

# 55<sup>TM</sup> MAGAZINE

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WITH AN ANGEL  
**JACLYN  
SMITH**  
ENTREVISTA  
CON UN ÁNGEL

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Corner**  
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del Sheriff

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# RESTORING SPEECH, LANGUAGE AND SWALLOWING DISORDERS

## LA RESTAURACIÓN DE LOS TRASTORNOS DEL HABLA, LENGUAJE Y DEGLUCIÓN

One of the most emotionally devastating medical conditions that can occur is an end of the ability to communicate. Speech or language problems can appear either abruptly or over time, and they can strike anyone.

For most people, symptoms show in slurred or faint speech, wheezing, or trouble breathing while trying to talk. In other cases, a person's ability to speak an intended word might suddenly seem to vanish.

Speech and language disorders fall under fancy names like "apraxia," "dysarthria," and "aphasia." They often arise from a stroke, Parkinson's Disease, Huntington's Disease, brain injury, vocal cord issues, oral cancer or other illnesses.

Getting help early on is important in minimizing the depression that often accompanies speech problems. Fortunately, afflicted people can find the right help through a well-developed rehabilitation program. That's where they'll encounter speech-language pathologists — customarily known simply as speech therapists. Those are the professionals who help patients recover or significantly improve their speech problems.

Speech therapists use a variety of techniques designed to retrain muscles or increase mouth, tongue and lip movement. They also help patients learn to re-establish their ability to recall information and problem solve to maximize their independence with daily activities.

Speech therapists are likewise the experts who help people suffering from swallowing disorders, known as "dysphagia." Using therapy and at some rehab facilities a non-invasive neuromuscular electrical stimulation treatment, they aid patients in regaining or improving their swallow function to increase safety while eating or drinking. •

El quedarse si la capacidad de comunicarse es devastador. Los problemas del habla pueden aparecer repentinamente o no.

Muchas personas tienen síntomas, desmayos, sibilancias o dificultad para respirar al hablar. En otros casos, el poder de decir una palabra de repente parece haber desaparecido.

Los trastornos del habla y el lenguaje se nombran como "apraxia", "disartria", y "afasia". A menudo se originan a partir de un accidente cerebro vascular, el Parkinson, la enfermedad de Huntington, lesiones cerebrales, problemas de las cuerdas vocales, cáncer oral, entre otras enfermedades.

Obtener ayuda desde el principio es importante para minimizar la depresión relacionada a los problemas del habla. Las personas afectadas pueden encontrar la ayuda adecuada a través de un programa de rehabilitación bien desarrollado. Ahí es donde va a encontrar logopedas (terapeutas del habla). Ellos son los que ayudan a los pacientes a recuperar de forma significativa sus problemas de habla.

Los terapeutas del habla utilizan técnicas diseñadas para entrenar los músculos o aumentar los movimientos de la boca, la lengua y de los labios. Ayudan a los pacientes a re-establecer su capacidad para recordar información y resolver problemas. Estos terapeutas son también expertos con los trastornos de la deglución, conocida como "la disfagia." Con el uso de terapias y rehabilitación, un tratamiento no invasivo de estimulación eléctrica neuromuscular se ayuda a los pacientes a recuperar o mejorar la función de tragar aumentando la seguridad al comer o beber. •



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# THE POWER OF OUR WORDS

## EL PODER DE NUESTRAS PALABRAS

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The actress Sophia Loren, the Italian Diva, was born Sofia Scicolone. Her father Riccardo was married to another woman leaving Sophia labeled as illegitimate. As a young girl, so the story goes, she was ruthlessly teased for being illegitimate, skinny, poor and ugly, and nicknamed "the toothpick". When she was little, Sophia's maternal grandmother made up a song for her with words telling Sophia that when she grew up she would be cherished, happy, beautiful and rich. The song continued on to promise that all her dreams and wishes would come true.

Sophia's grandmother sang this song to her over and over and by her early twenties, Sophia had created her life to be a true reflection of this song.

If it is true that our words and thoughts create our life then what you are thinking and saying deserves the strictest scrutiny.

Are you brave enough to make up your own song? A song of love and radiant good health with joy and laughter filling your life. A song you sing to yourself over and over.

If it is also true that time is going faster and faster I predict that your dreams and wishes will come true all that quicker.

May I ask a favor? Would you consider sending me your song and I'll sing it with you in those moments when you need a little love and support. •



La actriz Sophia Loren, la Diva italiana, era Sofía Scicolone al nacer. Su padre Riccardo era casado con otra mujer, dejando a Sophia etiquetada como ilegítima. Siendo una muchacha joven, aquí comienza la historia, la embromaron despiadadamente para ser ilegítima, flaca, pobre y fea, y apodó el nombre de "palillo dental". Cuando ella era pequeña, la abuela de Sophia compuso una canción para ella con las palabras que decían a Sophia que cuando ella creciera iba a ser acariciada, feliz, maternal, hermosa y rica. La canción continuaba prometiendo que todo los sueños y los deseos de Sophia se harían realidad.

La abuela de Sophia le cantó esta canción repetidamente y por sus primeros 20 años, Sophia había creado su vida para ser una reflexión verdadera de esta canción.

Si es verdad que nuestras palabras y pensamientos crean nuestra vida entonces lo que usted esta pensando y diciendo, merece el escrutinio más terminante.

¿Es usted lo suficientemente valiente para componer su propia canción? Una canción del amor y de la radiante buena salud que con alegría y risa llena su vida. Una canción que usted canta se repetidamente.

También es verdad que el tiempo pasa rápidamente y que más rápidamente predigo que todos sus sueños y deseos re harán realidad y aún más aprisa.

¿Puedo pedir un favor? Consideraría usted el enviarme su canción para cantarla con usted en esos momentos en que necesita de un poco amor y ayuda. •



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# THE SHERIFF'S CORNER

## COMENTARIOS DEL SHERIFF

SHERIFF AL LAMBERTI, BROWARD COUNTY, FL



The increased misuse of prescription drugs in Broward County has not gone unnoticed by law makers or law enforcement. Every day in the State of Florida, eight people die from unintentional

drug overdoses. Frequently, a variety of illicit drugs and prescription drugs were the direct and immediate cause of the victim's death. Most people do not realize the hazards associated with combining pharmaceuticals with illicit drugs or alcohol.

Where are these drugs obtained? Often, abusers take them right from the medicine cabinet of friends and family or from doctors who freely dispense these dangerous prescriptions at pain management clinics, also known as "pill mills." Recently, the implementation of the Prescription Drug Monitoring Program (PDMP), which is an electronic database to track excessive dispensing of prescription drugs to doctor-shopping patients, went into effect. In short, the establishment of this system in Florida will prevent a great number of deaths from the illegal diversion and subsequent abuse and overdose of prescription drugs in our state. This program along with our agency's Operation Medicine Cabinet prevention efforts is vital in curbing this disturbing and deadly trend.

Our agency offers numerous prescription drug "take back" events,

El mal uso creciente de medicamentos de prescripción en el Condado de Broward no ha pasado desapercibido por los legisladores o los que aplican la ley. Todos los días en el Estado de Florida, ocho personas mueren por sobredosis de drogas de manera accidental. Con frecuencia, una variedad de drogas ilícitas y medicamentos fueron la causa directa e inmediata de la muerte de la víctima. La mayoría de las personas no se dan cuenta de los peligros asociados con la combinación de medicamentos con drogas ilícitas o alcohol.

¿De dónde se obtienen estos medicamentos? A menudo, los abusadores se los llevan desde el gabinete de la medicina de familiares o amigos o de los médicos que tienen libertad de prescribir estos medicamentos peligrosos en las clínicas de tratamiento del dolor, también conocido como "fábricas de la píldora." Recientemente, la aplicación del Programa de Vigilancia de Drogas con receta (PDMP), que es una base de datos electrónica para realizar un seguimiento excesivo de dispensación de los medicamentos recetados a los pacientes por el médico, entró en vigor. En resumen, el establecimiento de este sistema en la Florida evitará un gran número de muertes por el desvío ilegal y el abuso posterior y la sobredosis de medicamentos recetados en nuestro Estado. Este programa junto con los esfuerzos de nuestra Agencia operación gabinete de medicinas es vital para frenar esta alarmante y mortal tendencia.

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where residents can safely dispose of unwanted medications and receive a \$5.00 gift card to local stores and pharmacies (one gift card per family). Additionally, we offer prescription drug prevention presentations for community groups and organizations. To find out the date and time of our next prescription “take back” event or to schedule a presentation, e-mail [Jonathon\\_Fishman@sheriff.org](mailto:Jonathon_Fishman@sheriff.org) or call 954.321.4146. •

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eventos “Take Back”, donde los residentes pueden desechar con seguridad los medicamentos no deseados y recibir una tarjeta de regalo de \$5.00 para uso en las tiendas y farmacias locales (una tarjeta de regalo por familia). Además, ofrecemos presentación de cómo prevenir el uso incorrecto de medicaciones prescritas por un médico para grupos y organizaciones comunitarias. Para saber la fecha y hora de nuestro próximo evento “take back” o para programar una presentación, e-mail [Jonathon\\_Fishman@sheriff.org](mailto:Jonathon_Fishman@sheriff.org) o llame al 954.321.4146. •

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# INTERVIEW WITH AN ANGEL

## ENTREVISTA CON UN ÁNGEL

From Breck Girl to Charlie's Angels, to creative designer, this girl from Texas is like the "ever-ready bunny," she just keeps going. We have all enjoyed her work, both on screen and on our television sets and of course, have enjoyed just looking at her face! She has had many challenges in her life, has met them head on and has become a survivor. 55+ Magazine is thrilled to bring you this interview with this beautiful lady.

**55+** Tell us a little about your early family life in Houston, do you have brothers and sisters?

**JS** I have a brother who still lives in Texas and I am very close to him. I had great parents and a grandfather who was very special to me. He lived to be 102. My son was named after him. I had a very normal childhood. We had a farm and we always spent summers there. It was a real departure from city life. I had such freedom in my childhood. I could just jump on my bike and ride to a neighbor's house, play jacks or jump rope. It was such a different time and we didn't feel like we had to grow up so fast. I thank God for those times and I miss them.

**55+** You were a model, a Breck Girl and a Wella Balsam spokesmodel. When did you start modeling professionally?

**JS** I did model but commercials were more fun for me. While I was with Breck, a producer by the name of Glen Larson saw me and wanted to use me in the TV show,

De la Chica Breck a Los Ángeles de Charlie, a una diseñadora creativa. Esta chica de Texas es como "el conejito Siempre Listo", ella sólo sigue y sigue. Todos hemos disfrutado de su trabajo, tanto en el cine como en nuestros televisores y, por supuesto, otros solo han disfrutado de mirar su bello rostro! Ella ha tenido muchos retos en su vida que ha enfrentado y se ha convertido en un sobreviviente. 55 + Magazine se complace en presentarles la entrevista con esta bella dama.

**55+** Cuéntanos un poco acerca de su vida familiar en Houston, ¿tiene hermanos y hermanas?

**JS** Yo tengo un hermano que aún vive en Texas y estoy muy cerca de él. Tuve muy buenos padres y un abuelo que era muy especial para mí. Vivió hasta los 102. Mi hijo lleva su nombre. Tuve una infancia muy normal. Teníamos una granja y siempre pasaba los veranos allí. Era realmente una salida de la vida de ciudad. Tenía tanta libertad en mi infancia. Yo podía pasar saltar sobre mi bicicleta, ir a la casa de un vecino, jugar cartas o saltar a la soga/cuerda. Fue una época diferente y no nos sentimos que teníamos que crecer tan rápido. Agradezco a Dios por aquellos tiempos y los extraño.

**55+:** Usted era un modelo, una chica Breck y una vocero de Wella Balsam. ¿Cuándo comenzó a modelar profesionalmente?

**JS** Yo hice modelaje, pero los

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“McCloud.” It was kind of scary but Dennis Weaver was amazing. Glen kept using me in other pilots as well. He also used me in “Switch” with Robert Wagner and Eddie Albert. “Switch” is how I got “Charlie’s Angels,” really. The producer saw me on “Switch” and said, “Hey, she is one of the Angels.”

**55+** You were married a few times. Do you have any advice to for our readers on what you have learned from those experiences?

**JS** I wish I could say something

anuncios eran más divertido para mí. Cuando estaba con Breck, un productor con el nombre de Glen Larson me vio y me quería usar en el programa de televisión, “McCloud.” Me dio un poco de miedo, pero Dennis Weaver fue increíble. Glen me uso en los otros pilotos también. Él me usó en “Switch”, con Robert Wagner y Eddie Albert. “Switch” es cómo conseguí “Los ángeles de Charlie”, en realidad. El productor me vio en “Switch” y le dijo: “Ey, es uno de los Ángeles.”

**55+** Usted se casó un par de veces. ¿Tienes algún consejo que dar a nuestros lectores sobre lo que ha aprendido de esas experiencias?

**JS** Me gustaría poder decir algo muy profundo aquí. Usted debe mirar lo que tienen en común. Tiene que darse cuenta de que el matrimonio no es una luna de miel permanente. A veces es una montaña rusa. Hay altibajos y uno no se debe alejar muy rápido.

**55+** Usted tiene dos hijos adultos. ¿Cómo están ellos hoy? Usted tiene una estrecha relación con ellos?

**JS** Yo tengo una gran relación con ellos. Son excelentes! Mi hijo está en el negocio del cine, pero detrás de la cámara. Mi hija tiene múltiples talentos. Ella es una profesora certificada de yoga, escritora, y una bailarina. Mi hija se mudó de vuelta a casa después de perder a mi madre hace un año, porque sabía que yo la necesitaba



really profound here. You should look at what you have in common. You have to realize that marriage is not all a honeymoon. It's a rollercoaster sometimes and there are ups and downs and you should not walk away so quickly.

**55+ You have 2 grown children. How are they doing today and do you have a close relationship with them?**

**JS** I have a great relationship with them. They are outstanding! My son is in the film business, but behind the camera. My daughter is multi-talented. She is a certified yoga teacher, a writer, and a dancer. My daughter moved back home after I lost my mom a year ago because she knew I needed her and she needed me.

**55+ You were diagnosed with breast cancer in 2003. How did you**

and ella me necesitaba.

**55+ Usted fue diagnosticada con cáncer de mama en 2003. ¿Cómo lidiar con esa noticia?**

**JS** Se detiene el mundo, todo se derrumba. Te sientes bien, por lo que te preguntas: "¿Cómo puede ser esto?" La palabra cáncer te pone en un lugar que nunca has estado. Afectó a toda nuestra familia. Tuve la suerte de que mis nódulos no fueron negativos. Me hicieron una lumpectomía y radiación. Durante este tiempo, puse en marcha una línea de muebles, rodé la película Los Ángeles de Charlie y me convertí en una asidua participante del programa de televisión "El Distrito". Fue uno de mis momentos más intensos. Yo tuve suerte y fui a través de la radiación. Todo me hizo más fuerte. Me hizo darme cuenta de lo importante que cada momento es en realidad. Me gustaría, en esta entrevista, que las mujeres sepan que el 98% de los casos de cáncer de mama son las mujeres sin antecedentes familiares. Cada década que pasa se pone en mayor riesgo. Si usted tiene antecedentes familiares, lo necesario para empezar los exámenes anteriores, pero las mujeres, después de los 40, tienen la necesidad de hacerse una mamografía cada año!

**55+ Bueno ... no podemos entrevistarla y no hablar de su papel como Kelly Garrett en Los Ángeles de Charlie. Usted fue el único ángel que permaneció desde el principio hasta el final de la serie.... Fue una gran experiencia para usted?**

**JS** Fue una experiencia maravillosa. Era un trabajo duro, era todo un aprendizaje, y tuvo

deal with that news?

**JS** Your world stops, everything tumbles down. You're feeling good, so you say to yourself, "How can this be?" The word cancer puts you in a place you have never been. It affected our whole family. I was fortunate that my nodes were negative. I had a lumpectomy and radiation. During this time, I launched a furniture line, filmed the Charlie's Angel's movie and became a regular on the TV show, "The District." It was one of my busiest times. I was lucky and just flew through the radiation. It all made me stronger. It made me realize how important each moment really is. I would like, in this interview, for women to know that 98% of breast cancer cases are women without a family history. Each passing decade puts you at greater risk. If you have a family history, you need to start the examinations earlier but women, after 40, need to have a mammogram every year!

**55+** Well...we could not interview you and not talk about your role as Kelly Garrett in Charlie's Angels. You were the only angel from the beginning to the end of the series.... was it a great experience for you?

**JS** It was a very wonderful experience. It was hard work, it was an education, and it had its ups and downs. I look at it as a wonderful time in my life. I made friends that have been with me since then. We are still close. Charlie's Angels opened a lot of doors for me.

**55+** Losing Farrah Fawcett was a tragic moment in all of our lives and she was in your life all the way back to when you were Wella Balsam spokesmodels....it must have been sad for you...were you close friends?

sus altas y bajas. Yo lo veo como un tiempo maravilloso en mi vida. Hice amigos que han estado conmigo desde entonces. Todavía estamos cerca. Los ángeles de Charlie abrió muchas puertas para mí.

**55+** La pérdida de Farrah Fawcett fue un momento trágico en la vida de todos y ella estaba con Usted como portavoces de Wella Balsam ... debe haber sido triste para usted ... ¿Eran Ustedes amigas cercanas?

**JS** Eso fue un momento muy difícil para mí. Estuve más cerca de ella hacia el final de su vida. Teníamos mucho en común. Cuando ella se enfermó, mi madre estaba en el hospital por lo que parte de las veces yo estaba con ella y parte de las veces no dejaba de estar junto a la cama de mamá. Farrah entendió eso porque ella era muy cercana a su madre también. Ella fue la primera en entenderlo.

**55+** Cuéntenos acerca de su papel como Jackie Kennedy, que le dio una nominación para un Golden Globe. ¿Le gustó interpretar ese papel?

**JS** Oh wow! Al principio daba miedo porque era tan familiar para todos nosotros, así que ¿cómo podría hacerle justicia? ¿Cómo iba a traerla a la vida? Fue genial porque yo la admiraba. Mostré un lado de la vida que mucha gente no vio. Se trataba de ella y no del presidente. Yo estaba feliz de poder interpretarla.

**55+** A todo el mundo le encantó la miniserie de Sidney Sheldon en la televisión. Que se convirtió en la "Reina de la miniserie" por un tiempo. ¿Fue un momento de diversión para usted hacer todas

**JS** That was a very difficult time for me. I became even closer to her towards the end of her life. We had a lot in common. When she got sick, my mom was in the hospital so part of the time I was with her and part of the time I would not leave mom's bedside. Farrah understood that because she was very close to her mother also. She was the first to understand that.

**55+** Tell us about your role as Jackie Kennedy, which gave you a nomination for a Golden Globe. Did you enjoy playing that role?

**JS** Oh wow! At first it was scary because she was so familiar to all of us, so how could I do this justice? How could I bring it to life? It was great because I admired her. It showed a side of her life that many people did not see. It was about her and not the president. I was just happy that I got to play her.

**55+** Everyone loved you in all of the Sidney Sheldon miniseries on TV. You became the "Queen of the miniseries" for awhile. Was that a fun time for you, making all those movies?

**JS** "Rage of Angels" was very special to me. I just had my son so it was a very happy time in my personal life and in my professional life as well. I love that kind of entertainment; miniseries. I love locations and bringing a story together in that way. I love the character of Jennifer. She was so strong and she could survive anything.

**55+** Was it an exciting moment when you were honored with a star on the Hollywood Walk of Fame?

**JS** I was doing "Christine Cromwell" and when they told me I was just thrilled! I could not believe it. I was so busy shooting and my

esas películas?

**JS** "Rage of Angels" fue muy especial para mí. Acababa de tener mi hijo por lo que fue un momento muy feliz en mi vida personal y en mi vida profesional también. Me encanta ese tipo de entretenimiento, miniseries. Me encantan los lugares y llevar una historia juntos de esa manera. Me encanta el personaje de Jennifer. Ella era tan fuerte y que podía sobrevivir a todo.

**55+** ¿Fue un momento emocionante cuando fueron galardonados con una estrella en el Paseo de la Fama de Hollywood?

**JS** Yo estaba haciendo "Christine Cromwell", y cuando me dijeron me estremecí! Yo no lo podía creer. Yo estaba muy ocupada rodando y mis padres volaron por eso. Fue muy emocionante! Sólo estar en compañía de todas aquellas personas con talento fue un honor.

**55+** Los resultados de nuestra investigación nos indican que es la primera celebridad en desarrollar su propia línea de ropa en lugar de respaldar la de otra persona. Usted debe tener creatividad propia para el diseño, ¿verdad?

**JS** Bueno, como he dicho antes, yo crecí con una madre muy creativa que fue increíble en el diseño de ropa. Era tan natural para mí. Al principio rechacé Kmart, pero luego tuve una reunión y me enamoré de la gente y la línea que había en ese momento. Yo pensé: "wow," si pudiera estar involucrado y podría crear mi propia línea, participar en los comerciales, los anuncios impresos y todo, me encantaría. Yo estoy con Kmart hace 25 años y ahora también



parents flew in for that. It was so exciting! Just to be in the company of all those talented people was an honor.

**55+** From our research, you are the first celebrity to actually be involved in developing your own clothing line rather than just endorsing someone else's. You must have a real creative feel for design, do you?

**JS** Well, like I said before, I grew up with a very creative mother who was incredible at designing clothes. It was sort of a natural for me. At first I turned down Kmart but then I took a meeting and I fell in love with the people and the line they had in at the time. I thought "wow," if I could be involved and could create my own line, be involved in the commercials, the print ads and everything, I would love it. I am with Kmart 25 years and I now also have a home collection with them.

**55+** You have one of the highest consumer awareness rates of any private label in the US. It must feel good to receive so much recognition from your public....do you feel our love for you?

**JS** I do. I walk down the street and see someone wearing a blouse that I designed or someone comes up to me and says they have one of my pieces at home and they tell me how much they love it. It is very rewarding. Kmart has been an education for me in design and mass marketing. It has taught me to be aware of your customer and what their needs are. I also have a phenomenal fabric line outside of Kmart called TREND which is a part of Fabricut. I also have a line of wigs which I do with Jose Eber for Paula Young. Kmart was certainly the beginning of my brand.



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**JS** Sí claro. Camino por la calle y ver a alguien con una blusa que he diseñado o alguien se me acerca y dice que tienen una de mis piezas en su casa y me dicen lo mucho que le encanta. Es muy gratificante. Kmart ha sido una enseñanza para mí en el diseño y la comercialización masiva. Me ha enseñado a ser consciente de sus clientes y cuáles son sus necesidades. También tengo una línea de tejido fenomenal fuera de Kmart llamada TREND, que es una parte de Fabricut. También tengo una línea de pelucas que voy a hacer con José Eber para Paula Young. Kmart fue sin duda el comienzo de mi marca.

**55+** También he oído que va a iniciar una línea de cuidado de la piel. ¿Cuándo es que sale?

**JS** Lanzamos en Agosto. Toda La

**55+** I also hear that you are starting a skin care line. When is it coming out?

**JS** We launched in August. All the latest information can be found at [www.jaclynsmithbeauty.com](http://www.jaclynsmithbeauty.com). My husband and I are doing it together. It is such a good product and I want to hear what people think. I have used it all my life and I think people will like it.

**55+** Any advice for our 55+ readers on life and the challenges we all face as we age? It certainly looks like that is not a problem for you.

**JS** Well, it is not that easy. Aging is not about wrinkles or looks. The most difficult part of aging for me is losing a parent or a loved one, watching them as they go through their illnesses. Psychologically, I did not go through a midlife crisis thinking, "Oh my God, I am getting older." It's a trap if you worry about aging; it will eat you up if you let it. It's a fact of life, we are all getting older. You need to get out there and be active. I do think exercise releases endorphins and it makes you feel good and that is important. You need to break away and have time with yourself, your partner, your children or your best friend where it's not about getting up and punching a clock or rushing to work. Connecting and communicating is important. People need to stay fresh, stay vital and never give up. Go exercise, do charity work, go take a course in college, read to children in the hospital, see what you can do. I am a believer that the Fountain of Youth is inside you. •

información puede encontrarse en [www.jaclynsmithbeauty.com](http://www.jaclynsmithbeauty.com). Mi esposo y yo la estamos haciendo juntos. Se trata de un producto tan bueno y quiero escuchar lo que piensa la gente. Lo he usado toda mi vida y creo que a la gente le va a gustar.

**55+** ¿Algún consejo para nuestros lectores + 55 sobre la vida y los retos que todos enfrentamos a medida que envejecemos? Sin duda, parece que no es un problema para usted.

**JS** Bueno, no es tan fácil. El envejecimiento no es por las arrugas o como uno se ve. La parte más difícil del envejecimiento para mí es perder a un padre o un ser querido, viendo cómo se van a través de sus enfermedades. Psicológicamente, no pase por una crisis de mediana edad pensando, "Oh, Dios mío, me estoy haciendo vieja." Supongo que estar involucrada con mis hijos y la vida familiar. Es una trampa si te preocupas por el envejecimiento. Te va a comer si se lo permites. Es un hecho de la vida, todos estamos envejeciendo. Tienes que salir y estar activo. Yo creo que el ejercicio libera endorfinas y te hace sentir bien y eso es importante. Es necesario romper y pasar tiempo con usted, su pareja, sus hijos o tu mejor amigo. No se trata de levantarse y golpear un reloj o salir corriendo a trabajar. Conectarse y comunicarse es importante. La gente lo necesita para mantenerse fresca, vital y nunca darse por vencido. Hacer ejercicio, hacer obras de caridad, ir a tomar un curso en la universidad, leer a los niños en el hospital, vea lo que puede hacer. Yo soy un creyente de que la fuente de la juventud está dentro de uno mismo. •

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Attention Caregivers! Give yourself an opportunity to rest and recharge while providing your loved one a chance to interact and have some fun social time in a safe environment

Willow Manor Retirement Residence is now offering adult day care for \$10/day.\*

**Includes:**

Structured activities and social programs  
Fitness and wellness programs  
Live entertainment  
Personal care as needed

Delicious hot meals and nutritious snacks  
Comfortable accommodations  
Flexible hours and schedules

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Please contact Marshall for more information (786) 290-8004**

*\*Some restrictions apply.*

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MANOR**

**Retirement Living &  
Memory Support Center**



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

ALF License#006122

# RESOURCE DIRECTORY

Resources available  
in Florida

Servicios disponibles  
en la Florida

## DIRECTORIO DE SERVICIOS

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# HOSPITALS & HOSPICES GUIDE

## GUÍA DE HOSPITALES Y HOSPICIOS

### HOSPITALS HOSPITALES

#### 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

Fishermen's Hospital  
3301 Overseas Highway  
Marathon  
305.743.5533

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

Lower Keys Medical Center  
5900 College Rd  
Key West  
305.294.5531

Mariners Hospital  
91500 Overseas Highway  
Tavernier  
305.434.3000

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

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

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

## MARTIN

Martin Memorial Hospital  
South  
2100 SE Salerno Road  
Stuart  
772.223.2300

Martin Memorial Medical  
Center  
200 Hospital Ave  
Stuart  
772.287.5200

## PALM BEACH

Bethesda Memorial Hospital  
2815 S Seacrest Blvd  
Boynton Beach  
561.737.7733

Boca Raton Community  
Regional  
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

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

Lakeside Medical Center  
39200 Hooker Hwy  
Belle Glade  
561.996.6571

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

Palms West Hospital  
13001 Southern Blvd  
Loxahatchee  
561.798.3300

SandyPines Hospital  
11301 SE Tequesta Terrace  
Tequesta  
561.744.0211

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

## SAINT LUCIE

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

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

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

## HOSPICES HOSPICIOS

### BROWARD

Catholic Hospices  
2900 W Cypress Creek Rd  
suite #7  
Fort Lauderdale

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  
North Miami Beach  
305.654.3718

Hospice of the Florida Keys 9  
119 William St  
Key West  
305.294.8812

### MARTIN

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

### 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

### SAINT LUCIE

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



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# NURSING / REHABILITATION CENTERS GUIDE

## GUÍA DE SANATORIOS Y CENTROS DE REHABILITACIÓN

### AVENTURA

Palm Garden of Aventura  
21251 E Dixie Hwy  
305.935.4827

Regents Park at Aventura  
18905 NE 25th Ave  
305.932.6360

VI at Aventura  
19333 W Country Club Dr  
305.692.4700

### 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 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  
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  
6152 Verde Trl N  
561.487.5200

Willowbrooke Ct at Edgewater  
Pt Estates  
23305 Blue Water Cir  
561.368.5600

### BOYNTON BEACH

Barrington Terrace  
1425 S Congress Ave  
561.369.7919

Boulevard Rehabilitation  
2839 S. Seacrest Blvd.  
561.732.2464

Boynton Beach Nursing-Rehab  
9600 Lawrence Rd  
561.740.4100

Boynton Health Care Center  
7900 Venture Center Way  
561.736.6000

Heartland Health Care Center  
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

Cross Pointe Care Center  
440 Phippen Waiters Rd  
954.927.0508

### DEERFIELD BEACH

Deerfield Beach Health- Rehab  
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 Ctr  
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 Ctr  
1330 S Andrews Ave  
954.524.5587

Fort Lauderdale Health-Rehab  
2000 E Commercial Blvd  
954.771.2300

Harbor Beach Nursing-Rehab  
1615 S Miami Rd  
954.523.5673

Manor Oaks Nursing & Rehab  
2121 E Commercial Blvd  
954.771.8400

Manor Pines Convalescent Ctr  
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 Ctr  
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 Ctr  
4200 Washington St  
954.981.6300

Hollywood Hills Rehab Center  
1200 N 35th Ave  
954.981.5511

### HOMESTEAD

Homestead Manor  
1330 NW 1st Ave  
305.248.0271

Signature Healthcare of  
Brookwood Gardens  
1990 S Canal Dr  
305.246.1200

### JUNO BEACH

Waterford Health Care Center  
601 Universe Blvd  
561.627.3800

### JUPITER

Courtyard Gardens  
Rehabilitation Center  
17781 Thelma Ave  
561.746.2998

Jupiter Medical Center  
Pavilion  
1230 S Old Dixie Hwy  
561.744.4444

### KENDALL

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

### KEY WEST

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

### LAKE PARK

North Lake Rehab & Health  
Center  
750 Bayberry Dr  
561.881.8144

### LAKE WORTH

American-Finnish Nursing  
Home  
1800 South Dr  
561.588.4333

Avante at Lake Worth  
2501 North A St  
561.585.9301

Crossings  
4445 Pine Forest Dr  
561.965.5954

Medicana Nursing-Rehab Ctr  
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

Hamlin Place  
2180 Hypoluxo Rd  
561.582.6711

VI at Lakeside Village  
2792 Donnelly Dr  
561.963.2100

## LAUDERDALE LAKES

Palms Rehab & Nursing Ctr  
3370 NW 47th Ter  
954.733.0655

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

## LAUDERHILL

Heartland Health Care Ctr  
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  
7060 SW 8th St  
305.261.1363

Coral Reef Nursing-Rehab Ctr  
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 Ctr  
800 NW 95th St  
305.836.1550

Gramercy Park Nursing Ctr  
17475 S Dixie Hwy  
305.255.1045

Harmony Health Center  
9820 N Kendall Dr  
305.271.6311

Hialeah Shores Nursing-Rehab  
8785 NW 32nd Ave  
305.691.5711

Jackson Memorial Care Ctr  
2500 NW 22nd Ave  
786.466.3000

Jackson Memorial Perdue Medical Center  
19590 Old Cutler Rd  
786.466.3500

Jackson Plaza Nursing-Rehab  
1861 NW 8th Ave  
305.347.3380

Miami Gardens Care Center  
190 NE 191st St  
305.651.9690

Miami Jewish Home & Hospital  
5200 NE 2nd Ave  
305.751.8626

Miami Shores Nursing-Rehab  
9380 NW 7th Ave  
305.759.8711

Nursing Center at Mercy  
3671 S Miami Ave  
305.854.1110

Palace Nursing & Rehab  
11215 SW 84th St  
305.271.2225

Palmetto Sub Acute Care Ctr  
7600 SW 8th St  
305.261.2525

Pines Nursing Home  
301 NE 141st St  
305.893.1102

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

Riverside Care Center  
899 NW 4th St  
305.326.1236

Sinai Plaza Nursing & Rehabilitation 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 Ctr  
955 NW 3rd St  
305.548.4020

West Gables Healthcare Ctr  
2525 SW 75th Ave  
305.265.9391

## MIAMI BEACH

Hebrew Home of South Beach  
320 Collins Ave  
305.672.6464

Oceanside Extended Care Ctr  
550 9th St  
305.531.3321

South Pointe Plaza Rehab & Nursing Center  
42 Collins Ave  
305.672.1771

## MIAMI SPRINGS

Fair Havens Center  
201 Curtiss Pkwy  
305.887.1565

## NORTH BAY VILLAGE

Treasure Isle Care Center  
1735 N Treasure Dr  
305.865.2383

## NORTH MIAMI

Arch Plaza Nursing & Rehab  
12505 NE 16th Ave  
305.891.1710

Berkshire Manor  
1255 NE 135th St  
305.891.6850

Claridge House Nrsng & Rehab  
13900 NE 3rd Ct  
305.893.2288

Fountainhead Care Center  
390 NE 135th St  
305.895.4804

Pinecrest Convalescent Ctr  
13650 NE 3rd Ct  
305.893.1170

Villa Maria Nursing Center  
1050 NE 125th St  
305.891.8850

## NORTH MIAMI BEACH

Aventura Plaza  
1800 NE 168th St  
305.947.3445

Hampton Court Nursing  
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

## P. BEACH GARDENS

Chatsworth at PGA National  
347 Hiatt Dr  
561.227.3200

Gardens Court  
3803 PGA Blvd  
561.626.1125

HCR 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 Ctr  
2505 SW Martin Hwy  
772.288.0060

Water's Edge Extended Care  
1500 SW Capri St  
772.223.5863

## PEMBROKE PINES

Alexander Ninger Vet. Nrsng  
8401 W Cypress Dr  
954.985.4824

Memorial Manor  
777 S Douglas Rd  
954.276.6200

## PLANTATION

Covenant Village Care Ctr  
9211 W Broward Blvd  
954.472.2860

ManorCare Health Services  
6931 W Sunrise Blvd  
954.583.6200

Plantation Nursing-Rehab Ctr  
4250 NW 5th St  
954.587.3296

West Broward Care Center  
7751 W Broward Blvd  
954.473.8040

## POMPANO BEACH

Court at Palm Aire  
2701 N Course Dr  
954.975.8900

John Knox Village Health Ctr  
830 Lakeside Ctr  
954.783.4001

# NURSING / REHABILITATION CENTERS GUIDE

## GUÍA DE SANATORIOS Y CENTROS DE REHABILITACIÓN

Seaview Nursing & Rehab Ctr  
2401 NE 2nd St.  
954.943.5100

### PORT ST LUCIE

Brighton Gardens  
1699 SE Lyngate Dr  
772.335.9990

Emerald Health Care Center  
1655 SE Walton Rd  
772.337.1333

Life Care Center  
3720 SE Jennings Rd  
772.398.8080

Palm Garden of Port St Lucie  
1751 SE Hillmoor Dr  
772.335.8844

Port St Lucie Nursing & Rest.  
7300 Oleander Ave  
772.466.4100

Tiffany Hall Nursing & Rehab  
1800 SE Hillmoor Dr  
772.337.3565

### ROYAL PALM BEACH

Royal Manor  
600 Business Pkwy  
561.798.3700

### STUART

Martin Nursing & Rest Care  
6011 SE Tower Dr  
772.223.8777

Parkway Health & Rehab Ctr  
800 SE Central Pkwy  
772.287.9912

Salerno Bay Manor  
4801 SE Cove Rd  
772.286.9440

Stuart Nursing & Rest. Care  
1500 Palm Beach Rd  
772.283.5887

### SUNRISE

Regents Park of Sunrise  
9711 W Oakland Park Blvd  
954.572.4000

Springtree Rehab Center  
4251 Springtree Dr  
954.572.4251

Sunrise Health & Rehab Ctr  
4800 Nob Hill Rd  
954.577.3530

### TAMARAC

Heartland of Tamarac  
5901 NW 79th Ave  
954.722.7001

Tamarac Rehab & Health Ctr  
7901 NW 88th Ave  
954.722.9330

### TAVERNIER

Plantation Key Convalescent  
48 High Point Rd  
305.852.3021

### W. PALM BEACH

Consulate Health Care of WPB  
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 Ctr  
1200 45th St  
561.842.6111

Joseph L Morse Geriatric Ctr  
4847 Fred Gladstone Dr  
561.471.5111

Lakeside Health Center  
2501 N Australian Ave  
561.655.7780

Lourdes Noreen McKeen Res.  
315 S Flagler Dr  
561.655.8544

ManorCare Health Services  
2300 Village Blvd  
561.478.1800

Palm Garden of WPB  
300 Executive Center Dr  
561.471.5566

Rehab Center of the P.  
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

## Estate Home Services, LLC

*"Dignified Care of Your Loved One's Possessions"*

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WWW.ESTATEHOMESERVICES.COM

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SOUTH FLORIDA

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Photo Inventory of items in home  
Sorting, packing and shipping  
Disposal of items  
Cleaning  
Painting  
Home Repairs  
Property Maintenance  
Equipment Testing  
Pressure Cleaning  
Temporary Storage



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www.JewishTraditionHomeCare.com

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# PROFESSIONAL SERVICES GUIDE

## GUÍA DE SERVICIOS PROFESIONALES

### CREMATION SERVICES

Circles of Life Society  
954-746-4564  
www.acaringcremation.com  
(see ad on Page 10)

### CLOTHING

ADA's Alterations  
786-970-4187  
(See ad on Page 10)

### GRAPHIC DESIGN

Dreams Group, Inc  
954-699-0842  
www.dreamsgroupdesign.com

### HEARING AIDES

Excelsa Hearing Services  
1-888-612-2238  
www.excelsahearing.com  
(See ad on Page 37)

### LEGAL SERVICES

Elder Law Associates PA  
561-750-3850  
www.elderlawassociates.com  
(See ad on Page 17)

Law Offices of Barbara Buxton PA  
305-432-2293  
www.buxtonlaw.com  
(See ad on Page 19)

Law Offices of Gail M. Fisher  
954-315-1169  
www.lawofficesgailfisher.com  
(See ad on Page 15)

### MEDICAL RECORDS

ER Card Electronic Medical Records  
Scoop For Seniors LLC  
954-965-6191

### PLACEMENT SERVICES

Placement Counselors Corp.  
954-965-2925  
www.placementcounselors.com  
(See ad on Page 12 & 13)

Broward Assisted Living by 55+  
855-455-7587  
www.browardassistedliving.us  
(See ad on Page 52)

Palm Beach Assisted Living by 55+  
855-455-7587  
www.palmbeachassistedliving.us

Florida Assisted Living by 55+  
855-455-7587  
www.floridaassistedliving.us



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West Palm Beach, FL 33415  
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**(561) 968-1234**

**EHS** EXCELSA HEARING SERVICES

# HOME CARE SERVICES GUIDE

## GUÍA DE CUIDADORES DOMICILIARIOS

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

Accessible Home Health Care  
MCR - PVT - LTC  
877-307-2442  
[www.accessiblebroward.com](http://www.accessiblebroward.com)

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)

Jewish Tradition Home Care  
Pvt – LTC  
954-485-4006  
1-866-485-4006  
[www.jewishtraditionhomecare.com](http://www.jewishtraditionhomecare.com)

Tendra Home Health , Inc.  
MCR-PVT-LTC  
305-696-2323

Timeless Home Care  
MCR - PVT  
954-367-3813  
[www.timelesshomehealth.com](http://www.timelesshomehealth.com)

### MIAMI DADE

Accessible Home Health Care  
MCR - PVT - LTC  
305-627-3103  
[www.accessibleaventura.com](http://www.accessibleaventura.com)

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

### PALM BEACH

Accessible Home Health Care  
MCR - PVT - LTC  
877-307-2442  
[www.accessiblepalmbeach.com](http://www.accessiblepalmbeach.com)

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)

Accessible Home Health Care  
MCR - PVT - LTC  
772-220-3880  
[www.accessibletreasurecoast.com](http://www.accessibletreasurecoast.com)

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  - Physical, Occupational and Speech Therapists
  - Worker's Comp Provider
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Boca Raton, FL 33431-6636  
561-395-9101

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[www.empathycare.org](http://www.empathycare.org)

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The Science of Healing.*



# ADULT DAY CARE FACILITY GUIDE

## GUÍA DE CENTROS DE CUIDADO DEL DÍA

### BOCA RATON

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

Alz. Community Care  
300 E Yamato Rd  
561.391.6955

Memory & Wellness Ctr  
At FAU - 777 Glades Rd  
561.297.0503

The Volen Senior Ctr  
1515 W Palmetto  
Park Rd  
561.395.8920

### BOYNTON BEACH

Morse Adult Day Center  
8500 Jog Rd  
561.509.0111

Sunrise Community  
4745 NW 7th Ct  
561.547.2220

### CORAL SPRINGS

Sarah Care of C. S.  
754 Riverside Dr  
954.341.7788

### DAVIE

Central West ADC  
6915 Stirling Rd  
954.587.2312

### DEERFIELD BEACH

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

### DELRAY BEACH

The Volen Senior Ctr  
850 N Congress Ave  
561.395.8920

### DORAL

Miami Behavioral Health  
1905 NW 82nd Ave  
305.398.6100

### FORT PIERCE

Alz. Community Care  
2900 S Jenkins Rd  
772.466.3261

Council on Aging  
ADC1505 Orange Ave  
772.465.5220

### FT LAUDERDALE

Noble A McArthur ADC  
1480 SW 9th Ave  
954.764.5055

NW Fed. Woman's Club  
2185 NW 19th St  
954.714.3500

### GREENACRES

Alz. Community Care  
2164 Jog Rd  
561.683.2700

### HALLANDALE

Memorial ADC Center  
1750 E Hallandale  
Beach Blvd  
954.457.0505

### HIALEAH

Easter Seals Day Care  
489 Hialeah Dr Ste 7  
305.887.7370

Happy Times ADC  
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 ADC  
4410 W 16th Ave, 28-C  
305.858.0887

United Help Community  
4160 W 12th Ave  
305.822.5956

William Lehman ADC  
7605 W 10th Ave  
305.557.8138

### HIALEAH GARDENS

Xclusive Senior Daycare  
12975 W Okeechobee  
305.820.0805

### HOLLYWOOD

Joseph Meyherhof  
3081 Taft St  
954.966.9805

### HOMESTEAD

Golden Age ADC Center  
28951 S Dixie Hwy  
305.248.6200

### Homestead ADC Center

653 SW 4th St  
305.242.7676

### Homestead Behavioral

654 NE 9th Pl  
305.248.3488

### LAKE WORTH

Alz. Community Care  
1615 Lake Ave  
561.585.7781

### LAUD. LAKES

Alz. Community Care  
4320 NW 36th St  
954.535.2800

### MARGATE

Northwest Focal Point  
6009 NW 10th St  
954.973.0300

### MIAMI

Centro Axis  
6840 SW 40th St  
305.668.0634

Community ADC  
7944 SW 8th St  
305.269.6845

Community ADC  
8346 SW 8th St  
305.266.9620

Easter Seals Day Care  
1475 NW 14th Ave  
305.325.0470

Edison Little River ADC  
150 NW 79th St  
305.751.4342

Family Adult Day Care  
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 ADC  
15190 SW 136th St, #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 ADC  
7930 SW 11th St  
305.266.6762

Montverde ADC Center  
11865 SW 26th St, #G-5  
305.485.9141

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

North Dade ADC  
60 NE 166th St  
305.940.0075

Roseland Adult Daycare  
7392 SW 40th St  
786.388.7673

San Judas Tadeo ADC  
15628 SW 72nd St  
305.408.0077

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

Santovenia ADC  
13359 SW 42nd St  
305.227.9500

Senior Care Options  
9801A NW 7th Ave  
305.756.3458

South Dade ADC Ctr  
19590 Old Cutler Rd  
305.255.1433

Sunrise Community  
13788 SW 8th St  
305.228.4001

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

West Dade ADC Center  
6950 N Waterway Dr  
305.267.6372

### MIAMI BEACH

Miami Beach ADC  
610 Espanola Way  
305.673.6060

### NORTH MIAMI

Villa Maria ADC Center  
20855 NW 9th Ct  
305.651.0034

### N PALM BEACH

New Day ADC  
301 Ebbtide Dr  
561.844.0012

### PAHOKEE

Alz. Community Care  
470 E 1st St  
561.924.7283

### PALM BEACH GARDENS

Alz. Community Care  
4075 Holly Dr  
561.630.4724

North County Senior Ctr  
5217 Northlake Blvd  
561.627.6488

### PEMB. PINES

Southwest Focal Point  
301 NW 103rd Ave  
954.450.6888

### POMPAHO BEACH

Tender Loving ADC  
611 NW 31st Ave.  
954.917.8099

### PORT ST LUCIE

Council on Aging ADC  
2501 SW Baysshore Blvd  
772.336.8608

### RIVIERA BEACH

Alz. Community Care  
2600 Avenue H  
561.683.2700

### SEBASTIAN

Senior Resource Assoc.  
815 Davis St  
772.388.1787

### STUART

Alz. Community Care N.  
2200 NW Federal Hwy  
561.683.2700

Alz. Community Care  
3110 SE Aster Ln  
772.220.2773

Egret Pond  
1760 SE Salerno Rd  
772.288.1288

Gene C Rifkin ADC  
1071 E 10th St  
772.223.7800

### SUNRISE

Kurt & Alice Walter ADC  
5000 Nob Hill Rd  
954.742.2299

### VERO BEACH

Senior Resource Assoc.  
704 14th St  
561.569.0760

### W. PALM BEACH

Alz. Community Care  
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

# ASSISTED LIVING FACILITY GUIDE

## GUÍA DE CASAS DE ASISTENCIA

### AVENTURA

Imperial Club  
2751 NE 183<sup>rd</sup> St  
305.935.1801 230

Sterling Aventura  
2777 NE 183<sup>rd</sup> St  
305.918.0000 168

Vi Aventura Care Center  
19333 W Country Club Dr  
877.269.9649 26

Pointe at Newport Place  
4733 NW 7<sup>th</sup> Ct  
561.586.2989 93

Rustic Retreat Retirement  
1120 N Federal Hwy  
561.737.5887 30

Tyval Assisted Living  
3526 Geneva Ave  
561.433.3924 6

Bright Horizons N. Spring  
7506 NW 42<sup>nd</sup> St  
954.255.1811 6

Comfort Springs Home  
1326 NW 113<sup>th</sup> Terr  
954.255.6773 6

County Club for Seniors  
2903 NW 115<sup>th</sup> Ter  
954.757.9446 6

Willow Manor Retirement  
150 Stirling Rd  
954.920.1988 165

Caring Place  
2953 NW 47<sup>th</sup> Pl  
954.583.0702 6

### BOCA RATON

A New Beginning  
105 NE 11<sup>th</sup> Ave  
561.369.2891 6

Rockwell Senior  
22198 Ensenada Way  
561-245-8836 6

Havencrest ALF II  
4244 NW 51<sup>st</sup> St  
954.360.0680 6

Havencrest ALF III  
4471 Coconut Creek Blvd  
954.971.4289 6

Paradise Villa VI  
4130 NW 22<sup>nd</sup> St  
954.970.3193 6

Pat-Bran Senior Care  
5030 NW 44<sup>th</sup> Ave  
954.421.9115 6

Coral Stone Retirement  
8666 NW 47<sup>th</sup> Dr  
954.755.8459 6

Harbor Chase  
2975 NW 99<sup>th</sup> Ave  
954.255.5557 6

Paradise Villa Ret. III  
4275 NW 67<sup>th</sup> Way  
954.755.0071 6

Park Summit  
8500 Royal Palm Blvd  
954-752-9500 72

Horizon Club  
1216 S. Military Trl  
954.481.2304 68

Keval Esquisite Care II  
323 SW 45<sup>th</sup> Ave  
954.725.9572 6

EJL Assisted Living  
1701 SW 47<sup>th</sup> Ave  
954.625.2266 6

Fort. Laud. Retirement  
420 SE 12<sup>th</sup> Ct  
954.524.3312 81

Brighton Gardens  
6347 Via De Sonrisa  
Del Sur  
561.392.2772 155

Rockwell Senior  
5030 NW 44<sup>th</sup> Ave  
954-296-5455 6

Shine Assisted Living  
6513 NW 55<sup>th</sup> St  
954.255.5588 6

Superior Care  
11412 NW 1<sup>st</sup> Pl  
954.345.6511 6

Living Legends Ret. Center  
4001 Hillsboro Blvd  
954.426.9700 100

Peace Heaven  
1433 SW 1 Ter  
954.354.0561 6

Renaissance  
1050 SW 24<sup>th</sup> Ave  
954.360.7667 120

Golden Sands Retirement  
809 NE 20<sup>th</sup> Ave  
954.524.6054 14

Jenkins Harmony Home  
2640 NW 16<sup>th</sup> Ct  
954.485.0891 7

Kelly's ALF  
1441 NW 20<sup>th</sup> St  
954.524.2867 33

Oakbridge Terrace  
23035 Blue Water Cir  
561.368.5600 51

Royal Living  
3420 NW 71<sup>st</sup> St  
954.600.6935 6

### CUTLER BAY

Emeritus at Deer Creek  
2403 W Hillsboro Blvd  
954.426.3800 145

Kings Manor  
261 SW 38<sup>th</sup> Terr  
954.306.3885 13

Lake View Retirement  
2304 NW 52<sup>nd</sup> Ct  
954.714.0064 24

Vi Classic Residence  
22601 Camino Del Mar  
877.269.9553 60

### COOPER CITY

Bel-View ALF  
19768 Bel-Aire Dr  
786.306.9441 6

### DELRAY BEACH

Leland Palms  
12981 SE 52<sup>nd</sup> St  
954.252.8711 8

Whitehall Boca Raton  
7300 Del Prado S  
561.392.3000 18

Nightingale  
9990 NW 41<sup>st</sup> St  
954.435.7443 12

### CUTLER RIDGE

Abbey Delray Health  
2000 Lowson Blvd  
561.454.2000 14

New River Villas  
408 SE 7<sup>th</sup> Ave  
954.462.4445 35

### BOYNTON BEACH

Barrington Terrace  
1425 S Congress Ave  
561.369.7919 125

### CORAL GABLES

Bertha Elderly Care II  
10411 SW 198<sup>th</sup> St  
305.259.9242 6

Arden Courts ManorCare  
16150 Jog Rd  
561.498.5552 56

Ocean View Retirement  
3091 NW 43<sup>rd</sup> St  
954.777.5167 32

Boynton Beach ALF  
1708 NE 4<sup>th</sup> St  
561.737.6465 118

Gables Manor Ind.  
1535 Venetia Ave  
305.265.8548 6

Ifa Lola ALF  
12230 SW 220<sup>th</sup> St  
786.308.9915 6

### FORT LAUDERDALE

Paradise Villa Ret. II  
2560 NW 83<sup>rd</sup> Ave  
954.749.0538 6

Boynton Village  
1935 S Federal Hwy  
561.736.2424 127

A&L Health Care II  
8280 NW 14<sup>th</sup> St  
954.345.7481 6

Rick & Dauvy ALF  
23120 SW 124<sup>th</sup> Ave  
786.970.2048 6

Adoring Ranches  
14450 Stirling Rd  
954.680.2293 6

Pine Island  
Seniors Living  
8620 NW 54<sup>th</sup> St  
954.572.8580 6

Doreen's Home  
3045 S Seacrest Blvd  
561.364.7056 6

A&L Health  
11764 NW 30<sup>th</sup> St  
954.757.6529 6

Billmar Gardens  
380 S Federal Hwy  
954.921.6577 26

Annie's Retirement Home  
1659 NE 62<sup>nd</sup> St  
954.772.6551 9

Ranmar Gardens  
1454 NE 56<sup>th</sup> St  
954.491.7396 9

Emeritus at Boynton Bch  
8220 Jog Rd  
561.733.3200 160

Alpha & Omega Home  
10132 NW 23<sup>rd</sup> St  
954.510.7153 6

Eden Inn ALF  
4064 SW 51<sup>st</sup> St  
954.581.2240 8

Bayview Ret. Home  
2625 NE 13<sup>th</sup> CT  
954.564.3100 12

Royal Palm Sr. Res.  
5121 NE 19<sup>th</sup> Ave  
954.491.4041 34

Parkside Inn  
1613 SW 3<sup>rd</sup> St  
561.734.1616 38

Alternative Care III  
1763 NW 85<sup>th</sup> Dr  
954.509.9983 6

Hammond House  
357 SW 6<sup>th</sup> St  
954.981.8847 6

Broward House  
417 SE 18<sup>th</sup> CT  
954.552.4749 60

Sunshine Senior AL  
4580 SW 33<sup>rd</sup> Ave  
954.983.5157 14

Binda Assisted Living  
5544 NW 106<sup>th</sup> Dr  
954.341.3082 6

Caring Hands Retirement  
7438 NW 47<sup>th</sup> Pl  
954.578.3635 6





Tara's Home 551 E Evanston Cir 954.791.5220	6	Seminole Acres 3562 Seminole Rd 561.467.0181	10	Better Care Home 7599 W 4 <sup>th</sup> Ct 305.820.6530	6	Golden Age Adult Center 7355 W 12 <sup>th</sup> Ave 305.824.1046	6
Towers Retirement Home 824 SE 2 <sup>nd</sup> St 954.463.4973	80	<b>GREENACRES</b> Arbor Oaks 3400 Jog Rd 561.432.4700	97	Care & Love Retirement 642 E 21 <sup>st</sup> St 305.885.4978	20	Good Life ALF 7746 NW 201 <sup>st</sup> Ter 786.547.7116	6
Tropical Heaven 460 NW 40 <sup>th</sup> Ct 954.937.5541	25	Encore Senior Village 4760 Jog Rd 561.434.0434	70	Carolina's Care Center 9024 NW 148 <sup>th</sup> St 305.827.3100	6	Hetery Home 825 SE 7 <sup>th</sup> Ave 305.889.1166	16
Villa Rio Vista 1115 SE 6 <sup>th</sup> Terr 954.763.1044	50	<b>HALLANDALE</b> Bernadette's ALF 520 NW 2 <sup>nd</sup> Ave 954.454.0826	8	Carolina's Care Center II 7824 NW 165 <sup>th</sup> St 305.827.3100	6	Hilda Home Care 224 E 42 <sup>nd</sup> St 305.819.8090	6
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<b>FORT PIERCE</b> Academy ALF 1225 Soltman Ave 772.460.1211	20	Abuelitos Residence 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	Jeannie's Place 4256 W 10 <sup>th</sup> Ave 305.698.9811	5
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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	Kathy Loving ALF I 7715 W 10 <sup>th</sup> Ave 305.819.8989	6
Beachland Retirement 462 Hernando St 772.460.8007	8	Ailin Living Facility 7005 W 16 <sup>th</sup> Ave 305.819.1597	6	Darla Home Care 3167 W 7 <sup>th</sup> Pl 305.512.7529	6	La Rosa ALF 7865 W 5 <sup>th</sup> Ct 305.819.9739	6
Broadmoor AL 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	Las Brisas Home Care 7401 W 34 <sup>th</sup> Ln 305.819.9739	6
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Sevilla Home Care ALF 10844 SW 154 <sup>th</sup> Ter 786.573.3111	6	St Mark's Villa 3381 NW 194 <sup>th</sup> Ter 305.624.6871	6	Sweet Home Care 5920 SW 2 <sup>nd</sup> St 305.269.7482	6	Tropical Heaven 14201 SW 48 <sup>th</sup> Ln 305.207.6963	6
Shalom ALF 441 NW 33 <sup>rd</sup> Ave 305.644.5808	6	St Mary Adult Care 5716 SW 149 <sup>th</sup> Pl 305.408.0362	6	Sweet Hope AL 13551 SW 208 St 786.470.6195	6	Tropical Paradise ALF 14112 SW 145 <sup>th</sup> Pl 786.573.0390	6
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St John's ALF 7580 SW 30 <sup>th</sup> Ter 305.265.9337	6	Supreme ALF I 8821 SW 41 <sup>st</sup> St 305.796.1757	6	TLC Home 15101 SW 87 <sup>th</sup> Ave 305.232.1209	6	Villa Blanca 5384 NW 4 <sup>th</sup> St 305.774.7184	12

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Villa Francisco ALF 16832 SW 110 Ct 305.234.7787	6	Violeta's Home 3810 NW 2 <sup>nd</sup> Ter 305.644.3972	6	Yuli's Home Care 14580 SW 173 <sup>rd</sup> St 305.255.7168	6	Rodriguez ALF I 2751 NW 209 Ter 305.624.8086	4	South Oaks 6141 SW 34 <sup>th</sup> St 954.983.7996	8
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Villa Margo III 3669 SW 24 <sup>th</sup> Ter 305.858.1840	5	Westview Pleasant Living 2140 NW 126 <sup>th</sup> St 786.517.2523	6	<b>MIAMI GARDENS</b> Brown's Assisted Care Living Facility 15770 NW 18 <sup>th</sup> Pl 305.625.1718	6	Miami Lakes Retirement Home 16837 NW 91 <sup>st</sup> Ct 305.817.1455	6	Tendercare Living Facilities 2906 Sunshine Blvd 954.665.8740	4
Villa Margo IV 2978 SW 27 <sup>th</sup> Ln 305.858.1840	13	Westwood Boarding Home 5301 SW 116 <sup>th</sup> Ave 305.273.9700	11	E&C Group One 3941 NW 207 <sup>th</sup> Dr 561.640.0424	5	Miami Lakes Senior Care 16350 NW 88 <sup>th</sup> Path 305.335.1544	6	<b>N LAUDERDALE</b> Forest Springs Retirement Residence 7512 SW 5 <sup>th</sup> St 954.724.2038	6
Villa Margo V 3277 SW 22 <sup>nd</sup> Ter 305.858.1840	12	Willow Haven ALF 1220 NE 207 <sup>th</sup> St 305.297.1327	6	GC Quality Home 5370 NW 172 <sup>nd</sup> St 786.208.8831	6	Special Life Moments 8902 NW 177 <sup>th</sup> Ter 305.512.1246	6	Genesis ALF 1510 SW 68 <sup>th</sup> Ave 954.971.0246	6
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Villa Serena I 1200 SW 22 <sup>nd</sup> Ter 305.858.5664	14	Xiomara's Gardens 13720 SW 13 <sup>th</sup> St 305.798.1370	6	Miami Garden ALF 3520 NW 210 <sup>th</sup> Ter 305.620.1082	6	Mary's Extreme Care 6107 SW 26 <sup>th</sup> St 954.966.0901	5	Paradise Elderly Home 12690 NE 2 <sup>nd</sup> Ave 305.807.7536	6
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Parke Plaza Retirement 15520 NW 2 <sup>nd</sup> Ave 305.949.2626	120	Emmanuel Care ALF 3628 Daisy Ave 561.627.3674	6	Gentle Touch ALF 5010 SW 11 <sup>th</sup> St 954.327.3354	6	Peace on Earth ALF II 470 SW 14 <sup>th</sup> Ct 954.544.3454	6	New Life ALF 2133 SE Shelter Dr 772.337.3158	6				
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Good Shepherd ALF 8610 NW 24 <sup>th</sup> Ct 954.742.3171	6	Horizon Bay 7650 University Dr 954.722.6314	103			Open Arms ALF 4652 Belvedere Rd 561.478.9345	6		
Nina's Haven 10620 Sunset Strip 954.746.6732	6								

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Independent | Assisted Living | Alzheimer's-Dementia Care | Nursing Home

Facilities for all Budgets, Medicare, Medicaid, Social Security Benefits, Mental Health, Veteran Benefits, Diversion Programs, Transitional Programs, Medicaid Waiver and OSS.

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# THE NATIONAL RESOURCE CENTER ON LGBT AGING

EL CENTRO NACIONAL DE RECURSOS SOBRE ENVEJECIMIENTO LGBT



The National Resource Center on LGBT Aging ([lgbtagingcenter.org](http://lgbtagingcenter.org)) is the country's first and only technical assistance resource center aimed at

improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older people. A project of SAGE (Services & Advocacy for GLBT Elders), in partnership with 10 aging and LGBT organizations nationwide, the Resource Center provides training and multimedia resources to aging services providers, LGBT organizations and LGBT older people.

"LGBT older adults have several unique health care, legal and financial details to take into account when planning for retirement and beyond. By providing critical information and tools for LGBT elders and the organizations that care for them, the Resource Center will ensure that they can age with the dignity and respect they deserve," said Hilary Meyer, Director of the National Resource Center on LGBT Aging.

Central to the Resource Center is its web site, which continues to grow as a highly interactive, multimedia site that will equip LGBT older adults and their loved ones with information on legal issues, caregiving, Social Security and Medicaid, and more. The latest additions to the site are a comprehensive collection of resources on HIV and aging, and a wider selection of informative articles in Spanish.

To learn more about the National Resource Center on LGBT Aging, or to sign up for updates, please visit [lgbtagingcenter.org](http://lgbtagingcenter.org).

El Centro Nacional de Recursos sobre Envejecimiento LGBT ([lgbtagingcenter.org](http://lgbtagingcenter.org)) es un centro de recursos, y la primera y única asistencia técnica del país destinado a la mejora de la calidad de los servicios y apoyos que se ofrecen a personas mayores lesbianas, gays, bisexuales y transexuales (LGBT). El proyecto SAGE (Servicios Y Apoyo para los ancianos GLBT), con la colaboración de diez organizaciones a nivel nacional de envejecimiento y LGBT, a través del Centro de Recursos ofrece capacitación y recursos multimedia a los proveedores de servicios para la tercera edad, las organizaciones LGBT y las personas mayores LGBT.

"Los adultos mayores LGBT tienen varios detalles únicos en los aspectos de salud, legal y financiero. Detalles a tener en cuenta en la planificación para la jubilación y más. A través del suministro de información crucial y de herramientas para los ancianos LGBT y la organizaciones que cuidan de ellos, el Centro de Recursos se asegurará de que puedan envejecer con la dignidad y el respeto que se merecen", dijo Hilary Meyer, Directora del Centro Nacional de Recursos sobre Envejecimiento LGBT.

Junto al Centro de Recursos está su sitio Web que sigue creciendo de manera altamente interactiva y multimedia y que provee a los adultos mayores LGBT y sus seres queridos con la información sobre cuestiones jurídicas, el cuidado, Sociales, Seguridad y Medicaid, y mucho más. Las últimas adiciones al sitio son una amplia gama de recursos sobre el VIH y el envejecimiento, y en general una selección de artículos informativos en español.

Para obtener más información sobre el Centro Nacional de Recursos sobre Envejecimiento LGBT, o para recibir actualizaciones, por favor visite [lgbtagingcenter.org](http://lgbtagingcenter.org).

# Senior Senses

*The golden days of our lives should be celebrated with the respect and dignity merited by years of service and commitment toward building a beautiful America. As pioneers of the past, today's seniors paved the paths to preserve democracy. Many will be our Nation's role models for the future. They are our heroes forever.*

-Edith Schaffer Lederberg  
Executive Director, ADRC

## BROWARD'S ELDER HELPLINE

The Elder Helpline is an information and referral program which provides a toll-free single point of access to social services

and other help for people age 60 and over, and persons with severe and persistent mental illness, ages 18 and over, their families, and caregivers.

Assistance is available in English, Spanish and Creole.

954-745-9779 or TDD: 954-745-5689

## 23rd Annual Swing for Seniors Golf Tournament

**Friday, October 28, 2011  
at Woodmont Country Club**

7801 NW 80th Ave., Tamarac, FL 33321

Join us at a new location for this special event  
as we raise critically needed funds  
for senior services in Broward County.

**Cost is \$150 per player, or \$600 for a foursome**

Players, sponsors, raffle prizes, auction items  
and advertising in the program are still needed!

**Call Stephen Feller at 954-745-9567 for more information.**



[www.adrcbroward.org](http://www.adrcbroward.org)

# RESOURCE GUIDE

# GUÍA DE RECURSOS

Free resources available in Florida / Servicios gratuitos disponibles en la 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

Leeza's Place  
954.862.2218

Long-Term Care Diversion  
954.746.1773

N. Broward Memory Disorder Ctr  
954.786.7392

### MIAMI-DADE

Alliance for Aging, Inc  
305.670.6500

Alzheimer's Association  
Southeast Florida Chapter  
800.861.7826

Long-Term Care Diversion  
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 & 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  
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

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

The Volen Senior Center  
561.395.8920

### 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

**AGING AGENCIES ON  
AGING/AGING SVCS.  
AGENCIA PARA LA  
TERCERA EDAD**

### BROWARD

Aging and Disability Resource Ctr  
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  
ORGANIZACIONES**

### BROWARD

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 Association  
954.786.2305

American Red Cross  
954.797.3800

Arthritis Foundation  
954.616.1233

Brain Injury Association  
954-786-2400

Broward Homebound Program  
954.786.2484

Coalition for the Homeless  
954.925.6466

County Medical Association  
954.714.9477

County Office 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  
954.736.2400

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 Public Guardian  
305.592.7642

Epilepsy Foundation  
305.670.4949

Miami-Dade Elder Helpline  
305.670.4357

### PALM BEACH

American Cancer Society  
561.366.0013

American Dental Association  
561.278.7551

American Diabetes Association  
561.689.2746

American Heart Association  
561.615.3888

American Lung Association  
561.659.7644

American Red Cross  
561.833.7711

Anti-Defamation League  
561.988.2900

Arthritis Foundation  
561.833.1133

County Medical Society  
561.433.3940

County Office of the Public  
Guardian  
561.655.8944

# RESOURCE GUIDE

# GUÍA DE RECURSOS

Epilepsy Foundation  
561.478.6515

Leukemia/Lymphoma Society  
561.775.9954

## STATE

Agency for Healthcare Admin.  
888.419.3456

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  
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-Discrimination  
Committee  
202.244.2990

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 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  
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 GRUPOS DE APOYO

### BROWARD

Anxiety Group  
954.746.2055

Bereavement Counseling Support  
Group St. Gregory Church  
954.473.6261

Compassionate Friends for the  
Loss of a Child  
954.370.3446

Gay/Lesbian Bereavement Sup-  
port Group  
954.463.9005

Gold Coast Home Health and  
Hospice Services  
954.785.2990

Heart Talk Plantation Gral 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 Ctr  
905.932.4200

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  
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,  
Bereavement Support Group  
561.955.5406



Catholic Charities, Diocese of PB  
Counseling Services  
561.775.9567

Center for Family Services of PBC  
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 PBC  
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**

*DEPARTAMENTO DE  
SALUD DEL CONDADO*

#### **BROWARD**

Broward County Health  
Department  
954.467.4700

#### **MIAMI-DADE**

Miami-Dade County Health  
Department  
305.324.2400

#### **PALM BEACH**

PBC Health Department  
561.840.4500

#### **CRISIS INTERVENTION INTERVENCIÓN DE CRISIS**

#### **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  
561.355.1664

New Hope Anger Management  
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 RECURSOS DENTALES**

#### **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 S. Fla  
305.253.5100

Community Smiles Program  
305.325.0510

Florida Donated Dental Services  
305.598.7080

Helen B Bentley Family Health Ctr  
305.447.4950

Jessie Trice Community Health Ctr  
305.637.6400

Martin Luther King, Jr Clinica  
Campesina  
305.248.4334

Miami-Dade Community College  
Dental Hygiene Program  
305.237.4142

North Dade Health Center  
786.466.1500

Nova SE University Health  
Care Center  
305.949.6202

South Florida District Dental  
Association  
305.667.3647

UF College of Dentistry  
305.694.5400

#### **PALM BEACH**

Caridad Health Clinic  
561.737.6336

Palm Beach Community College  
Atlantic Coast Research Clinic  
561.868.3747

Dental Hygiene Clinic  
561.868.3753

PBC 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 Health Center  
561.840.8681

#### **DISABILITY PARKING PERMITS**

*PERMISO DE  
ESTACIONAMIENTO  
PARA DISCAPACITADOS*

#### **BROWARD**

Motor Vehicle Services (County  
Tax Collector)  
954.765.4697

#### **MIAMI-DADE**

Motor Vehicle Services (County  
Tax Collector)  
305.375.5678

#### **PALM BEACH**

Motor Vehicle Services (County  
Tax Collector)  
561.355.2264

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

*PREPARACIÓN PARA  
DESASTRES  
Y EMERGENCIAS*

#### **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



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Part Of Our  
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## MIAMI-DADE

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

Emergency Mgmt Answer Ctr  
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 Mgmt Agency  
800.621.3362

## DRIVER'S LICENSE OFFICES

*LICENCIAS DE MANEJO*

## 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 ABUSO AL MAYOR

## 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  
305.576.6550

Miami-Dade Elder Helpline  
305.670.4357

## STATE

Elder Abuse Hotline  
800.962.2873

## EMPLOYMENT OPPORTUNITIES OPORTUNIDADES DE EMPLEO

## BROWARD

AARP Senior Com. Srvc's Employ.  
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 Com. Srvc's Employ.  
561.471.9828

Workforce Alliance  
561.340.1060

## ENERGY ASSISTANCE ASISTENCIA PARA ENERGIA ELÉCTRICA

## 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  
954.524.6991

SE Focal Point  
954.966.9805

## MIAMI-DADE

Low Income Home Energy  
786.469.4600

FPL Customer Care  
305.442.8770

## PALM BEACH

FPL Customer Care  
561.994.8227

Low Income Home Energy  
561.355.4792

## FINANCIAL ASSISTANCE ASISTENCIA FINANCIERA

## BROWARD

A New Horizon Credit Counseling  
800.556.1548

American Red Cross  
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  
954.989.6200

The Salvation Army  
954.524.6991

## MIAMI-DADE

Accion Community Center  
305.547.7713

American Red Cross  
305.644.1200

Attapathah Neighborhood Center  
305.547.4960

Blanche Moton  
305.884.4801

Catholic Charities Emergency  
305.754.2444

Culmer Neighborhood Center  
305.579.2820

Little River Neighborhood Center  
305.758.9662

Homestead Neighborhood Center  
305.247.2068

Frankie Shannon Rolle Center  
305.446.3311

Goulds Community Center  
305.233.2121

Liberty City Community Center  
305.756.2830

Low Income Home Energy  
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 Ctr  
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  
561.833.7711

Boca Helping Hands Assistance  
561.417.0913

Catholic Charities, Diocese of PB  
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 Srv  
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

PBC Division of Human Services  
954.355.4775

PBC 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**  
Fla. Dep. of Financial Services  
877.693.5236

Fla. Medicare Beneficiary Helpline  
800.844.0795

IRS Tax Helpline  
800.829.1040

**NATIONAL**  
Lifeline Across America  
888.225.5322

**FOOD ASSISTANCE**  
*ASISTENCIA PARA  
ALIMENTOS*

**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 Com. Ctr  
954.434.0499

EASE Foundation  
954.797.1077

Gateway Community Outreach  
954.725.8434

Hallandale Food Distribution  
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

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

Helping Hands  
561.432.2417

Lighthouse Caf e  
561.996.5568

New Hope Charities, Inc.  
561.924.7986

Regeneration Center  
561.655.2204

Samaritan Gardens Christian Ctr  
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**  
*ASISTENCIA AUDITIVA*

**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



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## NATIONAL

Hear Now  
800.328.8602

Hearing Aid Helpline  
800.521.5247

International Hearing Society  
734.522.7200

## HOME MAINTENANCE MANTENIMIENTO DE VIVIENDAS

### 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  
954.921.3381

Home Touch Program  
954.792.1121

N. 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 VIVIENDA

### 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  
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 SERVICIOS LEGALES

### BROWARD

Broward County Bar Association  
954.764.8040

Broward County Consumer Affairs  
954.765.4400

Broward County Office of the  
Public Defender  
954.831.8650

Broward Senior Intervention and  
Education Program  
954.966.9805

Catholic Charities Legal Services  
800.691.7530

Coast to Coast Legal Aid of South  
Florida, Inc  
954.736.2400

Florida Local Advocacy Council  
954.713.1263

Jewish Federation  
954.660.2089

Legal Aid Service of Broward  
County  
954.765.8950

Senior Citizen Law Project  
954.736.2400

### MIAMI-DADE

ACLU – Advocacy  
786.363.2700

Catholic Charities Legal Services  
305.373.1073

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  
561.655.8944

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 SERVICIOS PARA LA COMUNIDAD GAY

### 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

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 SERVICIOS DE SALUD MENTAL**

### **BROWARD**

ARC Broward Mental Health  
Counseling  
954.746.9400

Archways  
954.763.2030

Broward County Elderly & Veter-  
ans 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



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Organization  
Part Of Our  
Network!**

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  
561.888.0252

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**  
*ASISTENCIA PARA MEDICAMENTOS*

**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  
401.729.3284

Together Rx Access  
800.444.4106

**SENIOR ORGANIZATIONS**  
*SERVICIOS PARA EL MAYOR*

**BROWARD**  
CARES – Dep. 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  
786.3361418  
Ombudsman South Dade  
305.671.7247

**PALM BEACH**  
CARES – Department of Elder Affairs  
561-840-3150

Catholic Charities Elderly Services  
305.751.5203

Ombudsman Palm Beach  
561.837.5038

**STATE**  
AARP Florida  
866.595.7678

Florida Ombudsman Program  
888.831.0404

**NATIONAL**  
Children of Aging Parents  
800.227.7294

National Family Caregivers Association  
800.896.3650

**SHELTERS**  
*REFUGIOS*

**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 S. Broward  
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  
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  
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** *SEGURO SOCIAL*

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

### **SUBSTANCE ABUSE** *ADICCIONES*

**BROWARD**  
Alcoholics Anonymous  
954.462.0265

Broward Addiction Recovery  
Center (BARC)  
954.765.4200

Faith Farm  
954.763.7787

Memorial Regional Hospital  
954.265.4603

NOVA SE University Healthy  
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 PBC  
Recovery Program  
561.616.1222

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

Counseling Services of Lake Worth  
561.547.0303

Drug Abuse Foundation of  
Palm Beach County, Inc  
561.278.0000

Drug Abuse Treatment Association  
561.743.1034

Faith Farm  
561.737.2259

Faith, Hope, Love & Charity  
561.649.9919

Fern House  
561.471.0430

Gratitude House  
561.833.6826

Growing Together, Inc  
561.585.0892

Palm Coast Area Narcotics  
Anonymous  
561.848.6262

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

Regeneration Center  
561.655.2204

Ruth Rales Jewish Family Service  
561.852.3333

Sistah to Sistah Recovery House  
561.837.9997

Sunset House  
561.627.9701

The Crossroads Club  
561.278.8004

The Lord's Place, Inc  
561.494.0125

The Phoenix House  
561.585.2508  
Wayside House  
561.278.0055

Alcoholics Anonymous  
212.870.3400

### **SUPPORT SERVICES** *SERVICIOS DE APOYO*

**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



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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

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

The Volen Senior Center  
561.395.8920

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 TRANSPORTE

## BROWARD

Air Ambulance Professionals  
954.491.0555

Broward County Transit Accessibility  
954.357.8232/TTY 954.357.8302

Broward County Transit  
954.357.8400/TTY 954.357.8302

Broward Urban Shuttle  
954.295.6709

Cooper City Community Bus Service  
954.434.4300 X255

Davie  
954.797.1035  
Hallandale Beach  
954.457.1620

MediVan  
954.735.1996

Miramar Senior Transportation  
954.602.2711

North East Focal Point  
954.480.4449

NW Focal Point Senior Transportation  
954.973.0300

Pompano Beach  
954.786.4601

SE Focal Point Senior Transportation  
954.966.9805

Sunrise Senior Medical Transport  
954.746.3677

SW Focal Point Senior Transportation  
954.450.6888

"TOPS" Broward County Paratransit Service  
954.357.6794

Tri Rail  
800.874.7245

## MIAMI-DADE

Community Action Agency Transportation Unit  
305.638.5730

Jewish Community Services of South Florida Information & Referral Line  
305.576.6550

Metrobus  
305.891.3131

Miami-Dade Elder Helpline  
305.670.4357

North Miami Foundation for Senior Citizens  
305.893.1450

Senior Ride  
305.673.8658

Special Transportation Service  
786.469.5000

## PALM BEACH

Bethesda Memorial Hospital  
Bethesda Prime Time Club  
561.737.7733 X4195

Palm Tran  
561.841.4200

Salvation Army Center of Hope  
561.682.1118

## STATE

Angel Flight Southeast  
800.352.4256

Florida Commission for the Transportation Disadvantaged  
800.983.2435

Fla Department of Transportation  
866.374.3368

## NATIONAL

Corporate Angel Network  
866.328.1313

National Patient Travel Center  
800.296.1217

U.S. Dept. of Transportation American Disabilities Act  
888.446.4511

## VETERAN SERVICES SERVICIOS PARA VETERANOS

## 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

PBC Veteran Service Office  
561.355.4761  
Palm Beach Veterans Center  
561.585.0441

VA Medical Center  
800.972.8262



Vetsville Cease Fire House, Inc  
561.736.4325

### STATE

Florida Department of Veterans Affairs  
850.487.1533

### NATIONAL

U.S. Dept of Veterans Affairs  
800.827.1000

Tri-Care  
800.444.5445

### VISION RESOURCES RECURSOS PARA LA VISION

### 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 OPORTUNIDADES PARA VOLUNTARIOS

### BROWARD

Each One Teach One –  
Literacy Volunteers  
954.357.8211

Senior Volunteer Services  
954.484.7117

Volunteer Broward  
954.233.1300

Shine  
954-945-9567

### 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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# 55+ COMMUNITY CALENDAR

## 55+ CALENDARIO DE LA COMUNIDAD

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55+ Partners

55+ Network

Take 55 After 5

### OCTOBER / OCTUBRE

10/12	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 6401 W. Commercial Blvd., Tamarac, FL 33319, 954-967-6191
10/14	9:30A-1:30P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Cypress Park, 1300 Coral Springs Drive, Coral Springs 33071, 954-321-4146
10/19	5:00P-5:55P: Take 55 After 5 - Professional Networking (Social Event) Jewish Tradition Home Care, 5950 W. Oakland Park Blvd., Ft Lauderdale 33313, 954-967-6191
10/20	7:30A-9:30A: Alternative Housing in an Intergenerational Society (EAPA: Employee Assistance Professional Assn.) Airport Hilton, 1870 Griffin Road, Dania 33004, 954-525-1050
10/21	9:30A-1:30P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Cypress Park, 1300 Coral Springs Drive, Coral Springs 33071, 954-321-4146
10/22	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) NE Focal Point, 227 NW 2 Street, Deerfield Beach 33441, 954-321-4146
10/26	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 4600 Coconut Creek Pkwy., Coconut Creek, FL 33063, 954-967-6191
10/27	8:30A-10:00A: 55+ Network Breakfast (must RSVP) (55+ Network) Classic Residence, 1371 South Ocean Blvd., Pompano Beach 33062, 954-967-6191

### NOVEMBER / NOVIEMBRE

11/01	1:00P-4:00P: 55+ Resource Specialist Consultations (by appointment) (55+ Magazine & Walgreens) Walgreens, 15043 S. Dixie Highway, Miami 33176, 786-573-5177
11/09	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 2301 N. University Drive, Sunrise, FL 33322, 954-967-6191
11/12	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Oakland Park BSO Substation, 5399 N. Dixie Highway, Oakland Park 33334, 954-321-4146
11/15	12:00P-1:30P: 55+ Network Lunch (must RSVP) (55+ Network) Classic Residence 2792 Donnelly Dr., Lantana 33462, 954-967-6191
11/16	5:00P-5:55P: Take 55 After 5 - Professional Networking (Social Event) Whitehall Boca, 7300 Del Prado Circle South, Boca Raton 33433, 954-967-6191
11/30	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 7150 W. Atlantic Blvd., Margate, FL 33063, 954-967-6191

### DECEMBER / DICIEMBRE

12/06	1:00P-4:00P: 55+ Resource Specialist Consultations (by appointment) (55+ Magazine & Walgreens) Walgreens, 15043 S. Dixie Highway, Miami 33176, 786-573-5177
12/10	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Town Hall, 4501 Ocean Drive, Lauderdale-by-the-Sea 33308, 954-321-4146
12/14	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 8790 W. McNab Road, Tamarac, FL 33321, 954-967-6191
12/14	5:00P-5:55P: Take 55 After 5 - Professional Networking (Social Event) Coolidge Palms, 2057 Coolidge Street, Hollywood 33020, 954-967-6191
12/22	8:30A-10:00A: 55+ Network Breakfast (must RSVP) (55+ Network) Classic Residence, 2480 North Park Road, Hollywood 33021, 954-967-6191

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## COMMUNITY RESOURCE EVENTS

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**October 26, 2011**  
**1PM – 4PM**

4600 Coconut Creek Pkwy.  
Coconut Creek, FL 33063  
954-967-6191

**November 9, 2011**  
**1PM – 4PM**

2301 N. University Drive  
Sunrise, FL 33322  
954-967-6191

**November 30, 2011**  
**1PM – 4PM**

7150 W. Atlantic Blvd.  
Margate, FL 33063  
954-967-6191

**December 14, 2011**  
**1PM – 4PM**

8790 W. McNab Road  
Tamarac, FL 33321  
954-967-6191

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