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CHERYL LADD

INTERVIEW / ENTREVISTA

UPDATED 2012

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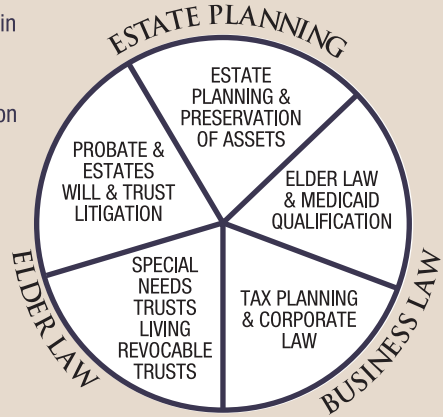
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As many as 13% of all Baby Boomers are part of a minority group. 55+ magazine will be sensitive to the needs of all people ie.: race, creed, religion, sex, sexual orientation, gender identity and national origins.

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WHY 55+ MAGAZINE?

POR QUÉ 55+ MAGAZINE?

HUMBERTO FORTUNA MA, MS / GERIATRIC SPECIALIST



In this past quarter, 55+ Magazine was featured on several radio stations in Southeast Florida. Many people are curious about us. Why 55+?

55+ Magazine is an educational, entertaining and resourceful publication. The magazine continues to evolve and grow through its publication. In my professional opinion, the much needed information for those individuals over the age of 55 was evidence that resources and information should be made available to them. I have always wanted to communicate and educate our senior population in an easy and comfortable manner. We are the only Bi Lingual Magazine that views the aging process with a positive outlook.

As I've said in the past, we begin aging from the day we are born and this natural process cannot be ignored. 55+ Magazine welcomes everyone to keep learning and supporting their current and future needs. We continue to bring you information that is valuable to you and your community.

We are the only 55+ Bi lingual magazine able to support community resources, services and professionals in our area and bring you accurate and correct information. Due to our

En este último ejemplar, La Revista 55+ Magazine se presentó en varias estaciones de radio en el sureste de la Florida. Muchas personas sienten curiosidad por saber, ¿Por qué una revista para las personas de 55+ de edad?

55+ Magazine es una publicación didáctica, entretenida e ingeniosa. La revista continúa evolucionando y creciendo a través de sus publicaciones.

En mi opinión profesional, la mayor cantidad de información necesaria para aquellas personas mayores de 55, prueba de que los recursos y la información debe estar disponible para ellos.

Siempre he querido comunicar y educar a nuestra población de adultos mayores de una manera fácil y cómoda. Somos la única revista bilingüe que considera el proceso de envejecimiento con una perspectiva positiva.

Como he dicho en el pasado, comenzamos el envejecimiento desde el día en que nacemos, y este proceso natural no puede ser ignorado. La revista 55+ Magazine invita a todos a seguir aprendiendo, apoyando a sus necesidades actuales y futuras. Continuamos proveyendo más información que es valiosa para usted y su comunidad.

Somos la única revista bilingüe para las personas de más de 55 años que provee información precisa y correcta de servicios comunitarios y profesionales en nuestra área. Debido a nuestro compromiso con organizaciones sin fines de lucro y otras

involvement with not for profit and for profit organizations, we are able to continue to keep our community informed and current with daily changes in our society.

Thanks to our readers and our followers, we know that we are providing a vital service to our senior population as well as to their caregivers and loved ones. 55+ keeps you informed, educated and entertained through our celebrity interviews and professional editorials. Education is power at any age! 55+ sparks the curiosity of everyone, and that's why 55+ Magazine was born. •

organizaciones, nos hacen capaz de seguir manteniendo a nuestra comunidad informada y al día en nuestra sociedad.

Gracias a nuestros lectores, sabemos que estamos prestando un servicio vital para nuestra población de adultos mayores, a sus cuidadores y seres queridos.

55+ Magazine te mantiene informado, educado y divertido a través de nuestras entrevistas con celebridades y editoriales profesionales. La educación es el poder a cualquier edad!

55+ Magazine despierta la curiosidad de todos, y es así como 55+ Magazine nació. •

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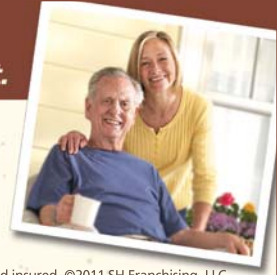
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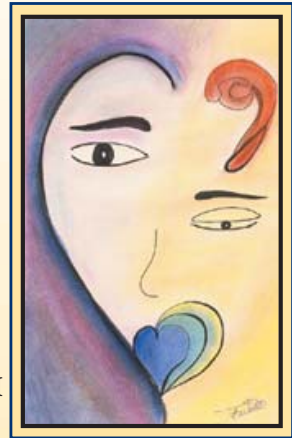
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DAYCAP OR NIGHTCAP?

NORTH BROWARD MEMORY DISORDER CENTER



When Alzheimer's strikes, the whole family is impacted. Caring for a loved one suffering from the effects of Alzheimer's can be overwhelming! As the disease progresses, caregivers often struggle with the demands of care required by their loved one, as well as their own physical and emotional needs. The Care Assistance Program (CAP), designed and facilitated by the Memory Disorder Center at North Broward Medical Center provides you with "Tools" to help you care for yourself and your loved one.

The objective of this organization with the CAP program is to make the caregiving experience easier and more rewarding. CAP was developed to give caregivers a better understanding about the aging of the brain and the changes that occur when memory begins to fade. With program speakers discussing the disease process, behavior strategies, medications, medicaid, veteran's benefits and placement options, the CAP programs allow various community resources to reach you. Families learn to work together in caring for a loved one. There is no charge for individuals to participate in these programs. In-home respite, as well as transportation is available at no charge. These groups are available to you, both during the day and at night.

Cuando se diagnostica la enfermedad de Alzheimer, la familia entera se ve afectada. El cuidado de un ser querido que sufre de los efectos de la enfermedad de Alzheimer puede ser abrumador! Cuando avanza la enfermedad, los cuidadores a menudo tienen dificultades con las demandas de atención requeridas por sus seres queridos, así como sus propias necesidades físicas y emocionales.

El Programa de Asistencia de Atención (CAP), diseñado y facilitado por el Centro de Trastornos de la Memoria en North Broward Medical Center le ofrece "herramientas" para ayudarlo a cuidar a sí mismo y a su ser querido.

El objetivo del programa es hacer la experiencia de los cuidados más fácil y más gratificante. CAP se desarrolló para dar a los cuidadores un mejor entendimiento sobre el envejecimiento del cerebro y los cambios que se producen cuando la memoria comienza a desvanecerse.

Los presentadores hablan sobre el proceso de la enfermedad, las estrategias de comportamiento, medicamentos, beneficios de veteranos, Medicaid, y opciones. Los programas de CAP permitirán llegar a usted los diversos recursos de la comunidad.

Las familias aprenden a trabajar juntos en el cuidado de un ser querido.

No hay ningún cargo para las personas que participan en estos programas. Relevo en el hogar,

DayCAP is a program for caregivers, spouses and individuals providing care to a loved one. This program provides education and resources on an ongoing basis. Classes are held quarterly, Monday – Thursday from 9 am to 1 pm.

NightCAP is a program to empower adult children caregivers who are providing care to a parent or loved one diagnosed with Alzheimer's or other related dementia. Classes are scheduled to meet the needs of the working caregiver and are held quarterly, twice a week over a two week period, from 6 to 9 pm.

To register for one of North Broward Medical Center's Care Assistance Programs, contact the Memory Disorder Center at 954-786-7392 •

así como el transporte está disponible sin costo alguno. Estos grupos están a su disposición, tanto de día como de noche.

DayCAP es un programa para cuidadores, cónyuges y personas que cuidan a un ser querido. Este programa proporciona educación y recursos sobre una base continua. Las clases se llevan a cabo trimestralmente, de lunes - jueves de 9 am a 1 pm. NightCAP es un programa para capacitar a los cuidadores hijos adultos que proporcionan cuidado de un padre o un ser querido diagnosticado con la enfermedad de Alzheimer o demencia relacionada. Las clases están programadas para satisfacer las necesidades del cuidador de trabajo y se llevan a cabo trimestralmente, dos veces por semana durante un período de dos semanas, de 6 a 9 pm.

Para inscribirse en uno de los programas de North Broward Medical Center de asistencia para el cuidado, póngase en contacto con el Centro de trastornos de la memoria a 954-786-7392 •

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MOVE OVER AND MAKE WAY FOR EMERGENCY VEHICLES

MUÉVASE A UN LADO Y DÉ PASO A LOS VEHÍCULOS DE EMERGENCIA

SHERIFF AL LAMBERTI, BROWARD COUNTY, FL



Have you ever approached an intersection and heard a siren? Perhaps you have looked in your rearview mirror and saw flashing lights behind you.

Chances are that you have passed an emergency worker or a law enforcement officer who pulled off the roadway with his or her lights flashing. You should be aware that in Florida the law requires that you move over, make way and slow down when approaching all emergency and law enforcement vehicles stopped on the roadway. The law, known as the Move Over Act, is designed to protect law enforcement officers, firefighters and other emergency workers from needless, accidental tragedy.

After 34 years in law enforcement and public safety, I have learned that driving, especially when responding to calls for service, is the most hazardous duty performed by law enforcement officers, firefighters and emergency

¿Alguna vez se acercó a una intersección y oyó una sirena? Tal vez ha mirado en el espejo retrovisor y vio luces detrás de usted. Lo más probable es que usted haya pasado a un trabajador de emergencia o a un oficial de la ley que lo sacó fuera de la carretera con sus luces parpadeando. Usted debe ser consciente de que en Florida la ley exige que usted se mueva a un costado, de paso y baje la velocidad al acercarse a vehículos de emergencia y de policía detenidos a un lado de la carretera. La ley, conocida como la Ley de Move Over (Hágase a un lado), está diseñado para proteger a los agentes del orden, bomberos y otros trabajadores de emergencia de una tragedia innecesaria.

Después de 34 años en la aplicación de la ley y la seguridad pública, he aprendido que la conducción, especialmente cuando se responde a las llamadas de servicio, es el deber más peligroso realizado por los agentes del orden, bomberos y profesionales de los servicios de emergencia. Nosotros, en la Oficina del Alguacil de Broward no somos inmunes a este tipo de tragedias. El pasado mes de febrero fue el sexto aniversario de la muerte



service professionals. We at the Broward Sheriff's Office are not immune to such tragedies. This past February was the six-year anniversary of the death of Deputy Ryan Seguin, who was killed by a motorist while conducting a traffic stop. This tragedy and numerous other fatalities and injuries to emergency service workers could have been avoided had the driver simply slowed down and moved over.

If you are a driver who violates the Move Over Law, you can be charged with a moving violation, which results in a fine and points on your license. More importantly, by violating this important law, you would be putting both yourself and a dedicated "first responder" at risk.

On behalf of the men and women of the Broward Sheriff's Office, I urge you to help protect those who are sworn to serve and protect you. Always remember to make way, slow down and MOVE OVER when approaching an emergency or law enforcement vehicle – it's the law. •

del diputado Ryan Seguin, quien fue muerto por un conductor, mientras estaba detenido el tráfico. Esta tragedia y numerosas otras víctimas mortales y las lesiones a los trabajadores de servicios de emergencia podría haberse evitado si el conductor simplemente disminuía su marcha y se hacía a un lado mientras se acercaba.

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Seniors spend a lot of time evaluating their retirement assets as they get older. However, one asset they consistently overlook is their life insurance policy.

A life insurance policy should be regularly reviewed. For those who determine that their life insurance policy no longer serves its intended purpose or simply can no longer afford to pay the premiums, there is an alternative. They can sell their life insurance policy. The Supreme Court decision, (*GRIGSBY v. RUSSELL*, 1911) established that a life insurance policy is private property. Thus, the policy owner can sell the policy. The sale of a life insurance policy for amount less than the death benefit but higher than the cash surrender value in the policy is called a life settlement (in Florida, the term used is viatical settlement). Traditionally, the seller receives a lump sum and no longer has to pay any premiums. Most states regulate both the companies which buy the life insurance policies (called a life or viatical settlement provider) and the individuals who assist the seller during the life settlement transaction. The sale of a life insurance policy is an option worth exploring. Information can be found through your life insurance agent, financial advisor, or the companies representing the buyers of the policies. Educational resources are available through industry life settlement associations. In addition, a list of Florida licensed viatical settlement providers can be found at www.FLOIR.com/companysearch. •

Las personas mayores pasan mucho tiempo evaluando su jubilación a medida que envejecen. Sin embargo, un capital que constantemente pasan por alto es su póliza de seguro de vida. Estas deben ser revisadas regularmente. A veces se piensa que la póliza de seguro de vida ya no sirve su propósito o no pueden pagar las primas, hay una alternativa.

Los seguros de vida se pueden vender. La decisión de la Corte Suprema de Justicia, (*Grigsby contra Russell*, 1911) estableció que un seguro de vida es propiedad privada. Por lo tanto, el dueño de la póliza puede venderla. La venta de una póliza de seguro de vida por un importe inferior al beneficio recibido por muerte, pero superior al valor de cancelación de la misma conocido como acuerdo de vida (en la Florida, el término utilizado es el pago de viáticos). Tradicionalmente, el vendedor recibe una suma global sin tener que pagar ninguna prima. La mayoría de los estados regulan tanto a las empresas que compran las pólizas de seguros de vida como a las personas que asisten al vendedor durante la transacción de la misma. La venta de una póliza de seguro de vida es una opción que vale la pena explorar.

La información se puede encontrar a través de su agente de seguros de vida, asesor financiero, o de las empresas que representan a los compradores de las pólizas.

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FROM SINGER TO AN ANGEL!!!

DE CANTANTE A UN ANGEL!!!

We all know Cheryl Ladd from her role as Kris on Charlie's Angels, but this talented actress is also a singer, a writer, and a Broadway star! Cheryl has also made numerous TV movies. Recently, we had the opportunity to chat with her about her life and her interests and 55+ is happy to be able to share this with you.

55+ Tell us a little about your early family life in Huron, South Dakota? Do you have brothers and sisters?

CL I have one older sister and 2 younger brothers. My childhood was idyllic. Huron was a small town where the children were allowed to be free spirits. In our neighborhood, we would play all day until our moms would yell out, "time to come in!" I was a terrible 'tom boy.' I liked sports, climbing trees and riding my bike.

55+ Your second marriage to Brian Russell, a record producer, is now going on 31 years. Do you have any advice for our readers on what you learned to make it work?

CL My quick answer is 'don't get divorced'. It is quite simple. Any long relationship has its ups and downs. 'Life' affects it; absences, difficulties and towering great times. When you decide to value it, it is your treasure and you care for your treasure.

55+ You have 1 daughter, Jordan, from your first marriage and a stepdaughter, Lindsay, from your

Todos conocemos a Cheryl Ladd en su papel de Kris en Los Ángeles de Charlie, pero esta talentosa actriz es también cantante, escritora, y una estrella de Broadway! Cheryl también ha hecho numerosas películas de televisión. Recientemente, hemos tenido la oportunidad de charlar con ella sobre su vida y sus intereses y 55+ está feliz de poder compartir esto con ustedes.

55+ Cuéntanos un poco sobre su vida familiar a principios de Huron, Dakota del Sur ¿Tienes hermanos y hermanas?

CL Tengo una hermana mayor y 2 hermanos más jóvenes. Mi infancia fue idílica. Huron era una pequeña ciudad donde a los niños se les permitía ser espíritus libres. En nuestro barrio, jugábamos todo el día hasta que nuestras madres gritaban, "tiempo de entrar !" Yo era un terrible "Tom Boy". Me gustaban los deportes, preparar a los árboles y montar mi bicicleta.

55+: Su segundo matrimonio con Brian Russell, un productor de discos, ahora va en 31 años. ¿Tiene algún consejo para nuestros lectores de lo que usted aprendió para hacer que funcione?

CL Mi respuesta rápida es "no se divorcien". Es muy sencillo. Cualquier relación larga tiene sus altibajos. La "vida" afecta: ausencias, dificultades y grandes momentos intensos. Cuando usted decide valorarlo, se

Cheryl Ladd

NELSON A. GARCIA



present marriage. How are they doing today and do you have a close relationship with them?

CL I have a very close relationship with both of my daughters. My stepdaughter has 3 children so we are blessed with being grandparents. Jordan is acting and constantly working. She really enjoys her craft and I am very proud of her. Lindsay is a singer/songwriter but her plate is pretty full with the 3 little kids. Her focus is on her family these days.

55+ How is your life now as a grandmother?

CL I adore it. We had the boys with us early this year and it was

convierte en su tesoro y entonces cuida su tesoro.

55+ Usted tiene una hija, Jordan, de su primer matrimonio y una hijastra, Lindsay, de su matrimonio actual. ¿Cómo están hoy y tiene una estrecha relación con ellas?

CL Tengo una relación muy estrecha con mis dos hijas. Mi hijastra tiene 3 hijos por lo que estamos bendecidos con ser abuelos. Jordania está actuando y trabajando constantemente. Ella realmente disfruta de su arte y me siento muy orgullosa de ella. Lindsay es una cantante / compositora, pero su plato está bastante lleno con los 3 niños pequeños. Su atención se centra en su familia en estos días.

55+ ¿Cómo es tu vida ahora como abuela?

CL Lo adoro. Tuvimos a los muchachos con nosotros a principios de este año y fue agotador y divertido. Fue tan maravilloso. Es difícil describir lo mágico que es estar con los nietos.

55+ ¿Cómo está su mamá hoy?

CL Mi madre, por desgracia, tiene artritis reumatoide y daño en las articulaciones. Ella lucha con eso, tiene un espíritu increíble. Han encontrado algunos medicamentos que le proporcionan alivio a su dolor. Dios la bendiga, ella se levanta y con su andador, se sigue



exhausting and hilarious. It was so wonderful. It is hard to describe how magical it is to be with the grandkids.

55+ How is your mom today?

CL My mother, unfortunately, has rheumatoid arthritis and joint damage. She struggles with it but she has an amazing spirit. They have found some medications that are providing pain relief. Bless her, she gets up and with her walker, keeps moving. She is just a tower of strength. With her happy disposition and her sense of humor, my mother is extraordinary and I am so fortunate to have her in my life.

55+ You started your career as a singer in high school with “The Music Shop Band” and later released several albums where you had a Top 40 hit, “Think It Over.” Why did you decide to pursue

moviendo. Ella es sólo una torre de fuerza. Con su carácter alegre y su sentido del humor, mi madre es extraordinaria y me siento muy afortunada de tenerla en mi vida.

55+ Usted comenzó su carrera como cantante en la escuela secundaria con “The Band Music Shop”, y posteriormente lanzó varios álbumes en los que tuvo un Top 40, “Think It Over”. ¿Por qué decidió dedicarse a la actuación y al canto no?

CL Siempre quise hacer una película y actuar al igual que cantar. Cuando era niña, yo estaba en cada obra que podía entrar. La mayor alegría de mi vida fue de hacer una en Broadway. En el año 2000, sustituí a Bernadette Peters como Annie Oakley en “Annie Get Your Gun”. Tuve que hacerlo por 6 meses. Fue la experiencia más grande y llena de diversión que he tenido en el negocio. Voy a atesorar ese momento por siempre.

55+ Es ampliamente conocida por su papel como Kris Munroe en Los Ángeles de Charlie. ¿Cómo llegaste a conseguir ese papel?

CL Yo había trabajado con Aaron Spelling varias veces y me llamó para esa parte, pero le dije que yo no me veía en este tipo de cosas glamorosas. Yo estaba preocupada por las comparaciones. Nos sentamos, construimos el personaje con un poco de humor y se formó Kris Munroe, que era la hermana menor. Me pareció cómodo, un papel que podía jugar.

55+ ¿Tiene usted un episodio favorito de Los Ángeles de Charlie?

CL Uno de mis favoritos fue mi primera introducción a las chicas.

acting and not singing?

CL I always wanted to do film and acting as well as sing. As a child, I was in every play I could get into. The greatest joy in my life was to be able to do Broadway. In 2000, I replaced Bernadette Peters as Annie Oakley in 'Annie Get Your Gun'. I got to do it for 6 months. It was the greatest and most fun-filled experience I ever had in the business. I'll cherish that forever.

55+ You are widely known for your role as Kris Munroe on Charlie's Angels. How did you come to get that role?

CL I had worked with Aaron Spelling several times and he called me for this part but I told him that I did not see myself in this sort of glamorous thing. I was concerned about comparisons. We sat down, built some humor into the character and came up with Kris Munroe, who was the kid sister. I found that to be comfortable and a role I could play.

55+ Do you have a favorite episode from Charlie's Angels?

CL One of my favorites was my first introduction to the girls. It was called 'Circus of Terror.' I have a soft spot for that one since it was the first one I filmed. I was nervous when I came on the set and I wore a t-shirt that said 'Farrah Fawcet Minor.' Everyone was laughing with me and embraced me to make me feel welcomed. They knew I was in a tough spot.

55+ You also starred in a television drama 'Las Vegas' for 5 years. How was your experience on this show compared to Charlie's Angels?

CL Well..it was a sort of, semi

Se llamaba "Circo del Terror." Tengo una debilidad por él, ya que fue el primero que grabé. Estaba nerviosa cuando llegué al set y me puse una camiseta que decía 'Farrah Fawcet Menor. "Todo el mundo se reía de mí y me abrazó para hacerme sentir bienvenida. Ellos sabían que yo estaba en una situación difícil.

55+ También actuó en 'Las Vegas' un drama de televisión durante cinco años. ¿Cómo fue su experiencia en este programa en comparación con Los Ángeles de Charlie?

CL Bueno... era una especie de parte semi regular. Yo no estaba allí todo el tiempo. Fue un placer trabajar con todos los actores jóvenes. Fue un personaje divertido de interpretar. Se trataba de un matrimonio maduro, bien asentado, de dos personas excéntricas y peculiares que aún estaban locamente enamorados el uno del otro. Era una especie de "aire fresco" que ya no suele verse en televisión.

55+ Hemos disfrutado de los diferentes tipos de películas que ha protagonizado desde la ciencia ficción, como 'Milenio', al drama. ¿Qué tipo de género representa un desafío más grande para un actor?

CL Creo que todo es un reto. Trato de elegir los papeles que me ponen en un dilema en una forma u otra. A medida que envejezco, me parece que no hay como muchas partes disponibles. Pero a veces me pongo a jugar con mi edad, como en 'El coraje del amor eterno', donde representé a una abuela en la década de 1800. Me encantó ese personaje. Realmente

regular part. I was not there all the time. It was a delight to work with all the young actors. It was a fun character to play. It was about a mature, well tested marriage of 2 offbeat, quirky people who were still madly in love with each other. It was kind of refreshing as you do not often get to see that on TV.

55+ We have enjoyed different types of movies that you have starred in from Sci-fi, like 'Millennium,' to drama. Which type is a bigger challenge for an actor?

CL I think everything is a challenge. I try to pick roles that do challenge me in one way or another. As I get older, I find there are not as many parts available. But sometimes I get to play my age, like in 'Love's Everlasting Courage,' where I played a grandmother in the 1800s. I embraced that part. I really put myself in that place because I came from that type of women.... those pioneer spirits.... those tough, yet tender women who settled this country. I channeled my grandmother and my great-grandmother.

55+ While working on the role of Grace Kelly, you heard the unfortunate news of her death. What impact did that have on you?

CL We were about to start filming it. She had read the script, and with Rainer, was involved in the film. Then the terrible accident happened and we did not know if we were going to go through with it. The network had a large investment in the project and wanted to continue but I did not feel comfortable until we received the go ahead from the palace. It was hard for me since she was involved in my research and

me puse en ese lugar porque vengo de ese tipo de mujeres de espíritus pioneros duras, de mujeres tiernas que establecieron este país. Represente a mi abuela y mi bisabuela.

55+ Mientras trabajaba en el papel de Grace Kelly, se enteró de la noticia lamentable de su muerte. ¿Qué impacto tuvo eso en usted?

CL Estábamos a punto de empezar a filmar. Ella había leído el guion, y con Rainer, participo en la película. Luego del terrible accidente que ocurrió, no sabíamos si íbamos a continuar. La red contaba con una gran inversión en el proyecto y quería continuar, pero yo no me sentía cómoda hasta que recibimos el visto bueno del palacio. Fue difícil para mí ya que Grace estuvo involucrada en mi investigación y yo la había visto y hablado con ella varias veces. Ella era la personificación de la Elegancia!

55+ ¿Cómo se mantiene tan bella cerca de los 60? ¿Tiene usted una dieta especial o programa de ejercicio, o tal vez algunos pasatiempos que la mantienen en forma?

CL ¡Sí! ¡Sí! (Se ríe)... se necesitan todas esas cosas. Tuve una verdadera buena clase de kickboxing esta mañana y luego llevé a mi perro hasta la puerta de entrada de mi casa, que es la mitad de una milla de largo y medio kilómetro de distancia de la colina. Hago ejercicio de 3 a 4 veces por semana bastante consistente. Yo trato de ver todas mis partes pero sobre todo como lo que quiero. Yo me concentro en comer más verduras, pero como

I had been able to speak with her and see her several times. She was the epitome of Grace!

55+ How do you keep yourself looking great at 60? Do you have a special diet or exercise program, or maybe some hobbies that keep you fit?

CL Yes! Yes! (she laughs)... it takes all those things. I had a real good kickboxing class just this morning and then I walked my dog down to the gate of my driveway which is half a mile long and then half a mile back up the hill. I exercise 3 to 4 times a week pretty consistently. I try to watch all my portions but I mostly eat what I want. I do concentrate on eating more vegetables but I have a hamburger, a coke and fries once in a while! You have to enjoy your life. In this country we have access to such amazing food and I think you need to enjoy that.

55+ How do you feel about becoming 60?

CL Everyone struggles with getting older. I think it's a challenge. You have to feel good inside yourself and look as good as you possibly can and stay away from the mirror (she laughs) and enjoy your day. It is funny now that I am 60 and look back when I was 20 and how hard I was on myself and how I looked...come on now!!! We need to embrace getting older. You need to get out and be active, enjoy the sunshine, have fun, enjoy your family, have something you enjoy doing. I just feel really blessed in that way!

55+ You have also been a Celebrity Ambassador for many years for 'Childhelp,' which is



una hamburguesa, coca-cola y papas fritas de vez en cuando! Tienes que disfrutar de la vida. En este país tenemos acceso a alimentos tan sorprendentes y creo que uno necesita disfrutar de eso.

55+ ¿Cómo se siente estar cerca de cumplir 60 años?

CL Todo el mundo lucha con la edad. Creo que es un reto. Uno tiene que sentirse bien en su interior y verse tan bien como le sea posible y mantenerse alejado del espejo (se ríe) y disfrutar de su día. Es curioso, ahora que tengo 60 y miro hacia atrás cuando tenía 20 años y lo difícil que era para mí misma y cómo me veía ... vamos! Debemos aceptar la edad. Tienes que salir y estar activo, disfrutar del sol, divertirse, disfrutar de su familia, algo que le gusta hacer. Me siento realmente bendecida de esa manera!

55+ Usted también ha sido embajadora muchos años para Childhelp, que es una organización para la prevención del abuso infantil y el tratamiento. ¿De qué tipo de actividades participa usted en esta organización?

CL Voy a menudo a los dos

an organization for child abuse prevention and treatment. What kinds of activities do you participate in for this organization?

CL I often go to the two residential facilities to visit the children. I hosted a golf tournament with John O'Hurley for 'Childhelp' that was a huge success. It was 2 days of golf, 3 amazing parties and an award ceremony. It was great fun! Some of the children came and sang to us and the look on their faces had such an enormous impact on me. The organization helps them have all the potential in the world to become amazing citizens and parents themselves. What we are trying to do with them is to break the cycle of abuse. I have been working with them for over 30 years now.

55+ I found this quote from you, "Two things I take seriously in life... my golf game and my relationship with God. Neither one is simple." Would you elaborate on this?

CL Well, I am not taking my golf game very seriously these days. It is amazing how grandchildren keep you off the golf course (she laughs). My relationship with the Lord is very important to me. We are very faulty as human beings and I am like everyone else. Some days I have that incredible feeling of hope and love and forgiveness and I try to go out and be that person in my life. Some days I do it well and some days not so well. Just like everyone else.

55+ You published a book in 2005 called "Token Chick: A Woman's Guide to Golfing with the Boys." Was there a story behind this book?

CL There are all these celebrity tournaments and I was one of the

centros residenciales para visitar a los niños. Me organizó un torneo de golf con Juan O'Hurley de Childhelp que fue un gran éxito. Fue 2 días de golf, 3 partidos increíbles y una ceremonia de premiación. Fue muy divertido! Algunos de los niños llegaron y cantaron para nosotros y la expresión de sus caras tenía un impacto tan grande en mí. La organización les ayuda a tener todo el potencial del mundo para convertirse en ciudadanos y padres increíbles. Lo que estamos tratando de hacer con ellos es romper el ciclo de abuso. He estado trabajando con ellos durante más de 30 años.

55+ He encontrado esta cita de que, "Hay dos cosas que me tomo en serio en la vida ... mi juego de golf y mi relación con Dios. Ninguna de las dos son muy sencillas." ¿Pudieses elaborar más sobre esto?

CL Bueno, yo no estoy tomando mi juego de golf muy en serio en estos días. Es asombroso cómo los nietos te mantienen fuera del campo de golf (se ríe). Mi relación con el Señor es muy importante para mí. Tenemos muchos defectos como seres humanos y yo soy como todo el mundo. Algunos días tengo la sensación increíble de la esperanza y el amor y el perdón y yo trato de salir y ser esa persona en mi vida. Algunos días lo hago bien y algunos días no tan bien. Al igual que todos los demás.

55+ Usted publicó un libro en 2005 llamado "Chick Token: Guía de la Mujer que juega al golf con hombres" ¿Hay una historia detrás de este libro?

CL Hay toda clase de torneos de

only women willing to go out and make a complete fool of myself. Early on in my golf obsession I had the opportunity to play with some amazing people; professionals and giants in the industry. The book is a collection of the funniest and most interesting moments that I have had on the golf course.

55+ Any projects that you are working on in 2012 that you want to share with us?

CL I am working on a project for Disney where I get to play Mrs. Santa Claus; a kind of feisty, energetic Mrs. Claus. She is full of fun. It will be out this Christmas. I hope all of your readers will tune in! •

celebridades y yo fui una de las pocas mujeres dispuestas a salir y hacer el ridículo de mí mismo. Al principio de mi obsesión de golf, tuve la oportunidad de jugar con gente increíble, profesionales y los gigantes de la industria. El libro es una recopilación de los momentos más divertidos y más interesantes que he tenido en el campo de golf.

55+ Algún proyecto en el que esté trabajando en el año 2012 que desea compartir con nosotros?

CL Estoy trabajando en un proyecto para Disney en el que interpretaría a la esposa de Santa Claus, una luchadora y energética Señora Claus. Ella es muy divertida. Será para esta Navidad. Espero que todos sus lectores la vean!. •

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YOU VS. A CHRONIC ILLNESS

USTED CONTRA LA ENFERMEDAD CRÓNICA

BY JANET GERNER, LCSW

Growing old can be a challenge when you are in the best of health. Throw in a chronic health condition and the challenges of aging can be overwhelming.

If you happen to be one of the 133 million people with a chronic illness or caring for someone with a chronic illness, there is help and hope. The Stanford University Chronic Disease Self-Management Program, also known as the Living Healthy Program, helps people break the symptom cycle of chronic illness. Those symptoms include frustration, fear, fatigue, pain, depression and anxiety.

In six weeks, participants learn to take control of their health rather than be controlled by their illness. Through weekly action plans, brainstorming and problem solving techniques, participants are empowered to make better decisions and manage their symptoms.

When comparing people who took the workshop to those who did not, workshop participants improved their overall health and reduced hospitalizations. They learned the tools and actions needed to persevere and live a healthy life.

If you are interested in making better choices for better health, call 954-759-6740 or 954-759-6734 and speak to Kim or Janet about the next available free workshop in Ft.

Envejecer puede ser un desafío aunque no esté el mejor estado de salud. La condición de una enfermedad crónica y los desafíos del envejecimiento pueden ser abrumadores.

Si usted es uno de los 133 millones de personas con una enfermedad crónica o cuida a alguien con una enfermedad crónica, sepa que hay ayuda y esperanza!. El Programa de Autocontrol de enfermedades crónicas de La Universidad de Stanford, también conocido como el Programa de Vida Saludable, ayuda a la gente a romper el ciclo de los síntomas de la enfermedad crónicas. Estos síntomas incluyen la frustración, el miedo, la fatiga, el dolor, la depresión y la ansiedad.

En seis semanas, los participantes aprenden a tomar el control de su salud en lugar de ser controlado por su enfermedad. A través de planes semanales, ideas y técnicas de resolución de problemas, los participantes tomarán mejores decisiones y controlar sus síntomas.

Cuando se comparan las personas que tomaron el taller para los que no, los participantes mejoraron su estado general de salud y las hospitalizaciones redujeron. Aprendieron pautas necesarias para perseverar y vivir una vida sana.

Para más información, llame

Lauderdale. You can also visit the CDSMP website.

Chances of developing a chronic illness increases as we age. If you happen to get that dreaded diagnosis, help is available. You can win the battle. •

a 954-759-6740 o 954-759-6734 o puede hablar con Kim o Janet sobre el próximo taller gratuito Disponible en Fort Lauderdale. También puede visitar el sitio web de CDSMP.

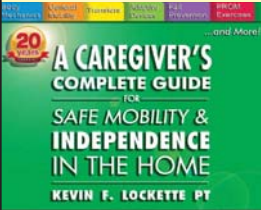
Las posibilidades de tener una enfermedad crónica aumentan con el envejecimiento. Si Usted es diagnosticado con una enfermedad crónica, recuerde que hay ayuda disponible. Usted puede ganar la batalla. •



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Physiatry and Rehabilitation Services LLP



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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

SAINT LUCIE

Hospice of the Treasure Coast Inc
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Ft Pierce
772.403.4500

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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
561.392.5940

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
2675 N Andrews Ave
954.563.5711

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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

POMPANO BEACH

Tender Loving ADC
611 NW 31st Ave.
954.917.8099

PORT ST LUCIE

Council on Aging ADC
2501 SW Baysshore Blvd
772.336.8608

RIVIERA BEACH

Alz. Community Care
2600 Avenue H
561.683.2700

SEBASTIAN

Senior Resource Assoc.
815 Davis St
772.388.1787

STUART

Alz. Community Care N.
2200 NW Federal Hwy
561.683.2700

Alz. Community Care
3110 SE Aster Ln
772.220.2773

Egret Pond
1760 SE Salerno Rd
772.288.1288

Gene C Rifkin ADC
1071 E 10th St
772.223.7800

SUNRISE

Kurt & Alice Walter ADC
5000 Nob Hill Rd
954.742.2299

VERO BEACH

Senior Resource Assoc.
704 14th St
561.569.0760

W. PALM BEACH

Alz. Community Care
800 Northpointe Pkwy,
Ste 101-B
561.683.2700

Kramer Senior Services
Agency
4847 Fred Gladstone Dr
561.687.5790

WILTON MANORS

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

ASSISTED LIVING

CASAS DE ASISTENCIA

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 pueden 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 arriesgue el cuidado de un ser querido.

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

Sitio web de AHCA:

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 •

www.fdhc.state.fl.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 •

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

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

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(See ad on Page 11)

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Comprehensive Home Care
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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 3)

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

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

Ultra Health Care
MCR – MAID – LTC – PVT – O
954-966-8533
www.ultrahealthcareinc.com
(See ad in page 15)

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 3)

PALM BEACH

Bayada Home Health Care
LTC – HMO – PVT – O
561-353-5880
www.bayada.com
(See ad in page 22)

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 3)

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

LEGAL SERVICES

Barbara L. Wolf, PA
561-745-4742
www.lawofficesofbarbaralwolf.com
(See ad on Page 4)

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 8)

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)

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

SENIOR PRODUCTS

ER Card Electronic Medical Records
Scoop For Seniors LLC
954-967-6191
www.55plusmag.us/shop
(See ad on Page 10)

SENIOR SERVICES

Abel Audiology Associates
954-435-9779
www.abelaudio.com
(See ad on Page 17)

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

Smooth Transitions
888-721-6565
www.smoothtransitionssfl.com
(See ad on Page 15)

Seniors Helping Seniors
954-463-0090
www.seniorshelpingseniors.com/
greaterfortlauderdale
(See ad on Page 8)

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

Servicios gratuitos disponibles en la Florida

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 / LÍNEA 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 
954.964.8884

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 
954.566.7686

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 
954.566.7686

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

RESOURCE GUIDE

 *LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY*
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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

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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
954.964.8884 

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
954.634.7219 

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 

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  

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



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Pompano Beach, FL 33060
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954.942.8901 Fax
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OLD DOG NEW TRICK

NUEVO TRUCO PARA UN PERRO VIEJO

BRUCE WILLIAMS

What a wonderful time to be a member of South Florida's ever-growing LGBT (Lesbian Gay Bi-Sexual Transgender) Community. There is a multitude of individuals, businesses and organizations that serve to enhance our lives but just to cite a couple, let me focus on SAGE (Senior Action in a Gay Environment) of South Florida and The Pride Center at Equality Park.

An affiliate of SAGEUSA, SAGE of South Florida serves its membership by sponsoring dinner parties, cruises and theater groups. It hosts monthly book discussions, Men's Singles Dinners and Women's lunches at The Ark. It addresses community needs by producing classical music concerts, by funding such diverse organizations as The Smart Ride, The Poverello Food Bank and The Broward Breast Cancer Coalition.

The local chapter helps to inform through documentary screenings, computer courses, drivers' safety courses and a monthly Lunch & Learn Program whose speakers have included such notables as Lori Parrish - Broward County Property Appraiser, Steve Rothaus of The Miami Herald, The Honorable Dr. Brenda C. Snipes - Broward County Supervisor of Elections and Broward County Sheriff Al Lamberti. Weekly get-togethers are held on both a male-only and a co-ed basis and include the Wednesday Men's Drop-In which provides opportunity for

La comunidad LGBT (Lesbianas, Gays, Bi-Sexual Transgénero) que cada vez sigue creciendo en el sur de Florida. Muchos individuos, empresas y organizaciones que sirven a esta comunidad para mejorar nuestras vidas, pero por citar un par, me centraré en SAGE (Acción Senior en un Ambiente Gay) del Sur de Florida y The Pride Center at Equality Park.

Un afiliado de SAGE USA, SAGE del Sur de la Florida, sirve a sus miembros mediante el patrocinio de diversos eventos, cruceros y grupos de teatro. Alberga las discusiones mensuales de libros, cenas de los hombres solteros y los almuerzos de la Mujer en el restaurant The Ark. Promueve las necesidades de la comunidad mediante la producción de conciertos de música clásica, la financiación de organizaciones como The Smart Ride, El Banco de Alimentos Poverello y la Coalición de El cáncer de mama de Broward.

SAGE of South Florida presenta documentales, cursos de informática y de seguridad para conductores, eventos educativos que han incluido personajes como Lori Parrish -Tasador de la Propiedad del Condado de Broward, Steve Rothaus del The Miami Herald, El Honorable Dr. Brenda C. Snipes -Supervisor del centro de Electores del Condado de Broward y el Alguacil del Condado Broward, Al Lamberti. Semanalmente hay encuentros para hombres y de forma mixta. También los miércoles se ofrece la

fellowship, for sharing experiences and for the discussion/resolution of various age-related concerns..... all in a comfortable setting at The Pride Center.

The Pride Center is a hub of activity that supports, enhances and enriches the LGBT Senior Community. Their Senior Advisory Council (SAC), in conjunction with local businesses and organizations sponsors a gathering for Coffee & Conversation every Tuesday morning. Tuesday afternoon scheduled activities alternate between Games Days and a Speakers Series that provides entertainment, education and support. Other goings-on include pot-luck luncheons, various card-playing groups, a support group for Senior Gay Men, an invigorating exercise program, and an annual Senior Health Expo. Home to more than 60 regularly-scheduled community groups, The Center hosts programs addressing needs of the gay, straight, women's and minority sectors. For some time

The Pride Center has been enduring growing-pains and settling into its spectacular new campus under the guidance of then Executive Director Paul Hyman who has recently resigned to pursue other adventures. The new Executive Director, Robert Boo returns to the organization with the foresight, the skills and the enthusiasm to lead The Center to into its next phase which is one of immeasurable growth and expansion of services to the community. •

oportunidad para confraternizar, compartir experiencias y para la discusión / resolución de diversos problemas relacionados con la edad... todo ello en un ambiente cómodo en el Centro de Orgullo.

El Centro de Orgullo es un centro de actividad que apoya, estimula y enriquece a la comunidad LGBT de las personas mayores. Su Consejo Superior de Asesor (SAC), en colaboración con empresas y organizaciones locales patrocinan una reunión de conversación de café los martes por la mañana. Los martes hay actividades como juegos, entretenimiento, educación y apoyo.

Otras actividades incluyen almuerzos del paquetito, varios grupos de naipes-, un grupo de apoyo para hombres gay mayores, programas de ejercicios vigorizantes y una exposición anual sobre la salud.

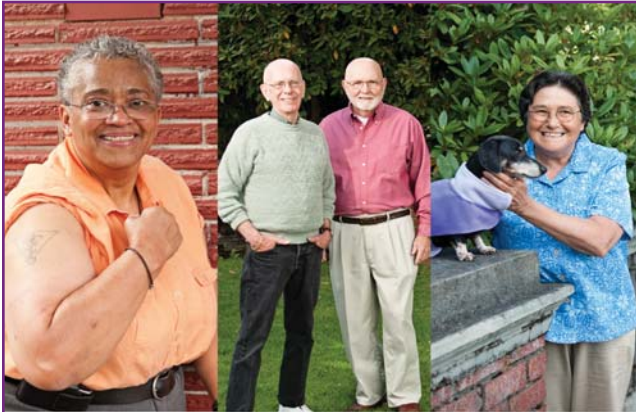
Hogar para más de 60 grupos comunitarios, albergando los programas que abordan las necesidades de los homosexuales, heterosexuales, las mujeres y los sectores minoritarios. Desde hace algún tiempo el Centro de Orgullo ha estado creciendo e instalándose lentamente en su nueva localidad, bajo la dirección de Pablo Hyman quien recientemente renunció para perseguir otras aventuras. Robert Boo regresa a la organización como el nuevo Director Ejecutivo con la visión, las habilidades y el entusiasmo para dirigir el Centro para a la siguiente fase que es de un crecimiento inconmensurable y expansión de los servicios a la comunidad. •



SAGE of South Florida
www.sagewebsite.org
Phone: 954-634-7219



The Pride Center
www.glccsf.org
Phone: 954-463-9011



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ON LGBT AGING



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in partnership with

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Brookdale Center for Healthy Aging and Longevity

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FORGE Transgender Aging Network
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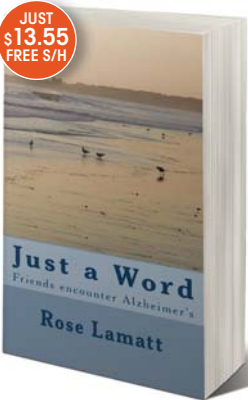
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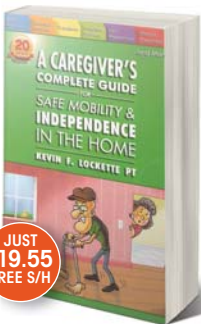
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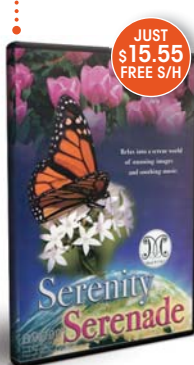
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55+ CALENDARIO DE LA COMUNIDAD Y DE LOS PROFESIONALES

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 Broward  Miami-Dade  Palm Beach  55+ Network

APRIL / ABRIL

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
04/05	10:00A-11:30A: ALZ Caregivers Support Group Sarah Care Adult Day Care, 754 Riverside Dr, Coral Springs 33071, 954-341-7788
04/11	8:30A-10:00A: Professional Resource Network Lighthouse North County Senior Center, 5217 Northlake Blvd., Palm Beach Gardens 33418
04/11	11:00A-1:00P: Miami-Dade Alliance for Aging Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172
04/12	7:45A-9:30A: Broward Coalition on Aging Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319
04/13	8:30A-10:00A: Partnership for Aging Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461
04/19	8:30A-10:00A: Miami-Dade Coalition on Aging The Sterling, 2777 NE 183rd Street, Aventura 33160
04/24	8:30A-10:00A: Professional Resource Network North Courtyard Gardens Rehabilitation, 17781 Thelma Ave, Jupiter 33458
04/25	8:00A-10:00A: Elder Services Resource Network Covenant Village, 9201 W. Broward Blvd., Plantation 33324
04/26	8:30A-10:00A: 55+ Network Breakfast Vi at Aventura, 19333 W. Country Club Drive, Aventura 33160
04/27	10:00A-11:30A: ALZ Caregivers Support Group Colony Club, 3799 North Pine Island Rd, Sunrise 33351, 954-971-7155

MAY / MAYO

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
05/03	10:00A-11:30A: ALZ Caregivers Support Group Sarah Care Adult Day Care, 754 Riverside Dr, Coral Springs 33071, 954-341-7788
05/09	8:30A-10:00A: Professional Resource Network Lighthouse New Day Adult Care Center, 301 Ebbtide Drive, North Palm Beach 33408
05/09	11:00A-1:00P Miami-Dade Alliance for Aging Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172
05/10	7:45A-9:30A: Broward Coalition on Aging Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319

continued on next page


05/11	8:30A-10:00A: Partnership for Aging Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461
05/17	8:30A-10:00A: Miami-Dade Coalition on Aging The Sterling, 2777 NE 183rd Street, Aventura 33160
05/22	8:30A-10:00A: Professional Resources Network North Devonshire at PGA National, 100 Devonshire Way North, Palm Beach Gardens 33418
05/23	8:00A-10:00A: Elder Services Resource Network Covenant Village, 9201 W. Broward Blvd., Plantation 33324
05/24	8:30A-10:00A: 55+ Network Breakfast Horizon Club, 1208 S. Military Trail, Deerfield Beach 33442
05/25	10:00A-11:30A: ALZ Caregivers Support Group Colony Club, 3799 North Pine Island Rd, Sunrise 33351, 954-971-7155

JUNE / JUNIO

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
06/07	10:00A-11:30A: ALZ Caregivers Support Group Sarah Care Adult Day Care, 754 Riverside Dr, Coral Springs 33071, 954-341-7788
06/08	8:30A-10:00A: Partnership for Aging Mid-County Senior Center, 3680 Lake Worth Road, Lake Worth 33461
06/13	11:00A-1:00P: Miami-Dade Alliance for Aging Alliance for Aging Conference Room, 760 NW 107th Avenue, Miami 33172
06/14	7:45A-9:30A: Broward Coalition on Aging Garden Plaza at Inverrary, 4251 Rock Island Road, Lauderhill 33319
06/21	8:30A-10:00A: Miami-Dade Coalition on Aging The Sterling, 2777 NE 183rd Street, Aventura 33160
06/26	8:30A-10:00A: Professional Resource Network North Columbia Hospital Pavilion, 2201 45th Street, West Palm Beach 33407
06/27	8:00A-10:00A: Elder Services Resource Network Covenant Village, 9201 W. Broward Blvd., Plantation 33324
06/27	10:00A-11:30A: ALZ Caregivers Support Group Colony Club, 3799 North Pine Island Rd, Sunrise 33351, 954-971-7155
06/28	8:30A-10:00A: 55+ Network Breakfast The Classic, 6100 Common Circle, West Palm Beach 33417

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