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# 55+ MAGAZINE

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Stay Healthy!**



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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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# 55+ NEWS



55+ Magazine is proud to announce GLORIA A. EGO, PG, CSA as a new member of their staff. Gloria is the Family Services and Network Director for 55 + Resource Directory. Gloria is a Licensed Professional Guardian and a Certified Senior Advisor (C.S.A.). She is continuing her education in Geriatric Care Management and Assisted Living Administration.

We are proud to have Gloria as part of our family serving our diversified readers and our Network of Professionals who participate in our Resource Directory. Gloria's professional experience includes working with Elder Law Attorneys, business owners, families and the Healthcare Industry. She understands the importance of supporting seniors and their caregivers as well as Healthcare Professionals coordinating families and resources. We are very happy to have her as part of our growing 55+ Network! Contact GLORIA A. EGO and find out how she can help you... 954-967-6191 or email her at [gloria@55plusmag.us](mailto:gloria@55plusmag.us)

In our second issue, we included an article about the Electric Bicycle featuring the benefits of this wonderful product. [TheElectricBicycleStore.com](http://TheElectricBicycleStore.com) donated one to be raffled off to one of our readers. The winner of the ELECTRIC BICYCLE was announced on January 4, 2011. And the winner is..... **Ana Martha Galano of Miami**. She was the lucky name drawn from the many entries submitted. Ana visited our corporate offices on January 7th to pick up her prize. Here is a picture of her proud moment.



55+ Magazine, as part of its ongoing community support, is proud to be a sponsor and supporter of the Alzheimer's Association Memory Walk on March 19th in Broward County, March 26th in Port St. Lucie and April 9th in West Palm Beach. For more information call 888-959-WALK (9255) or visit: [www.memorywalks.com](http://www.memorywalks.com)

On February 5th, 55+ Magazine was one of the sponsors for the "Whispering Angels" Scholarship Foundation for Design & the Arts Performance. A tribute to Dame Shirley Bassey was performed by Ms. Jacqui Peters from England, with a special appearance by Michael Walters as "Florida's own" Dame Edna to a full house at The Center for Spiritual Living in Ft. Lauderdale. An introduction of the supporters and recognition to Samantha Perez, for her professional contributions was given, to learn more [samanthafactalart.com](http://samanthafactalart.com). Anita Priest, who was a renowned interior designer left her legacy by awarding scholarships to 'up and coming' young students who showed promise in the field of Design and the Arts. For more information please visit [www.whisperingangelsfoundation.com](http://www.whisperingangelsfoundation.com) or [sanholiday@bellsouth.net](mailto:sanholiday@bellsouth.net)





# 55+ NEWS



**55 + Magazine** se complace en anunciar a GLORIA A. EGO, PG, CSA como un nuevo miembro de nuestro equipo. Gloria es la nueva Directora de Servicios para Familias y Directora de la Red del Directorio. Gloria es una licenciada en Tutorías Legales y Consejera Certificada para las personas de la tercera edad (CSA). Continuó su formación en Geriátric Care Manager y Administración de vivienda asistida.

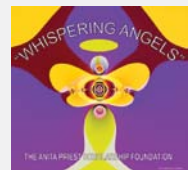
Estamos orgullosos de tener a Gloria, como parte de nuestra familia para servir a nuestros lectores y nuestra red de profesionales que participan en nuestro Directorio. Su experiencia profesional incluye trabajar con abogados, empresarios, familias y el sector del cuidado de la salud. Gloria es una experta en conectar familias con los profesionales de la salud. Estamos muy contentos de tenerla como parte de nuestra creciente red de más de 55 años! Póngase en contacto con GLORIA A. EGO y averigüe cómo les puede ayudar... 954-967-6191 o por correo electrónico a [gloria@55plusmag.us](mailto:gloria@55plusmag.us)

En nuestra segunda edición, incluimos un artículo sobre la bicicleta eléctrica describiendo los beneficios que ofrece este gran producto. [Theelectricbicyclestore.com](http://Theelectricbicyclestore.com) donó una bicicleta para el sorteo con nuestros lectores... La señora Martha Galano -de Miami-, ganadora del sorteo de la bicicleta eléctrica, anunciada el 4 de enero del 2011; recogió su premio el 7 de enero en las oficinas Corporativas de 55+ Magazine. En la foto se puede observar a Martha con su Bicicleta.



**55+ Magazine**, como parte de su continuo apoyo a la comunidad, se enorgullece de ser uno de los patrocinadores de la Asociación de Alzheimer's Caminata Memory Walk el 19 de Marzo en el condado de Broward, en port St. Lucie el 26 de Marzo y en West Palm Beach el 9 de Abril. Para más información: 888-959WALK (9255), [www.memorywalks.com](http://www.memorywalks.com)

El pasado 5 de Febrero, **55+ Magazine** fue uno de los auspiciadores del evento para la fundación "Whispering Angels". El show fue un tributo a la Dama Shiley Bassey. La Senora Jacqui Peters de Inglaterra, con la aparición especial de Michael Walters como "Florida Own Dame Edna" fueron las figuras de la noche en el Centro espiritual en Fort Lauderdale. Una corta introducción a todos los contribuidores y reconocimiento a Samantha Perez, [www.samanthafactalart.com](http://www.samanthafactalart.com), por sus contribuciones. Anita Priest, una reconocida diseñadora de interiores ha dejado su legacía otorgando Patrocinio a los Nuevos jóvenes estudiantes de la comunidad gay que muestran grandes promesas de futuro en el campo del Diseño y las Artes. Visite [www.whisperingangelsfoundation.com](http://www.whisperingangelsfoundation.com) o comuníquese con Sandra Holiday [sanholiday@bellsouth.net](mailto:sanholiday@bellsouth.net).



# ACCEPTING CHANGES AT ALL AGES

BY MÓNICA FORTUNA, PSYCHOLOGIST

One day, when I went to see the ophthalmologist, he told me that I needed glasses due to a condition called presbyopia. Immediately I thought: Aging! Glasses! I was never very vain, but glasses? ... Although it was true that my vision was becoming blurry. He said it was nothing serious... just part of the aging process. It's nothing serious, but all of a sudden I realized that time passes by and changes do occur without us noticing. Since I could not help myself, and I like to see things clearly, I got my glasses. And now I find myself talking to you. Presbyopia and other signs and symptoms of the aging process, lead me to reflect.

The feeling I described earlier has nothing to do with the actual diagnosis. It has to do with "awareness" of where we stand in our lives. A STOP in the course of our lives that says, "you are not 20 years old anymore."

But, is this the starting point of old age? No. Aging is something that occurs from birth. We start to age from the moment we are born. A simple thing like needing glasses is when we realize, suddenly, that something is happening to us. Do you remember any similar time in your life like this one? Probably, yes ... These are the moments when we have to make a decision, like, do I want to see or not see? Do I want to accept this, or not? In the worst cases, we feel that life is over for us. We wonder why life put us through these moments. We get depressed. We abandon ourselves. Some people will not give any importance to the problem. They realize that they are not okay but they deny the problem. This frame of mind does not benefit us in any way. It is what it is. Or, we decide that our desire to live life is stronger, it is so much more important to continue reading and writing, than

to get upset over a pair of glasses or any other limitations that will appear in our lives. When we "realize the problem", we see that we can use this as a point of departure or as a point of arrival.

At times, life will make us wear glasses, make us go slower, take some medications, change our nutrition regime and more. But it is not telling us not to enjoy and live life. Quite the contrary.

Life, many times, makes us face up to problems that are consequences of our past actions and gives us one more chance.

Sometimes, we can no longer do what we used to do. But sometimes, if we keep our desire to still do those things, we will find a way.

Life makes us wear glasses sometimes to continue seeing things CLEARLY.

Life has a way of making us go at a slower pace in order to give us the opportunity to ENJOY. Many times, we are not able to enjoy due to the "run around" of daily routines. It is also a way to convey to young people around us, that we have to stop, slow down, enjoy and feel. It is much better to understand at a younger age.

It is not the same to see a lovely sunset sitting on the sand, as it is to see it while running down the beach as it occurs.

Yes, life makes us stop.

Life tells us "Hey, you have run enough already. Come, sit down, feel, enjoy."

You just have to WANT to listen. •



# DISFRUTE A TODA EDAD

POR MÓNICA FORTUNA,  
LICENCIADA EN PSICOLOGÍA

Un día estaba yo frente al oftalmólogo cuando me dijo: "Le voy a recetar unos anteojos, tiene presbicia. Nada grave. Es un tema de la edad." Pensé: "¡La edad! ¡Anteojos!" Nunca fui extremadamente coqueta, pero anteojos ...y... mis ojos ven borroso.

"No es nada grave" y no...lo grave es darse cuenta que pasamos por el tiempo y este pasa por nosotros haciendo de la suyas. "Grave" es una exageración que ayuda explicar la sensación. Como yo no puedo con mi genio y me gusta ver claramente, me hice los anteojos. Y aquí estoy escribiendo para ustedes.

La presbicia y la aparición de otros signos del paso del tiempo, me llevaron a reflexionar.

La sensación que describí anteriormente no tiene que ver con el diagnóstico en sí. Tiene que ver con el "darse cuenta" de dónde estamos parados. Un STOP en el devenir de nuestra vida que nos dice "ya no tienes 20 años".

Pero, ¿este es el punto de partida de la vejez?

No, el envejecimiento es algo que ocurre desde que nacemos. Este es el punto en el que nos damos cuenta, de repente, que algo de eso nos está pasando.

¿Recuerda Usted algún momento similar? Seguramente que sí...

Es allí cuando tomamos una decisión. Escuchamos o no queremos escuchar. Aceptamos o no.

En el peor de los casos. Decidimos que el mundo se terminó para nosotros.

Nos preguntamos, por qué la vida nos hace esto. Nos deprimimos. Nos abandonamos.

Quizá no le damos importancia.

Hacemos de cuenta que no nos pasa nada. Negamos. Esto no nos hace bien porque la realidad se nos impone finalmente.

O decidimos que es más fuerte nuestro

deseo de vivir la vida, de seguir leyendo y escribiendo, que los anteojos o cualquier limitación que vaya apareciendo. Entonces, llegado ese "darse

cuenta" somos nosotros los que hacemos de él un punto de

partida o de llegada.

En un momento la vida nos pone anteojos, nos hace andar más lento, tomar algunas medicaciones, nos hace cambiar la alimentación, y más. Pero no nos dice que no la vivamos. Todo lo contrario. Nos enfrenta, muchas veces, con las consecuencias de nuestros actos pasados y nos da una oportunidad más. Cuando decimos "la vida" decimos lo que nosotros mismos hemos hecho con ella hasta ahora.

Algunas cosas ya no podremos hacerlas. Otras, si seguimos nuestro deseo, le encontraremos la forma.

La vida nos pone anteojos para que continuemos viendo CLARAMENTE.

Nos hace andar más lento para darnos la oportunidad de DISFRUTAR, si es que no pudimos por tanto correr. También para transmitirles a los más jóvenes que nos rodean que para disfrutar hay que detenerse a sentir. Es mucho mejor entenderlo antes.

No es lo mismo ver una puesta de sol sentados en la arena mientras acontece que corriendo por la playa.

Sí, la vida nos hace parar.

Nos dice "Hey, Ya corriste demasiado. Vení, sentate, sentí, disfrutá."

Sólo hay que querer escucharla. •





# STAY FIT! STAY HEALTHY!

BY CARA PERRIN, B.S., ACSM, HFI,  
WELLNESS COORDINATOR AT BROWARD HEALTH'S WELLNESS CENTER  
AT BROWARD GENERAL MEDICAL CENTER



Heart Disease is the number one killer in the United States. Coronary Artery Disease (CAD) is a chronic condition in which the arteries of the heart are constricted due to a build up of fatty materials, resulting in a reduction of oxygen rich blood flow to the heart. The lack of oxygen may cause angina (chest pain), a heart attack, or even death. If you are a male over 45 or a female over 55, you already have one risk factor for heart disease. If you have a history of smoking, high blood pressure, high cholesterol, diabetes, obesity, live a sedentary lifestyle or have a family history of CAD, your chances of developing heart disease are even higher. Reduce your risk factors and reduce your chances of developing heart disease.

The Cardiac Rehabilitation program at the Broward Health Wellness Center offers emotional support and

nutritional guidance along with their cardiac monitored and medically supervised exercise program for those already affected by CAD. Bi-monthly educational lectures taught by cardiac health experts help patients understand heart disease. The topics of our lectures include Cardiovascular Risk Factors, Behavior Modification, Angina, Weight Loss, Stress Management and Benefits of Exercise. The Cardiac Rehab team consists of cardiologists, nurses, exercise physiologists and dieticians.

The Wellness Center at Broward Health offers many medically supervised programs. The diverse group of programs includes Pulmonary Rehab, Diabetes, Smoking Cessation, and Weight Loss. The Wellness Center also offers personal training, massage therapy, nutritional counseling, health screenings, and over 35 different fitness classes.

Research supports the importance of exercise in the possible prevention of stroke, obesity, arthritis and cardiovascular or respiratory diseases. The benefits of physical activity include increased flexibility and mobility as well as improved muscle strength and aerobic capacity. Our exercise physiologists and personal trainers help individuals achieve their fitness goals, improve lean body mass (LBM), flexibility, strength, and endurance.

Mental health and wellness is also critical in maintaining an active

lifestyle. Activities in a group setting have been shown to increase motivation in the pursuit of a healthy lifestyle by relating and interacting with others in a social atmosphere. Our group Pilates, Yoga, and Tai Chi classes help individuals achieve healthy minds and healthy bodies in a casual group setting.

The importance of a healthy diet should not be ignored. Good nutrition affects the quality of our lives, keeps us healthy, and helps speed up the healing process if we become ill. A healthy diet can ease the effects or symptoms of chronic diseases like osteoporosis, high blood pressure, type 2 diabetes, heart disease, certain cancers, and conditions affecting the digestive tract. We have Certified Clinical Dieticians who can assist in losing weight, lowering cholesterol, diabetes management, and analyze your Body Mass Index (BMI) and Percent Body Fat.

Staying physically active and eating a well balanced diet can prevent or delay certain diseases as well as relieve depression and improve overall mood. Inactivity and consuming a poor diet can increase the chances of disease, speed up the aging process, and lead to a lack of self-esteem. So get moving, eat healthy, and moderate any alcohol consumption.

**LET WELLNESS LEAD YOU TO THE PATH OF A NEW YOU!**

For more information about Broward Heath Wellness Center, please call 954-355-5521 or visit our webpage at [www.browardhealth.org/bgwellness](http://www.browardhealth.org/bgwellness).

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# MANTÉNGASE EN FORMA! MANTÉNGASE SALUDABLE!

POR CARA PERRIN, B.S., ACSM, HFI,  
COORDINADORA DEL CENTRO DE BIENESTAR DE LA SALUD DE BROWARD  
EN EL BROWARD GENERAL MEDICAL CENTER



Las enfermedades del Corazón son la causa número uno de muerte en los Estados Unidos. La enfermedad de la Arteria Coronaria es una condición crónica donde la arterias del corazón están obstruídas debido a la acumulación de material graso, provocando la disminución de los niveles de oxígeno a través del flujo sanguíneo al corazón. La falta de oxígeno puede causar dolor de pecho (Angina), ataque al corazón y hasta la muerte. Si usted es un hombre más de 45 años o una mujer con más de 55 años, ya tiene un factor de riesgo para las enfermedades cardíacas. Si tiene una historia de fumador, presión alta, colesterol alto, diabetes, obesidad, una vida sedentaria o una historia familiar con problemas de corazón, su probabilidad de tener problemas cardíacos son más elevadas. Reduzca sus factores de riesgo como también las posibilidades de desarrollar enfermedades coronarias.

El programa de rehabilitación cardíaca, en el Broward Health Wellness Center ofrece apoyo psicológico y guía nutricional a través de el monitoreo cardíaco y un régimen de ejercicios supervisados por profesionales médicos para los pacientes de enfermedades coronarias. Presentaciones bimestrales por expertos ayudan a los pacientes entender los problemas coronarios. Los tópicos de la presentación incluyen los factores de riesgo cardiovasculares, modificación de comportamiento, Angina, pérdida de peso, manejo del



stress y los beneficios del ejercicio físico. El equipo de rehabilitación cardíaca consiste de un Médico Cardiólogo, enfermeros, kinesiólogos y nutricionistas.

El Wellness Center at Broward Health ofrece varios programas médicos supervisados por profesionales. Los diversos programas incluyen, rehabilitación pulmonar, diabetes, dejar de fumar y programas de pérdida de peso. El Centro también ofrece entrenador personal, masajes, seguimiento nutricional, evaluaciones de salud, y más de 35 clases de ejercicios. Las investigaciones apoyan la importancia del ejercicio físico

como una posible prevención de un ataque cardíaco, obesidad, artritis y enfermedades cardiorrespiratorias. Los beneficios de la actividad física, el aumento de la flexibilidad y movilidad como también el mejoramiento de la masa muscular y la capacidad aeróbica. Nuestros kinesiólogos, y los entrenadores personales ayudan a las personas para adquirir sus metas de estado físico, mejoramiento de la masa muscular, flexibilidad, fuerza y resistencia.

La salud mental y física también es importante para el mantenimiento de un estilo de vida activo. Actividades en grupos han mostrado el aumento de la motivación en las personas para lograr su objetivo para una vida saludable, relacionándose e interactuando con otros en un entorno social. Nuestro grupo de clases de Pilates, Yoga y Tai Chi ayudan a las personas conseguir tener una mente y un cuerpo saludables en un entorno relajado.

La importancia de una dieta saludable no debe ser ignorada. La buena nutrición afecta la calidad de nuestras vidas, nos mantiene saludables y nos ayuda a acelerar el proceso recuperatorio en caso de enfermarnos. Una dieta saludable puede disminuir los síntomas de enfermedades crónicas como

osteoporosis, hipertensión, diabetes tipo II, enfermedades coronarias, algunos tipos de cáncer y condiciones que afectan el tracto digestivo. Poseemos de nutricionistas clínicos certificados que lo pueden asistir en la pérdida de peso, reduciendo los niveles de colesterol, manejando la diabetes y analizando su índice de masa corporal y el porcentaje de grasa corporal.

Manteniéndose físicamente activo y alimentándose a través de una dieta balanceada puede prevenir o retardar algunas enfermedades como también aliviar la depresión y mejorar el estado de ánimos. La inactividad y una alimentación no balanceada puede aumentar las posibilidades de enfermedad, acelerar el proceso de envejecimiento y conducir a un estado de bajo auto estima. Entonces, manténgase activo, aliméntese saludablemente, y modere el consumo de alcohol.

**DEJE QUE EL BIENESTAR LO GUÍE A UN NUEVO SER.**

Para mas información sobre Broward Health Wellness Center, llame al 954 355 5521 o visite a

[www.browardhealth.org/bgwellness](http://www.browardhealth.org/bgwellness) •

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55+ Magazine se enorgullece en anunciar la Fusión con Scoop For Seniors, LLC creando uno de las más reputable sitios de recursos de productos recreativos dedicados a la comunidad de más de 55 años. Acceda a este sitio a través de 55+ Lifestyle Shopping en [www.55plusmag.us](http://www.55plusmag.us). Los productos comprenden de Libros, DVD's, música y juegos cognitivos para el disfrute de toda la familia, profesionales de la salud y los cuidadores personales. Scoop For Seniors y 55 + Lifestyle pueden asistirles a encontrar nuevos artículos y productos para las personas de 55 años o más y sus cuidadores.



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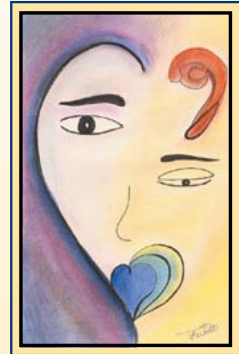
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# ONCOLOGY ESTHETICS: PERMANENT MAKEUP... LOOKING GOOD, FEELING BETTER

BY SARAH OLIVER

Women wear makeup for many reasons. Some women wake up in the morning and put their face on right away; others prefer a natural, no makeup look. Makeup helps women look their best – and there is a lot to be said about feeling better as a result of looking your best.

What role does makeup play for women that are battling cancer, feel ill physically and experiencing hair loss from treatment? For these patients, hair loss adds additional stress during an already difficult time. Losing hair due to a treatment designed to cure creates a cruel irony that most cancer patients will have to face - often times wreaking havoc on their self-esteem. Self-esteem plays a tremendous role in the success of a patient's treatment. The ability of a woman to feel great about herself during this time propels her forward by leaps and bounds on what will be a long road to recovery.

Many chemotherapy patients will experience total hair loss, including eyelashes and eyebrows.

While wigs are commonly used, patients may feel like there is no alternative when they suffer from facial hair loss.

This is simply not true. There is a simple, long lasting solution: permanent makeup.

Permanent makeup consists of a method which



delivers tiny color particles beneath the client's skin. This quick procedure recreates the illusion of eyebrows and eyelashes, eliminating the need to continually reapply make-up – allowing clients freedom to spend more time focusing on recovery.

During a recent interview, Dr. Tracey Stokes, MD, FACS, a plastic and reconstructive surgeon who specializes in surgery after mastectomies, was asked what role permanent makeup plays for cancer patients. She stated, "Permanent makeup is a big boost for a woman's self-esteem during a point when they may not feel well physically and may be self-conscious about their looks. Hair loss, Alopecia and physical deformities may happen as a result of cancer treatment. Permanent makeup helps patients look better without having to do anything – just waking up and feeling better knowing that they look good. It's a wonderful recovery remedy."

Permanent makeup helps ease the distress of chemotherapy by preserving the appearance of eyebrows and eyelashes. Women can feel confident with natural looking eyebrows and beautifully defined eyes. It can be applied one month before the client undergoes cancer drug administration. Patients already undergoing treatment can have the procedure performed during an off week (no drugs administered), if approved by a physician.



A recent client of Naturally You, diagnosed with Stage Four Lung Cancer stated, "Although there is no cure for me, I am going to live all that I can...and my eyebrows are important; they make me feel like me."

If you are a cancer patient experiencing facial hair loss, know that there is an option available to assist you in looking your best. Let permanent makeup help you enter into treatment feeling beautiful and having one less thing to worry about.

Sarah Oliver, a specialist in cosmetic/paramedical permanent makeup, is an active volunteer with the American

Cancer Society's Look Good, Feel Better program. She speaks at local support groups and serves many women with her Oncology Esthetics offering. Her passion is to help women recovering from cancer achieve the look they desire with permanent makeup, a non-surgical solution for eyebrows, eyeliner, lips and post mastectomy areola repigmentation. Having permanent eyebrows applied is her most popular request. Eyebrows make a difference; they frame the face, illuminate our character and personality and can create a younger, happy, rested look even when you wake up feeling lousy from your treatment. For more information, please visit: [www.natural-you.com](http://www.natural-you.com) •

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# ESTÉTICA ONCOLÓGICA: MAQUILLAJE PERMANENTE... LUCIENDO BIEN, SINTIÉNDOSE MEJOR

POR SARAH OLIVER



Las mujeres usan maquillaje por varias razones. Algunas se despiertan en la mañana y se maquillan automáticamente. Otras prefieren un look natural sin maquillaje. El maquillaje ayuda a las mujeres a lucir mejor y hay mucho que decir sobre sentirse bien a causa de lucir mejor.

¿Qué lugar juega el maquillaje para las mujeres que sufren de cáncer, sintiéndose mal físicamente y experimentando caída de el pelo, debido al tratamiento? Para estos pacientes la caída del pelo adiciona más Stress durante este período difícil. La caída del pelo como consecuencia de un tratamiento designado a curar crea una cruel ironía que, la mayoría de los pacientes, deberán enfrentar a menudo. Esto hace estragos en la autoestima. La autoestima juega un importante papel en el éxito de un tratamiento del paciente. La habilidad de una mujer para sentirse bien acerca de sí misma durante este tiempo impulsa hacia adelante a pasos agigantados lo que será un largo camino hacia la recuperación.

Muchos pacientes de quimioterapia experimentan pérdida total del cabello, incluyendo cejas y pestañas. Mientras que las pelucas son de uso general, los pacientes pueden sentirse como que no hay otra alternativa cuando sufren de pérdida de vello facial. Esto simplemente no es cierto. Hay una solución simple, de larga duración: el maquillaje

permanente. El maquillaje permanente consiste en un método que ofrece pequeñas partículas de color debajo de la piel del cliente. Este procedimiento rápido recrea la ilusión de cejas y pestañas, eliminando la necesidad de volver a aplicar continuamente maquillaje - que permite la libertad a los clientes dedicar más tiempo a centrarse en la recuperación.

Durante una reciente entrevista, el Dr. Tracey Stokes, MD, FACS, cirujano plástico y reconstructivo que se especializa en la cirugía después de la mastectomía, se le preguntó qué papel juega el maquillaje permanente para pacientes con cáncer. Ella declaró: "El maquillaje permanente es un gran impulso para la autoestima de una mujer, en un momento en que no se siente bien físicamente y puede ser consciente de su apariencia. La caída del cabello, alopecia y deformaciones pueden ocurrir como resultado del tratamiento del cáncer. El maquillaje permanente ayuda a que los pacientes se vean mejor sin tener que hacer nada, sólo despertar y sentirse mejor sabiendo que se ven bien. Es una solución de recuperación maravillosa. "

El maquillaje permanente ayuda a aliviar el sufrimiento de la quimioterapia, preservando el aspecto de las cejas y



las pestañas. Las mujeres se sienten confiadas teniendo cejas que se vean naturales y los ojos muy bien definidos. Se puede aplicar un mes antes de la administración del tratamiento que el cliente se somete contra el cáncer. Estos pacientes pueden tener el procedimiento realizado durante una semana de descanso (sin fármacos administrados), de ser aprobado por un médico.

Un cliente de Naturally You, con diagnóstico de la Cuarta Etapa del cáncer de pulmón, dijo que, "Aunque no existe cura para mí, voy a vivir todo lo que puedo... y mis cejas son importantes, me hacen sentir como yo."

Si usted es un paciente con cáncer que experimenta la pérdida de vello facial, sabemos que hay una opción disponible para ayudarle a lucir mejor. Deje que el maquillaje permanente lo ayude a recibir su tratamiento, sintiéndose hermosa y teniendo algo menos por que preocuparse.

Sarah Oliver, especialista en cosmética y maquillaje permanente paramédico, es una voluntaria activa en la American Cancer Society, del programa Luciendo Bien, Sintiendo Mejor, es presentadora en grupos de apoyo locales y ayuda a muchas mujeres con sus servicios de Oncología Estética. Su pasión es ayudar a las mujeres que se recuperan de cáncer para lograr la apariencia que desean con el maquillaje permanente, una solución no quirúrgica para las cejas, delineador de ojos, labios y repigmentación después de la mastectomía. Las cejas permanentes es su servicio más popular entre las mujeres. Las cejas hacen una diferencia, que enmarcan el rostro, iluminan nuestro carácter y personalidad, y pueden crear un aspecto más joven, alegre, descansado y aún cuando se despiertan sintiéndose agotados por su tratamiento. Para obtener más información, visite: [www.natural-you.com](http://www.natural-you.com) •

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## THE WONDER OF A WOMAN

# Lynda Carter

BY NELSON A. GARCIA



What would you say if we told you that our celebrity on the cover of this issue has already gone through 3 careers in her lifetime? Yes, it's true. She is an actress who, while playing many parts, became famous as the Superhero, Wonder Woman, a mother raising her family, and now a singer with 2 CDs on the market and a third one ready to be released.

Lynda Carter was born in Phoenix, Arizona as Linda Jean Cordova Carter. She carries the last name of her mother, Juana Cordova, whose roots go back to the city of Chihuahua in Mexico. Her grandmother used to tell her, "that's where beautiful women come from." Her father, Colby Carter was an art dealer of Irish descent. Lynda started her singing career in high school where she was a member of several bands. In 1972, she won the title of Miss World USA and finished in the semifinals of the Miss World pageant. Her first CD, "Portrait" was released in 1978. She then took a break for 30 years prior to releasing her next CD, "At Last" in 2009. During that break, Lynda played the role of Wonder Woman on television and raised her family. Once again, she has gone back to her roots as a singer. Her new CD 'Crazy Little Things' will be released in April 2011. For information on purchasing the CD and her touring dates please go to [www.lyndacarter.com](http://www.lyndacarter.com).

**55+** You are in terrific shape and you look great.... What is the secret to staying healthy?

**LC** I grew up in a family where we were always active and playing games and

being outside. We always tried to eat healthy. My mother used to work out with Jack Lalanne, who just recently passed away. I give credit to my father and my mother for instilling these things in us. My father was a college athlete as were my sister and my brother. My husband and I love skiing and when we're not doing that, we try to do something active every day.

**55+** It is public knowledge that you battled with alcohol issues and in 2008 you went to a rehab. Can you tell us about that?

**LC** It was reported incorrectly that this happened in 2008. It was in 1997 when I had some issues with alcohol and went to Father Martin's Ashley Rehab Center in Maryland. I am now on the Board of Directors of that facility. I help raise money so that those who cannot afford it can get into recovery. I have travelled around the country and have spoken to a lot of different groups about these issues.

**55+** What motivated you to seek treatment?

**LC** I did not start drinking until I was in my twenties. I have a genetic predisposition to it and I drank for the same reason that most people did. Then I found myself in a situation where I started to use alcohol to deal with emotional issues. When you begin to use it as a way to cope, the consequences are not very good. It took a while for me to realize this. I had one beer and then I needed to have another one and then another. I realized it was AGAINST MY WILL. I am a strong person. Whatever I set my mind to do, I do it. But that does not work with addiction. My mother's side of the family had some issues with this and one family member died of alcoholism. I learned about

my disease and I realized that my husband and my family were more important. Plus, I was disappointed in myself. It was shameful and embarrassing. I knew that I had to do something. My husband helped me to come to terms with the fact that I needed help.

**55+** Moving on to your music, your last CD, "AT LAST" was launched in 2009 with great reviews. The CD was produced in LA and you added more production in Nashville...can you tell us about that?

**LC** I started singing again and I was not happy with the way it came out. I wanted more of an open feeling to it. Through a series of coincidences, I hooked up with John Carter Cash, Johnny Cash's son and he produced about half of the album. Then, Grammy winning producer/engineer, Karl Lenny took it apart and remixed it, using pieces of both recordings from LA and Nashville. I just completed a new CD that we are trying to have ready for release soon. The CD is out of Nashville now. It is not country, but there certainly are some overtones. There is an openness to it that gives it a very different feel. The band on the CD is one that I have been working with for the last 3 years. It's quite different from the last one and I am really happy with it.

**55+** During an interview you mentioned that you enjoy doing music that is inclusive rather than exclusive. What does that mean?

**LC** That was taken a little bit out of context. It is the way I personally perform when I am in front of a live audience. Often times, when you see people perform, there is almost a veil between them and the audience. They don't reach out to the audience. I think of myself as a story teller. I like to communicate with my audience.



There is always a reason why I am doing a particular song. I re-imagine the songs, even though they are not new songs. I write some of my own, but most are songs that have been re-imagined. They are sung a little differently with my own take on it. For the time that I spend on the earth, I have been put in place to express some part of myself through music.

**55+** You have been quoted as saying, your “biggest strength is in performing.” Can you explain a little about that?

**LC** It is satisfying. I also love recording, but performing in front of a live audience gives you that immediate feedback... that ‘nowness.’ It’s exciting that people have taken their time to come out to see you and be with you. It is a very cool thing.

**55+** You are very well known for the Wonder Woman role... worldwide. This has endeared you to many people and made you a role model for many young girls in the 70s.

**LC** I love to hear that! I think that Wonder Woman was strong and smart and positive. Women loved her personality..... behave yourself,

be nice, tell the truth or I am going to ‘kick your butt’ kind of thing. Just don’t come into my world and start doing bad things. The first couple of episodes she was ‘dumbing herself down’ and I completely changed that. It was ridiculous that nobody knew who she was, but that was the premise of the show. We should all realize that there are many facets to our personalities, and if we take that for granted, we will learn a lot more about ourselves through our alter ego.

**55+** That really empowered many girls at that time...

**LC** It did, and in some ways, what I am doing now is the same. Your life is not over when your kids leave home. You should pick yourself up and decide what it is that you want to do and get creative. Do a little bit of something for you every day in terms of exercise and taking care of yourself. Laugh a lot and give to others. I think that some of the best times of my life have been when I was able to extend a helping hand to other people.

**55+** You were awarded “Best Local Hero” by the WASHINGTON BLADE Magazine in DC... can you comment on that?

**LC** Yes, I am also going to be the Grand Marshall at the Gay Pride Parade in Phoenix. I am very supportive of civil rights. I have strong feelings concerning issues in the Gay and Lesbian community. I was raised Catholic, and once again, that has nothing to do with anybody but themselves. I never met a gay person who did not know that they were different from the time they were small. I cannot make myself short and gay people cannot make themselves ‘un-gay’. That’s just the way it is. I would have to cut off my legs in order to be a short person.





I know that doesn't square with a lot of people, but that's ok because I believe in civil rights. Certainly in the Hispanic community we have all felt it. I personally have felt it when people learned that I am

half-Hispanic. I have heard certain comments made. Some of my relatives are darker skinned than I am, and I have seen prejudice there. I know what it is. I am in defense of their civil rights as well.

**55+** One last question. Do you think that politicians should be using the 'lasso of truth?'

**LC** (she laughs) Living in Washington, it would be a really neat thing. Boy, I think it might change the political climate a bit if we could use the 'lasso of truth' on politicians during public debates.

**55+** On behalf of all of our readers, 55+ Magazine thanks you for spending time with us. It was a pleasure.

**LC** Thank you, and the pleasure was mine. •

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55+ LAS MARAVILLAS  
DE UNA MUJER

# Lynda Carter

POR NELSON A. GARCIA



¿Qué diría Usted si le dijésemos que nuestra celebridad de tapa ha realizado 3 carreras en su vida hasta ahora? Sí, es verdad.

Es una actriz que mientras devenía famosa como la “Mujer Maravilla”, llevaba adelante su familia, y ahora es una cantante con dos CDs en el mercado y uno próximo a lanzarse.

Lynda Carter nació en Phoenix, Arizona como Lynda Jean Cordova Carter. Ella mantuvo el apellido de su madre, Juana Cordova, que tiene raíces en Chihuahua, México. Su abuela solía decirle “ Es el lugar de donde provienen las mujeres bellas”. Su padre, Colby Carter era un comerciante de arte descendiente de Irlanda. Lynda comenzó su carrera como cantante en la escuela secundaria donde participó en muchas bandas. En 1972 ganó el certamen de Miss Estados Unidos y terminó como semifinalista en el de Miss Mundo. Su primer CD “Portrait” fue realizado en 1978. Luego se tomó un descanso de 30 años antes de realizar el próximo, “At Last” en 2009. Durante esos años, Lynda interpretó el papel de la Mujer Maravilla en televisión y atendió a su familia.

Una vez más ella volvió a sus raíces como cantante.

**55+** Usted está con una formidable figura y se la ve

fantástica...¿Cuál ese el secreto de mantenerse saludable?

**LC** Volví al canto después de tomarme un tiempo para atender a mi familia. Crecí dentro de una familia muy activa, jugábamos y también salíamos.. Siempre tratamos de comer saludable. Mi madre trabajaba para Jack Lalanne, que hace poco falleció. Les agradezco a mis padres por haber instalado en nosotros estas ideas. Mi padre era atleta en la Universidad como también lo eran mi hermana y mi hermano. A mi marido y a mí nos encanta esquiar y cuando no lo estamos haciendo tartamos de hacer algo de actividad todos los días.

**55+** Es de público conocimiento que batalló en contra de el alcohol y que en el 2008 fue a rehabilitación. ¿Puede contarnos acerca de ese momento?

**LC** No es correcto que fue en el 2008. Ocurrió en 1997 cuando tuve algunos problemas con el alcohol y fui al Centro de Rehabilitación del Padre Martin Ashley en Maryland. Ahora estoy en la Comisión directiva de esa institución. Colaboro a recaudar dinero para aquellos que no pueden afrontar el costo del tratamiento. Viajo por todo el país y he hablado con distintos grupos sobre este tema.

**55+** ¿Qué la motivó a tomar el tratamiento?

**LC** Yo comencé a beber cuando estaba en mis veintes. Tengo una predisposición genética y comencé por lo que la mayoría de la gente empieza. Hasta que un día me encontré usando el alcohol para hacer frente a temas emocionales. Cuando uno empieza a hacerlo para escapar no es bueno. Me llevó un tiempo para darme cuenta de esto. Tomaba una cerveza y después otra y otra. Me dí cuenta que iba

en contra de mi deseo. Soy una persona fuerte. Cualquier cosa que se me pone en la cabeza la hago. Pero eso no funcionó con mi adicción. Integrantes de la familia de mi madre tuvieron temas con el alcohol y uno de ellos falleció por culpa del alcoholismo. Aprendí sobre mi enfermedad y me dí cuenta que mi marido y mi familia eran importantes. Más, el estar desilusionada de mí misma. Fue embarazoso y vergonzoso. Sabía que tenía que hacer algo. Mi marido me ayudó a volver a mí con el hecho de que sí necesitaba ayuda.

**55+** Volviendo a su música, su ultimo CD, "At Last" se lanzó en 2009 con una gran crítica. El CD se grabó en LA y usted agregó más producción en Nashville...¿Me podría contar más sobre eso?

**LC** Comencé a cantar y no estaba contenta con la forma en que había salido. Quería más sentimiento en él. Entre varias coincidencias me contacté con John Carter Cash, el hijo de Johnny Cash y produjo la mitad del álbum. Recién completé un nuevo CD que estamos por lanzar pronto. El CD está fuera de Nashville ahora. No es Country, pero hay algunas armonías de ese estilo. Tiene una apertura hacia el country que le da un sentido diferente. La banda del CD es una con la cual vengo trabajando hace 3 años. Es muy diferente a el último y estoy muy contenta con eso.

**55+** Durante una entrevista Usted mencionó que usted disfruta más de hacer música inclusiva que exclusiva. ¿Qué significa esto?

**LC** Eso fue sacado un poquito de contexto. Se trata del modo personal en que realizo las interpretaciones cuando estoy frente a la audiencia en vivo. Muchas veces cuando se ve interpretar a algunos hay

como un velo entre esas personas y el público. No llegan a él. Yo me pienso a mí misma como una narradora. Me gusta comunicarme con mi público. Siempre hay una razón el por la que estoy haciendo determinada canción. Yo re imagino las canciones, incluso cuando no son nuevas. Yo escribo algo sobre mí pero la mayoría son canciones que han sido re imaginadas. Son cantadas un poco diferentes con mi propio toque en ella. Desde el momento en que estoy en la Tierra fui puesta en el lugar para expresar una parte de mi ser a través de la música.

**55+** Ha sido citada diciendo “la mayor fortaleza está en la interpretación”. ¿Podría explicarnos?

**LC** Es gratificante. Yo amo también grabar, pero interpretar delante de la audiencia te da un “ida y vuelta” inmediata...ese “aquí y ahora”. Es excitante saber que las personas se tomaron su tiempo para ir a verte y estar contigo. Es muy lindo.

**55+** Usted ha sido muy reconocida por su rol de “Mujer Maravilla”... en todo el mundo. Esto provocó la admiración de muchos e hizo que se convirtiera en un modelo para las muchachas en los 70s.

**LC** ¡Me encanta escuchar eso! Creo que la Mujer Maravilla era fuerte e inteligente y positiva. Las mujeres amaban su personalidad... pórtense bien, sean buenos, digan la verdad o voy y “les doy” o algo así. Es decir no vengas a mi mundo y empieces a hacer cosas malas. Los primeros episodios ella se veía un poco “rústica” y yo cambié eso totalmente. Era ridículo que nadie supiese quién era, pero esa era la premisa del show. Todos debemos conocer que existen muchas facetas de nuestra personalidad y si tomamos eso como garantía



aprenderemos mucho sobre nosotros mismos y nuestro otro yo.

**55+** Esto realmente potenció a muchas niñas de ese tiempo...

**LC** Lo hizo y de algún modo, lo que hago actualmente es lo mismo. Tu vida no es la misma cuando tus hijos se van de casa Debes animarte y decidir qué es lo que quieres hacer y ser creativo. Haz algo por ti mismo cada día como ejercicio y cuidados. Ríete mucho y transmítelo a los otros. Creo que los mejores momentos de mi vida fueron cuando he extendido una mano de ayuda a otros.

**55+** Usted fue galardonada como “La Mejor Heroína Local” por la revista

WASHINGTON BLADE del DC. ...¿Nos puede comentar?

**LC** Sí, también voy a ser el “Grand Marshall” en el Gay Pride Parade en Phoenix. Yo defiendo los derechos civiles. Tengo sentimientos muy fuertes en los temas concernientes a la comunidad homosexual. Fui criada católica, y una vez más eso no tiene nada que ver con nadie más que con ellos mismos. Nunca conocí a una persona gay que no supiese que era diferente desde que era pequeño. Yo no puedo convertirme en una persona de baja estatura, como un gay no puede convertirse en no ser gay. Ese es el modo en que es. Tendría que cortarme las piernas para ser más baja. Yo sé que esto no le cuadra a mucha gente pero, lo acepto porque creo en los derechos civiles. Desde ya que en la Comunidad Hispana todos lo hemos sentido. Yo misma cuando algunos

se han enterado que soy mitad Hispana. He escuchado algunos comentarios hechos. Algunos de mis parientes tienen la piel oscura como yo y he visto prejuicio. Sé lo que es. Por lo cual defiendo los derechos civiles.

**55+** Una última pregunta. ¿Usted cree que los políticos deberían usar el “lazo de la verdad”?

**LC** (Ríe) Viviendo en Washington, sería algo muy limpio. Muchacho, creo que cambiaría un poquito el clima político si pudiéramos usar “el lazo de la verdad” durante los debates públicos.

**55+** En nombre de todos nuestros lectores, 55+ Magazine le agradece su tiempo para con nosotros. Fue un placer.

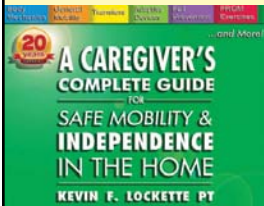
**LC** Gracias a Ustedes, el placer fue mío. •



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Physiatry and Rehabilitation Services LLP

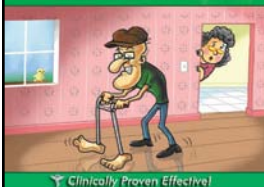


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# WHAT TO LOOK FOR IN CARDIAC REHABILITATION

BY LESLIE V. CURTIS, DIRECTOR OF BUSINESS DEVELOPMENT,  
WHITEHALL, BOCA RATON



Over the last 20 years amazing strides have been made in heart surgery. But surgery is only about repair and for most people, recovery typically requires 10 to 14 days of cardiac rehabilitation in a skilled nursing facility.

It's critical to understand what an effective cardiac rehab program should include. A cardiac event is traumatic and recovery should be multi-faceted, taking into account everything from a patient's physical condition to his or her emotional and psychological response.

Cardiac programs based on a "one size fits all" plan should be avoided. No two patients are alike. Initial assessment factors that must be considered by medical professionals include a patient's previous lifestyle, the nature of the cardiac event that occurred, what is required to help the patient return to an optimal lifestyle, and the patient's motivation to get involved in the recovery process.

Program plans ought to incorporate a strong focus on physical therapy, occupational therapy and therapeutic recreation — all balanced to ensure that patients advance at a pace appropriate to their unique situation. However, a program that addresses fear and anxiety is also important. Both can trigger stresses that might impact recovery. The best cardiac rehab programs include visits from a psychologist and continual contact with a social worker.

Finally, cardiac events have lifelong consequences that call for rethinking on nutrition, menu planning, exercise, stress management, and medication management. Any cardiac program should include continuing education on those elements and encourage follow-up support, such as community support groups.



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# QUE DEBERÍAS SABER AL BUSCAR UN CENTRO DE REHABILITACIÓN CARDÍACA

POR LESLIE V. CURTIS, DIRECTORA DE DESARROLLOS DE NEGOCIOS PARA WHITEHALL, BOCA RATON

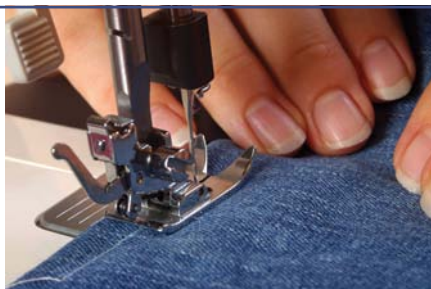
Durante los últimos 20 años, un increíble progreso se ha hecho en las cirugías del corazón. Pero cirugía es solamente para reparar y para la mayoría de la personas, el proceso recuperatorio típicamente requiere de 10 a 14 días de rehabilitación Cardíaca en un centro especializado. La recuperación tiene que ser multifacética, tomando en cuenta la condición física del paciente como también la condición emocional y psicológica después de este evento. Los Programas Cardíacos basados en un plan sin alternativas y sin ser personalizados, tendrían que ser omitidos. No hay dos pacientes iguales. En una evaluación inicial los factores que se consideran incluyen el estilo de vida del paciente que tenía antes del evento, el motivo del evento cardíaco, requerido al asistir al paciente para volver a su rutina en una forma óptima, y la motivación del paciente siendo participe en el proceso recuperatorio. Los Programas se basan en el enfoque en la terapia física, terapia ocupacional y de recreación. En conjunto, aseguran que el paciente progrese a un paso apropiado hacia una rehabilitación ideal. Es importante que el programa provea e identifique los miedos y las ansiedades que el paciente pueda tener. Tanto la ansiedad y el miedo puede crear stress y por consecuencia impactar la recuperación. Los mejores programas incluyen visitas de un psicólogo y continuas visitas de un trabajador social. Finalmente, los eventos cardíacos tienen secuelas de por vida que hacen re considerar en un nuevo plan de nutrición, planeamiento de una dieta, ejercicios, manejo del stress, y un régimen de medicaciones. Cualquier Programa de rehabilitación cardíaca debería de incluir educación en estos elementos y apoyo moral al paciente, como grupos de apoyo.



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55+ Magazine se enorgullese en anunciar su nuevo servicio gratuito para la comunidad geriátrica del Sur de la Florida; con su nueva línea de teléfono 855-455-PLUS (7587) anunciado en la publicación anterior. Tanto la revista impresa o la versión en internet en [www.55plusmag.us](http://www.55plusmag.us) ofrecen muchos recursos e información para nuestros lectores bi-linguales.



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# RESOURCE DIRECTORY

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# HOSPITALS & HOSPICES

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

## HOSPITALS BROWARD

Atlantic Shores Hospital  
4545 N Federal Hwy  
Ft Lauderdale  
954.771.2711

Broward Gen Medical Ctr  
1600 S Andrews Ave  
Ft Lauderdale  
954.355.4400

Cleveland Clinic Hospital  
3100 Weston Rd  
Weston  
954.689.5000

Coral Springs Medical Center  
3000 Coral Hills Dr  
Coral Springs  
954.344.3000

Florida Medical Center  
5000 W Oakland Park Blvd  
Ft Lauderdale  
954.735.6000

Ft Lauderdale Hospital  
1601 E Las Olas Blvd  
Ft Lauderdale  
954.463.4321

HealthSouth Sunrise  
Rehab Hospital  
4399 Nob Hill Rd  
Sunrise  
954.749.0300

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

Holy Cross Hospital  
4725 N Federal Hwy  
Ft Lauderdale  
954.771.8000

Imperial Point Medical Ctr  
6401 N Federal Hwy  
Ft Lauderdale  
954.776.8500

Kindred Hospital  
1516 E Las Olas Blvd  
Ft Lauderdale  
954.764.8900

Kindred Hospital  
1859 Van Buren St  
Hollywood  
954.920.9000

Memorial Hospital Pembroke  
7800 Sheridan St  
Pembroke Pines  
954.962.9650

Memorial Hospital West  
703 N Flamingo Rd  
Pembroke Pines  
954.436.5000

Memorial Regional Hospital  
3501 Johnson St  
Hollywood  
954.987.2000

Memorial Regional Hospital S.  
3600 Washington St  
Hollywood  
954.966.4500

North Broward Medical Ctr  
201 E Sample Rd  
Deerfield Beach  
954.941.8300

Northwest Medical Center  
2801 N State Rd 7  
Margate  
954.974.0400

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

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

University Hospital & Med Ctr  
7201 N University Dr  
Tamarac  
954.721.2200

Westside Regional Med Ctr  
8201 W Broward Blvd  
Plantation  
954.473.6600

## MIAMI-DADE

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

Aventura Hospital & Med Ctr  
20900 Biscayne Blvd  
Aventura  
305.682.7000

Baptist Hospital of Miami  
8900 N Kendall Dr  
Miami  
786.596.1960

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

Coral Gables Hospital  
3100 Douglas Rd  
Coral Gables  
305.445.8461

Doctors Hospital  
5000 University Dr  
Coral Gables  
305.666.2111

HealthSouth Rehabilitation Hospital  
20601 Old Cutler Rd  
Miami  
305.251.3800

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

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

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

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

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

Kendall Regional Medical Center  
11750 Bird Rd  
Miami  
305.223.3000

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

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

Mercy Hospital  
3663 S Miami Ave  
Miami  
305.854.4400

Mount Sinai Medical Center  
4300 Alton Rd  
Miami Beach  
305.674.2223

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

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

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

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

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

Seasons Hospice & Palliative Care  
5200 NE 2<sup>nd</sup> Ave  
Miami  
305.232.5433

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

South Beach Community Hospital  
630 Alton Rd  
Miami Beach  
305.672.2100

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

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

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

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

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

# GUIDE

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

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

## **PALM BEACH**

Martin Memorial Hospital South  
2100 SE Salerno Road  
Stuart  
772.223.2300

Martin Memorial Medical Center  
200 Hospital Ave  
Stuart  
772.287.5200

SandyPines Hospital  
11301 SE Tequesta Terrace  
Tequesta  
561.744.0211

Fishermen's Hospital  
3301 Overseas Highway  
Marathon  
305.743.5533

Lower Keys Medical Center  
5900 College Rd  
Key West  
305.294.5531

Mariners Hospital  
91500 Overseas Highway  
Tavernier  
305.434.3000

Bethesda Memorial Hospital  
2815 S Seacrest Blvd  
Boynton Bch  
561.737.7733

Boca Raton Community Hospital  
800 Meadows Rd  
Boca Raton  
561.395.7100

Columbia Hospital  
2201 45th St  
West Palm Beach  
561.842.6141

Delray Medical Center  
5352 Linton Blvd  
Delray Beach  
561.498.4440

Lakeside Medical Center  
39200 Hooker Hwy  
Belle Glade  
561.996.6571

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

JFK Medical Center  
5301 S Congress Ave  
Atlantis  
561.965.7300

Jupiter Medical Center  
1210 S Old Dixie Hwy  
Jupiter  
561.747.2234

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

Palms West Hospital  
13001 Southern Blvd  
Loxahatchee  
561.798.3300

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

VA Medical Center  
7305 N Military Trail  
West Palm Beach  
561.422.8262

Wellington Reg Medical Ctr  
10101 Forest Hill Blvd  
Wellington  
561.798.8500

West Boca Medical Center  
21644 State Road 7  
Boca Raton  
561.488.8000

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

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

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

## **HOSPICES BROWARD**

Hospice by the Sea Care Center  
3600 Washington St  
Hollywood  
954.518.2470

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

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

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

## **MIAMI-DADE**

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

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

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

Odyssey HealthCare  
6161 Blue Lagoon Dr Ste 170  
Miami  
786.388.1400

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

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

## **PALM BEACH**

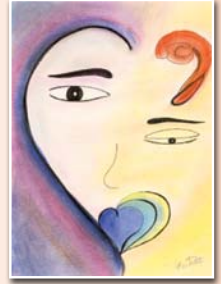
Hospice by the Sea Inc.  
1531 W Palmetto Dr  
Boca Raton  
561.395.5031

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

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

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



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# ADULT DAY CARE

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

## BOCA RATON

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

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

Mae Volen Senior Center  
1515 W Palmetto Park Rd  
561.395.8920

Memory & Wellness Ctr At FAU  
777 Glades Rd  
561.297.0503

## BOYNTON BEACH

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

Morse Adult Day Center  
8500 Jog Rd  
561.509.0111

Sunrise Community  
4745 NW 7th Ct  
561.547.2220

## CORAL SPRINGS

Sarah Care of Coral Springs  
754 Riverside Dr  
954.341.7788

## DAVIE

Central West Adult DayCenter  
6915 Stirling Rd  
954.587.2312

## DEERFIELD BEACH

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

## DELRAY BEACH

Mae Volen Senior Center Dementia  
850 N Congress Ave  
561.395.8920

## DORAL

Miami Behavioral Health Center  
1905 NW 82nd Ave  
305.398.6100

## FORT PIERCE

Alzheimers Day Care – Ft Pierce  
2900 S Jenkins Rd  
772.466.3261

Council on Aging Adult Day Care Center  
1505 Orange Ave  
772.465.5220

## FT LAUDERDALE

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

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

## GREENACRES

Alzheimer's Day Care – Greenacres  
2164 Jog Rd  
561.683.2700

## HALLANDALE

Chai Seniors  
788 E Hallandale Beach Blvd  
954.458.1968

Memorial Adult Day Care Center  
1750 E Hallandale Beach Blvd  
954.457.0505

## HIALEAH

Easter Seals Therapeutic Day Care  
489 Hialeah Dr Ste 7  
305.887.7370

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

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

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

United Help Community Services  
4160 W 12th Ave  
305.822.5956

William Lehman ADC Center  
7605 W 10th Ave  
305.557.8138

## HIALEAH GARDENS

Xclusive Senior Daycare Center  
12975 W Okeechobee Rd  
305.820.0805

## HOLLYWOOD

Joseph Meyherhof Senior Center  
3081 Taft St  
954.966.9805

## HOMESTEAD

Golden Age Adult Day Care Center  
28951 S Dixie Hwy  
305.248.6200

Homestead Adult Day Care Center  
653 SW 4th St  
305.242.7676

Homestead Behavioral Clinic  
654 NE 9th Pl  
305.248.3488

## LAKE WORTH

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

## LAUDERDALE LAKES

Lauderdale Lakes Alzheimer Day Care Center  
4320 NW 36th St  
954.535.2800

## MARGATE

Northwest Focal Point Senior Center  
6009 NW 10th St  
954.973.0300

## MIAMI

Centro Axis  
6840 SW 40th St  
305.668.0634

Community Adult Day Care  
7944 SW 8th St  
305.269.6845

Community Adult Day Care  
8346 SW 8th St  
305.266.9620

Easter Seals Therapeutic Day Care  
1475 NW 14th Ave  
305.325.0470

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

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

Florida Pace Centers  
5200 NE 2nd Ave  
305.795.8410

Gelber Adult Day Care  
11025 SW 84th St  
305.270.2979

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

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

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

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

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

# FACILITY GUIDE

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

**North Dade Adult Day Care**  
60 NE 166th St  
305.940.0075

**Roseland Adult Daycare**  
7392 SW 40th St  
786.388.7673

**San Judas Tadeo Community  
Adult Day Care Center**  
15628 SW 72nd St  
305.408.0077

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

**Santovenia Adult Day Care**  
13359 SW 42nd St  
305.227.9500

**Senior Care Options**  
9801A NW 7th Ave  
305.756.3458

**South Dade Adult Day Care  
Center**  
19590 Old Cutler Rd  
305.255.1433

**Sunrise Community**  
13788 SW 8th St  
305.228.4001

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

**West Dade Adult Day Care  
Center**  
6950 N Waterway Dr  
305.267.6372

## **MIAMI BEACH**

**Miami Beach Senior Center &  
Day Care**  
610 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 Center**  
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**  
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**  
1201 SE Indian St  
772.403.4525

## **SUNRISE**

**Kurt & Alice Walter Adult Day  
Care Center & Alzheimer's**  
5000 Nob Hill Rd  
954.742.2299

## **VERO BEACH**

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

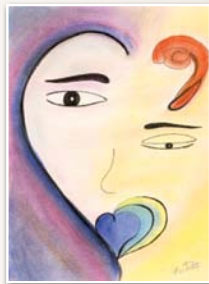
## **W PALM BEACH**

**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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**BROWARD  
954-965-2925**

**PALM BEACH  
561-329-4337**

**SE HABLA ESPAÑOL**

# NURSING / REHABILITATION

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

## **AVENTURA**

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

Palm Garden of Aventura  
21251 E Dixie Hwy  
305.935.4827

Regents Park at Aventura  
18905 NE 25th Ave  
305.932.6360

## **BOCA RATON**

Avante at Boca Raton  
1130 NW 15th St  
561.394.6282

Boca Raton Rehab Center  
755 Meadows Rd  
561.391.5200

Fountains  
3800 N Federal Hwy  
561.395.7510

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

ManorCare Health Services  
375 NW 51st St  
561.997.8111

Menorah House  
9945 Central Park Blvd  
561.483.0498

Regents Park Nursing & Rehab Center  
6363 Verde Trl  
561.483.9282

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

**Whitehall Boca Raton**  
7300 Del Prado S  
561.392.3000  
[www.whitehallboca.com](http://www.whitehallboca.com)

Willowbrooke Court at St Andrews  
6152 Verde Trl N  
561.487.5200

Willowbrooke Ct at Edgewater Pt Estates  
23305 Blue Water Cir  
561.368.5600

## **BOYNTON BEACH**

Barrington Terrace of Boynton Beach  
1425 S Congress Ave  
561.369.7919

Boulevard Rehabilitation  
2839 S. Seacrest Blvd.  
561.732.2464

Boynton Beach Nursing & Rehab Center  
9600 Lawrence Rd  
561.740.4100

Boynton Health Care Center  
7900 Venture Center Way  
561.736.6000

Heartland Health Care Ctr Boynton Beach  
3600 Old Boynton Rd  
561.736.9992

ManorCare Health Services  
3001 S Congress Ave  
561.737.5600

## **COCONUT CREEK**

Health Center of Coconut Creek  
4125 W Sample Rd  
954.968.8333

## **CORAL SPRINGS**

Park Summit  
8500 Royal Palm Blvd  
954.752.9500

## **DANIA**

Dania Beach Cross Pointe Care Center  
440 Phippen Waiters Rd  
954.927.0508

## **DEERFIELD BEACH**

Deerfield Beach Health & Rehabilitation Center  
401 E Sample Rd  
954.941.4100

Forum at Deer Creek  
3001 Deer Creek Country Club Blvd  
954.698.6269

Pompano Rehab & Nursing Center  
51 W Sample Rd  
954.942.5530

## **DELRAY BEACH**

Abbey Delray South  
1717 Homewood Blvd  
561.272.9600

Harbour's Edge  
401 E Linton Blvd  
561.272.7979

Health Center at Abbey Delray  
2105 SW 11th Ct  
561.454.1136

Lakeview Care Center  
5430 Linton Blvd  
561.495.3188

Liberty Inn  
5858 Heritage Park Way  
561.499.2500

ManorCare Health Services  
16200 Jog Rd  
561.638.0000

## **FORT PIERCE**

Abbiejean Russell Care Center  
700 S 29th St  
772.465.7560

Fort Pierce Health Care  
611 S 13th St  
772.464.5262

Laurel Pointe Health & Rehab  
703 S 29th St  
772.466.3322

## **FT LAUDERDALE**

Broward Nursing & Rehab Center  
1330 S Andrews Ave  
954.524.5587

Fort Lauderdale Health & Rehab Center  
2000 E Commercial Blvd  
954.771.2300

Harbor Beach Nursing & Rehab Center  
1615 S Miami Rd  
954.523.5673

Manor Oaks Nursing & Rehab Center  
2121 E Commercial Blvd  
954.771.8400

Manor Pines Convalescent Center  
1701 NE 26th St  
954.566.8353

## **HIALEAH**

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

Hialeah Convalescent Home  
190 W 28th St  
305.885.2437

Palmetto Health Center  
6750 W 22nd Ct  
305.512.4688

Susanna Wesley Health Center  
5300 W 16th Ave  
305.556.3500

## **HIALEAH GARDENS**

Signature Healthcare of Waterford  
8333 W Okeechobee Rd  
305.556.9900

## **HOBE SOUND**

Edgewater Manor  
9555 SE Federal Hwy  
772.546.5800

## **HOLLYWOOD**

Golfcrest Healthcare Center  
600 N 17th Ave  
954.927.2531

Hillcrest Nursing & Rehab Center  
4200 Washington St  
954.981.6300

Hollywood Hills Rehabilitation Center  
1200 N 35th Ave  
954.981.5511

## **HOMESTEAD**

Homestead Manor  
1330 NW 1st Ave  
305.248.0271

Signature Healthcare of Brookwood Gardens  
1990 S Canal Dr  
305.246.1200

## **JUNO BEACH**

Waterford Health Care Center  
601 Universe Blvd  
561.627.3800

## **JUPITER**

Courtyard Gardens Rehabilitation Center  
17781 Thelma Ave  
561.746.2998

Jupiter Medical Center Pavilion  
1230 S Old Dixie Hwy  
561.744.4444

## **KENDALL**

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

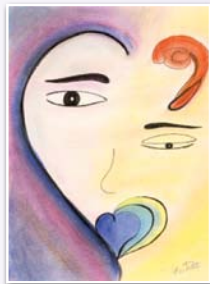
## **KEY WEST**

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

## **LAKE PARK**

North Lake Rehab & Health Center  
750 Bayberry Dr  
561.881.8144

# CENTERS GUIDE



## LAKE WORTH

American-Finnish Nursing Home  
1800 South Dr  
561.588.4333

Avante at Lake Worth  
2501 North A St  
561.585.9301

Crossings  
4445 Pine Forest Dr  
561.965.5954

Medicana Nursing & Rehab  
Center  
1710 Lake Worth Rd  
561.582.5331

Oasis Health & Rehab Center  
1201 12th Ave S  
561.586.7404

Signature Healthcare of Palm  
Beach  
4405 Lakewood Rd  
561.969.1400

Terraces of Lake Worth  
1711 6th Ave S  
561.586.0808

## LANTANA

Classic Res by Hyatt at Lakeside  
Village  
2792 Donnelly Dr  
561.963.2100

Hamlin Place  
2180 Hypoluxo Rd  
561.582.6711

## LAUDERDALE LAKES

Palms Rehab & Nursing Center  
3370 NW 47th Ter  
954.733.0655

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

## LAUDERHILL

Heartland Health Care Ctr -  
Lauderhill  
2599 NW 55th Ave  
954.485.8873

Life Care Center at Inverrary  
4300 Rock Island Rd  
954.485.6144

## MARGATE

Margate Health Care Center  
5951 Colonial Dr  
954.979.6401

## MIAMI

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

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

East Ridge Retirement Village  
19301 SW 87th Ave  
305.238.2623

Florida Club Care Center  
220 Sierra Dr  
305.653.8427

Floridean Nursing Home  
47 NW 32nd Pl  
305.649.2911

Franco Nursing & Rehab Center  
800 NW 95th St  
305.836.1550

Gramercy Park Nursing Center  
17475 S Dixie Hwy  
305.255.1045

Harmony Health Center  
9820 N Kendall Dr  
305.271.6311

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

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

Jackson Memorial Perdue Medi-  
cal Center  
19590 Old Cutler Rd  
786.466.3500

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

Miami Gardens Care Centre  
190 NE 191st St  
305.651.9690

Miami Jewish Home & Hospital  
5200 NE 2nd Ave  
305.751.8626

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

Nursing Center at Mercy  
3671 S Miami Ave  
305.854.1110

Palace Nursing & Rehab Center  
11215 SW 84th St  
305.271.2225

Palmetto Sub Acute Care Center  
7600 SW 8th St  
305.261.2525

Pines Nursing Home  
301 NE 141st St  
305.893.1102

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

Riverside Care Center  
899 NW 4th St  
305.326.1236

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

St Anne's Nursing Center  
11855 Quail Roost Dr  
305.252.4000

**Unity Health & Rehab Center**  
1404 NW 22nd St  
305.325.1050

Victoria Nursing & Rehab Center  
955 NW 3rd St  
305.548.4020

West Gables Healthcare Center  
2525 SW 75th Ave  
305.265.9391

## MIAMI BEACH

Hebrew Home of South Beach  
320 Collins Ave  
305.672.6464

Oceanside Extended Care  
Center  
550 9th St  
305.531.3321

South Pointe Plaza Rehab &  
Nursing Ctr  
42 Collins Ave  
305.672.1771

## MIAMI SPRINGS

Fair Havens Center  
201 Curtiss Pkwy  
305.887.1565

## N BAY VILLAGE

Treasure Isle Care Center  
1735 N Treasure Dr  
305.865.2383

## N MIAMI

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

Berkshire Manor  
1255 NE 135th St  
305.891.6850

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

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**SE HABLA ESPAÑOL**

# NURSING / REHABILITATION CENTERS GUIDE

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

Fountainhead Care Center  
390 NE 135th St  
305.895.4804

Pinecrest Convalescent Center  
13650 NE 3rd Ct  
305.893.1170

Villa Maria Nursing Center  
1050 NE 125th St  
305.891.8850

## N MIAMI BEACH

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

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

North Beach Rehab Center  
2201 NE 170th St  
305.945.1401

Watercrest Care Center  
16650 W Dixie Hwy  
305.945.7447

## PAHOKEE

Glades Health Care Center  
230 S Barfield Hwy  
561.924.5561

## PALM BEACH GARDENS

Chatsworth at PGA National  
347 Hiatt Dr  
561.227.3200

Gardens Court  
3803 PGA Blvd  
561.626.1125

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

Nursing Center at  
La Posada  
3500 Masterpiece Way  
561.514.5000

## PALM CITY

Palm City Nursing & Rehab  
Center  
2505 SW Martin Hwy  
772.288.0060

Water's Edge Extended Care  
1500 SW Capri St  
772.223.5863

## PEMBROKE PINES

Alexander Nininger Veterans  
Nrsng Home  
8401 W Cypress Dr  
954.985.4824

Memorial Manor  
777 S Douglas Rd  
954.276.6200

## PLANTATION

Covenant Village Care Center  
9211 W Broward Blvd  
954.472.2860

ManorCare Health Services  
6931 W Sunrise Blvd  
954.583.6200

Plantation Nursing & Rehab  
Center  
4250 NW 5th St  
954.587.3296

West Broward Care Center  
7751 W Broward Blvd  
954.473.8040

## POMPAÑO BEACH

Court at Palm Aire  
2701 N Course Dr  
954.975.8900

John Knox Village Health Center  
830 Lakeside Ctr  
954.783.4001

Seaview Nursing & Rehab  
Center  
2401 NE 2nd St  
954.943.5100

## PORT ST LUCIE

Brighton Gardens of Port St  
Lucie  
1699 SE Lyngate Dr  
772.335.9990

Emerald Health Care Center  
1655 SE Walton Rd  
772.337.1333

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

Palm Garden of Port St Lucie  
1751 SE Hillmore Dr  
772.335.8844

Port St Lucie Nursing &  
Restorative  
7300 Oleander Ave  
772.466.4100

Tiffany Hall Nursing & Rehab  
Center  
1800 SE Hillmore Dr  
772.337.3565

## ROYAL PALM BEACH

Royal Manor  
600 Business Pkwy  
561.798.3700

## STUART

Martin Nursing & Restorative  
Care Ctr  
6011 SE Tower Dr  
772.223.8777

Parkway Health & Rehab Center  
800 SE Central Pkwy  
772.287.9912

Salerno Bay Manor  
4801 SE Cove Rd  
772.286.9440

Stuart Nursing & Restorative  
Care Center  
1500 Palm Beach Rd  
772.283.5887

## SUNRISE

Regents Park of Sunrise  
9711 W Oakland Park Blvd  
954.572.4000

Springtree Rehab & Health  
Care Center  
4251 Springtree Dr  
954.572.4251

Sunrise Health & Rehab Center  
4800 Nob Hill Rd  
954.577.3530

## TAMARAC

Heartland of Tamarac  
5901 NW 79th Ave  
954.722.7001

Tamarac Rehab & Health Center  
7901 NW 88th Ave  
954.722.9330

## TAVERNIER

Plantation Key Convalescent  
Center  
48 High Point Rd  
305.852.3021

## W PALM BEACH

Consulate Health Care of West  
Palm Beach  
1626 Davis Rd  
561.439.8897

Coral Bay Healthcare & Rehab  
2939 S Haverhill Rd  
561.641.3130

Darcy Hall of Life Care  
2170 Palm Beach  
Lakes Blvd  
561.683.3333

Edward J Healey Rehab & Nurs-  
ing Center  
1200 45th St  
561.842.6111

Joseph L Morse Geriatric Center  
4847 Fred Gladstone Dr  
561.471.5111

Lakeside Health Center  
2501 N Australian Ave  
561.655.7780

Lourdes Noreen McKeen  
Residence  
315 S Flagler Dr  
561.655.8544

ManorCare Health Services  
2300 Village Blvd  
561.478.1800

Palm Garden of West Palm  
Beach  
300 Executive Center Dr  
561.471.5566

Rehab Center of the Palm  
Beaches  
301 Northpoint Pkwy  
561.712.1717

Renaissance Health & Rehab  
5065 Wallis Rd  
561.689.1799

Savannah Cove  
2090 N Congress Ave  
561.686.5100

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

## WILTON MANORS

Wilton Manors Health & Rehab  
Center  
2675 N Andrews Ave  
954.563.5711





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 Pompano Beach, FL 33060  
 954.942.6000 Phone  
 954.942.8901 Fax  
[www.grandcp.com](http://www.grandcp.com)

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 5121 NE 19th Avenue  
 Fort Lauderdale, Florida 33308  
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 Website: [www.royalpalmsr.com](http://www.royalpalmsr.com) Email: [royalpalmsr@bellsouth.net](mailto:royalpalmsr@bellsouth.net)



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Separate Alzheimer's Secured Section

\*First Time Customers Only

# ASSISTED LIVING FACILITY

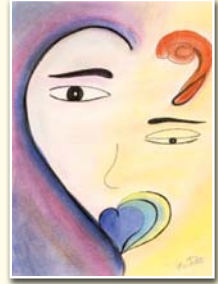
The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

<b>AVENTURA</b>	Tyval Assisted Living Facility 3526 Geneva Ave 561.433.3924	6	Comfort Springs Home Care 1326 NW 113 <sup>rd</sup> Terr 954.255.6773	6	Horizon Club 1216 S. Military Trl 954.481.2304	68	Garden of Health 1910 NE 56 <sup>th</sup> St 954.958.9757	7			
Imperial Club 2751 NE 183 <sup>rd</sup> St 305.935.1801	230	<b>COCONUT CREEK</b>	Coral Springs County Club for Seniors 2903 NW 115 <sup>th</sup> Ter 954.757.9446	6	Keval Esquisite Care II 323 SW 45 <sup>th</sup> Ave 954.725.9572	6	Golden Sands Retirement Home 809 NE 20 <sup>th</sup> Ave 954.524.6054	14			
Sterling Aventura 2777 NE 183 <sup>rd</sup> St 305.918.0000	168	Havencrest Assisted Living Facility II 4244 NW 51 <sup>st</sup> St 954.360.0680	6	Coral Stone Retirement Facility 8666 NW 47 <sup>th</sup> Dr 954.755.8459	6	Living Legends Retirement Center 4001 Hillsboro Blvd 954.426.9700	100	Jenkins Harmony Home 2640 NW 16 <sup>th</sup> Ct 954.485.0891	7		
<b>BOCA RATON</b>	Havencrest Assisted Living Facility III 4471 Coconut Creek Blvd 954.971.4289	6	Paradise Villa Retirement Home VI 4130 NW 22 <sup>nd</sup> St 954.970.3193	6	Peace Heaven 1433 SW 1 Ter 954.354.0561	6	Kelly's Assisted Living Facility 1441 NW 20 <sup>th</sup> St 954.524.2867	33			
A New Beginning Assisted Living 105 NE 11 <sup>th</sup> Ave 561.369.2891	6	Paradise Villa Retirement Home VI 4130 NW 22 <sup>nd</sup> St 954.970.3193	6	Sunshine Assisted Living 6513 NW 55 <sup>th</sup> St 954.255.5588	6	<b>Renaissance</b> 1050 SW 24 <sup>th</sup> Ave 954.360.7667	120	Kings Manor 261 SW 38 <sup>th</sup> Terr 954.306.3885	13		
Brighton Gardens of Boca Raton 6347 Via DE Sonrisa Del Sur 561392.2772	155	Pat-Bran Senior Care 5030 NW 44 <sup>th</sup> Ave 954.421.9115	6	Superior Care 11412 NW 1 <sup>st</sup> Pl 954.345.6511	6	Emeritus at Deer Creek 2403 W Hillsboro Blvd 954.426.3800	145	Lake View Retirement Residence 2304 NW 52 <sup>nd</sup> Ct 954.714.0064	24		
Oakbridge Terrace Assisted Living Res 23305 Blue Water Cir 561.368.5600	51	Royal Living at Coconut Creek 3420 NW 71 <sup>st</sup> St 954.600.6935	6	Unique Assisted Living 8510 NW 38 <sup>th</sup> St 954.575.8585	6	<b>DELRAY BEACH</b>	Abbey Delray Health Center 2000 Lownson Blvd 561.454.2000	14	Leland Palms 12981 SE 52 <sup>nd</sup> St 954.252.8711	8	
Oakbridge Terrace Assisted Living Res 6051 S Verde Trl 561.487.6200	40	<b>COOPER CITY</b>	Nightingale 9990 NW 41 <sup>st</sup> St 954.435.7443	12	<b>CUTLER LAKE</b>	Bel-View ALF 19768 Bel-Aire Dr 786.306.9441	6	Arden Courts ManorCare Health Services 16150 Jog Rd 561.498.5552	56	New River Villas 408 SE 7 <sup>th</sup> Ave 954.462.4445	35
Whitehall Boca Raton 7300 Del Prado S 561.392.3000	18	<b>CORAL GABLES</b>	Gables Manor Independent 1535 Venetia Ave 305.265.8548	6	<b>CUTLER RIDGE</b>	Bertha Elderly Care II 10411 SW 198 <sup>th</sup> St 305.259.9242	6	Villa of Kings & Queens Of Delray 13415 Barwick Rd 561.450.8551	5	Ocean View Retirement Home 3091 NW 43 <sup>rd</sup> St 954.777.5167	32
<b>BOYNTON BEACH</b>	Barrington Terrace of Boynton Beach 1425 S Congress Ave 561.369.7919	125	<b>CORAL SPRINGS</b>	A&L Health Care II 8280 NW 14 <sup>th</sup> St 954.345.7481	6	<b>FORT LAUDERDALE</b>	Adoring Ranches 14450 Stirling Rd 954.680.2293	6	Paradise Villa Retirement Home II 2560 NW 83 <sup>rd</sup> Ave 954.749.0538	6	
Boynton Beach Assisted Living Facility 1708 NE 4 <sup>th</sup> St 561.737.6465	118	A&L Health 11764 NW 30 <sup>th</sup> St 954.757.6529	6	Rick & Dauvy ALF 23120 SW 124 <sup>th</sup> Ave 786.308.9915	6	Annie's Retirement Home 1659 NE 62 <sup>nd</sup> St 954.772.6551	9	Pine Island Seniors Living 8620 NW 54 <sup>th</sup> St 954.572.8580	6		
Boynton Village 1935 S Federal Hwy 561.736.2424	127	Alpha & Omega Home Care 10132 NW 23 <sup>rd</sup> St 954.510.7153	6	<b>DANIA BEACH</b>	Billmar Gardens Retirement Home 380 S Federal Hwy 954.921.6577	26	Eden Inn Assisted Living Facility 4064 SW 51 <sup>st</sup> St 954.581.2240	8	Bayview Retirement Home 2625 NE 13 <sup>th</sup> CT 954.564.3100	12	
Doreen's Assisted Living Home 3045 S Seacrest Blvd 561.364.7056	6	Alternative Care III 1763 NW 85 <sup>th</sup> Dr 954.509.9983	6	Hammond House of Dania 357 SW 6 <sup>th</sup> St 954.981.8847	6	Broward House 417 SE 18 <sup>th</sup> CT 954.552.4749	60	Caring Hands Retirement Residence 7438 NW 47 <sup>th</sup> Pl 954.578.3635	6		
Emeritus at Boynton Beach 8220 Jog Rd 561.733.3200	160	Binda Assisted Living 5544 NW 106 <sup>th</sup> Dr 954.341.3082	6	Willow Manor Retirement Home 150 Stirling Rd 954.920.1988	165	Caring Place 2953 NW 47 <sup>th</sup> Pl 954.583.0702	6	EJL Assisted Living 1701 SW 47 <sup>th</sup> Ave 954.625.2266	6		
Parkside Inn 1613 SW 3 <sup>rd</sup> St 561.734.1616	38	Bright Horizons of Coral Springs 8664 NW 1 <sup>st</sup> St 954.340.4795	6	Forum at Deer Creek 3001 Deer Creek Country Club Blvd 954.698.6292	65	Fort Lauderdale Retirement Home 420 SE 12 <sup>th</sup> Ct 954.524.3312	81	Sunshine Senior Assisted Living 4580 SW 33 <sup>rd</sup> Ave 954.983.5157	14		
Pointe at Newport Place 4733 NW 7 <sup>th</sup> Ct 561.586.2989	93	Bright Horizons of Greenwood 9565 NW 27 <sup>th</sup> St 954.340.3045	6	<b>DEERFIELD</b>	Forum at Deer Creek 3001 Deer Creek Country Club Blvd 954.698.6292	65	Caring Hands Retirement Residence 7438 NW 47 <sup>th</sup> Pl 954.578.3635	6	Tara's Home 551 E Evanston Cir 954.791.5220	6	
Rustic Retreat Retirement Home 1120 N. Federal Hwy 561.737.5887	30	Bright Horizons of North Spring 7506 NW 42 <sup>nd</sup> St 954.255.1811	6	Fort Lauderdale Retirement Home 420 SE 12 <sup>th</sup> Ct 954.524.3312	81	EJL Assisted Living 1701 SW 47 <sup>th</sup> Ave 954.625.2266	6	Towers Retirement Home 824 SE 2 <sup>nd</sup> St 954.463.4973	80		
Simpson Adult Care Facility 1641 NW 5 <sup>th</sup> St 561.355.3851	10	Bright Horizons of Ramblewood 8630 Ramblewood Dr 954.796.6084	6	Fort Lauderdale Retirement Home 420 SE 12 <sup>th</sup> Ct 954.524.3312	81	Tropical Heaven 460 NW 40 <sup>th</sup> Ct 954.937.5541	25	Villa Rio Vista 1115 SE 6 <sup>th</sup> Terr 954.763.1044	50		

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West Vista Del Lago 1077 Waterside Cir 954.762.6881	6	Seaside Retirement Resort 2091 S. Ocean Dr 954.457.0100	94	Casa Sol 441 E 35 <sup>th</sup> St 305.693.3111	6	Julia Home Health Care 3890 E 10 <sup>th</sup> Ave 305.696.8500	6
Willow Wood 2855 W Commercial Blvd 954.739.4200	110	<b>HIALEAH</b> A1A Care Center 641 W 33 <sup>rd</sup> St 305.825.4600	6	Christian Home 34 W 14 <sup>th</sup> St 305.888.6356	6	Kathy Loving Facility ALF I 7715 W 10 <sup>th</sup> Ave 305.819.8989	6
<b>FORT PIERCE</b> Academy Assisted Living Facility 1225 Soltman Ave 772.460.1211	20	Abuelitos Residence Home 7855 NW 185 <sup>th</sup> St 305.558.6777	8	Cira Home Care 870 NE 5 <sup>th</sup> St 305.888.2068	6	La Rosa Assisted Living Facility 7865 W 5 <sup>th</sup> Ct 305.819.9739	6
Aurora of the Treasure Coast 6609 N US Highway 1 772.460.0809	16	Achoy Home Care 3635 W 13 <sup>th</sup> Ave 305.820.0671	6	Crossroads Assisted Living Center 7960 NW 181 <sup>st</sup> St 305.316.9491	6	Las Brisas Home Care 7401 W 34 <sup>th</sup> Ln 305.819.9739	6
Bayamo Assisted Living 1199 SW Bayamo Ave 772.873.2903	6	Adam Home 158 W 8 <sup>th</sup> St 305.884.1961	19	Daniella's Care Center 4325 E 9 <sup>th</sup> Ln 305.681.2780	6	Lazarro Loving Home 390 SW 8 <sup>th</sup> Ave 305.888.4359	6
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Broadmoor Assisted Living 200 Dixieland Dr 772.468.7235	55	Alpha & Omega Facility 410 E 24 <sup>th</sup> St 305.691.6335	48	Davisito's 6524 NW 197 <sup>th</sup> Ln 305.624.1995	6	Luz Home for the Elderly 810 W 74 <sup>th</sup> St 305.818.2082	6
Candi's Echo Street Retreat 910 Echo St 772.466.9747	6	American Life Adult Care Center 8849 NW 169 <sup>th</sup> Ter 305.303.2980	6	Dulce Hogar 423 W 12 <sup>th</sup> Pl 305.887.9780	6	M&M Comprehensive 280 W 56 <sup>th</sup> St 305.362.9151	6
Center for Independent Living 4700 Buchanan Dr 772.460.2108	6	Amigos 5701 NW 110 <sup>th</sup> St 305.819.4626	6	El Viso Care 756 W 53 <sup>rd</sup> St 305.822.6402	6	Maggy's Home Care 8969 NW 152 <sup>nd</sup> Ln 305.826.5773	6
Divine Senior Care 4707 Oleander Ave 772.465.9389	22	Amor y Esperanza Home Care 3224 W 14 <sup>th</sup> Ave 786.663.4392	6	Epworth Village Retirement Community 5300 W 16 <sup>th</sup> Ave 305.556.3500	125	Maria's Sweet Home 5991 W 20 <sup>th</sup> Ln 305.698.2437	6
Friend Assisted Living 1102 Alameda Ave 772.595.9223	6	Angeles Residential 6341 Palm Ave 305.825.0262	6	Family Rest Home 182 W 9 <sup>th</sup> St 305.887.8095	40	Maribel Paradise Home 651 E 49 <sup>th</sup> St 305.582.1647	6
Kalake 308 S 30 <sup>th</sup> St 772.595.5565	6	Angels in Paradise 4636 W 6 <sup>th</sup> Ave 305.818.9666	6	Farah Michele Home 431 W 31 <sup>st</sup> Pl 305.828.5395	6	Marta Home Care 6898 W 29 <sup>th</sup> Ave 786.236.1509	6
Lake Forest Park Retirement Community 2909 S 25 <sup>th</sup> St 772.466.1919	68	Antonia Residence 840 SE 8 <sup>th</sup> Ct 305.883.1960	6	Garden Elderly Care 7450 W 14 <sup>th</sup> Ct 305.827.8696	6	Mary Jo ALF 158 W 10 <sup>th</sup> St 305.644.1797	14
Lynmoore St Lucie Lawnwood 1550 N Lawnwood Cir 772.489.6800	98	Best Age 1240 W 83 <sup>rd</sup> St 305.231.8260	6	Golden Age Adult Center 7355 W 12 <sup>th</sup> Ave 305.824.1046	6	Mary's Home 14158 NW 88 <sup>th</sup> Pl 305.825.7097	6
Royal Care ALF 5081 Dunn Rd 561.464.0728	12	Better Care Home 7599 W 4 <sup>th</sup> Ct 305.820.6530	6	Good Life ALF 7746 NW 201 <sup>st</sup> Ter 786.547.7116	6	Mayra's ALF 4210 W 19 <sup>th</sup> Ave 305.820.8585	6
Seminole Acres/Kanlake II 3562 Seminole Rd 561.467.0181	10	Care & Love Retirement Residence 642 E 21 <sup>st</sup> St 305.885.4978	20	Hetery Home for the Elderly 825 SE 7 <sup>th</sup> Ave 305.889.1166	16	Mi Arcoiris Family Care 431 E 10 <sup>th</sup> St 786.337.6357	6
<b>GREENACRES</b> Arbor Oaks 3400 Jog Rd 561.432.4700	97	Carolina's Care Center 9024 NW 148 <sup>th</sup> St 305.827.3100	6	Hilda Home Care 224 E 42 <sup>nd</sup> St 305.819.8090	6	Mi Hogar 133 E 12 <sup>th</sup> St 305.888.5037	6
Encore Senior Village at Greenacres 4760 Jog Rd 561.434.0434	70	Carolina's Care Center II 7824 NW 165 <sup>th</sup> St 305.827.3100	6	Hogar Cristian La Roca 4183 E 8 <sup>th</sup> Ct 305.953.4056	6	Mi Retiro ALF II 2793 W 72 <sup>nd</sup> St 305.362.5264	6
<b>HALLANDALE</b> Bernadette's ALF 520 NW 2 <sup>nd</sup> Ave 954.454.0826	8	Carolina's Care Center III 8100 W 12 <sup>th</sup> Ave 305.827.3100	6	Home Sweet Home Care Facility 5341 E 5 <sup>th</sup> Ave 305.953.1649	6	Modelo Health Care Center 3601 W 11 <sup>th</sup> Ave 305.364.7611	21
		Casa Bella Assisted Living Facility 670 W 72 <sup>nd</sup> Pl 305.556.7502	6	Jeannie's Place 4256 W 10 <sup>th</sup> Ave 305.698.9811	5	Morales Sweet Home 670 E 57 <sup>th</sup> St 305.681.3739	6
						Mount Sinai Christian Home 5190 E 8 <sup>th</sup> Ave 305.685.5136	6



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# ASSISTED LIVING FACILITY

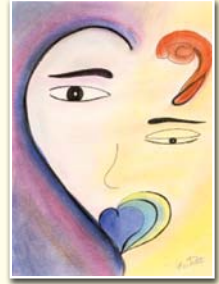
The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

My Family Home 662 W 50 <sup>th</sup> St 305.362.6649	6	Palm Spring North Manor 7861 NW 175 <sup>th</sup> St 305.970.8941	6	Seven Elderly Care 6132 W 14 <sup>th</sup> Ln 305.512.0102	6	<b>HOBE SOUND</b> Pine Grove Manor 9555 SE Federal Hwy 561.546.9142	48	Lakeview ALF 3833 SW 33 <sup>rd</sup> St 954.967.0690	6
My New Family Home 12748 NW 98 <sup>th</sup> Ct 305.820.3329	6	Palmetto ALF 6826 W 25 <sup>th</sup> Ct 305.819.6919	6	South Hialeah Manor 240 E 5 <sup>th</sup> St 305.887.4965	67	<b>HOLLYWOOD</b> Amazing Care 2620 N 62 Ave 954.987.1235	6	Leoray ALF 101 Thomas Rd 954.559.9307	6
New Home Senior Care 73 E 47 <sup>th</sup> St 305.826.4343	6	Palmetto Senior Care 3157 W 78 <sup>th</sup> Pl 305.934.8770	6	St DB&Y Home for the Elderly 8715 NW 153 <sup>rd</sup> Terr 305.828.2003	6	Amazing Care II 6270 Atlanta St 954.963.2125	6	Lifestyle Living II 833 N Rainbow Dr 954.894.7958	6
New Horizon Manor 7968 W 14 <sup>th</sup> Ct 305.970.8812	6	Paradise Adult Center 480 W 66 <sup>th</sup> St 786.277.9822	6	Sun Village 1350-60 W 31 <sup>st</sup> St 305.823.8963	29	Azalea Gardens Assisted Living 1701 Mayo St 954.921.5990	35	Lincoln Manor 2144 Lincoln St 954.922.1995	56
New Life Retirement Home 1001 W 50 <sup>th</sup> Pl 305.557.7825	6	Paradise of Hialeah 592 E 45 <sup>th</sup> St 305.681.9320	6	Sunshine Adult Center 180 W 13 <sup>th</sup> St 305.885.2358	19	Buckingham Palace 1845 Garfield St 954.921.1819	14	Malibu Love & Care 6461 Johnson St 954.243.9815	6
New Paradise Home 3297 W 70 <sup>th</sup> St 305.821.6884	6	Pavilion Gardens 71 W. 30 <sup>th</sup> St 305.884.5613	6	Sunshine Adult Center II 170 W 13 <sup>th</sup> St 305.885.2358	19	Camelot Court 2233 McKinley St 954.922.0808	8	Meadow Brook Retirement Home 6741 Evans St 954.983.8077	6
New World ALF 8184 W 18 <sup>th</sup> Ave 305.364.2821	6	Professional Home Care I 435 E 31 <sup>st</sup> St 305.696.7364	25	Sunshine Home ALF 4264 W 7 <sup>th</sup> Ln 305.364.0461	6	Exquisite Senior Care 2616 Washington St 954.927.7617	6	Merriment Manor 1835 Wilson St 954.921.4059	46
Nuevitas Home for the Elderly II 675 E 31 <sup>st</sup> St 305.696.9392	6	Professional Home Care II 447 E 31 <sup>st</sup> St 305.696.7364	15	Sweet Paradise Elderly Home 4986 E 9 <sup>th</sup> Ln 305.953.9691	6	Forever Young 2844 Funston St. 954.927.9110	6	Midtown Manor 2001 Polk St 954.927.2001	105
Nursing Love & Care Facility 1045 W 23 <sup>rd</sup> St 305.883.1915	19	Professional Home Care III 447 E 26 <sup>th</sup> St 305.691.2083	26	Tranquil Retreat 7224 W 29 <sup>th</sup> Wy 305.819.6308	6	Golden Manor ALF I 2003 Fletcher St 954.926.7937	10	New Hope Group Home 6021 Duval St 954.987.3937	10
Oasis Home for the Elderly 33 W 26 <sup>th</sup> St 305.934.8770	19	Renancer 115 W 5 <sup>th</sup> St 305.884.0611	22	Two Sisters Home Care II 12335 NW 98 <sup>th</sup> Ave 305.362.3707	6	Golden Manor ALF II 1510 S 20 <sup>th</sup> Ave 954.926.7937	6	North Lake Retirement Home 1222 N 16 <sup>th</sup> Ave 954.922.2643	114
Our Dream Retirement Home 1630-40 Palm Ave 305.887.4141	42	Renancer Home Care 642-44 SE 4 <sup>th</sup> Pl 305.885.2545	6	Villa Maria Living Solutions 790 E 18 <sup>th</sup> St 305.863.0156	6	H Floridian 1831 Plunket St 954.925.8604	31	Peninsula 5100 W Hallandale Beach Blvd 954.893.7755	200
Our Golden Home ALF II 18400 NW 81 <sup>st</sup> Ct 305.821.5153	6	Rosewood Lakes 14512 Rosewood Rd 305.365.1242	6	Villa Nora ALF 4040 W 10 <sup>th</sup> Ct 305.827.7996	6	Hammond House 5301 McKinley St 954.981.8847	6	Presidential Place 3880 S Circle Dr 954.894.0059	118
Our Loving Mother Elderly Care 1635 W 65 <sup>th</sup> St 305.557.8100	6	Salmo 23 Elder Care 277 E 4 <sup>th</sup> St 305.863.9623	24	Villa Nora II 998 W 31 <sup>st</sup> St 786.942.4420	6	Heart to Heart ALF 2201 N 55 <sup>th</sup> Ave 954.981.5862	6	Rainbow Place 522 S Rainbow Dr 954.964.8179	6
Palm Breeze ALF 1045-55 Palm Ave 305.883.8376	61	San Judas Home for Elderly 14602 NW 87 <sup>th</sup> Ct 305.828.2003	6	Yamile's Home 6135 W 8 <sup>th</sup> Ave 305.558.8769	6	Hollywood Beach Retirement Home 1722-26 Madison St 954.923.1726	25	Serenity Gardens Retirement Home 6200-10 Cleveland St 954.983.5174	15
Palm Gardens Manor I 1232 W 60 <sup>th</sup> St 305.970.8812	9	San Miguel Home Care 3931 W 8 <sup>th</sup> Ave 305.558.8769	6	Your Sweet Home 1105 W 69 <sup>th</sup> Pl 305.827.5442	6	Hollywood Manor Assisted Living 1928 Washington St 954.929.7487	8	Victorian Manor ALF 900 N 24 <sup>th</sup> Ave 954.929.7009	8
Palm Gardens Manor II 1255 W 64 <sup>th</sup> Ter 305.970.8812	6	Santa Teresita Home Care 538 W 40 <sup>th</sup> Pl 305.818.6586	6	<b>HALEAH GARDENS</b> Hialeah Gardens ALF 8905 NW 120 <sup>th</sup> Ter 305.698.6067	6	Hollywood Paradise Residence 1700 N 47 <sup>th</sup> Ave 954.624.5824	6	<b>HOMESTEAD</b> Advance Assisted Living Care Facility 14335 SW 288 <sup>th</sup> St 786.326.0680	6
Palm Gardens Manor III 5835 W 14 <sup>th</sup> Ln 305.826.7713	6	SC Home Care 626 E 40 <sup>th</sup> St 305.696.3966	6	La Orquidea Home Care 10460 NW 129 <sup>th</sup> St 305.362.6257	6	Irving's Place of Loving Care 4561 SW 36 <sup>th</sup> St 954.989.0273	6	Alita & John Haran ALF 1532 Flamingo Ct 305.242.5620	6
Palm Gardens Manor V 5435 W 14 <sup>th</sup> Ave 305.970.8812	6	Senior Living Home 1084 W 65 <sup>th</sup> St 305.557.2632	6	Riliz Home 8777 NW 110 <sup>th</sup> St 305.825.4270	6	Jordan Brooke's Assisted Living 4508 Van Buren St 954.322.4112	6		
Palm Gardens Manor VI 1214 W 78 <sup>th</sup> Ter 305.970.8812	6	Senior's Palace 1760 E 1 <sup>st</sup> Ave 305.885.7733	34	Two Sisters Home Care III 9143 NW 117 <sup>th</sup> St 305.817.1138	6				



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Angele's ALF 29921 SW 151 <sup>st</sup> Ave 786.339.9380	6	Palace Gardens 1351 N Krome Ave 305.247.0446	200	<b>KENDALL</b> Abuelas Home Care 4257 SW 154 <sup>th</sup> Ct 305.227.6682	6	Andre Retirement Manor 5711-21 NW 28 <sup>th</sup> St 954.485.3244	36
Bright Happy Home 931 NE 17 <sup>th</sup> Ter 786.282.5317	6	Peace ALF 12451 SW 236 <sup>th</sup> St 305.742.3446	6	Louredes ALF 14825 SW 82 <sup>nd</sup> St 786.229.3431	6	Bethesda ALF 5360 NW 78 <sup>th</sup> Ave 954.578.1629	6
Campo Alegre ALF 24201 SW 192 <sup>nd</sup> Ave 305.242.4429	5	Pina & Fuerte Adult Care 14935 SW 297 <sup>th</sup> St 305.242.0871	6	Villa Josefa 16139 SW 68 <sup>th</sup> Ter 305.223.3417	6	Brandon House 2731 NW 58 <sup>th</sup> Ter 954.735.9062	14
Del Real Home Care 13071 SW 260 <sup>th</sup> Ter 305.257.0041	6	Quality Care ALF 11381 SW 247 <sup>th</sup> Ter 305.799.2782	6	<b>KEY WEST</b> Bayshore Manor 5200 College Rd 305.294.4966	16	Briarwood Manor 5621-31 NW 28 <sup>th</sup> St 954.735.8989	39
Diaz Home Care ALF 13481 SW 268 <sup>th</sup> Ter 305.258.7790	6	Quality ALF 19421 SW 307 St 305.807.8645	6	<b>LAKE PARK</b> Tropical Palm ALF 915 Forresteria Dr 561.667.6965	6	Bridge at Inverrary 4291 Rock Island Rd 954.486.9799	120
Duran Home Care 26775 SW 129 <sup>th</sup> Ave 305.726.5782	6	San Rafael Home Health 13373 SW 283 <sup>rd</sup> St 786.470.7927	6	White Palms 9072 Old Dixie Hwy 561.845.1114	12	Devine Living Facility 1142 NW 43 <sup>rd</sup> St 954.584.5897	6
El Viejo Sol ALF 4163 NE 16 <sup>th</sup> St 305.986.8104	6	Santa Flora ALF 19005 SW 320 <sup>th</sup> St 305.247.7055	6	<b>LAKE WORTH</b> Avalon of Palm Beach 4905 Lantana Rd 561.641.0126	107	Forest Trace 5500 NW 69 <sup>th</sup> Ave 954.572.1800	40
Gardens ALF 2835 NE 4 <sup>th</sup> St 305.230.6789	6	Sara Home Care 29100 SW 172 <sup>nd</sup> Ave 305.246.4034	16	<b>FINNISH-AMERICAN REST HOME</b> 1800 South Dr 561.588.4333	150	Gena's Retirement Home 2233 NW 56 <sup>th</sup> Ave 954.733.9614	32
Heaven Assisted Living Facility 30136 SW 148 <sup>th</sup> Pl 305.245.2290	6	Serenity Adult Home Care Services 15401 SW 277 <sup>th</sup> St 786.853.8880	6	Nuestra Casa 1906 North A St 561.439.1785	6	Hampton Court ALF 7801 NW 45 <sup>th</sup> Ct 954.748.9282	6
Homestead Group Home 30671 SW 189 <sup>th</sup> Ave 305.245.9399	5	Sol Radiante 221 NE 15 <sup>th</sup> St 305.246.4798	6	Sunrise Adult Care 4102 Cooley Ct 561.967.2287	6	Happy Hearts ALF 5245 NW 73 <sup>rd</sup> Ter 954.746.1977	6
Homestead Manor 1330 NW 1 <sup>st</sup> St 305.248.0271	18	Swankridge 122 NW 7 <sup>th</sup> St 305.248.9662	12	Tropical Garden Villas 428 South F St 561.383.2992	12	Lamerchie Home 4225 NW 25 <sup>th</sup> Pl 954.486.7792	14
Jesus Home Services 28425 SW 131 <sup>st</sup> Ct 786.355.3611	6	Swankridge II 120 NW 17 <sup>th</sup> St 305.248.9662	8	<b>LAUDERHILL</b> Lauderhill Family Care Retirement 5821 NW 28 <sup>th</sup> St 954.777.0038	62	Loving Care of Lauderhill 5605 NW 27 <sup>th</sup> Ct 954.733.1840	70
Kayleen & Denis Care 15700 SW 296 <sup>th</sup> Ct 305.248.5046	6	Sweet Home of Miami 18640 SW 194 <sup>th</sup> Ter 305.245.7822	6	Tropical Garden Villas 432 South F St 561.383.2992	12	Loving Care of Lauderhill II 5640 NW 28 <sup>th</sup> St 954.733.1840	39
La Edad Dorada 1501 SW 2 ct 305.819.1912	6	Sweet Mansion ALF 16925 SW 300 St 786.486.4902	5	<b>LANTANA</b> Atlantis Assisted Living 6026 Old Congress 561.966.3232	70	Park Regency Assisted Living 2801 NW 55 <sup>th</sup> Ave 954.484.1960	85
Living Well ALF I 24157 SW 107 <sup>th</sup> Ave 305.431.2586	6	Vicky's ALF 12438 SW 266 <sup>th</sup> Ln 305.257.3039	6	Atria Meridian 3061 Donnelly Dr 561.965.7200	104	Potter's House at Cannon Point 5820 NW 27 <sup>th</sup> Ct 954.746.8584	16
Mary's Care Center 30796 SW 189 <sup>th</sup> Ave 305.498.9171	6	<b>INDIANTOWN</b> Seagull Ranch 9601 Fox Brown Rd 772.597.4004	15	Classic Res by Hyatt at Lakeside Village 2792 Donnelly Dr 561.966.4600	60	Rebecca's House 6711 NW 46 <sup>th</sup> Ct 954.748.8487	6
Meadow Wood Homes 25799 SW 122 <sup>nd</sup> Pl 305.283.5034	6	<b>JENSEN BEACH</b> Emeritus at Jensen Beach 1700 NE Indian River Dr 772.225.1355	100	<b>LAUDERDALE LAKES</b> St Joseph's Residence 3485 NW 30 <sup>th</sup> St 954.739.1483	80	Serenity Garden at Lauderhill 5811 NW 28 <sup>th</sup> St 954.485.1210	66
Merline's Place 28412 SW 135 <sup>th</sup> Ave 305.274.4326	6	<b>JUPITER</b> Courtyard Gardens of Jupiter 1790 Indiancreek Dr W 561.743.5966	100	<b>LAUDERHILL</b> Alea's ALF 5304 NW 16 <sup>th</sup> St 954.731.4863	7	Shalom Manor 2771 NW 58 <sup>th</sup> Ter 954.485.0901	35
Mi Renacer ALF 1305 SE 7 <sup>th</sup> St 786.295.2913	6	Mangrove Bay 110 Mangrove Bay Way 561.575.3123	60	<b>LAUDERHILL</b> Special Senior's of Inverrary 7471 NW 35 <sup>th</sup> Ct 954.746.8550	6	Virginia's Country Manor 8140 NW 47 <sup>th</sup> Ct 954.749.3879	5
Mother's Golden Years II 29332 SW 143 <sup>rd</sup> Ct 305.551.3160	5	St Joseph's Assisted Living 350 Bush Rd 561.747.1135	100				
Oasis I 26508 SW 128 Ct 786.709.5155	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*

## LEISURE CITY

MD Adult Living Facility  
15735 SW 303<sup>rd</sup> Ter  
305.247.0260

6

## LOXAHATCHEE

Hidden Pines ALF  
16242 Sycamore Dr E  
561.383.8838

6

## MARATHON

Heron House  
1320 Coco Plum Dr  
305.743.4129

16

## MARGATE

A&J ALF of Florida  
2187 NW 63<sup>rd</sup> Ave  
954.467.3145

6

Andrea's Golden Care ALF  
4980 SW 4<sup>th</sup> St  
954.260.5428

5

Coral Plaza Retirement  
Residence  
5850 Margate Blvd  
954.970.0053

120

Cypress Manor ALF  
7459 Royal Palm Blvd  
954.979.6893

6

Cypress Manor ALF II  
1910 NW 77<sup>th</sup> Ave  
954.971.5595

6

Emeritus at Regency  
5600 Lakeside Dr N  
954.974.6604

47

Gardens at Margate  
6700 NW 21<sup>st</sup> St  
954.957.9300

6

House of Tranquility  
421 SW 64<sup>th</sup> Ter  
954.979.3433

6

Lorna's Home For the Elderly  
5511 SW 10<sup>th</sup> Ct  
954.984.8494

6

Professional Care Facility ALF  
5515 SW 8<sup>th</sup> St  
954.968.7676

6

## MIAMI

12ource Living Care  
1401 NE 176<sup>th</sup> St  
954.447.4192

6

330 Assisted Living  
330 SW 22<sup>nd</sup> Rd  
305.285.0119

6

340 Assisted Living  
340 SW 22<sup>nd</sup> Rd  
305.858.3878

6

Abuelitas Home  
15257 SW 61<sup>st</sup> St  
786.229.1618

6

Abuelitos De Mary  
4242 SW 137<sup>th</sup> Ct  
305.222.9305

5

AC Family Home  
1879 SW 59<sup>th</sup> Ave  
305.261.2534

6

Acacia's  
15295 SW Palmetto Lake Dr  
305.251.1344

6

Acelia Tropical Senior Care  
21 NW 133<sup>rd</sup> Pl  
786.286.5777

6

Ada ALF  
683 NW 122<sup>nd</sup> Pl  
305.226.4283

6

Adela's Sweet Home ALF  
12915 SW 21<sup>st</sup> St  
305.551.9394

6

Adult Care of Miami  
9833 SW 27<sup>th</sup> Ter  
305.559.8159

6

Adv's Family Home II  
1030 SW 10<sup>th</sup> Ave  
305.857.9425

6

Affordable Adult Center  
311 SW 71<sup>st</sup> Ave  
786.283.3204

6

Alborada Family Home ALF  
5524 SW 5<sup>th</sup> St  
305.261.4976

6

Aldara Home  
12810 SW 18<sup>th</sup> St  
786.262.1994

6

Aleman's Family Home Corp  
8735 SW 132<sup>nd</sup> Ct  
305.388.6519

6

ALF Family Care  
14381 SW 159<sup>th</sup> Ter  
786.293.7955

6

ALF Family Solution  
7235 S Water Way Dr  
786.488.1636

6

Alice's Home  
12795 NW 10<sup>th</sup> Ln  
305.223.6443

6

Aloma Retirement Home  
2030 NW 33<sup>rd</sup> St  
305.635.0718

14

Alton Asst Care Living Facility Home  
2090 NW 115<sup>th</sup> St  
305.687.7142

6

Always Loving Family  
4394 SW 151<sup>st</sup> Pl  
305.487.9938

6

Ama Home Care  
13720 SW 108<sup>th</sup> St  
305.408.3042

6

Amanda's Paradise  
6132 SW 129<sup>th</sup> Ct  
305.386.6695

6

Amanecer Home  
9010 SW 17<sup>th</sup> Ter  
305.225.8878

6

Amapola ALF  
11850 SW 189<sup>th</sup> St  
305.238.9349

6

Amegab Home Care  
1145 SW 7<sup>th</sup> Ct  
305.261.3910

6

Amistada 308  
8420 SW 2<sup>nd</sup> St  
305.221.2797

6

Amor De Dios  
718 NW 132<sup>nd</sup> Pl  
305.485.1225

6

Amor De Jesus  
14283 SW 177<sup>th</sup> St  
305.255.7630

6

Amparito's Senior Care  
15877 SW 85<sup>th</sup> Ln  
305.793.6226

6

Angel ALF  
9605 SW 144<sup>th</sup> Pl  
305.362.2353

6

Angel De Amor  
18020 SW 134<sup>th</sup> Ct  
786.573.4487

6

Angel's Age II  
13320 SW 71<sup>st</sup> St  
305.408.7287

6

Angeles ALF  
10923 SW 5<sup>th</sup> St  
305.559.7130

12

Angeles Senior Care  
13751 SW 17<sup>th</sup> Ter  
305.480.5664

6

Angels  
9564 SW 58<sup>th</sup> St  
305.596.6917

6

Angels Forever  
7201 SW 142<sup>nd</sup> Ave  
305.387.3686

6

Angels Hands  
15040 SW 144<sup>th</sup> Ct  
305.234.2437

6

Angels Home  
7935 SW 146<sup>th</sup> Ct  
305.385.1138

6

Angels House  
12720 SW 43<sup>rd</sup> Dr  
305.207.1614

6

Annie's Palace  
935 SW 9<sup>th</sup> St  
305.860.9549

13

Anos Dorados ALF  
6400 SW 24<sup>th</sup> St  
305.244.9691

6

Apostolado Home III  
13510 SW 79<sup>th</sup> St  
305.387.0453

6

Apostolado Home  
11081 SW 63<sup>rd</sup> Ter  
305.279.7614

8

Arcadia Manor  
1024-26 SW 19<sup>th</sup> Ave  
305.643.2571

32

Arcadia Manor South  
1144 SW 19<sup>th</sup> Ave  
305.643.2193

12

Ashley Gardens  
10166 NW 42<sup>nd</sup> St  
305.637.7465

5

Assisted Living Retirement Homes I  
132-34 NW 17<sup>th</sup> Ct  
305.642.8495

14

Assisted Living Retirement Homes II  
2787-89 SW 33<sup>rd</sup> Ave  
305.446-5076

14

Assisted Living Retirement Homes III  
2756-58 SW 25<sup>th</sup> Ter  
305.567.9589

14

Assisted Living Suites  
9405 SW 89<sup>th</sup> St  
305.345.6919

6

Aviles Forever Care  
9365 SW 36<sup>th</sup> St  
786.210.4840

6

B&B Home Care  
20625 SW 114<sup>th</sup> Pl  
305.235.4884

6

B&B Home Care II  
17430 SW 118<sup>th</sup> Pl  
305.235.3255

6

B&B Home Care III  
11960 SW 172<sup>nd</sup> St  
305.235.9510

6

Baby Boomers Adult Care Facility  
6478 SW 72<sup>nd</sup> St  
305.662.6706

6

Baby Danny ALF  
10840 NW 1<sup>st</sup> Ln  
786.290.8387

6

Balbina Home Care  
10115 SW 77<sup>th</sup> Dr  
305.271.3295

6

Bay Oaks Home for the Aged  
435 NE 34<sup>th</sup> St  
305.573.4337

41

Bel Aire Retirement Home  
9955 SW 196<sup>th</sup> St  
305.232.0429

6

Bel-Air ALF  
8830 Caribbean Blvd  
305.255.8737

6

Bel-Air ALF II  
19431 Franjo Rd  
305.278.2120

6

Belen Sweet Home ALF  
11500 SW 192<sup>nd</sup> St  
305.255.1614

6

Belkis ALF I  
3700 SW 147<sup>th</sup> Pl  
305.487.6736

6

Bella Luna Retirement Home  
18700 SW 93<sup>rd</sup> Ct  
305.969.7482

6

Bella Luna Retirement Home II  
11511 SW 128<sup>th</sup> St  
786.293.0431

6

Bermudez Senior Care  
5301 SW 162<sup>nd</sup> St  
305.226.8409

6

Bertha Elderly Care  
9760 Memorial Rd  
305.278.1351

6

Best Home ALF  
13600 SW 75<sup>th</sup> St  
305.385.7223

6

Beth Shalom Home Care  
7891 NW 171<sup>st</sup> St  
305.828.9728

6

Better Life ALF  
5750 NW 192<sup>nd</sup> St  
305.620.6978

6

Better Living of Miami  
11010 SW 42<sup>nd</sup> Ter  
305.551.7700

6

Bird Lakes Facility Care  
14279 SW 52<sup>nd</sup> St  
305.553.0192

6

Biscayne Gardens Country Estate  
1074 NW 153<sup>rd</sup> St  
305.681.9762

6

BJ Home Care  
2218 SW 26<sup>th</sup> Ln  
305.858.6422

10

Blanco Home Health Care  
604-06 NW 25<sup>th</sup> Ave  
305.649.9299

14

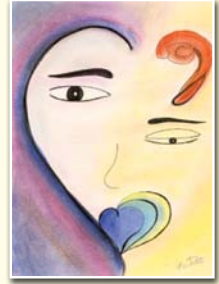
Blessing House  
14350 SW 29<sup>th</sup> St  
305.553.3607

6

Blessing House II  
4940 SW 116<sup>th</sup> Ave  
305.595.4382

4

# GUIDE



Blue Point Home Care 21910 SW 97 <sup>th</sup> Ct 305.971.5826	6	Caring for You ALF II 5645 SW 2 <sup>nd</sup> St 305.264.6106	6	Cleria Family Home 4911 SW 132 <sup>nd</sup> Ave 305.554.5521	6	De' Blanca Home III 4100 SW 107 <sup>th</sup> Ave 305.551.7721	6
Blue Sky 354 SW 22 <sup>nd</sup> Rd 305.856.1589	6	Caring for You ALF III 7080 SW 14 <sup>th</sup> St 305.262.7704	6	Colonial Drive Seniors Residence Care 10220 SW 164 <sup>th</sup> St 786.277.1226	6	De' Blanca Home IV 125 SW 103 <sup>rd</sup> Ct 305.228.0018	6
Blue Sky Group Home 11000 SW 142 <sup>nd</sup> Pl 305.387.4952	6	Caring Hands Assisted Living 12735 N Miami Ave 305.409.6471	6	Colonial North Home Care 5300 SW 104 <sup>th</sup> Ave 305.273.3349	6	Deerwood Manor 12853 SW 147 <sup>th</sup> St 305.259.1883	6
Bosan Residence 1754 NW 6 <sup>th</sup> St 305.649.3492	14	Caring Place ALF 13232 SW 85 <sup>th</sup> St 305.382.6279	6	Companion Home Corp 1997 SW 17 <sup>th</sup> Ct 305.856.2933	13	Diana Home Care I 650 SW 60 <sup>th</sup> Ct 305.260.9625	6
Bosch ALF 3060 NW 19 <sup>th</sup> Ter 305.637.8109	6	Cary Crist Home Care ALF 1706 SW 136 <sup>th</sup> Pl 305.553.7491	6	Coral Park Senior Care 9640 SW 10 <sup>th</sup> Ter 305.207.9191	6	Diana Home Care II 1725 SW 71 <sup>st</sup> Ct 305.342.6155	6
Breezy Acres Retirement Living 1864 NW 175 <sup>th</sup> St 305.624.4901	65	Cary's Adult Care 14109 SW 167 <sup>th</sup> Ter 305.234.0914	6	Coral Sands ALF 7800 Abbott Ave 305.867.3232	30	Diana Home Care III 7231 SW 7 <sup>th</sup> St 305.498.2369	6
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Calle 30 Health Care 7511 SW 36 <sup>th</sup> St 786.546.5126	6	Casa De Paz ALF 9360 SW 24 <sup>th</sup> St 305.223.0821	4	Coral Villa Adult Care 2860 SW 122 <sup>nd</sup> Ave 305.226.9301	6	Dulce Esperanza Home 1679 SW 16 <sup>th</sup> Ter 305.285.6847	6
Calusa Adult Care I 13871 SW 112 <sup>th</sup> St 786.493.6220	13	Casa Dulce Corazon 11475 Quail Roost Dr 305.971.8071	6	Coral Villa Adult Care II 14213 SW 100 <sup>th</sup> Ln 305.380.8084	6	Dulce Hogar 120 NW 26 <sup>th</sup> Ave 305.631.8872	6
Camacho ALF 1631 SW 14 <sup>th</sup> St 786.619.7070	6	Casa Herminda Home Care 120 Apache St 786.553.5145	6	Coral Way Senior Care 2451 SW 143 <sup>rd</sup> Ct 305.551.1439	6	Dulce Hogar II 3601 SW 139 <sup>th</sup> Ave 786.262.9130	6
Camila's Home Care 224 SW 6 <sup>th</sup> Ave 305.401.7930	6	Casabel Home Care 2472 SW 113 <sup>rd</sup> Ct 305.554.8627	6	Cordero Residence 4510 SW 106 <sup>th</sup> Ave 305.559.2530	6	E&A Paradise Home 5925 SW 117 <sup>th</sup> Ave 305.273.4230	6
Camino De Esperanza 5903 SW 147 <sup>th</sup> Pl 305.382.2570	6	Cascante Retirement Home 8325 SW 37 <sup>th</sup> St 305.554.4106	6	Cornell ALF 581-583 Central Blvd 305.269.1931	6	East Gables Retirement Center 3590-92 SW 16 <sup>th</sup> St 305.223.7574	14
Candid Home Care 7200 SW 131 <sup>st</sup> Ave 305.382.2923	6	Casita Amor II 2303 SW 62 <sup>nd</sup> Ct 305.260.3895	6	Corner House 1895 SW 11 <sup>th</sup> Ter 305.649.2490	16	East Ridge Retirement Village 19301 SW 8 <sup>th</sup> Ave 305.238.2623	60
Candid Home Care II 14733 SW 113 <sup>th</sup> Ln 305.382.3487	6	Catholic Senior Living 100 SW 52 <sup>nd</sup> Ave 786.552.5704	6	Curtis Senior Care 21831 SW 102 <sup>nd</sup> Ave 305.251.5170	6	Edad De Oro Senior Care 17891 SW 152 <sup>nd</sup> Ct 305.235.0649	6
Candid Home Care III 10710 SW 148 <sup>th</sup> Ct 305.382.2923	6	Celena's Senior Care 10601 SW 142 <sup>nd</sup> Ave 305.408.3236	6	D&E Home Care Facility 6305 SW 59 <sup>th</sup> Ave 305.868.0586	5	Edelmira ALF 19720 SW 116 <sup>th</sup> Ave 305.253.0649	6
Candid Home Care IV 8105 SW 136 <sup>th</sup> Pl 305.382.2923	6	Central Palace Residential 4491 SW 8 <sup>th</sup> St 305.445.3565	33	Daisy Cuidado De Ancianos 6510 NW 2 <sup>nd</sup> St 305.262.0728	6	Eden Gardens ALF 12221 W Dixie Hwy 305.893.2634	118
Capricorn Retirement Home 13720 NW 1 <sup>st</sup> Ave 305.688.4670	6	Century ALF 15900 SW 72 <sup>nd</sup> Ter 305.752.5306	6	Damabian ALF Center 4065 NW 4 <sup>th</sup> St 305.643.3095	6	Eilaz Home 12300 SW 31 <sup>st</sup> St 305.227.7261	6
Carely Home Care 650 SW 65 <sup>th</sup> Ave 305.265.8945	6	Century ALF II 12710 SW 112 <sup>th</sup> St 305.387.4904	6	Daniella's Home Care 15971 SW 42 <sup>nd</sup> Ter 305.226.2820	6	El Paraiso Home 1540 SW 7 <sup>th</sup> St 305.649.0490	14
Caribbean ALF 9860 Caribbean Blvd 305.971.9667	6	Chefa's Senior Care 1442 SW 145 <sup>th</sup> Pl 305.225.1490	6	Daylien's Living Facility 2920 SW 12 <sup>th</sup> St 305.644.9511	6	Eleanor's Retirement Home 12315 NW 23 <sup>rd</sup> Ave 305.688.0759	6
Caring for You ALF 5210 SW 5 <sup>th</sup> Ter 305.569.0069	6	Christian Home ALF 9700 NW 29 <sup>th</sup> St 786.202.4971	6	De' Blanca Home 11901 SW 25 <sup>th</sup> Ter 305.541.3007	6	Elia's Home Care 5600 SW 7 <sup>th</sup> St 786.287.2359	6
		Classic Residence Senior Living by Hyatt 19333 W Country Club Dr 305.692.4501	25	De' Blanca Home II 2520 SW 102 <sup>nd</sup> Ave 305.220.8616	6	Elpa Home Care Center 9950 SW 83 <sup>rd</sup> St 305.962.8752	6

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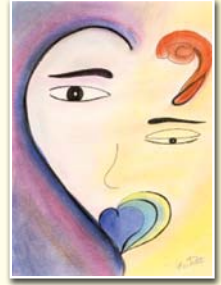
# ASSISTED LIVING FACILITY

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

*Number on last line indicates facility capacity*

Elsa's House for the Elderly 11700 SW 169 <sup>th</sup> Ter 305.235.7546	12	Gables Manor Independent I 6355 SW 2 <sup>nd</sup> St 305.265.9373	6	Grandad Elderly 7520 SW 108 <sup>th</sup> Ave 305.270.9123	6	Home Away From Home 2660 SW 69 <sup>th</sup> Ave 305.663.6979	6	J&J Family Home 100 NE 185 Ter 305.653.1344	5
EMU ALF 10241 SW 134 <sup>th</sup> Ave 305.383.0622	6	Gabriel's Home ALF 11232 SW 7 <sup>th</sup> St 305.229.9860	12	Granny's Adult Home 1031 NW 39 <sup>th</sup> Ct 305.642.2888	6	Home Away From Home 1851 SW 142 <sup>nd</sup> Ave 305.229.1315	6	Jackson North CMHC Serenity Home 480 NW 123 <sup>rd</sup> St 305.769.0244	6
Esperanza's ALF II 500 62 <sup>nd</sup> Ave 305.267.1751	6	Garden Hills Retirement Center 10337 SW 159 <sup>th</sup> Ct 305.510.2004	6	Greenview 1701 SW 87 <sup>th</sup> Ct 305.229.0543	6	Home for the Angels 9270 SW 42 <sup>nd</sup> Ter 305.207.4481	6	JC Loving Care 11260 SW 176 <sup>th</sup> ST 305.255.1178	6
Esther Home Care I 9341 SW 32 <sup>nd</sup> St 305.485.8870	6	Garden of Hope 11511 SW 83 <sup>rd</sup> Ter 305.274.2138	6	Guardian Elder Care Services 8318 SW 162 Pl 305.388.1655	6	Home Loving Care 4321 SW 133 <sup>rd</sup> Ave 305.229.1852	6	Jesus ALF 3144 SW 21 St 305.460.6898	6
Esther Home Care II 13908 SW 26 <sup>th</sup> Ter 305.221.9614	6	Genesis ALF I 1445 NW 116 <sup>th</sup> Ter 305.681.9643	6	Guardian Elder Care Services 10930 SW 143 <sup>rd</sup> Ct 305.387.0969	6	Home of the Heart of Miami 6701 SW 27 <sup>th</sup> St 305.740.0102	6	Jesus Home 3401 SW 72 <sup>nd</sup> Ct 305.269.4823	6
Eufemia ALF 3215 SW Village GreenDr 305.227.9633	6	GIL Family Home 15201 SW 297 <sup>th</sup> St 305.248.0308	6	Happy Face Home Care 3910 NW 23 <sup>rd</sup> Ct 305.318.6260	6	Home Sweet Home II 20700 SW 122 <sup>nd</sup> Ave 305.256.0570	6	Jesus of Nazareth Home 2801 SW 37 <sup>th</sup> Ct 305.445.6869	14
Executive Group Home 10170 Sugarwood Way 305.387.4971	6	Gina's Rehab Center I 2329 NW 33 <sup>rd</sup> St 305.635.5189	6	Harmony Family Home 9245 SW 208 <sup>th</sup> Ter 786.242.5577	6	Humble Care ALF 14651 SW 161 <sup>st</sup> St 305.255.9880	6	JJ Group Home 1150 NW 130 <sup>th</sup> St 305.688.8516	6
Fairway ALF 15523 SW 105 <sup>th</sup> Ave 786.285.1474	6	Gina's Rehab Center II 2266 SW 2 <sup>nd</sup> St 305.642.7446	6	Haven 10601 Caribbean Blvd 305.235.5872	7	IBIS ALF 15088 SW 71 Ln 305.386.0566	6	Jorge's Home 15172 SW 13 <sup>th</sup> Ter 305.559.5369	6
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Family First ALF 15600 SW 143 <sup>rd</sup> Ave 786.942.0998	6	Golden Age 7811 SW 129 <sup>th</sup> Ave 786.355.9829	6	Heartland Health Care Center-Kendall 9400 SW 137 <sup>th</sup> Ave 305.385.8290	54	Ideal Home Care 13841 SW 152 Ct 305.972.4443	6	Joz-Brick Luxury Villas 11901 NW 4 <sup>th</sup> St 305.221.0605	6
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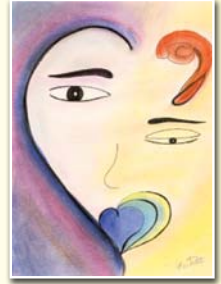
The following is the most comprehensive list of assisted living communities in Southeast Florida

*Number on last line indicates facility capacity*

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Maria Adult Home Care IV 13111 SW 84 <sup>th</sup> St 786.488.1506	6	Meadows of Kendall 8820 SW 79 <sup>th</sup> Ave 305.412-8522	6	Millie Home Care 17810 SW 137 <sup>th</sup> Ct 305.232.9841	6	Munne Center 17250 SW 137 <sup>th</sup> Ave 305.259.2828	160	Norita Adult Family Care 11971 SW 118 <sup>th</sup> St 305.274.9563	6
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Pointe of North Gables 5890 SW 8 <sup>th</sup> St 305.266.0284	92	Residencia La Esperanza Home Care II 3654 SW 156 <sup>th</sup> Ct 305.386.5043	6	Royal Gardens Villa 1270 NE 112 <sup>th</sup> St 305.895.4720	12	Sarah's Senior Home 11310 SW 145 Ave 786.877.8471	6
Precious Moments ALF 9480 Dana Rd 786.925.9518	6	Residencia Paquita 10456 SW 22 <sup>nd</sup> St 305.223.9550	6	Royal Green ALF 2011 SW 4 <sup>th</sup> St 305.643.9786	14	Senior Retirement Home 3033 SW 6 <sup>th</sup> St 305.541.4336	6
Precious Times ALF 4310 SW 89 <sup>th</sup> Ave 305.229.0342	6	Residencia Ramentol 9041 SW 142 <sup>nd</sup> Ct 305.408.8172	6	Royal Living Rest Home 2926 SW 2 <sup>nd</sup> St 305.649.7334	14	Seraphim Care 651 NE 83 <sup>rd</sup> St 305.798.1678	6
Premier Assisted Living 11401 SW 42 <sup>nd</sup> Ter 305.551.2229	6	Residencia Salome 3525 SW 130 <sup>th</sup> Ct 305.220.1041	6	Royal of Kendall ALF 12201 SW 93 <sup>rd</sup> St 305.270.0271	6	Serene Living Facilities 8615 SW 43 <sup>rd</sup> Ter 786.326.4614	6
Pretty Family Home Care 2980 SW 103 <sup>rd</sup> Ct 305.551.2380	6	Residencia San Lazaro Home Care 7120 SW 92 <sup>nd</sup> Ave 305.598.2554	6	Sampedro Residence 3240 NW 14 <sup>th</sup> St 305.633.8607	6	Sevilla Home Care Assisted Living Facility 10844 SW 154 <sup>th</sup> Ter 786.573.3111	6

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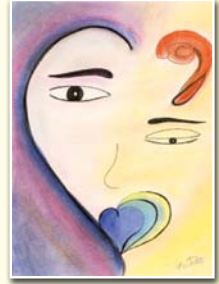
# ASSISTED LIVING FACILITY

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

*Number on last line indicates facility capacity*

Shalon ALF 7046 SW 103 <sup>rd</sup> Pl 305.412.0327	6	St Mary Adult Care 5716 SW 149 <sup>th</sup> Pl 305.408.0362	6	Sweet Home Care 5920 SW 2 <sup>nd</sup> St 305.269.7482	6	TLC Retirement Home II 16001 SW 81 <sup>st</sup> Ave 305.271.5861	6	Victoria Retirement Home 3755 NW 13 <sup>th</sup> St 305.631.0574	6
Silver Days ALF 8823 SW 151 Ct 305.299.1887	6	St Mary Adult Care II 11271 SW 229 <sup>th</sup> Ter 305.238.5594	6	Sweet Hope Assisted Living 13551 SW 208 St 786.470.6195	6	TLC Retirement Home III 8395 SW 112 <sup>th</sup> St 305.232.1209	6	Villa Blanca 5384 NW 4 <sup>th</sup> St 305.774.7184	12
Silver Moments 8847 NW 180 <sup>th</sup> Ter 305.878.5970	6	Star of Mary Adult Center 6425 SW 93 <sup>rd</sup> Pl 305.910.6222	6	Sweet Living Facility 15505 SW 16 <sup>th</sup> Ln 305.228.8581	6	Tropical Heaven 14201 SW 48 <sup>th</sup> Ln 305.207.6963	6	Villa Candita ALF 1321 NW 29 <sup>th</sup> Ave 786.586.6087	14
Sol Palmeras ALF 14714 SW 177 <sup>th</sup> Ter 305.562.7971	6	Starlite View 3251 NW 198 <sup>th</sup> St 305.621.0498	8	Sweet Paradise 15481 SW 21 <sup>st</sup> Ter 305.229.7437	6	Tropical Paradise ALF 14112 SW 145 <sup>th</sup> Pl 786.573.0390	6	Villa Esmeralda ALF 10310 NW 30 <sup>th</sup> Ct 305.693.9300	6
Solimar ALF 12470 SW 185 Ter 305.498.1565	6	Suany's Home 20411 SW 116 <sup>th</sup> Rd 305.252.0734	6	Sweet Residence Retirement Home 4715 SW 95 <sup>th</sup> Ave 305.551.9200	6	True Time Home Care 2431 SW 127 <sup>th</sup> Ct 305.222.2975	6	Villa Francisco Home Care ALF 305.234.7787	6
South Deering Retirement Home 9730 SW 160 <sup>th</sup> St 786.293.2816	6	Sun Bay Manor I 8440 SW 155 <sup>th</sup> Ter 305.238.0373	8	Sweet Residence Retirement Home II 2178 SW 15 <sup>th</sup> St 305.858.4597	5	Twins Seniors Residence ALF 11334 SW 2 <sup>nd</sup> St 305.559.6222	14	Villa Isabel 7265 NW 5 <sup>th</sup> St 305.260.9960	6
South Florida Home Services 140 NW 9 <sup>th</sup> Ave 305.324.7198	14	Sun Bay Manor II 8820 SW 148 <sup>th</sup> St 305.251.3080	6	Sweet Residence Retirement Home III 11511 SW 7 <sup>th</sup> St 305.229.7084	6	Two Sisters Home Care 11470 SW 80 <sup>th</sup> Ter 305.412.4650	6	Villa Loreto I 12620 SW 37 <sup>th</sup> Ter 305.220.7203	6
South Florida Senior Care 5247 SW 153 Ave 786.302.8272	6	Sun Coast 9111 SW 28 <sup>th</sup> Ter 305.225.8701	6	Sylvia's Retirement Home 1823 NW 94 <sup>th</sup> St 305.836.7261	7	Two Sister's Place 2591 SW 124 <sup>th</sup> Ave 305.207.0717	6	Villa Margo I 3644 SW 22 <sup>nd</sup> Ter 305.858.1840	6
South Floridian Village 9220 SW 45 <sup>th</sup> Ter 305.229.9233	6	Sun Coast Village I 12785 SW 49 <sup>th</sup> Ter 305.228.6517	6	Sylvia's Senior Home 23025 SW 120 <sup>th</sup> Ave 305.257.2880	6	V&R Home Care 14918 SW 10 <sup>th</sup> St 305.226.7228	6	Villa Margo II 2930 SW 38 <sup>th</sup> Ct 305.858.1840	12
South Miami Health Facility 7650 64 <sup>th</sup> Ct 305.661.4204	6	Sunflowers Village 8035 SW 13 <sup>th</sup> St 305.266.9048	6	Tadeos ALF 1525 SW 119 <sup>th</sup> Ct 305.251.4905	6	Valdes Retirement Home 8100 SW 95 <sup>th</sup> Ct 305.389.0226	6	Villa Margo III 3669 SW 24 <sup>th</sup> Ter 305.858.1840	5
South Miami Heights 11720 SW 18 <sup>th</sup> Ter 305.992.4786	4	Sunflowers Village II 13295 SW 99 <sup>th</sup> Ter 305.408.6222	6	Talia ALF 14601 SW 50 <sup>th</sup> Ter 305.207.1959	6	Valeen's Gentle Care 771 NW 42 <sup>nd</sup> St 305.759.3350	6	Villa Margo IV 2978 SW 27 <sup>th</sup> Ln 305.858.1840	13
South Miami Senior Care 15592 SW 183 <sup>rd</sup> Ln 786.302.8272	6	Sunrise ALF II 8240 SW 140 Ave 786.546.7404	6	Tender Loving Care ALF 3100 SW 79 <sup>th</sup> Ave 305.267.0111	6	Varadero Retirement Home Care 15359 SW 23 <sup>rd</sup> Ln 305.812.8182	6	Villa Maria Pia 320-22 NW 43 <sup>rd</sup> Pl 305.444.4310	14
Southwind Adult Care 16961 SW 149 <sup>th</sup> Ave 786.223.0844	60	Sunrise ALF 13920 SW 71 <sup>st</sup> Ln 305.752.7709	6	Tere's Senior Care 17950 SW 155 <sup>th</sup> Ct 305.969.6108	6	Veradero Retirement Home Care 12412 SW 117 <sup>th</sup> St 305.812.8182	6	Villa Marie Isabel 2340 NW 1 <sup>st</sup> St 305.631.9239	6
Spring of Life ALF 11465 SW 57 <sup>th</sup> St 786.271.1616	6	Sunset Gardens 9740 SW 77 <sup>th</sup> Ter 305.279.7421	6	Terrace Manor 8770 SW 127 <sup>th</sup> Ter 305.253.1909	12	Venetian Isles ALF 3003 SW 156 <sup>th</sup> Pl 305.229.7258	6	Villa Oni 3030 SW 95 <sup>th</sup> Ct 305.553.6138	8
St Anne's Residence 11855 Quail Roost Dr 305.252.4000	60	Sunset Gardens II 11173 SW 112 <sup>th</sup> Ter 305.254.1884	6	TGL Residence & ALF 14031 SW 104 <sup>th</sup> Ct 305.559.5917	9	Vereda Nueva 12412 SW 215 <sup>th</sup> Ln 786.573.9776	6	Villa Oni II 5401 SW 98 <sup>th</sup> Ct 305.270.7439	6
St John's ALF 7580 SW 30 <sup>th</sup> Ter 305.265.9337	6	Sunset Senior Care 9820 SW 77 <sup>th</sup> Ter 305.219.9445	6	Tiffany Senior Residence 19240 SW 124 <sup>th</sup> Ct 305.278.7314	6	Verona's Retirement Home II 12990 SW 190 <sup>th</sup> Ter 305.238.8533	6	Villa Serena I 1200 SW 22 <sup>nd</sup> Ter 305.858.5664	14
St Joseph ALF 16100 SW 101 Ave 305.251.4123	6	Supreme ALF I 8821 SW 41 <sup>st</sup> St 305.796.1757	6	TL Sea Home Care Services 14031 SW 39 <sup>th</sup> Ct 305.480.5995	6	Vicky's Home ALF 6402 SW 41 <sup>st</sup> St 305.662.4815	12	Villa Serena II 60-62 NW 33 <sup>rd</sup> Ave 305.631.1493	14
St Jude Home 9981 SW 42 <sup>nd</sup> Ter 305.220.3276	6	Sweet Care 634 SW 96 <sup>th</sup> Ct 305.559.0240	6	TLC Home 15101 SW 87 <sup>th</sup> Ave 305.232.1209	6				
St Mark's Villa 3381 NW 194 <sup>th</sup> Ter 305.624.6871	6	Sweet Care Home ALF 18260 SW 153 <sup>rd</sup> Ct 305.790.8256	6						

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Villa Serena IV 754-56 NW 22 <sup>nd</sup> Ct 305.206.5342	8	Yuli's Home Care 14580 SW 173 <sup>rd</sup> St 305.255.7168	6	Garden Valley Retirement Home 18140 NW 90 <sup>th</sup> Ave 305.300.1477	6	Genesis ALF 1510 SW 68 <sup>th</sup> Ave 954.971.0246	6
Villa Torres 5710 SW 131 <sup>st</sup> Ct 305.380.7915	6	Zu Ser's Senior Care 9603 SW 44 <sup>th</sup> St 305.753.0705	6	Marivan ALF 8943 NW 147 <sup>th</sup> Ter 786.208.2075	6	I&G ALF 6560 Harbor Rd 754.234.4318	6
Villa Ursula 1528 NW 34 <sup>th</sup> Ave 305.637.9379	6	Zuni ALF 370 NW 133 <sup>rd</sup> Pl 786.234.5085	6	Miami Lakes Retirement Home 16837 NW 91 <sup>st</sup> Ct 305.817.1455	6	Love & Affectionate ALF 311 SW 77 <sup>th</sup> Ter 954.718.7556	6
Violeta's Home 3810 NW 2 <sup>nd</sup> Ter 305.644.3972	6	<b>MIAMI BEACH</b> Hebrew Home of South Beach ALF 336 Collins Ave 305.672.6464	64	Miami Lakes Senior Care 16350 NW 88 <sup>th</sup> Path 305.335.1544	6	Orchid Garden 403 SW 74 <sup>th</sup> Ave 954.720.1317	6
Violeta's Home II 3920 NW 6 <sup>th</sup> St 305.644.1277	6	Nightingale Manor 1753 Michigan Ave 305.538.1530	30	Special Life Moments 8902 NW 177 <sup>th</sup> Ter 305.512.1246	6	<b>N MIAMI</b> Jas Manor 645 NE 131 <sup>st</sup> St 305.893.7428	10
We "R" Family USA 2230 SW 131 <sup>st</sup> Ct 305.485.0849	6	<b>MIAMI GARDENS</b> Brown's Assisted Care Living Facility 15770 NW 18 <sup>th</sup> Pl 305.625.1718	6	<b>MIAMI SPRINGS</b> Achoy Home Care II 1161 Nightingale Ave 305.887.4495	6	Paradise Elderly Home 12690 NE 2 <sup>nd</sup> Ave 305.807.7536	6
West Kendall ALF 15325 SW 56 Ter 305.989.2400	6	E&C Group One 3941 NW 207 <sup>th</sup> Dr 561.640.0424	5	Fair Living Center 201 Curtiss Pkwy 305.887.1565	60	<b>N MIAMI BEACH</b> Ives Dairy Senior Care 19840 NE 10 <sup>th</sup> Ave 786.316.6007	6
West Miami Adult Living Facility 7215 SW 21 <sup>st</sup> St 305.261.9220	6	GC Quality Home 5370 NW 172 <sup>nd</sup> St 786.208.8831	6	Morningside Manor & Villa Adult Care 200 South Dr 305.805.0277	6	M&G ALF 15900 NE 19 <sup>th</sup> Ct 305.956.7766	6
Westview Pleasant Living 2140 NW 126 <sup>th</sup> St 786.517.2523	6	Home Care For Elderly 4730 NW 178 <sup>th</sup> Ter 305.474.9137	6	<b>MIRAMAR</b> Fullness of Love ALF 3405 Knolls Rd 954.905.4365	6	Parke Plaza Retirement Residence 15520 NW 2 <sup>nd</sup> Ave 305.949.2626	120
Westwood Boarding Home 5301 SW 116 <sup>th</sup> Ave 305.273.9700	11	Las Delicias ALF 4840 NW 191 <sup>st</sup> St 305.623.5193	6	Mary's Extreme Care 6107 SW 26 <sup>th</sup> St 954.966.0901	5	Rainbow Gardens ALF 1998 NE 178 <sup>th</sup> St 305.525.5466	6
Willow Haven ALF 1220 NE 207 <sup>th</sup> St 305.297.1327	6	Mi Dulce Ocaso 3910 NW 165 <sup>th</sup> St 786.356.1471	6	Palm Manor 6609 SW 20 <sup>th</sup> St 954.682.9848	6	Rainbow Gardens Assisted Living II 1801 NE 182 <sup>nd</sup> St 305.525.5466	6
Xanadu Living Facility 840 NW 44 <sup>th</sup> Ave 305.774.9615	8	Mi Sublime Atardecer 20630 NW 37 <sup>th</sup> Ct 305.628.6158	6	Saejca's Castle 13393 SW 32 <sup>nd</sup> St 954.450.5506	5	Tender Hands Services 17600 NE 2 <sup>nd</sup> Ct 305.651.7899	6
Xanadus Palace Family Home 8070 SW 157 <sup>th</sup> Pl 305.320.1273	6	Miami Garden ALF 3520 NW 210 <sup>th</sup> Ter 305.620.1082	6	South Oaks 6141 SW 34 <sup>th</sup> St 954.983.7996	8	<b>OKLAND PARK</b> Good Hope Manor 2251 NW 29 <sup>th</sup> Ct 954.677.2900	100
Xina Home 9711 SW 135 <sup>th</sup> Ave 786.512.9085	6	Miami Gardens Manor 915 NW 175 <sup>th</sup> St 305.621.5663	6	Summerville Homes 7933 Indigo St 954.961.9998	5	Palms Villa Retirement Home 2131 NW 28 <sup>th</sup> St 954.484.1350	21
Xiomara Home 4321 SW 1 <sup>st</sup> St 305.461.3894	6	Peace & Care ALF 8121 NW 200 Ter 305.450.9457	6	Sunny Residence 9001 SW 20 <sup>th</sup> St 954.436.1381	5	Paradise Manor 365 NW 43 <sup>rd</sup> Ct 954.565.7049	30
Xiomara's Gardens 13720 SW 13 <sup>th</sup> St 305.798.1370	6	PM Adult Home Care 16720 NW 48 Ct 305.627.0826	6	Sunshine Chateau 2706 Montego Dr. 954.663.7549	6	Treemont on the Park 3881 NE 3 <sup>rd</sup> Ave 954.563.0276	34
Yami's Loving Home 1425 SW 91 <sup>st</sup> Ave 786.543.8698	6	Rodriguez ALF I 2751 NW 209 Ter 305.624.8086	4	Tender Touch Home Care 1801 Alcazar Dr 954.893.5992	6	<b>OPA LOCKA</b> Annie C Horn ALF 17020 NW 47 <sup>th</sup> Ave 305.626.9829	10
Yesenia ALF 15608 SW 63 <sup>rd</sup> Ter 305.408.1698	6	Royal Destiny Home Care 3260 NW 179 <sup>th</sup> St 305.474.3273	5	Tendercare Living Facilities 2906 Sunshine Blvd 954.665.8740	4	Edem Home Care 4783 NW 195 <sup>th</sup> St 305.622.4136	6
Yilliam Home 13888 SW 18 <sup>th</sup> Ter 305.226.9841	6	<b>MIAMI LAKES</b> DP&B Enterprise Home 14290 Sable Dr 305.512.1073	6	<b>N LAUDERDALE</b> Forest Springs Retirement Residence 7512 SW 5 <sup>th</sup> St 954.724.2038	6	Lilita Home Care II 4503 NW 203 <sup>rd</sup> Ter 305.362.6293	6
Your So Precious Group Home 8250 NW 12 <sup>th</sup> Ct 305.205.9550	6						

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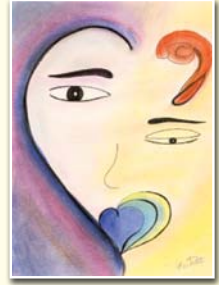
# ASSISTED LIVING FACILITY

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

*Number on last line indicates facility capacity*

Nuevo Renacer ALF 540 N Perviz Ave 305.681.3888	6	Assisted Living of Pembroke Pines 1985 NW 179 <sup>th</sup> Ave 954.441.6799	6	Broadview Retirement Home II 6200 SW 17 <sup>th</sup> St 954.979.5864	6	Harmony Care Home 534 SE Thanksgiving Ave 772.873.6660	6	Springfield Gardens 588 SW Ray Ave 772.871.9039	5
Time is Care 19010 NW 44 <sup>th</sup> Ave 305.624.2442	6	Betsy's Loving Home 309 SW 68 <sup>th</sup> Ave 954.854.7389	6	Grand Court Village I 295 SW 4 <sup>th</sup> Ave 954.942.3388	125	Hollyhome ALF 5288 NW North Macedo Blvd 772.807.9438	6	Sunny Days ALF II 4645 SW Vahalla St 772.343.9088	6
Vida Sin Fin ALF 3921 NW 179 <sup>th</sup> St 305.622.4122	6	Paradise Villa Retirement Home 11330 Sheridan St 954.433.7523	6	<b>Grand Court Village II 459 Racetrack Rd</b> 954.942.3388	80	Independent Living With Care 3165 SW Fambrough St 772.607.4370	6	Sunnydays ALF 169 NE Prima Vista Blvd 772.343.9088	6
Villa Real ALF 15965 NW 22 <sup>nd</sup> Ct 305.624.1737	12	Paradise Villa Retirement Home IV 1145 NW 92 <sup>nd</sup> Ave 954.443.0707	6	John Knox Village of Florida 840 Lakeside Cir 954.782.1300	64	Jamaica Shores 171 SW Euler Ave 772.446.7333	6	V&R Retirement 356 SE Prima Vista Blvd 772.878.8765	6
<b>PALM BEACH GARDENS</b>		<b>PLANTATION</b>		Lighthouse Inn North 3208 NE 11 <sup>th</sup> St 954.943.6318	42	Johanna's Assisted Living 1958 Dorado Ln 772.871.2695	6	<b>PRINCETON</b>	
Assisted Living of Palm Beach Gardens I 9239 W Highland Pines Dr 561.691.8630	14	Twenty-Four Seven 741 SW 72 <sup>nd</sup> Ave 954.966.6503	6	Lighthouse Inn South 3305 SE 5 <sup>th</sup> St 954.783.2317	33	Life Long Learning Center 1699 SW Southworth Ter 772.340.0594	6	Sunny Hills of Homestead 25268 SW 134 <sup>th</sup> Ave 866.352.2537	105
Chatsworth at PGA National 346 Hiatt Dr 561.624.5650	42	Bougainvillea Garden 6980 NW 6 <sup>th</sup> St 954.797.0595	6	M&M ALF 113 NE 7 <sup>th</sup> St 954.946.9699	38	Horizon Bay Vibrant Ret Living 448 9825 S US Hwy 1 772.337.0084	120	<b>RIVIERA BEACH</b>	
Country Residence 14327 N 69 <sup>th</sup> Dr 561.622.1346	11	Covenant Village of Florida 9211 W Broward Blvd 954.472.2860	55	Patrician Arms Retirement Home 239 NE 23 <sup>rd</sup> Ave 954.783.1761	12	Nature's Edge 699 NW Airoso Blvd 772.879.7530	33	Mills ALF 701 9 <sup>th</sup> St 561.863.0014	18
Emmanuel Care ALF 3628 Daisy Ave 561.627.3674	6	Gentle Touch ALF 5010 SW 11 <sup>th</sup> St 954.327.3354	6	<b>Peace on Earth ALF II 470 SW 14<sup>th</sup> Ct</b> 954.544.3454	6	New Life ALF 2133 SE Shelter Dr 772.337.3158	6	<b>ROYAL PALM BEACH</b>	
Inn at La Posada 3600 Masterpiece Way 561.514.5000	88	Jencarl's Angels 4890 NW 7 <sup>th</sup> St 954.316.8534	6	Pompano Retirement Village 501 SW 2 <sup>nd</sup> Pl 954.782.8903	42	Ohana Adult Family Care Home 817 SW Sail Ter 772.873.9606	7	Cassie's Castle 208 Natchez Trace 561.439.3301	6
Palms Edge ALF 4201 Leo Ln 561.841.0055	65	Nancy's Adult Family Care ALF 7660 NW 12 <sup>th</sup> Ct 954.476.7185	6	Sunset by the Sea 420 N Riverside Dr 954.788.8350	15	Palms of St Lucie West 501 NW Cashmere Blvd 772.398.8899	80	Orange Blossoms Villa 10331 Pippin Ln 561.795.9316	6
Prosperity Oaks 11381 Prosperity Farms Rd 561.694.9709	126	Paradise Loving Care 4541 NW 3 <sup>rd</sup> St 954.791.1793	6	<b>PORT ST LUCIE</b>		Paradise Care Cottage 2277 SE Lennard Rd 772.398.8899	50	Meadowlark Inn 151 Meadowlark Dr 561.204.3807	6
Odosia Home 3927 Buttercup Cir S 561.775.3459	6	Royal Living ALF 621 NW 76 <sup>th</sup> Ave 954.474.4292	6	Amazing Grace 1160 SE Puritan Ln 772.340.3742	6	Parah 701 SW Tulip Blvd 772.878.6586	6	<b>SOUTHWEST RANCHES</b>	
<b>PALM CITY</b>		St Thomas Manor 1110 SW 40 <sup>th</sup> Ave 954.583.3321	30	Bayshore Residence 686 SW Lucero Dr 772.871.1106	6	Perfect Kare ALF 5902 NW Wolverine Rd 772.837.0325	6	Golden Ranch 5711 W 196 <sup>th</sup> Ln 954.680.7019	5
Water's Edge Extended Care 1500 SW Capri St 772.223.5863	20	With Open Arms Residence 6801 NW 11 <sup>th</sup> Pl 954.587.5895	8	Brighton Gardens of Port St Lucie 1699 SE Lyngate Dr 772.335.9990	110	Quality Care ALF of the Treasure Coast 432 SW Prado Ave 772.879.2501	6	Amore Dementia Care 1634 S Kanner Hwy 772.219.8989	32
<b>PEMBROKE PARK</b>		<b>POMPAÑO BEACH</b>		Circle of Care 4161 SW Tumble St 772.336.3457	6	Ridgecrest Assisted Living 190 SW Ridgecrest Dr 772.873.9191	6	Stuart 1634 S Kanner Hwy 772.219.8989	32
Orange Blossom Manor 3535 SW 52 <sup>nd</sup> Ave 954.961.8111	144	Amwil Assisted Living 840 SW 8 <sup>th</sup> St 954.943.4606	75	Country Living Assisted Care Center 1762 SW Arch St 772.621.8211	6	Rosewood Gardens 643 NE Lagoon Ln 561.344.5974	6	Family Manors 3385 SE Evergreen St 772.288.4781	24
<b>PEMBROKE PINES</b>		Atlantic Shores Retirement Residence 1500 N Riverside Dr 954.941.7974	30	Harbor Place at Port St Lucie 3700 SE Jennings Rd 772.337.4330	128	Serenity Care Center 619 SW Jaffe Ave 772.336.5939	6	Maple Leaf Assisted Living 24 Mead Pl 772.781.6249	10
Ana's ALF 8920 NW 7 <sup>th</sup> Ct 954.704.1810	6	Broadview Retirement Home I 1741 SW 70 <sup>th</sup> Ave 954.979.5699	8					Place at Stuart 860 SE Central Pkwy 772.287.9909	100
Assisted Living of Broward 17646 SW 10 <sup>th</sup> St 954.538.9061	6							Residence of Stuart 1048 N Fork Rd 772.692.2577	12
								Stirling House of Stuart 3401 Aster Ln 772.287.6001	55
								<b>SUNRISE</b>	
								Absolute Care ALF at Welleby 3621 NW 90 <sup>th</sup> Ter 954.747.7265	14

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



# HOME CARE SERVICES GUIDE

Due to space limitations in this directory, these agencies will be listed by counties

The following abbreviations will be listed under each agency to describe payment accepted: **MCR** – Medicare, **MAID** – Medicaid, **LTC** – Long Term Care insurance, **HMO** – Insurance, **PVT** – Private pay, **O** – Other.

## BROWARD

Comprehensive Home Care  
MCR – PVT  
954 – 834- 2222  
[www.comprehensivehomehealth.com](http://www.comprehensivehomehealth.com)

**C S I Caregivers Services Inc.**  
PVT – LTC  
877- 277-3448  
[www.csicaregiver.com](http://www.csicaregiver.com)

## MIAMI DADE

United Home Health Solutions  
MCR – PVT – LTC  
305-558-0470  
[unitedhhs@yahoo.com](mailto:unitedhhs@yahoo.com)

**C S I Caregivers Services Inc.**  
PVT – LTC  
877- 277-3448  
[www.csicaregiver.com](http://www.csicaregiver.com)

## PALM BEACH

Comprehensive Home Care  
MCR – PVT – LTC  
561– 558-0996  
[www.comprehensivehomehealth.com](http://www.comprehensivehomehealth.com)

Empathy Care  
MCR – PVT – LTC  
561-395-9101  
[www.empathycare.org](http://www.empathycare.org)

**C S I Caregivers Services Inc.**  
PVT – LTC  
877- 277-3448  
[www.csicaregiver.com](http://www.csicaregiver.com)

## MARTIN COUNTY / ST. LUCIE

Comprehensive Home Care  
MCR – PVT  
772– 558-0996  
[www.comprehensivehomehealth.com](http://www.comprehensivehomehealth.com)

Would you like to see  
your agency in this listing?

Contact us at 954-967-6191  
or email at [garcia@55plusmag.us](mailto:garcia@55plusmag.us)



# RESOURCE GUIDE

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

## ALZHEIMER'S BROWARD

Alzheimer's Association  
Southeast Florida Chapter  
800.861.7826

Area Agency on Aging of  
Broward County  
954.745.9567

Alzheimer's Family Center  
954.971.7155

Long-Term Care Community  
Diversion Program  
954.746.1773

North Broward Memory Disorder  
Center  
954.786.7392

## MIAMI-DADE

Alliance for Aging, Inc  
305.670.6500

Alzheimer's Association  
Southeast Florida Chapter  
800.861.7826

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

The Wien Center Memory  
Disorder Clinic  
305.674.2543

University of Miami Memory  
Disorders Center  
305.355.9065

## PALM BEACH

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

Alzheimer's Association  
Southeast Florida Chapter  
800.861.7826

Alzheimer's Community Care  
561.683.2700

Area Agency on Aging  
561.684.5885

Edward J Healey Rehabilitation  
and Nursing Center  
561.842.6111

Florida Atlantic University Memory  
and Wellness Clinic  
561.297.0502

Glades Health Care Center  
561.924.5561

Joseph L. Morse Geriatric  
Center, Inc  
561.687.5790

Jupiter Medical Center  
Alzheimer's Support Group  
561.744.4444

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

Lourdes-Noreen McKeen  
Residence for Geriatric Care, Inc  
561.655.8544

Mae Volen Senior Center  
561.395.8920

New Day Adult Care Center  
561.844.0012

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

Schaffer Adult Day Health Center  
561.687.5790

St. Mary's Medical Center  
Memory Disorder Clinic  
561.882.6363

## STATE

Florida Council on Aging  
850.222.8877

## NATIONAL

Alzheimer's Association  
800.272.3900

Alzheimer's Caregiver  
Support Online  
866.260.2466

Alzheimer's Foundation of  
America  
866.232.8484

## AREA AGENCIES ON AGING/AGING SVCS.

### BROWARD

Aging and Disability Resource  
Center  
954.745.9567

Broward County Elderly Services  
954.357.6622

## MIAMI-DADE

Alliance for Aging  
305.670.6500

## PALM BEACH

Area Agency on Aging  
561.214.8600

## STATE

Florida Department of Elder Affairs  
850.414.2000

Florida Council on Aging  
850.222.8877

## NATIONAL

National Eldercare Locator  
800.677.1116

## ASSOCIATIONS/ ORGANIZATIONS

### BROWARD

American Association of Retired  
Persons (AARP)  
866.595.7678

American Cancer Society  
954.564.0880

American Dental Association  
954.772.5461

American Diabetes Association  
954.772.8040

American Heart Association  
954.772.8100

American Lung Association  
954.524.4657

American Parkinson Disease  
Association  
954.786.2305

American Red Cross  
954.797.3800

Arthritis Foundation  
954.616.1233

Brain Injury Association  
954-786-2400

Broward Homebound  
Program, INC.  
954.786.2484

Coalition for the Homeless  
954.925.6466

County Medical Association  
954.714.9477

County Office of the Public  
Guardian  
954.831.6550

Epilepsy Foundation  
954.779.1509

Gilda's Club  
954-763-6776

Leukemia/Lymphoma Society  
954.744.5300

Mental Health Association of  
Broward County  
954-746-2055

National Multiple Sclerosis  
Society  
954-731-4224

Senior Citizen Law Project  
954.746.2400

South Florida Asthma  
Consortium  
954.524.4657

## MIAMI-DADE

American Cancer Society  
305.594.4363

American Dental Association  
800.344.5860

American Heart Association  
305.856.1449

American Red Cross  
305.644.1200

Coalition for the Homeless  
305.571.8101

County Medical Association  
305.324.8717

County Office of the Public  
Guardian  
305.592.7642

Epilepsy Foundation  
305.670.4949

Miami-Dade Elder Helpline  
305.670.4357

## PALM BEACH

American Cancer Society  
561.366.0013

American Dental Association  
561.278.7551

American Diabetes Association  
561.689.2746

American Heart Association  
561.615.3888

American Lung Association  
561.659.7644

# RESOURCE GUIDE

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

American Red Cross  
561.833.7711

Anti-Defamation League  
561.988.2900

Arthritis Foundation  
561.833.1133

County Medical Society  
561.433.3940

County Office of the Public  
Guardian  
561.655.8944

Epilepsy Foundation  
561.478.6515

Leukemia/Lymphoma Society  
561.775.9954

## STATE

Agency for Healthcare Admin-  
istration  
888.419.3456

American Association of Retired  
Persons (AARP)  
866.595.7678

American Lung Association  
904.743.2933

Brain Injury Association of Florida  
800.992.3442

Breast Cancer Resource Network  
800.696.8349

Coalition for the Homeless  
877.205.0021

Compulsive Gambling  
888.236.4848

Florida Bar-Elder Law Section  
850.561.5625

Florida DCF Office on  
Homelessness  
850.922.4691

Lupus Foundation of America  
800.684.9276

National Kidney Foundation  
800.927.9659

Senior Legal Helpline (Florida  
Department of Elder Affairs)  
888.895.7873

## NATIONAL

Administration on Aging  
202.619.0724

Alliance for Retired Americans  
202.637.5399

ALS Association (Lou Gehrig's  
Disease)  
818.880.9006

Alzheimer's Association  
800.272.3900

Alzheimer's Foundation  
866.232.8484

American-Arab Anti-Discrimina-  
tion Committee  
202.244.2990

American Association of Retired  
Persons (AARP)  
888.687.2277

American Cancer Society  
800.227.2345

American Dental Association  
312.440.2500

American Diabetes Association  
800.342.2383

American Heart Association  
800.242.8721

American Institute for Cancer  
Research (AICR)  
800.843.8114

American Liver Foundation (ALF)  
212.668.1000

American Lung Association  
800.548.8252

American Parkinson Disease  
Association  
800.223.2732

American Red Cross  
800.733.2767

American Speech Language  
Hearing Association (ASHA)  
800.638.8255

American Stroke Association  
888.478.7653

American Urological  
Association Foundation  
800.828.7866

Americans with Disabilities Act  
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  
202.371.8880

Coalition for the Homeless  
202.462.4822

Epilepsy Foundation  
800.332.1000

Human Rights Campaign  
202.628.4160

League of United Latin American  
Citizens  
202.833.6130

Leukemia/Lymphoma Society  
888.955.4572

Lupus Foundation of America  
800.558.0121

NAACP  
877.622.2798

National Alliance to End  
Homelessness  
202.638.1526

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

National Kidney Foundation  
800.622.9010

National Multiple Sclerosis Society  
800.344.4867

National Organization for Women  
202.628.8669

National Parkinson's Foundation  
800.327.4545

National Substance Abuse Helpline  
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 Sup-  
port Group  
954.463.9005

Gold Coast Home Health and  
Hospice Services  
954.785.2990

Heart Talk  
Plantation General Hospital  
954.370.9822

Hospice Care of SE Florida  
954.467.7423

Leo Goodman Senior Complex  
954.742.2299

NE Focal Point Senior Center  
954.480.4449

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

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 Com-  
munity Center  
305.932.4200

Mount Sinai Cancer Bereavement  
Support Group  
305.535.3407

Palm Gardens of Aventura  
305.935.4827

Sacred Heart Catholic Church  
305.247.4405

South Miami Hospital  
786.662.4000

The Compassionate Friends  
Miami Chapter  
305.460.5762

### **GRUPOS DE APOYO (ESPAÑOL)**

Good Shepherd Catholic Church  
305.385.4320

Iglesia Ejecutive Bautista  
305.303.9498

Mother of Christ  
305.559.6111

Principe de Paz Ministerio del  
Consuelo  
305.264.9059

Viudas & Viudos  
305.588.2150

### **PALM BEACH**

Alpert Jewish Family & Children's  
Services Support Groups  
561.684.1991

Boca Raton Community Hospital, Inc  
Bereavement Support Group  
561.955.5406

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

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

Holy Name of Jesus Church  
Bereavement Support Group  
561.683.3555

Hospice of Palm Beach County  
561.227.5175

Jupiter Medical Center  
Bereavement Support Group  
561.745.4351

Mental Health Association of Palm  
Beach County, Inc

Senior Services  
561.832.3755

Ruth Rales Jewish Family  
Service Bereavement Support  
Groups  
561.852.3333

### **NATIONAL**

Parents of Murdered Children  
888.818.7662

The Compassionate Friends  
877.969.0010

### **COUNTY HEALTH DEPARTMENT**

#### **BROWARD**

Broward County Health  
Department  
954.467.4700

#### **MIAMI-DADE**

Miami-Dade County Health  
Department  
305.324.2400

#### **PALM BEACH**

Palm Beach County Health  
Department  
561.840.4500

### **CRISIS INTERVENTION**

#### **BROWARD**

BSO Baker Act Team  
954.765.4321  
After Hours: 954.831.5846

Henderson Mobile Crisis  
Response Team  
954.463.0911

Women in Distress  
954.761.1133

#### **MIAMI-DADE**

Switchboard of Miami  
305-358-4357

#### **PALM BEACH**

Destiny by Choice, Inc.  
561.439.3145

Family Violence Intervention  
Program  
561.355.1664

New Hope Anger Management,  
Inc.  
561.832.3828

Palm Beach Crisis Line  
561-547-1000

### **STATE/NATIONAL**

Florida Domestic Violence  
Hotline  
800.500.1119

National Domestic Violence  
Hotline 800.799.7233

### **DENTAL RESOURCES BROWARD**

Broward College Dental Clinic  
954.201.6779

Dental Association  
954.772.5461

Ft. Lauderdale Health Center  
Dental Clinic  
954.467.4820

Gulf Stream Living Water Center  
North 954.763.6644  
South 954.965.0077

North Regional & Paul Hughes  
Health Centers  
954.788.6079

Nova Southeastern  
954.7262.7500

South Regional Health Center  
Dental Clinic  
954.985.4814

#### **MIAMI-DADE**

Camillus Health Concern  
305.577.4840

Community Health of South  
Florida, Inc  
305.253.5100

Community Smiles Program  
305.325.0510

Florida Donated Dental Services  
305.598.7080

Helen B Bentley Family  
Health Center  
305.447.4950

Jessie Trice Community  
Health Center, Inc  
305.637.6400

Martin Luther King, Jr Clinica  
Campesina  
305.248.4334

Miami-Dade Community College  
Dental Hygiene Program  
305.237.4142

North Dade Health Center  
786.466.1500

Nova SE University Health Care  
Center  
305.949.6202

South Florida District Dental  
Association  
305.667.3647

UF College of Dentistry  
305.694.5400



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855-455-PLUS  
(7587)**

**SE HABLA ESPAÑOL**



# RESOURCE GUIDE

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

## **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 PREPARED- NESS & EMERGENCY ASSISTANCE**

### **BROWARD**

American Red Cross  
954.797.3800

Broward County Emergency  
Management Division  
954.831.3900

Broward County Hurricane  
Preparedness Guide & Hurricane  
Hotline  
954.831.4000

## **MIAMI-DADE**

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

Emergency Management Answer  
Center  
311

Miami-Dade Department of  
Emergency Management  
305.468.5400

## **PALM BEACH**

American Red Cross  
561.833.7711

Palm Beach County Division of  
Emergency Management  
561.712.6400

## **STATE**

Florida Division of Emergency  
Management  
850.413.9969

## **NATIONAL**

Federal Emergency Management  
Agency  
800.621.3362

## **DRIVER'S LICENSE OFFICES**

### **BROWARD**

Department of Highway Safety &  
Motor Vehicles  
954.497.1570

### **MIAMI-DADE**

Department of Highway Safety &  
Motor Vehicles  
305.229.6333

### **PALM BEACH**

Department of Highway Safety &  
Motor Vehicles  
561.681.6333

## **STATE**

Department of Highway Safety &  
Motor Vehicles  
850.617.2000

## **NATIONAL**

AARP Driver Safety Program  
888.227.7669

## **ELDER ABUSE**

### **BROWARD**

Broward County Domestic  
Violence Services  
954.327.8750

Senior Citizens Law Project  
954.736.2400

Women in Distress  
954.760.9800

### **MIAMI-DADE**

Disability and Independent Living  
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

Social Security Administration  
Ticket to Work  
800-772-1213

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**

Low Income Home Energy Ass-  
istance Program  
786.469.4600

FPL Customer Care  
305.442.8770

### **PALM BEACH**

FPL Customer Care  
561.994.8227

Low Income Home Energy Ass-  
istance 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

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 Neighbor-  
hood 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 Neighbor-  
hood Center  
305.247.2068

Frankie Shannon Rolle Neighbor-  
hood Center  
305.446.3311

Goulds Community Center  
305.233.2121

Liberty City Community Center  
305.756.2830

Low Income Home Energy  
Assistance Program  
305.347.4685

Miami-Dade Elder Helpline  
305.670.4357

Naranja Neighborhood Center  
305.258.5471

Opa-Locka Neighborhood Center  
305.623.6500

Richmond Heights Resource  
Center  
305.234.4927

The Salvation Army  
305.438.9066

Wynwood Neighborhood Center  
305.547.7661

### PALM BEACH

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

American Red Cross  
Greater Palm Beach Area  
Chapter  
561.833.7711

Boca Helping Hands Assistance  
Center  
561.417.0913

Catholic Charities, Diocese of  
Palm Beach, Inc.  
561.775.9560

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

Community Action Program of  
Palm Beach County  
561.355.4726

Community Caring Center  
561.364.9501

Consumer Credit Counseling  
Service  
800.251.2227

Farmworker Coordinating Council  
of Palm Beach County  
561.533.7227

Mae Volen Senior Center  
561.395.8920

Palm Beach County  
Division of Senior Services  
561.355.4750

Palm Beach County  
Division of Human Services  
954.355.4775

Palm Beach County  
Division of Veteran Services  
561.355.4761

Ruth Rales Jewish Family Service  
561.852.3333

Society of St. Vincent de Paul  
561.697.9699

The Salvation Army  
561.686.3530

### STATE

Florida Department of  
Financial Services  
877.693.5236

Florida Medicare Beneficiary  
Helpline  
800.844.0795

IRS Tax Helpline  
800.829.1040

### NATIONAL

Lifeline Across America  
888.225.5322

### FOOD ASSISTANCE BROWARD

Aging & Disability Resource  
Center of Broward County  
954.745.9779

Broward Meals on Wheels  
954.731.8770

Broward Homebound  
954.786.2484

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

Lifenet 4 Families  
954.792.2328

Manna – Share a Meal  
954.475.0508

Sunrise Social Service Division  
954.746.3670

The Pantry of Broward  
954.358-1481



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# RESOURCE GUIDE

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

WeCare  
954.792.6700

## MIAMI-DADE

CC Elder Services – Malcom Ross  
305.633.0462

CC Elder Services – Pete  
O'Connor  
305.757.0218

Community Action Agency  
786.469.4692

De Hostos Senior Center  
305.573.6220

Farm Share Food Program  
305.248.3006

Jewish Community Services  
of South Florida Information &  
Referral Line  
305.576.6550

Marian Towers Elderly Services  
305.932.1300

Miami-Dade Elder Helpline  
305.670.4357

Miami-Dade Meals on Wheels  
305.347.4674

North Miami Foundation for  
Senior Citizens  
305.893.1450

South West Social Services  
305.261.6202

## PALM BEACH

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

Boca Helping Hands Food  
Center  
561.417.0913

Community Caring Center  
561.364.9501

Lighthouse Café  
561.996.5568

New Hope Charities, Inc.  
561.924.7986

Regeneration Center  
561.655.2204

Samaritan Gardens Christian  
Care Center  
561.650.7400

Strive for Excellence Food Pantry  
561.848.3142

The Soup Kitchen, Inc.  
561.732.7595

## STATE

Food Stamp Hotline  
866.762.2237

SHARE Florida Food Network  
800.536.3379

## HEARING RESOURCES BROWARD

Accessible Communication  
for the Deaf  
954.578.3081

Center for Hearing and  
Communication  
954.601.1930  
TTY 954-601-1938

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

Broward County  
Housing Authority 954-739-1114  
Dania Beach 954-920-9662  
Deerfield Beach 954-428-0678  
Fort Lauderdale, 954-525-6444  
Hollywood 954-989-4691  
Pompano Beach 954-785-7200

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 Development  
202.708.1112/TTY 202.708.1455

## LEGAL SERVICES

### BROWARD

**Alice Reiter Feld PA.**  
(Elder Law)  
954-726-6602  
[www.florida-elderlaw.com](http://www.florida-elderlaw.com)

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

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

Noble A. McArtor Day Care  
Center  
954-764-5055

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 Adminis-  
tration (AHCA)  
305.499.2165



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# RESOURCE GUIDE

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Medicaid Beneficiary Services  
305.499.2100

## **PALM BEACH**

Agency for Health Care  
Administration (AHCA)  
561.496.5900

Medicaid Beneficiary Services  
561.616.5255

## **STATE**

Agency for Health Care  
Administration (AHCA)  
888.419.3456

Florida Department of Elder  
Affairs (SHINE)  
800.963.5337

The Florida Department of  
Children & Families  
866.762.2237

Medicaid Fraud Hotline  
866.966.7226

## **NATIONAL**

Centers for Medicare & Medicaid  
Services  
800.633.4227

Supplemental Security Income  
(SSI)  
800.772.1213

## **MEDICARE**

## **BROWARD**

North Broward Referral Service  
Center  
954.267.2090

## **MIAMI-DADE**

Miami-Dade Elder Helpline  
305.670.4357

## **PALM BEACH**

Bethesda Prime Time Club  
561.737.7733

## **STATE**

Florida Medical Quality  
Assurance-Appeals  
866.800.8754

Florida Department of Elder  
Affairs (SHINE)  
800.963.5337

Florida Medicare Hotline  
800.844.1795

Qualified Medicare Beneficiaries  
(QMB)  
866.762.2237

## **NATIONAL**

Centers for Medicare & Medicaid  
Services  
800.633.4227

Medicare Rights Center  
800.333.4114

Medicare Choices Helpline  
800.633.4227

Medicare Fraud Hotline  
800.447.8477

Social Security Administration  
800.772.1213

## **MENTAL HEALTH SERVICES**

## **BROWARD**

ARC Broward Mental Health  
Counseling  
954.746.9400

Archways  
954.763.2030

Broward County Elderly &  
Veterans Services  
954-357-6622

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

Miami Counseling & Resource  
Center  
305.448.8325

Miami-Dade County Health  
Department  
305.324.2400

Miami-Dade Elder Helpline  
305.670.4357

New Era Health Center  
305.559.8838

The Village South  
305.573.3784

## **PALM BEACH**

Alpert Jewish Family & Children's  
Services  
561.684.1991

Glades Crisis Stabilization Unit  
561.993.8022

Mental Health Association of  
Palm Beach County  
561.832.3755

National Alliance for the Mentally  
Ill of Palm Beach County  
561.588.3477

Oakwood Center of the Palm  
Beaches  
561.383.8000

Palm Beach Center for  
Personal Enrichment  
561.776.1660

Senior Focus  
561.882.0252

South County Mental Health  
Center  
561.495.0522

## **NATIONAL**

Mental Health America  
800-969-6642

National Institute of Mental  
Health  
866-614-6464

## **PRESCRIPTION ASSISTANCE**

## **BROWARD**

AIDS Health Foundation  
954-522-3132

Broward County Human Services  
Prescription Drug Discount Cards  
877.321.2652

Broward General Medical Center  
Retail Pharmacy  
954.468.8082

## **PALM BEACH**

Palm Beach County  
Prescription Drug Assistance  
Program  
866.652.4325

## **STATE**

Florida Discount Drug Card  
Program  
866.341.8894/TTY 866.763.9630

Serving Health Insurance Needs  
of Elders (SHINE)  
800.963.5337

## **NATIONAL**

AstraZeneca Patient Prescription  
Assistance Program  
800.236.9933

Florida AIDS Assistance  
850-245-4335

Free Medicine Foundation  
573.996.3333

GlaxoSmithKline Orange Card  
888.672.6436

Lilly Cares Foundation  
800.545.6962

Medicare-Approved Drug  
Discount Cards  
800.633.4227

Merck Patient Assistance  
Program  
800.727.5400

Novartis Care Card  
866.974.2273

Pfizer Helpful Answers  
866.706.2400

Partnership for Prescription  
Assistance  
888.477.2669

RxAssist Patient Assistance  
Program  
401.729.3284

Together Rx Access  
800.444.4106

## SENIOR ORGANIZATIONS & SERVICES

### BROWARD

CARES – Department of Elder Affairs  
954.746.1773

First Call  
211

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

Jewish Healing Center  
954.370.2140

Miramar Youth & Family  
Outreach Center  
954.889.2723

North Broward Medical Senior  
Supper Club  
954.344.3344

Ombudsman Broward  
954.747.7919

Respite for Elders Living in  
Everyday Families (RELIEF)  
954.745.9779

### MIAMI-DADE

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

Guardianship Program of Dade  
County  
305.592.7642

Jewish Community Services of  
South Florida  
Information & Referral Line  
305.576.6550

Miami-Dade Community  
Action Agency  
786.469.4600

Miami-Dade Alliance for Aging  
305.670.6500

Ombudsman North Dade  
786.336.1418  
Ombudsman South Dade  
305.671.7247

### PALM BEACH

CARES – Department of Elder Affairs  
561-840-3150

Catholic Charities Elderly  
Services  
305.751.5203

Ombudsman Palm Beach  
561.837.5038

### STATE

AARP Florida  
866.595.7678

Florida Ombudsman Program  
888.831.0404

### NATIONAL

Children of Aging Parents  
800.227.7294

National Family Caregivers  
Association  
800.896.3650

### SHELTERS

#### BROWARD

Broward Partnership for the  
Homeless  
954.779.3990

Broward Outreach Hollywood  
954.926.7417

Broward Outreach Pompano  
954.979.6365

EASE Foundation  
954.797.1077

Helping People in America  
(COSAC)  
954.954.3571

Henderson Mental Health Center  
954.463.0911

Jubilee Center of South  
Broward, Inc  
954.920.0106

Love Thy Neighbor  
954.779-3990

Our Father's House Soup Kitchen  
954.968.7550

The Homeless Voice Shelter  
954.924.3571

### MIAMI-DADE

A Woman's Place  
305.358.2063

Camillus House  
305.374.1065

Concept House  
305.751.6501

Douglas Gardens CMHC  
Homeless Assistance Program  
305.604.3446

Homeless Assistance Center  
305.329.3000

M. Teresa Mission of Charity  
305.545.5699

Metatherapy – Beckham Hall  
Homeless Shelter for Men  
305.247.1949

Miami City Mission  
305.576.3725

Miami Rescue Mission  
305.571.2273

Miami Rescue Women  
305.571.2250

New Life Family of Catholic  
Charities  
305.573.3333

Opa-Locka Rescue Mission  
305.687.4110

Salvation Army – Men's 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



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# RESOURCE GUIDE

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

Broward Addiction Recovery Center (BARC)  
954.765.4200

Faith Farm  
954.763.7787

Memorial Regional Hospital  
954.265.4603

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

Alcoholics Anonymous  
212.870.3400

## SUPPORT SERVICES

### BROWARD

Compassionate Friends  
954.370.3446

Coral Springs Medical Center Support Groups  
954.344.3344

Daniel Cantor Senior Center  
954.742.2299

FCFH Senior Helpline  
954.390.0485

First Call Broward County  
211

Gilda's Club South Florida  
954.763.6776

Glass House  
954.938.0055

Hospice of SE Florida Bereavement Group  
954.467.7423

Imperial Point Medical Center Mental Health & Cancer Support Groups  
954.776.8500

Jewish Family Services of Broward  
954.370.2140

Mental Health Association of Broward County  
954.746.2055

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

National Alliance on Mental Illness  
954.722.5445

North Broward Medical Center Support Groups  
954.786.6460

Northeast Focal Point Senior Center  
954.480.4449

Northwest Focal Point Senior Center  
954.973.0300

OCD Resource Center  
954.962.6662

Plantation Community Outreach Center  
954.916.5601

Southeast Focal Point Senior Center  
954.966.9805

Southwest Focal Point Senior Center  
954.450.6888

Vitas Bereavement Support Group  
954.777.5284

Women in Distress of Broward County  
954.761.1133

## MIAMI-DADE

Catholic Charities Bereavement Groups  
305.754.2444

Easter Seals Miami-Dade  
305.325.0470

Compassionate Friends  
305.460.5762

Elder Services  
305.576.2511

Everglades Community Association  
305.242.2142

Foster Grandparent Program  
305-514-6000

Jewish Community Services of South Florida Information & Referral Line  
305.576.6550

Miami-Dade Alliance for Aging  
305.670.6500

Miami-Dade Elder Helpline  
305.670.4357

National Alliance on Mental Illness  
305.377.8750

North Miami Foundation for Senior Citizens  
305.893.1450

Senior Companion Program  
305.514.6000

Service Corp of Retired Executives  
786.425.9119

Switchboard of Miami – 24 Hour Helpline  
305.358.4357

Vitas Bereavement Support  
305.690.4764

### **PALM BEACH**

Alpert Jewish Family &  
Children's Services  
561.684.1991

Boynton Beach Senior Center  
561.742.6570

Compassionate Friends  
561.368.0324

Joseph L. Morse Geriatric Center, Inc  
561.471.5111

Mae 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 Acces-  
sibility  
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. Depart. of Transportation  
American Disabilities Act  
888.446.4511

### **VETERAN SERVICES BROWARD**

Broward County Elderly &  
Veterans Services Division  
954-357-6622

Broward County VA Clinic  
954.475.5500

Ft. Lauderdale Veterans Center  
954.356.7926

### **MIAMI-DADE**

Bruce W. Carter Department of  
Veterans Affairs Medical Center  
305.575.7000

Miami-Dade County Veteran  
Service Office  
305.270.2940

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



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# RESOURCE GUIDE

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

## 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

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  
Volunteer 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 Ser-  
vices – 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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