

55TM MAGAZINE

FREE

ENGLISH / ESPAÑOL



MARSHA MASON

INTERVIEW / ENTREVISTA

Resource Directory
Directorio de Servicios
Updated 2013

**Understanding
Assisted Living**
Entendiendo Viviendas
Asistidas

**The Scoop On Medicare,
Medicaid, VA Benefits...**
Información sobre Medicare,
Medicaid, Beneficios para
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THE POWER OF A NUMBER! WELCOME 2013

EL PODER DE UN NÚMERO! BIENVENIDO 2013

HUMBERTO FORTUNA MA, MS / GERIATRIC SPECIALIST



We've all met those people who would rather not say how old they are or even want to celebrate their birthdays. Then there are some that won't get out on the 13th floor of a building, sit in the 13th row at a theater or be the 13th person to arrive at a party. But, for me, I love the number 13!

The number 13 has always been a lucky number for me, both personally and professionally.

Here's a good example....I am really proud to see how 55+ Magazine is evolving and unfolding organically within our community and with our readers. And, on December 13th, we were honored and presented with a special award from the Broward County Sheriff's Office for the services we have provided in the community. And when I realized that it was given to me on the 13th day of the month, I just smiled!

The first issue of 55+ Magazine in 2013 is full of positive energy! Just read our amazing interview with the very positive Marsha Mason. Her interview is something we should really take to heart. She makes us see that no matter how famous you are, we are all the same and we all have our own stories to tell.

The addition of Scoop for Seniors as a new contributor, brings you "THE SCOOP ON" section of our

Todos conocemos a personas que prefieren no decir su edad o quieren celebrar sus cumpleaños. Luego hay algunos que no vivirían en el piso 13 de un edificio, sentarse en la fila 13 en el teatro o ser la persona numero 13 en una fiesta. Pero, para mí, me encanta el número 13!

El número 13 siempre ha sido un número de la suerte para mí, tanto en lo personal como profesionalmente.

He aquí un buen ejemplo Estoy muy orgulloso de ver cómo 55+ Magazine evoluciona y se desarrolla orgánicamente dentro de nuestra comunidad y con nuestros lectores. Y, el 13 de diciembre, tuvimos el honor de haber sido presentado con un premio especial de la Oficina del Sheriff del Condado de Broward por los servicios que se han prestado en la comunidad. Y cuando me di cuenta que se me dió a los 13 días del mes, sólo me sonreí!

El primer número de 55+ Magazine, en el año 2013, está lleno de energía positiva! Acabo de leer nuestra increíble entrevista con la muy positiva Marsha Mason. Su entrevista es algo que deberíamos tomar muy en serio. Ella nos hace ver que no importa lo famoso que eres, todos somos iguales y todos tenemos nuestras

magazine. This section will be of assistance to you when faced with a crisis or problem. It will assist you in learning about all of the services and benefits available to you. Scoop for Seniors can help you with Medicaid and VA Benefit's Information as well as with Home Care Services, giving you peace of mind. I am so happy that they are part of our team and will be helping families throughout South Florida.

Our new Resource Directory Special Edition for 2013 is full of updated, brand NEW resources. Our TOLL FREE number never stops ringing, and we LOVE IT! This is what keeps us going! This is SUCCESS, and we believe that SUCCESS is not just about MONEY, it's about helping individuals in need.

2013 Is full of surprises, changes and new ideas. It is a new year and it's up to each one of us to make the best of it! A positive, honest and sincere approach, with a clear vision of what you want is the secret!

My secret may not be your secret and that is perfectly ok, but if we all share our secrets and talk to each other about what success means to us, we can help each other, we can keep growing and become better human beings.

PS. When you can start sharing your secret of success, you can really experience and enjoy your **TRUE SUCCESS in 2013!** •

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

propias historias que contar.

La incorporación de Scoop for Seniors como un nuevo contribuyente nos trae la seccion "la primicia" a nuestra revista. Esta sección será de utilidad cuando una persona pasa por una crisis o problema. Le ayudará a aprender todos los servicios y beneficios disponibles para usted. Ellos le pueden ayudar con información sobre el Medicaid y beneficio para los veteranos, así como con los servicios de atención domiciliaria. Estoy tan feliz de que forman parte de nuestro equipo y puedan ayudar a las familias en todo el sur de Florida.

Nuestra nueva edición del Directorio de Recursos para el año 2013 está lleno de recursos actualizados. Nuestro número de teléfono gratuito que nunca deja de sonar, y eso nos encanta! Esto es lo que nos mantiene positivos! Este es el éxito! Creemos que el éxito no es sólo de dinero, sino de ayudar a las personas necesitadas.

El 2013 es una caja de sorpresas, cambios y nuevas ideas. Es un nuevo año y cada uno de nosotros debemos hacer lo mejor de ello! Un enfoque positivo, honesto y sincero, con una visión clara de lo que quieres es el secreto!

Mi secreto no puede ser su secreto y eso está perfectamente bien, pero si todos compartimos nuestros secretos y empezamos a hablar unos con otros acerca de lo que significa el éxito para nosotros, podemos ayudarnos mutuamente, seguir creciendo y ser mejores seres humanos.

PS. Cuando empieza a compartir el secreto de su éxito es cuando realmente se puede experimentar y disfrutar de un **verdadero éxito. Feliz 2013!** •

AWARD RECOGNITION

PREMIO DE RECONOCIMIENTO



There is nothing more enjoyable than to see your friends, your business and yourself being recognized for the work you have accomplished. On December 13th, the Broward Sheriff's Office recognized Nelson A. Garcia; Director of Administration and 55+ Magazine Publisher, Humberto Fortuna with a Special Recognition Award for the Dedication and Support of Civil Rights and Social Justice issues in assisting Seniors in our Community.

The award was presented at the Semi-Annual Awards Ceremony at the Broward Center for the Performing Arts in Fort Lauderdale by Sheriff Al Lamberti.

"This is what makes me keep

No hay nada más lindo que ver a sus amigos, su negocio y o a usted mismo ser reconocido por el trabajo que ha realizado. El 13 de diciembre, la Oficina del Sheriff del condado de Broward reconoció a Nelson A. Garcia, Director de Administración y Humberto Fortuna, Editor de la revista 55+ Magazine, con un Premio de Reconocimiento Especial por la Dedicación y Apoyo a los Derechos Civiles y la Justicia Social en ayuda a la Comunidad de Adultos Mayores.

El premio fue entregado en la ceremonia Semi-Anual de premios en el Broward Center for the Performing Arts en Fort Lauderdale por el Alguacil AL Lamberti.

"Esto es lo que me hace seguir

believing in what I do and what 55+ Magazine is all about,” Publisher, Humberto Fortuna said.

For the past several years, we have had the pleasure to be part of the ‘Operation Medicine Cabinet’ program. At 55+ Magazine, we believe in Equality, Social Justice and Education for our Community.

We want to thank the Broward County Sheriff’s Office for this special recognition. •

creyendo en lo que hago y de lo que se trata”, dijo Humberto Fortuna, Director de 55+ Magazine.

Durante los últimos años, hemos tenido el placer de ser parte del programa “Operation Medicine Cabinet”. En 55+ Magazine, creemos en la igualdad, la justicia social y la educación para nuestra Comunidad.

Queremos dar las gracias a la Oficina del Alguacil del Condado de Broward por este reconocimiento y premio. •



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Para mas informacion por favor comunicarse con **Martha Ramirez 1-800-861-7826 ext 214**

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- ◆ **UNIDADES PARA PERSONAS CON ALZHEIMER'S**
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UNDERSTANDING ASSISTED LIVING

ENTENDIENDO VIVIENDAS ASISTIDAS

When Assisted Living Facilities were first created, they were more like a Retirement community. If a person had incontinence issues or required more personal care, they would have to leave the facility and go to a Skilled Nursing Home. Eventually, the government and the healthcare industry worked together to create regulated communities to provide appropriate care in order to meet the needs of each individual.

Once the Assisted Living Facilities were established, the need for other types of alternative housing came to light such as Independent Living, Adult Family Care Homes and Alzheimer-Dementia Units. In Florida, small, six bed facilities (private homes) are gaining popularity due to the fact that they can provide even more personalized care. They are licensed and regulated by the same agencies that govern all of the Assisted Living Facilities, regardless of size.

Many people do not completely understand the concept of, or what is actually offered in an Assisted Living Facility (ALF).

A prospective candidate is usually in need of at least one or more Activities of Daily Living (ADLs). Some of the ADLs are showering, dressing, toileting and medication management. The staff of an ALF is trained to provide assistance with all of those ADLs along with housekeeping, laundry, transportation and social activities.

Cuando las viviendas asistidas se crearon por primera vez, era como una comunidad de jubilados. Si una persona tenía problemas de incontinencia o requería una atención más personal, tenían que abandonar el centro e ir a un sanatorio. Finalmente, el gobierno y la industria de la salud trabajaron juntos para crear comunidades reguladas para proporcionar la atención adecuada a fin de satisfacer las necesidades de cada individuo.

Una vez que las instalaciones de viviendas asistidas se establecieron, la necesidad de otro tipo de alojamiento alternativo salieron a la luz, tales como centros Independiente, Hogares de Cuidado Familiar y Unidades de Demencias. En la Florida, las instalaciones pequeñas, (casas particulares) están ganando popularidad debido al hecho de que puedan brindar atención más personalizada. Ellos están autorizadas y reguladas por los mismos organismos que rigen todas las instalaciones de vida asistida, independientemente de su tamaño.

Muchas personas no comprenden el concepto de, o lo que está siendo ofrecido en una instalación de vida asistida (ALF).

Un posible candidato es por lo general cuando la persona necesita asistencia por lo menos en una o más actividades de la vida diaria (AVD). Algunas de las AVD son ducharse, vestirse, ir al baño y administración de medicamentos. El personal de la ALF está capacitado para brindar

Most facilities are paid for by private, “out of pocket” funds. However, financial assistance can be found through the Veteran’s Administration, Long Term Care Insurance, and state programs, if certain requirements are met.

Overall, the best way to describe Assisted Living is to think of it as a bridge between living at home and living in a Skilled Nursing Facility. Assisted Living has a residential focus with a home-like environment while a Nursing Home is primarily a medical institution.

Placement Counselors has been helping families find placement for their loved ones since 1999. We provide experienced counselors who have been in the healthcare field for over 20 years and are knowledgeable in all aspects of placement including all financial programs available.

On a personal note.....

Many families feel they want to keep their loved one “at home” for as long as possible. The truth is, keeping them home may not be in their best interest. If left at home alone or with just one caregiver for only a few hours a day, Mom or Dad will not get the social interaction they need.

The most important thing is to never compromise the care of your loved one. If being “home” can no longer provide the adequate care physically and emotionally, then it’s time to give them what they are so deserving of.....a carefully chosen Assisted Living Facility. •

asistencia con todos los AVD junto con la limpieza, lavandería, transporte y actividades sociales.

La mayoría de las instalaciones son pagas privadamente. Sin embargo, la asistencia financiera se puede encontrar a través de la Administración de Veteranos, Seguro de Cuidado a Largo Plazo, y los programas estatales, si se cumplen ciertos requisitos.

En general, la mejor manera de describir Assisted Living es pensar que es como un puente entre vivir en casa y vivir en un centro de enfermería especializada. Assisted Living tiene un enfoque residencial con un ambiente hogareño, mientras que un hogar de ancianos es principalmente una institución médica.

Los consejeros han estado ayudando a las familias a encontrar la ubicación de sus seres queridos desde 1999. Ofrecemos asesores experimentados que han estado en el campo de la salud desde hace más de 20 años y son expertos en todos los aspectos en hogares alternativos e incluso para todos los programas financieros disponibles.

En una nota personal

Muchas familias sienten que quieren mantener su ser querido “en casa” por el tiempo que sea posible. A veces, dejarlos en casa puede no ser la mejor opción. Si se deja a la persona sola en casa o con un cuidador por unas pocas horas al día, su ser querido no logrará la interacción social que necesita. Lo más importante es no comprometer el cuidado de su ser querido. Si en su “hogar” usted no puede darle la atención adecuada física y emocional, entonces es el momento de darle a su ser querido lo que se merece... Un Centro de cuidado seleccionado con la ayuda de un profesional. •

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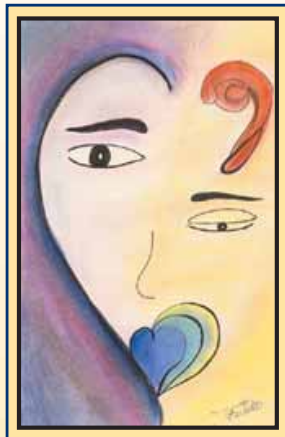
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Our programs include: Nursing Home Search and Placement, Medicaid and Medicare information, Veteran information, Home Care and Alzheimer's Care, along with many other programs.

Our Network specializes in understanding changes, while creating solutions for Patients, Caregivers, Families & Healthcare Professionals. Call us at (954) 961-5223 for a free consultation, or visit us at www.scoopforseniors.com

At Scoop for Seniors, we view a crisis, a problem, or a new intervention as a WHOLE. We believe in looking at the whole picture, not just a portion of it. •

Nos enorgullecemos en ayudar familias y pacientes de todos los niveles sociales y ayudarles a alcanzar sus metas a través de nuestros servicios de Manejo de Casos Médicos.

Hemos creado programas sólo para sus necesidades. Nuestros Coordinadores de Servicios pueden ayudarle a recibir beneficios financieros. A través de nuestro Programa de mediación, podemos obtener la información que necesita de los profesionales de la salud. Este programa ayuda a entender el sistema salud que puede ser complicado y abrumador a veces. El coordinador se convierte en el portavoz entre la familia y los profesionales de la salud involucrados en el cuidado del paciente. Si usted no está recibiendo la información que necesita del hospital, médico o de otro tipo, nosotros podemos obtenerla para usted!

Los programas incluyen: Buscar un Nursing Home y admisión, información sobre los servicios y aplicaciones del Medicaid y Medicare, información sobre beneficios para los Veteranos, beneficios para el Cuidado en el Hogar y Cuidado de Alzheimer, entre otros programas.

Nuestra red de profesionales se especializa en encontrar soluciones. Para más información llame al (954) 961-5223, o visítenos en www.scoopforseniors.com

Todos los casos son enfocados orgánicamente. Vemos a una crisis o una nueva intervención en su conjunto. Creemos en mirar el panorama completo, no sólo una parte de ella. •



HOW DO I GET MEDICAID TO PAY FOR MY SERVICES?

¿PUEDO OBTENER MEDICAID PARA PAGAR POR MIS SERVICIOS?

Medicaid helps give financial assistance to those who qualify based on their medical and financial situation.

A person must meet financial, medical and residential requirements in order to receive benefits.

The Medicaid program has very strict guidelines. But, with knowledgeable, professional assistance, you will find that income and assets can be restructured in order to protect the patient and/or family. In so doing, this can give the patient a better quality of life.

The Long-Term Care Diversion Program and the Medicaid Waiver Program in Florida are two programs that help people avoid going to a nursing home. Instead, through these programs, a person can remain in their home or go to an Assisted Living Facility.

Note that Medicaid does not pay the whole cost of care. This is based on his/her income.

Scoop for Seniors can assist you in understanding these very specific programs and help you receive the services that you are entitled to. For more information about these services and programs, call a Transitional Coordinator at (954) 961-5223. A Medicaid Specialist can guide you through the Medicaid Program. •

Medicaid provee ayuda financiera a aquellos que califican en función de su situación médica y financiera.

Una persona debe cumplir con los requisitos financieros, médicos y residenciales con el fin de recibir los beneficios del Medicaid.

El programa de Medicaid tiene normas muy estrictas. Pero, con la ayuda eficiente, profesional, usted encontrará que los ingresos y sus finanzas pueden ser reestructurados con el fin de proteger al paciente y/o familia. Al hacerlo, esto puede dar al paciente una mejor calidad de vida y recibir los servicios.

El Programa Long Term Care Diversion y el Programa Medicaid Waiver de la Florida son dos programas que ayudan a las personas a evitar ir a un asilo de ancianos. En cambio, a través de estos programas, una persona puede permanecer en su casa o ir a un centro de asistencia. Para calificar, uno todavía debe cumplir con los requisitos para un hogar de ancianos.

Tenga en cuenta que Medicaid no paga el costo total de la atención. Esto se basa en sus ingresos.

Scoop for Seniors puede ayudarle a recibir los servicios que le corresponde.

Para más información, llame al (954) 961-5223. Un especialista en Medicaid puede asesorarlo para que usted pueda calificar y recibir los servicios del Medicaid. •



MEDICARE SERVICES IN MY HOME

SERVICIOS DOMICILIARIOS CUBIERTOS POR MEDICARE

Contrary to what many people think, Medicare actually covers up to 35 hours a week of Home Health Care. In order to receive this benefit though, you must meet certain requirements.

One of those requirements would be that a patient be homebound, which usually means that they need help walking, dressing and toileting.

A Plan of Care would have to be put in place. This requires a doctor's approval. This Plan of Care would include the services of a nurse or a therapist, (occupational, speech or physical). A Home Health Aide can also be included in the Plan of Care to assist with Activities of Daily Living.

Once you meet all of the requirements, you can receive the following: Therapy (occupational, physical or speech) / Skilled Nursing Care (part-time) / Home Health Aide (part-time) / Medical Social Services / Medical Supplies / Durable Medical Equipment

Medicare does NOT cover the following: 24 hour in-home care / Housekeeping Services / Delivery of Meals / Laundry / Shopping / Home Health Aide (without any other needs)

Important Note: A Patient has the right to choose whatever Medicare agency they wish.

Call (954) 961-5223 to speak with one of our Transitional Coordinators and learn more about the details of the services available to you. •

Medicare cubre hasta 35 horas a la semana de atención médica domiciliaria. Para recibir este beneficio, usted debe cumplir con ciertos requisitos. Algunos de estos requisitos sería que un paciente esté confinado a su casa.

Un plan de Atención aprobado por un médico es necesario. Este Plan incluirá los servicios de una enfermera o de terapia, (ocupacional, del habla o física).

Un asistente de salud también pueden ser incluido para ayudar con las actividades diarias.

Una vez que usted cumple con todos los requisitos, usted puede recibir lo siguiente: Terapia (ocupacional, física y del habla) / Atención de enfermería especializada (a tiempo parcial) / Inicio Ayudante de Salud (a tiempo parcial) / Médico de Servicios Sociales / Suministros médicos / Equipo médico duradero

Medicare no cubre lo siguiente: 24 horas de cuidado en el hogar / Servicio de limpieza Servicios / Entrega de Comidas no Bullets alineando / Servicio de lavandería / Compras / Inicio Ayudante de Salud (sin ningún otro tipo de necesidad)

Importante: El paciente tiene el derecho de escoger cualquier agencia de Medicare que deseen.

Llame al (954) 961-5223 para hablar con uno de nuestros coordinadores de transición y aprender más acerca de los detalles de los servicios disponibles para usted. •



HEALTHCARE LIAISON AND CARE MANAGEMENT

MEDIADORES Y MANEJO DE CASOS

The objective of Scoop for Seniors is to become the liaison, the spokesperson and the facilitator between the family and the healthcare professionals.

We achieve fast, effective and crucial information for the family. The goal is to manage the entire situation and gather all of the information that is difficult for a patient to receive on their own.

Knowing the healthcare system and how the professionals in the industry operate under diverse regulations is what sets us apart from others. With this service, families save money and clients improve their quality of life due to accurate communication between Scoop, healthcare professionals, the client and their families.

Scoop for Seniors specializes in creating solutions for patients, caregivers, families and healthcare professionals. We believe that all situations should be approached with a holistic and organic understanding. We believe in looking at the whole picture, not just a portion of it.

We concentrate on short-term care management while reducing miscommunications, time, stress, and costs. Care management services are streamlined and client-centered, not complicated by bureaucratic red tape.

Having a good Care Plan in place can help avoid crisis, unnecessary hospitalizations and inappropriate placements. Contact us at (954) 961-5223 for more information. •

Este programa fue diseñado para ayudar al cliente a navegar el sistema de salud que puede ser complejo y abrumador. El objetivo de un coordinador es conseguir información rápida y eficaz para la familia, para poder tomar decisiones apropiadas. En muchos casos los pacientes no pueden conseguir esta información solos.

Conocer el sistema de salud y cómo sus profesionales operan es lo que nos distingue de los demás.

Este servicio ayuda a ahorrar dinero y al paciente a mejorar su calidad de vida debido a la buena comunicación entre Scoop, los profesionales de la salud, el cliente y su familia.

Scoop for Seniors se especializa en comprender: necesidades, cambios y deseos del paciente, mientras crea soluciones para los problemas. Creemos que todos los casos deben ser abordados integral y orgánicamente viéndolos en su conjunto. Creemos en mirar el panorama completo, no sólo una parte de ella.

Nos enfocamos en la asistencia a corto plazo reduciendo los errores de comunicación, tiempo, estrés, y los costos. Los servicios de administración de casos de atención se concentran en la necesidades del cliente, eludiendo trámites burocráticos.

Tener la información correcta ayuda a evitar una crisis y hospitalizaciones innecesarias. Para un consulta gratuita, contactarse al (954) 961-5223. •



SERVICES FOR VETERANS AND SPOUSES OF VETERANS

SERVICIOS PARA LOS VETERANOS Y VIUDAS/OS DE VETERANOS

The Veteran's benefit is designed to provide financial assistance to help cover the cost of long term care in the home, in an Assisted Living Facility or in a Skilled Nursing Home.

The benefit is for Veterans and surviving spouses who require a caregiver in at least two of the Activities of Daily Living (ADLs). Some of those ADLs are dressing, bathing, cooking, eating, grooming, transportation, etc.

This benefit is called Aid and Attendance and a Veteran or a surviving spouse never has to pay it back or pay taxes on it.

There are certain requirements that one has to meet in order to receive this benefit. Some of them are:

1. Must have served at least 90 days of active duty and one of those days must be during war time.
2. Must have anything other than a dishonorable discharge.
3. Surviving spouse must have been married to a Veteran at the time of his/her passing.
4. Must need assistance with at least two ADLs.
5. Must meet income and asset criteria required by the VA.
6. Must be at least 65 years old or totally disabled.

To learn more about this benefit and other services available to you or your loved one, contact a Transitional Services Coordinator at (954) 961-5223 for a free phone consultation. •

El beneficio de los Veteranos está diseñado para dar asistencia financiera y cubrir el costo de la atención personal en el hogar, en un centro de asistencia o en un centro especializado.

El beneficio es para los veteranos y cónyuges sobrevivientes que requieren un cuidador en al menos dos de las Actividades de la Vida Diaria (AVD). Algunos de los AVDs son vestirse, bañarse, cocinar, comer, asearse, transporte, etc

Este beneficio se llama AID. El veterano o el cónyuge sobreviviente no tiene que devolver el dinero o pagar impuestos sobre él.

Existen ciertos requisitos que hay que cumplir para poder recibir este beneficio. Algunos de ellos son:

1. Tiene que haber cumplido por lo menos 90 días de servicio activo y uno de esos días debe ser durante el tiempo de guerra.
2. Debe tener algo más que una baja deshonrosa.
3. El Cónyuge sobreviviente deberá haber estado casado en el momento de su fallecimiento.
4. Debe necesitar ayuda con al menos dos AVD.
5. Debe cumplir con los requisitos de ingresos y bienes por la VA.
6. Debe tener por lo menos 65 años de edad o incapacitado totalmente.

Para más información acerca de este beneficio y otros servicios llame al (954) 961-5223 para una consulta telefónica gratuita. •



P. (954) 966-8533 - F. (954) 966-8523
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EQUINE ASSISTED THERAPY

TERAPIA ASISTIDA POR EQUINOS

BONNIE PETRIE LCSW



I was 10 years old when I was first exposed to horses. My Dad had friends who owned them and he would take me riding on the weekends.

Those are days that I will never forget and are still vividly with me today. I never lost my passion for being around horses and I knew they would be in my life again.

I went on to get my Master's Degree in Social Work but I always hoped I would be able to work with horses at some point in my life. Then I learned about a workshop on Equine Assisted Psychotherapy and I immediately signed up. After the training, I was ecstatic because I realized that my passion for horses and social work could be combined. Soon after that workshop I became EAGALA certified (Equine Assisted Growth and Learning Association) and decided to take riding lessons. While taking lessons, I fell in love with a horse that came to the barn as a prospect for someone else to buy. Luckily, that didn't work out for her or for the horse so I got to ride him during my lessons. I instantly fell in love and ended up buying him. Rockstar became my first horse.

Yo tenía 10 años cuando estuve expuesta por primera vez a los caballos. Mi papá tenía amigos que tenían caballos y me llevaba a verlos los fines de semana. Esos son los días que nunca olvidaré y todavía están vivamente conmigo. Nunca perdí la pasión por los caballos y sabía que algún día estarían en mi vida de nuevo.

Obtuve una Maestría en Trabajo Social pero siempre esperaba que un día pudiese trabajar con los caballos en algún momento de mi vida. Luego me enteré de un taller sobre la psicoterapia asistida equina y de inmediato me inscribí. Después del entrenamiento, yo estaba muy contenta porque me di cuenta de que mi pasión por los caballos y el trabajo social podrían combinarse.

Poco después de que me convertí en EAGALA certificada (Equine Assisted Growth y la Asociación de Aprendizaje) es cuando decido tomar clases de equitación. Al tiempo que tomo lecciones, me enamoré de un caballo que llegó a la granja como una posibilidad para que alguien compre. Afortunadamente, eso no funcionó para ella o para el caballo, así que pude montarlo durante mis lecciones. Al instante me enamoré y termine comprándolo. Rockstar se convirtió en mi primer caballo.

Estar en la presencia de un caballo lleva a una persona a un nuevo nivel de conciencia. Lleva a las personas a un lugar que la psicoterapia tradicional no es capaz de hacer. Los caballos

Being in the presence of a horse brings a person to a new level of awareness. It takes people to a place that traditional talk therapy is not able to do. Horses have the gift of intuition and can read emotions that a person might not even be aware of themselves. This gives horses the uncanny ability to bring things to the surface that we are not able to do on our own.

An Equine Assisted Psychotherapy session is conducted by a Mental Health Professional along with an Equine Specialist. Both work as a team during a session where the focus is on ground activities. It's not about riding or horsemanship skills. During a session the client works on experiments, problem solving, taking risks, employing creativity and finding solutions to working with the horses that can be taken out of the arena and applied to all areas of their lives. A typical session unfolds organically as the horse allows no pretense and keeps the client fully present in the situation.

Equine Assisted Psychotherapy is an innovative, holistic approach to improving oneself. Whether a person loves horses, fears horses, or has never been exposed to horses, this type of therapy can be beneficial.

55+ Magazine and I are developing groups for adults and older adults in the Spring of 2013. Please call (954) 967-6191 if you are interested in attending. Some of the sessions are as follows:

- Embarking on a New Beginning
- Personal Growth After Retirement
- Coping and Caregiving •

tienen el don de la intuición y puede leer las emociones que una persona podría incluso no ser conscientes de sí mismos. Esto le da a los caballos de la extraña habilidad de llevar las cosas a la superficie que no somos capaces de hacer por nosotros mismos.

Una sesión de psicoterapia equina asistida es realizada por un profesional de salud mental junto con un especialista en Equinos. Tanto el trabajo en equipo durante una sesión en la que la atención se centra en las actividades básicas. No se trata de montar a caballo o habilidades de equitación. Durante una sesión del cliente trabaja en experimentos, resolución de problemas, la toma de riesgos, utilizando la creatividad y la búsqueda de soluciones para el trabajo con los caballos que se pueden tomar fuera de la arena y se aplica a todas las áreas de sus vidas. Una sesión típica se desarrolla orgánicamente como el caballo permite ninguna pretensión y mantiene al cliente totalmente presente en la situación.

Psicoterapia Asistida por Equinos es un enfoque innovador e integral para la mejora de uno mismo. Si una persona ama a los caballos, los temores de los caballos, o nunca ha estado expuesto a los caballos, este tipo de terapia puede ser beneficiosa.

55+ Magazine y su servidora están desarrollando grupos para adultos y adultos mayores en la primavera de 2013. Por favor llame al (954) 967-6191 si usted está interesado en asistir. Algunas de las sesiones son las siguientes:

- El emprender un nuevo comienzo
- Crecimiento Personal Después del retiro
- Sobrellevando y Cuidando Personas Mayores

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RESOURCE GUIDE



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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

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

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2185 NW 19th St
954.714.3500

GREENACRES

Alz. Community Care
2164 Jog Rd
561.683.2700

HALLANDALE

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1750 E Hallandale Beach
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
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954.535.2800

MARGATE

Northwest Focal Point
6009 NW 10th St
954.973.0300

MIAMI

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305.668.0634

Community ADC
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305.269.6845

Easter Seals Day Care
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305.325.0470

Edison Little River ADC
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305.751.4342

Family Adult Day Care
6429 SW 8th St
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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 Espanola Way
305.673.6060

NORTH MIAMI

Villa Maria ADC Center
20855 NW 9th Ct
305.651.0034

N PALM BEACH

New Day ADC
301 Ebbtide Dr
561.844.0012

PAHOKEE

Alz. Community Care
470 E 1st St
561.924.7283

PALM BEACH GARDENS

Alz. Community Care
4075 Holly Dr
561.630.4724

North County Senior Ctr
5217 Northlake Blvd
561.627.6488

PEMBROKE 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

Schaffer Adult Day
Health Center
4847 Fred Gladstone Dr
561.687.5790

WILTON MANORS

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

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
888.655.3392

Long-Term Care Diversion
954.597.2240

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
561.471.5111

Jupiter Medical Center
Alz. Support Group
561.744.4444

Long-Term Care
Community Diversion
561.840.3150

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

North County ADC
561.694.5440

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 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
and Veteran Services
954.357.6622

MIAMI-DADE

Alliance for Aging
305.670.6500

PALM BEACH

Area Agency on Aging
561.684.5885

STATE

Florida Dep. of Elder Affairs
850.414.2000

Florida Council on Aging
850.222.8877

NATIONAL

National Eldercare Locator
800.677.1116

**ASSISTED LIVING
CASAS DE
ASISTENCIA**

Due to recent unlawful
and unethical events
happening in several
communities in the state
of Florida, 55+ Magazine
has decided to remove the

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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. Call us at **855-455-PLUS (7587)** to find assistance in your area.

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. Llamar al **855-455-PLUS (7587)** para encontrar ayuda en su área.

ASSOCIATIONS ORGANIZACIONES

BROWARD

American Cancer Society
954.564.0880

Broward County Dental
Association
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

County Medical Association
954.714.9477

Epilepsy Foundation
954.779.1509

Gilda's Club
954-763-6776

Legal Aid Service
954.736.2400

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

MIAMI-DADE
Alliance for Aging
305.670.4357

American Cancer Society
305.594.4363

American Heart Assn.
305.856.1449

American Red Cross
305.644.1200

County Medical Assn.
305.324.8717

County Public Guardian
305.592.7642

Epilepsy Foundation
305.670.4949

PALM BEACH
American Cancer Society
561.366.0013

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

County Medical Society
561.433.3940

Epilepsy Foundation
561.478.6515

Legal Aid Society
561.655.8944

Leukemia/Lymphoma
561.775.9954

Palm Beach Dental Assn.
561.278.7551

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

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)
202.407.8580

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.
866.746.4282

Americans with Disabilities
Act 800.514.0301/TTY
800.514.0383

Anxiety and Depression
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

League of United Latin
American Citizens
202.833.6130 

Leukemia/Lymphoma
Society
800.955.4572

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

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

BEREAVEMENT GRUPOS DE APOYO

BROWARD
Cantor Senior Center
954.742.2299

Compassionate Friends
supporting family after a
child dies
954.370.3446

Gay/Lesbian Bereavement
Group 
954.463.9005

Gilda's Club
954.763.6776

Mental Health Assn.
954.746.2055


NE Focal Point Senior Ctr.
954.480.4449
SE Focal Point Senior Ctr.
954.966.9805

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

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

Temple Bret Breira
305.595.1500

Principe de Paz Ministerio
del Consuelo
305.264.9059 

Sacred Heart Catholic
Church
305.247.4405

PALM BEACH
Alpert Jewish Family
& Children's Services
Support Groups
561.684.1991

Catholic Charities, Diocese
of PB Counseling Services
561.775.9560

Center for Family Services
of PBC Counseling Svcs.
561.616.1222

Holy Name of Jesus
Church Support Group
561.683.3555

Mental Health Association
of PBC Senior Services
561.832.3755

Ruth Rales Jewish Family
Service Bereavement
Support Groups
561.852.3333

NATIONAL
AARP Grief Support
866.797.2277

Parents of Murdered
Children
888.818.7662

Compassionate Friends
supporting family after a
child dies
877.969.0010

COUNTY HEALTH DEPARTMENT DEPARTAMENTO DE SALUD DEL CONDADO

BROWARD
County Health
Department
954.467.4700

MIAMI-DADE
County Health Department
305.324.2400

PALM BEACH
County Health Department
561.800.4500


CRISIS INTERVENTION INTERVENCIÓN DE CRISIS


BROWARD
BSO Baker Act Team
954.765.4321
After Hours: 954.831.5846


Crisis Line
954.761.1133

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
954.760.9800

MIAMI-DADE
LGBT Suicide Awareness
Unit 305.646.3600 

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

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

DENTAL RESOURCES RECURSOS DENTALES

BROWARD

Broward College Dental
Clinic
954.201.6779

Broward County
Dental Association
954.772.5461

Ft. Lauderdale Health
Center Dental Clinic
954.467.4820

Gulf Stream Living
Water Center
954.965.0077

North Regional & Paul
Hughes Health Centers
954.213.0638

Nova Southeastern
954.678.2273

MIAMI-DADE

Camillus Health
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

Miami-Dade Community
College Dental Hygiene
Program
305.237.4142

North Dade Health Center
786.466.1500

Nova SE University Health
Care N. Miami
954.678.2273

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

PBC Health Department
Belle Glade Dental Clinic
561.996.1636

Delray Beach Dental Clinic
561.274.3111

Lantana Dental Clinic
561.547.6811

Pahokee Clinic
561.924.0184

WPB Dental Office
561.514.5310

WPB Community Center
561.840.8681

DISABILITY PARKING PERMITS PERMISO DE ESTACIONAMIENTO PARA DISCAPACITADOS

BROWARD

Motor Vehicle Services
954.765.4697

MIAMI-DADE

Motor Vehicle Services
850.617.2000

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

Senior Citizens Law Project
954.736.2400

Women in Distress
954.760.9800

MIAMI-DADE

Abuse Hotline
311

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

Positive Images
954.484.1824

Social Security Admin.
Ticket to Work
866.968.7842

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

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
ELÉCTRICA*

BROWARD

Water/Sewer Program
954.357.5800

LIHEAP – Low Income
Home Energy Assis. Prog.
954.357.5025


FPL Customer Care
954.797.5000

NE Focal Point
954.480.4449

NW Focal Point
954.973.0300

SE Focal Point
954.966.9805

SW Focal Point
954.450.6888

Tuesday's Angels
954.566.7686 

MIAMI-DADE

Low Income Home Energy
786.469.4600

FPL Customer Care
305.442.8770

PALM BEACH

FPL Customer Care
561.994.8227

Low Income Home Energy
561.355.4792

**FINANCIAL
ASSISTANCE**
*ASISTENCIA
FINANCIERA*

BROWARD

A New Horizon Credit
Counseling
800.556.1548

American Red Cross
954.797.3800

Credit Counseling Inc
954.825.0879

FCFH – Emergency
Assistance
954.537.0211


Gateway Community
Outreach
954.725.8434

HOPE Outreach Center
954.321.0909

Jewish Family Service of
Broward
954.370.2140

Lighthouse Point Senior
Citizen Outreach Program
954.942.8080

The Salvation Army
954.524.6991

Tuesday's Angels
954.566.7686 

MIAMI-DADE

American Red Cross
305.644.1200

Attapattah Neighborhood
Center
305.547.4960

Catholic Charities
305.754.2444

Community Action
305.884.4801

Culmer Neighborhood Ctr.
305.438.4161

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 Ctr
305.756.2830

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

Credi-bility
800.251.2227

Farmworker Coordinating
Council of PB County
561.533.7227

Volen Senior Center
561.395.8920

Palm Beach County
Division of Senior Services
561.355.4750

Division of Veteran
Services
561.355.4761

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

IRS Tax Helpline
800.829.1040

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

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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 Senior Center
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

Community Action
305.514.6071

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

North Miami Foundation
for Senior Citizens
305.893.1450

S. West Social Services
305.261.6202

PALM BEACH
Adopt a Family
561.253.1361

Boca Helping Hands Ctr.
561.417.0913

Boyton Beach
Community Caring Center
561.364.9501

Christian Care Center
561.650.7400

Helping Hands
561.432.2417

New Hope Charities, Inc.
561.924.7986

Strive for Excellence Food
Pantry
561.848.3142

The Soup Kitchen, Inc.
561.732.7595

STATE
Food Stamp Hotline
866.762.2237

**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

MIAMI-DADE
Hearing and Speech
Center of Florida
305.271.7343
or 305.557.4764

PALM BEACH
Deaf Service Center of
Palm Beach County
West Palm Beach
561.802.3353
561.802.3351/TTY

STATE
Florida Relay Service
800.222.3448
888.447.5620/TTY

NATIONAL
Hear Now
800.328.8602

Hearing Society
800.521.5247

**HOME
MAINTENANCE**
*MANUTENIMIENTO
DE VIVIENDAS*

BROWARD
Broward Housing
Solutions
954.764.2800

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
954.792.1180

Rebuilding Broward
Together
954.772.9945

MIAMI-DADE
Metro Dade Comm. Action
305.884.4801

PALM BEACH
PBC Housing &
Community Development
561.233.3600

STATE
Housing & Community
Development
850.717.8450

HOSPITALS
HOSPITALES

BROWARD
Atlantic Shores Hospital
4545 N Federal Hwy
Ft Lauderdale
954.771.2711

Broward Health Coral
Springs
3000 Coral Hills Dr
Coral Springs
954.344.3000

Broward Health Imperial
Point
6401 N Federal Hwy
Ft Lauderdale
954.776.8500

Broward Health Medical
Center
1600 S Andrews Ave
Ft Lauderdale
954.355.4400

Broward Health North
201 E Sample Rd
Deerfield Beach
954.941.8300

Cleveland Clinic Hospital
3100 Weston Rd
Weston
954.689.5000

Florida Medical Center
5000 W Oakland Park Blvd
Ft Lauderdale
954.735.6000

Ft Lauderdale Hospital
1601 E Las Olas Blvd
Ft Lauderdale
954.463.4321

HealthSouth Sunrise Rehab Hospital 4399 Nob Hill Rd Sunrise 954.749.0300	University Hospital and Medical Center 7201 N University Dr Tamarac 954.721.2200	Jackson Memorial Hospital 1611 NW 12th Ave Miami 305.585.6754	Palmetto General Hospital 2001 W 68th St Hialeah 305.823.5000
Hollywood Pavilion 1201 N 37th Ave Hollywood 954.962.1355	Westside Regional Medical Center 8201 W Broward Blvd Plantation 954.473.6600	Jackson Memorial Hospital North 14701 NW 27th Ave Miami 305.585.1111	Pan American Hospital 5959 NW 7th St Miami 305.264.1000
Holy Cross Hospital 4725 N Federal Hwy Ft Lauderdale 954.771.8000	MIAMI-DADE Anne Bates Leach Eye Hospital 900 NW 17th St Miami 305.326.6000	Jackson South Community Hospital 9333 SW 152nd St Miami 305.251.2500	Select Specialty Hospital- Miami 955 NW 3rd St Miami 305.416.5700
Kindred Hospital 1516 E Las Olas Blvd Ft Lauderdale 954.764.8900	Aventura Hospital and Medical Center 20900 Biscayne Blvd Aventura 305.682.7000	Kendall Regional Medical Center 11750 Bird Rd Miami 305.223.3000	Seasons Hospice & Palliative Care 5200 NE 2nd Ave Miami 305.232.5433
Kindred Hospital 1859 Van Buren St Hollywood 954.920.9000	Baptist Hospital of Miami 8900 N Kendall Dr Miami 786.596.1960	Kindred Hospital South Florida 5190 SW 8th St Coral Gables 305.448.1585	Sister Emmanuel Hospital for Continuing Care 3663 S Miami Ave Miami 305.285.2939
Memorial Hospital Pembroke 7800 Sheridan St Pembroke Pines 954.962.9650	Cedars Medical Center 1400 NW 12th Ave Miami 305.325.5511	Larkin Community Hospital 7031 SW 62nd Ave South Miami 305.284.7500	South Beach Community Hospital 630 Alton Rd Miami Beach 305.672.2100
Memorial Hospital West 703 N Flamingo Rd Pembroke Pines 954.436.5000	Coral Gables Hospital 3100 Douglas Rd Coral Gables 305.445.8461	Lower Keys Medical Center 5900 College Rd Key West 305.294.5531	Florida Evaluation & Treatment Ctr 2200 NW 7th Ave Miami 305.637.2500
Memorial Regional Hospital 3501 Johnson St Hollywood 954.987.2000	Doctors Hospital 5000 University Dr Coral Gables 305.666.2111	Mariners Hospital 91500 Overseas Highway Tavernier 305.434.3000	South Miami Hospital 6200 SW 73rd St South Miami 786.662.4000
Memorial Regional Hospital S. 3600 Washington St Hollywood 954.966.4500	Fishermen's Hospital 3301 Overseas Highway Marathon 305.743.5533	Mercy Hospital 3663 S Miami Ave Miami 305.854.4400	Southern Winds Hospital 4225 W 20th Ave Hialeah 305.558.9700
Northwest Medical Center 2801 N State Rd 7 Margate 954.974.0400	Healthsouth Rehabilitation Hospital 20601 Old Cutler Rd Miami 305.251.3800	Mount Sinai Medical Center 4300 Alton Rd Miami Beach 305.674.2223	St Catherine's Rehabilitation Hospital 1050 NE 125th St N. Miami 305.357.1735
Plantation General Hospital 401 NW 42nd Ave Plantation 954.587.5010	Hialeah Hospital 651 E 25th St Hialeah 305.693.6100	North Shore Medical Ctr 1100 NW 95th St Miami 305.835.6000	University of Miami Hospital & Clinics 1475 NW 12th Ave Miami 305.243.1000
St Anthony's Rehab Hosp. 3487 NW 30th St Lauderdale Lakes 954.739.6233	Homestead Hospital 160 NW 13th St Homestead 786.243.8000	Palm Springs General Hospital 1475 W 49th St Hialeah 305.558.2500	

RESOURCE GUIDE



LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY



SPANISH PHONE LINE / LÍNEA TELEFÓNICA EN ESPAÑOL

GUÍA DE RECURSOS

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

Westchester General
Hospital
2500 SW 75th Ave
Miami
305.264.5252

MARTIN

Martin Memorial Hospital
South
2100 SE Salerno Road
Stuart
772.223.2300

Martin Memorial Medical
Center
200 Hospital Ave
Stuart
772.287.5200

PALM BEACH

Bethesda Memorial
Hospital
2815 S Seacrest Blvd
Boynton Beach
561.737.7733

Boca Raton Community
Regional
800 Meadows Rd
Boca Raton
561.395.7100

West Palm Hospital
2201 45th St
West Palm Beach
561.842.6141

Delray Medical Center
5352 Linton Blvd
Delray Beach
561.498.4440

Good Samaritan Medical
Center
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 Center
3360 Burns Rd
Palm Beach Gardens
561.622.1411

Palms West Hospital
13001 Southern Blvd
Loxahatchee
561.798.3300

SandyPines Hospital
11301 SE Tequesta Ter.
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 Regional
Medical Center
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
2250 SE Walton Road
Port St Lucie
772.335.0400

HOUSING VIVIENDA

BROWARD

Browardassistedliving.us
by 55+  

Broward County Housing
Authority
954.739.1114

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

Miramar Assisting Seniors
in their Homes (M.A.S.H.)
954.899.2702

PCC Alternative Housing
954.965.2925

MIAMI-DADE

Floridaassistedliving.us
by 55+  

Homestead Housing
Authority
305.247.0639

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

Miami Housing Authority
305.532.6401

PCC Alternative Housing
305.931.0618

Public Housing Agency
786.469.4100

PALM BEACH

Palmbeachassistedliving.us
by 55+  

PBC Housing Authority
561.697.9615

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

Hispanic Unity 
954.964.8884

Legal Aid Service of
Broward County
954.765.8950

Office of the Attorney
General
954.712.4600

MIAMI-DADE

ACLU – State HQ
305.740.5347

Catholic Charities Legal
Services
305.373.1073

Consumer Affairs
305.375.3677

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

Office of the Attorney
General
305.547.0671

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

Palm Beach Consumer
Affairs
561.712.6600

Office of the Attorney Gral.
561.837.5000

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

Banking Regulations
850.410.9800

Consumer Services
850.410.3800

Florida Bar Association
850.561.5600

Florida Office of the
Attorney General
866.966.7226

Insurance Regulations
850.410.9500

Seniors vs Crime Project
800.203.3099
Utility Commission
850.413.6100



BROWARD

Broward House, Inc.
954.522.4749

Care Resource
Fort Lauderdale
954.567.7141

Dignity Fort Lauderdale
954.383.6389

Dolphin Democrats
866.478.8262

Hollywood FL Center for
Positive Living
954.929.8959

Lambda South Services
954.761.9072

Log Cabin Republicans
954.566.4156

MCC Fort Lauderdale
954.462.2004

Noble A. McArthur Day
Care Center
954-764-5055

PFLAG Broward
954.540.3366

Stonewall Library &
Archives
954.763.8565

SunServe
954.764.5150

The Pride Center at
Equality Park
954.463.9005

MIAMI-DADE

Care Resource Miami
305.576.1234

Empowering Spirits
Foundation
858.225.8700

Log Cabin Republicans
786.443.9875

National Gay & Lesbian
Task Force
305.571.1924

PFLAG Homestead
305.989.1623

PFLAG Miami
954.703.2960

Save Dade
305.751.7283

The Wellness Center of
South Florida, Inc.
954.568.0152

PALM BEACH

Compass
561.533.9699

Dignity Palm Beach
561.309.0088

MCC of Boynton Beach
561.733.4000

MCC of the Palm Beaches
561.775.5900

Palm Beach County
Human Rights Council
561.586.0203

PFLAG Palm Beach
561.716.9464

STATE

Equality Florida
813.700.3735

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
202.420.7874

Metropolitan Community
Church (MCC)
310.360.8640


National Gay and Lesbian
Taskforce
202.393.5177

RESOURCE GUIDE

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

GUÍA DE RECURSOS

Parents, Families, and
Friends of Lesbians and
Gays (PFLAG)
202.467.8180

Senior Action in a Gay
Environment – SAGE
212.741.2247 

Stonewall Democrats
202.625.1382

MEDICAID

BROWARD

Medicaid Program Office
954.202.3200 x277

Medicaid Provider Svcs.
954.958.6500

MIAMI-DADE

Medicaid Program Office
305.593.3000

PALM BEACH

Medicaid Program Office
561.712.4400

STATE

Florida Medicaid
800.239.7560

The Florida Department of
Children & Families
866.762.2237

Medicaid Fraud Hotline
866.966.7226

Medicaid Options
888.367.6554

Medicaid Provider Svcs.
800.289.7799

NATIONAL

Centers for Medicare &
Medicaid Services
800.633.4227

Supplemental Security
Income (SSI)
800.772.1213

MEDICARE

STATE

CMS Regional Office -
Atlanta
404.562.7500

Florida Medical Quality
Assurance-Appeals
866.800.8754

Florida Department of
Elder Affairs (SHINE)
800.963.5337

NATIONAL

Centers for Medicare &
Medicaid Services
800.633.4227
877.486.2048/TTY

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 Human
Services
954.357.8600

Broward House, Inc.
954.522.4749 

Care Resource Ft. Laud.
954.567.7141 

FCFH Senior Helpline
954.390.0485

Glass House
954.938.0055

Henderson Mental Health
954.463.0911


Jewish Family Senior Svcs.
954.370.3388

Mental Health Association
954.746.2055

National Alliance on
Mental Illness
954.722.5445

NOVA Psychology Services
954.262.5730

Silver Impact
954.572.0444


SunServe
954.764.5150 



Women in Distress
954.760.9800

MIAMI-DADE

Bayview Center for Mental
Health
305.892.4600

Catholic Charities
Counseling Programs
866.758.0025

Care Resource Miami
305.576.1234 

Center for Positive
Connections Miami
786.985.2818  

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

STATE

Fla Kinship Care Warmline
800.640.6444

Natl Alliance on Mental Illness
850.671.4445

NATIONAL

Mental Health America
800-969-6642

Natl Alliance on Mental Illness
800.950.6264

Natl. Inst. of Mental Health
866-615-6464

**NURSING / REHAB.
CENTERS**
**SANATORIOS
Y CENTROS DE
REHABILITACION**

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 Ctr
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

Willowbrooke Court
6152 Verde Trl N
561.487.5200

Willowbrooke Ct at
Edgewater Pt Estates
23305 Blue Water Cir
561.368.5600

BOYNTON BEACH

Barrington Terrace
1425 S Congress Ave
561.369.7919

Boulevard Rehabilitation
2839 S. Seacrest Blvd.
561.732.2464

Boynton Beach Nursing-
Rehab
9600 Lawrence Rd
561.740.4100

Boynton Health Care
Center
7900 Venture Center Way
561.736.6000

Heartland Health Care
Center
3600 Old Boynton Rd
561.736.9992

ManorCare Health
Services
3001 S Congress Ave
561.737.5600

COCONUT CREEK

Health Center of Coconut
Creek
4125 W Sample Rd
954.968.8333

CORAL SPRINGS

Park Summit
8500 Royal Palm Blvd
954.752.9500

DANIA

Cross Pointe Care Center
440 Phippen Waiters Rd
954.927.0508

DEERFIELD BEACH

Deerfield Beach Health-
Rehab
401 E Sample Rd
954.941.4100

Forum at Deer Creek
3001 Deer Creek Country
Club Blvd
954.698.6269

Pompano Rehab &
Nursing Center
51 W Sample Rd
954.942.5530

DELRAY BEACH

Abbey Delray South
1717 Homewood Blvd
561.272.9600

Harbour's Edge
401 E Linton Blvd
561.272.7979

Health Center at Abbey
Delray
2105 SW 11th Ct
561.454.5243

Lakeview Care Center
5430 Linton Blvd
561.495.3188

ManorCare Health Svcs
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 &
Rehabilitation
2121 E Commercial Blvd
954.771.8400

Manor Pines Convalescent
Center
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
Center
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
Center
4200 Washington St
954.981.6300

Hollywood Hills Rehab Ctr
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

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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 and
Rehabilitation Center
5860 W Jr College Rd
305.296.2459

LAKE PARK

North Lake Rehab &
Health Center
750 Bayberry Dr
561.881.8144

LAKE WORTH

American-Finnish Nursing
Home
1800 South Dr
561.588.4333

Avante at Lake Worth
2501 North A St
561.585.9301

Crossings
4445 Pine Forest Dr
561.965.5954

Medicana Nursing-Rehab
Ctr
1710 Lake Worth Rd
561.582.5331

Oasis Health & Rehab
Center
1201 12th Ave S
561.586.7404

Signature Healthcare of
Palm Beach
4405 Lakewood Rd
561.969.1400

Terraces of Lake Worth
1711 6th Ave S
561.586.0808

LANTANA

Hamlin Place
2180 Hypoluxo Rd
561.582.6711

VI at Lakeside Village
2792 Donnelly Dr
561.963.2100

LAUDERDALE LAKES

Palms Rehab & Nursing Ctr
3370 NW 47th Ter
954.733.0655

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

LAUDERHILL

Heartland Health Care Ctr
2599 NW 55th Ave
954.485.8873

Life Care Center at
Inverrary
4300 Rock Island Rd
954.485.6144

MARGATE

Margate Health Care Ctr
5951 Colonial Dr
954.979.6401

MIAMI

Coral Gables Nursing-
Rehab
7060 SW 8th St
305.261.1363

Coral Reef Nursing-Rehab
Center
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

Flordean Nursing Home
47 NW 32nd Pl
305.649.2911

Franco Nursing and
Rehabilitation Center
800 NW 95th St
305.836.1550

Gramercy Park Nursing
Center
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 Ctr
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
Center
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
Center
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

PALM 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
Circle
830 Lakeside Ctr
954.783.4001

Seaview Nursing & Rehab
Center
2401 NE 2nd St
954.943.5100

PORT ST LUCIE

Brighton Gardens
1699 SE Lyngate Dr
772.335.9990

Emerald Health Care
Center
1655 SE Walton Rd
772.337.1333

Life Care Center
3720 SE Jennings Rd
772.398.8080

Palm Garden of Port St
Lucie
1751 SE Hillmoor Dr
772.335.8844

Port St Lucie Nursing &
Rest.
7300 Oleander Ave
772.466.4100

Tiffany Hall Nursing &
Rehab
1800 SE Hillmoor Dr
772.337.3565

ROYAL PALM BEACH

Royal Manor
600 Business Pkwy
561.798.3700

STUART

Martin Nursing & Rest
Care
6011 SE Tower Dr
772.223.8777

Parkway Health & Rehab
Ctr
800 SE Central Pkwy
772.287.9912

Salerno Bay Manor
4801 SE Cove Rd
772.286.9440

Stuart Nursing & Rest.
Care
1500 Palm Beach Rd
772.283.5887

SUNRISE

Regents Park of Sunrise
9711 W Oakland Park Blvd
954.572.4000

Springtree Rehab Center
4251 Springtree Dr
954.572.4251

Sunrise Health & Rehab
Ctr
4800 Nob Hill Rd
954.577.3530

TAMARAC

Heartland of Tamarac
5901 NW 79th Ave
954.722.7001

Tamarac Rehab & Health
Ctr
7901 NW 88th Ave
954.722.9330

TAVERNIER

Plantation Key
Convalescent
48 High Point Rd
305.852.3021

W. PALM BEACH

Consulate Health Care
of WPB
1626 Davis Rd
561.439.8897

Coral Bay Healthcare &
Rehab
2939 S Haverhill Rd
561.641.3130

Darcy Hall of Life Care
2170 Palm Beach Lakes
Blvd
561.683.3333

Edward J Healey Rehab
Ctr
1200 45th St
561.842.6111

Joseph L Morse Geriatric
Ctr
4847 Fred Gladstone Dr
561.471.5111

Lakeside Health Center
2501 N Australian Ave
561.655.7780

Lourdes Noreen McKeen
Residence
315 S Flagler Dr
561.655.8544

RESOURCE GUIDE

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ManorCare Health Svcs
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Palm Garden of WPB
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561.471.5566

Rehab Center of the PB
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Rehab
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Rehab
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Rehab
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CARES – Dep. of Elder
Affairs
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Daniel D. Cantor
Senior Center
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SW – 954.450.6888
SE – 954.966.9805

Fred Lippman Multi-
Purpose Center
954.921.3408

Gilda's Club South Florida
954.763.6776

Hallandale Senior Mini-Ctr
954.457.1460

Hispanic Unity Center -
Renacer
954.964.8884 

Jewish Healing Center
954.370.2140


Miramar Senior
954.889.2707

Coral Springs Senior
Supper Club
954.344.3344

OCD Resource Center
954.962.6662


Ombudsman Broward
954.597.2266

Plantation Community
Outreach Center
954.916.5601

Senior Action in a Gay
Environment – SAGE
954.634.7219 

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954.792.6700

Sunrise Senior Center
954.746.3670

SunServe
954.764.5150 

Sunset Lakes Senior Ctr
954.602.3347

MIAMI-DADE
Alliance for Aging
305.670.6500

CARES – Department of
Elder Affairs
786.336.1400

South Miami-Dade
305.671.7200

Easter Seals Miami-Dade
305.325.0470

Everglades Comm. Assn.
305.242.2142

Guardianship Program of
Dade County
305.592.7642

Jewish Community
Services of South Florida
305.576.6550

Hispanic AIDS Awareness
Program 
305.860.0780

Little Havana Activities &
Nutrition Centers
305.858.0887

National Parkinson
Foundation South Florida
305.243.1061

Ombudsman North Dade
786.3361418

Ombudsman South Dade
305.671.7245

Service Corp of Retired
Executives
786.425.9119

PALM BEACH
Boynton Beach Senior Ctr.
561.742.6570

CARES – Department of
Elder Affairs
561-840-3150

North County Senior Ctr.
561.694.5435

Ombudsman Palm Beach
561.837.5038

The Volen Senior Center
561.395.8920


West County Senior Ctr.
561.996.4808

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AARP Florida
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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
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Broward Outreach
Hollywood
954.926.7417

Broward Outreach
Pompano
954.979.6365

EASE Foundation
954.797.1077

Henderson Mental Health
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Jubilee Ctr. of S. Broward
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Our Father's House Soup
Kitchen
954.968.7550

Second Chance Society
954.763.5999

The Homeless Voice
Shelter
954.924.3571

Women in Distress
954.760.9800

MIAMI-DADE
Camillus House
305.374.1065

Concept House
305.751.6501

Douglas Gardens CMHC
Homeless Assistance
Program
305.531.5341

Gifts of Hope (women)
305.326.0032

Homeless Assistance Ctr.
305.329.3000

Lotus House
305.576.4780

Miami City Mission
305.576.3725

Miami Rescue Men
305.571.2211

Miami Rescue Women
305.371.3124

New Life Family of
Catholic Charities
305.573.3333

Salvation Army – (Men's)
305.637.6720

PALM BEACH
Aid to Victims of Domestic
Abuse
800.355.8547

Association for Abused
Women & Children Shelter
561.586.1888

Clean Time Inn (Mens)
561.547.4357

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 Ministries
954.763.7787

Glass House
954.938.0055

Lambda South Clubhouse
Alcohol recovery 
954.761.9072

NOVA SE University
Healthy Lifestyles Guided
Self-Change Program
954.262.5968

Spectrum Programs
954.781.4406


SunServe 
954.764.5150

Susan B Anthony Recovery
954.733.6068

The Starting Place
954.327.4060

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

RESOURCE GUIDE

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GUÍA DE RECURSOS

Giordano & Goldfarb
Holistic Addiction
Treatment Center, Inc
800.559.9503

Harmony House for
Women
305.879.7750

Jewish Community
Services of South Florida
305.899.1587

Spectrum Programs
305.757.0602

The Village South
305.573.3784

Transitions Recovery
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
561.732.0800

Drug Abuse Treatment Ass.
561.743.1034

Faith Farm Ministries
561.737.2259

Faith, Hope, Love & Charity
561.968.1612

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
561.844.5952

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

PALM BEACH

Joseph L Morse Geriatric Ctr.
561.471.5111

Mid County Senior Center
561.357.7100

Palm Beach County
Division of Senior Services
561.355.4750

TRANSPORTATION TRANSPORTE

BROWARD
Air Ambulance
Professionals
954.491.0555

Broward County Transit
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954.357.8302/TTY

Broward Urban Shuttle
954.295.6709

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Town of Davie Bus
954.797.1045

Hallandale Beach Bus
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
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Pompano Beach Bus
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SE Focal Point Sr. Transp.
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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
786.469.4603

Jewish Community
Services of South Florida
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 Needs Registry
305.513.7700

Special Transportation
Service STS
786.469.5000

PALM BEACH

Palm Tran
561.841.4200

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
561.274.3130

PBC Veteran Svc. Office
561.355.4761

Palm Beach Veterans Ctr.
561.422.1201

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

Lighthouse of Broward
954.463.4217

The Learning Center for Vision Impaired Seniors
954.742.3214

Low Vision Institute
866.942.2020

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
561.642.0005

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

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
954.357.6230

Hispanic Unity 

Senior Volunteer Services
954.484.7117

Service Corp of retired executives
954.356.7263

Shine
954.745.9779

SunServe 

United Way of Broward
954.462.4850

Volunteer Broward
954.233.1300

YMCA of Broward
954.334.9622

MIAMI-DADE
Empower "U", Inc.
786.318.2337 

Foster Grandparent Prog.
305-514-6000

Jewish Community Senior Companion Prog.
305.514.6000

Jewish Community Services of South Florida
305.403.6500

RSVP Miami-Dade
305.514.6077

Service Corp of Retired Executives
786.425.9119

United Way of Miami
305.646.7021

YMCA of Miami
305.357.4000

PALM BEACH

Alpert Jewish Family & Children's Services
561.684.1991

Area Agency on Aging Retired and Senior Volunteer Program
561.684.5885

Jewish Federation of PBC
561.478.0700

Jewish Family Services Volunteer Services
561.852.3333

Mentor Center of PBC
561.375.6638

United Way of PB County
561.375.6621

YMCA of the PB Volunteer Program
561.968.9622

STATE

Florida Ombudsman Prog.
850.414.2323

Volunteers of America
813.282.1525

NATIONAL

Volunteers of America
800.889.0089

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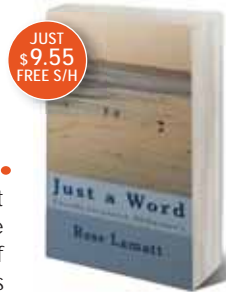
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HELLO AGAIN TO "THE GOODBYE GIRL"

HOLA DE NUEVO A "LA CHICA DEL ADIÓS"

Marsha Mason has received two Golden Globe Awards and four Academy Award nominations for Best Actress throughout her career. She has been involved, not only in films, television, and theater, but also in owning a car racing team as well as having worked on an organic farm for the past 20 years. What a diverse lady! We are delighted to be able to speak with her about her pursuits.

55+ How young were you when you realized that you wanted to pursue acting?

MM I realized it during my freshman year of high school. Although I had an uncle, Uncle Jean, who used to call me Sarah, (after Sarah Bernhardt, because he thought I was so theatrical) and I was only 7 years old. So who knows? (laugh). I was a member of the speech and drama club and competed in the various regional competitions so I had a very active participation in the theater. I knew from that moment on that I wanted to be an actress and that made the determination of my college education very clear to me.

55+ Do you credit your performance in Neil Simon's play, "The Good Doctor" with launching your acting career?

MM No. Actually, I had the wonderful opportunity to come to New York and struggle like everyone else. My very first Off Broadway show was a Norman

Marsha Mason recibió dos Globos de Oro y cuatro nominaciones al Premio de la Academia a la Mejor Actriz en toda su carrera. Ha participado, no sólo en el cine, la televisión y el teatro, sino también en ser dueña de un equipo de carreras de automóviles, así como haber trabajado en una granja orgánica en los últimos 20 años. ¡Qué señora diversa! Estamos encantados de poder hablar con ella sobre sus actividades.

55+ ¿Qué edad tenías cuando se dio cuenta de que quería ser actriz?

MM Me di cuenta durante mi primer año en la escuela secundaria. A pesar de que tenía un tío, tío Jean, que me llamaba Sarah, (por Sarah Bernhardt, porque pensaba que yo era tan teatral) y yo sólo tenía 7 años de edad. Entonces, ¿quién sabe? (Risas). Yo era un miembro del club de discurso y drama y competí en las diferentes competencias regionales, así que tuve una participación muy activa en el teatro. Supe desde ese momento que quería ser actriz e hizo que supiera claramente hacia donde encaminaría mis estudios universitarios.

55+ No le dé crédito a su actuación en la obra de Neil Simon, "El Buen Doctor" con el lanzamiento de su carrera como actor?

MM No. En realidad, tuve la

Marsha Mason

NELSON A. GARCIA



Mailer play called 'The Deer Park' and after that, Kurt Vonnegut's one and only play, 'Happy Birthday Wanda June.' By the time I auditioned for 'The Good Doctor,' I had already been to ACT in San Francisco and was their leading lady in five different productions as well as having made the movie, 'Cinderella Liberty.'

55+ Receiving four nominations for an Academy Award for Best Actress and winning 2 Golden Globes must give you a great feeling of accomplishment, does it?

MM Yes, of course! At the very first Golden Globes, I was busy doing 'The Good Doctor' so I could not attend. It was a lot of fun attending the second one for 'The Goodbye Girl.' Richard Dreyfuss and I were both there. It was very exciting! Although I was very nervous as I do

maravillosa oportunidad de venir a Nueva York y luchar como todos los demás. Mi primera Off Broadway show fue una obra de Norman Mailer llamado "The Deer Park" y después de eso, una de Kurt Vonnegut, 'Happy Birthday Wanda June'. Cuando hice una audición para 'The Good Doctor', yo ya tenía un tiempo actuando en San Francisco y fui primera actriz en cinco producciones diferentes, así como también hice la película, "Cinderella Liberty".

55+ Recibir cuatro nominaciones a un Premio de la Academia a la Mejor Actriz y ganó dos Globos de Oro le tiene que dar una gran sensación de logro, ¿no?

MM Sí, por supuesto! En los Globos de Oro primeros, estaba ocupada haciendo 'The Good Doctor', así que no pude asistir. Fue muy divertido asistir a la segunda de 'The Girl Goodbye.' Richard Dreyfuss y yo estábamos allí. Fue muy emocionante! Aunque yo estaba muy nerviosa ya que no me siento muy bien en el centro de atención pública. Yo tiendo a ocultarme detrás de los personajes.

55+ Ser una actriz de éxito es un trabajo muy difícil y lleno. Cuéntanos un poco sobre eso?

MM Mi vida estaba muy completa, muy productiva y yo estaba muy feliz. El estrés realmente para las mujeres, tal vez también para los hombres,

not do well in the public spotlight. I tend to hide behind characters.

55+ Being a successful actress is a very difficult and busy job. Tell us a little about that?

MM My life was very full, very productive and I was very happy. The stress really for women, perhaps for men too, is managing a full size career and a family life. I was married with 2 step daughters, so I really had to learn to manage my schedule. It can be very difficult with the demands of a husband, children, and a career. Overall, I was very excited and pleased to have as much work as I did. As a matter of fact, I think it is very important to stay active as you get older because it keeps you young, keeps you vital and keeps you responsible to your body and your mind and your emotional well being. It is very important to do the things you want to do and not just the things that you have to do. Always be true to yourself, follow your intuition, rely on your experience and listen to what your heart tells you.

55+ You decided to take a break from full time acting in 1993 at the age of 50 to start a new business. What drove you to this decision?

MM The business had changed a great deal in Los Angeles. There was a big move for the youth market. The parts just were not there that I had been used to. So, I needed to get out of LA. I was now divorced and I did not feel comfortable there. On a whim, I decided to move to New Mexico and throw the pieces of my life up in the air, sort of like a kaleidoscope and see what pattern would form when they all came down. I did

es llevar adelante una carrera full time y una vida familiar. Estaba casada con 2 hijas , así que tuve que aprender a manejar mi agenda. Puede ser muy difícil con las exigencias de un marido, hijos y una carrera. En general, yo estaba muy emocionada y contenta de tener tanto trabajo.

Como cuestión de hecho, yo creo que es muy importante mantenerse activo a medida que envejece, ya que te mantiene joven, te mantiene vital y responsable de su cuerpo y su mente y su bienestar emocional. Es muy importante hacer las cosas que se quieren hacer y no sólo las cosas que se tienen que hacer. Siempre ser fiel con uno mismo, seguir la intuición, basarse en la experiencia y escuchar lo que dice el corazón.

55+ Usted decidió tomar un descanso de tiempo completo en funciones en 1993 a la edad de 50 para iniciar un nuevo negocio. ¿Qué le llevó a esta decisión?

MM El negocio había cambiado mucho en Los Ángeles. Había un gran movimiento juvenil en el mercado. Las partes no estaban allí como estaban antes. Por lo tanto, tuve que salir de Los Ángeles. Estaba divorciada y no me sentía cómoda allí. En un capricho, decidí mudarme a Nuevo México y tirar los pedazos de mi vida en el aire, como una especie de caleidoscopio y ver qué patrón se formaría cuando todo se viniese abajo. Yo no tenía intención de ser una agricultora. Yo no tenía intención de tener otra carrera. Pero me compre un terreno en bruto y luego solamente comenzó a pintarse una nueva vida con la naturaleza allí. Ha



not plan on being a farmer. I did not plan on having another career. But I bought raw land and then just sort of began to paint a new life with nature there. It has been a very important part of my life because a lot of my identity at that time was tied to work and if I was not working, I had some issues as to how I viewed myself. Who was I without work? So, I had one type of life in New Mexico and I continued to act when I was asked to. I think I became a fuller, more authentic person. I became a business woman, an entrepreneur, created a line of products, and became a certified organic and bio-dynamic farmer. All this was very exciting and very educational. I learned a lot about life in a completely different environment. Living in Los Angeles was like living in a bubble. You live behind gated communities and only see the people that are in your business and that is all they talk about. By going to New Mexico, I saw a completely different world and much more complicated world between the Native Americans, the Hispanics, and the Northern and Southern New Mexicans. It was a

sido una parte muy importante de mi vida, porque una gran parte de mi identidad en ese momento estaba atada a un trabajo y yo no estaba trabajando, tuve algunos problemas en cuanto a cómo me visto. ¿Quién era yo sin trabajo? Por lo tanto, tenía un tipo de vida en Nuevo México y seguí actuando cuando se me pidió. Creo que me convertí en una persona más completa, más auténtica. Me convertí en una mujer de negocios, un empresaria, cree una línea de productos, y me convertí en un agricultora orgánico certificado y biodinámica. Todo esto fue muy emocionante y muy educativo. He aprendido mucho sobre la vida en un entorno completamente diferente. Viviendo en Los Angeles era como vivir en una burbuja. Cuando vives detrás en los barrios cerrados, sólo ves a las personas que están en tu negocio y eso es todo lo que se habla. Al ir a Nuevo México, vi a un mundo completamente diferente y mucho más complicado entre los nativos americanos, los hispanos, y el Norte y Sur de Nueva mexicanos. Era un tapiz muy complejo allí, pero absolutamente magnífico!

55+ ¿Qué es vivir y trabajar en 'Descanso en el río', su granja orgánica en Nuevo México?

MM Aprendí la paciencia con la madre naturaleza, porque no hay mucho que puedes hacer por ti mismo. Hay que trabajar con ella. Me gustó lo básico de la agricultura biodinámica. Esto es la agricultura que utiliza todo el entorno. Se planta por la luna y te das cuenta que se trata de la esencia o de la energía de la planta individual con el suelo y el agua. Al acercarse a él de una

very complex tapestry there, but utterly gorgeous!

55+ What is it like living and working at 'Resting in the River,' your organic farm in New Mexico?

MM I learned patience with Mother Nature because there is not much you can do by yourself. You have to work with her. I appreciated the basics of bio-dynamic farming. It is farming that utilizes the whole environment. You plant by the moon and you realize that you are dealing with the essence or energy of the individual plant with the soil and the water. By approaching it in a philosophical way, the vitality of the plant is much more apparent. I learned something brand new.

55+ You have also been involved in car racing. Where did this interest come from?

MM I started the car racing after I got divorced because I did not have enough to do. I hung around with Paul Newman and his team for about a year and he suggested I go to some racing schools. I put together a small team of professional racers. I did it for seven years and learned a whole new talent. I was one of the only women in the Southern Pacific Division and I always finished in the top 4 or 5 and went to the nationals three or four times. I had a lot of big experiences by stepping outside of the box, really. I do not necessarily recommend it to anybody but it is what I did and I am very grateful because I have all these experiences.

55+ In 2000, you published 'Journey: A Personal Odyssey' about your life. What brought about this project?

MM I was having lunch at the Four

manera filosófica, la vitalidad de la planta es mucho más evidente. He aprendido algo nuevo.

55+ Usted también ha estado involucrada en las carreras de automóviles. ¿De dónde vino este interés?

MM Empecé el automovilismo después que me divorcié porque yo no tenía nada que hacer. Me quedé con Paul Newman y su equipo por alrededor de un año y él me sugirió que fuera a algunas escuelas de carreras. Monté un pequeño grupo de corredores profesionales. Lo hice durante siete años y aprendí un talento nuevo. Yo era una de las únicas mujeres en la División del Pacífico Sur y siempre terminé entre los primeros 4 o 5 y se fue a los nacionales de tres o cuatro veces. Tuve un montón de grandes experiencias por pisar fuera de la caja. No se lo recomiendo a nadie, pero es lo que he hecho y estoy muy agradecida por haber tenido todas estas experiencias.

55+ En 2000, publicó 'Journey: Una odisea personal "sobre su vida. ¿Qué motivó este proyecto?

MM Estaba almorzando en el Four Seasons en Nueva York y Art Buchwald, columnista famoso, junto con su editor se sienta a mi lado. Su editor se volvió hacia mí y dijo: 'Si alguna vez decide escribir un libro, aquí está mi tarjeta.' Yo no hice nada con ella porque nunca tuve la intención de escribirlo. Yo estaba en Nuevo México, una tarde con Shirley MacLaine, quien vive justo detrás de mí. Le hablé de la tarde en el hotel Four Seasons 2 años atrás y Shirley dijo: "Hazlo, hazlo ... será la cosa más importante que habrás

Seasons in New York City and Art Buchwald, the famous columnist, along with his publisher were sitting next to me. His publisher turned to me and said, 'If you ever decide to write a book, here is my card.' I did not do anything with it because I never intended to write it. I was in New Mexico one afternoon with Shirley MacLaine, who lives directly behind me. I told her about that afternoon at the Four Seasons 2 years before and Shirley said 'Do it, Do it...it will be the most important thing you will ever do!' And I just said, 'oh well, ok.' I was doing a play in NY and I would just come home and write. The publisher said to write the most difficult parts and then write the fun parts. I had about thirty pages and gave it to my agent and she said that she would get back to me. I did not think any more of it and after a while she got back to me and told me that she had sold it. Simon & Schuster gave me a small advance and it took me about three and a half years to finish the book. I learned something really important on my book tour. I think everyone should write their story. Everyone has a unique one. Write from the heart. By writing down the most difficult stuff along with the fun stuff, you somehow release yourself from the baggage of your life. I had that experience myself after I did the first draft and went back to St Louis, where I grew up and had one of the best trips I ever had. I recommend that everyone should write their own story.

55+ You are now selling your farm in New Mexico and want to dedicate more time to the theater. Where do you plan to go to pursue your acting?

hecho! 'Y me dijo:' ah, bueno, ok." Yo estaba haciendo una obra de teatro en Nueva York y llegaba a casa y escribía. El editor dijo que escribiera las partes más difíciles y luego las partes divertidas. Yo tenía alrededor de treinta páginas y se lo di a mi agente y dijo que me lo devolvería. No pensé más en él y después de un tiempo volvió hacia mí y me dijo que lo había vendido. Simon & Schuster me dio un pequeño avance y me tomó alrededor de tres años y medio para terminar el libro. Aprendí algo muy importante en mi gira de promoción. Creo que todo el mundo debería escribir su historia. Todo el mundo tiene una oportunidad única. Escribir desde el corazón. Al escribir las cosas más difíciles junto con la materia de la diversión, de alguna manera se libera del equipaje de su vida. Tuve esa experiencia yo misma después de hacer el primer borrador y regresé a San Luis, donde crecí y tenía uno de los mejores viajes que he tenido. Recomiendo que todo el mundo debería escribir su historia.

55+ Ahora está vendiendo su granja en Nuevo México y quiere dedicar más tiempo al teatro. ¿Por dónde seguirá su actuación?

MM Probablemente voy a mudarme a la costa este.

55+ ¿Qué sugerencias tiene para nuestros lectores pensando en iniciar una carrera en la mitad de la vida, como lo hizo con la granja?

MM Traten de buscar algo que realmente siempre quisieron hacer y que nunca han tenido la oportunidad. De cualquier tipo de forma, encontrar clases, encontrar

MM I will probably relocate to the East Coast somewhere.

55+ What suggestions do you have for our readers thinking about starting mid-life careers, like you did with the farm?

MM Try to pursue something that you really always wanted to do and that you never had the chance to do. In whatever sort of limited way that you can, find classes, find books, find workshops, whatever it is that would appeal to you. There is always a way to begin. Be open to what the universe will send your way. Have a clear intention and state it very specifically in a single sentence. And, as you go to sleep each night, say this.... "I fully intend to..." and just think about that clear intention. You call on the source energy or consciousness of the world, if you will, and you ask for guidance. Put a pad and a pencil near your bedside. Write down your dreams whenever you wake up and then go back to sleep. The dreams will tell you a lot about what is resting in the deeper recesses of your subconscious and it will come forward. It will send you some ideas or guidance. You have to be patient and practice it. I also think that meditation is terribly important as you get older. You have to prepare for the mortality that comes with being a human being. That's a great way to start if you do not know what to do and you want to shake up your life a little bit. You need to give yourself some time during the day, where you will not be disturbed for 15 to 20 minutes. Just close your eyes, get attached to your breathing, be aware of your breathing. It will lessen your stress and you will be surprised!



libros, encontrar talleres, lo que sea que le guste a usted. Siempre hay una manera de empezar. Está abierto a lo que el universo le enviará a su manera. Tener un propósito claro y decir que muy específicamente en una sola frase. Y, como usted va a dormir cada noche, digo... "Tengo la intención de ..." y sólo pensar en que la intención es clara. Usted llama a la fuente de energía o la conciencia del mundo, si se quiere, y pide orientación. Ponga una libreta y un lápiz cerca de su cama. Anote sus sueños cuando te despiertas y vuelva a dormir. Los sueños le dirán mucho acerca de lo que está descansando en los recovecos más profundos de su subconsciente y saldrá adelante. Se le enviará algunas ideas y orientaciones. Hay que tener paciencia y practicarlos. También creo que la meditación es importante a medida que envejecemos. Hay que prepararse para la mortalidad que conlleva ser un ser humano. Este es un buen comienzo. Solo necesita 15 a 20 minutos del día. Cierre los ojos,

55+ Has your natural and holistic approach to life helped you to stay healthy and fit? If so, do you have any suggestions for our readers?

MM This is something I pursue. The more healthful you eat and what you put on your skin is vital. The skin is the largest organ that your body has and you have to be careful and read the descriptions of what you put on your body. The more natural and organic it is... the better. •

concentre en una respiración consciente y se sorprenderá como reducirá el estrés!

55+ ¿Su enfoque natural y holístico de la vida le ayudó a mantenerse sana y en forma? Si es así, ¿tiene usted alguna sugerencia para nuestros lectores?

MM Esto es algo que persigo. Cuanto más sano se come, y lo que usted pone en su piel es vital. La piel es el órgano más grande que su cuerpo tiene y hay que cuidarlo. Lea las descripciones de lo que usted pone en su cuerpo. Cuanto más natural y orgánico es...mejor. •

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LBT WOMEN'S HEALTH INITIATIVE

INICIATIVA DE SALUD DE LAS MUJERES LBT

The Tri-County LBT Women's Health Initiative, funded by the Aqua Foundation for Women, has developed an on-line data base directory. The Initiative provides necessary tools for LBT consumers to access healthcare without fear and social stigma.

The on-line directory contains over 300 healthcare practitioners in Dade, Broward and Palm Beach counties, including gynecologists, primary care physicians, and mental health professionals who work with LBT women patients.

The user friendly online directory also includes information on insurance accepted by the providers, as well as free and low-cost health providers.

This directory meets a vital need within the LBT women's community. LBT women so often do not seek out medical care for reasons that include discrimination, lack of understanding and lack of insurance.

Having a resource that says to the community that these medical professionals understand and will treat you with care and respect, speaks volumes and hopefully, will make a profound difference in the way that LBT women view health care.

The Initiative has created a comprehensive marketing plan to reach LBT women throughout South Florida and help them learn about and utilize the directory,

La Iniciativa de las Tri-County LBT Salud de la Mujer, financiado por la Fundación Agua de la Mujer, ha desarrollado un directorio en línea de bases de datos. La Iniciativa proporciona las herramientas necesarias para LBT los consumidores de acceder a atención médica sin temor y el estigma social.

El directorio en línea contiene más de 300 profesionales de la salud en los condados de Dade, Broward y Palm Beach, incluidos ginecólogos, médicos de atención primaria y los profesionales de salud mental que trabajan con pacientes mujeres LBT.

El directorio en línea fácil de usar incluye también información sobre el seguro aceptada por los proveedores, así como los proveedores de salud gratuitos o de bajo costo.

Este directorio responde a una necesidad vital dentro de la comunidad de las mujeres LBT. Mujeres LBT tan a menudo no buscan atención médica por razones que incluyen la discriminación, la falta de entendimiento y falta de seguro.

Este recurso ayuda a la comunidad de los profesionales de la salud a entender y tratar con cuidado y respeto, logrando una gran diferencia en la forma en que las mujeres LBT son vistas por el profesional.

La Iniciativa ha creado un plan de marketing integral para

including women who may not regularly access LBT publications, social groups or organizations.

The creation of a health directory for LBT women has been discussed for many years in the LBT community. Aqua Foundation for Women is proud to lead the charge to get it done and provide funding for this important work.

The Pride Center, along with WIN, Sun Serve and Blast is the perfect collaboration to make this project a success. There is no doubt having access to the information provided in the directory will save lives.

To visit the new directory or to submit your favorite LBT friendly doctor please visit www.LBTHealth.org and start your search. •

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alcanzar a las mujeres LBT en todo el sur de Florida y ayudarles a aprender a utilizar el directorio, incluyendo mujeres que regularmente no pueden acceder a las publicaciones, grupos sociales y organizaciones gay.

La creación de un directorio de salud para las mujeres LBT se ha discutido durante muchos años en la comunidad de LBT. Aqua Foundation for Women está orgulloso de liderar y proporcionar fondos para este importante trabajo. The Pride Center, junto con WIN, Sun Serve y Blast es la perfecta colaboración para que este proyecto sea un éxito. No hay duda que tener acceso a la información proporcionada en el directorio salvará vidas.

Para visitar el nuevo directorio o agregar a su médico favorito sobre servicios LBT por favor visite www.LBTHealth.org y comience su búsqueda. •



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CHRIS MACLELLAN



To be entrusted with the care of another human being is one of the greatest honors bestowed upon a person. New parents have nine months to prepare for this responsibility. Doctors and nurses have years of training. But caregivers can find themselves thrust suddenly into roles they do not choose when called upon to care for a partner, spouse or loved one. You have no idea of what to do, so you do your best, as you follow your instincts and common sense. You simply care for the one you love.

Suddenly, two people sharing a life together will need to face many challenges. A whole set of new and hard-core emotions are likely to intrude on the relationship. Worry, detachment, mortality, anger and fear of abandonment, to name a few. They can lurk in a caregiver's mind when faced with a life-and-relationship-altering illness in your partner.

Caregiving is an intense experience that asks you to surrender yourself for the needs of someone else. Often times you have to give up the things you love in order to care for the one you love. Even though it feels like a hardship, you know that this is what love and commitment is all about. It is both rewarding and frustrating. These

Confiar el cuidado de otro ser humano es uno de los mayores honores otorgados a una persona. Los nuevos padres tienen nueve meses para prepararse para esta responsabilidad. Los médicos y las enfermeras tienen años de entrenamiento. Sin embargo, los cuidadores pueden verse inmersos en roles que no eligen cuando han de cuidar a su pareja, cónyuge o ser querido. No tienes idea de qué hacer, y haces lo mejor que puedes, sigues tu instintos y sentido común. Simplemente cuidas a la persona que amas.

De repente, dos personas compartiendo sus vidas tendrán que hacer frente a muchos desafíos. Nuevas y duras emociones interfieren en la relación, como la preocupación, el desapego, la mortalidad, la ira y el miedo al abandono, por nombrar algunos. Estos sentimientos pueden estar en la mente de un cuidador cuando se enfrentan a una situación que por una enfermedad altera la relación de su pareja.

Cuidar es una experiencia intensa que en ocasiones requiere rendirse a las necesidades de otra persona. Muchas veces usted tiene que renunciar a las cosas que le gustan con el fin de atender a la persona que amas. A pesar de que se siente como una dificultad, ya sabes que esto es lo que el amor y el compromiso se trata. Es a la vez gratificante y frustrante.

Estas emociones seguramente pueden comprobar la gran comunicación y la confianza en

emotions can surely test even the best communication and trust in a relationship.

It is through honest communication that the true essence of a partnership is revealed. Communication has to be the focal point for conveying the wants and needs of the one who is ill, and this must be accomplished without losing the identity of either the partnership or the caregiver. The term “delicate balance” takes on a whole new meaning here.

Frequently reviewing your roles becomes crucial so that your judgment and decision-making skills are based on sound facts instead of raw emotions. How much can the mind and body take when faced with so many changes in such a short period? I think that really depends on the couple's ability to clearly and honestly communicate their desires. The partner's health needs must come first and the personal relationship second.

While I have no doubt that caring for my partner (who has been diagnosed with esophageal cancer) has strengthened our relationship, it has changed our relationship as well. I have seen someone who was totally independent become dependent in certain areas that have been difficult for him to accept. Stepping outside one's comfort zone and asking for help with everyday chores adds stress to both parties. That is undeniable!

Caregivers become the voice for the one who is ill. We have to be mindful of our supporting role. “Caregivers are the advocates, not the “deciders!” We must remember that what we want for

una relación.

Es a través de la comunicación honesta que la verdadera esencia de una pareja se revela. La comunicación tiene que ser el punto principal para el transporte de los deseos y necesidades de la persona que está enferma, y esto debe hacerse sin perder la identidad ni de la pareja o el cuidador. El término “equilibrio delicado” adquiere un significado totalmente nuevo aquí.

Revisar sus roles en la pareja frecuentemente es crucial para que su juicio y la toma de decisiones se basen en hechos concretos, en lugar de las emociones crudas. ¿Cuánto puede la mente y el cuerpo ajustarse ante tantos cambios en tan poco tiempo? Creo que realmente depende de la capacidad de la pareja para comunicar sus deseos con claridad y honestidad. La salud del cuidador debe siempre estar primero.

Aunque no tengo ninguna duda de que el cuidado de mi pareja (diagnosticado con cáncer de esófago) ha reforzado nuestra relación y ha cambiado también. Yo he visto a alguien que era totalmente independiente a depender en ciertas áreas que han sido difíciles para él aceptar. Nada más que salir de la zona del confort y pedir ayuda con las tareas cotidianas añade estrés a ambas partes. Eso es innegable!

Los cuidadores se convierten en la voz de la persona que está enferma. Tenemos que ser conscientes de nuestro papel de apoyo. “Los Cuidadores son los voceros del paciente, no los “que hacen las decisiones”. Tenemos que recordar que lo que queremos para nuestro ser querido no necesariamente puede ser lo que el ser querido quiere. Qué confuso

our loved one may not necessarily be what the loved one wants. What a slippery slope this becomes when the person you are caring for is your life partner!

As part of an LGBT couple, I have observed discrimination in our health care system. Here again, personal political preferences need to be deferred in favor of practicality. Focusing solely on the needs of my partner is paramount. Life's journeys are not often driven on smooth roads, but we can always hope for a gentle wind at our backs.

Chris MacLellan blogs about his caregiving role for his partner, Richard at www.thepurplejacket.com and is the coordinator of Senior Services for SunServe in Wilton Manors, Florida and host of 'Be a Healthy Caregiver' Tuesdays at 1:00 pm on Blog Talk Radio. •

es todo se cuando el cuidador es la pareja amorosa no?

Como parte de una pareja gay, he observado mucha discriminación en nuestro sistema de salud. Una vez más, las preferencias políticas personales deben ser diferidos a favor de la practicidad. Centrarme exclusivamente en las necesidades de mi pareja es de suma importancia. Las parejas amorosas por lo general de toda una vida tienen sus altos y bajos, pero siempre podemos esperar un suave viento a nuestras espaldas como una ayuda inprevista.

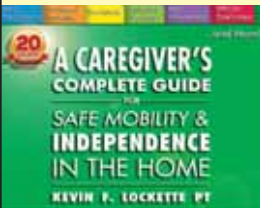
Chris MacLellan escribe un Blog sobre su papel de cuidador a su pareja, Richard en www.thepurplejacket.com y es el coordinador de Servicios para Personas Mayores de SunServe en Wilton Manors y el anfitrión de "ser un cuidador sano" los martes a las 1:00 pm del Blog Talk Radio. •



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Christine Andreas



Tony DeSare



Clint Holmes



Tamyra Gray

Autumn in New York - November 3-8, 2012

Home for the Holidays - November 26-December 2, 2012
with Tony DeSare and American Idol Finalist Tamyra Gray

Here's to the Ladies - January 4-10, 2013
featuring Christine Andreas

The Maestro of the Movies
The Music of John Williams & More
February 2-8, 2013

Clint Holmes performs The Music of James Taylor,
Billy Joel, Elton John, Paul Simon & More
February 25-March 4, 2013

Sensational Broadway - March 27-April 2, 2013

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EnhanceFitness - Healthy Aging for all (English/Spanish)

YMCA Broward: Call Emilia Solano at 954-357-0276 for locations and times (www.ymcabroward.org)

Miami-Dade: Toll free 1-855-855-4272 (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)

Miami-Dade: Toll free 1-855-855-4272 (www.healthygingsf.org)

Day of Research and Hope - March 9, 2013 Gilda's Club South

Signature Grand 6900 State Road 84, Davie, FL 33317

Florida will present the 11th Annual Day of Research & Hope. This year's educational conference features a keynote speaker, a panel of top physicians presenting on advancements in cancer treatment and fielding attendees' questions, and specialized breakout sessions. Join us to learn about new cancer detection methods, access to clinical trials, and newly approved drug treatments. The panel of experts features leading physicians from surrounding hospitals.

"Live from South Florida... It's Saturday Night!" - March 16, 2013

Signature Grand 6900 State Road 84, Davie, FL 33317

Gilda's Club South Florida will host its 18th Annual "Live from South Florida. It's Saturday Night!" signature fundraiser. Come see stars from your own backyard at this hilarious comedy cabaret held to benefit Gilda's Club a cancer support community and to honor SNL comedian Gilda Radner who lost her battle with ovarian cancer in 1989 at age 42.



For more information call 954-763-6776



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