



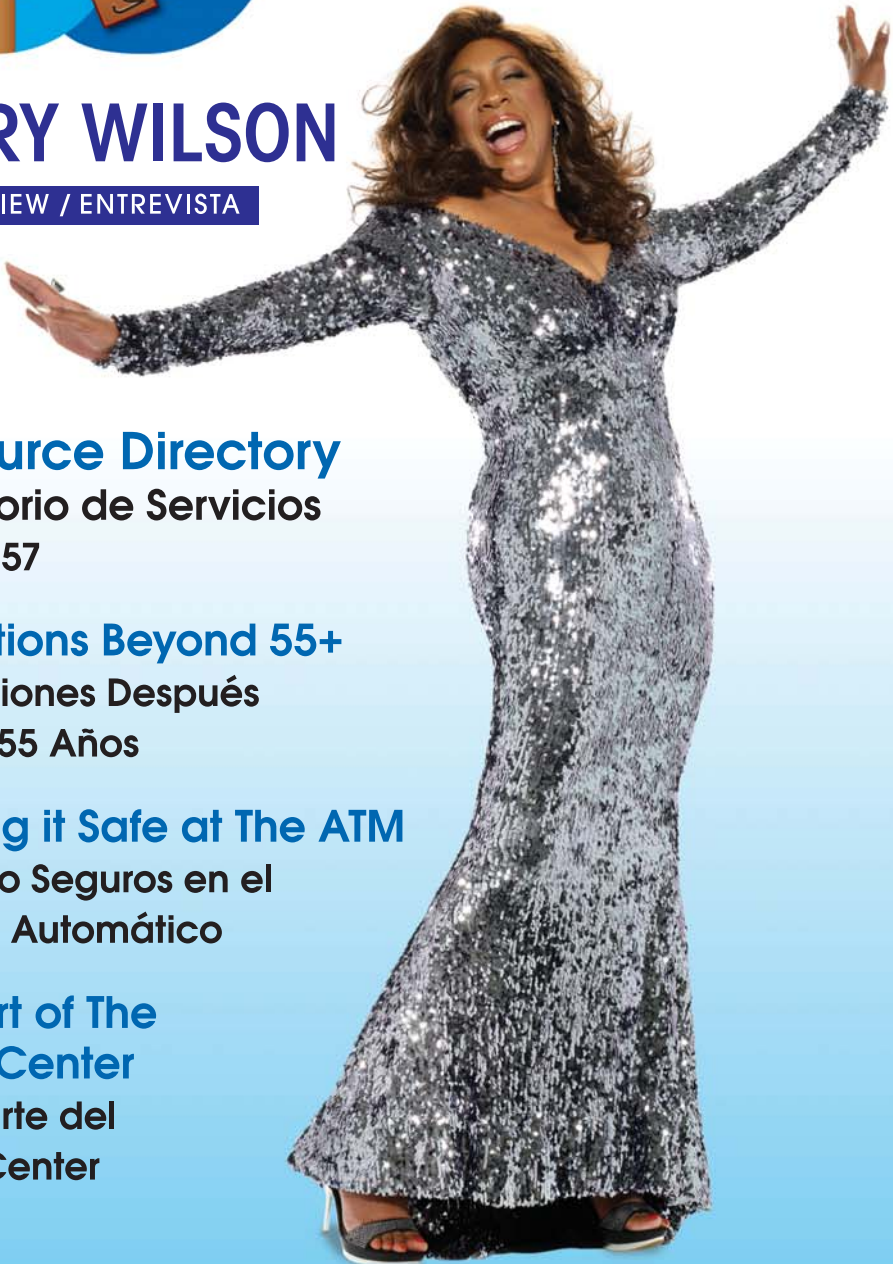
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ENGLISH / ESPAÑOL



# MARY WILSON

INTERVIEW / ENTREVISTA



## Resource Directory

Directorio de Servicios

Pg. 35-57

## Transitions Beyond 55+

Transiciones Después  
de los 55 Años

## Playing it Safe at The ATM

Estando Seguros en el  
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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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# EDITOR'S LETTER / CARTA DEL EDITOR

HUMBERTO FORTUNA MA, MS / GERIATRIC SPECIALIST



In this section, I would like to introduce and recognize a special friend of mine who really serves as an example among seniors, Betty Rosse.

## **MY LIFE IS NO LONGER THE SAME – NOW THAT I’M LEARNING TO LIVE IT DIFFERENTLY - By Betty Rosse**

For years, my job was to present information to senior adults about various topics on aging such as loneliness, sadness, grieving, anger, stress, positive thinking, and physical health. I delivered these topics based on what I called a “Wellness Thinking” format. In other words, I believe that how I think and feel about life and aging is directly related to how I decide to live it.

Society, our adult children and those in the health field like to tell us what we SHOULD do about aging, but what they say doesn’t always agree with what we want. I know that I am one of those seniors who do not want to be told what to do, but I’m smart enough to take it under advisement and then decide.

Many of us know WHAT to do, but not always HOW to do it. Since I’ve never been this age before, I’m learning as I go along. I’ve read that we don’t learn from what is being said, but from what we experience.

Now I’m beginning to practice what I have been preaching. Last year, after turning 70, I experienced some health problems, had surgery and was “slowed down” long

Hago uso de esta sección en este número para introducir y reconocer a una amiga muy especial que realmente sirve como ejemplo entre las personas mayores, Betty Rosse.

## **MI VIDA YA NO ES LA MISMA - AHORA QUE ESTOY APRENDIENDO A VIVIR DE OTRA MANERA - By Betty Rosse**

Durante años, mi trabajo era presentar información a los adultos mayores sobre diversos temas de envejecimiento como la soledad, la tristeza, el duelo, la ira, el estrés, el pensamiento positivo y la salud física. Enseñe estos temas sobre una filosofía que llamo “pensamiento de bienestar”. En otras palabras, creo que la forma en que se piensa y se siente acerca de la vida y el envejecimiento, se relaciona directamente de cómo decido vivirla.

La sociedad, hijos y profesionales de la salud nos dicen lo que debemos hacer con respecto a la edad, pero lo que dicen no siempre coincide con lo que queremos. Soy una persona mayor que no quiere que se les diga qué hacer, pero soy lo suficientemente inteligente como para tomar sugerencias y luego decidir.

Muchos de nosotros sabemos qué hacer, pero no siempre cómo hacerlo. Como yo nunca he estado antes de esta edad, estoy aprendiendo sobre la marcha.

He leído que no aprendemos de lo que se dice, sino lo que se hace. Ahora estoy empezando a practicar mi filosofía. El año pasado, después de cumplir

enough to decide it was time to change my life and start a new venture. I knew WHAT I wanted to do, but I didn't know HOW to do it. I want to do what I've been doing – sharing my thoughts, ideas and possibilities with others, but with no restrictions concerning age, or topics. Fortunately, having met and gotten to know some wonderful people in the healthcare world, I was able to ask them for their input and their assistance along the way.

I resigned from my position as a Public Education Coordinator for Elderly and Veteran's Services a few months ago and am now "learning" to live my life differently. It's been seven weeks and WOW, what a difference each day makes. Since I don't have to get up to go to work, I can go to bed later, sleep later, eat when I want, watch the dust and clutter accumulate, do absolutely nothing and say to myself...I can do this again tomorrow! But, after a while, I find that's not working for me. Having worked for 55+ years, I've been conditioned to live a routine that was satisfying to me. At times though, it seems that I'm in a state of rebellion with my thoughts. "I don't have to if I don't want to," leaves me with feelings of ambivalence.

After talking to some friends about my thought contradictions, ranging from "WOW, I don't have to get up," to "Woe is me," to "What if everyone forgets me," just to name a few, I've decided it's all OK. So I'm giving myself permission to feel what I'm feeling. Leaving my world of work behind and starting on my new venture is an ending and also a beginning. So, I am now realizing and accepting that All is Well and I'm going to enjoy the ride!

I've scheduled a number of presentations for the next few months, planned a trip to visit a

los 70 años, he tenido algunos problemas de salud, fui operada y me desestabilice, fue el tiempo suficiente para decidir que era hora de cambiar mi vida y comenzar una nueva aventura.

Yo sabía lo que quería hacer, pero no sabía cómo hacerlo. Seguir compartiendo mis pensamientos, ideas y posibilidades con los demás, pero sin restricciones respecto a la edad o temas.

Afortunadamente, después de conocido a algunas personas maravillosas en el mundo del campo de la salud, tuve la oportunidad de preguntarles por sus contribuciones y opiniones.

Renuncié a mi cargo de una Coordinación de Educación Pública de Servicios para Ancianos y Veteranos hace unos meses y ahora estoy "aprendiendo" a vivir mi vida de manera diferente. Ya han pasado siete semanas y WOW, qué diferencia hace cada día.

Al no tener que levantarse temprano para ir a trabajar, puedo ir a la cama más tarde, dormir más, comer cuando quiero, ver el desorden en la casa, no hacer absolutamente nada y me digo... que puedo hacer esto otra vez mañana! Pero, después de un tiempo, esto no está funcionando para mí. Después de haber trabajado durante 55 años, he sido condicionada a vivir una rutina que era satisfactoria para mí. A veces, me siento que estoy en un estado de rebelión con mis pensamientos y me digo: "No tienes que hacerlo si no quieres hacerlo", dejándome un sentimiento de ambivalencia.

Después de hablar con algunos amigos sobre mis contradicciones, que van desde "WOW, yo no tengo que levantarme temprano", hasta "¡Ay de mí!", a "¿Qué pasaría si todo el mundo me olvida", sólo



friend for a week, and continuing to do what I want, when I want as it suits me. It's great to know that I'm responsible for creating the life that I want to live and can make the changes I want as I go along my new path. •

By Betty Rosse, Presenter, Facilitator and Speaker  
rossebetty@comcast.net

Remember....  
You saw it at  
55+ Magazine!

para nombrar unas pocas, me doy cuenta que todo está bien.

Me estoy dando permiso para sentir lo que quiero. Dejando mi mundo de trabajo detrás y comenzar en mi nueva empresa, es un final y también un principio. Ahora voy a disfrutar el momento!

He programado presentaciones para los próximos meses, un viaje para visitar a un amigo, y seguir haciendo lo que quiero, cuando quiero y me convenga. Es muy bueno saber que yo soy el responsable de crear la vida que quiero vivir y puedo hacer los cambios que desee a medida que avanzo con mi nuevo camino. •

By Betty Rosse, Presentadora y Educadora  
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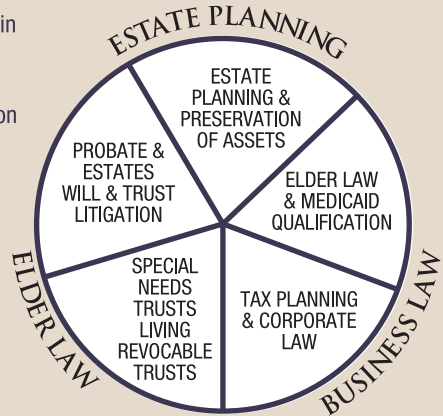
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# PLAYING IT SAFE AT THE ATM

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A motivated criminal only has to keep watch on an ATM for a short time to scope out the availability of a potential victim. As consumers, I remind you to always be cautious of your surroundings and conduct your business only in areas where you feel comfortable.

Due to the availability of surveillance cameras, ATMs at banks are typically the safest option, but that does not mean you have to steer clear of the ones at shopping malls, airports and sports venues. When you need to get cash, be sure to plan ahead before making an ATM withdrawal. If possible, always have someone with you. There are several safety tips you should follow to avoid becoming a victim at an ATM.

- Be aware of your surroundings when using an ATM. If you notice someone or something suspicious, do not stop to use it! Go to another ATM or return at a later time.

- Avoid using an ATM after dark. If you must, do so only in a well-lit area. Be mindful of tall or overgrown shrubbery and vegetation in the area.

Los cajeros automáticos (ATMs) son una gran comodidad, pero puede poner en peligro su seguridad. Un criminal sólo tiene que vigilar un cajero automático durante un tiempo corto hasta que este a su alcance una víctima potencial. Como consumidores, les recuerdo que siempre sean cautelosos, miren a sus alrededores y realicen su negocio sólo en las áreas donde se siente cómodo y seguro.

Debido a la disponibilidad de cámaras de vigilancia, los cajeros automáticos en los bancos suelen ser la opción más segura, pero eso no significa que no pueda utilizar los de los centros comerciales, los aeropuertos y los centros deportivos. Cuando usted necesite obtener dinero en efectivo, asegúrese de planificar con anticipación antes de hacer un retiro del cajero automático. Si es posible, que siempre haya alguien contigo. Hay varios consejos de seguridad que se deben seguir:

- Esté atento a sus alrededores cuando utilice un cajero automático. Si observa a alguien o algo sospechoso, no lo use! Vaya a otro cajero automático o regrese en un momento posterior.

- Evite el uso de un cajero automático por la noche. Si es necesario hacerlo hágalo sólo en un área bien iluminada. Considere si hay arbustos altos o maleza y vegetación en la zona.

- Have your card and any other documents you need ready when you approach an ATM. Fumbling with your wallet or purse makes you an easy target for thieves.

- When you use a drive-up ATM, be sure your passenger windows are closed and all doors are locked.

- When your transaction is finished, be sure you put your card, cash and receipt away before leaving the area.

- Do not display or count large amounts of cash in front of the ATM. Count your cash in the safety of your home or locked vehicle.

- If you are threatened for your money or your card by a thief, do not fight. Cash and cards are replaceable; your life is not.

- If at any time you need emergency assistance, do not hesitate to call 911.

While we all enjoy the convenience of today's technology, these conveniences can come at a price. When you're out getting cash this summer, the Broward Sheriff's Office reminds you to always be alert, be cautious and follow these tips to stay safe.

As a reminder, the Broward Sheriff's Office offers a free document shredding program to the public on the second Saturday of every month. For more information about our Shred-A-Thon program, or to download a copy of the upcoming schedule, please visit [www.sheriff.org](http://www.sheriff.org).

- Tenga su tarjeta y cualquier otro documento que necesite listo cuando se acerque a un cajero automático. Si manipula su billetera o cartera se convierte en un blanco fácil para los ladrones.

- Cuando use un ATM desde su automóvil, asegúrese de que las ventanas de los pasajeros y todas las puertas estén cerradas.

- Cuando la operación haya terminado, asegúrese de guardar su tarjeta, el dinero y el recibo antes de salir de la zona.

- No mostrar o contar grandes cantidades de dinero en frente de la ATM. Cuéntelo en su hogar o en su vehículo cerrado con llave.

- Si usted se ve amenazado por un ladrón, no pelee. Dinero en efectivo y tarjetas son reemplazables, su vida no lo es.

- Si en algún momento necesita ayuda de emergencia, no dude en llamar al 911.

A pesar de la comodidad de la tecnología de hoy, éstas pueden ser peligrosas. La Oficina del Sheriff de Broward le recuerda siempre estar alerta, ser prudente y seguir estos consejos para mantenerse a salvo.

La Oficina también ofrece un programa de trituración gratuita de documentos para el público en el segundo sábado de cada mes. Para obtener más información sobre el programa Shred-A-Thon, y otros eventos, por favor visite [www.sheriff.org](http://www.sheriff.org).

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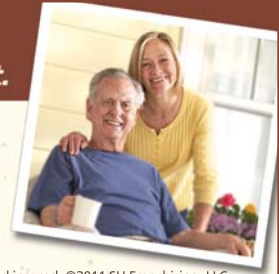
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# TRANSITIONAL CARE COORDINATION

## COORDINACIÓN DEL CUIDADO PARA UNA TRANSICIÓN



Assisting Client in adjusting to a new beginning, a new transition, a new disability, a new home or event in their lives with a Psychosocial approach and Clinical assistance when needed.

Transitions can be difficult and complex, especially when it involves healthcare issues, insurances, crisis and diverse interventions.

Scoop for Seniors specializes in diverse types of transitions that a person may find themselves in during the course of their lives.

A transition can consist of transferring a patient from a local nursing home to another local skilled nursing facility, or, in some cases, from one state to another. Some transitions can involve alternative housing such as Assisted Living Facilities, Independent Living Facilities or Metal Heath Care Units. Scoop for Seniors specializes in the transition of clients from out of state to Southeast Florida, coordinating all aspects of services and benefits.

At times, families would like to move their loved ones out of Florida and closer to them. Without the correct coordination of services and benefits, this can become a nightmare.

Scoop for Seniors, through this new Transitional Program, helps families achieve their goals with a holistic and organic approach.

Out of state transitional coordination is our specialty. We can help you coordinate all the

Las transiciones pueden ser difíciles y complejas, especialmente cuando se trata de temas de salud, seguros médicos, crisis y diversas intervenciones.

Scoop for Seniors se especializa en diversos tipos de transiciones que una persona puede encontrarse en el transcurso de su vida.

Una transición puede consistir en trasladar a un paciente desde un hogar de ancianos o sanatorio a otro centro de enfermería en una misma localidad, o, en algunos casos, de un estado a otro. Algunas transiciones pueden implicar una vivienda alternativa, tales como geriátricos, Servicio de Vida Independiente o unidades mentales de cuidados médicos.

Scoop for Seniors se especializa en la transición de los clientes de fuera del estado al sureste de la Florida, coordinando todos los servicios y beneficios necesarios. Sin la correcta experiencia profesional esto puede convertirse en una pesadilla.

A través de este nuevo programa de transición, ayudamos a las familias a lograr sus objetivos con un enfoque integral y orgánico.

Nos especializamos en la coordinación y transferencia de las personas fuera y dentro del estado de la Florida.

Nuestros coordinadores evaluarán su situación y los servicios disponibles para usted y su ser querido en el sureste de Florida.

services that a person may need while coordinating all the benefits needed to have a smooth and successful transfer.

Our Coordinator will evaluate your situation and assess the services available to you and your loved one in Southeast Florida.

Understanding, for example, the Medicaid and Medicare regulations and guidelines is part of our expertise. We are able to help families with their needs, preventing unexpected financial problems and prevent loss of benefits.

At Scoop for Seniors, we have witnessed many cases where clients or patients were not able to achieve their highest level of functioning due to the lack of coordination of appropriate services.

A transition can also be more than just a physical move. Some transitions can involve a new disability or a new behavior. This can be overwhelming and very difficult to adjust to, not only for the patient, but the family as well.

With our Healthcare Network System and Coordination of Services, Scoop for Seniors can also assist a client who wants to remain in their home. Sometimes, this can be the safer and healthier way to go. We will make sure the person at home has appropriate services and support.

Safety is our number one concern when we work with any client. In many cases, clients do not need to move out of their homes if services and benefits are coordinated appropriately. This type of transition requires professional support that may be offered by your healthcare insurance. Without knowledge of the correct guidelines on how to receive or become entitled to these services, one can be prevented from receiving them

La comprensión, por ejemplo, de las regulaciones y reglamentos de los seguros médicos como el del Medicaid y o del Medicare es parte de nuestra especialización. Somos capaces de ayudar a las familias con sus necesidades, evitando problemas financieros inesperados, como también la pérdida de beneficios.

En Scoop for Seniors hemos sido testigos de muchos casos donde los clientes o pacientes no fueron capaces de alcanzar su máximo nivel de progreso debido a la falta de coordinación de los servicios correspondientes.

Una transición también puede ser algo más que un movimiento físico. Algunas transiciones pueden implicar una discapacidad nueva o un nuevo comportamiento del paciente. Esto puede ser abrumador y muy difícil de comprender, no sólo para el paciente, pero también para la familia.

Con nuestro Sistema de Red de Salud y de la Coordinación de Servicios, Scoop para la tercera edad también puede ayudar a un cliente que quiere permanecer en su casa. A veces, esto puede ser la manera más segura y saludable al comienzo. Nos aseguraremos de que la persona en su casa tiene servicios y un apoyo apropiados.

La seguridad del paciente es nuestro principal objetivo cuando se trabaja con nuestros clientes.

En muchos casos, los clientes no tienen que irse de sus hogares si los servicios y beneficios se coordinan adecuadamente. Este tipo de transición, necesita de apoyo profesional que pueden ser ofrecidos por su seguro de salud. Teniendo el conocimiento correcto de las regulaciones y

and remaining at home.

Home care services are not easy to qualify for and can be very confusing if services are not coordinated according to the healthcare insurance guidelines.

Scoop for Seniors can help you by providing you with a Transitional Services Coordinator who will help maximize your services and benefits through correct planning and coordination.

Our objective is to give you peace of mind in a short period of time, and do it in a cost effective manner. We concentrate on Crisis Management and Interventions. We pride ourselves on our communication, coordination and knowledge when dealing with the Healthcare Industry.

**TRUST US TO HELP YOU GET THE SERVICES and BENEFITS YOU ARE ENTITLED TO!**

Call 954-961-5223 for a FREE consultation and speak with a Transitional Services Coordinator. •

reglamentos de su seguro médico de cómo recibir estos servicios, uno puede prevenir la pérdida de estos y recibirlos permaneciendo en su hogar.

Los servicios de atención domiciliaria no son fáciles para calificar, especialmente si no están coordinados de acuerdo con las directrices de su seguro de salud. Esta situación puede ser muy confusa.

Scoop for Seniors puede ayudarle proporcionándole un Coordinador de Servicios de Transición que le ayudará a maximizar sus servicios y beneficios a través de una correcta planificación y coordinación.

Nuestro objetivo es darle la tranquilidad mental en un corto plazo de tiempo, y hacerlo de una manera económica. Nos concentramos en ayudar durante una crisis e intervenciones.

Nos destacamos por nuestra comunicación, coordinación y el conocimiento cuando se trata de la industria de la salud.

**CONFIE EN NOSOTROS PARA AYUDARLE A OBTENER LOS SERVICIOS Y BENEFICIOS A LOS QUE USTED TIENE DERECHO!**

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A life settlement transaction lets a policy owner dispose of an unwanted or unneeded life insurance policy. If suitable, the sale of a policy is a valuable solution to an individual's estate and financial planning needs. The lump sum received is less than the death benefit but higher than the amount of cash surrender value of the policy. Life settlements are regulated transactions in most states. In Florida, a life settlement is called a viatical settlement.

Why would you want to sell your life insurance policy? Some common reasons include:

- The policy owner can no longer afford to pay premiums.
- The beneficiary is deceased and benefit is no longer needed.
- The need for life insurance has decreased over the years. Consider these situations: the owner is now divorced, the kids are out of college and well off; debt and house are paid-off.
- The policy owner has an increased need for health and long term care insurance and other investments and needs additional funds to secure them.
- The estate of the insured/policy owner has changed – the size has been reduced and maybe the projected tax burden has been decreased (consult a tax advisor as the estate tax laws have been changed recently).
- The policy owner needs cash.

So, a life settlement may be a transaction you should consider. Take the first step and learn more about this option. •

Una transacción de acuerdos de vida permite que el dueño de una póliza de disponer de un seguro de vida no deseado o innecesario. Si es posible, la venta de la póliza es una solución de valor para un individuo y para su planificación financiera. El dinero recibido es menor que el beneficio por muerte, pero más alto que la cantidad del valor de rescate de la póliza. Estas transacciones están reguladas en la mayoría de los estados. En la Florida, estas transacciones se llaman un acuerdo viatical.

¿Por qué usted querría vender su póliza de seguro de vida? Algunas de las razones más comunes son:

- El dueño de la póliza no puede pagar las primas.
- El beneficiario ha fallecido y el beneficio ya no es necesario.
- La necesidad de un seguro de vida ha disminuido en los últimos años. Como ejemplo: el propietario se ha divorciado, los niños están fuera de la universidad y la casa ya esta paga.
- El dueño de la póliza tiene necesidad de cobertura para la salud y cuidado a largo plazo y necesita fondos adicionales para garantizar su seguridad.
- El patrimonio del asegurado ha disminuido y tal vez la carga tributaria ha sido reducida (consultar a un asesor fiscal por reciente cambios de leyes).
- El dueño de la póliza sólo necesita dinero en efectivo.

Por lo tanto, esto puede ser una solución a considerar. Tome el primer paso y aprenda más acerca de esta opción. •

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# 25 YEARS OF CARING FOR OUR RESIDENTS

## 25 AÑOS DE CUIDADO DE NUESTROS RESIDENTES

Mark Olson, Director of Marketing for John Knox Village, a Continuing Care Retirement Community in Pompano Beach

Mark Olson, Director de Marketing de John Knox Village, Cuidados Continuos una comunidad para Retirados en Pompano Beach

I am often asked, 'What would I achieve by moving to John Knox Village, that I don't already have in my home?' There are many answers to this question. John Knox Village offers a lifestyle that includes a variety of services and an uncompromised long-term care insurance policy. All maintenance services are performed by our staff. Transportation is provided for residents, so there is no worry about driving. Still other reasons are the socialization benefits and activities options. Plus you'll have peace of mind knowing you'll be cared for and will never become a physical or financial burden on your children.

However, the benefit that may be most important for our residents, is the Wellness Nursing Staff and the services of our JKV Home Health Agency. The ability to call for nursing help and getting a response in minutes is HUGE. Free monthly health screenings have helped save the lives of residents and employees. Receiving help as you age from a JKV Home Health Agency aide is the single most important factor in keeping residents in their independent home environment.

The benefits of our JKV Home Health Agency are not exclusive to JKV residents. If you live in Broward

A menudo me preguntan, que iba a lograr con mudarme a John Knox Village, si ya tengo una casa? Hay muchas respuestas para esta pregunta. John Knox Village ofrece un estilo de vida con variedad de servicios y una atención sin compromisos de póliza de seguros a largo plazo. Todos los servicios de mantenimiento se llevan a cabo por nuestro personal.

Se ofrece transporte para los residentes, por lo que no hay que preocuparse acerca de conducción. Otros motivos son los beneficios de socialización y las actividades recreativas. Además usted logra tener la tranquilidad de saber que estará atendido y nunca se convertirá en una carga física o financiera para sus hijos.

Uno de los beneficios más importantes para nuestros residentes, es el personal de enfermería y los servicios domiciliarios por medio de la agencia JKV. La capacidad de pedir ayuda de enfermería y obtener una respuesta en minutos es enorme. Exámenes de salud gratis mensuales han ayudado a salvar la vida de los residentes y empleados. Recibir ayuda a medida que envejecemos por medio de una agencia JKV es el factor más importante para mantener a los residentes en su entorno familiar independiente.

Los beneficios de nuestra

County you can arrange for the same services that a JKV resident calls upon, so you can remain in your home for as long as possible.

Aging isn't simple. It's not like one day you wake up and you need to move to an assisted living environment and then another day you need custodial nursing care. Aging is complex and the single most important factor in staying active is competent, reliable care providers.

For 25 years the JKV Home Health Agency has served the residents of John Knox Village. Call 954-783-4009 to see how they'll make it easier for you to continue to live independently at home anywhere in Broward County. •

Agencia JKV de Salud en el Hogar no son exclusivos solo para los residentes de JKV. Si usted vive en el Condado de Broward puede recibir los mismos servicios que un residente JKV, por lo que podría permanecer en su hogar durante tanto tiempo como sea posible.

Envejecer no es simple. No es que un día te despiertas y necesitas una casa de asistencia y luego otro día necesitas atención de enfermería continuamente.

Envejecer es complejo y lo más importante para mantenerse activo son los proveedores competentes y la buena atención.

Durante 25 años, la Agencia de Salud JKV ha servido a los residentes de John Knox Village. Llame al 954-783-4009 hacerle esta situación más fácil para que usted pueda seguir viviendo independientemente en casa en cualquier lugar de Broward. •

## Home Is Where Our Heart Is

The John Knox Home Health Agency is a fully licensed provider of home health services specializing in care throughout Broward County, Florida since 1987. We will assist you in maintaining your independence by providing a variety of services, that can be a cost effective form of long-term care. From 24-hour a day nursing, to weekly check-ins, medical reminders and light housekeeping, the John Knox Home Health Agency is committed to your care and independence.



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# REIGNING "SUPREME"

## REINA "SUPREME"

Mary Wilson is one of the founding members of the most successful women's vocal group in history, The Supremes. She was a member from its creation in 1961 until she went on her own in 1977 to launch a solo career. Ms Wilson is not only a successful performer, but also an author, a humanitarian and a Cultural Ambassador for the USA. We had the opportunity to spend time speaking with her about her life and we would like to share her thoughts with you.

**55+** In 1959, at just 15 years of age, you started your singing career as a member of 'The Primettes.' Can you tell us about that part of your life?

**MW** I was still in Middle School when I had my first stage experience in a talent show. It was there I first met Florence Ballard and we became best friends and talked about joining a singing group. A couple of months later, she told me that some friends of hers were putting a group together. They had asked Betty Travis to join and wanted to know if I was interested also. Of course, I said YES! They then asked a girl across the street named Diana to join. That's how we got started in the music arena.

**55+** The name of your group was changed in 1961 to 'The Supremes' and it became a trio. The Supremes had incredible success with 12 number one hits between 1964 and

Mary Wilson es una de los miembros fundadores del grupo vocal de mujeres más exitosas de la historia, The Supremes. Fue miembro desde su creación en 1961 hasta que en 1977 se lanzó por su cuenta. La Sra. Wilson no sólo es una artista exitosa, sino también autor, humanista y embajadora cultural para los EE.UU. Tuvimos la oportunidad de pasar tiempo hablando con ella acerca de su vida y nos gustaría compartir sus pensamientos con ustedes.

**55+** En 1959, a tan sólo 15 años de edad, comenzó su carrera como cantante y miembro de 'Los Primettes. "¿Puede decirnos acerca de esa parte de tu vida?"

**MW** Yo todavía estaba en la escuela secundaria cuando tuve mi experiencia en el escenario por primera vez en un show de talentos. Fue allí donde conocí a Florence Ballard y nos convertimos en mejores amigas y hablamos de unirnos a un grupo de cantantes. Un par de meses más tarde, ella me dijo que unos amigos suyos estaban armando un grupo. Ellos le habían pedido a Betty Travis que sea parte del grupo y si yo también estaba interesada. Por supuesto, le dije que sí! Ellos entonces le preguntaron a una niña cruzando la calle de nombre de Diana que sea parte del grupo. Esa es la forma en que me inicié en el terreno de la música.



# Mary Wilson

NELSON A. GARCIA



1969. How did that success impact you?

**MW** We contracted with Motown Records in 1961 and that's when we actually started recording and also taking finishing school lessons. We really became very polished for 16, 17 and 18 year old kids. In 1964, after we had graduated from high school, we started having all those hit records. It was very exciting! We traveled around the world. We came from the projects where

**55+** El nombre de su grupo fue cambiado en 1961 para "The Supremes" y se convirtió en un trío. The Supremes tuvo un éxito increíble, con 12 éxitos número uno entre 1964 y 1969. ¿Cómo le afectó el éxito?

**MW** Contratamos a Motown Records en 1961 y ahí fue cuando realmente comenzamos a grabar mientras terminábamos la escuela. Realmente hicimos todo muy prolijo por ser niños de 16, 17 y 18 años. En 1964, después de que nos graduáramos en la preparatoria, empezamos a tener todos los discos de éxito. Fue muy emocionante! Hemos viajado por todo el mundo. Veníamos de proyectos en los que no teníamos mucho dinero y ahora éramos estrellas internacionales a la edad de 21 años. Fue un tiempo en Estados Unidos donde había levantamientos civiles en marcha y nosotros, como las niñas negras, habíamos logrado tanto que nos encontrábamos en la parte más alta. La gente nos buscaba a nosotras y éramos los 3 estrellas mujeres negras de esa generación.

**55+** Más tarde, el nombre del grupo fue cambiado a "Diana Ross y The Supremes." Al mismo tiempo, Florence Ballard fue sustituida. ¿Qué produjo estos cambios?

**MW** Bueno, es como una progresión de la vida. Cuando un matrimonio se inicia, se encuentra en el amor, pero con el

we did not have a lot of money and now we were international stars at the age of 21. It was a time in America where we had civil uprising going on and we, as black girls, had achieved so much that we found ourselves at the top. People were looking up to us and we were the 3 black female stars of that generation.

**55+** Later, the name of the group was changed to 'Diana Ross and The Supremes.' At the same time, Florence Ballard was replaced. What brought about these changes?

**MW** Well, it's like a progression of life. When a marriage starts, you are in love, but in time, problems start creeping in. It's wonderful if you can work those problems out, but sometimes you just can't. In our situation, we had grown up together, had dreams together and succeeded together. Then one person was not happy and one changed their mind and things started coming apart. As the last one standing, I had to decide if I wanted to go with other people in order to continue with the group. I did continue because I love doing this and I love being on stage.

**55+** The Supremes continued to enjoy success after Diana Ross left the group. Was it hard to see her go after so many years?

**MW** It was hard to see Diana and Florence go. It was major for me. They were my best friends and I loved them both. And of course, they were the group. In the end, people have to figure out what's important to them. For me, at that time it was my survival.

**55+** In 1977, after 16 years, you decided to leave The Supremes.

tiempo, los problemas empiezan a arrastrarse. Es maravilloso ver que se pueden resolver esos problemas, pero a veces simplemente no se puede. En nuestra situación, que habíamos crecido juntos, tuvimos sueños juntos y logros juntos. Luego, una persona ya no era feliz y otra cambió de opinión y las cosas empezaron a separarse. Como fui la última que quedó en pie, tuve que decidir si quería ir con otras personas a fin de continuar con el grupo. Lo hice porque me encanta seguir haciendo esto y me encanta estar en el escenario.

**55+** The Supremes continuaron disfrutando del éxito después de que Diana Ross dejó el grupo. ¿Fue duro ver que se vaya después de tantos años?

**MW** Fue difícil ver a Diana y Florencia ir. Era importante para mí. Ellas eran mis mejores amigas y yo las amaba a ambas. Y, por supuesto, eran el grupo. Al final, cada uno tiene que averiguar lo que es importante para ellos. Para mí, en ese momento era mi supervivencia.

**55+** En 1977, después de 16 años, decidió abandonar The Supremes. ¿Qué le hizo decidirse por una carrera de solista en ese momento?

**MW** ¿Sabes lo que dicen acerca de un luchador, tienes que saber cuándo salir del camino y yo sólo sabía que era el momento para que el grupo se disolviera. Me encantó lo que hice, pero ya era hora de seguir mi propio camino.

**55+** A mediados de los años 80 se involucró más en la comedia musical. ¿Qué le hizo ir en esa

# MARY WILSON

Life's  
Been  
Good  
To Me

New single can be found in iTunes and amazon.com

**What made you decide on a solo career at that time?**

**MW** You know what they say about a fighter, you have to know when to get out of the way and I just knew it was time so we disbanded the group. I loved what I did, but it was time to continue on my own path.

**55+ In the mid-80s, you became more involved in musical theater. What made you go in that direction?**

**MW** I was always interested in musicals. When I was growing up, it was all about musicals. My whole childhood was about seeing this type of entertainment. For me, to

**dirección?**

**MW** Siempre me he interesado en los musicales. Cuando yo era niña todo era musicales. Toda mi infancia giró alrededor de este tipo de entretenimiento. Convertirme en un cantante pop fue un accidente más que la elección de una carrera. Yo no lo elegí como mi carrera, se convirtió en eso ... y bueno, funcionó! Yo siempre había estado interesada en la actuación también. Y ahora, en esta etapa de mi vida, he comenzado a tomar clases de actuación una vez más.

**55+ “Dreamgirls: Mi vida como una “Supreme” era un libro muy**



have become a pop singer was an accident in terms of choosing a career. I did not choose it as my career, it evolved into that.... and hey, IT WORKED!!! I had always been interested in acting as well. And now, in this stage of my life, I have just started taking acting classes again.

**55+** “Dreamgirl: My Life as a Supreme” was a very successful book about the group in the 1960s. What made it so popular?

**MW** Well, hopefully because people were really interested in The Supremes. When I wrote the book, it was really written by a real Supreme, not just someone collecting all the clippings and putting it together. I kept diaries all my life so it was written from my first hand experience and my own viewpoint. It was an inside story and people were interested in the story behind the Supremes. If Diana had written it, it would have been from her viewpoint and it might have been very different. That’s just the way it is.

exitoso sobre el grupo en la década de 1960. ¿Qué lo hizo tan popular?

**MW** Bueno, esperemos que haya sido porque la gente estaba realmente interesada en The Supremes. Cuando escribí el libro, fue escrito en realidad por una verdadera Supreme, no sólo alguien que recogió recortes y los puso todos juntos. Lleve un diario durante toda mi vida por lo que fue escrito por mi experiencia de primera mano y mi propio punto de vista. Se trataba de una historia interna y la gente estaba interesada en la historia detrás de las Supremes. Si Diana hubiera escrito, hubiera sido desde su punto de vista y que podría haber sido muy diferente. Eso es sólo la forma en que lo es.

**55+** Usted fue parte de un grupo que representaba lo que la generación joven en ese momento disfrutaba escuchando. ¿Cuál es su opinión sobre la música de la juventud de hoy?

**MW** Cada generación tiene su propia música, incluso a mis padres. Esta es la música de esta generación. Si nos fijamos en la nuestra, que era la música de mi generación. ¿Quién soy yo para decir que esta música no es buena, es simplemente diferente. Para mí, sigo escuchando a Gladys Knight y los Pips, Nat King Cole, Johnny Mathis y así sucesivamente. No pretendo ser un crítico de la música de hoy. Mi persona favorita cantando hoy en día es Mariah Carey. Creo que ella tiene una voz tremenda.

**55+** En el año 1988, que representó The Supremes cuando recibió el Lifetime Achievement

**55+** You were part of a group that represented what the young generation at that time enjoyed listening to. What is your opinion about the music of today's youth?

**MW** Every generation has its own music, even my parents. This is the music of this generation. If you look at ours, it was the music of my generation. Who am I to say that this music is not good, it is just different. For me, I still listen to Gladys Knight and the Pips, Nat King Cole, Johnny Mathis and so on. I do not pretend to be a critic of today's music. My favorite person singing today is Mariah Carey. I think she has a tremendous voice.

**55+** In 1988, you represented The Supremes when you received the Lifetime Achievement Award with the group's induction into the Rock and Roll Hall of Fame. And, in 1994, The Supremes were recognized with a star on the Hollywood Walk of Fame. How did these recognitions make you feel?

**MW** It's all beautiful because it represents a life's work. You can look back and see that body of work and be proud that WOW, we really did achieve a great deal and inspired people along the way. That's the meaning behind it. In terms of my personal feelings, it was bittersweet because Florence and Diana were not there.

**55+** In pursuing your solo career, is there a special moment that stands out as being very memorable for you?

**MW** It was kind of a new exploration, like going back to the beginning, starting all over again. It reminded me of when the three of us were just starting to find ourselves. I had not been the person

Award en la inducción del grupo en el Rock and Roll Hall of Fame. Y, en 1994, The Supremes fueron reconocidos con una estrella en el Paseo de la Fama de Hollywood. ¿Cómo la hacen sentir estos reconocimientos?

**MW** Todo es hermoso, ya que representa una vida de trabajo. Usted puede mirar atrás y ver el trabajo y estar orgullosos de que WOW realmente inspiró mucha gente a su paso. Ese es el significado de ello. En cuanto a mis sentimientos personales, fue agrí dulce porque Florence y Diana no estaban allí.

**55+** En la búsqueda de tu carrera de solista, ¿hay un momento especial que se destaca por ser muy memorable para usted?

**MW** Fue una especie de una nueva exploración, como volver al principio, empezar todo de nuevo. Me recordó cuando las tres de nosotras estábamos empezando a encontrarnos. Yo no había sido la persona que está al frente con las letras entonces. Eso fue un nuevo proceso que tenía que atravesar, mientras yo estaba de gira en Inglaterra y en toda Europa. Era un buen momento, pero también fue un momento de miedo. Yo no sabía si iba a ser capaz de hacerlo. Yo tenía el deseo y la ambición, pero yo no sabía si la calidad de mi voz estaba a la altura de Mary Wilson de las Supremes.

**55+** Cuéntenos acerca de la serie de conferencias "Atrévete a Soñar".

**MW** Surgió a partir de la pérdida de mi hijo en un accidente de coche en un momento en que yo estaba haciendo un montón de entrevistas. Me hacían muchas

standing in front with the lyrics then. That was a new process I had to go through while I was touring in England and throughout Europe. It was a good time but it was also a scary time. I did not know if I was going to be able to do it. I had the desire and the ambition but I did not know if my voice quality would live up to the Mary Wilson of The Supremes era.

**55+** Tell us about your “Dare to Dream” lecture series.

**MW** It came out of the loss of my son in a car accident and it was a time when I was doing a lot of interviews. I was being asked many questions regarding my son and the accident. I found that it was very helpful for people to hear me talk about my loss because people have a difficult time doing that. This evolved into groups asking me to lecture on this subject. I have lived a full life and I had written it all down in my books. I found myself with many subjects to talk about. It was all based on realism, things that really happened, and hopefully, I have helped other people from my experiences.

**55+** You have remained very active in your 60s. Can you tell us your secret?

**MW** There is no secret. Just keep moving (laughs). I have a new single called ‘Life Has Been Good To Me.’ I am one of those people that just enjoys life. I love exploring and enjoying it. I’ve always had a dream of being an explorer or an inventor. I am in awe of life and all the things that are there. I like to explore it, I like to live it!

**55+** You have been involved with many charities including UNICEF,

preguntas con respecto a mi hijo y el accidente. Me pareció que era muy útil que las personas me escucharan hablar de mi pérdida porque la gente tiene dificultades para hacerlo. Esto se desarrolló en los grupos que me solicitaron dar una conferencia sobre este tema. He vivido una vida plena y he escrito todo en mis libros. Me encontré con muchos temas de qué hablar. Todo se basaba en el realismo, las cosas que sucedieron realmente, y he ayudado a otras personas con mis experiencias.

**55+** Se ha mantenido muy activa a sus 60s. ¿Puede decirnos su secreto?

**MW** No hay ningún secreto. Debemos de mantenernos en movimiento (risas). Tengo un nuevo single llamado “La vida ha sido buena para mí.” Yo soy una de esas personas que simplemente disfrutan de la vida. Me encanta explorar y disfrutar de ella. Siempre he tenido el sueño de ser un explorador o un inventor. Temo la vida y todas las cosas que están ahí. Me gusta explorar, me gusta vivir!

**55+** Usted ha estado involucrado con muchas organizaciones de beneficencia como el UNICEF, el Hospital de Niños St. Jude, la Fundación de Fibrosis Quística, y Humpty Dumpty Instituto para nombrar unos pocos. ¿Esto la gratifica?

**MW** Para el Instituto de Humpty Dumpty, originalmente era el proyecto de la princesa Diana, voy por el mundo hablando de bombas que fueron arrojadas en países como Vietnam, Laos y Sri Lanka, y están por ahí sin explotar. Las personas pierden extremidades

St Jude's Children's Hospital, the Cystic Fibrosis Foundation, and Humpty Dumpty Institute to name a few. Do you find this part of your life rewarding?

**MW** For the Humpty Dumpty Institute, originally being Princess Diana's project, I go around the world speaking about bombs that were dropped in countries like Vietnam, Laos, and Sri Lanka, and are laying there unexploded. People lose limbs when the bombs go off while they try to gather the scrap metal to sell it. It's great to be part of the world, part of human life, and do something other than for just yourself. It's a good feeling.

**55+** In 2003, U.S. Secretary of State Colin Powell named you one of nine Cultural Ambassadors of the USA. How was that experience?

**MW** To have been chosen was a great honor because I remember that Louis Armstrong and Pearl Bailey were both Cultural Ambassadors when I was a young girl. I recall them speaking about what a privilege it was. I admired that, and when I was asked many years later, I could not believe it. I traveled with people from the government to all these countries around the world. One thing I noticed is that all the young people in these countries wanted to come to America.... that was their dream.

**55+** You have also been very involved in how the fashions of The Supremes impacted social issues in the United States via the "The Story of the Supremes from the Mary Wilson Collection" Exhibition. Can you give us an update on this project?

**MW** It is called 'The Mary Wilson Gown Collection' It was in Great

cuando las bombas explotan mientras tratan de recoger la chatarra para venderla. Es genial ser parte del mundo, parte de la vida humana, y hacer algo más que sólo para uno mismo. Es una buena sensación.

**55+** En 2003, EE.UU. Secretario de Estado, Colin Powell, la nombró uno de los nueve embajadores culturales de los EE.UU.. ¿Cómo fue esa experiencia?

**MW** Haber sido elegida fue un gran honor porque me acuerdo de que Louis Armstrong y Pearl Bailey eran ambos Embajadores Culturales cuando yo era una niña. Recuerdo que hablaban acerca de lo que era un privilegio. Yo admiraba eso, y cuando me pidieron muchos años más tarde, yo no lo podía creer. Yo viajaba con la gente del gobierno a todos estos países por todo el mundo. Una cosa que noté es que todos los jóvenes de estos países querían venir a Estados Unidos... que era su sueño.

**55+** Usted también ha estado muy involucrada en como la moda de The Supremes ha impactado los problemas sociales en los Estados Unidos a través de la exhibición titulada: "La historia de las Supremes de la colección de María Wilson" ¿Puede usted darnos una información actualizada sobre este proyecto?

**MW** Que se llama 'El vestido de la colección de María de Wilson' fue en Gran Bretaña en varios museos por dos años y medio. Se abrió aquí en el Rock and Roll Hall of Fame en Cleveland. Está de gira por Estados Unidos ahora y se prevé la apertura en enero en el Museo Afro-Americano en

Britain in various museums for two and a half years. It opened here at the Rock and Roll Hall of Fame in Cleveland. It's touring around America now and opening in January at the Afro American Museum in Philadelphia and will be there for 6 months. It shows around 50 Supremes' gowns and a lot of memorabilia. It is so beautiful and these gowns have held up so well all these years. They were created by designers in America like Bob Mackey, Michael Travis and Jeffrey Holder. There are some earlier gowns from Motown that have disappeared. Some gowns have shown up here and there and I have no idea how people got them. I have actually bought some from Ebay and had some fans involved in helping me to get them. If anyone knows where some are, PLEASE LET ME KNOW.

55+ Thanks Mary Wilson for sharing her past and keeping us up to date on what is going on in her future. And our readers would just like to say, "Thanks for the music!"

You can visit [MaryWilson.com](http://MaryWilson.com) for more information on her current projects, concert dates, gown collection information and her boutique with many collectible items. •

Filadelfia, estará allí durante 6 meses. La muestra ronda los 50 vestidos Supremes y un montón de recuerdos. Es tan hermoso y estos vestidos se han mantenido tan bien todos estos años. Fueron creadas por diseñadores de Estados Unidos como Bob Mackey, Travis Miguel y titular de Jeffrey. Hay algunos vestidos anteriores de Motown que han desaparecido. Algunos vestidos han aparecido aquí y allá y no tengo ni idea de cómo la gente los recibió. De hecho, he comprado algunos de Ebay y tenía algunos fans que participan en ayudarme a conseguir. Si alguien sabe si algunos tienen, POR FAVOR HÁGAMELO SABER.

55+ Gracias Mary Wilson por compartir su pasado y mantenernos al día sobre lo que hará en su futuro. Y nuestros lectores les gustaría decir: "Gracias por la música!"

Usted puede visitar [MaryWilson.com](http://MaryWilson.com) para obtener más información sobre sus proyectos en curso, fechas de conciertos, la información de los vestidos de colección y su boutique con muchos artículos de colección. •

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# GUÍA DE HOSPITALES

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Coral Springs  
954.344.3000

Broward Health Imperial Point  
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Broward Health Medical Ctr  
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Broward Health North  
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Deerfield Beach  
954.941.8300

Cleveland Clinic Hospital  
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Weston  
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Florida Medical Center  
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Ft Lauderdale  
954.735.6000

Ft Lauderdale Hospital  
1601 E Las Olas Blvd  
Ft Lauderdale  
954.463.4321

HealthSouth Sunrise  
Rehab Hospital  
4399 Nob Hill Rd  
Sunrise  
954.749.0300

Hollywood Pavilion  
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Hollywood  
954.962.1355

Holy Cross Hospital  
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Ft Lauderdale  
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Kindred Hospital  
1516 E Las Olas Blvd  
Ft Lauderdale  
954.764.8900

Kindred Hospital  
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Hollywood  
954.920.9000

Memorial Hospital Pembroke

7800 Sheridan St  
Pembroke Pines  
954.962.9650

Memorial Hospital West  
703 N Flamingo Rd  
Pembroke Pines  
954.436.5000

Memorial Regional Hospital  
3501 Johnson St  
Hollywood  
954.987.2000

Memorial Regional Hospital S.  
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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  
3487 NW 30<sup>th</sup> St  
Lauderdale Lakes  
954.739.6233

University Hospital & Med Ctr  
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305.682.7000

Baptist Hospital of Miami  
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Miami  
786.596.1960

Cedars Medical Center  
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Miami  
305.325.5511

Coral Gables Hospital  
3100 Douglas Rd  
Coral Gables  
305.445.8461

Doctors Hospital  
5000 University Dr  
Coral Gables  
305.666.2111

Fishermen's Hospital  
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Marathon  
305.743.5533

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

Homestead Hospital  
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Homestead  
786.243.8000

Jackson Memorial Hospital  
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Miami  
305.585.6754

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

Jackson South Community  
Hospital  
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Miami  
305.251.2500

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Center  
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305.223.3000

Kindred Hospital South Florida  
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Coral Gables  
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Larkin Community Hospital  
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South Miami  
305.284.7500

Lower Keys Medical Center  
5900 College Rd  
Key West  
305.294.5531

Mariners Hospital  
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Tavernier  
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Miami  
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Miami Beach  
305.674.2223

North Shore Medical Center  
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Miami  
305.835.6000

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

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

Pan American Hospital  
2001 W 68<sup>th</sup> St  
Miami  
305.264.1000

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

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

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

South Beach Community  
Hospital  
630 Alton Rd  
Miami Beach  
305.672.2100

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

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

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

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

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

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

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

### MARTIN

Martin Memorial Hospital South  
2100 SE Salerno Road  
Stuart  
772.223.2300

Martin Memorial Medical Center  
200 Hospital Ave  
Stuart  
772.287.5200

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Bethesda Memorial Hospital  
2815 S Seacrest Blvd  
Boynton Beach  
561.737.7733

Boca Raton Community Regional  
800 Meadows Rd  
Boca Raton  
561.395.7100

Columbia Hospital  
2201 45th St  
West Palm Beach  
561.842.6141

Delray Medical Center  
5352 Linton Blvd  
Delray Beach  
561.498.4440

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

JFK Medical Center  
5301 S Congress Ave  
Atlantis  
561.965.7300

Jupiter Medical Center  
1210 S Old Dixie Hwy  
Jupiter  
561.747.2234

Lakeside Medical Center  
39200 Hooker Hwy  
Belle Glade  
561.996.6571

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

Palms West Hospital  
13001 Southern Blvd  
Loxahatchee  
561.798.3300

SandyPines Hospital  
11301 SE Tequesta Terrace  
Tequesta  
561.744.0211

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

VA Medical Center  
7305 N Military Trail  
West Palm Beach  
561.422.8262

Wellington Reg Medical Ctr  
10101 Forest Hill Blvd  
Wellington  
561.798.8500

West Boca Medical Center  
21644 State Road 7  
Boca Raton  
561.488.8000

### SAINT LUCIE

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

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

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



## Do you need help paying your energy bill?

### EMERGENCY HOME ENERGY ASSISTANCE PROGRAM (EHEA) can help you!

- ✓ Are you age 60 or over and do you reside in Broward County?
- ✓ Have you received a "Past Due", "Final" or "Disconnection" notice?
- ✓ Are you a United States citizen or resident alien who is eligible for Federal Benefits?
- ✓ Is your total Household Gross Income 150% of the Federal Poverty level or less, as documented by Social Security statements, pay stubs, etc?

***If you need assistance with your energy bill and believe you qualify for EHEAP, call the Elder Helpline for an EHEAP center nearest to you for an appointment.***

**954-745-9779**



# NURSING / REHABILITATION CENTERS GUIDE

## GUÍA DE SANATORIOS Y CENTROS DE REHABILITACIÓN

### AVENTURA

Palm Garden of Aventura  
21251 E Dixie Hwy  
305.935.4827

Regents Park at Aventura  
18905 NE 25th Ave  
305.932.6360

VI at Aventura  
19333 W Country Club Dr  
305.692.4700

### BOCA RATON

Avante at Boca Raton  
1130 NW 15th St  
561.394.6282

Boca Raton Rehab Center  
755 Meadows Rd  
561.391.5200

Fountains  
3800 N Federal Hwy  
561.395.7510

Heartland Health Care Center  
7225 Boca Del Mar Dr  
561.362.9644

ManorCare Health Services  
375 NW 51st St  
561.997.8111

Menorah House  
9945 Central Park Blvd  
561.483.0498

Regents Park Nursing-Rehab  
6363 Verde Trl  
561.483.9282

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

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

Willowbrooke Court  
6152 Verde Trl N  
561.487.5200

Willowbrooke Ct at Edgewater  
Pt Estates  
23305 Blue Water Cir  
561.368.5600

### BOYNTON BEACH

Barrington Terrace  
1425 S Congress Ave  
561.369.7919

Boulevard Rehabilitation  
2839 S. Seacrest Blvd.  
561.732.2464

Boynton Beach Nursing-Rehab  
9600 Lawrence Rd  
561.740.4100

Boynton Health Care Center  
7900 Venture Center Way  
561.736.6000

Heartland Health Care Center  
3600 Old Boynton Rd  
561.736.9992

ManorCare Health Services  
3001 S Congress Ave  
561.737.5600

### COCONUT CREEK

Health Center of Coconut Creek  
4125 W Sample Rd  
954.968.8333

### CORAL SPRINGS

Park Summit  
8500 Royal Palm Blvd  
954.752.9500

### DANIA

Cross Pointe Care Center  
440 Phippen Walters Rd  
954.927.0508

### DEERFIELD BEACH

Deerfield Beach Health- Rehab  
401 E Sample Rd  
954.941.4100

Forum at Deer Creek  
3001 Deer Creek Country  
Club Blvd  
954.698.6269

Pompano Rehab & Nursing  
Center  
51 W Sample Rd  
954.942.5530

### DELRAY BEACH

Abbey Delray South  
1717 Homewood Blvd  
561.272.9600

Harbour's Edge  
401 E Linton Blvd  
561.272.7979

Health Center at Abbey Delray  
2105 SW 11th Ct  
561.454.5243

Lakeview Care Center  
5430 Linton Blvd  
561.495.3188

ManorCare Health Services  
16200 Jog Rd  
561.638.0000

### FORT PIERCE

Abbiejean Russell Care Ctr  
700 S 29th St  
772.465.7560

Fort Pierce Health Care  
611 S 13th St  
772.464.5262

Laurel Pointe Health & Rehab  
703 S 29th St  
772.466.3322

### FT LAUDERDALE

Broward Nursing & Rehab Ctr  
1330 S Andrews Ave  
954.524.5587

Fort Lauderdale Health-Rehab  
2000 E Commercial Blvd  
954.771.2300

Harbor Beach Nursing-Rehab  
1615 S Miami Rd  
954.523.5673

Manor Oaks Nursing & Rehab  
2121 E Commercial Blvd  
954.771.8400

Manor Pines Convalescent Ctr  
1701 NE 26th St  
954.566.8353

### HIALEAH

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

Hialeah Convalescent Home  
190 W 28th St  
305.885.2437

Palmetto Health Center  
6750 W 22nd Ct  
305.512.4688

Susanna Wesley Health Ctr  
5300 W 16th Ave  
305.556.3500

### HIALEAH GARDENS

Signature Healthcare of  
Waterford  
8333 W Okeechobee Rd  
305.556.9900

### HOBE SOUND

Edgewater Manor  
9555 SE Federal Hwy  
772.546.5800

### HOLLYWOOD

Golfcrest Healthcare Center  
600 N 17th Ave  
954.927.2531

Hillcrest Nursing & Rehab Ctr  
4200 Washington St  
954.981.6300

Hollywood Hills Rehab Center  
1200 N 35th Ave  
954.981.5511

### HOMESTEAD

Homestead Manor  
1330 NW 1st Ave  
305.248.0271

Signature Healthcare of  
Brookwood Gardens  
1990 S Canal Dr  
305.246.1200

### JUNO BEACH

Waterford Health Care Center  
601 Universe Blvd  
561.627.3800

### JUPITER

Courtyard Gardens  
Rehabilitation Center  
17781 Thelma Ave  
561.746.2998

Jupiter Medical Center  
Pavilion  
1230 S Old Dixie Hwy  
561.744.4444

### KENDALL

Heartland Health Care Ctr  
9400 SW 137th Ave  
305.385.8290

### KEY WEST

Key West Health & Rehab Ctr.  
5860 W Jr College Rd  
305.296.2459

### LAKE PARK

North Lake Rehab & Health  
Center  
750 Bayberry Dr  
561.881.8144

### LAKE WORTH

American-Finnish Nursing  
Home  
1800 South Dr  
561.588.4333

Avante at Lake Worth  
2501 North A St  
561.585.9301

Crossings  
4445 Pine Forest Dr  
561.965.5954

Medicana Nursing-Rehab Ctr  
1710 Lake Worth Rd  
561.582.5331

Oasis Health & Rehab Center  
1201 12th Ave S  
561.586.7404

Signature Healthcare of PB  
4405 Lakewood Rd  
561.969.1400

Terraces of Lake Worth  
1711 6th Ave S  
561.586.0808

**LANTANA**

Hamlin Place  
2180 Hypoluxo Rd  
561.582.6711

VI at Lakeside Village  
2792 Donnelly Dr  
561.963.2100

**LAUDERDALE LAKES**

Palms Rehab & Nursing Ctr  
3370 NW 47th Ter  
954.733.0655

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

**LAUDERHILL**

Heartland Health Care Ctr  
2599 NW 55th Ave  
954.485.8873

Life Care Center at Inverrary  
4300 Rock Island Rd  
954.485.6144

**MARGATE**

Margate Health Care Center  
5951 Colonial Dr  
954.979.6401

**MIAMI**

Coral Gables Nursing-Rehab  
7060 SW 8th St  
305.261.1363

Coral Reef Nursing-Rehab Ctr  
9869 SW 152nd St  
305.255.3220

East Ridge Retirement Village  
19301 SW 87th Ave  
305.238.2623

Florida Club Care Center  
220 Sierra Dr  
305.653.8427

Floriadean Nursing Home  
47 NW 32nd Pl  
305.649.2911

Franco Nursing & Rehab Ctr  
800 NW 95th St  
305.836.1550

Gramercy Park Nursing Ctr  
17475 S Dixie Hwy  
305.255.1045

Harmony Health Center  
9820 N Kendall Dr  
305.271.6311

Hialeah Shores Nursing-Rehab  
8785 NW 32nd Ave  
305.691.5711

Jackson Memorial Care Ctr  
2500 NW 22nd Ave  
786.466.3000

Jackson Memorial Perdue  
Medical Center  
19590 Old Cutler Rd  
786.466.3500

Jackson Plaza Nursing-Rehab  
1861 NW 8th Ave  
305.347.3380

Miami Gardens Care Center  
190 NE 191st St  
305.651.9690

Miami Jewish Home & Hospital  
5200 NE 2nd Ave  
305.751.8626

Miami Shores Nursing-Rehab  
9380 NW 7th Ave  
305.759.8711

Nursing Center at Mercy  
3671 S Miami Ave  
305.854.1110

Palace Nursing & Rehab  
11215 SW 84th St  
305.271.2225

Palmetto Sub Acute Care Ctr  
7600 SW 8th St  
305.261.2525

Pines Nursing Home  
301 NE 141st St  
305.893.1102

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

Riverside Care Center  
899 NW 4th St  
305.326.1236

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

St Anne's Nursing Center  
11855 Quail Roost Dr  
305.252.4000

Unity Health & Rehab Center  
1404 NW 22nd St  
305.325.1050

Victoria Nursing & Rehab Ctr  
955 NW 3rd St  
305.548.4020

West Gables Healthcare Ctr  
2525 SW 75th Ave  
305.265.9391

**MIAMI BEACH**

Hebrew Home of South Beach  
320 Collins Ave  
305.672.6464

Oceanside Extended Care Ctr  
550 9th St  
305.531.3321

South Pointe Plaza Rehab  
& Nursing Center  
42 Collins Ave  
305.672.1771

**MIAMI SPRINGS**

Fair Havens Center  
201 Curtiss Pkwy  
305.887.1565

**NORTH BAY VILLAGE**

Treasure Isle Care Center  
1735 N Treasure Dr  
305.865.2383

**NORTH MIAMI**

Arch Plaza Nursing & Rehab  
12505 NE 16th Ave  
305.891.1710

Berkshire Manor  
1255 NE 135th St  
305.891.6850

Claridge House Nrsng & Rehab  
13900 NE 3rd Ct  
305.893.2288

Fountainhead Care Center  
390 NE 135th St  
305.895.4804

Pinecrest Convalescent Ctr  
13650 NE 3rd Ct  
305.893.1170

Villa Maria Nursing Center  
1050 NE 125th St  
305.891.8850

**NORTH MIAMI BEACH**

Aventura Plaza  
1800 NE 168th St  
305.947.3445

Hampton Court Nursing  
16100 NW 2nd Ave  
305.354.8800

North Beach Rehab Center  
2201 NE 170th St  
305.945.1401

Watercrest Care Center  
16650 W Dixie Hwy  
305.945.7447

**PAHOKEE**

Glades Health Care Center  
230 S Barfield Hwy  
561.924.5561

**P. BEACH GARDENS**

Chatsworth at PGA National  
347 Hiatt Dr  
561.227.3200

Gardens Court  
3803 PGA Blvd  
561.626.1125

HCR Ctr - Prosperity Oaks  
11375 Prosperity Farms Blvd  
561.626.9702

Nursing Center at La Posada  
3500 Masterpiece Way  
561.514.5000

**PALM CITY**

Palm City Nursing-Rehab Ctr  
2505 SW Martin Hwy  
772.288.0060

Water's Edge Extended Care  
1500 SW Capri St  
772.223.5863

**PEMBROKE PINES**

Alexander Nininger Vet. Nrsng  
8401 W Cypress Dr  
954.985.4824

Memorial Manor  
777 S Douglas Rd  
954.276.6200

**PLANTATION**

Covenant Village Care Ctr  
9211 W Broward Blvd  
954.472.2860

ManorCare Health Services  
6931 W Sunrise Blvd  
954.583.6200

Plantation Nursing-Rehab Ctr  
4250 NW 5th St  
954.587.3296

West Broward Care Center  
7751 W Broward Blvd  
954.473.8040

**POMPANO BEACH**

Court at Palm Aire  
2701 N Course Dr  
954.975.8900

John Knox Village Health Ctr  
830 Lakeside Ctr  
954.783.4001

Seaview Nursing & Rehab Ctr  
2401 NE 2nd St  
954.943.5100

**PORT ST LUCIE**

Brighton Gardens  
1699 SE Lyngate Dr  
772.335.9990

Emerald Health Care Center  
1655 SE Walton Rd  
772.337.1333

Life Care Center  
3720 SE Jennings Rd  
772.398.8080

Palm Garden of Port St Lucie  
1751 SE Hillmoor Dr  
772.335.8844

Port St Lucie Nursing & Rest.  
7300 Oleander Ave  
772.466.4100

Tiffany Hall Nursing & Rehab  
1800 SE Hillmoor Dr  
772.337.3565

**ROYAL PALM BEACH**

Royal Manor  
600 Business Pkwy  
561.798.3700

**STUART**

Martin Nursing & Rest Care  
6011 SE Tower Dr  
772.223.8777

# NURSING / REHABILITATION CENTERS GUIDE

## GUÍA DE SANATORIOS Y CENTROS DE REHABILITACIÓN

Parkway Health & Rehab Ctr  
800 SE Central Pkwy  
772.287.9912

Salerno Bay Manor  
4801 SE Cove Rd  
772.286.9440

Stuart Nursing & Rest. Care  
1500 Palm Beach Rd  
772.283.5887

**SUNRISE**  
Regents Park of Sunrise  
9711 W Oakland Park Blvd  
954.572.4000

Springtree Rehab Center  
4251 Springtree Dr  
954.572.4251

Sunrise Health & Rehab Ctr  
4800 Nob Hill Rd  
954.577.3530

**TAMARAC**  
Heartland of Tamarac  
5901 NW 79th Ave  
954.722.7001

Tamarac Rehab & Health Ctr  
7901 NW 88th Ave  
954.722.9330

**TAVERNIER**  
Plantation Key Convalescent  
48 High Point Rd  
305.852.3021

**W. PALM BEACH**  
Consulate Health Care of WPB  
1626 Davis Rd  
561.439.8897

Coral Bay Healthcare & Rehab  
2939 S Haverhill Rd  
561.641.3130

Darcy Hall of Life Care  
2170 Palm Beach Lakes Blvd  
561.683.3333

Edward J Healey Rehab Ctr  
1200 45th St  
561.842.6111

Joseph L Morse Geriatric Ctr  
4847 Fred Gladstone Dr  
561.471.5111

Lakeside Health Center  
2501 N Australian Ave  
561.655.7780

Lourdes Noreen McKeen Res.  
315 S Flagler Dr  
561.655.8544

ManorCare Health Services  
2300 Village Blvd  
561.478.1800

Palm Garden of WPB  
300 Executive Center Dr  
561.471.5566

Rehab Center of the PB  
301 Northpoint Pkwy  
561.712.1717

Renaissance Health & Rehab  
5065 Wallis Rd  
561.689.1799

Savannah Cove  
2090 N Congress Ave  
561.686.5100

Wood Lake Nursing & Rehab  
6414 13th Rd S  
561.478.9900

**WILTON MANORS**  
W. Manors Health & Rehab  
2675 N Andrews Ave  
954.563.5711

Remember.....  
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55+ Magazine!

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you-need-to**

**Ask...**

*When selecting an*

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FACILITY**

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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](http://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.55plussmag.us](http://www.55plussmag.us) •

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[www.fdhc.state.fl.us](http://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.55plussmag.us](http://www.55plussmag.us) •

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

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# ASSISTANCE FOR ALL YOUR HOME CARE SERVICES

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**(7587)**

# 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*  
 *SPANISH PHONE LINE / LINEA TELEFÓNICA EN ESPAÑOL*

# 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

Jerome Goldman Center for Behavioral Health  
561.383.8000

Mental Health Association of Palm Beach County  
561.832.3755

National Alliance for the Mentally Ill of PBC  
561.588.3477

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 / LÍNEA 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

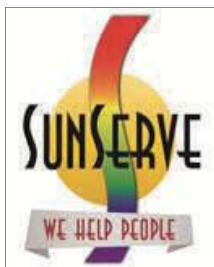
**STATE**

Florida Ombudsman Prog.  
888.831.0404

Volunteers of America  
813.282.1525

**NATIONAL**

Volunteers of America  
800.889.0089



# PRESENTS

## Phone a Friend Program

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Phone Visits

Email Messages

Text Messages

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Friend Program?



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'The Bow-Tie-Guy'

954.764.5150 ext 114

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# DROP BY! JOIN IN! BECOME A PART OF THE PRIDE CENTER!

## INFORMACIÓN PARA PERSONAS DE LA TERCERA EDAD LGBT

### BRUCE WILLIAMS

As members of the LGBT Community, we are 'survivors'..... not the wimpy ones that you see on TV reality shows....but true survivors in a real world. In addition to the obstacles that life inflicts upon our heterosexual counterparts, most of us have endured abuse, bigotry and prejudice. And yet....we're still here! Not only here, but each one representative of several decades of wisdom and experience Now is NOT the time to become a 'rainbow couch potato'! The Pride Center, through its Senior Advisory Council (SAC) affords each of us a host of opportunities to commune, to enjoy, to exchange information and to remain a vibrant and contributing part of society.

**COFFEE & CONVERSATION** - Each Tuesday morning nearly 100 seniors enjoy coffee and goodies provided by local businesses. The weekly sponsor briefly informs the group of their particular business, answers individual questions and affords the group a great opportunity to chat with old friends, to make new acquaintances and to learn of goods and services available in our area.

**FUN & ENTERTAINMENT** - Twice monthly, 'Game Day' offers Scrabble, Wii, Texas Hold'em, and a host of various other games. The programming is often expanded to

Como miembros de la comunidad LGBT, somos "sobrevivientes" ..... no como los debiluchos de los reality shows de TV .... pero verdaderos sobrevivientes en un mundo real. Además de los obstáculos que la vida inflige a nuestros homólogos heterosexuales, la mayoría de nosotros hemos sufrido abuso, la intolerancia y los prejuicios y sin embargo .... todavía estamos aquí!

No sólo aquí, sino que cada uno representa una de las varias décadas de sabiduría y experiencia .... Ahora no es el momento de convertirse en un "arco iris de patata de sofá" ! El Centro Pride - a través de su Consejo Superior Consultivo (SAC) - ofrece a cada uno de nosotros una gran cantidad de oportunidades para convivir, para disfrutar, para intercambiar información y seguir siendo una parte vibrante y contribuyente de la sociedad.

**CAFÉ Y CONVERSACIÓN** - Cada martes por la mañana cerca de 100 personas mayores disfrutan de un café y golosinas proporcionados por las empresas locales. El patrocinador semanal brevemente informa al grupo de su servicio, responde a las preguntas individuales y proporciona al grupo una gran oportunidad para charlar con viejos amigos, hacer nuevos amigos y aprender de los bienes y servicios disponibles en nuestra área.

include Pot Luck Lunches, Bingo, live performances by The Broward Center for the Performing Arts, skits by The Rising Action Theater and movies provided by The Pals Project.

**INFORMATIONAL** - The list of presenters for the Speaker's Series, so far this year, is a veritable 'red-carpet' of area organizations: Shelly Goren of Gilda's Club, Dr. Elie Schochet of Holy Cross Hospital, Jonathan Fishman of The Broward County Sheriff's Department, Owen Walker of The Broward County Veteran's Services, David King of Hospice of Broward County, Leo Scarpati of The Senior Medicare Fraud Program, Chris MacLellan of Sunserve's Phone a Friend Program, Abi Fortey of Broward Health, Chris Dragomer of The Alzheimer's Association and motivational speaker, Betty Rosse.

**ENGAGEMENT** - The SAC has initiated efforts that have resulted in the provision of two life-saving AEDs at The Pride Center. Funds were collected and a donation of several dozen chairs was made to facilitate counseling sessions for hundreds of area individuals. The SAC has enhanced the community by raising funds for The Smart Ride, The Poverello Food Bank, The Stuff The Bus Project and The Florida Aids Walk. Social needs are addressed through its support of such programs as Celebrations of Life, Suicide Awareness and other community issues.

**COMING EVENTS** - I know that in the last issue I asked that you plan to attend The Senior Health Expo to be held October 20, 2012 at The Pride Center. Good advice.....but don't wait till then to get involved! The fall calendar is already loaded with

**DIVERSION Y ENTRETENIMIENTO** - Dos veces al mes, el Día de los juegos ofrece Scrabble, Wii, Texas Hold'em, y otros juegos de cartas. La programación se amplió para incluir a menudo Almuerzos Pot Luck, bingo, espectáculos de The Broward Center for the Performing Arts, parodias por el The Rising Action Theater , y las películas previstas por el Proyecto Pals.

**INFORMATIVO** - La lista de presentadores de la Serie de Oradores lo que va del año es una verdadera 'alfombra roja' de las organizaciones de la zona: Shelly Goren del Club Gilda, el Dr. Elie Schochet de Holy Cross Hospital, Jonathan Fishman, del Departamento del Sheriff del condado Broward, Owen Walker de servicios El Veteranos del Condado de Broward, David Rey de Hospice of Broward County, Leo Scarpati de El Programa de Fraude Superior Medicare, Chris MacLellan de teléfono Sunserve de un Programa Amigo, Abi Fortey de Broward Health, Chris Dragomer de La Asociación de Alzheimer y Betty Rosse.

**COMPROMISO** - El SAC ha iniciado esfuerzos que han resultado en la provisión de dos salvavidas AEDs en el Pride Center. Los fondos fueron recogidos y una donación de sillas de varias decenas se hizo para facilitar las sesiones de orientación para los centenares de personas de la zona. El SAC ha mejorado la comunidad al recaudar fondos para el viaje de Smart, El Poverello de Bancos de Alimentos, The Stuff The Bus Project y The Florida Aids Walk. Las necesidades sociales se abordan a través de su apoyo a programas tales como celebraciones de la vida, la conciencia suicidio y otros problemas de la comunidad.

**PRÓXIMOS EVENTOS** - Yo sé que

on-going Exercise Classes, an AARP Driver's Course, a spectacular Art Exhibit, a Fall-Prevention Series, a Pet 'Flea Market' and Pot Luck Dinners with Bingo and a Silent Auction. Take part in scheduled activities now and add your special interests and experience to initiate new projects and to plan future events. Just drop by The Center or go to: [www.pridecenterflorida.org](http://www.pridecenterflorida.org) for details. •



For more information contact:  
[www.glccsf.org](http://www.glccsf.org)  
 Phone: 954-463-9011

en la edición pasada le pedí que planea asistir a la Expo Salud de los Ancianos, que se celebrará 20 de octubre 2012 en el Centro de Pride. Un buen consejo ..... pero no espere a participar! El calendario de otoño ya está cargado con clases de ejercicio en curso, Curso de Conducir de AARP, una exposición de arte espectacular, una serie de prevención de caídas, "mercado de pulgas" un animal doméstico y Cenas Pot Luck con bingo y una subasta silenciosa. Participar en las actividades programadas y añadir sus intereses especiales y la experiencia para iniciar nuevos proyectos y planificar futuros eventos. Sólo tienes que arrastrar por el Centro o vaya a: [www.pridecenterflorida.org](http://www.pridecenterflorida.org) para más detalles. •



**The National Resource Center on LGBT Aging**  
 A permanent resource for lesbian, gay, bisexual and transgender (LGBT) older adults.  
[www.lgbtagingcenter.org](http://www.lgbtagingcenter.org)

**National Resource Center**



**ON LGBT AGING**



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

**Do you need LGBT resources?**

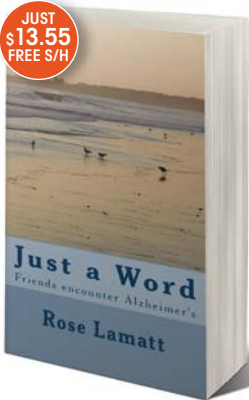
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# 55+ SHOPPING GUIDE



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

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

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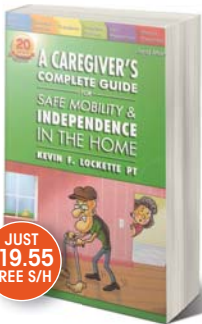
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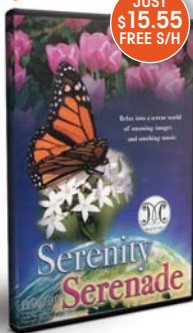
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Diversion Programs

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Transitional Programs

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# 55+ COMMUNITY & PROFESSIONAL CALENDAR

## 55+ CALENDARIO DE LA COMUNIDAD Y DE LOS PROFESIONALES

We produce a comprehensive digest of community events, educational programs and professional networking from Miami-Dade to the Treasure Coast. If you would like to be included in our email database to receive our weekly newsletter and updates, please contact Mike Penn at 561.654.4164, or [mikepenn@55plusmag.us](mailto:mikepenn@55plusmag.us). You can also sign up by visiting our website at [www.55plusmag.us/network](http://www.55plusmag.us/network) and follow the link.

**55+ Network Meetings:** Please visit the Network section of our website [www.55plusmag.us](http://www.55plusmag.us) for the latest schedule

**Operation Medicine Cabinet:** Prescription Drug Takeback Program (Broward Sheriff's Office)  
Please visit [www.sheriff.org/safety/operation\\_medicine\\_cabinet](http://www.sheriff.org/safety/operation_medicine_cabinet) to download the latest schedule

**EnhanceFitness - Healthy Aging for all** (English/Spanish)  
YMCA Broward: Call Emilia Solano at 954-357-0276 for locations and times ([www.ymcabroward.org](http://www.ymcabroward.org))  
Miami-Dade: Toll free 1-855-855-4272 ([www.healthygingsf.org](http://www.healthygingsf.org))

**Workshops: A Matter of Balance / Diabetes Self Management / Living Healthy** (English/Spanish)  
YMCA Broward: Call Sandra Delgado at 954-357-0275 for locations and times ([www.ymcabroward.org](http://www.ymcabroward.org))  
Miami-Dade: Toll free 1-855-855-4272 ([www.healthygingsf.org](http://www.healthygingsf.org))



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or Miami-Dade counties

**HELP IS A PHONE CALL AWAY**

## Telephone Reassurance Program: Making a Difference in the Lives of our Elders



**A FREE PROGRAM**  
to check on the well-being of seniors  
**Register Today**  
*Gain peace of mind and  
a sense of safety and security*

Receive a telephone reassurance phone call at a specific prearranged time or call 24 hours, 7 days a week for help and information

Do you swerve when walking?  
Have you abandoned reading?



*Help is available. Learn more about the ...*

## **FUNCTIONAL VISION REHABILITATION PROGRAM**

**Specifically designed to address undetected vision problems**

**The *first* and *only* kind in the area**

*Call or visit us today.*

**561.392.3000**

**7300 Del Prado South,  
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*There really is a difference ...*

**WHITEHALL**  
*Boca Raton*

*A Skilled Care Residence and Rehabilitation Facility*

SNF License #1605095

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# CRISIS MANAGEMENT SOLUTIONS AND INTERVENTIONS

TRANSITIONAL SERVICES AND BENEFITS SOLUTIONS

## TRANSITIONS FROM AND TO:

- Rehabilitation Centers
- Long Term/Custodial Care
- Assisted Living Facilities
- Homes
- Hospitals
- Nursing Homes
- Alzheimer's Centers
- Mental Health Units
- Independent Living



*Give yourself peace of mind when choosing the right services and benefits for you or your loved one*

## MAXIMIZING BENEFITS & SERVICES FOR:

Home Care

Social Security

Medicaid

Coordination of Medicare Services

Resources for Veteran's Benefits

Care Management & Care Plan Development

Nursing Home & Rehabilitation Transitions

Alternative Housing Placement

Healthcare Family Liaison

Alzheimer's Dementia Resources

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**TRUST US TO HELP YOU GET THE SERVICES  
AND BENEFITS YOU ARE ENTITLED TO**

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**FREE Consultation: (954) 961-5223**

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