salud es llevada a cabo como una empresa y la mayoría de las veces no está habilitada para acompañar a la familia de la manera en que ellos así lo esperan.



La solución será buscar asistencia en una persona especializada en el tema fuera del ámbito hospitalario. Tener a alguien que lo ayude a tomar la decisión correcta para usted o su ser querido le va a dar tranquilidad. Un especialista en geriatría lo puede asesorar para que pueda elegir entre buscar el lugar apropiado o decidir tener cuidados domiciliarios. Esto no es cosa fácil. Con asistencia profesional usted puede prevenir actuales o futuros inconvenientes.

Este tipo de profesional sabe y conoce todas las regulaciones estatales, los beneficios para los veteranos como también tendrá una mirada amplia incluyendo aspectos dinámicos, clínicos, financieros, geográficos, psicosociales y familiares.

El acompañamiento de la familia es crucial para la toma de decisiones. En muchos casos solamente un integrante de la familia es el encargado y por lo general es el que determina el camino del proceso de elección. Con un trabajo conjunto del profesional con la familia en dos o tres encuentros, no sólo se aclararán las dudas de todos sino que también esto ayuda a economizar tiempo.

El entender y conocer los beneficios de los distintos programas como Medicaid

y el VA, y habiéndose aclarado las dudas al respecto lo ayuda a tomar decisiones más rápidamente y con mayor precisión. Es crucial saber a que tipo de programa usted aplica. Existen diferentes tipos de beneficios de Medicaid y VA dependiendo de donde usted o su ser querido reside.

Si usted aplica en el programa que no es el apropiado le hará malgastar dinero y tiempo. En muchas ocasiones esto puede significar en tener que mudar a su ser querido cuando ya se había establecido y adaptado al nuevo ambiente. Esto trae molestia y tristeza a cualquiera, especialmente a las personas mayores.

Todos escuchamos las sugerencias de nuestros amigos y vecinos. Si bien el deseo es ayudar muchas veces esas sugerencias no son las correctas. Amigos o vecinos probablemente se ofrezcan para cuidar a su ser querido lo que es un gesto solidario y generoso. Pero después de un tiempo, se ven superados por la tarea. La idea es encontrar un ambiente seguro y acertado como puede ser su propio hogar o una Residencia Geriátrica.

Es importante aclarar que no todos necesitan una Residencia Geriátrica pero

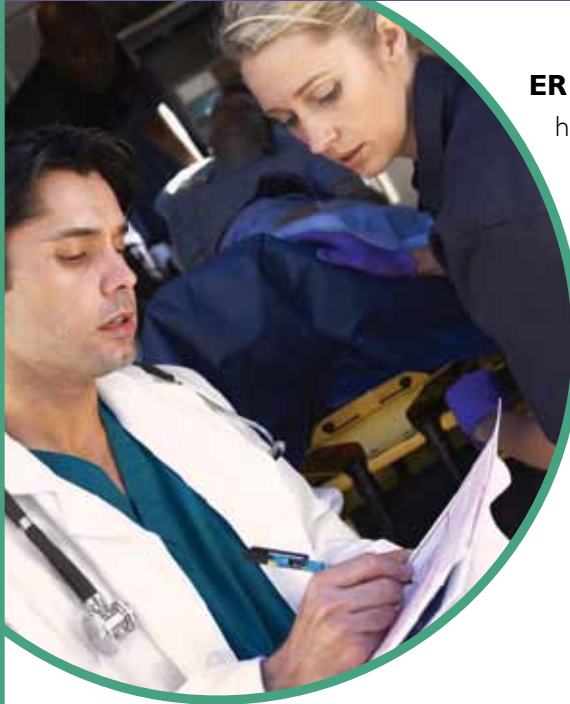
es necesario tener un plan y ver los pros y los contras.

Existen varias respetadas agencias que proveen cuidados y servicios excelentes. Esto puede ser muy costoso. El Especialista en Geriátrica está preparado para hacer la comparación entre los beneficios de contratar una Agencia de cuidados Domiciliarios y de una Casa de Cuidados. Hay muchos aspectos a tener en cuenta en caso de dejar a su familiar con asistencia en su casa. ¿Cómo monitorea usted las personas que entran y salen de la casa o apartamento? ¿Cómo puede saber que la persona que usted contrató va todos los días o envía a un allegado en su lugar? Si usted decide dejar a su ser querido en su propia casa, asegúrese de estar trabajando con una Agencia de reputación.

Como verá muchas preguntas surgen durante el proceso de toma de decisiones. Es importante realizar un plan y conocer las ventajas y las desventajas desde un punto de vista neutral. Elija el Consultor apropiado, Especialista en Geriátrica que tiene los conocimientos y es objetivo. Hablar con un profesional es la llave para una decisión satisfactoria. •



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Rita Moreno

BY DAVID RANOFSKY

When we were determining which celebrity would grace our inaugural cover, only one legendary triple threat came to mind, Rita Moreno. Ms. Moreno embodies the active lifestyle of our 55+ Magazine reader.

Her name is synonymous with excellence, having won an Oscar, two Emmys, a Tony and a Grammy. 55+ Magazine was fortunate to catch up with Ms. Moreno via her longtime friend NY public relations guru Bill Kapfer. As Bill put it, “She’s a gem!”

55+ You look great. Do you follow an exercise regimen?

R.M. I try to walk four to five miles, three or four times a week, when I can. I am usually on a plane flying somewhere. I travel a lot, but I must exercise.

55+ In your opinion, what is the key to staying healthy?

R.M. I believe staying young at heart is all in one’s personal attitude... you can’t instill that in anyone. I am a naturally buoyant person. I am a naturally energetic person... always have been. I have to say that it’s important for everyone, but especially for women (given our bone density issues) to walk – even ambling for a couple of miles is better than not walking at all. When I walk, I try to set a fairly brisk rate. I love walking outside. I hate machines like treadmills. The path that I have chosen to walk is just city streets, but you see pretty houses, trees... my routes have some hills in them; it’s not just straight walking. You have to exercise your heart and lungs.

55+ Do you follow a special diet?

R.M. I’m trying, now that I am in my dotage, (laughter erupts) to use a lot less sugar and my

husband and I really try to keep close to a minimum of fat; chicken, fish, loads of salads and legumes. We both love all of those. To be honest, nothing that is in our diet is that original. We eat seafood but we do not eat shellfish. On the other hand, if my body says to me, “eat meat” I do. I listen to my body, I think that’s important.

55+ We all watched the *National Medal of Arts* ceremony at the White House. You gave the President a hug. What was it like to be honored by President Obama?

R.M. The hug I gave the President was not even planned. All morning I practiced my handshake and bowing my hip slightly but when I was right there in front





of him, I was so thrilled I hugged him! He was very charming, sweet... he whispered in my ear, 'Michelle doesn't mind!' I am being honored again by the *Here I Stand* award, so I'll be in DC again soon. I have to say quite honestly, although it may sound like bragging (she laughs), when I was called for the *National Endowment Medal of Honor* I said, 'You mean there is another medal?!' I just couldn't believe there was another honor.



(Above) Rita with President Barack Obama who presented her with the National Endowment Medal of Honor

(Right) On The Heart Truth Red Dress - Runway

55+ I heard you sing at last year's Kennedy Center Honors- you were great – what do you do to maintain your voice?

R.M. I do vocal exercises. As you get older one tends to develop what I call a wobble. I would rather eat glass than let that happen to my voice. Before a show I do an hour vocal warm-up.

You may have noticed that I do not have that wobble. I've been told I have a youthful voice.

55+ We would be remiss if we didn't ask you about *West Side Story*? Are you tired of questions regarding the movie?

R.M. No not at all! I just saw *West Side Story* again a few weeks ago. Actually, I was in Chicago at a signing with George Chakiris and Russ Tamblyn. I never get tired of being associated with such a significant role. I see that movie and I still cry.

55+ It seems like everyone has unusual places to keep their *Academy Award*. Where is yours?

R.M. I don't do anything gimmicky with them. I have so many different types of awards, statues, medals, the *Presidential Medal of Freedom* that President Bush gave me... there's just so many. I just have them on a very long shelf. When I received my star on the *Hollywood Walk of Fame*, they gave me a replica of the star itself. It looks like it does on the ground, it's really quite pretty. It's about two feet long. It's lovely.

55+ You and Dr. Gordon have been married for 45 yrs. What do you attribute your long marriage to?

R.M. I think we both made very, very wise choices. Our choices were hardly impulsive. And I think that we both understand that there is no one else in this world that is going to be

better suited to us than us. And we really do understand that. That doesn't mean that we have this perfect marriage...I don't think there is any such thing. We are two very, very different people; I'm the more impulsive one and Leonard is the more considerate one. That's the kind of person I need in my life. I would not dream of marrying someone in my business... I can't even imagine that. What if I was married to an actor and I see him in something and I hate his work, what do you say? How do you handle that (she laughs)?!

55+ How long have you lived in Berkeley?

R.M. About 16 years. We moved up here from Los Angeles. Los Angeles is not my favorite city. Well, I shouldn't say that ... I love to visit it, on a temporary basis. It's just such a company town! You can't go anywhere and not run into someone who wants to be in the business ... up here, it's different. We both adore Berkeley. Ultimately, a city is formed by its people and the women here are just great. They are opinionated, they have ideas, they belong to boards, and they write letters to editors (she laughs)... really wonderful people.

55+ What type of music do you listen to?

R.M. I love Jazz, I love the American Songbook, love Sinatra, I love Peggy Lee. She was my idol. In my cabaret act I do a tribute to her... I do a couple of her songs. I have a concert act and a cabaret act. I do lectures also. I'm one busy Spanish woman!

55+ You've done some great TV! Are you a fan of any programs today?

R.M. You know I'm so bloody busy; I don't have the time to watch a lot of television. But I've become a fan of *In Plain Sight* on the USA Network. It's so well written. Take a good look at it; the actors are really marvelous. Actually, I just did a role in it- it's a sweet funny kind of role.

55+ What was your favorite movie last year?

R.M. I vote for the Oscars, so I get the extended screeners. I really loved three films last year. I loved *A Single Man*, *The Hurt Locker* and *Precious*. If you haven't seen *The Hurt Locker*, everyone really

needs to see it... it's okay to get upset by it. It will surprise you how it's much more than a war movie, it's not littered with explosions and all that. It's about what war does to people.

55+ What are you working on now?

R.M. I do some of my best work at the Berkeley Repertory Theatre. I played Maria Callas in *Master Class* and I just played Amanda Wingfield in *The Glass Menagerie*. Right now the Artistic Director, Tony Taccone and I are putting together an autobiographical, one woman show that is aimed at Broadway. I'm very excited! Tom Fontana, a dear friend of mine and the man who produced HBO's *Oz* may be part of this project as well. It's already on the theatre's schedule for next season. Assuming it goes well, we will take it to some different regional theatres around the country to refine it. •

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Rita Moreno

POR DAVID RANOFSKY

Cuando estábamos deliberando acerca de cuál era la celebridad que iba a engalanar nuestra primera tapa, sólo una legendaria figura vino a mi mente, Rita Moreno. La señora Moreno representa el estilo de vida activo de los lectores de 55+ Magazine.

Su nombre es sinónimo de excelencia, ganó un Oscar, dos Emmys, un Tony y un Grammy! 55+ Magazine tuvo la fortuna de alcanzar a Ms. Moreno gracias al gurú en Relaciones Públicas Bill Kapfer. Y como él dijo “¡Ella es una gema!”.

55+ ¿Se la ve genial! ¿ Hace algún tipo de ejercicio?

R.M. Trato de caminar cuatro o cinco millas, tres o cuatro veces por semana, cuando puedo. Casi siempre estoy en un avión volando hacia algún lugar. Viajo mucho, pero ¡Tengo que hacer ejercicio!

55+ En su opinión ¿Cuál es la clave para mantenerse saludable?

R.M. Creo que mantener el corazón joven, todo está en la actitud personal...Soy una persona optimista. Soy naturalmente una persona con energía...Esto es importante para todos pero especialmente para las mujeres (dada los aspectos de la densidad de los huesos) caminar aunque sea deambulando un par de millas es mucho mejor que no hacerlo de ninguna manera. Cuando camino, trato de hacerlo con un ritmo bastante animado. Me encanta caminar por las afueras. ¡Odio las máquinas! El camino que elegí para caminar es por las calles de la ciudad donde se ven hermosas casas, árboles... mis rutas tienen algunas lomas, no son solamente caminatas en un sentido. Hay que ejercitar el corazón y los pulmones.

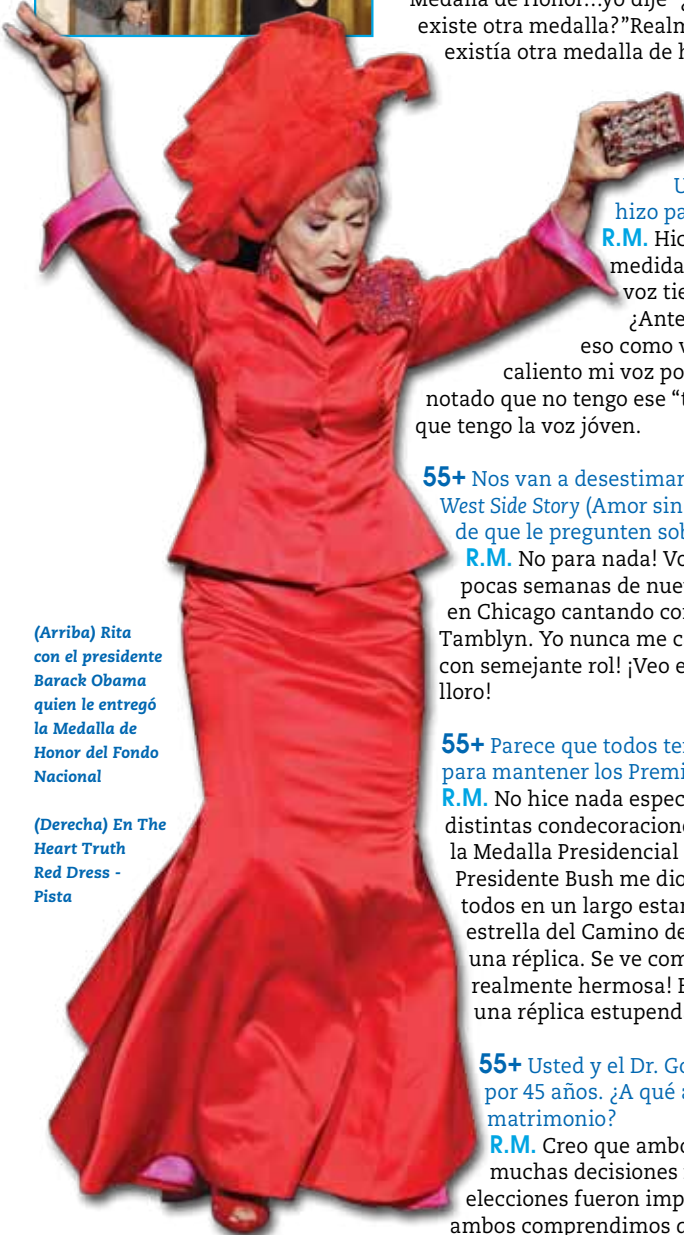
55+ ¿Sigue usted una dieta especial?

R.M. Lo estoy intentando ahora que estoy en mi...edad(dotage) (risas)de usar menos azúcar y mi marido y yo tratamos de incluir en nuestra dieta la menor grasa posible : pollo, pescado, ensaladas y legumbres. ¡Nos encantan todas esas cosas! Honestamente nada que esté en nuestra dieta es muy original. Comemos frutos de mar pero no mariscos. Por otro lado si mi cuerpo me dice “debes comer carne”, lo hago. Yo escucho a mi cuerpo. Eso para mí es importante.

55+ Todos miramos la Ceremonia de la Medalla Nacional de las Artes en la Casa Blanca. Usted le dio un abrazo al Presidente. Qué se siente al ser honrada por el Presidente Obama?

R.M. El abrazo que le di al Presidente ¡no





(Arriba) Rita con el presidente Barack Obama quien le entregó la Medalla de Honor del Fondo Nacional

(Derecha) En The Heart Truth Red Dress - Pista

fue planeado! Toda la mañana estuve practicando cómo estrecharle la mano e inclinarme suavemente pero cuando estaba justo delante de él, estaba tan conmovida ¡que lo abracé! Él fue muy dulce... me susurró "Michelle no importa". Volví a ser honrada por el galardón "Aquí me quedo", así que voy a estar por allí pronto. Debo decir honestamente que puedo parecer presumida, pero cuando fui llamada para la Medalla de Honor...yo dije "¿usted quiere decir que existe otra medalla?" Realmente no podía creer que existía otra medalla de honor/ otro honor!

55+ Escuché que Usted cantó el año pasado en el Kennedy Center Honors, Usted estuvo genial. ¿Qué hizo para mantener su voz?

R.M. Hice ejercicios vocales. A medida que uno envejece la voz tiende a "temblequear".

¿Antes que dejar que me pase eso como vidrio! Antes de un show caliente mi voz por una hora. Usted habrá notado que no tengo ese "temblequeo" Me han dicho que tengo la voz jóven.

55+ Nos van a desestimar si no le preguntamos por *West Side Story* (Amor sin Barreras) ¿Está cansada de que le pregunten sobre esa película?

R.M. No para nada! Volví a ver esa película hace pocas semanas de nuevo. Actualmente estuve en Chicago cantando con George Chakiris y Russ Tamblyn. Yo nunca me canso de que me vinculen con semejante rol! ¡Veo esa película y todavía lloro!

55+ Parece que todos tenemos lugares inusuales para mantener los Premios de La Academia.

R.M. No hice nada especial con ellos. Tengo distintas condecoraciones, estatuillas, medallas, la Medalla Presidencial de la Libertad que el Presidente Bush me dio...¡hay tantos! Están todos en un largo estante. Cuando recibí mi estrella del Camino de la Fama, ellos me dieron una réplica. Se ve como en aquel camino, es realmente hermosa! Es de dos pies de largo. ¡Es una réplica estupenda!

55+ Usted y el Dr. Gordon han estado casados por 45 años. ¿A qué atribuye la duración de su matrimonio?

R.M. Creo que ambos hicimos muchas, muchas decisiones inteligentes. Nuestras elecciones fueron impulsivas. Y creo que ambos comprendimos que no existe otro en el mundo que congeniaría con nosotros como

nosotros mismos. Y sí que lo entendimos. Eso no significa que tenemos el matrimonio perfecto...No creo que exista. Somos muy, muy distintos. Yo soy la más impulsiva y Leonard el más considerado. Es la perfecta persona que necesito para mí. Yo no soñé con casarme con alguien de mi rubro! No me puedo imaginar eso!;Qué hubiera pasado si me hubiese casado con un actor y lo veo trabajando y a mi no me gusta su trabajo, ¿Cómo hago para decirle? ¿Qué le digo!!! (se ríe)

55+ ¿Cuánto hace que vive en Berkeley?

R.M. Alrededor de 16 años. Nos mudamos desde Los Angeles. Los Angeles no es mi ciudad favorita. Bueno, no debería decir eso...Me encanta visitarla de vez en cuando. ¿Esa ciudad es como una gran Compañía? No puedes ir a algún lugar y no correr detrás de alguien que quiere entrar en el negocio...aquí es distinto. ¡Nosotros adoramos Berkeley! En última instancia, la ciudad está formada por la gente y aquí las mujeres son maravillosas. Ellas opinan, tienen ideas, pertenecen a consejos y escriben cartas a los editores (se ríe)... realmente gente genial!!!

55+ ¿Qué tipo de música escucha?

R.M. Amo el jazz, amo el Cancionero Americano, amo a Sinatra, amo a Peggy Lee. ¡Ella era mi ídolo! En mi acto de cabaret le hice un tributo...canté un par de canciones suyas. Realicé el acto del concierto, el acto de cabaret, y también lecturas. Soy una mujer latina muy ocupada!

55+ ¿Usted hizo muy buena TV! ¿Es fanática de algún programa hoy en día?

R.M. Usted sabe que soy una persona muy ocupada, no tengo el tiempo para ver la mucha televisión. Pero me convertí en fan de In Plain Sight en el canal USA. Está tan bien escrito. Los actores son realmente maravillosos! Actualmente hice un rol en él. ¡Es en un dulce y divertido tipo de rol.

55+ ¿Cuál es su película favorita del último año?

R.M. Vote en los Oscars por lo que tuve las versiones extendidas. Realmente me gustaron tres Films el año pasado, *A Single Man*, *The Hurt Locker*, and *Precious*. Si no vio *The Hurt Locker*, todo el mundo debería

verla...es razonable si uno se siente triste por ella. Lo va a sorprender porque es más que una película de guerra. No tiene explosiones y todo eso. Se trata de lo que la guerra le hace a las personas.

55+ ¿En qué están trabajando actualmente?

R.M. Hice uno de mis mejores trabajos en el Teatro de Berkeley! Hice de Maria Callas en Master Class y recientemente hice de Amanda Wingfield en *The Glass Menagerie*. Ahora el Director Artístico, Tony Taconne y yo estamos tratando de conformar una obra autobiográfica, una mujer show que está apuntando a Broadway. ¡Estoy muy entusiasmada! Tom Fontana, un querido amigo mío y el hombre que produjo *El Mago de Oz* de HBO sería también parte de este proyecto. Está en el calendario para la próxima temporada. Si todo va bien la llevaremos a otras regiones del país para perfeccionarla. •

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Dr. Miller is a past president of the Miami Society of Plastic Surgeons and is currently the President-Elect of the Florida Society of Plastic Surgeons. Dr. Miller sits on the Board of Directors of the Dade County Medical Association and serves as a delegate to the Florida Medical Association. He is a member of the American Society of Plastic Surgeons.

Dr. Miller is a clinical professor in the Division of Plastic Surgery at the University of Miami and serves as a plastic surgery resident mentor. He is also the Liaison between the University of Miami, Division of Plastic Surgery and the Miami Society of Plastic Surgeons.

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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 37th 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 42nd Ave
Plantation
954.587.5010

St Anthony's Rehab Hospital
3487 NW 30th 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 17th 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 12th 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 2nd Ave
Miami
305.232.5433

Healthsouth Rehabilitation Hospital
20601 Old Cutler Rd
Miami
305.251.3800

Hialeah Hospital
651 E 25th St
Hialeah
305.693.6100

Homestead Hospital
160 NW 13th St
Homestead
786.243.8000

Jackson Memorial Hospital
1611 NW 12th Ave
Miami
305.585.6754

Jackson Memorial Hospital North
14701 NW 27th Ave
Miami
305.585.1111

Jackson South Community
Hospital
9333 SW 152nd St
Miami
305.251.2500

Kendall Regional Medical Center
11750 Bird Rd
Miami
305.223.3000

Kindred Hospital South Florida
5190 SW 8th St
Coral Gables
305.448.1585

Larkin Community Hospital
7031 SW 62nd 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 95th St
Miami
305.835.6000

Palm Springs General Hospital
1475 NW 49th St
Hialeah
305.558.2500

Palmetto General Hospital
2001 W 68th St
Hialeah
305.823.5000

Pan American Hospital
5959 NW 7th St
Miami
305.264.1000

Parkway Regional
Medical Ctr
160 NW 170th St
N. Miami Beach
305.654.5050

Select Specialty Hospital-
Miami
955 NW 3rd St
Miami
305.416.5700

GUIDE

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 7th Ave
Miami
305.637.2500

South Miami Hospital
6200 SW 73rd St
South Miami
786.662.4000

Southern Winds Hospital
4225 W 20th Ave
Hialeah
305.558.9700

St Catherine's Rehabilitation
Hospital
1050 NE 125th St
N. Miami
305.357.1735

University of Miami Hospital
& Clinics
1475 NW 12th Ave
Miami
305.243.1000

West Gables Rehabilitation
Hospital
2525 SW 75th Ave
Miami
305.262.6800

Westchester General Hospital
2500 SW 75th 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
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Tequesta
561.744.0211

MONROE

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Marathon
305.743.5533

Lower Keys Medical Center
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Key West
305.294.5531

Mariners Hospital
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Tavernier
305.434.3000

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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
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561.996.6571

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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
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West Palm Beach
561.422.8262

Wellington Reg Medical Ctr
10101 Forest Hill Blvd
Wellington
561.798.8500

West Boca Medical Center
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Boca Raton
561.488.8000

ST LUCIE

Lawnwood Regional Medical
Center
1700 S 23rd St
Ft Pierce
772.461.4000

Port St Lucie Hospital
2550 SE Walton Road
Port St Lucie
772.335.0400

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

HOSPICES BROWARD

Hospice by the Sea Care
Center
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Hollywood
954.518.2470

Hospice of Gold Coast Home
Health Services
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Ste 4500
Ft Lauderdale
954.785.2990

HospiceCare of SE Florida Inc.
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Ft Lauderdale
954.467.7423

VITAS Innovative Hospice Care
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Ft Lauderdale
954.486.4085

MARTIN

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Lucie Inc
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Stuart
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MIAMI-DADE

Catholic Hospice Inc
14875 NE 77th Ave Ste 100
Miami Lakes
305.822.2380

Douglas Gardens Hospice Inc
5200 NE 2nd Ave
Miami
305.762.3883

Hospice Care of South Florida
7270 NW 12th 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 2nd 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

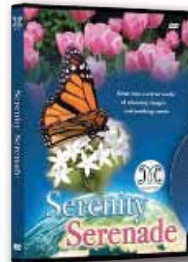
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DON'T LET SICKNESS STOP YOU FROM LIVING!

BY MONICA FORTUNA, PSYCHOLOGIST

Reality changes when you are facing a serious illness. Suddenly, the world stops. You are paralyzed by fear. You don't know which way to turn. The intensity of the shock will vary according to the nature of the diagnosis.

This change will not only affect you, but your entire family as well. Everyone's reality has changed now.

What you used to see in one way, you now see in another. You have another point of view. Your priorities were all lined up, but now they have to all be reorganized. What was important is not so important anymore. You are lost in a storm of emotions. What are you going to do now?

The first thing I would tell you to do is to let your emotions go. Cry desperately, go outside and shout at the clouds, get good and angry with life and the hand that it has dealt you.....and then...breathe.... and then....just sit down and think about your next step. You're going to need professional help to get through this... someone to "let it all out to." And while you are "letting it all out," make sure you open your mind and LISTEN.

It is not easy. Take your time. Be kind to yourself. Don't expect perfect control.

Now that you have a little more control of your situation, it is time to take a stand for HEALTH.

But, HOW, if there is still ILLNESS?

Let me try to explain...Many times people have a tendency to put illness directly in their names, "Hi, I'm David Diabetic" or "Hi, I'm Carol Cancer. In this manner, you give the illness permission to invade you till you lose sight of where it starts and ends. It depersonalizes you.

It is healthier to start thinking of the illness as a PART of you, as an accident of your health, and not all consuming. You are not totally "made up" of this illness. You must value the part of you that is healthy. "Hi, I'm David Murray; and by the way, I have diabetes." "Hi, I'm Carol Miller; and by the way, I have cancer."

You have a choice: Let the illness be your CENTER or keep your center for YOU and make the illness be your companion and never your owner!

I remember an image.....There is a bedroom in total darkness. Outside, there is light. We open a window. Light comes in but the darkness does not go out. What does this mean?

The darkness; the illness, will stay with you, but you can bring in light to give you power and acceptance. You cannot deny the illness, but you can add it to the healthy part of you. Think of the illness as an addition, not a subtraction.

Own yourself. Own your desire for health.

Stay close to the professionals. Illness must be known, accepted and attended to. Have a good support system; Psychologist, Counselor, Minister, Rabbi or Doctor. Join a workshop or group with similar issues. Take a painting class, swim in the ocean or do yoga. All of these things will boost the LIGHT and maybe, the darkness will become less.

My mentor and fellow Psychologist, Carlos Campelo said, "Illness can NOT stop health."

Of this, I am convinced. •

*In 1985, Psychologist Carlos Campelo created "Mental Health Program" at Dr. Ignacio Pirovano Hospital in Buenos Aires, Argentina. Psychologist Miguel Espeche continues his work today.

LA ENFERMEDAD NO IMPIDE LA SALUD

POR MONICA FORTUNA, PSYCHOLOGIST

Frente al diagnóstico de una enfermedad determinada, nuestra realidad cambia, nos asustamos, y por un momento el tiempo se detiene. No sabemos qué camino tomaremos. Dependerá del diagnóstico, la intensidad del shock que nos provoque.

Esta sensación atraviesa a todos los involucrados, tanto la persona con la enfermedad como la familia.

Es cierto la realidad de todos cambió, hemos cambiado de lugar. Lo que mirábamos desde allí ahora lo vemos desde aquí, nuestro punto de vista es otro, las prioridades que teníamos se desordenan y deben tomar una nueva organización. Lo que era importante hasta ahora ya no lo es tanto.

Tanto desde el portador de la enfermedad como desde su familia y amigos les acerco esta sugerencia.

En un primer momento dejar salir las emociones. Desesperarse, llorar, enojarse con la vida...y luego... sentarse y pensar en caminos posibles, en pedir ayuda, orientación, a los profesionales que correspondan, y sobre todo escuchar.

No es fácil... dese su tiempo.

Luego, ya en este nuevo orden, intente posicionarse desde la Salud.

Pero ¿cómo? Si hay enfermedad... aquí va una explicación posible.

Muchas veces dejamos que la enfermedad pase a ocupar el lugar de nuestro apellido, "Hola, Soy David Diabético". Le damos "permiso" para invadirnos y ya no reconocemos donde empieza y donde termina. Nos despersionaliza.

Sería de ayuda comenzar a pensar en la enfermedad como una parte, un accidente de la salud, y no como un **todo**. No pasamos a ser todo enfermedad, **nos queda toda una parte SANA** que debemos valorar, "Hola, soy David Murray, tengo diabetes".

Claro, Ustedes dirán diabetes es una cosa pero cancer o alzheimer es otra. Sí y No. Por supuesto que no son los mismos síntomas, ni dolores, ni tratamientos, no claro que no, pero todas se unen en un punto, la realidad de esa persona y su familia cambia. ¿Qué nos queda? Por un lado hacer de la enfermedad nuestro centro y por el otro, no perder nuestro centro y hacer de ella por el momento nuestra compañera de ruta, no nuestra *dueña*. Potenciamos nuestra SALUD Y ASÍ POTENCIAREMOS LOS TRATAMIENTOS, ayudando a los profesionales que nos asisten. Reduzco una imagen "Si en una habitación totalmente a oscuras abrimos la ventana y dejamos entrar la luz, la luz entra pero la sombra NO SALE ". Interesante no? y para pensar...

Y qué significa "abrir la ventana", significa darse la oportunidad de no quedar "impotente". **No estamos hablando de negar la enfermedad, de ninguna manera, sino que de aceptarla y sumarle nuestra parte sana.** Sumar y no restar. No es una cosa "O" la otra sino que es una "Y" la que une ambas partes.

Hagase dueño de sí mismo y de su deseo de salud. Acuda a los profesionales porque a la enfermedad hay que conocerla y atenderla. También busque sus apoyos: su psicólogo, un asesor (counselor), algún grupo de autoayuda que aborde la temática, su iglesia o templo, sus amigos, su curso de pintura, sus clases de yoga, etc. todo aquello que potencie nuestra salud, nuestra LUZ. Quizás... por qué no...la sombra se torna cada vez menor. Lo que es seguro nuestra calidad de vida mejorará.

Y a los familiares y amigos les digo, al principio desespérense sí, pero luego, no pierdan las esperanzas y, tomando lo dicho anteriormente, traten de mirar a su ser querido desde su potencia, desde su salud, que así lo ayudarán a tener una mejor calidad de vida.

Uno de mis maestros, el Psicólogo Carlos Campelo* bien dijo, "la enfermedad no impide la salud". Estoy convencida de ello. •

*El Psicólogo Carlos Campelo (murió en 1995) creó en 1985 el Programa de Salud Mental del Hospita Pirovano. Buenos Aires Argentina. Actualmente el Lic. Miguel Espeche continúa su obra.

HEALTH ADVICE: KNOW WHERE TO TURN

BY TONI MARSCEILLE, PHD

Healthcare expert Toni Marsceille, is an expert in healthcare. Her diverse experience in the Healthcare industry has enabled her to give the perfect advice. 55+ Magazine is fortunate to have Toni as one of our advice columnists.

**Dear Toni,
My mother just suffered a fractured hip. She is ready to leave the hospital and go home. I am going to hire a caregiver. Any suggestions for me?**

Cynthia in Coral Spring

First of all, if you are going to hire a caregiver by yourself, you must be very careful. Always check references, do a criminal background check, find out if they are certified and ask for a drug test. If you are going to call an agency to assist you in finding a caregiver, be aware that they are going to charge you a fee for that service. The good part about this is that the agency will do all the reference checking. Depending on what type of health care insurance your mother has, you may want to hire a home health care agency. They may cost more, but they will be responsible for all background checking and will send someone else if the first caregiver doesn't work out. The agency will also be responsible for all of the liability like insurance and taxes, etc. If you decide to go with hiring a caregiver by yourself, do not give the caregiver access to your mother's finances, checkbook, bank account or credit cards. Although this person will be spending a lot of time with your mother, remember, this is an employee, not a family member.

**Dear Toni,
I am over 62 and I am having a lot of problems falling asleep at night. Once I fall asleep, I sleep fairly well, but it is**

getting to be very frustrating lately.

Roberta in West Palm Beach

Sleeping problems are very common as we age. To help you fall asleep, try the following suggestions. Do not eat a large meal before you go to bed. Definitely, do not drink anything with caffeine in it. Try to go to bed around the same time every night and wake up around the same time every morning. Don't take a late nap. Don't keep the TV on while trying to fall asleep. Exercise early, not in the late afternoon. If you follow all of these suggestions and still have a problem, don't just lie there. Get up and find something calming and quiet to do like reading or listening to calming music. If you still have problems, talk to your doctor about taking some type of sleep aide.

**Dear Toni,
I just turned 71 and want to have sex with my wife a couple of times a month. She says I am too old and having sex at my age could be bad for my health. Is there any truth to what she says?**

Alan in Coconut Grove

Your wife may not be happy with this answer, but sex is definitely not a health hazard for the elderly. In fact, there are many benefits. There is a study now that says that men who have many orgasms may live a longer life. Sexual activity is one of those activities that help promote brain function in older people. Remember to always check with your doctor before engaging in any sexual activity.

**Email your questions to Toni please
email: Toni@55plusmag.us •**

CONSEJOS DE SALUD: SEPA A DÓNDE ACUDIR

POR TONI MARSCEILLE, PHD

Toni Marsceille es un experta en el cuidado de la salud. Su amplia experiencia la habilita a dar los consejos apropiados. Somos afortunados en tener a Toni como una de nuestras columnistas

**Querida Toni,
Mi madre ha sufrido recientemente una fractura de cadera. Ella pronto dejará el hospital para ir a casa. Voy a contratar una persona para que la asista. ¿Alguna sugerencia para mí?**

Cynthia in Coral Spring

Ante todo si usted va a contratar un asistente debe ser cuidadoso. Siempre chequee las referencias, sus antecedentes, averigüe si posee título habilitante y solicite un test de drogas. Si va a llamar a una agencia para que lo haga por usted, asegúrese de saber cuál es el costo de ese servicio. La mejor parte de esto es que la agencia se encargará de hacer todos los chequeos correspondientes. Depende del Seguro médico de su madre para que usted probablemente pueda contratar una Agencia de cuidados domiciliarios. Estos cuestan más pero se encargan de todos los chequeos del personal y pueden reemplazar si el primer cuidador no es del agrado. La Agencia también se responsabiliza de todo lo referido a los seguros e impuestos, etc. Si Usted decide contratar un asistente no le dé acceso a las finanzas de su madre como chequeras, cuentas bancarias o tarjetas de créditos. Si bien esta persona va a pasar mucho tiempo con su madre no se olvide que es un empleado y no es parte de la familia

**Dear Toni,
Tengo 62 años y estoy teniendo muchos problemas para dormir a la noche. Una vez que me duermo, duermo bastante bien, pero al rato me despierto y se**

vuelve bastante frustrante.

Roberta in West Palm Beach

Los problemas del sueño son muy comunes a cierta edad. Para dormirse trate de realizar lo siguiente: No coma mucho antes de irse a dormir. Definitivamente no ingiera bebidas con cafeína. Es conveniente irse a dormir siempre a la misma hora y lo mismo con respecto a la hora de levantarse. (No tome una siesta muy tarde) No deje el televisor prendido para poder dormirse. Realice ejercicios por la mañana no por la tarde. Si Usted sigue todas estas sugerencias y aún tiene problemas, no se quede con eso. Levántese y trate de hacer algo tranquilo como leer o escuchar música suave. Si aún así siguen los inconvenientes vea a su médico para ver si es necesario tomar alguna píldora.

**Dear Toni,
Acabo de pasar los 71 y deseo tener sexo con mi esposa dos veces a la semana de ser posible. Ella dice que estoy viejo para eso y tener sexo a mi edad puede ser malo para mi salud. ¿Es verdad lo que ella dice?**

Alan in Coconut Grove

Su esposa no estará contenta con esta respuesta pero tener sexo no es una amenaza para la salud en la vejez. Por lo contrario tiene muchos beneficios. Existe un estudio que dice que los hombres que tienen muchos orgasmos vivirán más. La actividad sexual es una de tantas actividades que mejoran el funcionamiento del cerebro en las personas de edad. Recuerde siempre consultar a su Médico antes de emprender cualquier tipo de actividad sexual.

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



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Number on last line indicates facility capacity

AVENTURA Imperial Club 2751 NE 183 rd St 305.935.1801	230	Pat-Bran Senior Care 5030 NW 44 th Ave 954.421.9115	6	CUTLER BAY Bel-View ALF 19768 Bel-Aire Dr 786.306.9441	6	Annie's Retirement Home 1659 NE 62 nd St 954.772.6551	9	Towers Retirement Home 824 SE 2 nd St 954.463.4973	80
Sterling Aventura, The 2777 NE 183 rd St 305.918.0000	168	Royal Living at CoconutCreek 3420 NW 7 th St 954.600.6935	6	CUTLER RIDGE Bertha Elderly Care II 10411 SW 198 th St 305.259.9242	6	Bayview Retirement Home 2625 NE 13 th Ct 954.564.3100	12	Tropical Heaven 460 NW 40 th Ct 954.937.5541	25
BOCA RATON Brighton Gardens of Boca Raton 6347 Via De Sonrisa Del Sur 561.392.2772	155	COOPER CITY Nightingale 9990 NW 41 st St 954.435.7443	12	Ila Lola ALF 12230 SW 220 th St 786.308.9915	6	Broward House 417 SE 18 th Ct 954.552.4749	60	Villa Rio Vista 1115 SE 6 th Terr 954.763.1044	50
Oakbridge Terrace Assisted Living Res 23305 Blue Water Cir 561.368.5600	51	CORAL GABLES Gables Manor Independent 1535 Venetia Ave 305.265.8548	6	Rick & Dauvy ALF 23120 SW 124 th Ave 786.970.2048	6	Caring Hands Retirement Residence 7438 NW 47 th Pl 954.578.3635	6	West Vista Del Lago 1077 Waterside Cir 954.762.6881	6
Oakbridge Terrace Assisted Living Res 6051 S Verde Trl 561.487.6200	40	CORAL SPRINGS A&L HEALTH CARE II 8280 NW 14 th St 954.345.7481	6	DANIA BEACH Billmar Gardens Retirement Home 380 S Federal Hwy 954.921.6577	26	Caring Place, The 2853 NW 47 th Pl 954.583.0702	6	Willow Wood 2855 W Commercial Blvd 954.739.4200	110
Whitehall Boca Raton 7300 Del Prado S 561.392.3000	18	A&L Health 11764 NW 30 th St 954.757.6529	6	Eden Inn Assisted Living Facility, The 4064 SW 51 st St 954.581.2240	8	Fort Lauderdale Retirement Home 420 SE 12 th Ct 954.524.3312	81	FORT PIERCE Academy Assisted Living Facility 1225 Soltman Ave 772.460.1211	20
BOYNTON BEACH Barrington Terrace of Boynton Beach 1425 S Congress Ave 561.399.7919	125	Alpha & Omega Home Care 10132 NW 23 rd St 954.510.7153	6	Hammond House of Dania 357 SW 6 th St 954.981.8847	6	Garden of Health, The 1910 NE 56 th St 954.958.9757	7	Aurora of the TreasureCoast 6608 N US Highway 1 772.460.0809	16
Boynton Beach Assisted Living Facility 1708 NE 4 th St 561.737.6465	118	Alternative Care III 1763 NW 55 th Dr 954.509.9983	6	Willow Manor Retirement Home 150 Stirling Rd 954.920.1988	165	Golden Sands Retirement Home 809 NE 20 th Ave 954.524.6054	14	Bayamo Assisted Living 1199 SW Bayamo Ave 772.873.2903	6
Boynton Village 1935 S Federal Hwy 561.736.2424	127	Binda Assisted Living 5544 NW 106 th Dr 954.341.3082	6	DEERFIELD Forum at Deer Creek, The 3001 Deer Creek Country Club Blvd 954.698.6292	65	Jenkins Harmony Home 2640 NW 16 th Ct 954.485.0891	7	Beachland Retirement Home 462 Hernando St 772.460.8007	8
Doreen's Assisted Living Home 3045 S Seacrest Blvd 561.364.7056	6	Bright Horizons of Coral Springs 8664 NW 1 st St 954.340.4795	6	Horizon Club 1216 S. Military Trl 954.481.2304	68	Kelly's Assisted Living Facility 1441 NW 20 th St 954.524.2867	33	Broomwood Assisted Living 200 Dixieland Dr 772.468.7235	55
Emeritus at Boynton Beach 8220 Jog Rd 561.733.3200	160	Bright Horizons of Greenwood 9565 NW 27 th St 954.340.3045	6	Keval Esquisite Care II 323 SW 45 th Ave 954.725.9572	6	Lake View Retirement Residence 2304 NW 52 nd Ct 954.714.0064	24	Center for Independent Living, The 4700 Buchanan Dr 772.460.2108	6
New Beginning Assisted Living, A 105 NE 1 st Ave 561.369.2891	6	Bright Horizons of North Spring 7506 NW 42 nd St 954.255.1811	6	Living Legends Retirement Center 4001 Hillsboro Blvd 954.426.9700	100	Leland Palms 12981 SE 52 nd St 954.252.8711	8	Divine Senior Care 4007 Oleander Ave 772.465.9389	22
Parkside Inn 1613 SW 3 rd St 561.734.1616	38	Bright Horizons of Ramblewood 8630 Ramblewood Dr 954.796.6084	6	Peace Heaven 1433 SW 1 Ter 954.354.0561	6	New River Villas 408 SE 7 th Ave 954.462.4445	35	Friend Assisted Living 1102 Alameda Ave 772.595.9223	6
Pointe at Newport Place, The 4733 NW 7 th Ct 561.586.2989	93	Comfort Springs Home Care 1326 NW 113 th Terr 954.255.6773	6	Renaissance, The 1050 SW 24 th Ave 954.360.7667	120	Ocean View Retirement Home 954.255.6773 954.777.5167	32	Kalake 308 S 30 th St 772.595.5565	6
Rustic Retreat Retirement Home 1120 N Federal Hwy 561.737.5887	30	Coral Springs County Club for Seniors 2903 NW 115 th Terr 954.757.9446	6	Emeritus at Deer Creek 2403 W Hillsboro Blvd 954.426.3800	145	Paradise Villa Retirement Home II 2560 NW 83 rd Ave 954.749.0538	6	Lake Forest Park Retirement Community 2909 S 25 th St 772.466.1919	68
Simpson Adult Care Facility 1641 NW 5 th St 561.355.3851	10	Coral Stone Retirement Facility 8666 NW 47 th Dr 954.755.8459	6	DELRAY BEACH Abbey Delray Health Center 2000 Lawson Blvd 561.454.2000	14	Pine Island Seniors Living 8620 NW 54 th St 954.572.8580	6	Lynmoore St Lucie Lawnwood, the 1550 N Lawnwood Cir 772.489.6800	98
Tyval Assisted Living Facility 3526 Geneva Ave 561.433.3924	6	Paradise Villa Retirement Home III 4275 NW 67 th Way 954.755.0071	6	Arden Courts ManorCare Health Services 16150 Jog Rd 561.498.5552	56	Ranmar Gardens 1454 NE 56 th St 954.491.7396	9	Royal Care ACLF 5081 Dunn Rd 561.464.0728	12
COCONUT CREEK Havencrest Assisted Living Facility II 4244 NW 51 st St 954.360.0680	6	Sunshine Assisted Living 6513 NW 55 th St 954.255.5588	6	Villa of Kings & Queens Of Delray 13415 Barwick Rd 561.450.8551	5	Royal Palm Senior Residence 5121 NE 19 th Ave 954.491.4041	34	Seminole Acres/Kanlake II 3562 Seminole Rd 561.467.0181	10
Havencrest Assisted Living Facility III 4471 Coconut Creek Blvd 954.971.4289	6	Superior Care 11412 NW 1 st Pl 954.345.6511	6	FORT LAUDERDALE Adoring Ranches 14450 Stirling Rd 954.680.2293	6	Sunshine Senior Assisted Living 4580 SW 33 rd St 954.983.5157	14	GREENACRES Arbor Oaks 3400 Jog Rd 561.432.4700	97
Paradise Villa Retirement Home VI 4130 NW 22 nd St 954.970.3193	6	Unique Assisted Living 8510 NW 38 th St 954.575.8585	6	Tari's Home 501 E. Evanston Cir 954.791.5220	6	Encore Senior Village at Greenacres 4760 Jog Rd 561.434.0434	70		

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Seaside Retirement Resort 2091 S. Ocean Dr 954.457.0100	94	Crossroads Assisted Living Center 7960 NW 181 st St 305.316.9491	6	Luz Home for the Elderly 810 W 74 th St 305.818.2082	6	Nursing Love & Care Facility 1045 W 23 rd St 305.883.1915	19
HIALEAH ATA Care Center 641 W 33 rd St 305.825.4600	6	Daniella's Care Center 4325 E 9 th Ln 305.681.2780	6	M&M Comprehensive 280 W 56 th St 305.362.9151	6	Oasis Home for the Elderly 33 W 26th St 305.934.8770	19
Abuelitos Residence Home 7855 NW 185 th St 305.558.6777	8	Darla Home Care 3167 W 77 th Pl 305.512.7529	6	Maggy's Home Care 8969 NW 152 nd Ln 305.826.5773	6	Our Dream Retirement Home 1630-40 Palm Ave 305.887.4141	42
Achoy Home Care 3635 W 13 th Ave 305.820.0671	6	Davisto's 6524 NW 197 th Ln 305.624.1995	6	Mario's Sweet Home 5991 W 20 th Ln 305.698.2437	6	Our Golden Home ALF II 18400 NW 81 st Ct 305.821.5153	6
Adam Home 158 W 8 th St 305.894.1961	19	Dulce Hogar 423 W 12 th Pl 305.887.9780	6	Maribel Paradise Home 651 E 49 th St 305.582.1647	6	Our Loving Mother Elderly Care 1635 W 65 th St 305.557.8100	6
Allin Living Facility 7005 W 16 th Ave 305.819.1597	6	El Viso Care 756 W 53 rd St 305.822.6402	6	Marta Home Care 6898 W 29 th Ave 786.236.1509	6	Palm Breeze ALF 1045-55 Palm Ave 305.883.8376	61
Alpha & Omega Facility 410 E 24 th St 305.691.6335	48	Epworth Village Retirement Community 5300 W 16 th Ave 305.556.3500	125	Mary Jo ALF 158 W 10 th St 305.644.1797	14	Palm Gardens Manor I 1232 W 60 th St 305.970.8812	9
American Life Adult Care Center 8849 NW 169 th Ter 305.303.2980	6	Family Rest Home 182 W 9 th St 305.887.8095	40	Mary's Home 14158 NW 88 th Pl 305.825.7097	6	Palm Gardens Manor II 1255 W 64 th Ter 305.970.8812	6
Amigos 5701 NW 110 th St 305.819.4626	6	Farah Michele Home 431 W 31 st Pl 305.828.5395	6	Mayra's ALF 4210 W 19 th Ave 305.820.8585	6	Palm Gardens Manor III 5835 W 14 th Ln 305.826.7713	6
Amor y Esperanza Home Care 3224 W 14 th Ave 786.663.4392	6	Garden Elderly Care 7450 W 14 th Ct 305.827.8696	6	Mi Arcoiris Family Care 431 E 10 th St 786.337.6357	6	Palm Gardens Manor V 5435 W 14 th Ave 305.970.8812	6
Angeles Residential 6341 Palm Ave 305.825.0262	6	Golden Age Adult Center 7355 W 12 th Ave 305.824.1046	6	Mi Hogar 133 E 12 th St 305.888.5037	6	Palm Gardens Manor VI 1214 W 78 th Ter 305.970.8812	6
Angels in Paradise 4636 W 6th Ave 305.818.9666	6	Good Life ALF 7746 NW 201 st Ter 786.547.7116	6	Mi Retiro ALF II 2793 W 72 nd St 305.362.5264	6	Palm Spring North Manor 7861 NW 175 th St 305.970.8941	6
Antonia Residence 840 SE 8 th Ct 305.883.1960	6	Hefery Home for the Elderly 825 SE 7 th Ave 305.889.1166	16	Modelo Health Care Center 3601 W 11 th Ave 305.364.7611	21	Palmetto ALF 6826 W 25 th Ct 305.819.6919	6
Best Age, The 1240 W 83 rd St 305.231.8260	6	Hilda Home Care 224 E 42ns St 305.819.8090	6	Morales Sweet Home 670 E 57 th St 305.681.3739	6	Palmetto Senior Care 3157 W 78 th Pl 305.934.8770	6
Better Care Home 7599 W 4 th Ct 305.820.6530	6	Hogar Cristian La Roca 4183 E 8 th Ct 305.953.4056	6	Mount Sinai Christian Home 5190 E 8 th Ave 305.685.5136	6	Paradise Adult Center 480 W 66 th St 786.277.9822	6
Care & Love Retirement Residence 642 E 21 st St 305.885.4978	20	Home Sweet Home Care Facility 5341 E 5 th Ave 305.953.1649	6	My Family Home 662 W 50 th St 305.362.6649	6	Paradise of Hialeah 592 E 45 th St 305.681.9320	6
Carolina's Care Center 9024 NW 148 th St 305.827.3100	6	Jeannie's Place 4256 W 10 th Ave 305.698.9811	5	My New Family Home 12748 NW 98 th Ct 305.820.3329	6	Pavilion Gardens 71 W. 30 th St 305.884.5613	6
Carolina's Care Center II 7824 NW 165 th St 305.827.3100	6	Julia Home Health Care 3890 E 10 th Ave 305.696.8500	6	New Home Senior Care 73 E 47 th St 305.826.4343	6	Professional Home Care I 435 E 31 st St 305.696.7364	25
Carolina's Care Center III 8100 W 12 th Ave 305.0827.3100	6	Kathy Loving Facility ALF I 7715 W 10 th Ave 305.819.8989	6	New Horizon Manor, A 7968 W 14 th Ct 305.970.8812	6	Professional Home Care II 447 E 31 st St 305.696.7364	15
Casa Bella Assisted Living Facility 670 W 72 nd Pl 305.556.7502	6	La Rosa Assisted Living Facility 7865 W 5 th Ct 305.819.9739	6	New Life Retirement Home 1001 W 50 th Pl 305.557.7825	6	Professional Home Care III 447 E 26 th St 305.691.2083	26
Casa Sol 441 E 35 th St 305.693.3111	6	Las Brisas Home Care 7401 W 34 th Ln 305.819.9739	6	New Paradise Home 3297 W 70 th St 305.821.6884	6	Renacer 115 W 5 th St 305.884.0611	22
Christian Home 34 W 14 th St 305.888.6356	6	Lazaro Loving Home 390 SW 8 th Ave 305.888.4359	6	New World ACLF 8184 W 18 th Ave 305.364.2821	6	Renacer Home Care 642-44 SE 4 th Pl 305.885.2545	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

Rosewood Lakes 14512 Rosewood Rd 305.365.1242	6	Yamile's Home 6135 W 8 th Ave 305.558.8769	6	Irving's Place of Loving Care 4561 SW 36 th St 954.989.0273	6	Bright Happy Home 931 NE 17 th Ter 786.282.5317	6	Peace ALF 12451 SW 236 th St 305.742.3446	6
Salmo 23 Elder Care 277 E 4 th St 305.863.9623	24	Your Sweet Home 1105 W 69 th Pl 305.827.5442	6	Jordan Brooke's Assisted Living 4508 Van Buren St 954.322.4112	6	Campo Alegre ALF 24201 SW 192 nd Ave 305.242.4429	5	Pina & Fuerle Adult Care 14935 SW 297 th St 305.242.0871	6
San Judas Home for Elderly 14602 NW 87 th Ct 305.828.2003	6	HIALEAH GARDENS Hialeah Gardens ALF 8905 NW 120 th Ter 305.698.6067	6	Lakeview ALF 3833 SW 33 rd St 954.967.0690	6	Del Real Home Care 13071 SW 260 th Ter 305.257.0041	6	Quality Care ALF 11381 SW 247 th Ter 305.799.2782	6
San Miguel Home Care 3931 W 8 th Ave 305.558.8769	6	La Orquidea Home Care 10460 NW 129 th St 305.362.6257	6	Leoray ALF 101 Thomas Rd 954.559.9307	6	Diaz Home Care ALF 13481 SW 268 th Ter 305.258.7790	6	Quality ALF 19421 SW 307 St 305.807.8645	6
Santa Teresita Home Care 538 W 40 th Pl 305.818.6586	6	Riluz Home 8777 NW 110 th St 305.825.4270	6	Lifestyle Living II 833 N Rainbow Dr 954.894.7958	6	Duran Home Care 26775 SW 129 th Ave 305.726.5782	6	San Rafael Home Health 13373 SW 283 rd St 786.470.7927	6
SC Home Care 626 E 40 th St 305.696.3966	6	Two Sisters Home Care III 9143 NW 117 th St 305.817.1138	6	Lincoln Manor 2144 Lincoln St 954.922.1995	56	El Viejo Sol ALF 4163 NE 16 th St 305.986.8104	6	Santa Flora ALF 19005 SW 320 th St 305.247.7055	6
Senior Living Home 1084 W 65 th St 305.557.2632	6	HOBE SOUND Pine Grove Manor 9555 SE Federal Hwy 561.549.9142	48	Malibu Love & Care ASL 8461 Johnson St 954.243.9815	6	Gardens, ALF, The 2835 NE 4 th St 305.230.8789	6	Sara Home Care 29100 SW 172 nd Ave 305.246.4034	16
Senior's Palace 1760 E 1 st Ave 305.885.7733	34	HOLLYWOOD Amazing Care 2620 N 62 Ave 954.987.1235	6	Meadow Brook Retirement Home 6741 Evans St 954.983.8077	6	Heaven Assisted Living Facility 30136 SW 148 th Pl 305.245.2290	6	Serenity Adult Home Care Services 15401 SW 277 th St 786.853.8880	6
Seven Elderly Care 6132 W 14 th Ln 305.512.0102	6	Amazing Care II 6270 Atlanta St 954.963.2125	6	Merriment Manor 1835 Wilson St 954.921.4059	46	Homeslead Group Home 30671 SW 189 th Ave 305.245.9399	5	Sol Radiante 221 NE 15 th St 305.246.4798	6
South Hialeah Manor 240 E 5 th St 305.887.4965	67	Azalea Gardens Assisted Living 1701 Mayo St 954.921.5990	35	Midtown Manor 2001 Polk St 954.927.2001	105	Homeslead Manor 1330 NW 1 st St 305.248.0271	18	Swankridge 122 NW 7 th St 305.248.9662	12
St DB&Y Home for the Elderly 8715 NW 153 rd Ter 305.828.2003	6	Buckingham Palace 1845 Garfield St 954.921.1819	14	New Hope Group Home 6025 Duval St 954.987.3937	10	Jesus Home Services 28425 SW 131 st Ct 786.355.3611	6	Swankridge II 120 NW 17 th St 305.248.9662	8
Sun Village 1350-60 W 31 st St 305.823.8963	29	Camelot Court 2233 McKinley St 954.922.0808	8	Newport Home Care 2811 Cleveland St 954.921.0027	6	Kayleen & Denis Care 15700 SW 296 th St 305.248.5046	6	Sweet Home of Miami 18640 SW 194 th St 305.245.7822	6
Sunshine Adult Center 180 W 13 th St 305.885.2358	19	Exquisite Senior Care 2616 Washington St 954.927.7617	6	North Lake Retirement Home 1222 N 16 th Ave 954.922.2643	114	La Esada Dorada 1501 SW 2 nd Ct 305.819.1912	6	Sweet Mansion ALF 16925 SW 300 St 786.486.4902	5
Sunshine Adult Center II 170 W 13 th St 305.885.2358	19	Golden Manor ALF I 2003 Fletcher St 954.926.7937	10	Peninsula, The 5100 W Hallandale Beach Blvd 954.893.7755	200	Living Well ALF I 24151 SW 107 th Ave 305.431.2586	6	Vicky's ALF 12438 SW 266 th Ln 305.257.3039	6
Sunshine Home ALF 4264 W 7 th Ln 305.364.0461	6	Golden Manor ALF II 1510 S 20 th Ave 954.926.7937	6	Presidential Place 3880 S Circle Dr 954.894.0059	118	Mary's Care Center 30796 SW 189 th Ave 305.498.9171	6	INDIANTOWN Seagull Ranch 9601 Fox Brown Rd 772.597.4004	15
Sweet Paradise Elderly Home 4986 E 9 th Ln 305.953.9691	6	H Floridian 1831 Plunket St 954.925.8604	31	Rainbow Place 522 S Rainbow Dr 954.964.8179	6	Meadow Wood Homes 25799 SW 122 nd Pl 305.283.5034	6	JENSEN BEACH Emeritus of Jensen Beach 1700 NE Indian River Dr 772.225.1355	100
Tranquil Retreat 7224 W 29 th Wy 305.819.6308	6	Hammond House, The 5301 McKinley St 954.981.8847	6	Serenity Gardens Retirement Home 6200-10 Cleveland St 954.983.5174	15	Merline's Place 28412 SW 135 th Ave 305.274.4326	6	JUPITER Courtward Gardens of Jupiter 1790 Indiantcreek Dr W 561.743.5966	100
Two Sisters Home Care II 12335 NW 98 th Ave 305.362.3707	6	Heart to Heart ALF 2201 N 55 th Ave 954.981.5862	6	Victorian Manor ALF 900 N 24 th Ave 954.929.7009	8	Mi Renacer ALF 1305 SE 7 th St 786.295.2913	6	Mangrove Bay 110 Mangrove Bay Way 561.575.3123	60
Villa Maria Living Solutions 790 E 18 th St 305.863.0156	6	Hollywood Beach Retirement Home 1722-26 Madison St 954.923.1726	25	HOMESTEAD Advance Assisted Living Care Facility 14335 SW 288 th St 786.326.0680	6	Mother's Golden Years II 29332 SW 143 rd Ct 305.551.3160	5	St Joseph's Assisted Living 305 Bush Rd 561.747.1135	100
Villa Nora ALF 4040 W 10 th Ct 305.827.7996	6	Hollywood Manor Assisted Living 192B Washington St 954.929.7487	8	Allia & John Haran ALF 1532 Flamingo Ct 305.242.5620	6	Oasis I 26508 SW 125 St 786.709.5158	6	KENDALL Abuelas Home Care 4257 SW 154 th Ct 305.227.6882	6
Villa Nora II 998 W 31 st St 786.942.4420	6	Hollywood Paradise Residence 1700 N 47 th Ave 954.624.5824	6	Angele's ALF 29921 SW 151 st Ave 786.339.9380	6	Palace Gardens, The 1351 N Krome Ave 305.247.0446	200		

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Lourdes ALF 14825 SW 82 nd St 786.229.3431	6	Devine Living Facility 1142 NW 43 rd Ter 954.584.5897	6	Cypress Manor ALF 7459 Royal Palm Blvd 954.979.6893	6	ALF Family Care 14381 SW 159 th Ter 786.293.7955	6
Villa Josefa 16139 SW 68 th Ter 305.223.3417	6	Forest Trace 5500 NW 69 th Ave 954.572.1800	40	Cypress Manor ALF II 1910 NW 77 th Ave 954.971.5595	6	ALF Family Solution 7235 S Water Way Dr 786.488.1636	6
KEY WEST Bayshore Manor 5200 College Rd 305.294.4966	16	Geno's Retirement Home 2233 NW 56 th Ave 954.733.9614	32	Emeritus at Regency 5600 Lakeside Dr N 954.974.6604	47	Alice's Home 12795 NW 10 th Ln 305.223.6443	6
LAKE PARK Tropical Palm ALF 915 Forresteria Dr 561.667.6965	6	Hampton Court ALF 7801 NW 45 th Ct 954.748.9282	6	Gardens of Margate, The 6700 NW 21 st St 954.957.9300	6	Aloma Retirement Home 2030 NW 33 rd St 305.635.0718	14
White Palms 9072 Old Dixie Hwy 561.845.1114	12	Happy Hearts ALF 5245 NW 73 rd Ter 954.746.1977	6	House of Tranquility 421 SW 64 th Ter 954.979.3433	6	Alton Asst Care Living Facility Home 2090 NW 115 th St 305.687.7142	6
LAKE WORTH Avalon of Palm Beach 4905 Lantana Rd 561.641.0126	107	Lamerice Home 4225 NW 25 th Pl 954.486.7192	14	Loma's Home For the Elderly 5811 SW 10 th Ct 954.984.8494	6	Always Loving Family 4394 SW 151 st Pl 305.487.9938	6
Finnish-American Rest Home 1800 South Dr 561.588.4333	150	Lauderhill Family Care Retirement 5821 NW 28 th St 954.777.0038	62	Professional Care Facility ALF 5515 SW 8 th St 954.968.7676	6	Arma Home Care 13720 SW 108 th St 305.408.3042	6
Nuestra Casa 1906 North A St 561.439.1785	6	Loving Care of Lauderhill 5605 NW 27 th Ct 954.733.1840	70	MIAMI Izource Living Care 1401 NE 176 th St 954.447.4192	6	Amanda's Paradise 6132 SW 129 th Ct 305.386.6695	6
Sunrise Adult Care 4102 Cooley Ct 561.967.2287	6	Loving Care of Lauderhill II 5640 NW 28 th St 954.733.1840	39	330 Assisted Living 330 SW 22 nd Rd 305.285.0119	6	Amanecer Home 9010 SW 17 th Ter 305.225.8878	6
Tropical Garden Villas 428 South F St 561.383.2992	12	Park Regency Assisted Living 2801 NW 55 th Ave 954.484.1960	85	340 Assisted Living 340 SW 22 nd Rd 305.858.3878	6	Amopola ALF 11850 SW 189 th St 305.238.9349	6
Tropical Garden Villas 432 South F St 561.383.2992	12	Potter's House at Cannon Point 5820 NW 27 th Ct 954.746.8584	16	Abueltas Home 15257 SW 61 st St 786.229.1618	6	Amegab Home Care 1145 SW 74 th Ct 305.261.3910	6
LANTANA Atlantis Assisted Living 6026 Old Congress 561.966.3232	70	Rebecca's House 6711 NW 46 th Ct 954.748.8487	6	Abueltas De Mary 4242 SW 137 th Ct 305.222.9305	5	Amistada 308 8420 SW 2 nd St 305.221.2797	6
Atria Meridian 3061 Donnelly Dr 561.965.7200	104	Serenity Garden at Lauderhill 5811 NW 28 th St 954.485.1210	66	AC Family Home 1879 SW 59 th Ave 305.261.2534	6	Amor De Dios 718 NW 132 nd Pl 305.485.1225	6
Classic Res by Hyatt at Lakeside Village 2792 Donnelly Dr 561.966.4600	60	Shalom Manor 2771 NW 58 th Ter 954.485.0901	35	Acacia's 15295 SW Palmetto Lake Dr 305.251.1344	6	Amor De Jesus 14283 SW 177 th St 305.255.7630	6
Pleasant RetirementHome 7512 Washington Ave 561.540.8563	10	Special Senior's of Inverary 7471 NW 35 th Ct 954.746.8550	6	Acella Tropical Senior Care 21 NW 133 rd Pl 786.286.5777	6	Amparillo's Senior Care 15877 SW 85 th Ln 305.793.6226	6
LAUDERDALE LAKES St. Joseph's Residence 3485 NW 30 th St 954.739.1483	80	Virginia's Country Manor 8140 NW 47 th Ct 954.749.3879	5	Ada ALF 683 NW 122 nd Pl 305.226.4283	6	Angel ALF 9605 SW 144 th Pl 305.382.2353	6
LAUDERHILL Alea's ALF 5304 NW 16 th St 954.731.4863	7	LEISURE CITY MD Adult Living Facility 15735 SW 30 th Ter 305.247.0260	6	Adela's Sweet Home ALF 12915 SW 21 st St 305.551.9394	6	Angel De Amor 18020 SW 134 th Ct 786.573.4487	6
Andre Retirement Manor 5711-21 NW 28 th St 954.485.3244	36	LOXHATCHEE Hidden Pines ALF 16242 Sycamore Dr E 561.383.8838	6	Adult Care of Miami 9833 SW 27 th St 305.559.8159	6	Angel's Age II, The 13320 SW 71 st St 305.408.7287	6
Bethesda ALF 5360 NW 78 th Ave 954.578.1629	6	MARATHON Heron House 1320 Coco Plum Dr 305.743.4129	16	Ady's Family Home II 1030 SW 10 th Ave 305.857.9425	6	Angeles ALF 10923 SW 5 th St 305.559.7130	12
Brandon House 2731 NW 58 th Ter 954.735.9062	14	MARGATE A&J ALF of Florida 2187 NW 63 rd Ave 954.467.3145	6	Affordable Adult Center 311 SW 71 st Ave 786.283.3204	6	Angeles Senior Care 13151 SW 17 th Ter 305.480.5664	6
Brianwood Manor 5621-31 NW 28 th St 954.735.9989	39	Andrea's Golden Care ALF 4980 SW 4 th St 954.260.5428	5	Alborada Family Home ALF 5524 SW 5 th St 305.261.4976	6	Angels, The 9564 SW 58 th St 305.596.6917	6
Bridge at Inverary, The 4291 Rock Island Rd 954.486.9799	120	Coral Plaza Retirement Residence 5850 Margate Blvd 954.970.0053	120	Aldara Home 3110 SW 18 th St 786.262.1994	6	Angels Forever 7201 SW 142 nd Ave 305.387.3686	6
				Aleman's Family Home Corp 8735 SW 132 nd Ct 305.388.6519	6	Angels Hands 15040 SW 144 th Ct 305.234.2437	6

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Angels Home 7935 SW 146 th Ct 305.385.1138	6	Bel Aire Retirement Home 9955 SW 196 th St 305.232.0429	6	Blue Sky Group Home 11000 SW 142 nd Pl 305.387.4952	6	Caring Place ALF, A 13232 SW 85 th St 305.382.6279	6	Companion Home Corp 1997 SW 17 th Ct 305.856.2933	13
Angels House 12720 SW 43 rd Dr 305.207.1614	6	Bel-Air ALF 8830 Caribbean Blvd 305.255.6737	6	Boson Residence 1754 NW 6 th St 305.649.3492	14	Cary Crist Home Care ALF 1706 SW 136 th Pl 305.553.7491	6	Coral Park Senior Care 9640 SW 10 th Ter 305.207.9191	6
Annie's Palace 935 SW 9 th St 305.860.9549	13	Bel-Air ALF II 19431 Franjo Rd 305.278.2120	6	Bosch ALF 3060 NW 19 th Ter 305.637.8109	6	Cary's Adult Care 14109 SW 167 th Ter 305.234.0914	6	Coral Sands ALF 7800 Abbott Ave 305.867.3232	30
Anos Dorados ALF 6400 SW 24 th St 305.244.9691	6	Belen Sweet Home ALF 11500 SW 192 nd St 305.255.1614	6	Breezy Acres Retirement Living 1864 NW 175 th St 305.624.4901	65	Cary's Adult Care II 15765 SW 76 th Ter 786.486.9365	6	Coral Terrace ALF 6744 SW 22 nd St 305.267.0073	44
Apostolado Home III 13510 SW 79 th St 305.387.0453	6	Belkis ALF I 3700 SW 147 th Pl 305.487.6736	6	Chachita Adult Care Living Facility 4753 NW 1 st St 305.829.4321	10	Casa De Paz ALF 1706 SW 136 th St 305.223.0821	4	Coral Villa Adult Care 2860 SW 122 nd Ave 305.226.9301	6
Apostolado Home 11081 SW 63 rd Ter 305.279.7614	8	Bella Luna Retirement Home 18700 SW 93 rd Ct 305.969.7482	6	Calie 30 Health Care 7511 SW 36 th St 786.546.5126	6	Casa Dulce Corazon 11475 Quail Roost Dr 305.971.8071	6	Coral Villa Adult Care II 14213 SW 100 th Ln 305.380.8084	6
Arcadia Manor 1024-26 SW 19 th Ave 305.643.2571	32	Bella Luna Retirement Home II 11511 SW 128 th St 786.293.0431	6	Calusa Adult Care I 13871 SW 112 th St 786.493.6220	13	Casa Herminida Home Care 120 Apache St 786.553.5145	6	Coral Way Senior Care 2451 SW 143 rd Ct 305.551.1439	6
Arcadia Manor South 1144 SW 19 th Ave 305.643.2193	12	Bermudez Senior Care 5301 SW 162 nd Pl 305.226.8409	6	Camacho ALF 1631 SW 14 th St 786.619.7070	6	Casabel Home Care 2472 SW 113 th Ct 305.554.8627	6	Cordero Residence 4510 SW 106 th Ave 305.559.2530	6
Ashley Gardens 1016 NW 42 nd St 305.637.7465	5	Bertha Elderly Care 9760 Memorial Rd 305.278.1351	6	Camilla's Home Care 224 SW 67 th Ave 305.401.7930	6	Cascante Retirement Home 8325 SW 37 th St 305.554.4106	6	Cornell ALF 581-583 Central Blvd 305.269.1931	6
Assisted Living Retirement Homes I 132-34 NW 17 th Ct 305.642.8495	14	Best Home ALF, The 13600 SW 75 th St 305.385.7223	6	Camino De Esperanza 5903 SW 147 th Pl 305.382.2570	6	Castila Amor II 2303 SW 62 nd Ct 305.280.3895	6	Corner House 1895 SW 11 th Ter 305.649.2490	16
Assisted Living Retirement Homes II 2787-89 SW 33 rd Ave 305.446-5076	14	Beth Shalom Home Care 7891 NW 171 st St 305.828.9728	6	Candid Home Care 100 SW 131 st Ave 305.382.2923	6	Catholic Senior Living 100 SW 52 nd Ave 786.552.5704	6	Curtis Senior Care 21831 SW 102 nd Ave 305.251.5170	6
Assisted Living Retirement Homes III 2756-58 SW 25 th Ter 305.567.9589	14	Better Life ALF 5750 NW 192 nd St 305.620.6978	6	Candid Home Care II 14733 SW 113 th Ln 305.382.3487	6	Celena's Senior Care 10601 SW 142 nd Ave 305.408.3236	6	D&E Home Care Facility 6305 SW 59 th Ave 305.668.0586	5
Assisted Living Suites 9405 SW 89 th St 305.345.6919	6	Better Living of Miami 11010 SW 42 nd Ter 305.551.7700	6	Candid Home Care III 10710 SW 148 th Ct 305.382.2923	6	Century ALF 15900 SW 72 nd Ter 305.752.5306	6	Daisy Guidado De Ancianos 6510 NW 2 nd St 305.262.0728	6
Aviles Forever Care 9365 SW 36 th St 786.210.4840	6	Bird Lakes Facility Care 14279 SW 52 nd St 305.553.0192	6	Candid Home Care IV 8105 SW 136 th Pl 305.382.2923	6	Century ALF II 12710 SW 112 nd St 305.387.4904	6	Dambian ALF Center 4065 NW 4 th St 305.643.3095	6
B&B Home Care 20625 SW 114 th Pl 305.235.4884		Biscayne Gardens Country Estate 1074 NW 153 rd St 305.681.9762	6	Copricorn Retirement Home 13720 NW 1 st Ave 305.688.4670	6	Century ALF II 12710 SW 112 nd St 305.387.4904	6	Daniella's Home Care 15971 SW 42 nd Ter 305.226.2820	6
B&B Home Care II 17430 SW 118 th Pl 305.235.3255	6	BJ Home Care 2218 SW 26 th Ln 305.858.6422	10	Carely Home Care 650 SW 65 th Ave 305.265.8945	6	Chela's Senior Care 1442 SW 145 th Pl 305.225.1490	6	Daylien's Living Facility 2920 SW 12 th St 305.644.9511	6
B&B Home Care III 11960 SW 172 nd St 305.235.9510	6	Blanco Home Health Care 604-06 NW 25 th Ave 305.649.9299	14	Caribbean ALF 9860 Caribbean Blvd 305.971.9667	14	Christian Home ALF 9700 NW 29 th Ave 786.202.4971	6	De' Blanca Home 11901 SW 25 th Ter 305.541.3007	6
Baby Boomers Adult Care Facility 6478 SW 72 nd St 305.662.6706	6	Blessing House 14350 SW 29 th St 305.553.3607	6	Caring for You ALF 5210 SW 5 th Ter 305.569.0069	6	Classic Residence Senior Living by Hyatt 19353 W Country Club Dr 305.692.4501	25	De' Blanca Home II 2520 SW 102 nd Ave 305.220.8616	6
Baby Danny ALF 10840 NW 1 st Ln 786.290.8387	6	Blessing House II 4940 SW 116 th Ave 305.595.4382	4	Caring for you ALF II 5645 SW 2 nd St 305.264.6106	6	Cleria Family Home 4911 SW 132 nd Ave 305.554.5521	6	De' Blanca Home III 4010 SW 107 th Ave 305.551.7721	6
Balbina Home Care 10115 SW 77 th Dr 305.271.3295	6	Blue Point Home Care 21910 SW 97 th Ct 305.971.5826	6	Caring for You ALF III 7080 SW 14 th St 305.262.7704	6	Colonial Drive Seniors Residence Care 10220 SW 164 th St 786.277.1226	6	De' Blanca Home IV 125 SW 103 rd Ct 305.228.0018	6
Bay Oaks Home for the Aged 435 NE 34 th St 305.573.4337	41	Blue Sky 354 SW 22 nd Rd 305.856.1589	6	Caring Hands Assisted/Living 12735 N Miami Ave 305.409.6471	6	Colonial North Home Care 5300 SW 104 th Ave 305.273.3349	6	Deerwood Manor 12853 SW 147 th St 305.259.1883	6

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Diana Home Care I 650 SW 60 th Ct 305.260.9625	6	Eufemia ALF 3215 SW Village GreenDr 305.227.9633	6	Golden Age 7811 SW 129 th Ave 786.355.9829	6	Hermana's Family Home 6524 SW 162 nd Path 305.383.4067	6
Diana Home Care II 1725 SW 71 st Ct 305.342.6155	6	Executive Group Home 10170 Sugarwood Way 305.387.4971	6	Golden Era ALF 15680 SW 139 th Ave 305.969.4698	6	Highlands Home Care 3320 SW 88 th Pl 305.223.1629	6
Diana Home Care III 7231 SW 7 th St 305.498.2369	6	Fairway ALF 15523 SW 105 th Ave 786.285.1474	6	Golden Touch Home Care 41 NW 190 th St 786.877.8688	6	Hogar Cristiano Larga Vida 8601 SW 36 th St 305.223.6420	6
Doral ALF 9795 NW 27 th Ter 305.629.2908	6	Fairway Park Retirement Facility 16324 SW 99 th Ct 305.233.4840	6	Golden Years for the Elderly 13184 SW 19 th Ter 305.229.7007	6	Hogar De Abuelos 3240 NW 18 th St 305.635.2893	5
Dulce Esperanza Home 1679 SW 14 th Ter 305.285.6847	6	Family First ALF 15600 SW 143 rd Ave 786.942.0998	6	Gonzalez & Son's Home Care 4045 SW 9 th Ter 305.443.9944	6	Hogar La Tercera Edad 2930 SW 114 th Ave 305.226.0683	6
Dulce Hogar 120 NW 26 th Ave 305.631.8872	6	Family House ALF 3011 NW 52 nd St 305.635.5710	6	Gonzalez & Son's Home Care II 4290 SW 4 th St 786.317.4752	6	Home Away From Home 2690 SW 69 th Ave 305.663.6979	6
Dulce Hogar II 3601 SW 139 th Ave 786.262.9130	6	Fantasy Family Home 16163 SW 143 rd Ln 786.210.2145	6	Good Family Home 6851 SW 79 th Ter 786.268.1039	6	Home Away From Home, A 1851 SW 142 nd Ave 305.229.1315	6
E&A Paradise Home 5925 SW 117 th Ave 305.273.4230	6	Feba Living Care 6120 NW 2 nd St 305.269.9279	6	Good Time Home Care 305.252.9419	6	Home for the Angels 9270 SW 122 nd Ter 305.207.4481	6
East Gables Retirement Center 3590-32 SW 16 th St 305.223.7574	14	Feliz Amanecer 2117 SW 57 th Ave 305.269.1946	6	Gran Familia 9981 SW 16 th St 305.223.5909	6	Home Loving Care 4321 SW 133 rd Ave 305.229.1852	6
East Ridge Retirement Village 19301 SW 87 th Ave 305.238.2623	60	Ferreiro Senior Care 15942 SW 61 st Ln 305.910.7105	6	Grand Court Lakes 280 Sierra Dr 305.654.5300	110	Home of the Heart of Miami 6701 SW 27 th St 305.740.0102	6
Eddad De Oro Senior Care 17891 SW 152 nd Ct 305.235.0649	6	Forest View Senior Care 13431 SW 178 th St 305.971.3628	6	Grandad Elderly 7520 SW 108 th Ave 305.910.9123	6	Home Sweet Home II 20700 SW 122 nd Ave 305.256.0577	6
Edelmira ALF 19720 SW 116 th Ave 305.253.0649	6	Fotina's Senior Home 5937 SW 41 st St 305.661.3027	6	Granny's Adult Home 1031 NW 39 th Ct 305.642.2888	6	Humble Care ALF 14651 SW 161 st St 305.255.9880	6
Eden Gardens ALF 12221 W Dixie Hwy 305.893.2634	118	G&G Assisted Care Living Facility 1984 NW 22 nd Pl 305.634.2395	12	Greenview 1701 SW 87 th Ct 305.229.0543	6	IBIS ALF 15088 SW 71 Ln 305.386.0566	6
Eilaz Home 12300 SW 31 st St 305.227.7261	6	Gables Estates ALF 1881 SW 37 th Ave 305.774.5801	6	Guardian Elder Care Services, The 8318 SW 162 Pl 305.388.1655	6	Idalmis Residence 3530 SW 12 th St 305.446.5720	6
El Parriso Home 1540 SW 7 th St 305.649.0490	14	Gables Manor Independent I 6355 SW 2 nd St 305.265.9373	6	Guardian Elder Care Services, The 10930 SW 143 rd Ct 305.387.0969	6	Ideal Home Care 13841 SW 152 Ct 305.972.4443	6
Eleanor's Retirement Home 12315 NW 23 rd Ave 305.688.0759	6	Gabriel's Home ALF 11232 SW 7 th St 305.229.9860	12	Happy Face Home Care 3910 NW 23 rd Ct 305.318.6260	6	Iso Adult Care 7020 SW 107 th Ave 305.598.9610	6
Elio's Home Care 5800 SW 7 th St 786.287.2359	6	Garden Hills Retirement Center 10337 SW 159 th Ct 305.510.2004	6	Harmony Family Home 9245 SW 208 th Ter 786.242.5577	6	Iso Adult Home Care 4363 SW 146 th Ave 305.220.0605	6
Elpa Home Care Center 9950 SW 83 rd St 305.962.8752	6	Garden of Hope 11511 SW 83 rd Ter 305.274.2138	6	Haven,The 10601 Caribbean Blvd 305.235.5872	7	Isabel Adult Care I 10701 SW 66 th Ter 305.279.8097	6
Elsa's House for the Elderly 11700 SW 169 th Ter 305.235.7546	12	Genesis ALF I 1445 NW 116 th Ter 305.681.9643	6	Hazel Cypen Tower 5066 NE 2 nd Ave 305.762.3890	132	Isabel Adult Care II 10300 SW 66 th St 305.598.8394	6
EMU ALF 10241 SW 134 th Ave 305.383.0622	6	GIL Family Home, The 15201 SW 297 th St 305.248.0308	6	Heartland Health Care Center- Kendall 9400 SW 137 th Ave 305.385.8290	54	Isabel Adult Care III 10711 SW 52 nd Ter 305.413.4376	6
Esperanza's ALF II 500 62 nd Ave 305.267.1751	6	Gino's Rehab Center I 2329 NW 33 rd St 305.635.5189	6	Heavenly Home Care of Florida 17321 SW 109 th Ave 305.259.9729	6	Ive Home 20020 SW 113 th Pl 305.255.7934	6
Esther Home Care I 9341 SW 32 nd St 305.485.8870	6	Gino's Rehab Center II 2266 SW 2 nd St 305.642.7446	6	Helen M Sawyer Plaza 1150 NW 11 th Street 305.545.3410	101	Ive Home II 22636 SW 125 th Ave 305.804.3183	6
Esther Home Care II 13908 SW 26 th Ter 305.221.9614	6	God is First ALF 11316 SW 246 th Ter 305.508.8412	6	Helping Hand Assisted Home Care 4406 SW 129 th Ave 305.978.8439	6	Iya-Kere ALF 9-11 NW 56 th Ct 786.317.6505	6

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

Number on last line indicates facility capacity

MIAMI	L&L Assistance Living	Leo May ALF	Love Paradise	Maggie's Retirement Home IV
Izquierdo Home Care I	43 NW 136 th Pl	3666 SW 5 th Ter	9984 SW 19 th St	7100 NW 1 st Ter
311 SW 62 nd Ave	305.228.7127	305.648.1446	305.552.8310	305.262.2001
305.263.1310	6	14	6	14
J.&J Family Home	La Caridad del Cobre ALF	Lesende Home Care	Love Village	Maggie's Retirement Home V
100 NE 185 Ter	1310 SW 76 th Ave	2308 SW 10 th St	11060 SW 58 th Ter	7435 SW 23 rd St
305.653.1344	305.266.0871	305.631.1658	305.598.9154	305.265.9797
5	8	6	6	6
Jackson North CMCH Serenity Home	La Casita Nuestra Home II	Levi's Adult Care II	Loving Care Center II, The	Maggie's Retirement Home VI
480 NW 123 rd St	14909 SW 22 nd St	1017 NW 29 th Ave	10301 SW 51 st St	6890 SW 39 th Ter
305.769.0244	305.227.3361	305.642.9288	305.274.1980	305.666.4463
6	6	10	6	6
JC Loving Care	La Dalia ALF	Lidy's Health Care	Loving Care Center, The	Magjari Residence
11260 SW 176 th ST	10121 SW 37 St	15561 SW 8 th Ln	9210 SW 56 th St	3400 SW 122 nd Ave
305.255.1178	305.793.3156	305.228.8965	305.274.1980	305.553.8006
6	6	6	6	6
Jesus ALF	La Edad De Oro Cuidado De Ancianos	Lidy's Health Care II	Loving Care Retirement Services	Magnet Adult Home
3144 SW 21 St	9410 SW 52 nd Ter	15678 SW 20 th St	380 NW South River Dr	1431 NW 55 th Ter
305.460.6898	305.271.9080	305.223.9611	305.545.7859	305.607.5549
6	6	6	16	6
Jesus Home	La Milagrosa Home	Life & Health ALF	Loving Elderly Care	Maidelin ALF
3401 SW 72 nd Ct	3341 SW 7 th St	12525 SW 34 th St	14898 SW 175 th St	8231 SW 33 rd Ter
305.269.4823	305.447.1559	786.718.9710	786.294.4281	305.225.3201
6	14	6	6	6
Jesus of Nazareth Home	La Milagrosa Home II	Life Enhancement	Loving Hands ALF	Moestic Senior Care ALF
2801 SW 37 th Ct	1820 SW 14 th Ave	12325 SW 42 nd St	2291 SW 100 th Ave	15347 SW 179 th
305.445.6869	305.854.5871	305.553.9124	305.710.5701	786.573.0198
14	6	6	6	6
JJ Group Home	La Paz Home Care	Lifetime ALF	Loving Home Enterprises, A	Majuly's Adult Care
1150 NW 130 th St	12986 NW 9 Ter	822 SW 89 th St	3640-42 SW 91 st Ave	12730 NW 6 th Ln
305.688.8516	786.370.6174	305.225.6547	305.554.4432	305.559.4231
6	6	6	6	6
Jorge's Home	La Purisima ALF	Lily Home Care	Loving Place II, A	Manos Amigas ALF
15172 SW 13 th Ter	100 SW 36 th Ave	6321 SW 20 th Ter	14871 SW 70 th St	8510 SW 47 th St
305.559.5369	305.446.6614	305.262.9287	305.408.7260	305.262.1031
6	6	6	6	6
Joy & Love Rehabilitation ALF	La Salud	Little Havana	Lucia Residence	Manuly's Adult Care
910 NW 58 th St	15525 SW 138 th Ave	100 Tamiami Canal Rd	2400 NW 9 th St	12710 NW 8 th Ln
305.992.4539	305.278.6533	305.262.9250	305.541.4327	305.228.6963
6	6	6	6	6
Joz-Brick Luxury Villas	Lady Regla ALF	Little Havana Retirement Center	Lucille's Loving Care	Marcia Adult Care
11901 NW 4 th St	11935 SW 40 th St	820 SW 20 th Ave	17820 NW 22 nd Ave	5143 SW 15 th Ct
305.221.0605	305.552.5809	305.649.5835	305.623.0710	305.485.0478
6	6	34	14	6
JR Family Care	Las Flores Care Center	Liz Home Care ALF II	Lucy Wright Boarding Home	Margarita's ALF Home I
1110 NW 134 th Ave	4960 NW 189 th Ter	4521 SW 135 th Ave	2375 NW 161 st St	1801-03 NW 19 th St
305.229.0592	305.622.8884	305.223.9761	305.685.5123	305.326.1308
6	6	5	6	6
Jumerolis Home Care	Las Magnolias Retirement Home	Liz Home Care ALF	Lucy's Home Care	Margarita's Elderly Care
956 SW 143 rd Pl	2028 NW 5 th St	2820 SW 131 st Pl	2005 SW 97 th Ave	14532 SW 38 th Ln
305.228.8373	305.644.9621	305.220.7685	786.704.3474	305.220.2740
6	13	6	6	6
Justa Home, The	Las Marias ALF	Lizmary Senior Care	Lugar De Amor ALF	Margarita's Elderly Care III
13801 SW 46 th Ln	12381 SW 144 Ter	16671 SW 52 nd Ln	403 NW 136 th Pl	825 NW 18 th Pl
305.696.0248	786.444.0514	305.228.0972	305.226.6597	305.528.6482
6	6	6	6	6
Katio's Loving Home	Las Mercedes Boarding Home	Llanes Residence Home	Luna 11	Margreg Facilities
5130 SW 96 th Ave	3418 SW 23 rd Ter	4712 SW 143 rd Ave	3783 SW 97 th Ave	12412 SW 213 rd Ter
786.258.6458	305.441.0247	305.485.4905	786.718.9710	305.255.6716
6	39	6	6	6
Kayla's Place	Laura's Elderly Homecare	Los Abuelitos Felices	Luz Del Espiritu Santo	Margy Homecare
3122 SW 151 st ct	19500 SW 127 th Ave	15140 SW 183 rd Ter	14584 SW 174 th St	10620 SW 127 th Ave
305.220.6449	305.378.9962	305.259.3023	305.253.0906	786.290.4510
6	6	6	6	6
Kelly ALF	Lawrence's Home Care	Los Abuelitos Felices II	Lydia An's Casa Verde	Mari's Family Home
10410 SW 127 th Ave	2650 NW 15 th Ave	14743 SW 173 rd Ter	1420 NE 203 rd St	11340 SW 47 th Ter
305.385.7690	305.860.9613	305.254.4098	305.999.9235	305.223.0097
6	14	6	6	6
Kelly Son's Elderly Home Care	Lee's Foster Home	Los Tres Milagros	Mablex Home Care	Maria Adult Home Care I
16321 SW 144 th Ct	9020 NW 12 th Ct	10681 SW 182 nd St	305.554.7511	8441 SW 129 th Ave
786.573.5253	305.693.5102	305.234.7246	305.554.7511	305.388.3017
6	6	6	6	6
Kendall ALF Home	Lee's Progressive Home Care	Lourdes Residence	Machin USA ALF	Maria Adult Home Care II
4604 SW 144 th Ct	80-82 NE 166 th St	5770 SW 5 th Ter	18111 SW 143 Ct	400 SW 76 th Ct
305.559.9559	305.947.1439	305.265.0041	305.971.6867	786.488.1506
6	6	6	6	6
Kennel Home	Lemar Home	Love & Tenderness	Magdo's Home	Maria Adult Home Care III
10051 Hailton Dr	320 NW 183 rd St	2620 SW 10 th St	10551 SW 49 th St	14561 SW 30 th St
786.543.0325	305.652.8857	305.649.9220	305.270.0322	305.221.4369
6	6	6	6	6
L&B Solution Care	Leo homes	Love & Tenderness II	Maggie's Retirement Home I	Maria Adult Home Care IV
565 NE 137 th St	12705 NW 2 nd St	6731 SW 135 th Ave	7930 SW 11 th St	13111 SW 84 th St
305.899.8449	305.554.8161	305.382.6237	305.266.6762	786.488.1506
6	6	6	24	6

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Maria De La Luz 9073 SW 6 th St 305.207.1240	6	Mery ALF 12200 SW 2 nd St 305.480.6052	6	Miramar Senior Living IV 14934 SW 32 nd Ter 305.305.1275	6	New Hope ALF 100-102 NW 55 th Ct 305.262.2005	14
Maria Home Care 14615 SW 288 th St 786.385.5415	6	Mery ALF II 3259 SW 141 st Ave 305.228.9679	6	Miramar Senior Living V 5722 SW 165 th Ct 305.305.1275	6	New Horizon Home for The Elderly 4781 SW 2 nd Ter 305.443.0210	6
Maria's Home 16131 SW 104 th Ct 305.233.0583	6	MGR Home 5305 SW 137 th Ct 305.562.0972	6	Miramar Senior Living VI 15364 SW 10 th St 305.305.1275	6	New Light Home Care, A 5970 NW 3 rd St 305.261.0474	6
Marilyn ALF 7312 SW 16 th St 305.267.9614	6	Mi Casita ALF 13562 SW 38 th Ln 305.552.9789	6	Model Retreat 3135 NW 67 th St 305.696.1627	5	New Millennium Adult Care III 3134-36 SW 26 th St 305.445.4520	11
MariLuca I 8411 SW 21 st St 786.587.9060	6	Mi Esperanza Home Care 11263 SW 35 Ter 305.386.5043	6	Molina's Adult Care 9830 SW 12 th Ter 305.221.1733	6	New Paradise 2001 SW 80 th Ct 786.388.8747	6
MariLuca II 9362 SW 155 th Ave 305.216.7504	6	Mi Sevilla Home Care 8331 SW 27 th St 305.225.1700	6	Mom & Daughter Home Care 9640 SW 161 Pl 305.385.2927	6	Noel Senior Care 15937 SW 141 st St 786.223.7423	6
Marlin Retirement ALF 20610 Marlin Rd 305.519.8517	6	Miami Asturias 10854 SW 69 th Dr 786.385.2691	6	Monte Olivo 1745 SW 86 th Ave 305.258.2895	6	Norita Adult Family Care 11971 SW 118 th St 305.274.9563	6
Martha's Garden ALF 11530 SW 180 th St 305.219.6171	6	Miami Genesis Elderly Care 3460 SW 137 th Ave 305.220.8725	6	Mother's Golden Years 5454 SW 145 th Ave 305.551.3160	6	Nueva Vida 13361 SW 53 rd St 305.228.6139	6
Martin Elderly Care Living 901 NW 63 rd St 305.757.4505	6	Miami Lakes ALF 7849 NW 200 th Ter 305.829.6701	6	Mother's Golden Years III 13621 SW 281 st Ter 305.807.7138	6	Nueva Vida I 745 NW 102 nd St 786.444.8788	9
Martin Residences 19940 SW 124 th Ct 305.696.0392	6	Midway Retirement Residence 93 SW 79 th Ct 305.266.1499	12	Mount Sinai Home Care 21201 NE 13 th Pl 305.652.8152	6	Nueva Vida II 735 NW 102 nd St 786.444.8788	5
Maruly's Adult Care 311 SW 136 th St 305.229.0396	6	Migdy's Home Care 10465 SW 158 th Pl 305.408.4975	6	Munne Center 17250 SW 137 th Ave 305.259.2828	160	O&O Home Care 14950 SW 129 Place Rd 786.486.5850	6
Maud's Place 860 NW 186 th Dr 305.652.8442	6	Milagros De Vida ALF 10762 SW 228 Ter 786.317.0141	6	My Bells ALF 2161 SW 24 th St 786.376.2214	6	Oasis Adult Care 15058 SW 63 rd St 305.456.8210	6
Maylu Retirement Home 4751 NW 4 th Ter 305.445.0380	14	Miller Heights Home 4930 SW 87 th Ave 305.598.7614	6	My Future Home of Miami 7313 SW 16 th Ter 305.262.1210	6	Oasis De Amor ALF 9024 SW 21 st Ter 305.221.3094	6
Mayra R Rondon Inc 856 NW 136 th Ave 305.485.0876	6	Miller Retirement Home 11265 SW 56 th St 305.412.3633	6	My Grandfather Home Care 3042 SW 134 th Pl 305.551.7278	6	Odalys Home 4342 SW 102 nd Ave 305.553.8701	6
Mayra's ALF III 2748-50 NW 16 th Ter 305.637.9379	6	Millie Home Care 17810 SW 137 th Ct 305.232.9841	6	My Home ALF 290 NW 188 th St 305.999.9986	6	Olaz Home Care 4124 SW 97 th Ct 305.229.8907	6
MD Home Care 4857 NW 168 th Ter 786.213.4662	6	Mily Home Care 17778 SW 145 th Ave 305.229.2656	6	My Kind Home ALF 1846 SW 22 nd Ter 305.854.0478	6	Old Cutler Retirement Home 21640 Old Cutler Rd 305.232.1411	6
MD Home Care II 13711 SW 105 St 786.213.4662	6	Mimi's ALF 1361 SW 142 nd Ct 305.225.5333	6	My New Home ALF 7151 SW 42 nd St 786.488.1636	6	Our Family ALF 153 NW 26 th St 786.597.4695	14
Meadow Wood Manor 10162 SW 143 rd Pl 305.283.5034	6	Mimi's ALF II 10790 SW 43 rd Ter 305.227.5438	6	My Sweet Home 11312 SW 203 rd Ter 305.251.1119	6	Our Lady of Charity 2927 SW 21 st Ter 305.598.3577	14
Meadows of Kendall, The 8820 SW 79 th Ave 305.412-8522	6	Minerva Retirement Home 7863 SW 5 th St 786.388.0852	6	My Sweet Home II 214 NW 120 th Ave 305.229.0332	6	Our Lady of Fatima 2905 NW 10 th Ave 305.638.3594	13
Mercadito's Home Care 2170 SW 20 St 305.857.0314	6	Minerva Retirement Home II 41 SW 68 th Ave 305.264.4565	6	Natalia ALF 2118 SW 151 st Pl 786.325.4360	6	Our Lady of Lourdes ALF 14491 SW 153 rd Ter 305.255.6750	6
Merci's Home 4291 SW 9 th Ter 305.443.8294	16	Miramar Senior Living 14833 SW 24 th St 305.305.1275	6	Nelly Home Care 8701 SW 20 th Ter 305.228.7273	6	Our Mercy Residence 9441 SW 27 th Dr 305.551.4898	6
Mercy & Michael ALF 3000 SW 23 rd Ter 786.295.5920	14	Miramar Senior Living II 15558 SW 24 th Ter 305.305.1275	6	Nena's ALF Care 15932 SW 101 st Ter 305.387.4691	6	Our Sweet Home Care ALF 2435 SW 82 nd Ave 305.267.5404	6
Merry One ALF 15342 SW 141 st Ct 305.554.7190	6	Miramar Senior Living III 15342 SW 16 th Ter 305.305.1275	6	Never Alone Senior Care 11865 SW 185 th St 786.242.1313	6	Oz House of Care 15863 SW 150 th Ter 305.238.9418	6

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ASSISTED LIVING FACILITY

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Number on last line indicates facility capacity

MIAMI									
Palace at Kendall 11365 SW 84 th St 305.270.7000	368	Puerta De Amor 14551 SW 156 th Ave 786.356.9454	5	Residential Plaza of Blue Lagoon 5617 NW 7 th St 305.267.2227	350	San Judas Home Care 10720 NW 5 th Ave 305.762.4064	6	Silver Moments 8847 NW 180 th Ter 305.878.5970	6
Pando's Senior Care 3015 NW 4 th St 305.643.0104	6	R&A Senior Care 15355 SW 171 st St 305.234.6525	6	Reyes Home Care 1111 SW 103 rd Ct 305.485.0627	6	San Judas Tadeo ALF 1620 SW 97 th Ave 305.553.3444	6	Sol Palmeras ALF 14714 SW 177 th Ter 305.562.7971	6
Paradise Adult Care 14730 SW 150 th St 305.235.7351	6	R&M Elderly Care 2400 SW 137 th Ct 305.229.1615	6	Reyes Home Care II 1640 SW 83 rd Ct 305.261.8372	6	San Judas ALF 8275 SW 47 th Ter 305.799.6371	6	Solimar ALF 12470 SW 185 Ter 305.498.1565	6
Paradise Retirement Club 21 SW 75 th Ave 305.264.2051	14	Rafaela's Home ALF 11750 SW 192 nd St 305.234.3568	6	Reyes Senior Care 9830 SW 3 rd St 786.970.6183	6	San Martin De Porras ALF 1840-42 NW 15 th St 305.545.7046	12	South Deering Retirement Home 9730 SW 160 th St 786.293.2816	6
Paraiso Home of Miami II 9808 SW 147 th Pl 305.380.6905	6	Rafaela's Home ALF II 20560 SW 113 rd Rd 305.259.3607	6	Reys ALF 20-22 NW 40 th Ct 305.642.9903	6	San Martin Porras ALF II 16981 SW 92 nd Ct 305.256.4174	6	South Florida Home Services 140 NW 9 th Ave 305.324.7198	14
Parklake Senior Palace 4229 SW 157 th Ct 305.480.6014	6	Raffa Corp 13961 SW 75 th St 305.382.4415	6	Richland Retirement Home II 721 NW 13 th Ave 786.417.3190	14	Santa Ana's Rest Home 5730 SW 39 th St 305.661.0249	6	South Florida Senior Care 5247 SW 153 Ave 786.302.8272	6
Paula's Mansion ALF 13206 SW 218 th Ter 786.306.4819	6	Raffa Corp II 15032 SW 55 th Ter 305.487.6087	6	Richland Retirement Senior Home 3508 SW 26 th St 305.444.7776	14	Santa Barbara Home I 3317 SW 24 th Ter 305.447.8650	12	South Floridian Village 9220 SW 45 th Ter 305.225.9233	6
Peace & Care South 24027 SW 111 th Ave 305.450.9457	6	Rainbow Heights Home Care 1430 NW 35 th St 305.637.9988	6	Rita Maria Group Home 15348 SW 33 rd Ln 305.376.2155	6	Santa Barbara Home II 3323 SW 24 th Ter 305.446.7744	12	South Miami Health Facility 7650 64 th Ct 305.661.4204	6
Peace Home Care 5040 NW 197 th St 305.621.4213	8	Rainbow Home Care 3302 NW 2 nd Ave 305.576.8928	14	Riverside Senior Care 22712 SW 103 rd Ct 305.528.6347	6	Santa Clara ALF 2830 SW 106 th Ave 305.221.9955	6	South Miami Heights 11720 SW 57 th Ter 305.992.4786	4
Pearls Place 10540 SW 149 th St 305.238.1219	6	Reflexion ALF 3550 NW 20 th St 305.634.7024	6	Robyll Rehab Care 2610 NW 19 th Ave 305.637.5427	8	Santa Teresa De Jesus ALF 4010 SW 112 th Ave 305.553.5494	6	South Miami Senior Care 15592 SW 183 rd Ln 786.302.8272	6
Pines ALF 1800 SW 11 th Ter 305.643.0611	12	Reflexion ALF II 1010 NW 31 st Ave 786.470.1554	6	Ronan's Retirement Home 10900 SW 177 th Ter 305.251.5341	6	Santa Teresa De Jesus II 8390 SW 43 rd Ter 305.207.0675	6	Southwind Adult Care 16961 SW 149 th Ave 786.223.0844	60
Pioneer Adult Residential Facility 2166 SW 14 th Ter 305.856.5103	111	Regency Villa, The 6230 SW 78 th St 305.666.5129	6	Rosario Retirement Senior Home 836 SW 4 th Ave 305.854.6078	6	Santander Retirement Home 1702 SW 102 nd Pl 305.226.5408	6	Spring of Life ALF 11465 SW 57 th St 786.271.1616	6
Place Called Home, A 80-82 NE 68 th Ter 305.754.0626	6	Remanson ALF 1147 SW 13 th Ave 305.854.7010	14	Rose Assisted Living Center 1176 NE 151 st St 305.940.1675	6	Santo Tomas Aquino ALF 4150 SW 108 th Ave 786.291.6903	6	St Anne's Residence 11855 Quail Roost Dr 305.252.4000	60
Plamathome Care Services 4407 SW 162 Pl 305.338.9029	6	Residencia La Esperanza Home Care Corp 11125 SW 48 th St 305.273.9222	6	Rose's Retirement Home 11520 SW 108 th Ave 305.255.8158	10	Sarah's Senior Home 11310 SW 145 Ave 786.877.8471	6	St John's ALF 7580 SW 30 th Ter 305.265.9337	6
Pleads Family 300 NW 69 th St 305.759.5009	10	Residencia La Esperanza Home Care II 3654 SW 156 th Ct 305.386.5043	6	Royal Gardens Villa 1270 NE 112 th St 305.895.4720	12	Senior Retirement Home 3033 SW 6 th St 305.541.4336	6	St Joseph ALF 16100 SW 101 Ave 305.251.4123	6
Pointe of North Gables, The 5890 SW 8 th St 305.266.0284	92	Residencia Paquita 10456 SW 22 nd St 305.223.9550	6	Royal Green ALF 2011 SW 4 th St 305.643.9786	14	Seraphim Care 651 NE 83 rd St 305.798.1678	6	St Jude Home 9981 SW 42 nd Ter 305.220.3276	6
Precious Moments ALF 9480 Dana Rd 786.925.9518	6	Residencia Ramonol 9041 SW 142 nd Ct 305.408.8172	6	Royal Living Rest Home 2926 SW 2 nd St 305.649.7334	14	Serene Living Facilities 8615 SW 43 rd Ter 786.326.4614	6	St Mark's Villa 3381 NW 194 th Ter 305.624.6871	6
Precious Times ACLF 4310 SW 89 th Ave 305.229.0342	6	Residencia Salome 3525 SW 130 th Ave 305.220.1041	6	Royal of Kendall ACLF 12201 SW 93 rd St 305.270.0271	6	Sevilla Home Care Ass Living Facility 10844 SW 154 th Ter 786.573.3111	6	St Mary Adult Care 5716 SW 149 th Pl 305.408.0362	6
Premier Assisted Living 11401 SW 42 nd Ter 305.551.2229	6	Residencia San Lazaro Home Care 7120 SW 92 nd Ave 305.598.2554	6	Sam Pedro Residence 3240 NW 14 th St 305.633.8607	6	Shalom ALF 441 NW 33 rd Ave 305.644.5808	6	St Mary Adult Care II 11271 SW 229 th Ter 305.238.5594	6
Pretty Family Home Care 2980 SW 103 rd Ct 305.551.2380	6	Residential Home for Adult Care I 1535 NW 25 th Ave 305.633.9106	14	San Cayetano Home 3525 SW 104 th Ct 305.221.7733	6	Shalom ALF 7046 SW 103 rd Pl 305.412.0327	6	Star of Mary Adult Center 6425 SW 93 rd Pl 305.910.6222	6
Prince of Peace Elderly Care Facility 13232 NW 9 th Ln 786.306.2610	6			San Juan De Dios 1244 NW 41 st St 305.663.2495	6	Silver Days ALF 8823 SW 151 Ct 305.299.1887	6	Starlite View 3251 NW 198 th St 305.621.0498	8

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Suany's Home 20411 SW 116 th Rd 305.252.0734	6	Sweet Residence Retirement Home III 11511 SW 7 th St 305.229.7084	6	V&R Home Care 14918 SW 10 th St 305.226.7228	6	Villa Maria Pia 320-22 NW 43 rd Pl 305.444.4310	14
Sun Bay Manor I 8440 SW 155 th Ter 305.238.0373	8	Sylvia's Retirement Home 1823 NW 94 th St 305.836.7261	7	Valdes Retirement Home 8100 SW 95 th Ct 305.389.0226	6	Villa Marie Isabel 2340 NW 1 st St 305.631.9239	6
Sun Bay Manor II 8820 SW 148 th St 305.251.3080	6	Sylvia's Senior Home 23025 SW 120 th Ave 305.257.2880	6	Valeen's Gentle Care 771 NW 42 nd St 305.759.3350	6	Villa Oni 3030 SW 95 th Ct 305.553.6138	8
Sun Coast 9111 SW 28 th Ter 305.225.8701	6	Tadeos ALF 1525 SW 119 th Ct 305.251.4905	6	Varadero Retirement Home Care 15359 SW 23 rd Ln 305.812.8182	6	Villa Oni II 5401 SW 98 th Ct 305.270.7439	6
Sun Coast Village I 12785 SW 49 th Ter 305.228.6517	6	Talia ALF 14601 SW 50 th Ter 305.207.1959	6	Varadero Retirement Home Care II 15372 SW 117 th St 305.812.8182	6	Villa Serena I 1200 SW 22 nd Ter 305.858.5664	14
Sunflowers Village 8035 SW 13 th St 305.266.9048	6	Tender Loving Care ALF 3100 SW 79 th Ave 305.267.0111	6	Venetian Isles ALF 3003 SW 156 th Pl 305.229.7258	6	Villa Serena II 60-62 NW 33 rd Ave 305.631.1493	14
Sunflowers Village II 13295 SW 99 th Ter 305.408.6222	6	Tere's Senior Care 17950 SW 155 th Ct 305.969.6108	6	Vereda Nueva 12412 SW 215 th Ln 786.573.9776	6	Villa Serena III 1777 NW 30 th St 305.206.5342	6
Sunrise ALF II 8240 SW 140 Ave 786.546.7404	6	Terrace Manor 8770 SW 127 th Ter 305.253.1909	12	Verona's Retirement Home II 12990 SW 190 th Ter 305.238.8533	6	Villa Serena IV 754-56 NW 22 nd Ct 305.206.5342	8
Sunrise ALF 13920 SW 71 st Ln 305.752.7709	6	TGL Residence & ALF 3210 SW 104 th Ct 305.559.5917	9	Vicky's Home ALF 6402 SW 41 st St 305.662.4815	12	Villa Torres 5710 SW 131 st Ct 305.380.7915	6
Sunset Gardens 9740 SW 77 th Ter 305.279.7421	6	Tiffany Senior Residence 19240 SW 124 th Ct 305.278.7314	6	Victoria Retirement Home 13255 NW 13 th St 305.631.0574	6	Villa Ursula 1528 NW 34 th Ave 305.637.9379	6
Sunset Gardens II 11173 SW 112 nd Ter 305.254.1884	6	TL Sea Home Care Services 14031 SW 39 th St 305.480.5995	6	Villa Blanca 5384 NW 4 th St 305.774.7184	12	Violeta's Home 3810 NW 2 nd St 305.644.3972	6
Sunset Senior Care 9820 SW 72 nd St 305.219.9445	6	TLC Home 15101 SW 87 th Ave 305.232.1209	6	Villa Candita ALF 13211 NW 29 th Ave 786.586.6087	14	Violeta's Home II 3920 NW 6 th St 305.644.1277	6
Supreme ALF I 8821 SW 41 st St 305.796.1757	6	TLC Retirement Home II 16001 SW 81 st Ave 305.271.5861	6	Villa Esmeralda ALF 10310 NW 30 th Ct 305.693.9300	6	We "R" Family USA 2230 SW 131 st Ct 305.485.0849	6
Sweet Care 634 SW 96 th Ct 305.559.0240	6	TLC Retirement Home III 8395 SW 112 th St 305.232.1209	6	Villa Francisco Home Care ALF 16832 SW 110 Ct 305.234.7787	6	West Kendall ALF 5301 SW 116 th Ave 305.989.2400	6
Sweet Care Home ALF 18260 SW 153 rd Ct 305.790.8256	6	Tropical Heaven 14201 SW 48 th Ln 305.207.6963	6	Villa Isabel 7265 NW 5 th St 305.260.9960	6	West Miami Adult Living Facility 7215 SW 21 st St 305.261.9220	6
Sweet Home Care 5920 SW 2 nd St 305.269.7482	6	Tropical Paradise ALF 11412 SW 145 th Pl 786.573.0390	6	Villa Loreto I 12620 SW 37 th Ter 305.220.7203	6	Westview Pleasant Living 2140 NW 22 nd St 786.517.2523	6
Sweet Hope Assisted Living 12431 SW 208 St 786.470.6195	6	True Time Home Care 2431 SW 208 St 305.222.2975	6	Villa Margo I 3644 SW 22 nd Ter 305.858.1840	6	Westwood Boarding Home ALF 840 NW 44 th Ave 305.273.9700	11
Sweet Living Facility 15505 SW 16 th Ln 305.228.8581	6	Twins Seniors Residence ACLF 11334 SW 2 nd St 305.559.6222	14	Villa Margo II 2930 SW 38 th Ct 305.858.1840	12	Willow Haven ALF 12620 NE 207 th St 305.297.1327	6
Sweet Paradise 15481 SW 21 st Ter 305.229.7437	6	Two Sisters Home Care 11470 SW 80 th Ter 305.412.4650	6	Villa Margo III 3669 SW 24 th Ter 305.858.1840	5	Xanadu Living Facility 840 NW 44 th Ave 305.774.9615	8
Sweet Residence Retirement Home 4715 SW 95 th Ave 305.551.9200	6	Two Sister's Place 2591 SW 124 th Ave 305.207.0717	6	Villa Margo IV 2978 SW 27 th Ln 305.858.1840	13	Xanadus Palace Family Home 9711 SW 157 th Pl 305.320.1273	6
Sweet Residence Retirement Home II 2178 SW 15 th St 305.858.4597	5	UME Family Corporation 7960 SW 36 th St 305.267.8730	6	Villa Margo V 3277 SW 22 nd Ter 305.858.1840	12	Xina Home 9711 SW 135 th Ave 786.512.9085	6

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

Number on last line indicates facility capacity

Xiomara Home 4321 SW 1 st St 305.461.3894	6	Miami Gardens Manor 915 NW 175 th St 305.621.5663	6	South Oaks 6141 SW 34 th St 954.983.7996	8	OAKLAND PARK Good Hope Manor 2251 NW 29 th Ct 954.677.2900	100	Odosia Home 3927 Buttercup Cir S 561.775.3459	6
Xiomara's Gardens 13720 SW 13 th St 305.798.1370	6	Peace & Care ALF 8121 NW 200 Ter 305.450.9457	6	Summerville Homes 7933 Indigo St 954.961.9998	5	Palms Villa Retirement Home 2131 NW 28 th St 954.484.1350	21	PALM CITY Gardens Retreat 4405 SW 72 nd Ave 772.287.9713	6
Yami's Loving Home 1425 SW 91 st Ave 786.543.8698	6	PM Adult Home Care 16720 NW 48 Ct 305.627.0826	6	Sunny Residence 9001 SW 20 th St 954.436.1381	5	Paradise Manor 365 NW 43 rd Ct 954.565.7049	30	Water's Edge Extended Care 1500 SW Capri St 772.223.5863	20
Yesenia ALF 15608 SW 63 rd Ter 305.408.1698	6	Rodriguez ALF I 2751 NW 209 Ter 305.624.8086	4	Tender Touch Home Care 1801 Alcazar Dr 954.893.5992	6	Treemont on the Park 3881 NE 3 rd Ave 954.563.0276	34	PEMBROKE PARK Orange Blossom Manor 3535 SW 52 nd Ave 954.961.8111	144
Yilliam Home 13888 SW 18 th Ter 305.226.9841	6	Royal Destiny Home Care 3260 NW 179 th St 305.474.3273	5	N LAUDERDALE Tendercare Living Facilities 2906 Sunshine Blvd 954.665.8740	4	OPA LOCKA Annie C Horn ALF 17020 NW 47 th Ave 305.626.9829	10	PEMBROKE PINES Ana's ALF 8920 NW 7 th Ct 954.704.1810	
Your So Precious Group Home 8250 NW 12 th Ct 305.205.9550		MIAMI LAKES DP&B Enterprise 14290 Sable Dr 305.512-1073	6	Forest Springs Retirement Residence 7512 SW 5 th St 954.724.2038	6	Edem Home Care 4783 NW 195 th St 305.622.4136	6	Assisted Living of Broward 17646 SW 10 th St 954.538.9061	6
Yuli's Home Care 14580 SW 173 rd St 305.255.7168	6	Garden Valley Retirement Home 18140 NW 90 th Ave 305.300.1477	6	Genesis ALF 1510 SW 68 th Ave 954.971.0246	6	Lillia Home Care II 4503 NW 203 rd Ter 305.362.6293	6	Assisted Living of Pembroke Pines 1985 NW 179 th Ave 954.441.6799	6
Zu Ser's Senior Care 9603 SW 44 th St 305.753.0705	6	Marivan ALF 8943 NW 147 th Ter 786.208.2075	6	I&G ALF 6560 Harbor Rd 754.234.4318	6	Nuevo Renacer ALF 540 N Perviz Ave 305.681.3888	6	Betsy's Loving Home 309 SW 68 th Ave 954.854.7389	6
Zuni ALF 370 NW 133 rd Pl 786.234.5085	6	Miami Lakes Retirement Home 16837 NW 91 st Ct 305.817.1455		Love & Affectionate ALF 311 SW 71 st Ter 954.718.7556	6	Time is Care 19010 NW 44 th Ave 305.624.2442	6	Paradise Villa Retirement Home 11330 Sheridan St 954.433.7523	6
MIAMI BEACH Hebrew Home of South Beach ALF 336 Collins Ave 305.672.6464	64	Miami Lakes Senior Care 16350 NW 88 th Path 305.335.1544	6	Orchid Garden 403 SW 74 th Ave 954.720.1317	6	Vida Sin Fin ALF 3921 NW 179 th St 305.622.4122	6	Paradise Villa Retirement Home IV 1145 NW 92 nd Ave 954.443.0707	6
Nightingale Manor 1753 Michigan Ave 305.538.1530	30	Special Life Moments 8902 NW 177 th Ter 305.512.1246	6	N MIAMI Jas Manor 645 NE 131 st St 305.893.7428	10	Villa Real ALF 15965 NW 22 nd Ct 305.624.1737	12	Twenty-Four Seven 741 SW 72 nd Ave 954.966.6503	6
MIAMI GARDENS Brown's Assisted Care Living Facility 15770 NW 18 th Pl 305.625.1718	6	MIAMI SPRINGS Achoy Home Care II 1161 Nightingale Ave 305.887.4495	6	Paradise Elderly Home 12690 NE 2 nd Ave 305.807.7536	6	PALM BEACH GARDENS Assisted Living of Palm Beach Gardens I 9239 W Highland Pines Dr 561.691.8630	14	PLANTATION Bougainvillea Garden 6980 NW 6 th St 954.797.0595	6
E&C Group One 3941 NW 207 th Dr 561.640.0424	5	Fair Havens Center 201 Curtiss Pkwy 305.887.1565	60	N MIAMI BEACH Ives Dairy Senior Care 19840 NE 10 th Ave 786.316.6007	6	Chatsworth at PGA National 346 Hiett Dr 561.624.5650	42	Covenant Village of Florida 9211 W Broward Blvd 954.472.2860	55
GC Quality Home 5370 NW 172 nd St 786.208.8831	6	Morningside Manor & Villa Adult Care 200 South Dr 305.805.0277	6	M&G ACLF 15900 NE 19 th Ct 305.956.7766	6	Country Residence, A 14327 N 69 th Dr 561.622.1348	11	Gentle Touch ALF 5010 SW 11 th St 954.327.3354	6
Home Care For Elderly 4730 NW 178 th Ter 305.474.9137	6	MIRAMAR Fullness of Love ALF 3405 Knolls Rd 954.905.4365	6	Parke Plaza Retirement Residence 15520 NW 2 nd Ave 305.949.2626	120	Emmanuel Care ALF 3628 Daisy Ave 561.627.3674	6	Jencarl's Angels 4890 NW 7 th St 954.316.8534	6
Las Delicias ALF 4840 NW 191 st St 305.623.5193	6	Mary's Extreme Care 6107 SW 26 th St 954.966.0901	5	Rainbow Gardens ALF 1998 NE 178 th St 305.525.5466	6	Inn of La Posada 3600 Masterpiece Way 561.514.5000	88	Nancy's Adult Family Care ALF 7660 NW 12 th Ct 954.476.7185	6
Mi Dulce Ocaso 3910 NW 165 th St 786.356.1471	6	Palm Manor, The 6609 SW 20 th St 954.682.9848	6	Rainbow Gardens Assisted Living II 1801 NE 182 nd St 305.525.5466	6	Palms Edge ALF 4201 Leo Ln 561.841.0055	65	Paradise Loving Care 4541 NW 3 rd St 954.791.1793	6
Mi Sublime Atdardecr 20630 NW 37 th Ct 305.628.6158	6	Saejca's Castle 13393 SW 32 nd St 954.450.5506	5	Tender Hands Services 17600 NE 2 nd Ct 305.651.7899	6	Prosperity Oaks 11381 Prosperity Farms Rd 561.694.9709	126	Royal Living ALF 621 NW 76 th Ave 954.474.4292	6
Miami Garden ALF 3520 NW 210 th Ter 305.620.1082	6								

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St Thomas Manor 1110 SW 40 th Ave 954.583.3321	30	Harbor Place at Port St Lucie, The 3700 SE Jennings Rd 772.337.4330	128	Sunnydays ALF 169 NE Prima Vista Blvd 772.343.9088	6	Rose of Sharon Garden ALF 8400 NW 28 th St 954.747.0869	6
With Open Arms Residence 6801 NW 11 th Pl 954.587.5895	8	Harmony Care Home 534 SE Thanksgiving Ave 772.873.6660	6	V&R Retirement 356 SE Prima Vista Blvd 772.878.8765	6	Royal Living at Sunrise 3181 NW 94 th Way 954.748.1930	6
POMPANO BEACH Arnwill Assisted Living 840 SW 8 th St 954.943.4606	75	Hollyhome ALF, A 5288 NW North Macedo Blvd 772.807.9438	6	PRINCETON Sunny Hills of Homestead 25268 SW 134 th Ave 866.352.2537	105	Emeritus of Springtree 4201 Springtree Dr 954.572.4261	246
Atlantic Shores Retirement Residence 1500 N Riverside Dr 954.941.7974	30	Independent Living With Care 3165 SW Fambrough St 772.607.4370	6	RIVIERA BEACH Mills ALF 701 9 th St 561.863.0014	18	Sunhaven Villa 11810 NW 30 th Pl 954.746.3962	6
Broadview Retirement Home I 1741 SW 70 th Ave 954.979.5699	8	Jamaica Shores 171 SW Euler Ave 772.446.7333	6	ROYAL PALM BEACH Cassie's Castle 208 Hatcher Trace 561.439.3301	6	Victorian ALF 4610 NW 113 th Ter 772.871.7539	6
Broadview Retirement Home II 6200 SW 17 th St 954.979.5864	6	Johanna's Assisted Living 1958 Dorado Ln 772.871.2695	6	Orange Blossoms Villa 10331 Pippin Ln 561.795.9316	6	Westbridge ALF 3142 NW 109 th Ter 954.749.0141	6
Grand Court Village I 295 SW 4 th Ave 954.942.3388	125	Life Long Learning Center 1699 SW Southworth Ter 772.340.0594	6	Meadowlark Inn 151 Meadowlark Dr 561.204.3807	6	TAMARAC Active Senior Living Residence 9057 NW 57 th St 954.721.1115	72
Grand Court Village II 459 Racetrack Rd 954.942.3388	80	Horizon Bay Vibrant Ret Living 448 9825 S US Hwy 1 772.337.0084	120	SOUTHWEST RANCHES Golden Ranch 5711 W 196 th Ln 954.680.7019	5	Anita's House 5711 NW 54 th Ter 954.762.5134	6
John Knox Village of Florida 840 Lakeside Cir 954.782.1300	64	Nature's Edge 699 NW Airsoa Blvd 772.879.7530	33	STUART Amore Dementia Care 1634 S Kanner Hwy 772.219.8989	32	Harbor Memory Care of Tamarac 6855 NW 70 th Ave 954.722.0212	116
Lighthouse Inn North 3208 NE 11 th St 954.943.6318	42	New Life ALF 2133 SE Shelter Dr 772.337.3158	6	Family Manors 3385 SE Evergreen St 772.288.4781	24	Heartland of Tamarac 5901 NW 79 th Ave 954.722.7001	12
Lighthouse Inn South 3305 SE 9 th St 954.783.2317	33	Ohana Adult Family Care Home 817 SW Sall Ter 772.873.9606	7	Maple Leaf Assisted Living 24 Mead Pl 772.781.6249	10	Jennifer's Home Care 7100 NW 76 Dr 954.597.1567	6
M&M ALF 113 NE 7 th St 954.946.9699	38	Palms of St Lucie West, The 501 NW Cashmere Blvd 772.398.8899	80	Place at Stuart, The 860 SE Central Pkwy 772.287.9909	100	Horizon Bay Vibrant Ret Living 450 7650 University Dr 954.722.6314	103
Patrician Arms Retirement Home 239 NE 23 rd Ave 954.783.1761	12	Paradise Care Cottage 2277 SE Lennard Rd 772.398.8899	50	Residence of Stuart, The 1048 N Fork Rd 772.692.2577	12	Sunflower Senior Living 6931 NW 81 st Ct 954.597.7035	6
Peace on Earth ALF II 470 SW 14 th Ct 954.544.3454	6	Parah 701 SW Tulip Blvd 772.878.6586	6	Stirling House of Stuart 3401 Aster Ln 772.287.6001	55	TAVERNIER Lille's House 119 Harborview Dr 305.852.5601	6
Pompano Retirement Village 501 SW 2 nd Pl 954.782.8903	42	Perfect Kare ALF 5902 NW Wolverine Rd 772.837.0325	6	SUNRISE Absolute Care AL at Welleby 3621 NW 90 th Ter 954.747.7265	14	TEQUESTA Clare Bridge of Tequesta 211 Village Blvd 561.748.3611	50
Sunset by the Sea 420 N Riverside Dr 954.788.8350	15	Quality Care AL of the Treasure Coast 432 SW Prado Ave 772.879.2501	6	Golden Age Seniors III 9811 NW 31 st Pl 954.742.8658	6	Sterling House of Tequesta 205 Village Blvd 561.748.3611	55
PORT ST LUCIE Amazing Grace 1160 SE Puritan Ln 772.340.3742	6	Ridgecrest Assisted Living 190 SW Ridgecrest Dr 772.873.9191	6	Good Shepherd ALF 8610 NW 24 th Ct 954.742.3171	6	Terrace Communities Tequesta 400 N US Highway 1 561.748.2299	106
Bayshore Residence 686 SW Lucero Dr 772.871.1106	6	Rosewood Gardens 643 NE Lagoon Ln 561.344.5974	6	Nina's Haven 10620 Sunset Strip 954.746.6732	6	W PALM BEACH ALF Home Assisted Living Plus More 4941 Pine Cone Ln 561.712.0913	6
Brighton Gardens of Port St Lucie 1699 SE Lyngate Dr 772.335.9990	110	Serenity Care Center 619 SW Jaffe Ave 772.336.5939	6	Paradise Villa Retirement Home 11360 NW 29 th St 954.749.3138	6	Arden Courts of West Palm Beach 2330 Village Blvd 561.688.9999	56
Circle of Care, The 4161 SW Tumble St 772.336.3457	6	Springfield Gardens 588 SW Roy Ave 772.871.9039	5	Professional Health Care Group 10620 NW 32 nd St 954.749.4618	4	Avery Cottage 4052 Collin Dr 561.248.3447	5
Country Living Assisted Care Center 1762 SW Arch St 772.621.8211	6	Sunny Days ALF II 4645 SW Yahlalia St 772.343.9088	6				

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BP ALF 906 36 th St 561.844.6127	6	Palm Beach ALF 534 Datura St 561.659.9330	200	BOYNTON BEACH Alzheimer's Day Care – Boynton Beach 3600 Old Boynton Rd 561.683.2700	HIALEAH Easter Seals Therapeutic Day Care 489 Hialeah Dr Ste 7 305.887.7370	Easter Seals Therapeutic Day Care 1475 NW 14 th Ave 305.325.0470
BP ALF II 1174 Wynnwood Dr 561.687.3280	6	Personal Elder Care 4533 Brook Dr 561.684.4960	4	Morse Adult Day Center 8500 Jog Rd 561.509.0111	Happy Times Adult Day Care Center 50 W 29 th St Ste A 305.805.1040	Edison Little River Adult Day Care Ctr 150 NW 79 th St 305.751.4342
Caring Hands at Acreage 13635 78 th Pl N 561.333.5294	4	Personal Elder Care II 5739 Orchard Way 561.687.8845	5	Sunrise Community 4745 NW 7 th Ct 561.547.2220	LCC Adult Day Care 551 E 49 th St Ste 12 786.488.8652	Family Adult Day Care, The 11025 SW 84 th St 786.478.6222
Christel Care 4973 Broadstone Cir 561.478.8648	6	Preferred Lifestyle 4384 Purdy Ln 561.433.9817	10	CORAL SPRINGS Sarah Care of CoralSprings 754 Riverside Dr 954.341.7788	LHANC of Dade – Hialeah Adult Day Care 4410 W 16 th Ave, Ste 28-C 305.858.0887	Florida Pace Centers 5200 NE 2 nd Ave 305.795.8410
Country Retreat 7357 Wilson Rd 561.683.7877	17	Savannah Court of the Palm Beaches 2090 N Congress Ave 561.686.5100	114	DAVIE Central West Adult DayCenter 6915 Stirling Rd 954.587.2312	United Help Community Services 4160 W 12 th Ave 305.822.5956	Gelber Adult Day Care 11025 SW 84 th St 305.270.2979
Cresthaven East 5100 Cresthaven Blvd 561.964.2828	308	Seagull Place 1233 Island Rd 561.845.6210	24	DEERFIELD BEACH Northeast Focal Point Adult Day Care Ctr 225A NW 2 nd St 954.480.4470	William Lehman ADC Center 7605 W 10 th Ave 305.557.8138	Joy of Life Adult Day Care, The 15190 SW 136 th St Ste 6 786.293.3310
Doreen's ALF 3217 Broadway 561.844.5313	21	St Mary's ALF 7001 S Dixie Hwy 561.588.7677	37	DELRAY BEACH Moe Volen Senior Center Dementia 850 N Congress Ave 561.395.8920	HIALEAH GARDENS Xclusive Senior Daycare Center 12975 W Okeechobee Rd 305.820.0805	LHANC of Dade – Mildred Pepper 10000 SW 56 th St 305.858.0887
Fountainview 145 Executive Center Dr 561.697.5500	74	Terrace at West Palm Beach 6300 Common Cir 561.697.3051	76	DORAL Miami Behavioral Health Center 1905 NW 82 nd Ave 305.398.6100	HOLLYWOOD Joseph Meynerhof Senior Center, The 3081 Taft St 954.966.9805	LHANC of Dade – Rafael Villaverde 700 SW 8 th St 305.858.0887
Garden Villas 912 N Olive Ave 561.820.9946	16	Tradition of the Palm Beaches, The 4880 Loring Dr 561.687.3005	72	FORT PIERCE Alzheimer's Day Care – Ft Pierce 2900 S Jenkins Rd 772.466.3261	HOMESTEAD Golden Age Adult Day Care Center 28951 S Dixie Hwy 305.248.6200	Maggie's Adult Day Care 7930 SW 11 th St 305.266.6762
Golden Years ALF 321 W Blue Heron Blvd 561.881.3583	26	Trinity Care ALF 1298 Victoria Dr 561.969.0904	6	FT LAUDERDALE Aging Grace 2039 N University Dr 954.357.0637	Homestead Adult Day Care Center 653 SW 4 th St 305.242.7676	Montverde Adult Day Activity Center 11865 SW 26 th St Ste G-5 305.485.9141
Hidden Garden 4373 Venus Ave 561.471.1766	14	Wize Choice 2901 Broadway 561.271.8118	20	GREENACRES Alzheimer's Day Care – Greenacres 2164 Jog Rd 561.683.2700	Homestead Behavioral Clinic 654 NE 9 th Pl 305.248.3488	Nono's Adult Day Care 8870 SW 40 th St Ste 4 305.207.1290
Howard House 131 W Blue Heron Blvd 561.848.0047	20	WELLINGTON GoldenCare of Wellington 13752B Yarmouth Dr 561.798.0944	6	HALLANDALE Chal Seniors 788 E Hallandale Beach Blvd 954.458.1968	Homestead Behavioral Clinic 654 NE 9 th Pl 305.248.3488	North Dade Adult Day Care 60 NE 166 th St 305.940.0075
It's Just Like Home 3815 Russell Pl 561.805.5757	8	Residence at Paddock Park 14622 Paddock Park 561.791.2630	6	HALLANDALE Chal Seniors 788 E Hallandale Beach Blvd 954.458.1968	LAKE WORTH Alzheimer's Day Center – Lake Worth 1615 Lake Ave 561.585.7781	Roseland Adult Daycare 7392 SW 40 th St 786.388.7673
Joy of Living Care Services 5710 Coconut Rd 561.687.5455	6	DAY CARE BOCA RATON Adolph & Ross Levis Alz & ADC Center 21050 95 th Ave S 561.558.2510	6	Northwest Federated Woman's Club 2185 NW 19 th St 954.714.3500	LAUDERDALE LAKES Lauderdale Lakes Alzheimer Care Center 4320 NW 36 th St 954.535.2800	San Judas Tadeo Community ADC 15628 SW 72 nd St 305.408.0077
Lee Residence 6260 Gun Club Rd 561.689.7307	6	Alzheimer's Day Care – Boca Raton 300 E Yamato Rd 561.391.6955	50	MARGATE Northwest Focal Point Senior Ctr ADC 6009 NW 10 th St 954.973.0300	Santa's Adult Day Care 2620 SW 137 th Ave 786.271.0050	Santovenia Adult Day Care 13359 SW 42 nd St 305.227.9500
Lourdes Pavilion 311 S Flagler Dr 561.650.8900	50	Mae Volen Senior Center 1515 W Palmetto Park Rd 561.395.8920	15	MIAMI Centro Axis 6840 SW 40 th St 305.668.0634	Senior Care Options 9801A NW 7 th Ave 305.756.3458	
Marriott Home Care 2700 Broadway 561.659.3793	15	Memory & Wellness Ctr At Ft Atlantic Uni 777 Glodes Rd 561.297.0503	6	Community Adult Day Care 7944 SW 8 th St 305.269.6845	Community Adult Day Care 8346 SW 8 th St 305.266.9620	South Dade Adult Day Care Center 19590 Old Cutler Rd 305.255.1433
Mi Casa Es Tu Casa II 6700 Parker Ave 561.547.5474	6	Open Arms ALF 4652 Belvedere Rd 561.478.9345	6	Memorial Adult Day Care Center 1750 E Hallandale Beach Blvd 954.457.0505		Sunrise Community 13788 SW 8 th St 305.228.4001

GUIDE

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 Espanola 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 GARDENS

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

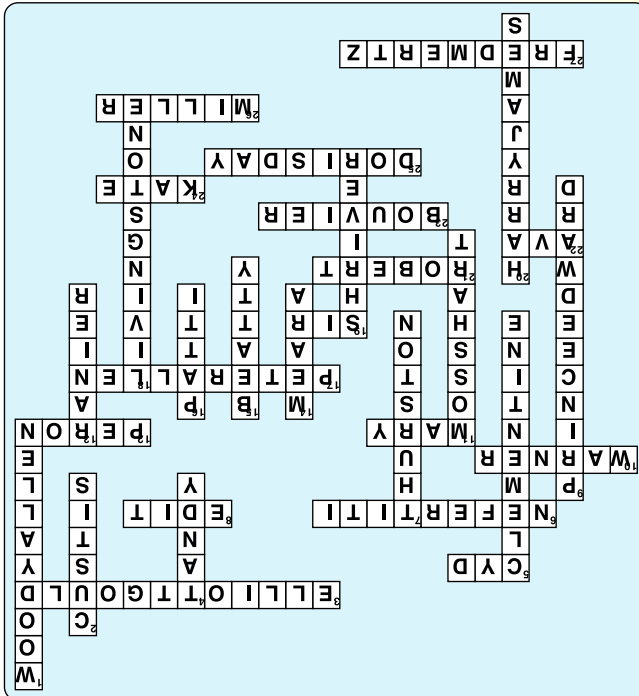


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CROSSWORD PUZZLE ANSWERS

FROM PAGE 65



JUEGO DE PALABRAS

POR SCOOP FOR SENIORS

BUSCANDO PALABRAS CON "P"

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

papa

pasa

pasado

pasamontañas

pasarela

paseo

pasión

pasta

pastisal

patrimonio

postularse

primera

paparazzi

pasacalle

pasaje

pasaporte

pascuas

pacífico

psamar

pastel

pasto

patrón

presupuesto

primordial

papeles

pasadero

pasajero

pasarela

pasear

pasillo

paso

pasteurizar

pastor

pesto

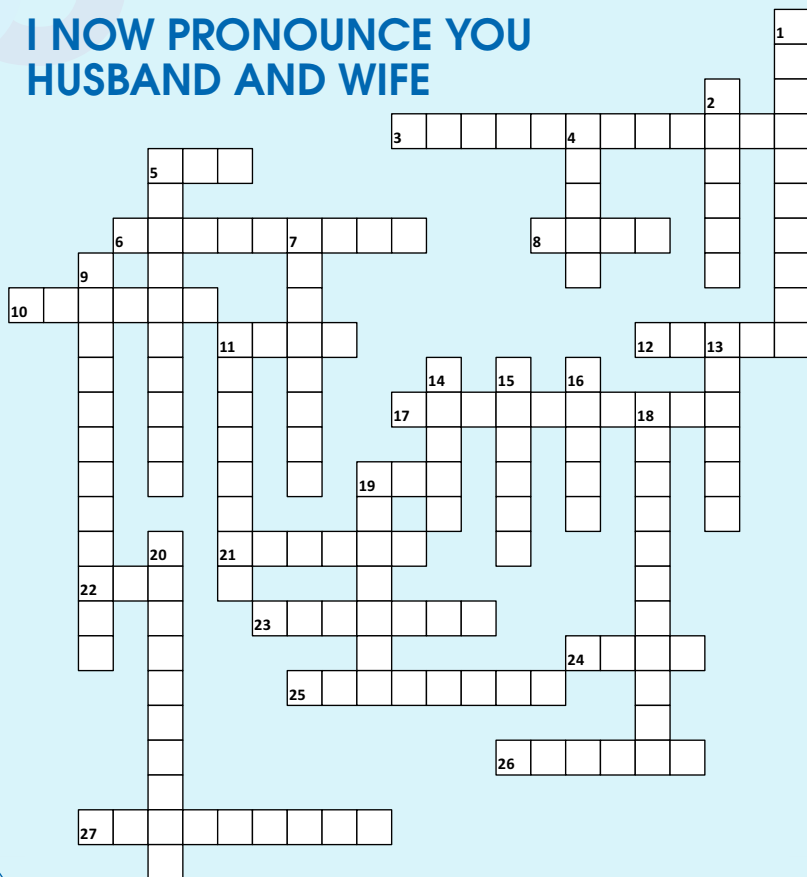
prevenir

propiedades

CROSSWORD PUZZLE

BY SCOOP FOR SENIORS

I NOW PRONOUNCE YOU HUSBAND AND WIFE



ACROSS

- 3 - Barbra Streisand's first husband
- 5 - First name of Tony Martin's dancing wife
- 6 - King Tut's wife
- 8 - Archie Bunker's dingbat wife
- 10 - Last name of Elizabeth Taylor's 6th husband
- 11 - First name of Abe Lincoln's wife
- 12 - Last name of Evita's husband
- 17 - Name of Liza's first husband
- 19 - Title given to Vivien Leigh's husband, Olivier
- 21 - First name of Elizabeth Browning's husband
- 22 - First name of Mickey Rooney's first wife
- 23 - Last name of John F Kennedy's wife
- 24 - First name of Steven Spielberg's current wife
- 25 - Marty Melcher's singing second wife
- 26 - Last name of Marilyn Monroe's author husband
- 27 - Ethel's TV husband

DOWN

- 1 - Soon Yi Previn's husband
- 2 - Last name of George Washington's wife
- 4 - Last name of Hume Cronyn's wife
- 5 - First name of Winston Churchill's wife
- 7 - First name of Lovey Howell's island husband
- 9 - He gave up the throne to marry Wallis Simpson
- 11 - He was married to Kitty Carlisle
- 13 - First name of Grace Kelly's Prince
- 14 - Last name of Jerry Stiller's wife
- 15 - Last name of Annette Benning's husband
- 16 - First name of Jerry Lewis' first wife
- 18 - Last name of Jack Benny's wife
- 19 - Last name of Arnold Schwarzenegger's wife
- 20 - Betty Grable's horn playing husband

ANSWERS ON PAGE 63

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