

55+TM MAGAZINE

FREE

ENGLISH / ESPAÑOL



SUZE ORMAN

INTERVIEW / ENTREVISTA

UPDATED 2012

Resource Directory
Directorio de Servicios
Pg. 35-57

**Don't let criminals
ruin your summer fun**
No deje que los criminales
arruinen su verano

**New treatment for
Psoriasis and Vitiligo**
Nuevo tratamiento para
la Psoriasis y el Vitiligo

**Navigating retirement
for the LGBT**
Información para personas
de la tercera edad LGBT





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

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

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

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

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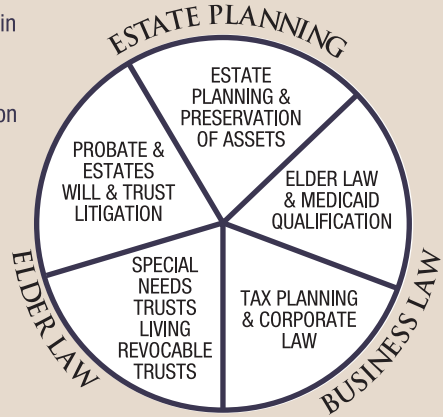
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As many as 13% of all Baby Boomers are part of a minority group. 55+ magazine will be sensitive to the needs of all people i.e.: race, creed, religion, sex, sexual orientation, gender identity and national origins.

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NEW TREATMENT FOR PSORIASIS AND VITILIGO

NUEVOS TRATAMIENTOS PARA LA PSORIASIS Y VITILIGO

HUMBERTO FORTUNA MA, MS / GERIATRIC SPECIALIST



Summer has arrived and we are all looking forward to beach time, sandals and shorts! In this issue, I would like to share something with you that I have been experiencing since I was a child. As we age, as you know, we each have our own set of challenges....and mine is a skin disorder called Vitiligo. Skin conditions can really affect a person's life. You're probably familiar with Vitiligo because of the attention Michael Jackson brought to it. He suffered a loss of his skin pigmentation. Now, I am very excited to share my discovery of the latest treatment for Vitiligo and psoriasis.

Vitiligo is a skin condition in which there is a loss of pigment (color) from areas of the skin, resulting in irregular white patches that still feel like normal skin. An estimated 1 to 2 million Americans have Vitiligo. Although there is no cure, Vitiligo can be treated.

After many years of diverse treatments and research, I have discovered a new treatment that was approved by the FDA in 2000. This treatment also works for Psoriasis as well as other skin conditions. The XTRAC is the first Excimer Light Therapy System

¡El verano ha llegado y comenzamos a pensar acerca de la playa, sandalias y los pantalones cortos! Sobre este tema, me gustaría compartir algo con ustedes que he venido experimentando desde niño. A medida que envejecemos, como usted sabe, todos tenemos nuestros propios complejos... y el mío es un problema de la piel llamado Vitiligo. Enfermedades de la piel realmente pueden afectar la vida de una persona de varias maneras. Probablemente usted está familiarizado con el Vitiligo, debido a la atención que Michael Jackson trajo a la misma. Él sufrió una pérdida de la pigmentación de su piel como yo. Estoy muy contento al poder compartir mi descubrimiento sobre un tratamiento para el Vitiligo y la Psoriasis. El Vitiligo es una enfermedad donde hay una pérdida de pigmentación (color) en ciertas áreas de la piel, dando como resultado parches blancos e irregulares que aún se sienten como piel normal. Se estima que de 1 a 2 millones de estadounidenses padecen de Vitiligo. Aunque no hay cura se puede tratar. Después de muchos años de diversos tratamientos e investigación, he descubierto un nuevo tratamiento que fue aprobado por la FDA en el año 2000. Este tratamiento también trabaja para la enfermedad de la Psoriasis, así como otras

that utilizes a specific wavelength of light which stimulates the repigmentation of the skin. This same laser will clear unsightly psoriatic skin plaques quickly, safely and painlessly.

Most treatment sessions last only a few minutes and results will vary from person to person. Clinical studies have shown that repigmentation will generally begin within 6 to 12 treatments and be completed within 30 treatments or less.

Treatments are performed in a doctor's office under the guidance of a trained physician. The best part is that some insurance companies cover the treatment, however the level of coverage will vary by plan.

I want to clarify that I am not a spokesperson for this treatment. Neither myself nor my physician is saying that this is what you may need. I just want to share this information with all those individuals that are secretly or not so secretly dealing with this physical, emotional and psychological challenge. Remember, prior to starting any treatment consult your physician to make sure that this treatment is correct for you. At this time, I am being treated by Doctor Sofman, MD, who is a Diplomate of the American Board of Dermatology in Hollywood. If you would like to know if you are a candidate for this treatment, you can call his office at 954-983-5533.

Again, as I always say, my philosophy is... IF YOU KNOW IT... SHARE IT! •

condiciones dermatológicas. El Xtrac es el primer sistema de terapia de luz Excimer que utiliza una determinada longitud de onda de la luz que estimula la repigmentación de la piel en el tratamiento para el Vitiligo. Este mismo láser borrará feas placas en la piel rápidamente, segura y sin dolor para la Psoriasis. La mayoría de las sesiones de tratamiento duran sólo unos minutos y los resultados pueden variar de persona a persona. Los estudios clínicos han demostrado que se ve resultados generalmente dentro de 6 a 12 sesiones y completándolo dentro de las 30 sesiones o menos. Los tratamientos se realizan en un consultorio bajo la supervisión de un médico capacitado. La mejor parte es que algunas compañías de seguros cubren el tratamiento, sin embargo el nivel de cobertura varía. Quiero aclarar que no soy un portavoz de este tratamiento. Ni mi médico ni yo decimos que esto es lo que pueda necesitar. Sólo quiero compartir esta información con todas aquellas personas que secretamente o no tan en secreto son afectados con este problema físico, emocional y tal vez psicológicamente. Recuerde, antes de iniciar cualquier tratamiento consulte a su médico para asegurarse de que este tratamiento es el correcto para usted. En este momento, estoy siendo tratado por el doctor Sofman, MD, quien es diplomado del American Board of Dermatology. Si a usted le gustaría saber si usted es un candidato para este tratamiento, puede llamar a su oficina al 954-983-5533.

Una vez más, como siempre digo, mi filosofía es... si usted lo sabe... ¡Compártelo! •



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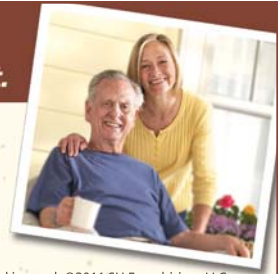
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While having fun with the family this summer, keep in mind that thieves and burglars don't take vacations from criminal activity. Stay vigilant

about protecting your home, your belongings and your identity. Don't let crime ruin your summer fun.

STAY ALERT. Be aware of what's going on in your neighborhood. Never hesitate to report suspicious activity to law enforcement. If you notice activity at your neighbors' house when you know they are away on vacation, call 911 immediately. Your tip might be the one that helps BSO detectives catch up to an otherwise elusive burglar. If you notice someone lurking around cars in a parking lot, phone in that tip. If you recognize a suspect from a surveillance video, call Crime Stoppers of Broward County. You may remain anonymous, and Crime Stoppers will pay up to \$1,000 for information leading to an arrest. Teaming up and keeping the lines of communication open between law enforcement and observant residents is the best defense against criminals.

Lock your doors and don't forget to arm your alarm systems if you

Mientras se divierte en familia este verano, tenga en cuenta que los ladrones no se toman vacaciones de la actividad criminal. Manténgase informado sobre la protección de su hogar, sus pertenencias y su identidad. No deje que el crimen arruine su diversión del verano.

ESTÉ ALERTO. Sea consciente de lo que está pasando en su vecindario. Nunca dude en reportar cualquier actividad sospechosa a las autoridades. Si observa algo sospechoso en la casa de sus vecinos, llame al 911 inmediatamente. El punto es ayudar a los detectives del BSO a capturar un ladrón que de otro modo se haría difícil. Si observa a alguien merodeando por los automóviles en un estacionamiento, telefóne. Si usted reconoce a un sospechoso de un video de vigilancia, llame a Crime Stoppers del Condado de Broward. Usted puede permanecer en el anonimato, y Crime Stoppers pagará hasta \$ 1,000 por información que conduzca a un arresto. Trabajar en equipo y mantener las líneas de comunicación abiertas entre la policía y los residentes de observadores es la mejor defensa contra los criminales.

Cierre las puertas y no se olvide de activar los sistemas de alarma. Cuando está fuera de casa, cierre

have them. When you are out and about, lock your car doors and never keep valuables in plain view. It only takes a few seconds for a car burglar to grab your purse, wallet or cell phone from your car while you step away to walk your dog, pay for gas or put flowers at a gravesite. Don't make it easier for criminals by leaving a door unlocked.

Thinking of making some repairs before a hurricane approaches? Be wary of unlicensed contractors. They might take your money and run, do sub-standard work or have a criminal history. To make sure the workers in your home are licensed, visit the Florida Department of Business and Professional Regulation's website at www.myfloridalicense.com.

Be suspicious of anyone who shows up uninvited at your door. Sometimes, criminals knock first, and they can be very charming. They might ask for a drink, for directions, to use the phone or say they were sent to do work at your house. These are common tactics of scam artists and thieves. If you don't know them, don't let them in.

Make your house look occupied when you are out. Leave a television or radio on, or set some lamps on timers. If you go away, stop your newspaper delivery and have someone collect your mail. You can even deter burglars with your landscaping. Plant some thorny bushes under windows that might make an illegal entry difficult. Trim back foliage that might block the view of your home from the street, and add some outdoor lighting so that criminals can't operate unnoticed.

Once you take the necessary precautions to protect yourself, your belongings and your family, you can relax and enjoy a fun and safe summer. •

las puertas del coche y no deje objetos de valor a la vista. Sólo le toma unos segundos a un ladrón de automóviles apoderarse de sus pertenencias mientras usted se aleja a pasear a su perro, pagar el gas o poner flores en una tumba. No tiene a los delincuentes dejando una puerta abierta.

Pensando en hacer algunas reparaciones antes de que un huracán llegue? Tenga cuidado con los contratistas sin licencia. Pueden robarle, hacer mal el trabajo o tener antecedentes penales. Para asegurarse de que los trabajadores en su casa tengan licencia, visite el Depto de Negocios y Regulación Profesional en www.myfloridalicense.com.

Sospeche de cualquier persona que no conozca. A veces, los delincuentes a primera vista puede resultar encantadores. Pueden pedir una bebida, preguntar por direcciones, pedir usar el teléfono o dicen que fueron enviados a realizar trabajos en su casa. Estas son tácticas comunes de los estafadores y ladrones. Si no los esperaba, no los deje entrar!!!

Haga que su casa parezca ocupada cuando usted está fuera. Deje un televisor o radio encendido, o ponga algunas lámparas con temporizadores. Si usted se va, suspenda el reparto del periódico y que alguien recoja su correo. Plantar algunos arbustos espinosos debajo de ventanas puede hacer una entrada ilegal difícil. Recorte follaje que podría bloquear la vista de su casa desde la calle, y añadir un poco de iluminación al aire libre.

Una vez que usted tome las precauciones necesarias para proteger sus pertenencias y a su familia, usted puede relajarse y disfrutar de un verano divertido y seguro. •



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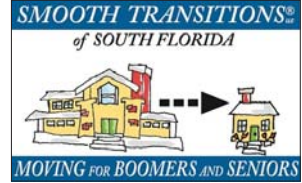
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SONYA LONG



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As you prepare for this year's hurricane season, there may be something important you've missed. Do you have the Poison Control Hotline programmed into your cell phone? Storms and other natural disasters frequently lead to injuries, including poisonings.

Storm-related poisonings can include carbon monoxide exposure (from generators used improperly), medication mistakes, child poisonings, snake or insect bites, or poisoning from spoiled food. People with vision difficulties, chronic conditions or complex medication regimens can be at particular risk of poisoning. People over 65 are also the demographic group in the U.S. who are least likely to know about the free services of poison control centers. By taking a moment to program 1-800-222-1222 into your cell phone, you'll ensure you have immediate access to the doctors, nurses and pharmacists at South Florida's poison control center at Jackson Memorial Hospital/University of Miami Medical Center. Even after a serious storm, if you have a working phone, you can reach a poison expert for free and confidential help, 24 hours, seven days a week. Take a moment to program your phone, and visit the Florida Poison Information Center-Miami website at www.miamipoison.org for more information. •



Mientras se prepara para la temporada de huracanes de este año, puede haber algo importante que se le haya escapado.

¿Tiene el número de teléfono de Control de envenenamientos programado en su celular? Las tormentas y otros desastres naturales a veces conducen a lesiones, incluyendo las intoxicaciones.

Envenenamientos relacionados con tormentas pueden incluir la exposición a monóxido de carbono (generadores utilizados indebidamente), errores de medicación, picaduras de insectos o serpientes, o la intoxicación por alimentos en mal estado. Las personas con dificultades de visión, problemas crónicos o regímenes complejos de medicación son más propensos para los envenenamientos. Las personas mayores de 65 años también tienen menos probabilidades de saber acerca de los servicios gratuitos de los centros de control de intoxicaciones. Al programar el 1-800-222-1222 en su celular se asegura de tener acceso inmediato a los médicos y farmacéuticos del centro de control de toxicología del Hospital Jackson Memorial. Incluso después de una tormenta seria, si usted tiene un teléfono que funcione, puede contactarlos para obtener ayuda gratuita y confidencial, 24/7. Más información en www.miamipoison.org. •

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DO YOU HAVE AN UNDETECTED VISION PROBLEM?

¿TIENE USTED UN PROBLEMA DE VISIÓN NO DETECTADO?

Few people realize that even if they test 20/20 on an eye chart during a routine exam, they may still have undetected vision problems that are often misdiagnosed and severely reduce their enjoyment of life and even contribute to falls.

Symptoms typically include swerving off course even when you think you're walking a straight line, seeing words "jump around" on a page when you're reading, finding yourself unable to pour a beverage without missing the cup, and tripping on chair legs.

The reasons for those problems travel under fancy names such as convergence insufficiency, binocularity problems, visual midline shift syndrome, and impaired peripheral vision. They are often associated with people who have experienced a stroke or head injury.

Few optometrists are trained to recognize such problems. However, even the U.S. Army in February recognized the impact undetected vision problems can have on returning soldiers and instituted a program to check for them.

In rehabilitation settings, it's particularly important to make sure that as part of your therapeutic recovery plan your vision isn't overlooked. Whitehall Boca Raton recently launched its own functional vision rehab program, which is led by world-renowned neuro-optometrist

Pocas personas se dan cuenta que incluso si la prueba es 20/20 en una tabla optométrica durante un examen rutinario, todavía pueden tener problemas no detectados de la visión que a menudo son mal diagnosticados contribuyendo a posibles caídas.

Los síntomas suelen incluir desviarse de su curso, incluso cuando crees que estás caminando por una línea recta, al ver las palabras "saltar" de una página que estás leyendo, encontrarse a sí mismo incapaz de verse una bebida sin perder la copa, y tropezar con uno de patas de la silla.

Las razones de esos problemas pueden ser por la insuficiencia de convergencia, problemas de binocularidad, el síndrome visual de desplazamiento de línea media, y el deterioro de la visión periférica. A menudo se asocian con personas que han sufrido un accidente cerebrovascular o la cabeza.

Pocos optometristas están capacitados para reconocer estos tipos de problemas. Sin embargo, incluso el Ejército de los EE.UU. en febrero reconoció los problemas de visión no detectados que puede tener los soldados que regresan de la guerra e instituyó un programa para detectar este problema.

En los centros de rehabilitación, es particularmente importante asegurarse de que, como parte de su plan de recuperación

Dr. Larry Lampert. He noted that recent studies show at least 35 percent of the elderly population have binocular vision problems and may be experiencing falls as a result.

He advises anyone with persistent vision problems to seek an optometrist able to diagnose and prescribe proper treatment for those issues. •



terapéutica que su visión no se pasa por alto. Whitehall Boca Raton ha lanzado recientemente su propio programa de rehabilitación funcional de la visión, liderada por el mundialmente conocido neuro-optometrista el Dr. Larry Lampert. Señaló que estudios recientes demuestran que al menos el 35 por ciento de la población de edad avanzada tienen problemas de visión binocular y puede estar experimentando caídas como consecuencia de ello.

Él aconseja a cualquier persona con problemas de visión buscar un optometrista que pueda diagnosticar y prescribir el tratamiento adecuado para usted. •



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AMERICA'S PERSONAL FINANCE EXPERT

LA EXPERTA DE FINANZAS PERSONALES DE AMÉRICA

Suze Orman grew up in the inner city on the South side of Chicago. Believe it or not, at 30 years of age, she was a waitress making \$400 a month. Through a great deal of hard work and dedication, she became America's Personal Finance Expert. You know her best from her weekly television show, "The Suze Orman Show" as well as from her seven PBS specials. 55+ had the pleasure of speaking with Suze about her life, her success and her advice and recommendations for our readers.

55+ The Suze Orman Show has been one of the highest rated shows on CNBC.... tell us why you think it has been such a great success?

SO I am somebody who does not hold back and speaks the truth, not just words. When people speak about money, they speak in terms, words and phrases that most people do not understand and they ask themselves, "what are they talking about?" When people see somebody being real about money and they do not hold back and are willing to say "ARE YOU KIDDING ME? ARE YOU STUPID?" they can relate to not only what I am saying but they can relate to the people that are calling in as well. It's a show that relates to the masses, no matter how much money you have. It relates to you whether you are in the lower, upper or middle class, whether you are male or female, whether you are Christian, Jewish or of any other religion. It's a show that is inclusive rather

Suze Orman se crió en una ciudad del interior en el lado sur de Chicago. Lo creas o no, a los 30 años de edad, ella era una camarera que ganaba \$400 al mes. Después de una gran cantidad de trabajo duro y dedicación, se convirtió en Experta en Finanzas personales de Estados Unidos. Usted conoce bien de su programa de televisión semanal, "El Show de Suze Orman", así como de sus siete programas especiales de PBS. 55+ ha tenido el placer de hablar con Suze sobre su vida, su éxito y sus consejos y recomendaciones para nuestros lectores.

55+ "El Show de Suze Orman" ha sido uno de los programas de mayor audiencia en CNBC ... Díganos por qué cree que ha sido un éxito tan grande?

SO Soy alguien que no se contiene y dice la verdad, no sólo palabras. Cuando las personas hablan sobre el dinero, hablan en términos, palabras y frases que la mayoría no entiende y se preguntan, "¿qué están hablando?" Cuando las personas ven a alguien siendo real sobre el dinero y que no aguanta más, están dispuestos a decir "¿Estás bromeando? ¿Eres tonto?" "Que se pueden identificar no sólo con lo que estoy diciendo, sino también con las personas que están llamando también. Es un espectáculo que se refiere a las masas, no importa cuánto dinero tienes. Se refiere a que si usted está en la clase baja, media

Suze Orman

NELSON A. GARCIA



than exclusive. Personal finance is very different than economics. Personal finance affects everybody personally.

55+ I have to ask you about your belief in “People First, Then Money, Then Things.” How did this come about?

SO With Elisa my neighbor. It must have been 1998 or 1999. I was still living in Oakland Hills at that time. I came out of my driveway and was going for a walk. There

o superior, si usted es hombre o mujer, si usted es cristiano, judío o de cualquier otra religión. Es un espectáculo que es más inclusivo que exclusivo. Las finanzas personales son muy diferente a la economía. Las finanzas personales nos afectan a todos personalmente.

55+: Tengo que preguntarle acerca de su creencia en “Las personas primero, después el dinero, después las cosas.” ¿Cómo se llegó a esto?

SO Con Elisa mi vecina. Debe haber sido 1998 o 1999. Yo todavía estaba viviendo en las colinas de Oakland en ese momento. Yo salí de mi camino a dar un paseo. Estaban Elisa y su hermana pequeña sentada en la puerta de su casa vendiendo limonada por 10 centavos el vaso. Deben haber tenido 5 y 3 años de edad. Me acerqué y empecé a hablar con ellas acerca de cómo se imaginaron sus precios. Pensé que estaban vendiendo demasiado barato. Como estábamos allí sentados y hablando, le pregunte: “¿Cuáles son las cosas más importantes en tu vida?” Ella pensó bastante y dijo: “Bueno, mi casa, mi dulce, mi dinero, mi televisión y mi mamá y papá.” Así que le dije, “Bueno, vamos a hablar de esto por un segundo.” De hecho, ella puso el dinero justo antes de que mamá y papá, pero primero todas las otras cosas. Le dije: “Entonces, ¿qué se necesita



was Elisa and her little sister sitting in their driveway selling lemonade for 10 cents a glass. They must have been 5 and 3 years old. I went over and started talking to them about how they figured out their prices. I thought they were selling it way too cheap. As we were sitting there and talking, I said, "What are the most important things in your life?" She thought with tremendous effort and said, "Well, my house, my candy, my money, my tv and my Mom and Dad." So I said, "Alright, lets talk about this for a second." She actually put money right before Mom and Dad but all the other things first. I said, "So what does it take to buy the tv?" She said, "money." I said, "What does it take to get candy?" She said, "money." I said, "What does it take to get this house?" She said, "money." I said, "So, what did it take to get Mommy and Daddy?" She said, "love." So I

para comprar la televisión?" Ella dijo, "dinero". Le dije: "¿Qué se necesita para obtener un dulce?" Ella dijo, "dinero". Le dije: "¿Qué se necesita para conseguir esta casa?" Ella dijo, "dinero". Le dije: "Entonces, ¿qué se necesita para tener a mamá y papá?" Ella dijo, "amor". Así que le dije, "¿No crees que tiene que ponerse al revés? ¿No crees que debería ser mamá y papá (las personas), después el dinero, después las cosas?" Y ella dijo: "¡Sí!" Así es exactamente como empezó. Así de sencillo.

55+ En los últimos años ha sido nombrada como una de las personas más influyentes del mundo por varias revistas top. ¿Cómo le hace sentir esto?

SO Hmm muy satisfecha, pero no por la razón que usted podría pensar. Fueron esas mismas revistas que escribieron algunas de los más absolutamente horribles artículos sobre mí. Esas mismas revistas se burlaban de mí cuando empecé. Le preguntaron a una mujer, que no tiene ningún tipo de título financiero, que hablaba de la espiritualidad y el dinero, quien se refirió a las minorías en vez de la mayoría, y habló que el dinero tiene su propia energía de... ¿Cómo iba a saber algo?

Las revistas que me llaman "Suze la mujercita" o Suze con nada de propaganda. ¿Por qué estamos todos escuchándola de todos modos? ¿Están bromeando? Y ahora, unos años más tarde, esas mismas revistas exactas me nombran como una de las personas más influyentes en el mundo, o una de las 100 mejores mujeres del mundo. Esta es una buena indicación de que si usted

said, “Don’t you think you have this a little bit reversed? Don’t you think it should be Mommy and Daddy (people), then money, then things?” Then she said “YEAH!” That’s EXACTLY how it started. Just that simple.

55+ In the last few years you have been named as one of the most influential people in the world by several top magazines. How does this make you feel?

SO Hmm.... very satisfied, but not for the reason you might think. It was those same magazines that wrote some of the most absolutely, horrific articles on me. Those exact, same magazines made fun of me when I first started. They asked what a woman, who did not have any type of financial degree, who talked about spirituality and money, who talked to minorities rather than the majority, and talked about money having an energy force of its own...what would she know about anything? The magazines would call me “Suze the Floozie” or Suze with nothing more than just hype. Why are we all listening to her anyway? Are you kidding? And now, a few years later, those exact same magazines name me as one of the most influential people in the world, or one of the top 100 women in the world. This is a true indication that if you continue to do what you think is right, regardless of what people say about you, they will eventually come around and even honor you. I have since learned to let people think what they want to think because I now know they were wrong. It takes a tremendous amount of faith in yourself and in God to learn the truth as well. You know how it feels and when it feels

continúa haciendo lo que cree que es correcto, independientemente de lo que la gente dice acerca de usted, con el tiempo dará la vuelta e incluso será homenajeado. Desde entonces he aprendido a dejar que la gente piense lo que quieran porque ahora sé que estaban equivocados. Se necesita una enorme cantidad de fe en ti mismo y en Dios para saber la verdad también. Sabes cómo se siente y cuando se siente bien. No importa lo que otros dicen acerca de usted. Ahora, diez años más tarde se me está honrando. Se ha rectificado lo que se dijo sobre mí en el pasado.

55+ Usted apareció en el “Allstars de Oprah”, espectáculo en el año 2011. Cuéntanos un poco acerca de esa experiencia.

SO Bueno, en realidad era mi idea de que el Dr. Oz, el Dr. Phil y yo, todos se reúnan. Todos nosotros, en mi opinión, debemos nuestras carreras a la Sra. Winfrey. Ella realmente lo hizo, a su manera, que Allstars de todos nosotros. Fue a partir de una red y, obviamente, de que debe haber sido una cosa muy importante para ella. No me parece que el mayor regalo que podemos dar vuelta a Oprah fue para todos nosotros unirnos y hacer lo que hicimos. La primera vez que lo hicimos, fue absolutamente fabuloso! Era la primera vez que los tres de nosotros aparecíamos en un escenario juntos, en un formato consistente. Era la primera vez que realmente aparecí con el Dr. Phil, nunca antes. Fue divertido y una experiencia encantadora. Era todo lo que podíamos haber esperado y una verdadera atracción para mí.



right. It doesn't matter what other people say about you. Now, ten years later they are honoring me. It has rectified what they said about me in the past.

55+ You appeared on the “Oprah’s Allstars” show in 2011. Tell us a little about that experience.

SO Well, it was actually my idea that Dr. Oz, Dr. Phil and myself all come together. All of us, in my opinion, owe our careers to Ms. Winfrey. She really did, in her way, make allstars out of all of us. She was starting a network and obviously, that must have been a very important thing for her. It would seem to me that the greatest gift that we could give back to Oprah was for all of us to come together and do that show. The first time we did it, it was absolutely fabulous! It was the first time that the three of us appeared on a stage together in a consistent format. It was the first time I really appeared with Dr. Phil, ever. It was fun and a delightful experience. It was everything you could have hoped for and a real highlight for me.

55+ Usted ha recibido más premios Gracie (Premio reconocimiento de la nación a la mejor programación para, por, y sobre las mujeres de radio, televisión y cable) que nadie, en la historia de 35 años de este premio. Usted debe sentirse muy orgullosa por esto.

SO Hmm sería yo ingrata si digo que no? He ganado premios Emmy, he ganado esto y he ganado aquello. Eso no es lo que me llena de orgullo. Lo que me llena de orgullo es cuando recibo una carta o alguien me detiene en la calle y dicen: “Suze, me salvaste la vida! Oh, Dios mío, Suze! Cuando la empecé a escuchar tenía \$30,000 en deuda de tarjetas de crédito, estaba viviendo en mi coche, era esto y aquello, y ahora mírame!” No puedo explicarlo. No es que la gratitud no viene de ser reconocido, la gratitud en mi vida viene de la comprensión de la transformación que ha hecho en la gente en sus propias vidas debido a la información que de alguna manera se ha canalizado a través de mí. Eso es lo más

55+ You have received more Gracie Awards (The Gracies recognize the nation's best radio, television and cable programming for, by, and about women) than anyone in the 35 year history of this award. You must take great pride in this.

SO Hmm.... would I be ungrateful if I said NO? I've won Emmys, I've won this and won that. That isn't what gives me great pride. What gives me great pride is when I get a letter or somebody stops me in the street and they say, "Suze, you saved my life! Oh my God, Suze! When I first started listening to you I had \$30,000 in credit card debt, I was living in my car, I was this and I was that, and now look at me!" I cannot quite explain it. It isn't that the gratitude does not come from being recognized, the gratitude in my life comes from understanding the transformation that people have done in their own lives because of the information that somehow has funneled through me. THAT is the most gratifying of all. While my Gracies and my Emmys are all around me, and it really is quite something to even think that Suze Orman won 2 national daytime Emmys, it's still like.... "Are you kidding me?" Now that I am almost 61, I think about what will happen to them when I die....will anyone even care that there are awards with my name on them? But when I think of the people whose lives have been transformed, whose families have been saved, that will continue on with tremendous energy, those are the things that I spend my time thinking about.

55+ Our readers have enjoyed your books such as, "Women and

gratificante de todo. Mientras mis premios Gracies y Emmy están a mi alrededor, y realmente no es poco para pensar que Suze Orman ha ganado 2 Emmys nacionales en un día, todavía es como "¿Estás bromeando?" Ahora que tengo casi 61 años, pienso en lo que va a pasar con ellos cuando me muera ... ¿Alguien siquiera se preocupan de que hay premios con mi nombre en ellos? Pero cuando pienso en las personas cuyas vidas han sido transformadas, cuyas familias se han salvado, que continuará con una energía tremenda, esas son las cosas que me paso el día pensando.

55+ Nuestros lectores han disfrutado de sus libros como: "Las mujeres y el dinero" y "La clase de dinero" para nombrar unos pocos. ¿Qué libro crees que es una lectura obligada para los Baby Boomers y por qué?

SO No es que un libro puede sustituir a otro libro. Depende de sus necesidades. Hoy en día, en 2012, y si tuviera sólo uno a elegir, yo diría que "La clase de dinero". Es como volver a la escuela otra vez.

55+ ¿En qué se deberían concentrar los Baby Boomers en la preparación para la jubilación?

SO No tener absolutamente ninguna deuda, tener dinero tanto en cuentas de ahorro y de jubilación como sea posible y asegurarse de que tienen un testamento y un fideicomiso. También debe asegurarse de que, si tienen hijos, que tienen seguro de vida temporal. Si es dueño de una casa y planea permanecer allí, y pagar tan pronto como sea posible debería ser su objetivo

Money” and “The Money Class” to name a few. Which book do you feel is a must read for our Baby Boomers and why?

SO It's not that one book can replace another book. It depends on your needs. Today, in 2012, and if I had only ONE to choose, I would say “The Money Class. It's like going back to school again.

55+ What should the Baby Boomers concentrate on in preparing for retirement?

SO Having absolutely no debt, having as much money in savings and retirement accounts as possible and making sure they have a will and a trust. They should also make sure, if they do have children, that they have term life insurance. If they own a home and plan on staying there, then having it paid off as soon as possible should be their number one goal. This is why “The Money Class” is such a great book because it goes into great detail on this subject. They need to understand that nobody is going to save them but themselves. They need to take this very seriously and probably will have to work until they are 67 or 70.



número uno. Esta es la razón por “La clase de dinero” es un libro tan grande, ya que entra en gran detalle sobre este tema. Ellos tienen que entender que nadie va a salvarlos a ellos mismos. Tienen que tomar esto muy en serio y, probablemente, tendrá que trabajar hasta los 67 o 70.

55+ Las tarjetas de prepago se han convertido en muy importante en el mercado y me di cuenta de que “la tarjeta de memoria aprobada de Suze Orman” fue catalogada como una de los 5 mejores cartas, debido a sus bajas tarifas. Por favor, cuéntenos acerca de los beneficios de esta tarjeta?

SO Si realmente entiende que la tarjeta, siempre lo situaría como el número uno. Para vivir en el mundo de hoy, se necesita un pedazo de plástico. Hay actualmente 70 millones de personas que utilizan tarjetas de prepago y se prevé que será de 120 millones de dólares en los próximos años. Lo más triste es que en la mayoría de las tarjetas, en mi opinión, la gente carga demasiado dinero. Ellos no te dan ningún beneficio ni servicios. Usted tiene que pagar una gran cantidad de cuotas para el uso de esas tarjetas. Decidí que tenía que hacer algo al respecto y puse más de 1 millón de dólares de mi propio dinero. He creado la tarjeta de memoria aprobada. El nombre surgió a partir del segmento “¿Puedo pagar? “. Creo que es una de las más bajas, si no la tarjeta de menor costo en el mercado. Cuando salió por primera vez, mucha gente mintió al respecto. Usted también obtiene beneficios como la protección contra

55+ Prepaid cards have become very important in the market and I noticed that “The Approved Card from Suze Orman” was listed as one of the 5 best cards due to its low fees. Please tell us about the benefits of this card?

SO If they really understood that card, they would always rank it as number one. To live in today’s world, you need a piece of plastic. There are 70 million people currently that are using prepaid cards and it is projected to be 120 million in the next few years. What is so sad is that the majority of the cards, in my opinion, charge people way too much money. They give you no benefits and no services. You have to pay a lot of fees for using those cards. I decided that I needed to do something about it and I put in over \$1 million of my own money. I created The Approved Card. The name came from the ‘Can I afford it?’ segment. I believe it is one of the lowest, if not the lowest cost card in the market. When it first came out, many people lied about it. You also get benefits like identity theft protection free, unlimited TransUnion credit reports, credit monitoring, a text or email when you charge something to the card, and you can pay your bills online free. If people use it the way I tell them to use it, they would not pay more than \$3 a month. This card will be everything that you would want it to be.

55+ How do you feel about entering your 60’s?

SO My years have given me a maturity that only years can give. It has made me not so vulnerable or sensitive to what others say. It has given me a conviction in the work that I have done and only made me



robo de identidad gratuita, un número ilimitado de reportes de crédito TransUnion, la vigilancia de crédito, un texto o correo electrónico cuando se le cobran a la tarjeta, y usted puede pagar sus cuentas en línea gratis. Si la gente lo usa como yo les digo que lo use, no pagaría más de \$ 3 al mes. Esta tarjeta será todo lo que usted quiere que sea.

55+ ¿Cómo se siente acerca de entrar en sus 60’s?

SO Mis años me han dado una madurez que sólo puede dar años. Me ha hecho no ser tan vulnerable o sensible a lo que otros dicen. Me ha dado una convicción en el trabajo que he hecho y sólo me hizo sentir más fuerte acerca de mis creencias en lo que he hecho. Me ha dado algo a lo que aspirar. Mi pareja y yo podemos pasar nuestra vida futura en un barco. No viajar por el mundo, pero vivir en el océano, en el agua. Tenemos la intención de iniciar esa parte de nuestra vida muy pronto.

55+ Sabemos que le gusta el Sur

feel stronger about my beliefs in what I have done. It has given me something to look forward to. My partner and I can spend our future living on a boat. Not traveling the world, but living on the ocean and on the water. We plan on starting that part of our lives very soon.

55+ We know that you love South Florida and spend some of your time here.....

SO As much as I can. It is my residency and I could not love it more. If you said to me, Suze you could only pick one place to live from this point on, it would be right here in South Florida.... ARE YOU KIDDING ME? •



de la Florida y dedica parte de su tiempo a estar aquí..

SO Todo lo que pueda. Es mi residencia y no podía amarla más. Si usted me dijese, Suze que lugar elegiría para vivir de ahora en adelante, sería aquí mismo, en el sur de la Florida ¿Estás bromeando? •

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GUÍA DE HOSPITALES Y HOSPICIOS

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3000 Coral Hills Dr
Coral Springs
954.344.3000

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Ft Lauderdale
954.776.8500

Broward Health Medical Ctr
1600 S Andrews Ave
Ft Lauderdale
954.355.4400

Broward Health North
201 E Sample Rd
Deerfield Beach
954.941.8300

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Weston
954.689.5000

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954.735.6000

Ft Lauderdale Hospital
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Ft Lauderdale
954.463.4321

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954.749.0300

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Hollywood
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Holy Cross Hospital
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Kindred Hospital
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Hollywood
954.920.9000

Memorial Hospital Pembroke

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Pembroke Pines
954.962.9650

Memorial Hospital West
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Pembroke Pines
954.436.5000

Memorial Regional Hospital
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Hollywood
954.987.2000

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Hollywood
954.966.4500

Northwest Medical Center
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Margate
954.974.0400

Plantation General Hospital
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Plantation
954.587.5010

St Anthony's Rehab Hospital
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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
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Miami
305.325.5511

Coral Gables Hospital
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Coral Gables
305.445.8461

Doctors Hospital
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305.666.2111

Fishermen's Hospital
3301 Overseas Highway
Marathon
305.743.5533

HealthSouth Rehabilitation
Hospital
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Miami
305.251.3800

Hialeah Hospital
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Hialeah
305.693.6100

Homestead Hospital
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Homestead
786.243.8000

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Miami
305.585.6754

Jackson Memorial Hospital
North
14701 NW 27th Ave
Miami
305.585.1111

Jackson South Community
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305.251.2500

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305.448.1585

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South Miami
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305.294.5531

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Miami
305.232.5433

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Continuing Care
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South Miami
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St Catherine's Rehabilitation Hospital
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N. Miami
305.357.1735

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Miami
305.243.1000

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305.262.6800

Westchester General Hospital
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Miami
305.264.5252

MARTIN

Martin Memorial Hospital
South
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Stuart
772.223.2300

Martin Memorial Medical Center
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Stuart
772.287.5200

PALM BEACH

Bethesda Memorial Hospital
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Boynton Beach
561.737.7733

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Boca Raton
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Delray Beach
561.498.4440

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Atlantis
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Belle Glade
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561.622.1411

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Loxahatchee
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Tequesta
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Wellington
561.798.8500

West Boca Medical Center
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561.488.8000

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Miami
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305.932.6360

VI at Aventura
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305.692.4700

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561.394.6282

Boca Raton Rehab Center
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561.391.5200

Fountains
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561.395.7510

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561.362.9644

ManorCare Health Services
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561.997.8111

Menorah House
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561.483.0498

Regents Park Nursing-Rehab
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561.483.9282

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561.736.6000

Heartland Health Care Center
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561.737.5600

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Forum at Deer Creek
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954.698.6269

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Center
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561.638.0000

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772.464.5262

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2121 E Commercial Blvd
954.771.8400

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954.566.8353

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Hialeah Convalescent Home
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305.885.2437

Palmetto Health Center
6750 W 22nd Ct
305.512.4688

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5300 W 16th Ave
305.556.3500

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8333 W Okeechobee Rd
305.556.9900

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Edgewater Manor
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772.546.5800

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305.246.1200

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561.627.3800

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Rehabilitation Center
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561.746.2998

Jupiter Medical Center
Pavilion
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561.744.4444

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Heartland Health Care Ctr
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305.385.8290

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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
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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 McArtor 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
305.558.2570

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

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
305.271.1903

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 Espaniola 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 Bayshore 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 •

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SERVICIOS PROFESIONALES DE 55+

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786-970-4187
(See ad on Page 16)

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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 11)

North Beach Home Health Care
MCR-MAID-LTC-HMO-PVT-O
954-390-7902
www.northbeachhomehealth.com
(see ad in page 23)

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 11)

Whitsyms Nursing Registry
1-800-952-3881
www.whitsyms.com
(See ad on Page 4)

MIAMI DADE

C S I Caregivers Services Inc.
PVT – LTC
877- 277-3448
www.csicaregiver.com
(See ad on Page 3)

Ilana's Care
305-956-9951/786-236-8605
www.ilanasbatiascare.com
(see ad in page 16)

PALM BEACH

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 16)

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

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 43)

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 43)

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 11)

Sagicor Life
954-332-9560
www.sagicorlife.com
(see ad in page 23)

Seniors Helping Seniors
954-463-0090
www.seniorshelpingseniors.com/
greaterfortlauderdale
(See ad on Page 18)

Smooth Transitions
888-721-6565
www.smoothtransitionssfl.com
(See ad on Page 11)

Vespera Life
1-888-738-5195
www.lifepolicypayout.com
(see ad in page 21)

Remember....
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55+ Magazine!

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



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

GUÍA DE RECURSOS

PALM BEACH

Destiny by Choice, Inc.
561.439.3145

Family Violence
Intervention
561.355.1664

New Hope Anger
Management
561.832.3828

Palm Beach Crisis Line
561-547-1000

STATE/NATIONAL

Florida Domestic Violence
Hotline
800.500.1119

National Domestic
Violence Hotline
800.799.7233

National Hispanic
Resource Center
800.473.3003 

DENTAL RESOURCES RECURSOS DENTALES

BROWARD

Broward College Dental
Clinic
954.201.6779

Dental Association
954.772.5461

Ft. Lauderdale Health
Center Dental Clinic
954.467.4820

Gulf Stream Living Water
North 954.763.6644
South 954.965.0077

North Regional & Paul
Hughes Health Centers
954.788.6079

Nova Southeastern
954.7262.7500

South Regional Health
Center Dental Clinic
954.985.4814

MIAMI-DADE

Camillus Health Concern
305.577.4840

Community Health of S. Fla
305.253.5100

Community Smiles Prog.
305.325.0510

Fla. Donated Dental Svcs.
305.598.7080

Helen B Bentley Family
Health Ctr
305.447.4950

Jessie Trice Community
Health Ctr
305.637.6400

Martin Luther King, Jr
Clinica Campesina
305.248.4334

Miami-Dade Community
College Dental Hygiene
Program
305.237.4142

North Dade Health Center
786.466.1500

Nova SE University Health
Care Center
305.949.6202

S. Fla. District Dental Ass.
305.667.3647

UF College of Dentistry
305.694.5400

PALM BEACH

Caridad Health Clinic
561.737.6336

Palm Beach Community
College Atlantic Coast
Research Clinic
561.868.3747

Dental Hygiene Clinic
561.868.3753

PBC Health Department
Belle Glade Dental Office
561.996.1612

Delray Beach Dental Clinic
561.274.3111
Dental Administration
561.837.5560
Lantana/Lake Worth
Dental Office
561.547.6811
Pahokee
561.924.0184
WPB Dental Office
561.514.5310

Samaritan Gardens Center
561.840.8681

DISABILITY PARKING PERMITS PERMISO DE ESTACIONAMIENTO PARA DISCAPACITADOS

BROWARD

Motor Vehicle Services
954.765.4697

MIAMI-DADE

Motor Vehicle Services
305.375.5678

PALM BEACH

Motor Vehicle Services
561.355.2264

DISASTER PREPAREDNESS & EMERGENCY ASSISTANCE

PREPARACIÓN
PARA DESASTRES
Y EMERGENCIAS

BROWARD

American Red Cross
954.797.3800

Emergency Management
Division
954.831.3900
Hurricane Preparedness
Guide & Hurricane Hotline
954.831.4000

MIAMI-DADE

American Red Cross
Central Dade
305.644.1200
North Dade
305.681.1066

South Dade
305.248.2024

Emergency Mgmt. Answer
311

Dade Emergency Mgmt.
305.468.5400

PALM BEACH

American Red Cross
561.833.7711

P.B. Emergency Mgmt.
561.712.6400

STATE

Florida Emergency Mgmt.
850.413.9969

NATIONAL

Federal Emergency Mgmt
800.621.3362

DRIVER'S LICENSE OFFICES

LICENCIAS DE
MANEJO (OFICINA)

BROWARD

Department of Highway
Safety & Motor Vehicles
954.497.1570

MIAMI-DADE

Department of Highway
Safety & Motor Vehicles
305.229.6333

PALM BEACH

Department of Highway
Safety & Motor Vehicles
561.681.6333

STATE

Department of Highway
Safety & Motor Vehicles
850.617.2000

NATIONAL

AARP Driver Safety Prog.
888.227.7669

ELDER ABUSE ABUSO AL MAYOR

BROWARD

Domestic Violence Svcs.
954.327.8750

Senior Citizens Law Project
954.736.2400

Women in Distress
954.760.9800

MIAMI-DADE

Disability and Indep. Living
305.547.5444

Jewish Community
Services of South Florida
305.576.6550

Miami-Dade Elder Helpline
305.670.4357

STATE

Elder Abuse Hotline
800.962.2873

EMPLOYMENT OPPORTUNITIES OPORTUNIDADES DE EMPLEO

BROWARD

AARP Svcs Employment
954.563.2559

Hispanic Unity 

Positive Images
954.484.1824

Second Chance Society
954.763.5999

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

WorkForce One
Ft. Lauderdale
954.677.5555
Hollywood
954.967.1010
Pompano Beach
954.969.3541

MIAMI-DADE

AARP Senior Community
Service Employment
305.476.5925

Association for Sr. Citizens
305.545.7270

Jewish Community
Information & Referral Line
305.576.6550

Senior Community Service
Employment Program
305.871.2820

PALM BEACH

AARP Svcs Employment
561.471.9828

Workforce Alliance
561.340.1060

ENERGY ASSISTANCE ASISTENCIA PARA ENERGÍA ELECTRICA

BROWARD

Water/Sewer Program
954.357.5800

LIHEAP – Low Income
Home Energy Assis. Prog.
954.497.1350

FPL Customer Care
954.797.5000

NE Focal Point
954.480.4449

NW Focal Point
954.973.0300

Salvation Army
954.524.6991

SE Focal Point
954.966.9805

Tuesday's Angels 

MIAMI-DADE

Low Income Home Energy
786.469.4600

FPL Customer Care
305.442.8770

PALM BEACH

FPL Customer Care
561.994.8227

Low Income Home Energy
561.355.4792

FINANCIAL ASSISTANCE ASISTENCIA FINANCIERA

BROWARD

A New Horizon Credit
Counseling
800.556.1548

American Red Cross
954.797.3800

Credit Counseling Inc
954.825.0879

FCFH – Emergency
Assistance
954.537.0211

Gateway Community
Outreach
954.725.8434

HOPE Outreach Center
954.321.0909


Jewish Family Service of
Broward
954.370.2140

Lighthouse Point Senior
Citizen Outreach Program
954.942.8080

Miramar Assisting Seniors
954.967.1605

Miramar Comm. Outreach
954.989.6200

The Salvation Army
954.524.6991

Tuesday's Angels 

MIAMI-DADE

Accion Community Center
305.547.7713

American Red Cross
305.644.1200

Attapattah Neighborhood
Center
305.547.4960

Blanche Moton
305.884.4801

Catholic Charities
Emergency
305.754.2444

Culmer Neighborhood Ctr.
305.579.2820

Little River Neighborhood
Center
305.758.9662

Homestead Neighborhood
Center
305.247.2068

Frankie Shannon Rolle Ctr.
305.446.3311

Goulds Community Center
305.233.2121

Liberty City Community
Center
305.756.2830

Low Income Home Energy
305.347.4685

Miami-Dade Elder Helpline
305.670.4357

Naranja Neighborhood Ctr.
305.258.5471

Opa-Locka Neighborhood
Center
305.623.6500

Richmond Heights Center
305.234.4927

The Salvation Army
305.438.9066

Wynwood Neighborhood
Center
305.547.7661

PALM BEACH

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

American Red Cross
561.833.7711

Boca Helping Hands
Assistance
561.417.0913

Catholic Charities,
Diocese of PB
561.775.9560

Center for Family Services
of Palm Beach County
561.616.1222

Community Action
Program of PB County
561.355.4726

Community Caring Center
561.364.9501

Consumer Credit
Counseling Services
800.251.2227

Farmworker Coordinating
Council of PB County
561.533.7227

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

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

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

STATE

Florida Bar Association
850.561.5600

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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

Prog for Anxiety, Stress, & OCD-Hoarding Svcs
305.284.5394

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-Ctr
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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

Respite for Elders Living
in Everyday Families
(RELIEF)
954.745.9779

Senior Action in a Gay
Environment – SAGE
954.634.7219 

Soref JCC
954.792.6700

Sunrise Senior Center
954.746.3670

SunServe 

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

Little Havana Activities &
Nutrition Centers
305.858.0887

Ombudsman North Dade
786.3361418

Ombudsman South Dade
305.671.7247

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

Catholic Charities Elderly
Services
305.751.5203

Ombudsman Palm Beach
561.837.5038

STATE

AARP Florida
866.595.7678

Florida Ombudsman Prog.
888.831.0404

NATIONAL

Children of Aging Parents
800.227.7294

National Family Caregivers
Association
800.896.3650

Senior Action in a Gay
Environment – SAGE
212.741.2247 

SHELTERS REFUGIOS

BROWARD

Broward Partnership for
the Homeless
954.779.3990

Broward Outreach
Hollywood
954.926.7417

Broward Outreach
Pompano
954.979.6365

EASE Foundation
954.797.1077

Helping People in America
(COSAC)
954.954.3571

Henderson Mental Health
954.463.0911

Jubilee Ctr. of S. Broward
954.920.0106

Love Thy Neighbor
954.779-3990

Our Father's House Soup
Kitchen
954.968.7550

The Homeless Voice
Shelter
954.924.3571

MIAMI-DADE

A Woman's Place
305.358.2063

Camillus House
305.374.1065

Concept House
305.751.6501

Douglas Gardens CMHC
Homeless Assistance
Program
305.604.3446

Homeless Assistance Ctr.
305.329.3000

M. Teresa Mission of
Charity
305.545.5699

Metatherapy – Beckham
Hall Homeless Shelter
for Men
305.247.1949

Miami City Mission
305.576.3725

Miami Rescue Mission
305.571.2273

Miami Rescue Women
305.571.2250

New Life Family of
Catholic Charities
305.573.3333

Opa-Locka Rescue Mission
305.687.4110

Salvation Army – (Men's)
305.637.6720

Women of Power
Restoration
786.226.7883

PALM BEACH

Aid to Victims of Domestic
Abuse
800.355.8547

Association for Abused
Women & Children Shelter
561.586.1888

Catholic Charities Belle
Glade
561.996.0483

Christians Reaching Out
to Society
561.963.3000

Clean Time Inn
561.547.4357

Emergency Svcs. Office
561.391.1344

Operation Hope Inc
561.842.2260

Program REACH
Homeless Shelter
561.845.0515

Salvation Army Area
Command
561.686.3530

The Federal of Windsor
561.385.7343

The Niners of Windsor
561.385.7343

Vetsville Cease Fire
House, Inc
561.736.4325

SOCIAL SECURITY SEGURO SOCIAL


Social Security Admin.
Broward, Miami-Dade &
Palm Beach
800.772.1213

SUBSTANCE ABUSE ADICCIONES

BROWARD

Alcoholics Anonymous
954.462.0265

Broward Addiction
Recovery Center (BARC)
954.765.4200

Broward House, Inc.
954.522.4749 

Faith Farm
954.763.7787

Lambda South Clubhouse
Alcohol recovery
954.761.9072 

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
305.573.9608 

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 
954.929.8959

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
954.764.5557 

SW Focal Point Sr. Center
954.450.6888

Vitas Bereavement
Support Group
954.777.5284

Women in Distress of
Broward County
954.761.1133


RESOURCE GUIDE

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

GUÍA DE RECURSOS

Women in Network
(954) 564-4WIN 


MIAMI-DADE
Catholic Charities
Bereavement Groups
305.754.2444

Center for Positive
Connections Miami
786.985.2818  

Easter Seals Miami-Dade
305.325.0470

Compassionate Friends
305.460.5762

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 Auxiliary
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

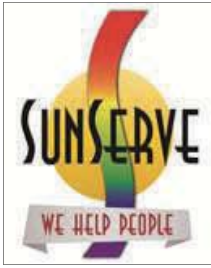
STATE

Florida Ombudsman Prog.
888.831.0404

Volunteers of America
813.282.1525

NATIONAL

Volunteers of America
800.889.0089



PRESENTS

Phone a Friend Program

www.SunServe.org

Helping Others Live
Independently
Through Daily...

Friend To Friend
Phone Visits

Email Messages

Text Messages

*Interested in Receiving a call?

*Interested in Making a call?

*Interested in learning more
about the SunServe Phone A
Friend Program?



Contact:
Chris MacLellan
'The Bow-Tie-Guy'
954.764.5150 ext 114
I blog about LGBT
Caregiving at
www.thepurplejacket.com

**'Because sometimes you just want to have the
assurance that someone is there for you!'**

2312 Wilton Drive * Wilton Manors, Florida 33305
Phone: 954-764-5150 * Fax: 954-764-5143 * www.SunServe.org

Would you like to see your Ad here?

Contact us at 954-967-6191
or email at garcia@55plusmag.us



NAVIGATING RETIREMENT FOR THE LGBT



INFORMACIÓN PARA PERSONAS DE LA TERCERA EDAD LGBT

BRUCE WILLIAMS

A luxurious retirement community opened recently in Oregon only to discover that in spite of their extensive planning and design, they had over-looked a serious need. The flaw did not exist in the area of resident care.... it had nothing to do with their fine dining program nor any of the other usual amenities that we associate with retirement living. In nearly every case, residents moving-in complained that there was no storage room.....for their kayaks! Behold the “Boomer Barrage”! Kayaking is very popular in the Pacific Northwest and serves as but one example of the fact that the new generation of seniors will need, expect and demand a very different approach to the golden years.....this is no longer your father’s retirement.

The onslaught of this Silver Tsunami will be inundated with change: change in attitudes toward aging; change in goods and services needed and available; changes in financial management and changes in our legal approach - to name but a few. Seniors in general will need to re-assess their wants, needs and resources and then familiarize themselves with goods and services available in order to achieve a fulfilling lifestyle. As over-whelming as this may seem, when we add our LGBT factor, the situation becomes even

Una comunidad de retiro de lujo, abrió en Oregon, a pesar de su extensa planificación y diseño, pasaron por alto una gran necesidad. El defecto no existía en el ámbito de la atención a los residentes ni en el ámbito gastronómico, ni de los otros servicios habituales que asociamos con la vida de la jubilación. En casi todos los casos, los residentes que se mudaron a la propiedad, se quejaron de que no había lugar de almacenamiento, ... ni para sus kayaks! He aquí el “dique del Boomer”! El kayak es muy popular en el noroeste del Pacífico y sirve como un ejemplo de que la nueva generación de personas mayores necesitan, esperan y exigen un enfoque muy diferente a los años dorados ... esto ya no es la jubilación de sus padres. El ataque de este Tsunami de plata se verá inundado de cambios en las actitudes hacia el envejecimiento. Cambio de bienes y servicios necesarios y cambios en la gestión financiera y en nuestro enfoque jurídico - por nombrar sólo algunos. Las personas mayores, en general, tendrán que volver a evaluar sus deseos, necesidades y recursos, y también familiarizarse con los bienes y servicios disponibles a fin de lograr un estilo de vida plena. Como abrumador que pueda parecer, cuando añadimos nuestro factor de LGBT, la situación

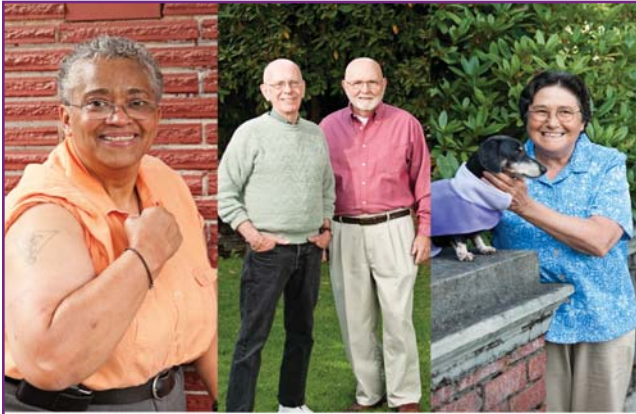
more complex and not only the answers... but the questions to be asked....will be very different.

Recognizing and in response to this dilemma, The Pride Center at Equality Park will hold its third annual Senior Health Expo on October 20, 2012, from 10am to 2pm. By spending just one day at the 2040 North Dixie Highway campus you can learn how to anticipate your own needs, how to evaluate your personal resources and how to more fully utilize the resources within our area. Once again there will be a myriad of individuals, businesses and organizations who have expressed an interest in serving the LGBT Community. Information available will address home health services, retirement facilities, insurance and financial matters and legal issues. There will be a series of brief but information-packed seminars, an available lunch, plus the usual 'freebies' and health-related services. Michael Adams, President of SAGEUSA said: "Let's set the example that we want the rest of the world to follow." We are so fortunate that The Pride Center does just that by providing the south Florida community... gay and straight alike... an opportunity to explore our common needs, to identify, embrace and celebrate our individual desires and to become aware of available resources that will enable us to live our lives to the fullest. So mark you calendars now and be sure to attend The Senior Health Expo.... but please, leave your kayaks at home..... the event is always crowded! •



For more information contact:
www.glccsf.org / Phone: 954-463-9011

se vuelve aún más compleja y no sólo las respuestas pero como las preguntas que se harán, van a ser muy diferentes. Reconociendo este problema, el Pride Center en el Equality Park llevará a cabo su tercera Expo anual para la tercera edad LGBT, el 20 de octubre de 2012, desde las 10am hasta las 2pm. Al pasar el día en el campus de 2040 N. Dixie Highway se puede aprender e informarse sobre sus propias necesidades, la forma de evaluar sus recursos personales y cómo utilizar mejor los recursos dentro de nuestra área. Una vez más, habrá un gran número de individuos, empresas y organizaciones que han expresado su interés en servir a la comunidad LGBT. La información disponible se ocupará de los servicios de salud a domicilio, centros de retiro, seguros y asuntos financieros y legales. Habrá una serie de seminarios breves, pero lleno de información, comida disponible, además de los habituales "regalos" y los servicios relacionados con la salud. Michael Adams, Presidente de SAGEUSA dijo: "Vamos a poner el ejemplo que queremos que el resto del mundo siga." Somos muy afortunados, que el Pride Center promueve esta idea a la comunidad en el sur de la Florida, incluyendo homosexuales y heterosexuales por igual. Esta es una oportunidad para explorar nuestras necesidades comunes, identificar, aceptar y celebrar nuestros deseos individuales y tomar conciencia de los recursos disponibles que nos permitan vivir nuestra vida al máximo. Así que marque su calendario ahora y participe de la Expo de Salud... por favor, deje sus kayaks en su casa... el evento está lleno de personas! •



**National
Resource
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ON LGBT AGING



A project of
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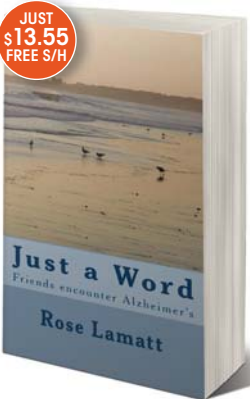
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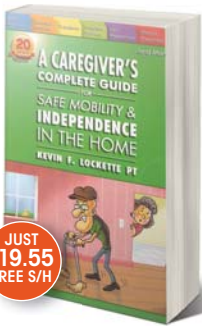
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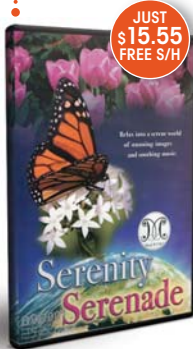
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 Broward  Miami-Dade  YMCA  55+ Network

JULY / JULIO

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
	YMCA Workshops: A Matter of Balance / Diabetes Self Management / Living Healthy For more information please call 954-357-0275
07/14	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Bamford Park, 3800 SW 92 Avenue, Davie 33328, 954-321-4146
07/26	8:30A-10:00A: 55+ Network Breakfast Mount Sinai Medical Center, 2845 Aventura Blvd., Aventura 33180

AUGUST / AGOSTO

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
	YMCA Workshops: A Matter of Balance / Diabetes Self Management / Living Healthy For more information please call 954-357-0275
08/11	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Miramar Town Center, 2201 Civic Center Place, Miramar 33025, 954-321-4146
08/23	8:30A-10:00A: 55+ Network Breakfast North Shore Medical Center FMC Campus, 5000 W. Oakland Park Blvd., Lauderdale Lakes 33313

SEPTEMBER / SEPTIEMBRE

	YMCA: Enhance Fitness - Healthy Aging for all Call Obey Pardo at 954-357-0276 for locations and times
	YMCA Workshops: A Matter of Balance / Diabetes Self Management / Living Healthy For more information please call 954-357-0275
09/08	9:00A-12:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) LOWE'S Home Improvement, 1851 North Federal Hwy., Pompano Beach 33062, 954-321-4146
09/22	10:00A-1:00P: Operation Medicine Cabinet: Prescription Drug Take Back Program (Broward Sheriff's Office) Wilton Manors Pride Center, 2040 N Dixie Hwy., Wilton Manors 33305, 954-321-4146
09/27	8:30A-10:00A: 55+ Network Breakfast Prosperity Oaks, 11381 Prosperity Farms Road, Palm Beach Gardens 33410

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