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INTERVIEW / ENTREVISTA

**Warning: Beware of the
Grandparent Scam**

**Advertencia: Cuidado
con la estafa a los abuelos**

**A Well-deserved
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**Un Reconocimiento
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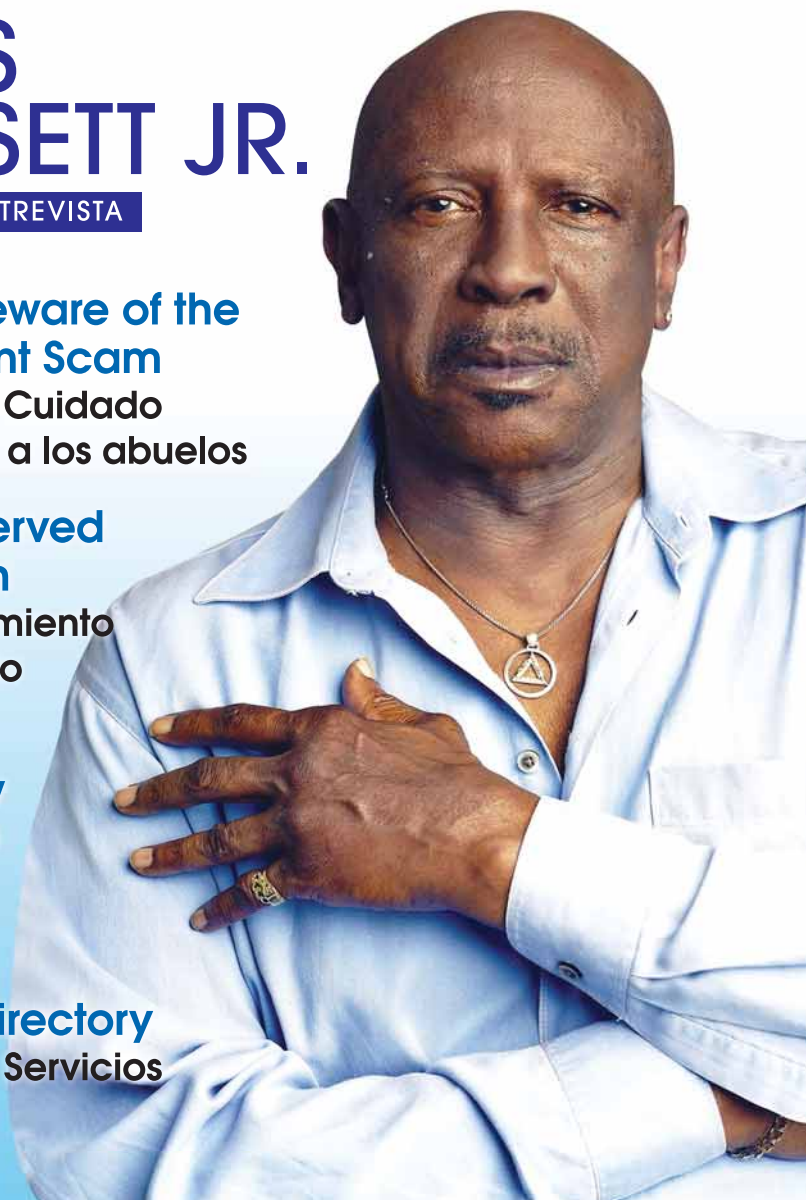
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HAPPY NEW YEAR! FELIZ AÑO NUEVO!

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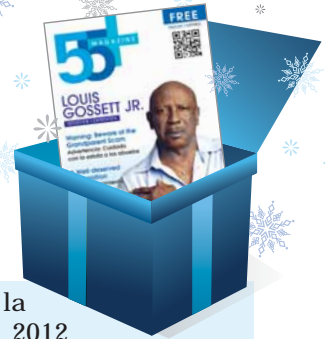
Let's welcome 2012 with happiness and good health to everyone. Since 55+ Magazine was born, I have dedicated my work efforts to assisting and educating our readers and healthcare professionals with information and articles of relevance for all of us, viewing and promoting the aging process from a positive point of view.

I am proud to say that in spite of the downturn of our economy, the magazine is growing and expanding! We are receiving requests for magazine issues from around the world. Who would have predicted that 55+ Magazine would make it to New Zealand, Finland, Canada, Argentina and Switzerland? To meet this demand, we have now made issues available online for delivery nationally and internationally at 55plusmag.us.

In other news, I am very excited to announce that we are launching a new series of 55+ Educational Seminars, new Continuing Educational Units (CEUs) for licensed professionals, new Professional Networking Calendars and our new 55+ shopping section. 55+ Magazine will always continue to evolve and mature in order to better keep our readers updated and current!

From the bottom of my heart, I wish you a very healthy, safe and happy 2012.

THANK YOU for your support! •



Demos la bienvenida al 2012 con felicidad y buena salud. Desde el nacimiento de 55+ Magazine me dedico a ayudar y educar a nuestros lectores y profesionales de la salud con información y artículos de relevancia con una mirada positiva del envejecimiento.

Me siento orgulloso de decir que a pesar de la desaceleración de nuestra economía, la revista está creciendo! Estamos recibiendo solicitudes de diversos fascículos de la revista desde todo el mundo. ¿Quién hubiera predicho que 55+ Magazine iba a llegar a Nueva Zelanda, Finlandia, Canadá, Argentina y Suiza? Para satisfacer esta demanda, hemos hecho que los mismos estén disponibles para ser ordenados en línea en www.55plusmag.us.

Otras noticias son que estoy muy emocionado por anunciar el lanzamiento de una nueva serie de 55 seminarios educativos, nuevas Unidades de Continuación de la Educación (CEU) para los profesionales con licencia, el nuevo Calendario de encuentros en red para profesionales y nuestra nueva sección de compras de 55+.

55+ Magazine siempre seguirá evolucionando y madurando con el fin de mantener actualizados a nuestros lectores.

Desde el fondo de mi corazón, les deseo un muy saludable y cuidado 2012.

¡GRACIAS por su apoyo! •

A WELL-DESERVED RECOGNITION UN RECONOCIMIENTO BIEN MERECIDO

FROM THE PUBLISHER / DEL PUBLICADOR

In December I had the pleasure of speaking at the Annual Volunteer Recognition Luncheon for the Alzheimer's Family Center. This not-for-profit organization has the most active and proactive volunteers and programs dedicated to improve the lives of families affected by Alzheimer's and other memory disorders.

The commitment and dedication of these volunteers was recognized by their staff and supporters. I had the honor of addressing many of the volunteers involved in the Companionship Program. These trained volunteers visit families that are caring for someone with Alzheimer's disease at home for a few hours each week. This service is available to families living anywhere in Broward County.

Other programs and services provided by the Center include In-Home Respite Care (a trained aide relieves the caregiver for a minimum of 4 hours each week); Case Management; In-Home Counseling (a trained counselor meets with the caregiver to help reduce stress, anxiety and to deal with issues related to caregiver's responsibilities); information and referrals with questions about Alzheimer's disease; and services available in the community for persons with the disease and others affected by it. All of their services are offered free of charge.

Alzheimer's Family Center and their volunteers are an example of how to live well at any age. •

En diciembre tuve el placer de hablar en el almuerzo anual para los voluntarios del Alzheimer's Family Center. Esta organización sin fines de lucro tiene los más activos y proactivos voluntarios y programas dedicados a mejorar la vida de las familias afectadas por la enfermedad de Alzheimer y otros trastornos de la memoria.

El compromiso y dedicación de estos voluntarios fue reconocido por sus directivos y partidarios. Tuve el honor de dirigirme a muchos voluntarios que participan en el programa: Voluntarios de compañerismo. Estos están entrenados, visitan a las familias que están cuidando a alguien con Alzheimer en casa durante unas horas cada semana. Este servicio está disponible en el condado de Broward.

Otros programas y servicios incluyen *In Home Care* (un ayudante entrenado que alivia al cuidador por un mínimo de 4 horas a la semana), Manejo de casos, Consejería en el Hogar (un consejero se reúne para ayudar a reducir el estrés, la ansiedad y para tratar asuntos relacionados con los cuidados), información y referencia sobre la enfermedad y servicios disponibles para el cuidador y el paciente. Estos servicios son gratuitos.

Alzheimer's Family Center y sus voluntarios son ejemplos de cómo vivir bien a cualquier edad. •



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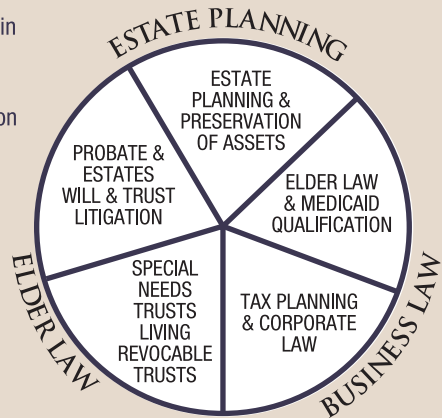
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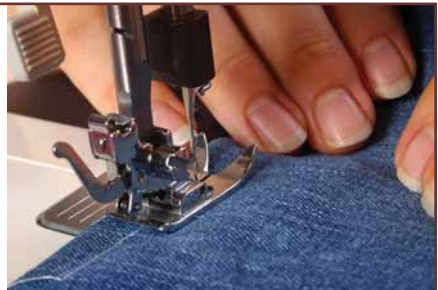
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SAGE OPENS NEW SENIOR CENTER

SAGE ABRE CENTRO PARA RETIRADOS

In 2012 in New York City, Services and Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE) will open the nation's first full-time senior center for older adults.

Drawing on SAGE's 32 years of experience in designing programs for LGBT elders, the center will partner with community organizations in the five boroughs to extend affirming services to LGBT older New Yorkers who do not regularly access their local senior centers for fear of discrimination, and to those who may not know of SAGE's current services. "SAGE is honored to have this opportunity to strengthen the programs and services we offer to address the unique needs of LGBT older people in New York City," said Michael Adams, Executive Director of SAGE. "Opening The SAGE Center has been our dream for many years. We are thrilled to be part of a bold initiative that emphasizes innovation in aging services"

The SAGE Center is part of New York City's Innovative Senior Center program, a new initiative by Mayor Michael Bloomberg to create centers that address the needs of historically underserved elder populations, with creative needs-based programming that will serve as models for the "senior center of the future."

The new center will offer hot meals as well as programs covering issues from health and wellness to workplace skills, comprehensive social services, a wide range of social activities, and much more. •

En 2012 en Nueva York, los Servicios y Defensa de Gays, Lesbianas, Bisexuales y Transexuales ancianos (SAGE) se abrirá el primer centro de tiempo completo para las personas mayores de la comunidad LGBT.

Con experiencia de 32 años en programas para los ancianos LGBT, SAGE junto a organizaciones comunitarias extenderán los servicios para las personas de edad avanzada LGBT en N.Y. que no suelen tener acceso a sus centros de jubilados locales por temor a la discriminación, a su vez para aquellos que no conocen los servicios actuales de SAGE.

"SAGE se siente honrado de poder fortalecer los programas y servicios para satisfacer las necesidades particulares de las personas mayores de LGBT en Nueva York", dijo Michael Adams, Director Ejecutivo de SAGE. "La apertura del Centro SAGE ha sido nuestro sueño durante muchos años. Estamos contentos de ser parte de una iniciativa que hace hincapié en los servicios para el envejecimiento saludable.

El Centro SAGE es una nueva iniciativa del alcalde Michael Bloomberg (NY) para crear centros que atiendan las necesidades de esta población, con creatividad, basados en las necesidades de programación que servirá de modelo para el mayor "centro del futuro". Ofrecerá comidas calientes, programación de salud, laborales, sociales, recreacionales y mucho más. •





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Crime as we know it is not a new phenomenon, but the types of crimes being committed are starting to change with the availability of new technology

and easily accessible personal information. One such crime called the “Grandparent Scam” has resulted in the financial exploitation and victimization of many unsuspecting victims.

The scam involves instances where a person claiming to be a family member or close personal friend contacts the victim by phone or e-mail. The scammer fabricates a compelling story suggesting that he or she is in some type of trouble and needs immediate financial assistance. To help validate their story, the scammer is able to obtain personal information about the victim or the victim’s family through public data found on the internet or by hacking into the victim’s e-mail account.

Typically, the scammer will ask that you wire money immediately. Unfortunately, once the scam has been committed and money has been exchanged, there is very little that law enforcement can

do. The crime as we know it, no, is not a new phenomenon, but the types of crimes that are being committed are starting to change with the availability of new technology and easily accessible personal information. One such crime called the “Grandparent Scam” has resulted in the financial exploitation and victimization of many unsuspecting victims.

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do because the perpetrator most often lives overseas. Even if you are wiring money to a location in the United States, the wire transfer immediately bounces to a location outside of the country.

A common tactic is when the scammer indicates a friend or family member has legal trouble or is in the hospital and in desperate need of medical attention. These are only a few scenarios used by scammers, but detectives from the Broward Sheriff's Office have heard many more.

The most important thing we all can do is pass this information along to our friends, family and co-workers so they are aware of this common scam and could be a potential target. If you are ever contacted by a friend or family member in trouble, follow these important steps before providing any financial assistance:

- Stop and ask yourself if this person or family member would contact you in such a crisis.
- Make contact with other relatives or friends to verify the status and whereabouts of the person contacting you.
- Trust your gut instinct. If something does not seem right or is out of the ordinary, it is most likely a con. •

Stay safe!

fuera del país.

Una táctica común es cuando el estafador indica que un amigo o un familiar tiene problemas legales o está necesitando desesperadamente de atención médica. Estos son sólo algunos escenarios utilizados por los estafadores, pero los detectives de la Oficina del Sheriff de Broward han oído muchos más.

La cosa más importante que podemos hacer es pasar esta información a nuestros amigos, familiares y compañeros de trabajo para que sean conscientes de esta estafa común ya que podrían ser un potencial objetivo. Si alguna vez se contacta con un amigo o miembro de la familia en problemas, siga estos pasos importantes antes de proporcionar cualquier asistencia financiera:

- Pare y piense si esta persona o miembro de la familia en contacto con usted esta en una crisis.
- Póngase en contacto con otros familiares o amigos para verificar el estado y el paradero de la persona en contacto con usted.
- Confíe en su instinto. Si algo no está bien o está fuera de lo común, lo más probable es que sea un engaño. •

Manténgase a salvo!



Scan the QR code with your smart phone to view an important public safety message from Sheriff Al Lamberti about the "Grandparent Scam."

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Participants will receive up to \$250 for completing all study requirements. Questions may be directed to the Research Coordinator at 1-800-848-3895 Ext 312 or ArthritisPainStudy@inflexxion.com

The study is funded by a National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) grant to Inflexxion, Inc., an independent research firm. The Principle Investigator is Dr. Kimberlee Trudeau.



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GREGORY UPHAM SR. RPH, CDE

WALGREENS PHARMACIST AND EDUCATOR / FARMACÉUTICO Y EDUCADOR



Having been a pharmacist for almost 40 years and a Certified Diabetic Educator since 2008, I have read innumerable articles from medical journals, as well as those within mainstream media, all of which draw the same conclusion: The number of people diagnosed with diabetes is reaching almost epidemic proportions. But until I began educating my diabetic customers, I did not realize how beneficial proper diabetes self-management actually could be.

I would like to take this opportunity to share with you some wonderful new services that are now being offered at your corner Walgreens. Our pharmacists, working in conjunction with Certified Diabetic Educators (CDE), have begun to provide comprehensive diabetes self-management education and medication therapy management for our customers.

Our patients possess a wealth of experience garnered over years of living with and managing their diabetes on a daily basis. It is our charge as educators to transform that base of knowledge into a working template for daily diabetes management. As we all know, no matter how well-controlled a patient is today, tomorrow is a new day with new challenges. Add to that the vast amount of information literally at a patient's fingertips and without proper guidance, we have a

Habiendo sido un farmacéutico por más de 40 años, he presenciado muchos cambios en la Farmacia. Me gustaría aprovechar esta oportunidad para compartir con ustedes algunos de los maravillosos servicios que se ofrecen ahora en su Walgreens cercano. Nuestros farmacéuticos, trabajando en conjunto con Educadores Certificados en Diabetes (CDE), han comenzado a ofrecer un programa completo para el automanejo de la diabetes y de su terapia de medicamentos. Como farmacéutico y Educador Certificado en Diabetes, he leído innumerables artículos en revistas médicas, así como en los principales medios de comunicación, los cuales todos llegan a la misma conclusión: el número de personas diagnosticadas con diabetes está alcanzando proporciones casi epidémicas. Sin embargo, hasta el 2008 cuando comencé a educar a mis clientes diabéticos, no sabía los beneficios que podría traer un programa apropiado de automanejo de la diabetes.

Nuestros pacientes poseen una rica experiencia la cual han obtenido en los años en que han vivido y manejado su diabetes a diario. Es nuestra responsabilidad como educadores el transformar esa base de conocimiento y usarla como una guía para el manejo diario de la diabetes. Pues como todos sabemos, no importa cómo (bien controlado) un paciente es hoy, mañana es un nuevo día

recipe for disaster. A simple Google search for diabetes yields over a million results - and information overload for the patient in search of answers.

For these reasons, I and all of the other Diabetic Educators at Walgreens spend a majority of our counseling sessions listening to our patients. I have found that most of our patients arrive feeling angry, confused, overwhelmed and having little hope of successfully managing their diabetes. By listening to their problems, questions and frustrations, we can tailor a patient-specific management plan. It is our overall goal to equip our patients with the tools to successfully manage their diabetes. Additionally, through regular visits to one of the seventeen Diabetes Centers of Excellence from Fort Pierce to Miami, we are able to keep our patients equipped with the right tools to successfully manage their diabetes.

If you are a patient with diabetes or even suspect you may have diabetes, you owe it to yourself to let us help. None of this is difficult. It is because you live with this disease 24/7 that it just feels so overwhelming. To get started just ask your local Walgreens pharmacist. •

Walgreens



con nuevos retos. Añadiendo en esta ecuación es la gran cantidad de información literalmente en manos de un paciente, y tenemos una receta para el desastre sin la orientación adecuada. Por ejemplo, una simple búsqueda en Google para la diabetes produce sobre un millón de resultados y sobrecarga de información para el paciente en busca de respuestas.

Por estas razones, yo, los farmacéuticos y educadores de Walgreens pasamos la mayoría de nuestras sesiones de consejería escuchando a nuestros pacientes. He encontrado que la mayoría de nuestros pacientes llegan sintiéndose enojados, confundidos, abrumados y teniendo pocas esperanzas de manejar correctamente su diabetes. Sin embargo, a través de escuchar sus problemas, frustraciones y preguntas podemos adaptar un plan de gestión específico a estos pacientes.

Es nuestro objetivo principal el dotar a nuestros pacientes con las "herramientas" para manejar correctamente su diabetes de aquí en adelante. Además, a través de visitas regulares a uno de los 17 Centros de Excelencia de la Diabetes, desde Fort Pierce a Miami, somos capaces de mantener a nuestros pacientes equipados con las herramientas adecuadas para manejar con éxito su propia diabetes.

Si usted es un paciente con diabetes, o incluso sospecha que pueda tener diabetes, se debe usted a sí mismo que nos permita ayudarlo. Nada de esto es difícil, solo porque usted vive con esta enfermedad 24/7 es que se siente abrumado. Para empezar sólo preguntele a su farmacéutico local en Walgreens. •



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AN ACTOR AND A GENTLEMAN

UN ACTOR Y UN CABALLERO

Academy Award winning actor Louis Gossett Jr. shares his innermost feelings and struggles in his new book, 'An Actor and A Gentleman.' Gossett allows the reader to get inside his head so they can share his life with him.... a life that was not always fair. Reading his work is an eye-opening experience and a great gift from this gentleman to his fans and admirers.

55+ Tell us about your parents and how you related to them in your early years in Brooklyn?

LG It was not only my parents, it was a complete family. I was the first one born up north. We were from Georgia. Our whole family did not live more than 10 to 15 blocks from one another. I was an only child but I was raised with many cousins. The older women from the family, starting with my great-grandmother, took care of the children. It was complete care for one another. My older cousins took care of me and I took care of my younger ones. We were together almost all of the time and Christmas, Thanksgiving and Easter were the best times of all! I can picture all of us sitting around the table and eating together. We were a family of people and the neighborhood was pretty much like that too. I wish America were like that again today.

55+ You lived a protected childhood with not only very protective and loving parents but also relatives, neighbors and

Actor ganador del Oscar Louis Gossett Jr. comparte sus sentimientos más íntimos y sus luchas en su nuevo libro, "Un actor y un caballero." Gossett permite al lector entrar en su cabeza para que puedan compartir su vida con él.... una vida que no siempre es justa. La lectura de su obra es una experiencia sorprendente y un gran regalo de este caballero a sus fans y admiradores.

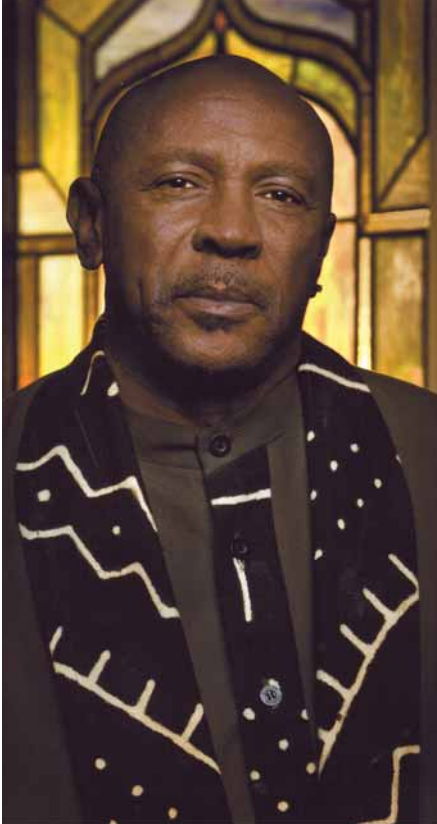
55+ Háblenos de tus padres y cómo lo relacionado con ellos en sus primeros años en Brooklyn?

LG No se trataba sólo de mis padres, era una familia completa. Yo fui el primero en nacer en el norte. Estábamos en Georgia. Toda nuestra familia vivía a no más de 10 a 15 cuadras el uno del otro. Yo era hijo único, pero me crié con muchos primos. Las mujeres mayores de la familia, comenzando con mi bisabuela, se hacían cargo de los niños. Fue un cuidado completo del uno al otro. Mis primos mayores me cuidaban y yo me hacía cargo de mis primos más jóvenes. Estuvimos juntos casi todo el tiempo en Navidad, Acción de Gracias y Semana Santa. Fueron los mejores momentos de todos! Recuerdo a todos sentados a la mesa y comiendo juntos. Éramos una familia y el barrio era muy parecido a eso. Desearía que nuestro país fuera así de nuevo hoy.

55+: Usted vivió una infancia con padres protectores y cariñosos,

Louis Gossett Jr

NELSON A. GARCIA



friends. How did that play a part in putting together the person you would become as an adult?

LG Well, it formed a great security blanket around me. Whether you were Irish, Jewish, Black, Filipino or Italian, we took care of one another both in our schools and in our neighborhood. It was right after the Depression and I remember that the toys were incredible! We would take a broomstick and make it a bat. When we played cops and robbers or cowboys, we would use our fingers to point at people and

pero también familiares, vecinos y amigos. ¿Qué papel jugaron en la elaboración del adulto que es hoy?

LG Bueno, se formó una gran manta de seguridad alrededor mío. Irlandés, judío, Negro, filipino o el italiano, nos hacíamos cargo unos de otros, tanto en nuestras escuelas como en nuestro vecindario. Fue justo después de la depresión y recuerdo que los juguetes eran increíbles! Nos gustaba tener un palo de escoba y convertirlo en un bate. Cuando jugamos a policías y ladrones o vaqueros, podíamos utilizar nuestros dedos para señalar a la gente y decir “¡Bang! Bang! ¡Estás muerto!” Era nuestro sistema de creencias 100%. Tuvimos profesores que nos enseñaron que no hay nada imposible. Lo que estaba en la televisión y en las películas era edificante en esos momentos.

55+ Usted ha conocido a gente increíble en su vida. ¿Cuáles dos han hecho el mayor impacto en usted y cómo?

LG El primero tiene que ser mi bisabuela. Ella era una esclava. Ella debería tener alrededor de 7 años de edad cuando los esclavos fueron liberados, y ella aún estaba viva cuando hice mi primera obra de teatro. Ella falleció a los 109 años. Mi segundo impacto, afuera de mi empresa, sería mi profesor de inglés, Gustav Blumberg. Estuvo en el teatro europeo y más tarde se convirtió en un director-escritor. Miraba los ofrecimientos diarios y un día me dijo, “están

say “Bang! Bang! You’re dead!” Our belief system was 100%. We had teachers that taught us that there was no such thing as impossible. What was on television and films was uplifting at that time.

55+ You have met some incredible people in your life. Which two would you say have made the biggest impact on you and how?

LG The first one has to be my great-grandmother. She was a slave. She must have been around 7 years old when the slaves were freed, and she was still alive to watch me do my first play. She passed away when she was 109. My number two person, outside of the business, would be my English teacher, Gustav Blumberg. He was in the European theater and later became a director-writer. He watched the trades daily and one day he said, “they are looking for a kid to do a Broadway show. Tell your mother to take you down there.... what do you have to lose?” I would like to see more of that in America. I have a foundation with all these philosophies, based on the way I was raised. This is the way we should be living in this country. When people came to America and entered through Ellis Island, they were welcomed in our neighborhoods with open arms. This is the reason people came here in the first place; this is supposed to be the promised land. And this is the promised land. We cannot take that for granted.

55+ After your father passed away, your mom came to live with you for some time. How was that experience for you?

LG It was wonderful. My mom and I were able to relate to each other as grown-ups. My mom had a little bout with cancer that was not

buscando a un niño para hacer un espectáculo de Broadway. Dile a tu madre que te lleve allí.... ¿Qué tienes que perder? “Me gustaría ver más de eso en Estados Unidos. Tengo una fundación con todas estas filosofías, en base a la forma en que me criaron. Esta es la forma en que deberíamos vivir en este país. Cuando la gente llegó a Estados Unidos y entró a través de Ellis Island, fueron recibidos en nuestros barrios con los brazos abiertos. Esta es la razón, la gente vino aquí, en primer lugar, lo que se supone que es la tierra prometida. Y esta es la tierra prometida.

55+ Después de que su padre falleció, su madre vino a vivir con usted por algún tiempo. ¿Cómo fue esa experiencia para usted?

LG Fue maravilloso. Mi mamá y yo fuimos capaces de relacionarnos como adultos. Mi madre tuvo un cáncer que no era maligno. Ella vino a mi casa en el campo, parecido al mismo lugar donde se crió en Georgia. Vivió durante dos años. Pero como echaba de menos los gritos de los niños en la calle, la dejé volver a casa. La pasamos bien juntos.

55+ Usted creció en Coney Island, donde tenía muchos amigos y vecinos de diferentes orígenes. Crecer en un ambiente tan diverso, en el que aprendió a respetar a todo tipo de personas, debe haber sido doloroso para usted ser víctima de la discriminación en su vida, de acuerdo con lo que escribió en su libro. Cuéntenos acerca de eso.

LG Instalo una semilla de duda en mi sistema. Cuando no podía actuar o comportarme de la manera que lo hice en mi infancia o en mis primeros 25

malignant. She came to my home in the countryside, like where she was raised in the country in Georgia. What it did was extend her life for two years. But she missed the screaming at the kids in the street, like a grandmother and after two years, I let her go back home. We had a good time together.

55+ You grew up in Coney Island where you had many friends and neighbors from many different backgrounds. Growing up in such a diverse environment, where you learned to respect all kinds of people, it must have been painful for you to experience discrimination later in life, according to what you wrote in your book. Tell us about that.

LG It caused a seed of doubt to grow in my system. When I could not act or behave the way I did in my childhood or for my first 25 years of life, it was hard. We lived and partied together, we had successes and disappointments together. The workers that formed the fabric and the backbone of Los Angeles did not come from the background that I did. They were forced psychologically not to behave the way we did back east. That caused a hot pill in my stomach and in order to make it there, I had to force myself NOT to behave the same way I did in New York. That was necessary in order to be successful. Over the long run, it could have been a psychological mistake. I do not do that today because I believe that the way I was when I was young, the way we were together when I was young, is the way we should be today across this country.

55+ The demands of your career sacrificed your happiness many



años de vida, fue difícil. Vivimos y disfrutamos juntos, hemos tenido éxitos y decepciones juntos. Los trabajadores y la columna vertebral de Los Ángeles no tienen mis antecedentes. Se vieron obligados psicológicamente a comportarse de manera distinta a los que lo hicimos en el este. Esto me causó un dolor de estómago y con el fin de permanecer allí, tuve que esforzarme para no comportarme de la misma manera en que lo hice en Nueva York. Era necesario para tener éxito. A largo plazo, podría haber sido un error psicológico. Ya no hago eso porque creo que la forma en que estaba cuando yo era joven, la manera en la que estábamos juntos es la forma en que debemos estar hoy en día en todo el país.

55+ Por las exigencias de su carrera tuvo que sacrificar tiempo de mucha alegría en su vida personal. ¿Cómo se siente al respecto? ¿Retrospectivamente, haría las cosas de manera diferente?

LG Esa es una pregunta difícil. Hacer una película requiere el mismo día de 10 horas como ser un taxista o un hombre de la basura, las mismas horas, la misma devoción. Usted tiene que traer el dinero para asegurarse



times in your personal life. How do you feel about that? Would you do things differently in retrospect?

LG That's a tough one. It's a tall order. Making a movie requires the same 10-hour day like being a taxi driver or a garbage man, the same hours, the same devotion. You have to bring in the money to make sure that the rest of the family is taken care of. Your family needs to understand that this is the case in many situations and overcome it. It does not happen all the time but when it does, it's a beautiful thing.

55+ How is your relationship with your sons today?

LG They are both fantastic. They were at my house just the other day... the whole family was.

55+ Winning the Academy Award for Best Supporting Actor for your role in 'An Officer and A Gentleman' was a great achievement for you. Tell us about that?

LG Well, it made history. I was the first African-American man to win an Oscar. Sidney Poitier was the first black man to win an Oscar, but he is from the Bahamas. Good stuff came from it but many things that I expected to come from it did not

de que el resto de la familia esté atendida. Su familia tiene que entender que este caso se da en muchas situaciones y superarlo. No sucede todo el tiempo pero cuando pasa es una cosa hermosa.

55+ ¿Cómo es la relación con sus hijos hoy?

LG Los dos son fantásticos. Ellos estuvieron en mi casa el otro día... toda la familia estaba.

55+ Ganar el Oscar al mejor actor de reparto por su papel en "Un oficial y un caballero" fue un gran logro para usted. Cuéntenos acerca de eso?

LG Bueno, hizo historia. Yo era el primer afro-americano en ganar un Oscar. Sidney Poitier fue el primer negro en ganar un Oscar, pero él es de las Bahamas. Lo bueno vino de ella, pero muchas otras cosas esperaba también de ella y no fue así. No tuvo tanto peso. Tuve que esperar un año para conseguir el trabajo adecuado. Nunca he hecho una gran cantidad de dinero de mis películas, pero he tenido una exitosa carrera y estoy muy satisfecho con ella. Antes de esa película, había ganado un premio Emmy por mi trabajo en 'Raíces'. Eso me estableció en la televisión.

55+ El título de su libro es similar al nombre de esa película, Cree, personalmente, que este es el papel que la mayoría de sus fans recuerdan?

LG Yo creo que sí. Ha llegado al mundo muy fuerte. Donde quiera que vaya tiene una gran cantidad de fans.

55+ Usted ha ganado numerosos premios por su trabajo ejemplar. ¿Tiene un premio específico, además de destacar el Premio de

happen. It did not bear that much weight. I had to wait for a year to get proper work. And I have never made a great deal of money from my movies, but I have had quite an accomplished career and I am very satisfied with it. Before that movie, I had won an Emmy for my work in 'Roots.' That established me on television.

55+ Since your book title is similar to the name of this movie, do you personally think that this is the role that your fans will most remember you by?

LG I think so. It hit the world pretty strong. Everywhere I go it has a nice fan base.

55+ You have won numerous other awards for your exemplary work. Does one specific award stand out besides the Academy Award?

LG Well, there are two. The Golden Globe, which is the foreign press, and I have 3 of those. And, of course, the NAACP Image Award. My people are very proud of what I have done. Those two are invaluable to me.

55+ You founded the Eracism Foundation in 2006. Tell us how that came about and what the foundation is doing today?

LG It comes out of my personal experience of being a black man with success and still not having the keys to the kingdom. It's overwhelming to try to change everybody. But if you can, start the way I started as a child, with the experiences that I have had with so many different people. Teach the children how to experience this at a young age, then it will be there when they grow up. Take a little slice from each of the different neighborhoods and show them

la Academia?

LG Bueno, hay dos. El Globo de Oro, que es la prensa extranjera, y tengo tres de ellos. Y, por supuesto, el premio NAACP Image. Mi pueblo está muy orgulloso de lo que he hecho. Los dos son muy valiosos para mí.

55+ Usted creó la Fundación Eracism en 2006. Cuéntanos cómo ocurrió y lo que la fundación está haciendo hoy?

LG Proviene de mi experiencia personal de ser un hombre negro con éxito y aún no tener las llaves del reino. Es abrumador tratar de cambiar a todo el mundo. Pero si se puede, iniciar el camino que comencé como niño, con las experiencias que he tenido con tantas personas diferentes. Se debe enseñar a los niños a experimentar esto a una edad temprana, entonces será allí cuando crecen. Tomen una pequeña porción de cada uno de los diferentes barrios y enséñenles a vivir juntos, que sepan quiénes son y dejar que ellos se sientan orgullosos de sí mismos. Enseñarles a respetar al sexo opuesto y a sus mayores. Hoy en día vamos por un camino diferente... "quien tiene la mayor cantidad de dinero." Eso no tiene nada que ver con como este país se ha iniciado. Esa es mi pequeña contribución a la misma. Es un juego de palabras "borrar racismo".

55+ ¿Tiene alguna sugerencia para nuestros lectores de 55+ en cuanto a cómo deben abordar el futuro?

LG Todo lo que tenemos es el día de hoy. Tenemos que tomar una decisión sobre lo que quiero hacer hoy. Empezando por ayudar a alguien que ni siquiera se

how to live together, let them know who they are and let them have pride in themselves. Teach them to respect the opposite sex and their elders. Today, you are going for a different thing... 'who has the most money.' That has nothing to do with why this country was started. That's my little contribution to it. It's a play on words 'erace racism.'

55+ Do you have any suggestions for our 55+ readers as to how they should approach the future?

LG All they have is really today. You need to make a choice about what you want to do today. Make it a point to help someone you do not even know. Help someone to cross the street. You have to take better care of yourself. You have to know that God is in charge all the time and you need to get as close to Him as possible on a daily basis. He will give you instructions on what to do to make this world better.

55+ Your book certainly made an impact on this fan of yours. Are there chapters still to be written? What would they be about?

LG I am starting another book. It's a continuum called 'For What It's Worth.' The way you hear me speaking now, but more specifics. Why it is important that we take care of this planet, number one, and that we take better care of our children. We do not cheat one another, we need to take better care of one another -- whether they are part of our family or not. That is the key to our success as a people. That is the charm of America, it's all written. We must behave that way. •

For more information about Louis Gossett Jr, please visit the following websites: www.louisgossett.com
www.eracismfoundation.org

conoce. Ayudar a alguien a cruzar la calle. Tenemos que cuidar mejor de nosotros mismos. Tenemos que saber que Dios nos tiene a su cargo todo el tiempo y tenemos que estar lo más cerca posible de él a diario. Él nos dará instrucciones sobre qué hacer para que este mundo sea mejor.

55+ Su libro sin duda tuvo un fuerte impacto en sus fans. ¿Hay capítulos aún por escribir? ¿Qué van a tratar?

LG Estoy empezando un nuevo libro. Es la continuación llamada "Para que vale." La forma en que me oye hablar ahora, pero más específicos. Por qué es importante que cuidemos de este planeta como número uno y brindar un mejor cuidado a nuestros hijos. No hacernos trampas unos a otros, tenemos que cuidar mejor de uno al otro - sean parte de nuestra familia o no. Esa es la clave de nuestro éxito como pueblo. Ese es el encanto de los Estados Unidos, todo está escrito. Debemos comportarnos de esa manera. •

Para más información sobre Louis Gossett Jr, por favor visite las siguientes páginas web:
www.eracismfoundation.org
www.louisgossett.com



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ESTATE HOME SERVICES

SERVICIOS DE BIENES PERSONALES



When Trish McCarty lost her parents, the last thing on her mind was fixing up their home and finding a buyer. But she had to put aside her grief to

take care of all these necessities.

From this experience came the idea for Estate Home Services, which provides services for families preparing to sell the home of a loved one that has either passed away or is moving into a nursing home or assisted living facility.

“Many people don’t know what to do or don’t live in the same state,” said McCarty. “I’ve gone through this twice, and I understand what other families are going through. It’s not an easy process.”

McCarty, who has worked in management for 30 years, runs Estate Home Services with assistance from her husband, who is in the contracting business. Services include emptying the house of personal items and furnishings, finding appraisers, realtors, moving companies, repairing the home, setting up lawn, pool and property maintenance while the home is on the market.

“Sometimes family members live in another state and just need us to check on the property and make sure everything is secure,” said McCarty. “I can manage as much or as little as they want and facilitate whatever they need to accomplish done.” •

Cuando Trish McCarty perdió a sus padres, la última cosa en su mente era arreglar la casa de ellos y encontrar un comprador. Pero tuvo que dejar a un lado su dolor para atender estas necesidades.

De esta experiencia surgió la idea de Estate Home Services, para familias que se preparan para vender la casa de un ser querido que ha fallecido, o se muda a un centro de asistencia.

“Muchas personas no saben qué hacer o no viven en el mismo territorio”, dijo McCarty. “He pasado por esto dos veces, y por eso los entiendo. No es un proceso fácil”, dijo McCarty.

McCarty, quien ha trabajado como administradora durante 30 años, crea los Servicios de Bienes en el hogar con la ayuda de su marido, que está en el negocio de contratación. Los servicios incluyen la organización de la casa de objetos personales y muebles; tasadores, agentes de bienes raíces, y compañías de mudanzas, reparaciones del hogar, y el mantenimiento del césped, piscina y de la propiedad durante la venta de la casa.

“A veces los miembros de la familia viven lejos y nos necesitan sólo para controlar la propiedad”, dijo McCarty. “Yo puedo manejar tanto o tan poco como ellos quieren y facilitar lo que quieren hacer”. •

Trish McCarty

954-444-6905

trishmccarty@att.net

www.estatehomeservices.com



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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 37th Ave
Hollywood
954.962.1355

Holy Cross Hospital
4725 N Federal Hwy
Ft Lauderdale
954.771.8000

Imperial Point Medical Ctr
6401 N Federal Hwy
Ft Lauderdale
954.776.8500

Kindred Hospital
1516 E Las Olas Blvd
Ft Lauderdale
954.764.8900

Kindred Hospital
1859 Van Buren St
Hollywood
954.920.9000

Memorial Hospital Pembroke
7800 Sheridan St
Pembroke Pines
954.962.9650

Memorial Hospital West
703 N Flamingo Rd
Pembroke Pines
954.436.5000

Memorial Regional Hospital
3501 Johnson St
Hollywood
954.987.2000

Memorial Regional Hospital S.
3600 Washington St
Hollywood
954.966.4500

North Broward Medical Ctr
201 E Sample Rd
Deerfield Beach
954.941.8300

Northwest Medical Center
2801 N State Rd 7
Margate
954.974.0400

Plantation General Hospital
401 NW 42nd Ave
Plantation
954.587.5010

St Anthony's Rehab Hospital
3487 NW 30th St
Lauderdale Lakes
954.739.6233

University Hospital & Med Ctr
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 17th St
Miami
305.326.6000

Aventura Hospital & Med Ctr
20900 Biscayne Blvd
Aventura
305.682.7000

Baptist Hospital of Miami
8900 N Kendall Dr
Miami
786.596.1960

Cedars Medical Center
1400 NW 12th Ave
Miami
305.325.5511

Coral Gables Hospital
3100 Douglas Rd
Coral Gables
305.445.8461

Doctors Hospital
5000 University Dr
Coral Gables
305.666.2111

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 25th St
Hialeah
305.693.6100

Homestead Hospital
160 NW 13th St
Homestead
786.243.8000

Jackson Memorial Hospital
1611 NW 12th Ave
Miami
305.585.6754

Jackson Memorial Hospital
North
14701 NW 27th Ave
Miami
305.585.1111

Jackson South Community
Hospital
9333 SW 152nd St
Miami
305.251.2500

Kendall Regional Medical
Center
11750 Bird Rd
Miami
305.223.3000

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

Larkin Community Hospital
7031 SW 62nd Ave
South Miami
305.284.7500

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 95th St
Miami
305.835.6000

Palm Springs General Hospital
1475 W 49th St
Hialeah
305.558.2500

Palmetto General Hospital
2001 W 68th St
Hialeah
305.823.5000

Pan American Hospital
5959 NW 7th St
Miami
305.264.1000

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

Seasons Hospice & Palliative
Care
5200 NE 2nd 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 7th Ave
Miami
305.637.2500

South Miami Hospital
6200 SW 73rd St
South Miami
786.662.4000

Southern Winds Hospital
4225 W 20th Ave
Hialeah
305.558.9700

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

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

West Gables Rehab. Hospital
2525 SW 75th Ave
Miami
305.262.6800

Westchester General Hospital
2500 SW 75th Ave
Miami
305.264.5252

MARTIN

Martin Memorial Hospital
South
2100 SE Salerno Road
Stuart
772.223.2300

Martin Memorial Medical Center
200 Hospital Ave
Stuart
772.287.5200

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 S 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 18th St
Ft Lauderdale
954.467.7423

VITAS Innovative Hospice Care
5420 NW 33rd Ave
Ft Lauderdale
954.486.4085

MIAMI-DADE

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

Douglas Gardens Hospice Inc
5200 NE 2nd Ave
Miami
305.762.3883

Hospice Care of South Florida
7270 NW 12th St
Miami
305.591.1606

Odyssey HealthCare
6161 Blue Lagoon Dr Ste 170
Miami
786.388.1400

VITAS Healthcare Corp of Florida
16800 NW 2nd Ave Ste 400
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 Beach
561.848.5200

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

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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
561.392.5440

Whitehall Boca Raton
7300 Del Prado S
561.392.3000
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 Walters 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

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
9400 SW 137th Ave
305.385.8290

KEY WEST

Key West Health & Rehab Ctr.
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 PB
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

Floriadean 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 Nininger 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

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

NURSING / REHABILITATION CENTERS GUIDE

GUÍA DE SANATORIOS Y CENTROS DE REHABILITACIÓN

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 PB
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
6414 13th Rd S
561.478.9900

WILTON MANORS
W. Manors Health & Rehab
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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

The 55+ Magazine team is made up of dedicated professionals that take their jobs very seriously. In this section, our job is to assist seniors, families and healthcare professionals in choosing the appropriate Assisted Living Facility for their loved one or client, by providing our readers with current and accurate information. We understand that choosing an ALF is a very important decision and we do not take it lightly.

Due to recent unlawful and unethical events happening in several communities in the state of Florida, 55+ Magazine has decided to remove the listing of Assisted Living Facilities. Monitoring the ever-changing status of thousands of facilities is extremely difficult. It is not helpful to simply provide names, addresses and phone numbers, then take it for granted that these facilities have no violations and are providing appropriate services.

We recommend working with professionals while you are searching for that special place for your loved one. A social worker, a case manager or an industry professional can better assist you in the search. It is critical that you visit the facility to make sure that you and your loved one will feel comfortable with the new home. **DO NOT COMPROMISE ON CARE!**

The Agency for Health Care Administration oversees assisted living facilities and other alternative housing facilities.

AHCA website:

www.fdhc.state.fl.us

El equipo de la revista + 55 son profesionales que toman su trabajo muy en serio. En esta sección, nuestro trabajo es ayudar a las personas mayores, sus familias y profesionales de la salud en la elección de vivienda asistidas para su ser querido o un cliente, proporcionando información actualizada y precisa. Entendemos que esta es una decisión muy importante y no lo tomamos a la ligera.

Debido a los recientes acontecimientos ilegales y de poco éticas sucediendo en el Estado de Florida, 55 + Magazine decidió eliminar la lista de instalaciones de viviendas asistidas. El seguimiento de las viviendas es muy difícil. No es útil proporcionar nombres, direcciones y números de teléfono y simplemente dar por sentado que las instalaciones no tienen violaciones y están proporcionando los servicios adecuados. Creemos que trabajar con los profesionales cuando busca ese lugar especial para su ser querido es la mejor estrategia. Un trabajador social, un administrador de casos o un profesional de la industria mejor le puede ayudar en la búsqueda. Es muy importante que visite las instalaciones y asegurarse de que usted y su ser querido se sienta cómodo con el nuevo hogar.

No corra riesgos con el cuidado!

El siguiente es el sitio web de la agencia que regula las instalaciones.

Sitio web de AHCA:

www.fdhc.state.fl.us

AHCA Phone Number:
(888) 419-3456
AHCA Address:
Agency for Health Care Admin.
2727 Mahan Drive
Tallahassee, FL 32308

Call us at 855-455-PLUS (7587) for assistance in finding a professional in your area. Or visit our free Resource Directory Service online: www.55plusmag.us •

AHCA Teléfono:
(888) 419-3456
Dirección del AHCA:
Agencia para la Administración del Cuidado de la Salud
2727 Mahan Drive
Tallahassee, FL 32308

Llamar al 855-455-PLUS (7587) para ayuda en encontrar a un profesional en su área como parte de nuestro servicio gratuito Directorio de recursos o visite: www.55plusmag.us •

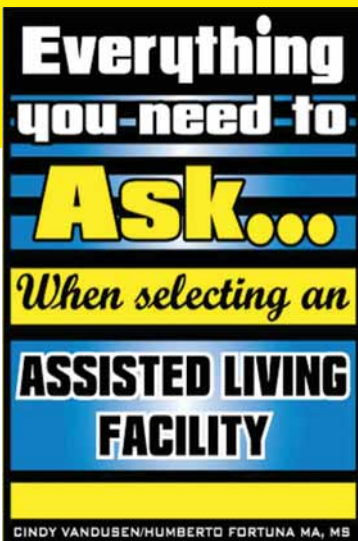
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www.comprehensivehomehealth.com
(See ad on Page 19)

C S I Caregivers Services Inc.
PVT – LTC
877- 277-3448
www.csicaregiver.com
(See ad on Page 5)

Jewish Tradition Home Care
PVT – LTC
954-485-4006 / 1-866-485-4006
www.jewishtraditionhomecare.com
(See ad on Page 40)

Timeless Home Care
MCR - PVT
954-367-3813
www.timelesshomehealth.com
(See ad on Page 18)

Senior Helpers
954-437-988
www.seniorhelpers.com
(See ad on Page 11)

Whitsyms Nursing Registry
1-800-952-3881
www.whitsyms.com
(See ad on Page 23)

MIAMI DADE

Accessible Home Health Care
MCR - PVT - LTC
305-627-3103
www.accessibleventura.com
(See ad on Page 40)

C S I Caregivers Services Inc.
Pvt – LTC
877- 277-3448
www.csicaregiver.com
(See ad on Page 5)

PALM BEACH

Comprehensive Home Care
MCR – PVT – LTC
561– 558-0996
comprehensivehomehealth.com
(See ad on Page 19)

C S I Caregivers Services Inc.
PVT – LTC
877- 277-3448
www.csicaregiver.com
(See ad on Page 5)

Whitsyms Nursing Registry
1-800-952-3881
www.whitsyms.com
(See ad on Page 23)

MARTIN COUNTY / ST. LUCIE

Comprehensive Home Care
MCR – PVT
772– 558-0996
comprehensivehomehealth.com
(See ad on Page 19)

LEGAL SERVICES

Barbara L. Wolf, PA
(See ad on Page 11)

Elder Law Associates PA
561-750-3850
www.elderlawassociates.com
(See ad on Page 22)

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)

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 37)

Palm Beach Assisted Living by 55+
855-455-7587
www.palmbeachassistedliving.us
(See ad on Page 43 & 58)

Florida Assisted Living by 55+
855-455-7587
www.floridaassistedliving.us
(See ad on Page 23 & 40)

SENIOR PRODUCTS

Adiant Solutions
888-399-8226
www.adiant-solutions.com
(See ad on Page 9)

ER Card Electronic Medical Records
Scoop For Seniors LLC
954-965-6191
(See ad on Page 34)

SENIOR SERVICES

Estate Home Services
954-444-6905
www.estatehomeservices.com
(See ad on Page 19)

Smooth Transitions
888-721-6565
www.smoothtransitionssf.com
(See ad on Page 22)

Seniors Helping Seniors
954-566-4091
www.seniorshelpingseniors.com/
greaterfortlauderdale
(See ad on Page 15)

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.

RESOURCE GUIDE

Free resources available in Florida

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GUÍA DE RECURSOS

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
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 ADC Ctr.
561.558.2510

Alzheimer's Association
Southeast Florida Chapter
800.861.7826

Alzheimer's Comm. Care
561.683.2700

Area Agency on Aging
561.684.5885

Florida Atlantic University
Memory and Wellness Clinic
561.297.0502

Glades Health Care Center
561.924.5561

Joseph L. Morse Geriatric
561.687.5790

Jupiter Medical Center
Alz. Support Group
561.744.4444

Long-Term Care
Community Diversion
Program
561.840.3150

Lourdes-Noreen McKeen
Residence for Geriatric
561.655.8544

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

Schaffer Adult Day 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

AREA AGENCIES ON AGING AGING SERVICES 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 Dep. 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 Assn.
954.772.5461

American Diabetes Assn.
954.772.8040

American Heart Assn.
954.772.8100

American Lung Assn.
954.524.4657

American Parkinson Assn.
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

Lambda South Clubhouse
Alcohol recovery
954.761.9072 

Leukemia/Lymphoma
954.744.5300

Mental Health Association
954-746-2055

National Multiple Sclerosis
954-731-4224

Senior Action in a Gay
Environment – SAGE
954.634.7219 

Senior Citizen Law Project
954.736.2400

S. Fla Asthma Consortium
954.524.4657

MIAMI-DADE

American Cancer Society
305.594.4363

American Dental Assn.
800.344.5860

RESOURCE GUIDE

 *LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY*
 *SPANISH PHONE LINE / LINEA TELEFÓNICA EN ESPAÑOL*

GUÍA DE RECURSOS

American Heart Assn.
305.856.1449

American Red Cross
305.644.1200

Coalition for the Homeless
305.571.8101

County Medical Assn.
305.324.8717

County Public Guardian
305.592.7642

Epilepsy Foundation
305.670.4949

Hispanic AIDS Awareness
305.860.0780 

Lambda South Clubhouse
Alcohol recovery
305.573.9608 

Miami-Dade Elder Helpline
305.670.4357

PALM BEACH

American Cancer Society
561.366.0013

American Dental Assn.
561.278.7551

American Diabetes Assn.
561.689.2746


American Heart Assn.
561.615.3888

American Lung Assn.
561.659.7644

American Red Cross
561.833.7711

Anti-Defamation League
561.988.2900

Arthritis Foundation
561.833.1133

Compass
561.533.9699 

County Medical Society
561.433.3940

County Office of the Public
Guardian
561.655.8944

Epilepsy Foundation
561.478.6515

Leukemia/Lymphoma
561.775.9954

STATE

Agency for Healthcare
Administration
888.419.3456

AARP
866.595.7678

American Lung Assn.
904.743.2933

Brain Injury Assn. of Fla.
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
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 Assn.
312.440.2500

American Diabetes Assn.
800.342.2383

American Heart Assn.
800.242.8721

American Institute for
Cancer Research (AICR)
800.843.8114

American Liver Foundation
212.668.1000

American Lung Assn.
800.548.8252

American Parkinson Assn.
800.223.2732

American Red Cross
800.733.2767

American Speech
Language Hearing
Association (ASHA)
800.638.8255

American Stroke Assn.
888.478.7653

American Urological Assn.
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 Assn.
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

Línea de Ayuda Hispana
Nacional
800.473.3003 

Lupus Foundation of
America
800.558.0121

NAACP
877.622.2798

National Alliance to End
Homelessness
202.638.1526

National Alliance for
Hispanic Health
866.783.2645 

National Family Caregiver
Support Program-Elders
202.619.0724

Natl. Kidney Foundation
800.622.9010

Natl. Multiple Sclerosis Soc
800.344.4867

Natl. Org. for Women
202.628.8669

Natl. Parkinson's Found.
800.327.4545

National Substance Abuse
800.662.4357

Native American Rights
303.447.8760

Senior Action in a Gay
Environment – SAGE
212.741.2247 

Sikh American Legal
Defense and Education
202.393.2700

BEREAVEMENT *GRUPOS DE APOYO*

BROWARD
Anxiety Group
954.746.2055

Bereavement Counseling
St. Gregory Church
954.473.6261

Bereavement Support
Group of South Florida
954.463.9005 

Compassionate Friends
supporting family after a
child dies
954.370.3446

Gay/Lesbian Bereavement
Support Group
954.463.9005

Gold Coast Home Health
and Hospice Services
954.785.2990

Heart Talk Plantation Hosp
954.370.9822

Hospice Care of SE Florida
954-467-7423

Leo Goodman Complex
954.742.2299

NE Focal Point Senior Ctr.
954.480.4449

Our "Family Support
Group"
954.763.6776

SE Focal Point Senior Ctr.
954.966.9805

Survivor of Suicide
Support Group
954.924.0014

SW Focal Point Senior Ctr.
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


Compassionate Friends
supporting family after a
child dies
305.460.5762

Good Shepherd Catholic
Church
305.385.4320 

Iglesia Ejecutive Bautista
305.303.9498 


Miami Temple Seventh
Day Adventist Church
305.223.2102

Michael-Ann Russell
Jewish Ctr
305.932.4200

Mother of Christ
305.559.6111 

Mount Sinai Cancer
Bereavement Support
Group
305.535.3407

Palm Gardens of Aventura
305.935.4827


Principe de Paz Ministerio
del Consuelo
305.264.9059 

Sterling of Aventura
305.918.0000

Sacred Heart Catholic
Church
305.247.4405

South Miami Hospital
786.662.4000

Temple Bet Breira
305.595.1500

Viudas & Viudos 

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 Svcs.
561.616.1222

Holy Name of Jesus
Church Support Group
561.683.3555

Hospice of Palm Beach
561.227.5175

Jupiter Medical Center
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

Compassionate Friends
supporting family after a
child dies
877.969.0010

CAREGIVERS EDUCATION *EDUCACION PARA CUIDADORES*

BROWARD
Leezas Place
954.862.2218

COUNTY HEALTH DEPARTMENT *DEPARTAMENTO DE SALUD DEL CONDADO*

BROWARD
Broward County Health
Department
954.467.4700


MIAMI-DADE
County Health Department
305.324.2400

PALM BEACH
County Health Department
561.840.4500


CRISIS INTERVENTION *INTERVENCION DE CRISIS*

BROWARD
BSO Baker Act Team
954.765.4321
After Hours: 954.831.5846


GLCC Lesbian, Gay,
Bisexual, Transgender
Domestic Violence 24-Hr
Hotline
954.226.2279 

Hispanic Unity
954.964.8884 

Henderson Mobile Crisis
Response Team
954.463.0911

Pride at Ft. Laud. Hospital
877.PRIDE.46 


SunServe
954.764.5557 

Tuesday's Angels
954.566.7686 

Women in Distress
954.761.1133

MIAMI-DADE
LGTB Suicide Awareness
Initiative
305.646.3600 

Switchboard of Miami – 24
Hour Helpline
305-358-4357 

Union Positiva Inc.
305.644.0667 

RESOURCE GUIDE

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GUÍA DE RECURSOS

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

National Hispanic
Resource Center
800.473.3003 

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
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 Prog.
305.325.0510

Fla. Donated Dental Svcs.
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

S. Fla. District Dental Ass.
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
WPB Dental Office
561.514.5310

Samaritan Gardens Center
561.840.8681

DISABILITY PARKING PERMITS PERMISO DE ESTACIONAMIENTO PARA DISCAPACITADOS

BROWARD

Motor Vehicle Services
954.765.4697

MIAMI-DADE

Motor Vehicle Services
305.375.5678

PALM BEACH

Motor Vehicle Services
561.355.2264

DISASTER PREPAREDNESS & EMERGENCY ASSISTANCE PREPARACIÓN PARA DESASTRES Y EMERGENCIAS

BROWARD

American Red Cross
954.797.3800

Emergency Management
Division
954.831.3900
Hurricane Preparedness
Guide & Hurricane Hotline
954.831.4000

MIAMI-DADE

American Red Cross
Central Dade
305.644.1200
North Dade
305.681.1066

South Dade
305.248.2024

Emergency Mgmt. Answer
311

Dade Emergency Mgmt.
305.468.5400

PALM BEACH

American Red Cross
561.833.7711

P.B. Emergency Mgmt.
561.712.6400

STATE

Florida Emergency Mgmt.
850.413.9969

NATIONAL

Federal Emergency Mgmt
800.621.3362

DRIVER'S LICENSE OFFICES LICENCIAS DE MANEJO (OFICINA)

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 Prog.
888.227.7669

ELDER ABUSE ABUSO AL MAYOR

BROWARD

Domestic Violence Svcs.
954.327.8750

Senior Citizens Law Project
954.736.2400

Women in Distress
954.760.9800

MIAMI-DADE

Disability and Indep. 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 Svcs Employment
954.563.2559

Hispanic Unity 

Positive Images
954.484.1824

Second Chance Society
954.763.5999

Social Security Admin.
Ticket to Work
800-772-1213

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 Sr. Citizens
305.545.7270

Jewish Community
Information & Referral Line
305.576.6550

Senior Community Service
Employment Program
305.871.2820

PALM BEACH

AARP Svcs Employment
561.471.9828

Workforce Alliance
561.340.1060

ENERGY ASSISTANCE ASISTENCIA PARA ENERGÍA ELECTRICA

BROWARD

Water/Sewer Program
954.357.5800

LIHEAP – Low Income
Home Energy Assis. Prog.
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

Tuesday's Angels 

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
954.321.0909


Jewish Family Service of
Broward
954.370.2140

Lighthouse Point Senior
Citizen Outreach Program
954.942.8080

Miramar Assisting Seniors
954.967.1605

Miramar Comm. Outreach
954.989.6200

The Salvation Army
954.524.6991

Tuesday's Angels 

MIAMI-DADE

Accion Community Center
305.547.7713

American Red Cross
305.644.1200

Attapattah Neighborhood
Center
305.547.4960

Blanche Moton
305.884.4801

Catholic Charities
Emergency
305.754.2444

Culmer Neighborhood Ctr.
305.579.2820

Little River Neighborhood
Center
305.758.9662

Homestead Neighborhood
Center
305.247.2068

Frankie Shannon Rolle Ctr.
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 Ctr.
305.258.5471

Opa-Locka Neighborhood
Center
305.623.6500

Richmond Heights Center
305.234.4927

The Salvation Army
305.438.9066

Wynwood Neighborhood
Center
305.547.7661

PALM BEACH

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

American Red Cross
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
561.616.1222

Community Action
Program of PB County
561.355.4726

Community Caring Center
561.364.9501

Consumer Credit
Counseling Services
800.251.2227

Farmworker Coordinating
Council of PB County
561.533.7227

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GUÍA DE RECURSOS

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

Soc. of St. Vincent de Paul
561.697.9699

The Salvation Army
561.686.3530

STATE

Fla. Dep. of Financial Svcs
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
954.745.9779

Broward Meals on Wheels
954.731.8770

Broward Homebound
954.786.2484

Cross Road Food Bank
954.627.6900

David Posnack Jewish
Community Center
954.434.0499

EASE Foundation
954.797.1077

Gateway Community
Outreach
954.725.8434

Hallandale Food Distrib.
954.457.1460

Hope Outreach Center
954.321.0909


Jubilee Ctr. of S. Broward
954.920.0106

Lifenet 4 Families
954.792.2328

Manna – Share a Meal
954.475.0508

Sunrise Social Service
954.746.3670

The Pantry of Broward
954-358-1481

Tuesday's Angels
954.566.7686 

WeCare
954.792.6700

MIAMI-DADE

Alliance for Aging
305.670.4357

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

North Miami Foundation
for Senior Citizens
305.893.1450

S. West Social Services
305.261.6202

PALM BEACH

Adopt a Family
Project Uplift
561.253.1361

Boca Helping Hands Ctr.
561.417.0913

Community Caring Center
561.364.9501

Helping Hands
561.432.2417

Lighthouse Café
561.996.5568

New Hope Charities, Inc.
561.924.7986

Regeneration Center
561.655.2204

Samaritan Gardens
Christian Center
561.650.7400

Strive for Excellence Food
Pantry
561.848.3142

The Soup Kitchen, Inc.
561.732.7595

STATE

Food Stamp Hotline
866.762.2237

SHARE Fla. 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

North Broward Medical
Center Audiology Center
954.786.7395

MIAMI-DADE

Deaf Services Bureau
305.560.2866

Hearing and Speech
Center of Florida
305.271.7343
or 305.557.4764

PALM BEACH

Audiology & Speech
Pathology, Inc
561.649.4006

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

STATE

Florida Relay Service
800.222.3448/TTY
888.447.5620

NATIONAL

Hear Now
800.328.8602

Hearing Aid Helpline
800.521.5247

International Hearing
Society
734.522.7200

**HOME
MAINTENANCE
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 Comm. Action
305.347.4600

PALM BEACH
PBC Housing & Community Development
561.233.3600

STATE
Premier Bathrooms
800.950.0491

Weatherization Assistance
850.488.7541

**HOUSING
VIVIENDA**

BROWARD
Browardassistedliving.us
by 55+
954.967.6191 

Broward County Housing Authority
954.739.1114

Broward County Office of Equal Opportunity
954.357.7800/TTY
954.357.6181

Broward House, Inc.
954.522.4749 

Broward Housing Solutions
954.764.2800

Deerfield Beach Housing Authority
954.425.8449

Hollywood Housing Auth.
954.989.4691

Housing Authority of the City of Fort Lauderdale
954.525.6444

PCC Alternative Housing
954.965.2925

MIAMI-DADE
Floridaassistedliving.us
by 55+
855.455.7587 

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 Assn.
305.759.2542

PCC Alternative Housing
305.931.0618

Public Housing Agency
786.469.4100

PALM BEACH
Palmbeachassistedliving.us
by 55+
855.455.7587 

Belle Glade Housing Auth.
561.996.2140

Boca Raton Housing Auth.
561.206.6200

Delray Bch. Housing Auth.
561.272.6766

Fair Housing Center of the Greater Palm Beaches
877.910.3247

Housing Partnership, Inc
561.841.3500

Pahokee Housing Auth.
561.924.2506

PBC Dep. of Housing & Community Development
561.233.3600

PBC – Human Services and Veterans Services
561.355.4775

PCC Alternative Housing
561.329.4337

WPB 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 Assn.
954.764.8040

Broward Consumer Affairs
954.765.4400


Broward County Office of the Public Defender
954.831.8650

Senior Intervention and Education Program
954.966.9805

Catholic Charities Legal Services
800.691.7530

Coast to Coast Legal Aid
954.736.2400

Florida Local Advocacy Council
954.713.1263

Hispanic Unity
954.964.8884 

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

Elder Helpline
305.670.4357

Guardianship of Dade
305.592.7642

Legal Services of Miami
305.576.0080

PALM BEACH
Family Mediation Services
561.355.2739

Florida Rural Legal Svcs.
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 Gral.
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

PB County Bar Association
561.687.2800

RESOURCE GUIDE



LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY
SPANISH PHONE LINE / LÍNEA TELEFÓNICA EN ESPAÑOL

GUÍA DE RECURSOS

STATE

Florida Bar Association
850.561.5600

Florida Call-A-Law
850.561.1200

LGBT SERVICES
SERVICIOS PARA
LA COMUNIDAD
GAY

BROWARD

Broward House, Inc.
954.522.4749

Care Resource
Fort Lauderdale
954.567.7141

Dignity Fort Lauderdale
954.463.4528

Dolphin Democrats
866.478.8262

Log Cabin Republicans
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

Stonewall Library &
Archives
954.763.8565

SunServe
954.548.4602

The Pride Center at
Equality Park
954.463.9005

MIAMI-DADE

Care Resource Miami
305.576.1234

Empowering Spirits
Foundation
858.225.8700

Freedom Democrats
305.895.9466 x204

MCC Miami Beach
877.796.1514

National Gay & Lesbian
Task Force
305.571.1924

PFLAG Homestead
305.989.1623

PFLAG Miami
305.666.1778

Save Dade
305.751.7283

The Wellness Center of
South Florida, Inc.
954.568.0152

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
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 Svcs.
954.202.3200 x277

Medicaid Provider Svcs.
954.497.2863

Sunrise Community
Medicaid Waiver Group
954.584.0390

MIAMI-DADE

Agency for Health Care
Administration (AHCA)
305.499.2165

Medicaid Beneficiary Svcs.
305.499.2100

PALM BEACH

Agency for Health Care
Administration (AHCA)
561.496.5900

Medicaid Beneficiary Svcs.
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

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 Admin.
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 & Veterans Services
954-357-6622

Broward County Mental Health Services
954.327.8750

Broward House, Inc.
954.522.4749 

Care Resource Ft. Laud.
954.567.7141 

Henderson Mental Health
954.463.0911

Jewish Family Senior Svcs.
954.370.3388

Mental Health Association
954.746.2055

NOVA Psychology Services
954.262.5730

Silver Impact
954.572.0444

SunServe
954.764.5557 

Women in Distress
954.760.9800

MIAMI-DADE

Bayview Center for Mental Health
305.892.4600

Catholic Charities Counseling Programs
305.758.0024

Care Resource Miami
305.576.1234 

Jewish Community of SFla
305.899.1587

Miami Counseling & Resource Center
305.448.8325

County Health Department
305.324.2400

Miami-Dade Elder Helpline
305.670.4357

New Era Health Center
305.559.8838

The Village South
305.573.3784

PALM BEACH

Alpert Jewish Family & Children's Services
561.684.1991

Glades Crisis Stabilization
561.993.8022

Mental Health Association of Palm Beach County
561.832.3755

National Alliance for the Mentally Ill of PBC
561.588.3477

Oakwood Center of the Palm Beaches
561.383.8000

Palm Beach Center for Personal Enrichment
561.776.1660

Senior Focus
561.882.0252

South County Mental Health Center
561.495.0522

NATIONAL

Mental Health America
800-969-6642

Natl. Inst. of Mental Health
866-614-6464

PRESCRIPTION ASSISTANCE
ASISTENCIA PARA MEDICAMENTOS

BROWARD

AIDS Health Foundation
954-522-3132

Human Svcs. Prescription Drug Discount Cards
877.321.2652

Broward General Medical Center Retail Pharmacy
954.468.8082

PALM BEACH

PBC 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 Assist. Prog.
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 Assist. Prog.
800.727.5400

Novartis Care Card
866.974.2273

Pfizer Helpful Answers
866.706.2400

Partnership for Prescription Assistance
888.477.2669

RxAssist Patient Assist.
401.729.3284

Together Rx Access
800.444.4106

SENIOR ORGANIZATIONS
SERVICIOS PARA EL MAYOR

BROWARD

CARES – Dep. of Elder Affairs
954.597.2240

Cooper City Social/Rec Center
954.434.4300


Daniel D. Cantor Senior Center
954.742.2299

First Call
211

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

Fred Lippman Multi-Purpose Center
954.921.3408

Hallandale Senior Mini-Center
954.457.1460

Hispanic Unity Center - Renacer 

Jewish Healing Center
954.370.2140


Miramar Senior
954.967.1605

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

Senior Action in a Gay Environment – SAGE 

RESOURCE GUIDE

 *LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY*
 *SPANISH PHONE LINE / LINEA TELEFÓNICA EN ESPAÑOL*

GUÍA DE RECURSOS

Soref JCC
954.792.6700

Sunrise Senior Center
954.746.3670

SunServe 
954.764.5557

Sunset Lakes Senior Center
954.602.3347

MIAMI-DADE
Alliance for Aging
305.670.6500

CARES – Department of Elder Affairs
North & Central Miami Community Action Agency
786.469.4600
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

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 Prog.
888.831.0404

NATIONAL
Children of Aging Parents
800.227.7294

National Family Caregivers Association
800.896.3650

Senior Action in a Gay Environment – SAGE 
212.741.2247

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
954.463.0911

Jubilee Ctr. 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 Ctr.
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)
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 & 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 Svcs. 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 Admin.
Broward, Miami-Dade & Palm Beach
800.772.1213

SUBSTANCE
ABUSE
ADICIONES

BROWARD
Alcoholics Anonymous
954.462.0265

Broward Addiction Recovery Center (BARC)
954.765.4200

Broward House, Inc. 

Faith Farm
954.763.7787

Lambda South Clubhouse
Alcohol recovery 

Memorial Regional Hosp.
954.265.4603

NOVA SE University
Healthy Lifestyles Guided
Self-Change Program
954.262.5968

Spectrum Programs
954.467.4657


SunServe
954.764.5557 

Susan B Anthony Recovery
954.733.6068

The Starting Place
954.733.6068

United Way Commission on
Substance Abuse
954.760.7007

MIAMI-DADE
Alcoholics Anonymous
305.461.2425

Alcoholics Anonymous
305.642.2805 

Better Way of Miami, Inc
305.634.3409

Concept House
305.751.6501

Fellowship House
305.667.1036

Genesis Outpatient Detox
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

Lambda South Clubhouse
Alcohol recovery 

Spectrum Programs
305.757.0602

The Village South
305.573.3784

Transitions Recovery Prog.
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
Rehabilitation Programs,
Inc (CARP)
561.844.6400

Counseling Services
of Lake Worth
561.547.0303

Drug Abuse Foundation of
Palm Beach County, Inc
561.278.0000

Drug Abuse Treatment Ass.
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

Jewish Family Service
561.852.3333

Palm Coast Area Narcotics
Anonymous
561.848.6262

Partnership for a Drug
Free Comm. of S. Florida
561.627.6603

Regeneration Center
561.655.2204

Sistah to Sistah Recovery
House
561.837.9997

Sunset House
561.627.9701

The Crossroads Club
561.278.8004

The Lord's Place, Inc
561.494.0125



The Phoenix House
561.585.2508

Wayside House
561.278.0055

NATIONAL
Alcoholics Anonymous
212.870.3400

**SUPPORT
SERVICES
SERVICIOS DE
APOYO**

BROWARD
55+ Resources Directory
855.455.7587  

Center for Positive
Connections F. Lauderdale
786.985.2818  

Compassionate Friends
954.370.3446

Coral Springs Medical
Center Support Groups
954.344.3344


FCFH Senior Helpline
954.390.0485

First Call Broward County
211

Gilda's Club South Florida
954.763.6776

Glass House
954.938.0055

Hispanic Unity 

Hollywood FL Center for
Positive Living 

Hospice of SE Florida
Bereavement Group
954.467.7423

Imperial Point Mental
Health & Cancer Support
954.776.8500

Jewish Family Services
954.370.2140

Mental Health Association
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

NE Focal Point Sr. Center
954.480.4449

NW Focal Point Sr. Center
954.973.0300

OCD Resource Center
954.962.6662

Plantation Community
Outreach Center
954.916.5601

Pride Ctr at Equality Park
954.463.9005 

Red Hispana Florida
954.462.8889  


SE Focal Point Senior Center
954.966.9805

SunServe 



SW Focal Point Sr. Center
954.450.6888

Vitas Bereavement
Support Group
954.777.5284

Women in Distress of
Broward County
954.761.1133

Women in Network
(954) 564-4WIN 

MIAMI-DADE
Catholic Charities
Bereavement Groups
305.754.2444

Center for Positive
Connections Miami
786.985.2818  

Easter Seals Miami-Dade
305.325.0470

Compassionate Friends
305.460.5762

RESOURCE GUIDE

 *LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY*
 *SPANISH PHONE LINE / LINEA TELEFONICA EN ESPAÑOL*

GUÍA DE RECURSOS

Elder Services
305.576.2511

Empower "U", Inc.
786.318.2337 

Everglades Comm. Assn.
305.242.2142

Foster Grandparent Prog.
305-514-6000

Hispanic AIDS Awareness
Program
305.860.0780  

Jewish Community
Services of South Florida
Information & Referral Line
305.576.6550

Miami Alliance for Aging
305.670.6500

Miami-Dade Elder Helpline
305.670.4357

North Miami Foundation
for Senior Citizens
305.893.1450

Senior Companion Prog.
305.514.6000

Service Corp of Retired
Executives
786.425.9119


Switchboard of Miami – 24
Hour Helpline
305.358.4357 

Union Positiva Inc.
305.644.0667  

Vitas Bereavement
Support
305.690.4764

PALM BEACH
Alpert Jewish Family &
Children's Services
561.684.1991

Boynton Beach Senior Ctr.
561.742.6570

Compass
561.533.9699 

Compassionate Friends
561.368.0324

Joseph L Morse Geriatric Ctr.
561.471.5111

Mid County Senior Center
561.357.7100

National Alliance on
Mental Illness
561.588.3477

North County Senior Ctr.
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 Ctr.
561.996.4808

STATE
Fla Kinship Care Warmline
800.640.6444

Natl Alliance on Mental Illness
850.671.4445

NATIONAL
AARP Grief Support
866.797.2277

Natl 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 Bus Service
954.434.4300 X255

Davie
954.797.1035

Hallandale Beach
954.457.1620

MediVan
954.735.1996

Miramar Senior Transp.
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 Sr. Transp.
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 Hosp.
Bethesda Prime Time Club
561.737.7733 X4195

Palm Tran
561.841.4200

Salvation Army
561.682.1118

STATE

Angel Flight Southeast
800.352.4256

Florida Commission for the
Transp. Disadvantaged
800.983.2435

Fla Department of Transp.
866.374.3368

NATIONAL

Corporate Angel Network
866.328.1313

National Patient Travel Ctr.
800.296.1217

U.S. Depart. of Transp.
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
954.356.7926

MIAMI-DADE
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
561.968.1612

PBC Division of Human
and Veterans Services
561.355.4761

PBC Veteran Svc. Office
561.355.4761

Palm Beach Veterans Ctr.
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

PBC Blind Services
561.681.2548

Lighthouse for the Blind
561.586.5600

STATE
Florida Council of the Blind
800.267.4448

Fla. Div. 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 Fed. 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

Hispanic Unity 
954.964.8884

Senior Volunteer Services
954.484.7117

Shine
954-945-9567

SunServe 
954.764.5557

Volunteer Broward
954.233.1300

MIAMI-DADE
Jewish Community
Services of South Florida
786.866.2206

RSVP Miami-Dade
305.270.2954

Service Corp of Retired
Executives
786.425.9119

PALM BEACH
Alpert Jewish Family &
Children's Services
561.684.1991

Area Agency on Aging
Retired and Senior
Volunteer Program
561.684.5885

City of West Palm Beach
561.653.3573

Jewish Federation of PBC
561.242.6612

Jupiter Medical Center
Volunteer Auxilliary
561.744.4461

Jewish Family Services
Volunteer Services
561.852.3333

Mentor Center of PBC
561.655.8887

School District of PB
County Volunteer Program
561.434.8789

United Way of PB County
561.375.6600

YMCA of the PB
Volunteer Program
561.968.9622

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

STATE
Florida Ombudsman Prog.
888.831.0404

Volunteers of America
813.282.1525

NATIONAL
Volunteers of America
800.889.0089

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

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National Resource Center



ON LGBT AGING



A project of
Services & Advocacy for GLBT Elders (SAGE)
in partnership with
 American Society on Aging
 Brookdale Center for Healthy Aging and Longevity
 Hunter College
 CenterLink
 FORGE Transgender Aging Network
 GRIOT Circle
 The LGBT Aging Project
 National Association of Area Agencies on Aging
 National Council on Aging's National Institute of Senior Centers
 Openhouse
 PHI

The National Resource Center on LGBT Aging

A permanent resource for lesbian, gay, bisexual and transgender (LGBT) older adults.

www.lgbtagingcenter.org

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City of Hallandale Beach
 Human Services Department/Hepburn Center
 750 NW 8th Avenue
 Hallandale Beach, FL 33009-2146
 Phone: 954-457-1460
 Fax: 954-457-1305
 Email: Human_Services_Office@hallandalebeachfl.gov
 Website: www.hallandalebeachfl.gov



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

GRAND COURT VILLAGE

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Pompano Beach, FL 33060
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HOW TO MAKE YOURSELF HAPPY

CÓMO HACERSE FELIZ A UNO MISMO

CYNTHIA SEGAL, INTUITIVE CONSULTANT
Cynthia@CynthiaSegal.com



Did you know that no one can make you sad or happy? You have the power to make yourself happy.

The first thing you'll want to do is make a 'Happy List'. This is a list of things that make YOU happy. Try to get at least 10 things on your list and keep in mind that these things are not dependent on anyone else or necessarily based in reality.

For example: the second thing on my Happy List is owning a pyramid! Now at the moment, I don't have room in my backyard for a pyramid -- and that is exactly the point. It's not about the practicality. Your Happy List is only based on "how does this make me feel" and when I say "I own a pyramid" it makes me feel regal, joyous and happy. Get the point?

What would make you happy? Is it smelling something, feeling something, doing something, doing nothing? Only you can decide!

One client's number one was "clean sheets night." She has 4 children and would have to change 5 beds to make her number one happen. No wonder it makes her happy when it's done!

One man wrote on his Happy List, "buying my wife roses." Notice how this is not dependent on how his wife receives the roses, only on how he feels buying the roses.

Would you consider sharing your Happy List with me? I'd love to know what you will do/feel/see to make yourself happy! •

¿Sabía usted que nadie puede hacerlo sentir triste o feliz?

Lo primero que usted quisiera hacer es crear una "Lista Feliz". Esta es una lista de las cosas que te hacen feliz. Trate de conseguir por lo menos 10 cosas en su lista y recordar estas cosas no depende de nadie ni se basan necesariamente en la realidad.

Por ejemplo, la segunda cosa en mi lista feliz es ser propietario de una pirámide! Ahora en este momento, no tengo espacio en mi patio trasero para una pirámide y ese es exactamente el punto. No se trata de ponerla en práctica. Su lista feliz se basa únicamente en "cómo me hacen sentir", y cuando digo "soy dueño de una pirámide" me hace sentir real, alegre y feliz. Se da cuenta cual es el punto?

¿Qué te haría feliz?

Es oler algo, sentir algo, hacer algo, no hacer nada? Sólo usted puede decidir!

Un hombre escribió en su lista feliz ~ comprarle a mi esposa rosas. Observe cómo esto no depende de cómo su esposa recibe las rosas sólo en cómo se siente la compra de las rosas.

¿Consideraría la posibilidad de compartir su lista feliz conmigo? Me encantaría saber qué va a hacer / sentir / ver para ser feliz! •

BOB LAPPIN & THE PALM BEACH POPS 20th ANNIVERSARY

Palm Beach Pops 20th Anniversary Season

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Tickets Now On Sale**

**Wonderful World: A Salute to Louis Armstrong
February 8-8 & 10-12, 2012**

Join The Palm Beach Pops in honoring the legacy of Louis "Satchmo" Armstrong with *Hello Dolly*, *Wonderful World* and *Mack the Knife*. Hailed by critics as one of the world's finest trumpet players, LONGINEU PARSONS joins us along with Broadway superstar and Tony Award Winner, LILLIAS WHITE.



**The Music of Burt Bacharach, Cole Porter & More
Nov. 29-30 and Dec. 1-2 & 4-5, 2011**

Showcasing the music of American composers Burt Bacharach and Cole Porter in a concert that is sure to be a favorite with hits like *Alfie*, *Night and Day*, *What The World Needs Now*, *Let's Fall in Love* and *Wives & Lovers*. Featuring lead singer for Bacharach for over 15 years, JOHN PAGANO.



**The Genius of George and Ira Gershwin
February 29 and March 1-3 & 5-6, 2012**

The Palm Beach Pops will *Strike Up The Band* and celebrate the *Fascinating Rhythm* of the brilliant brothers whose compositions like *Rhapsody in Blue* bridged the world of Tin Pan Alley, Broadway, Hollywood as well as Symphony Halls.



**An Evening with Clint Holmes
January 6-11, 2012**

Back by popular demand, CLINT HOLMES will join us for a night of standards from the Great American Songbook. An outstanding entertainer, Clint is sure to engage our audience again with his magnetic personality and incredible charisma on stage.



**The Magic of Broadway & Disney Favorites
March 29-31 and April 1-3, 2012**

A Palm Beach Pops tradition, delight in the magic of Broadway's greatest hits featuring Broadway stars LEA SALONGA, Tony and Drama Desk Winner, known as the singing voice in Disney movies and for *Miss Saigon* & *Les Mis*, as well as audience favorite DAVID BURNHAM of *Wicked* & 2007 Helen Hayes Award winner.



Kravis Center for the Performing Arts, West Palm Beach
Eissey Campus Theatre (Palm Beach State College) Palm Beach Gardens
Carole & Barry Kaye Auditorium at FAU, Boca Raton

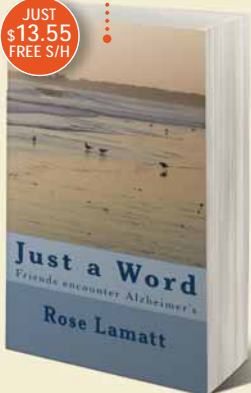
**Tickets Start at \$29. Call 561.832.7677
Choose Your Seat - www.PalmBeachPops.org**

Performances at 8pm. All sales final. No refunds or exchanges. Artists, dates, performances and prices subject to change.

55+ SHOPPING GUIDE

EDITOR'S PICK

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JUST A WORD FRIENDS ENCOUNTER ALZHEIMER'S

By Rose Lamatt

Rose Lamatt covers the progress of Alzheimer's disease very well in her book, "Just a Word: Friends Encounter Alzheimer's." Lamatt spent 14 years as caregiver for a dear friend with Alzheimer's.

She helped open the first adult day care in her town, then worked as activity director for an assisted living facility.

To this day she visits nursing homes keeping up her drive to make things better for the Alzheimer's victim and their caregivers.

"Just a Word" is more than a book – it is a powerful and beautiful story, simply written, easily read, that will touch your heart and keep you turning the pages. It touches on subjects and feelings all of us have had at one time in our life. A must-read book!

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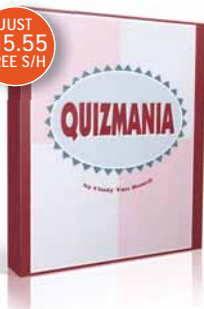
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A CAREGIVER'S COMPLETE GUIDE FOR SAFE MOBILITY & INDEPENDENCE IN THE HOME

By Kevin F. Lockette PT



Kevin Lockette PT has written extensively on rehabilitation and exercise for those with physical impairments.

this guide includes invaluable information on body mechanics & general mobility;

safe lifting and transfer techniques; assistive and adaptive devices; fall prevention; PROM exercises and much more!

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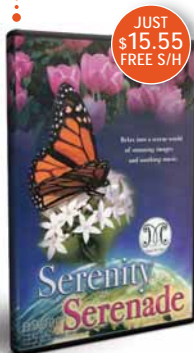
BINGOMANIA

Remember the shows and celebrities of the past? This fun-and-exciting game combines entertainment trivia and bingo for a stimulating, challenging trip down memory lane! This game comes with 72 clue cards and 14 bingo cards. It's the new way to play BINGO!



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55+ PROFESSIONAL CALENDAR

55+ CALENDARIO DE PROFESIONALES

These are networking events for healthcare professionals. Dates and locations are subject to change. Contact Mike Penn at 954.967.6191 x 201 or mikepenn@55plusmag.us for information.

 Broward  Miami-Dade  Palm Beach  55+ Network

JANUARY / ENERO

01/11 **8:30A-10:00A:** Professional Resource Network Lighthouse
Courtyard Gardens Rehabilitation Center, 17781 Yancy Avenue, Jupiter 33458

01/11 **11:00A-1:00P:** Miami-Dade Alliance for Aging
Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172

01/12 **7:45A-9:30A:** Broward Coalition on Aging
Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319

01/13 **8:30A-10:00A:** Partnership for Aging
Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461

01/18 **5:00P-5:55P:** Take 55 After 5 - Professional Networking (Social Event)
Contact Mike Penn for update at 954.967.6191 x 201

01/24 **8:30A-10:00A:** Professional Resource Network North
CityWalk Active Living, 534 Datura Street, West Palm Beach 33401

01/25 **8:00A-10:00A:** Elder Services Resource Network
Covenant Village, 9201 W. Broward Blvd., Plantation 33324

01/26 **8:30A-10:00A:** 55+ Network Breakfast (must RSVP) (55+ Network)
Vi at Aventura, 19333 W. Country Club Drive, Aventura 33180

FEBRUARY / FEBRERO

02/08 **8:30A-10:00A:** Professional Resource Network Lighthouse
Devonshire at PGA National, 350 Devonshire Way, Palm Beach Gardens 33418

02/08 **11:00A-1:00P:** Miami-Dade Alliance for Aging
Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172

02/09 **7:45A-9:30A:** Broward Coalition on Aging
Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319

02/10 **8:30A-10:00A:** Partnership for Aging
Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461

02/15 **5:00P-5:55P:** Take 55 After 5 - Professional Networking (Social Event)
Harbor Chase, 2975 NW 99th Way, Coral Springs 33065

02/22 **8:00A-10:00A:** Elder Services Resource Network
Covenant Village 9201 W. Broward Blvd., Plantation 33324

02/23 **8:30A-10:00A:** 55+ Network Breakfast
Westside Regional Medical Center, 8201 W. Broward Blvd., Plantation 33324

02/28 **8:30A-10:00A:** Professional Resources Network North
Beth Israel Memorial Chapel, 11115 S. Jog Road, Boynton Beach 33437

MARCH / MARZO

03/08 **7:45P-9:30A:** Broward Coalition on Aging
Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319

03/09 **8:30A-10:00A:** Partnership for Aging
Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461

continued on next page

03/14	8:30A-10:00A: Professional Resource Network Lighthouse Jupiter Medical Center Pavilion, 1230 S. Old Dixie Hwy, Jupiter 33458
03/14	11:00A-1:00P: Miami-Dade Alliance for Aging Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172
03/21	5:00P-5:55P: Take 55 After 5 - Professional Networking (Social Event) Brownsville Transit Village, 5225 NW 29th Avenue, Miami 33142
03/22	8:30A-10:00A: 55+ Network Breakfast (must RSVP) (55+ Network) The Veranda Club, 6061 Palmetto Circle North, Boca Raton 33433
03/27	8:30A-10:00A: Professional Resource Network North Contact Mike Penn for update at 954.967.6191 x 201
03/28	8:00A-10:00A: Elder Services Resource Network Covenant Village, 9201 W. Broward Blvd., Plantation 33324

55+ COMMUNITY CALENDAR

55+ CALENDARIO DE LA COMUNIDAD

55+ Community Resource
 55+ Partners
 55+ Entertainment

JANUARY / ENERO

01/06	Until 01/11: An Evening with Clint Holmes Clint Holmes with The Palm Beach Pops - 561-832-7677, www.palmbeachpops.org
01/14	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Joe DiMaggio Children's Hospital, 1005 Joe DiMaggio Drive, Hollywood 33021, 954-321-4146
01/18	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 4943 Le Chalet Blvd., Boynton Beach 33436, 954-967-6191

FEBRUARY / FEBRERO

02/06	02/07, 02/08, 02/10, 02/11: Wonderful World: A Salute to Louis Armstrong with The Palm Beach Pops Singer Lillias White and Trumpeter Longineu Parsons - 561-832-7677, www.palmbeachpops.org
02/11	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Wynmoor Village, 1000 Blvd. of the Stars, Coconut Creek, 954-321-4146
02/17	8:00P: ICONS, starring David McBride and Jacqui Peters (to benefit Whispering Angels Foundation) Aventura Arts & Cultural Center, 3385 NE 188th St., Aventura 33180, 954-462-0222
02/22	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 5028 Okeechobee Blvd., West Palm Beach 33417, 954-967-6191
02/29	The Genius of George and Ira Gershwin Bob Lappin and The Palm Beach Pops - 561-832-7677, www.palmbeachpops.org

MARCH / MARZO

03/01	03/02, 03/03, 03/05, 03/06: The Genius of George and Ira Gershwin Bob Lappin and The Palm Beach Pops - 561-832-7677 www.palmbeachpops.org
03/10	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Professional Center at Pembroke Lakes Mall, 400 North Hiatus Road, Pembroke Pines 33026, 954-321-4146
03/14	1:00P-4:00P: 55+ Community Resource Event (55+ Magazine & Walgreens) 3053 S.W. Martin Downs Blvd., Palm City 34990, 954-967-6191
03/29	Until 03/31: The Magic of Broadway Lea Salonga and David Burnham with The Palm Beach Pops - 561-832-7677, www.palmbeachpops.org



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55+ NETWORK: Monthly networking meetings at various locations where professionals learn, share, make and receive referrals and do business together as we NET while we WORK.

55+ RESOURCES: Inside the magazine is a Resource Guide listing National and Local resources for the programs and services essential to the magazine's readership. Also available online at 55plusmag.us

55+ DIVERSITY: Experience working with the intergenerational society enables 55+ to reach its target market through the families and caregivers of those who need the products and services offered.

55+ EDUCATION: In addition to community education, 55+ is an approved provider of continuing education offering innovative programs for professionals who want to learn about the issues facing older adults and their caregivers as well as the long-term care industry.

55+ PRIDE: Sensitive to the needs of all populations, 55+ provides the LGBT community with the information and services they need.

TAKE 5 AFTER 5: Take 5 or 55 minutes after work to meet your potential referral sources and strategic alliances in a relaxed and social environment, monthly at various locations.

55+ SHOPPING: Markets a diverse category of products such as music, DVDs, books, games, cognitive stimulation resources, guides and much more to offer the best products at the lowest cost.

55+ PROJECTS: Specializes in product/service representation and consulting for businesses that want to achieve their desired goal of reaching Baby Boomers and geriatric population as part of the overall marketing strategy.

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