

55+TM MAGAZINE

FREE

ENGLISH / ESPAÑOL



BETTY BUCKLEY

INTERVIEW / ENTREVISTA

Resource Directory
Directorio de Servicios
Updated 2013

**Understanding
Assisted Living**
Entendiendo
Viviendas Asistidas

Meals Made Easy
Comidas Hechas
Facilmente

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

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TIME FLIES WHEN YOU'RE HAVING FUN! EL TIEMPO VUELA CUANDO TE DIVIERTES!

HUMBERTO FORTUNA MA, MS /
GERIATRIC SPECIALIST



This first quarter of 2013 has been both exciting and motivational for the 55+ Magazine Team!

55+ Magazine and its resources were praised, recognized and valued by so many companies and organizations that this has made us think of how many ways we can continue to evolve with our ideas and the magazine's purpose.

Recently, we teamed up with Leeza's Place through the Memorial System and were able to assist them in creating a Caregiver Resource Guide that will be presented to many organizations and distributed at their special events.

55+ Magazine is concentrating on what the needs are of our readers, professionals and our society in general. We concluded, after so many issues, that our community and 55+ resources are our specialty and our goal. With the support of our network system in place, we can see how much value these resources can be for our readers.

In this issue, we have expanded and have begun to redesign our Resource Directory. We are including more specific information so that everyone will benefit while we continue to accommodate our South Florida diverse population.

Este primer trimestre del 2013 ha sido emocionante y motivador para el equipo de la revista 55+ Magazine!

55 + Magazine y su Directorio de información fueron elogiados, reconocidos y valorados por muchas empresas y organizaciones, lo que nos ha hecho pensar de cuántas maneras podemos seguir evolucionando con nuestras ideas y propósitos de la revista.

Recientemente, contribuimos con Leeza Place del Sistema de Memorial en la creación de una Guía de Recursos para Cuidadores que se presentará a muchas organizaciones y distribuido en sus eventos especiales.

55 + Magazine se concentra en lo que son las necesidades de nuestros lectores, profesionales y nuestra sociedad en general. Llegamos a la conclusión, después de tantos ejemplos, que nuestra comunidad y el Directorio de información de la revista 55 + es nuestra especialidad y nuestra meta. Con el apoyo de nuestro sistema de red –que poseemos– podemos ver cuánto valor estos recursos de información pueden tener para nuestros lectores.

En esta edición, hemos expandido y hemos comenzado a rediseñar nuestro Directorio de Recursos. Incluimos información

We are so happy to continue to receive the steady amount of calls that we get on a weekly basis and be able to continue to assist our community with the information they are looking for.

We really want and need your input and your suggestions! Contact Nelson at 954 967 6191 or email us at info@55plusmag.us and let us know what you would like to find in our Resource Directory.

I can only say that the current, positive outcomes and the success that we are experiencing with this Magazine is well worth the time, sacrifice and long hours of work that my team and I have lovingly put into it. And, it is thanks to all of our readers! **THANK YOU!** •

Remember.....
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55+ Magazine!


más específica para que todos se beneficien, mientras continuamos teniendo, en consideración el acomodar a nuestra diversa población del Sur de la Florida.

Estamos muy contentos de recibir semanalmente y constantemente sus llamadas y poder seguir ayudando a nuestra comunidad con la información que están buscando.

Realmente queremos y necesitamos su opinión y sus sugerencias!

Póngase en contacto con Nelson en 954 967 6191 o envíenos un email a info@55plusmag.us y háganos saber lo que te gustaría encontrar en nuestro Directorio de Recursos.

Sólo puedo decir que los resultados actuales son muy positivos y el éxito que estamos experimentando con esta revista, bien vale la pena, las horas invertidas, el sacrificio y el duro trabajo que mi equipo y yo hemos puesto en ella. Y es gracias a todos nuestros lectores! ¡GRACIAS! •



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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 for an ALF 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.

Quando 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 con el 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 todas las 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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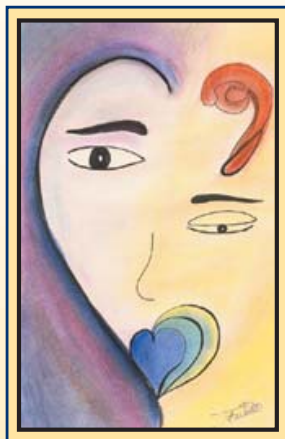
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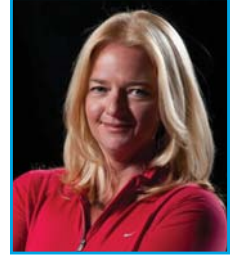
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EXERCISE: THE REAL LIFE TIME MACHINE

EL EJERCICIO: LA VERDADERA MÁQUINA DEL TIEMPO

ALLISON PARNELL C.PT



As we grow older we often explore ways to look younger, feel younger and live longer.

There are no secret potions, magic pills, lotions or creams to stop the aging process.

The most effective solution around is pretty simple, **START MOVING.**

Adding exercise to your daily lives can help you rebuild your body both inside and out.

7 Anti-aging Benefits You Can Live With:

1. Sharpens Brain

Walking 30 minutes a day, 3 days a week you can increase blood flow to the brain by 15%.

2. Diminishes the Visibility of Wrinkles

Exercise increases blood flow to the dermis.

3. Promotes Better Balance

Seniors who exercise on a regular basis cut their risk of falling by 18%.

4. Generates Rejuvenated Cells

DNA proteins are transformed with exercise.

5. Strengthens Bones and Muscles

Research shows that resistance training increases bone mass in the hips and spine.

6. Increases Metabolism

Moving the body more effectively

A medida que envejecemos, a menudo exploramos maneras de parecer más joven, sentirse más joven y vivir más tiempo. No existen pociones secretas, píldoras mágicas, ni lociones o cremas para detener el proceso de envejecimiento. La solución cercana más efectiva es bastante simple, empezar a moverse. Sumar ejercicio en su vida diaria puede ayudar a reconstruir el cuerpo por dentro y por fuera.

7 Ejercicios para prevenir el envejecimiento:

1. Mantiene nuestro cerebro ágil

Caminar 30 minutos al día, 3 días a la semana puede aumentar el flujo sanguíneo al cerebro en un 15%.

2. Disminuye la visibilidad de las arrugas

El ejercicio aumenta el flujo de sangre a la dermis.

3. Promueve un mejor equilibrio

Las personas mayores que hacen ejercicio de forma regular reducen su riesgo de caer en un 18%.

4. Genera células rejuvenecidas:

Proteínas de ADN se transforman con el ejercicio.

5. Fortalece los huesos y músculos:

Las investigaciones muestran que el entrenamiento de resistencia aumenta la masa ósea en las caderas y la columna vertebral.

6. Aumento del metabolismo:

Al mover el cuerpo con mayor eficacia, aumenta el metabolismo.

increases metabolism.

7. Promotes a Healthy Heart

The heart is a muscle, and inactivity makes it weak and diminishes its ability to aide your body in all of its essential functions.

These are just a few reasons to add fitness training to your life at any age. Live a longer stronger life with exercise! •

7. Corazón Saludable: El corazón es un músculo, y la inactividad lo debilita y disminuye su capacidad de asesor de su cuerpo en todas sus funciones esenciales

Estas son sólo algunas de las razones para agregar entrenamiento físico en su vida a cualquier edad. Viva más y mejor haciendo ejercicio! •



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Al Wheeler *Gene Huszega*

LITTLE BLACK DRESS EVENT AT AVENTURA



In the picture from left to right, Humberto Fortuna, Publisher of 55+ Magazine, Leeza Gibbons, Nelson A Garcia, Administration Director for 55+ Magazine and Bonnie Bonomo, Program and Outreach Director for Leeza's Place.

Leeza Gibbons, talk show host, author and entrepreneur may be from California but she has Florida in her soul. It was right here in South Florida that Leeza created what she and her family wished they had when her mom was dying from Alzheimer's disease. A place for caregivers to go for support, to ask questions, find resources and connect with others, Leeza's Place Memorial Hospital Pembroke is a place where families going through a health crisis can summon their strength and call on their courage to make it through the caregiving journey.

Leeza recently hosted a Little Black Dress Event to raise awareness and funds for Leeza's

Leeza Gibbons, presentadora, escritora y empresaria puede ser de California, pero ella tiene a Florida en su alma. Fue justo aquí en el sur de la Florida donde Leeza creó lo que ella y su familia deseaban tener cuando su madre se estaba muriendo de la enfermedad de Alzheimer. Un lugar para cuidadores donde puedan encontrar apoyo, hacer preguntas, encontrar recursos y conectarse con otros. Leeza's place Memorial Hospital Pembroke es un lugar donde las familias que pasan por una crisis de salud pueden sumar fuerzas y coraje para sobrellevar la tarea diaria de cuidador.

Leeza recientemente fue

Place Memorial Hospital Pembroke. It was a delightful, tremendously successful evening.

55+ Magazine had the pleasure to sponsor the Resource Directory section for the Caregiver Resource Guide of Leeza's Place Memorial Hospital Pembroke. •

anfitriona del evento "Little Black Dress" para tomar conciencia y recaudar fondos para Leeza's place Memorial Hospital Pembroke. Fue una noche encantadora, un gran éxito.

La revista 55+ Magazine tuvo el orgullo de auspiciar el Directorio de Recursos disponibles para cuidadores de personas de Leeza's Place Memorial Hospital Pembroke. •

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MÚSICA, TELEVISION, TEATRO Y CABALLOS....
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Although Betty Buckley is known mostly for her singing and acting, she is also a teacher and a cutting horse competitor. She's won a Tony Award and has been nominated several times for a Grammy. In this exciting interview, she tells us how she was able to manage such a rich and exciting life. 55+ is very happy to bring you this article on this amazing woman. You can read much more and learn about her current projects on her website, www.bettybuckley.com

55+ You were discovered from your performance at the Miss America Pageant in 1969. Tell us how that happened?

BB I have been performing since I was 11 years old. I studied dance since I was 3 because my aunt was a dance teacher and my mother was a dancer as well. I was also involved in the church choir, my school chorus and the All City Chorus in Fort Worth, Texas. Then I became the runner up in the Miss Texas pageant and was invited to perform at the Miss America Pageant. I was so excited!

55+ We loved you in your role as Abby in 'Eight is Enough' from 1977 to 1981. Tell us about the experience of starring in this television show?

BB The kids in the show had only been television actors so they really believed that they were the characters they played. The show was a big hit and everyone was very protective of it. When

Aunque Betty Buckley es conocida sobre todo por su canto y actuación, ella es también maestra y competidora de caballo de corte. Ella ganó un premio Tony y ha sido nominado varias veces a los premios Grammy. En esta entrevista emocionante, nos cuenta cómo fue capaz de manejar una vida tan rica e intensa. 55 + está muy feliz de traer este artículo sobre esta increíble mujer. Usted puede leer mucho más y aprender sobre sus proyectos actuales en su sitio web, www.bettybuckley.com

55+ Usted fue descubierta a partir de su actuación en el concurso de Miss América en 1969. Cuéntenos acerca de cómo sucedió?

BB Lo hacía desde que tenía 11 años de edad. Estudié baile desde que tenía 3 años, porque mi tía era profesora y mi madre era bailarina. También participé en el coro de la iglesia, mi coro de la escuela y el Todos Coros de la Ciudad en Fort Worth, Texas. Entonces me convertí en el segundo puesto en el concurso de Miss Texas y fui invitada a tocar en el concurso de Miss América. Yo estaba tan emocionada!

55+ Nos encantaba verla en su papel de Abby en "Eight is Enough" (Ocho es suficiente) de 1977 a 1981. Háblenos de la experiencia de la protagonista de esta serie de televisión?

Betty Buckley

NELSON A. GARCIA

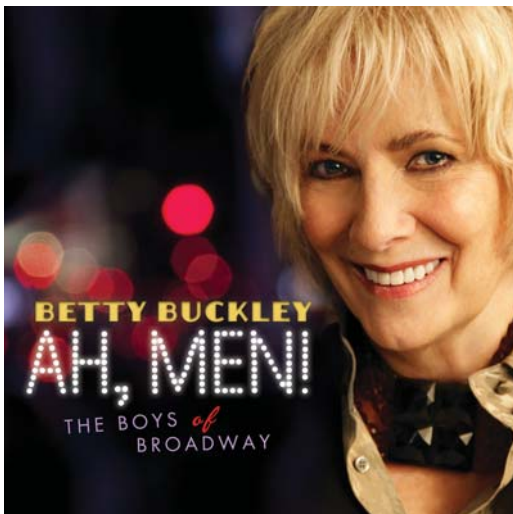


I arrived to play the role of the stepmother, (after Diana Hyland's death), I was really treated like one at first. The first two seasons were really rough but things settled down and it became a really great job. Things smoothed out and everyone adjusted. Being in a television series is like working in a factory, it is absolutely endless for 9 to 10 months out of the year. The one hour of film took a week and a half to shoot so it was really a hard schedule. Doing 'Eight is Enough' was like going to grad school in film acting where I could see myself in film every week to see what worked and didn't work. It was a great education. I learned a lot in those 4 years.

BB Los niños del programa fueron más que actores de televisión porque realmente creían que eran las personas que interpretaron. El espectáculo fue un gran éxito y todo el mundo lo protegía. Cuando llegué a interpretar el papel de la madrastra, (después de la muerte de Diana Hyland), me trataron como a una real, en un principio. Las dos primeras temporadas fueron muy difíciles, pero las cosas se calmaron y se hizo un gran trabajo. Las cosas se suavizaron y todos nos acomodamos. Estar en una serie de televisión es como trabajar en una fábrica, es absolutamente interminable durante 9 a 10 meses al año. La hora de la película tomó una semana y media para comenzar, así que fue realmente un calendario duro. Hacer "Eight is Enough" fue como ir a la escuela de posgrado de actuación en cine en la que podía verme en el film todas las semanas para ver lo que funcionó y no funcionó. Fue una gran educación. He aprendido mucho en estos 4 años.

55+ Tiene una amplia experiencia en el teatro. ¿Puede decirnos cuál ha sido su papel favorito y por qué?

BB Hubo varios personajes clave en mi vida que me ayudaron a expresar plenamente mi talento y años de estudio. Grizabella, en "Cats" y Dixie Scott, en "Tender Mercies", fueron la puerta de entrada de mi potencial como



55+ You have extensive experience in Theater. Can you tell us what has been your favorite role and why?

BB There were several key characters in my life that helped me fully express my talent and years of study. Grizabella, in ‘Cats’ and Dixie Scott, in ‘Tender Mercies,’ were the doorway to my potential as an actress and singer. It was amazing to work with Andrew Lloyd Weber, Trevor Nunn as director and Gillian Lynne as choreographer for Grizabella. Gillian also directed me in the production of ‘Dear World’ in London in February and March 2013. She is really important to me, as a teacher, role model, friend and director. The character of Dixie Scott in my next film, ‘Tender Mercies,’ was the kind of role that I had studied for and always wanted to play. This was a blessed gift. It was an incredible film, an American Classic, with these amazing artists that I was so lucky to work with. The next great part in musicals was Norma Desmond in Sunset Blvd, which was a wonderful challenge. For me, it was the “big race.” It

actriz y cantante. Fue increíble trabajar con Andrew Lloyd Weber, Trevor Nunn como director y Gillian Lynne como coreógrafo para Grizabella. Gillian también me dirigió en la producción de “Dear World” en Londres en febrero y marzo de 2013. Ella es realmente importante para mí, como una maestra, un modelo a seguir, amiga y consejera. El carácter de Dixie Scott en mi próxima película, “Gracias y favores”, era el tipo de papel que había estudiado y siempre quería jugar. Este fue un regalo bendito. Era una película increíble, un clásico americano, con estos increíbles artistas que era la suerte de trabajar con ellos. La siguiente parte grande en los musicales era Norma Desmond en Sunset Boulevard, que fue un reto maravilloso. Para mí, fue la “gran carrera.” Requería todo lo que tenía para dar y mucho más. Fueron dos años increíbles.

55+ Usted fue incluida en el Salón de la Fama del Teatro, en una ceremonia el 28 de enero de 2013. Desde que ingresó a la teatro musical era uno de sus proyectos favoritos, ¿cómo le hace sentir esto?

BB Tuve el honor de hacerlo. Yo estaba en el ensayo de “Querido Mundo”, y yo no podía volar de regreso a Nueva York. Mi querida amiga Ellen Burstyn aceptó el premio en nombre mío y me envió fotografías del medallón. Es un gran honor ser reconocido por mis compañeros, los críticos, los escritores y la comunidad del teatro. Fue un momento increíble en mi vida recibir este honor y estar en Londres, trabajando en esta maravillosa producción de “Querido Mundo”.

required everything I had to give and even more. It was an amazing two years.

55+ You were inducted into the Theater Hall of Fame in a ceremony on January 28, 2013. Since musical theater is one of your favorite projects, how did this make you feel?

BB I was so honored. I was in rehearsal for 'Dear World' and I could not fly back to New York. My dear friend Ellen Burstyn accepted the award on my behalf and sent me photographs of the medallion. It is such an honor to be acknowledged by my peers, the critics, the writers and the theater community. It was an amazing moment in my life receiving this honor and being in London, working on this wonderful production of 'Dear World.'

55+ How did you become interested in conducting workshops for students seeking careers in the theater?

BB I have been very fortunate to work with great teachers in my life. One of these teachers asked me if I would teach at his workshop when I was 24 years old. Other schools asked me to teach in New York also. I started teaching independently because I really love working with young people and with professionals. I teach because I feel it is my responsibility to pass on the great tools that have been given to me by my great teachers.

55+ Life must be much slower living on a ranch in Texas than in New York City. Was it a big adjustment for you?

BB I never really wanted to live in Texas because it's so hot. I always knew that I wanted to be

55+ ¿Cómo surgió su interés en la realización de talleres para estudiantes que buscan una carrera en el teatro?

BB He sido muy afortunada de trabajar con grandes maestros en mi vida. Uno de estos maestros me preguntó si me gustaría dar clases en su taller cuando tenía 24 años. Otras escuelas me pidieron que enseñara en Nueva York también. Empecé a enseñar de forma independiente porque me encanta trabajar con los jóvenes y con los profesionales. Yo enseño porque siento que es mi responsabilidad transmitir las grandes herramientas que me han dado mis grandes maestros.

55+ Debe ser mucho más tranquilo vivir en un rancho en Texas que en la ciudad de Nueva York. Fue un gran cambio para usted?

BB Realmente nunca quise vivir en Texas porque hace mucho calor. Siempre quise tener éxito en el mundo del espectáculo para poder tener un rancho algún día y estar con los caballos. Después de 911, me di cuenta de que no lo había logrado aún. Estaba obsesionada con encontrar un caballo de corte y me conecté con un instructor de alto rango en el deporte. Él me ayudó a encontrar este magnífico caballo llamado Triple Badger. Quería estar cerca de mi caballo, así que compré este rancho y me mudé allí.

55+ Cuéntenos acerca de su interés en las competiciones de caballos NCHA corte?

BB Son dos minutos y medio de competición. Se monta su caballo en una manada de vacas y aparta

successful in show business so that I could have a ranch one day and be involved with horses. After 911, I realized that I had not done this. I was obsessed with finding a cutting horse and I connected with a top trainer in the sport. He helped me find this magnificent horse named Triple Badger. I wanted to be close to my horse so I bought this ranch and moved there.

55+ Tell us about your interest in the NCHA cutting horse competitions?

BB It is a two and a half minute competition. You ride your horse into a herd of cows and separate one cow from the herd. You have other riders that are your helpers. It is a very elegant sport where the breeding of the horses goes back to the Old West. In the days of the cattle drives, the cutting horse was the specialist in the rancher's herd of horses. They used to help separate the one cow for branding or selling purposes. The competition started from cowboys bragging about their horses' skill. It is very beautiful. You ride your horse into the herd and once the horse knows what cow you want, you let them do all the work to keep this cow separated. Watching the great riders and great cutting horses is like watching an amazing dance. You cannot believe that horses can move like that.

55+ Your singing reputation was firmly established with your performance of 'Memory' in 'Cats' about 30 years ago. How was winning the Tony Award for you?

BB It was amazing! Everyone thought that I would win since we had so many nominations and wins in other categories. I was terrified

una vaca de la manada. Hay otros jinetes que son sus ayudantes. Es un deporte muy elegante, donde la cría de los caballos se remonta al Viejo Oeste. En los días de los arreos de ganado, el caballo de corte es el especialista entre los caballos de la manada del ganadero. Se utiliza para ayudar a separar una vaca a los efectos de identificación o de venta. La competición comenzó a partir de que los vaqueros querían jactarse acerca de su habilidad con los caballos. Es muy hermoso. Montas tu caballo en la manada y una vez que el caballo sabe qué vaca desea, dejas que ellos hagan todo el trabajo para mantener a la vaca separada. Viendo los grandes jinetes y caballos de corte es como ver un baile increíble. No se puede creer que los caballos puedan moverse así.

55+ Sureputación como cantante se estableció firmemente con su interpretación de "Memory" en "Cats" unos 30 años atrás. ¿Cómo fue ganar el premio Tony para usted?

BB ¡Fue increíble! Todo el mundo pensaba que iba a ganar, ya que teníamos tantas nominaciones y premios. Yo estaba aterrorizada con dejar a todo el mundo triste si no ganaba. Por suerte, gané y fue una gran noche para todo el reparto.

55+ Ha publicado 15 álbumes en total con su último lanzado el año pasado, titulado "Ah Men! Los chicos de Broadway." ¿Cuál es el significado detrás de este título? ¿Cómo se produce?

BB Hace algunos años hice un show llamado "The Mystery of Edwin Drod" "en

with letting everyone down if I didn't win. Thankfully, I received the Tony and it was a huge night for all of us in the cast.

55+ You have released 15 albums with your latest release last year, titled "Ah Men! The Boys of Broadway." What is the meaning behind this title? How did it come to be?

BB Some years ago I did a show called the 'The Mystery of Edwin Drood' in which I played a male impersonator. I was fascinated by the history in this British musical where young women played the boy's parts. It was interesting to do these male characters. Many of my favorite songs are sung by men in musicals, so over time, I put them in my concert repertoire. So I just thought, well... ok, I will just do a whole evening of men songs and that was the idea. They are songs that I really, really love.

55+ I understand that you will be releasing another album this year titled 'Ghostlight.' What is the theme of this album?

BB This album was produced by T. Bone Burnett, a brilliant recording producer who has won many Grammys. He and I grew up together in Texas and have maintained our friendship. When we were both 19, he recorded the first recording of my voice using some of the songs that I had been singing during this time period. We made this new recording and he hired a band with an amazing group of musicians featuring Bill Frisell, the brilliant jazz guitarist. It's a new take on some Broadway tunes, some standards and some contemporary, singer/songwriter songs. It's a beautiful, haunting and

el que interpreté un imitador masculino. Yo estaba fascinada por la historia en este musical británico, donde las mujeres jóvenes desempeñaban papeles masculinos. Fue interesante ver a estos personajes. Muchas de mis canciones favoritas son cantadas por los hombres en los musicales, por lo que con el tiempo, los puse en mi repertorio de concierto. Así que pensé, bueno... ok, voy a hacer una noche entera de canciones de hombres y esa era la idea. Son canciones que yo realmente, realmente amo.

55+ Entiendo que lanzará un nuevo álbum este año, titulado "Ghostlight." ¿Cuál es el tema de este álbum?

BB Este álbum fue producido por T. Bone Burnett, dueño de una discográfica brillante que ha ganado muchos Grammy. Él y yo crecimos juntos en Texas y hemos mantenido nuestra amistad. Cuando teníamos 19 años, grabó el primer disco de mi voz con algunas de las canciones que yo cantaba durante ese tiempo. Hicimos esta nueva grabación y contrató a una banda con un increíble grupo de músicos con Bill Frisell, como figura, un guitarrista de jazz brillante. Se trata de una nueva toma de algunas canciones de Broadway, algunos clásicos y algunas canciones y cantautores contemporáneos. Es una hermosa grabación, inquietante y fascinante. Dicen que hay un fantasma en todos los teatros por lo que el "Ghostlight" es una bombilla de luz encendida puesta a la izquierda en el escenario del teatro por la noche cuando todo ha terminado como el compañero del fantasma.



mesmerizing recording. They say there is a ghost in every theater so the 'Ghostlight' is a naked bulb of light left on the stage of the theater at night when everything is over, as the companion to the ghost.

55+ Our readers would like to know how you felt turning 60? Did you even notice, considering your busy life?

BB Oh yea, I noticed! I noticed! Numbers are just numbers. There are many illusions about growing older in our culture. I worked with Gillian Lynne in 'Dear World' this year, who is one of the great ladies of musical theater. She is 86 years old and she is awesome! It was such a blessing to spend this time with her. I watch her and it is a lot of work! She maintains an amazing body by eating healthy. She also has an amazing point of view. It is how you think about these things and the willingness to put it to work. A 21 year old, in order to be in prime condition, has to work hard at it also. We forget that. When you are 21 there is this desire to get out there and do things. As you get

55+ A nuestros lectores les gustaría saber cómo se sintió al cumplir 60 años? ¿Sintió algo? considerando su ocupada vida...

BB Oh sí, me di cuenta! Me di cuenta! Los números son sólo números. Hay muchas fantasías sobre el envejecimiento en nuestra cultura. Trabajé con Gillian Lynne en "Dear World" de este año, que es una de las grandes damas del teatro musical. Ella tiene 86 años y ella es increíble! Fue una bendición para mí pasar este tiempo con ella. La miro y es un montón de trabajo! Ella mantiene este cuerpo increíble por comer sano. Ella también tiene un punto de vista sorprendente. Es la forma de pensar sobre estas cosas y la voluntad de ponerla en práctica. Un joven de 21 años, a fin de estar en perfectas condiciones, tiene que trabajar duro en ello también. Nos olvidamos de eso. Cuando usted tiene 21 años existe este deseo de salir y hacer cosas. A medida que envejece, a causa de esta locura que la gente pone en la cabeza, sientes como que hay que darse por vencido. Da

older, because of this foolishness that people put in your head, you feel like you are supposed to give up. You get lazy and apathetic for all kinds of complicated reasons. It's harder to maintain your focus and keep being positive and do things for yourself. Share with the world the things you have to share. It takes work and commitment. For me, all those things come up, the laziness, the apathy, the desire to be a couch potato, it is always ever present. That is why I am so grateful to have these wonderful jobs like working for Gillian Lynne in 'Dear World.' The quality of her commitment inspires my own and then I feel so much better when I am at my best, because I must be at my best to do the work I do. The deal is, just don't buy into the illusion of a culture that dismisses people beyond a certain age. It's absurd, it's absolutely absurd! It is all in the mind. For me the answer is meditation and prayer. •

pereza y apatía por todo tipo de razones complicadas. Es difícil concentrarse, seguir siendo positivo y hacer por uno mismo. Compartir con el mundo lo que tienes que compartir. Se necesita trabajo y compromiso. Para mí, todas esas cosas aparecen, la pereza, la apatía, el deseo de ser un adicto a la televisión, están siempre presentes. Es por eso que estoy tan agradecida de tener estos trabajos maravillosos como trabajar para Gillian Lynne en "Querido Mundo". La calidad de su compromiso inspira el mío y luego me siento mucho mejor cuando estoy en mi mejor momento, porque tengo que poner mi mejor esfuerzo para hacer el trabajo que hago. El acuerdo es, simplemente no creo en la fantasía de una cultura que rechaza la gente más allá de una cierta edad. Es absurdo, es absolutamente absurdo ! Todo está en la mente. Para mí la respuesta es la meditación y la oración. •


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Central West ADC
6915 Stirling Rd
954.587.2312

DEERFIELD BEACH
Northeast Focal Point
Adult Day Care Ctr
225A NW 2nd St
954.480.4470

DELRAY BEACH
The Volen Senior Ctr
850 N Congress Ave
561.395.8920

DORAL
Miami Behavioral Health
1905 NW 82nd Ave
305.398.6100

FORT PIERCE
Alz. Community Care
2900 S Jenkins Rd
772.466.3261

Council on Aging
ADC1505 Orange Ave
772.465.5220

FT LAUDERDALE
Noble A McArtor ADC
1480 SW 9th Ave
954.764.5055

NW Fed. Woman's Club
2185 NW 19th St
954.714.3500

GREENACRES
Alz. Community Care
2164 Jog Rd
561.683.2700

HALLANDALE
Memorial ADC Center
1750 E Hallandale Beach
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
Homestead ADC Center
653 SW 4th St
305.242.7676

Homestead Behavioral
654 NE 9th Pl
305.248.3488

LAKE WORTH
Alz. Community Care
1615 Lake Ave
561.585.7781

LAUD. LAKES
Alz. Community Care
4320 NW 36th St
954.535.2800

MARGATE
Amazing Age Adult Day
Stay
7306 W Atlantic Blvd
954.970.9185

Northwest Focal Point
6009 NW 10th St
954.973.0300

MIAMI
Centro Axis
6840 SW 40th St
305.668.0634

Community ADC
7944 SW 8th St
305.269.6845

Easter Seals Day Care
1475 NW 14th Ave
305.325.0470

Edison Little River ADC
150 NW 79th St
305.751.4342

Family Adult Day Care
6429 SW 8th St
786.478.6222

Florida Pace Centers
5200 NE 2nd Ave
305.795.8410

Joy of Life ADC
15190 SW 136th St, #6
786.293.3310

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

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

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
772.569.0760

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

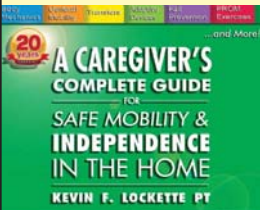
Wilton Manors Adult Day
Care Center
1503 NE 26th St
954.630.9501



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Physiatry and Rehabilitation Services LLP



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

GUÍA DE RECURSOS

ALZHEIMER'S

BROWARD

Alzheimer's Association
Southeast Florida Chapter
800.861.7826

Area Agency on Aging of
Broward County
954.745.9567

Alzheimer's Family Center
954.971.7155

Long-Term Care Diversion
954.597.2240

North Broward Memory
Disorder Center
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

Remember.....
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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 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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

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 

Leukemia/Lymphoma
Society
800.955.4572

Línea de Ayuda Hispana
Nacional 

Lupus Foundation of
America
800.558.0121

NAACP
877.622.2798

National Alliance to End
Homelessness
202.638.1526

National Alliance for
Hispanic Health 

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
Support Group 

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

Príncipe 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
561.840.4500


**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 


Henderson Mobile Crisis
Response Team
954.463.0911

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

SunServe 

Tuesday's Angels 

Women in Distress
954.760.9800

MIAMI-DADE
LGBT Suicide Awareness
Unit 305.646.3600 

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

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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

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

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

Dania Beach Housing
Authority
954.920.9662

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



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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

Hollywood Pavilion
1201 N 37th Ave
Hollywood
954.962.1355

Holy Cross Hospital
4725 N Federal Hwy
Ft Lauderdale
954.771.8000

Kindred Hospital
1516 E Las Olas Blvd
Ft Lauderdale
954.764.8900

Kindred Hospital
1859 Van Buren St
Hollywood
954.920.9000

Memorial Hospital
Pembroke
7800 Sheridan St
Pembroke Pines
954.962.9650

Memorial Hospital West
703 N Flamingo Rd
Pembroke Pines
954.436.5000

Memorial Regional
Hospital
3501 Johnson St
Hollywood
954.987.2000

Memorial Regional
Hospital S.
3600 Washington St
Hollywood
954.966.4500

Northwest Medical Center
2801 N State Rd 7
Margate
954.974.0400

Plantation General
Hospital
401 NW 42nd Ave
Plantation
954.587.5010

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

University Hospital and
Medical Center
7201 N University Dr
Tamarac
954.721.2200

Westside Regional
Medical Center
8201 W Broward Blvd
Plantation
954.473.6600

MIAMI-DADE

Anne Bates Leach Eye
Hospital
900 NW 17th St
Miami
305.326.6000

Aventura Hospital
and Medical Center
20900 Biscayne Blvd
Aventura
305.682.7000

Baptist Hospital of Miami
8900 N Kendall Dr
Miami
786.596.1960

Cedars Medical Center
1400 NW 12th Ave
Miami
305.325.5511

Coral Gables Hospital
3100 Douglas Rd
Coral Gables
305.445.8461

Doctors Hospital
5000 University Dr
Coral Gables
305.666.2111

Fishermen's Hospital
3301 Overseas Highway
Marathon
305.743.5533

Healthsouth Rehabilitation
Hospital
20601 Old Cutler Rd
Miami
305.251.3800

Hialeah Hospital
651 E 25th St
Hialeah
305.693.6100

Homestead Hospital
160 NW 13th St
Homestead
786.243.8000

Jackson Memorial Hospital
1611 NW 12th Ave
Miami
305.585.6754

Jackson Memorial Hospital
North
14701 NW 27th Ave
Miami
305.585.1111

Jackson South Community
Hospital
9333 SW 152nd St
Miami
305.251.2500

Kendall Regional Medical
Center
11750 Bird Rd
Miami
305.223.3000

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

Larkin Community Hospital
7031 SW 62nd Ave
South Miami
305.284.7500

Lower Keys Medical
Center
5900 College Rd
Key West
305.294.5531

Mariners Hospital
91500 Overseas Highway
Tavernier
305.434.3000

Mercy Hospital
3663 S Miami Ave
Miami
305.854.4400

Mount Sinai Medical
Center
4300 Alton Rd
Miami Beach
305.674.2223

North Shore Medical Ctr
1100 NW 95th St
Miami
305.835.6000

Palm Springs General
Hospital
1475 W 49th St
Hialeah
305.558.2500
Palmetto General Hospital
2001 W 68th St
Hialeah
305.823.5000

Pan American Hospital
5959 NW 7th St
Miami
305.264.1000

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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

Seasons Hospice &
Palliative Care
5200 NE 2nd Ave
Miami
305.232.5433

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

South Beach Community
Hospital
630 Alton Rd
Miami Beach
305.672.2100

Florida Evaluation &
Treatment Ctr
2200 NW 7th Ave
Miami
305.637.2500

South Miami Hospital
6200 SW 73rd St
South Miami
786.662.4000

Southern Winds Hospital
4225 W 20th Ave
Hialeah
305.558.9700

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

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

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

Westchester General
Hospital
2500 SW 75th Ave
Miami
305.264.5252

MARTIN
Martin Memorial Hospital
South
2100 SE Salerno Road
Stuart
772.223.2300

Martin Memorial Medical
Center
200 Hospital Ave
Stuart
772.287.5200

PALM BEACH
Bethesda Memorial
Hospital
2815 S Seacrest Blvd
Boynton Beach
561.737.7733

Boca Raton Community
Regional
800 Meadows Rd
Boca Raton
561.395.7100

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
2550 SE Walton Road
Port St Lucie
772.335.0400

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HOUSING VIVIENDA

BROWARD

Browardassistedliving.us
by 55+
954.967.6191 

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+
855.455.7587 

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+
855.455.7587 

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 Genl.
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

LGBT SERVICES SERVICIOS PARA LA COMUNIDAD GAY

BROWARD

Broward House, Inc.
954.522.4749

Care Resource
Fort Lauderdale
954.567.7141


Dignity Fort Lauderdale
954.383.6389

Dolphin Democrats
866.478.8262

Hollywood FL Center for
Positive Living
954.929.8959

Lambda South Services
954.761.9072

RESOURCE GUIDE

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

GUÍA DE RECURSOS

Log Cabin Republicans
954.566.4156

MCC Fort Lauderdale
954.462.2004

Noble A. McArtor 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
813.870.3735

NATIONAL
Dignity USA
800.877.8797

Gay & Lesbian Alliance
Against Defamation
(GLAAD)
212.629.3322

Gay & Lesbian National
Hotline
888.843.4564


Human Rights Campaign
800.777.4723

Log Cabin Republicans
202.420.7874

Metropolitan Community
Church (MCC)
310.360.8640

National Gay and Lesbian
Taskforce
202.393.5177

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



Do you need help paying your energy bill?

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

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

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

954-745-9779



RESOURCE GUIDE

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

GUÍA DE RECURSOS

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

AVENTURA

Palm Garden of Aventura
21251 E Dixie Hwy
305.935.4827

Regents Park at Aventura
18905 NE 25th Ave
305.932.6360

VI at Aventura
19333 W Country Club Dr
305.692.4700

BOCA RATON

Avante at Boca Raton
1130 NW 15th St
561.394.6282

Boca Raton Rehab Center
755 Meadows Rd
561.391.5200

Fountains
3800 N Federal Hwy
561.395.7510

Heartland Health Care 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 Hippen 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

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

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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 Nrsrg &
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.
Nrsrg
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

ManorCare Health Svcs
2300 Village Blvd
561.478.1800

Palm Garden of WPB
300 Executive Center Dr
561.471.5566

Rehab Center of the PB
301 Northpoint Pkwy
561.712.1717

Renaissance Health &
Rehab
5065 Wallis Rd
561.689.1799

Savannah Cove
2090 N Congress Ave
561.686.5100

Wood Lake Nursing &
Rehab
6414 13th Rd S
561.478.9900

WILTON MANORS

W. Manors Health &
Rehab
2675 N Andrews Ave
954.563.5711

**PRESCRIPTION
ASSISTANCE**
*ASISTENCIA PARA
MEDICAMENTOS*

BROWARD
AIDS Health Foundation
954.522.3132

Broward Cty Human Svcs.
Prescription Drug Discount
Cards
877.321.2652

PALM BEACH
PBC Prescription Drug
Assistance Program
866.489.7594

STATE
Florida AIDS Assistance
800.352.2437

Florida Discount Drug
Card Program
866.341.8894/TTY
866.763.9630
Serving Health Insurance
Needs of Elders (SHINE)
800.963.5337

NATIONAL
AARP Medication Savings
Card(members)
800.456.2277

Abbott Patient Assistance
Foundation
800.222.6885

AstraZeneca Patient
Prescription Assist. Prog.
800.292.6363

Boehringer Ingelheim
Cares Foundation
800.556.8317

Bristol-Myers Squibb
Patient Assistance
Foundation
800.736.0003

Caremark Prescription
Discount Program
888.620.1749

Eisai Assistance Program
855.347.2448

Free Medicine Foundation
573.996.3333

GlaxoSmithKline Orange
Card
888.672.6436

Lilly Cares Foundation
800.545.6962

Medicare-Approved Drug
Discount Cards
800.633.4227

Merck Patient Assist. Prog.
800.727.5400

Novartis Care Card
866.974.2273

Pfizer Helpful Answers
866.706.2400

Partnership for
Prescription Assistance
888.477.2669
People Prescription Plan
800.566.0003

RxAssist (Healthcare
Providers ONLY)
877.844.8442

RxAssist Patient Assist.
401.729.3284

Senior Pharmacy Card
800.377.1614

The Medicine Program
573.996.7300

Together Rx Access
800.444.4106

US Food and Drug Admin
888.463.6332

**SENIOR SUPPORT
ORGANIZATIONS**
*SERVICIOS DE
AYUDA PARA EL
MAYOR*

BROWARD
55+ Resources Directory
855.455.7587 

Aging and Disability
Resource Center
954.745.9779

CARES – Dep. of Elder
Affairs
954.597.2240

Daniel D. Cantor
Senior Center
954.742.2299


First Call
211

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

Fred Lippman Multi-
Purpose Center
954.921.3408

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

Leeza's Place
954.883.7240


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 

Soref JCC
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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

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

STATE
AARP Florida
866.595.7678

Florida Ombudsman Prog.
888.831.0404

NATIONAL
Children of Aging Parents
800.227.7294

National Family Caregivers
Association
800.896.3650

Senior Action in a Gay
Environment – SAGE
212.741.2247 

SHELTERS *REFUGIOS*

BROWARD
Broward Partnership for
the Homeless
954.779.3990

Broward Outreach
Hollywood
954.926.7417

Broward Outreach
Pompano
954.979.6365

EASE Foundation
954.797.1077

Henderson Mental Health
954.463.0911

Jubilee Ctr. of S. Broward
954.920.0106

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

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

TRANSPORTATION
TRANSPORTE

BROWARD

Air Ambulance
Professionals
954.491.0555

Broward County Transit
954.357.8400

954.357.8302/TTY

Broward Urban Shuttle
954.295.6709

Cooper City Bus Service
954.434.4300 X255

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
954.973.0300

Pompano Beach Bus
954.970.5342

SE Focal Point Sr. Transp.
954.966.9805

Sunrise Senior Medical
Transport
954.746.3677

SW Focal Point Senior
Transportation
954.450.6888

"TOPS" Broward County
Paratransit Service
954.357.6794

Tri Rail
800.874.7245

MIAMI-DADE

Community Action Agency
Transportation Unit
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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

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 –
Unity Volunteers
954.357.6230


Hispanic Unity 
954.964.8884

Senior Volunteer Services
954.484.7117

Service Corp of retired
executives
954.356.7263

Shine
954.745.9779

State of FL Guardian ad
Litem Program
954.831.6477

SunServe 
954.764.5150

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

Medication mistake?



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or email at garcia@55plusmag.us





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. •



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. 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. •

MEALS MADE EASY

COMIDAS HECHAS FACILMENTE



If you grew up like we did, mealtime meant a large family dinner with everyone at the table. Nowadays, times have changed and the kids are gone. We find ourselves only needing to provide a healthy meal for 1 or 2 people and most of us just go out to eat, which can be very expensive.

If you want an alternative to dining out night after night, we recommend Complete Cuisine: Meals Made Easy.

Complete Cuisine dining service offers the gourmet meal selection of dining out delivered right to your door for a fraction of the cost.

This local service has become extremely popular among the 55+ customers. There is something special about having Chicken Francesca with roasted sweet potatoes, corn on the cob, a salad, and dinner rolls, topped off with pineapple soufflé delivered right to your door. There are breakfast items, vegetarian dishes, beef, chicken, and even Latin dishes if you enjoy a spicy kick in your diet.

It's perfect for those who need a break from the kitchen, those who dislike cooking for one, professionals on the go, or for taking lunch to work.

"Complete Cuisine offers me

Si usted creció como nosotros crecimos, el momento de la comida significaba una familia a cenar con todos en la mesa. Hoy en día las cosas han cambiado y los niños se han ido. Nos encontramos solamente necesitando proveer una comida saludable para una o dos personas y la mayor parte de nosotros salimos a comer afuera, lo que prodría ser bastante costoso. Si quieres una alternativa para comer afuera, noche tras noche, nosotros le recomendamos el servicio de Complete Cuisine: Meals Made Easy.

Complete Cuisine servicio de comida ofrece comida gourmet como si estuviese cenando afuera, entregada a su puerta por una fraccion del costo. Este servicio local ha sido extremadamente popular entre clientes de 55 años o mas. Hay algo especial como comer Chicken Francesca con batata asada, mazorca de maiz, ensalada y rollitos de pan, ademas un soufflé de piña entregado a su puerta. Tenemos selecciones para desayuno, platos vegetarianos, carnes, pollo inclusive platos latinos si a usted le gusta un poco de sabor en su dieta.

Es perfecto para aquellos que necesitan un tiempo libre de la cocina, aquellos que no les gusta cocinar, profesionales ocupados, o solamente para llevar almuerzo al trabajo.

"Complete Cuisine me ofrece muchas variedades.... Y me

many choices...and I like the price! The food is great and they give you these big portions...it's easy to prepare...just wonderful!" says Bill, a 2 year Complete Cuisine customer.

"I get so tired of going out to the same places all the time Complete Cuisine offers me the flexibility to choose what I like without breaking my bank," said Roberta, a Complete Cuisine customer for over a year now.

Complete Cuisine offers a huge variety of healthy, great-tasting meals, in large portions. You can order a 5 day supply of meals for as little \$41.00, including delivery. (50% less than comparable gourmet meal delivery services) Can't be home? Ask about having your delivery insulated and left at your door.

For a complete list of menu items and to order, please log on to: www.bmow/complete-cuisine or call 954-714-6941

A portion of the proceeds from Complete Cuisine supports the programs of Broward Meals on Wheels.

gustan los precios, la comida es magnifica y te dan porciones grandes...Son faciles de preparar ...Simplemente maravilloso" dice Bill, cliente de Complete Cuisine por 2 años.

"Me canso de ir a los mismos sitios a comer todo el tiempo... Complete Cuisine me ofrece la flexibilidad de escoger lo que me gusta sin romper el banco" dice Roberta, clienta de Complete Cuisine por 1 años y medio.

Complete Cuisine ofrece una inmensa variedad de comidas saludables de gran sabor y en grandes proporciones. Puedes ordenar 5 comidas para 5 dias por tan solo \$41.00 incluyendo la entrega. (50% menos comparando con otros servicios de entrega de comidas gourmet)

No puedes estar en la casa? Pregunte como obtener su orden insulated y dejada en su puerta.

Para una lista del menú completo para ordenar, entrar al internet a: www.bmow/completecuisine o llamar al 954-714-6941.

Parte de las ganancias del programa Complete Cuisine soporta el programa de Broward Meals on Wheels.

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SOCIAL SECURITY EMPOWERING FINANCIAL PLANNING WITH ONLINE STATEMENTS

DECLARACIÓN EN LINEA AL SEGURO SOCIAL

ROD GRIFFIN, EXPERIAN'S DIRECTOR, PUBLIC EDUCATION



Thanks to the new online tools and services found at SSA.gov, you no longer have to wait on the phone or in line at the Social Security Administration (SSA) office to access your benefits. Today, vital financial information such as your recorded earnings, social security benefits (or expected benefits) and disability and survivor benefits are instantly accessible online.

The SSA recently announced the online “My Social Security” account, a tool that provides access to benefit verification letters and statements. Signing up for an account is easy, free and secure.

Simply visit www.socialsecurity.gov/myaccount to create a unique username and password. You will then be asked a series of questions provided by Experian to verify your identity and ensure secure access to your account.

At this point, your account is

Gracias a la nueva herramienta en línea y servicios que se encuentran en SSA.gov, usted no tiene que esperar en el teléfono o en una línea en la oficina de la Administración de Seguro Social (SSA) para tener acceso al beneficio (o beneficio esperado). Hoy, información financiera vital tal como su ganancia adquirida; beneficio de seguridad social (o beneficio proyectado) e incapacidad y el beneficio al superviviente están instantáneamente en línea.

El SSA recientemente ha anunciado en línea la cuenta “Mi Seguridad Social”, herramienta que le provee acceso al beneficio de la verificación de cartas y el Estado de Cuenta. Acceder a una cuenta es fácil, gratis y seguro.

Simplemente visite www.socialsecurity.gov/myaccount para crear una cuenta exclusiva con su nombre de identificación y su clave de entrada. A usted también se le harán preguntas proveídas por Experian para verificar su identidad y asegurarse del acceso seguro a su cuenta.

A esta altura, su cuenta está plenamente establecida y usted podrá chequear su información tantas veces como quiera, libre de cargos. Esto es importante

fully set up and you can check your information as many times as you want, free of charge. This is important because, much like balancing your checkbook, regularly checking your online Social Security account is critical to making informed financial decisions.

Since its announcement, thousands of people a day have been checking their online account. Take charge of your financial planning and create an online “My Social Security” account to check your statement today. •

porque, al igual que el balance de su chequera, regularmente puede consultar su cuenta de su Seguridad Social en línea lo cual es fundamental para tomar decisiones financieras acertadas.

Desde su anuncio, miles de personas cada día han estado chequeando su cuenta en línea. Hagase cargo de su planeación financiera y cree una Cuenta “Mi Seguro Social” para chequear el estado de sus cuentas. •

Alteraciones ADA

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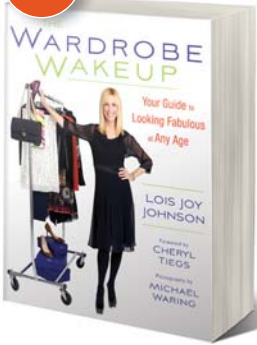
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THE WARDROBE WAKEUP

*By Fashion and Beauty
 Expert Lois Joy Johnson*



In a fashion world that constantly speaks to youth, *The Wardrobe Wakeup: Your Guide to Looking Fabulous at Any Age* is an essential look book for every middle-aged woman looking for a style boost.

The *Wardrobe Wakeup* packs all of her knowledge and expertise into one indispensable guide that offers hundreds of body-enhancing, closet-reviving, and money-saving tricks—straight from a fashion editor’s mouth. Inside, learn how to:

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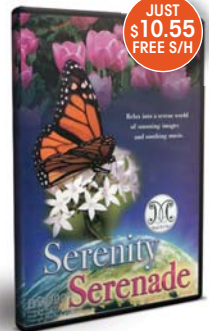


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SERENITY SERENADE

A beautiful combination of classical music and soothing images for quiet moments, "Serenity Serenade" is ideal for small facilities or groups. This 2009 Caregiver Friendly award-winning DVD is recommended for individuals with Alzheimer's, dementia and cognitive impairment.



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JUST A WORD FRIENDS ENCOUNTER ALZHEIMER'S

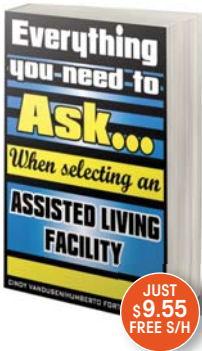
By Rose Lamatt

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

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



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EVERYTHING YOU NEED TO ASK... WHEN SELECTING AN ASSISTED LIVING FACILITY

By Cindy Vandusen and
Humberto Fortuna MA, MS

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Over 500 questions to ask! Be in charge of your search.
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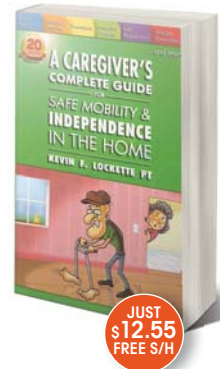
A CAREGIVER'S COMPLETE GUIDE FOR SAFE MOBILITY & INDEPENDENCE IN THE HOME

By Kevin F. Lockette PT

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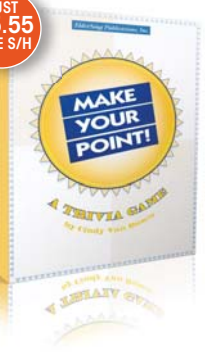


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MAKE POISON CONTROL PART OF YOUR STORM SAFETY PLAN

CONSIDERE EL CONTROL DE ENVENENAMIENTO

PARTE DE SU PLAN DE SEGURIDAD PARA TORMENTAS

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

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



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

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

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

NATIONAL TELEPHONE SUPPORT GROUP FOR HOMEBOUND LGBT ELDERS



GRUPO NACIONAL DE APOYO TELEFÓNICO EN EL HOGAR PARA MAYORES LGBT

Social isolation affects many LGBT older people around the country in unique and disproportionate ways. LGBT elders are more likely to live alone and with thinner support networks due to being estranged from their families of origin. In addition, the research shows that LGBT elders face higher disability rates, struggle with economic insecurity and higher poverty rates, and deal with mental health concerns that come from having survived a lifetime of discrimination.

Location-related barriers, coupled with stigma and discrimination, can make it difficult for LGBT older people in many parts of the country to find the LGBT-friendly community support they need to age successfully and avoid social isolation.

To address this, SAGE now offers a national telephone support group and friendship circle for homebound LGBT older people who cannot leave their homes due to various physical or mental conditions (such as agoraphobia).

The group, conducted entirely by phone and facilitated by a social worker, provides a safe space for participants to connect with other LGBT people, chat about issues that affect their lives, and

El aislamiento social afecta a muchas personas mayores LGBT en todo el país de una forma única y desproporcionada. Ancianos LGBT tienen más probabilidades de vivir solos y con las redes de apoyo más débiles debido a vivir separados de sus familias de origen. Además, la investigación muestra que los ancianos LGBT enfrentan mayores tasas de discapacidad, de inseguridad económica con el respectivo aumento de la tasa de pobreza, y muchos ancianos hacen frente a problemas de salud mental que provienen de haber sobrevivido a una vida de discriminación. El interponer barreras más el estigma y la discriminación hacen que sea difícil para estos adultos mayores encontrar el apoyo que necesitan para transitar el envejecimiento con éxito y evitar el aislamiento social.

Para solucionar esto, SAGE ofrece ahora un grupo nacional de apoyo telefónico y círculo de amistades a las personas LGBT mayores que no pueden salir de sus hogares debido a diversas condiciones físicas o mentales (como la agorafobia).

El grupo, conducido enteramente por teléfono y facilitado por un asistente social, ofrece un espacio



increase their network of support while breaking their isolation. For more information, including dates and times, and to sign up, please contact Preston Wholley at 212-741-2247 or pwholley@sageusa.org. •

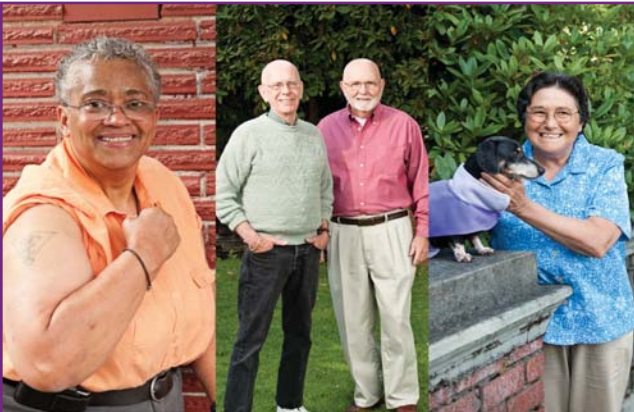
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seguro para que los participantes se conecten con otras personas LGBT, charlen sobre temas que afectan sus vidas, e incrementen su red de apoyo, mientras que rompen con su aislamiento.

Para obtener más información, incluyendo fechas y horas, y para inscribirse, contactarse con Preston Wholley en 212-741-2247 o pwholley@sageusa.org. •

Would you like to see your Ad here?

Contact us at 954-967-6191
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National Resource Center
ON LGBT AGING



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



HUMBERTO FORTUNA



On March 9th, 55+ Magazine was present as one of the sponsors at the “Whispering Angels” LGBT Scholarship Foundation for Design & the Arts Performance, held at the magnificent Costume World in Pompano Beach.

Along with being a media sponsor of the event, I was invited to perform as part of a GALA CELEBRATION called ‘BROADWAY TO HOLLYWOOD!’ The special honoree for this Gala was the award winning performer, Gary Beach who has starred in ‘La Cage Aux Folles,’ “Les Miserables” and many other Broadway shows. As a part of giving back to our community, I support many not for profit organizations. I believe that when you give, it has to be without marketing or personal gain, so I keep it private and do not

El 9 de marzo, 55+ Magazine estuvo presente como uno de los patrocinadores de la Fundación LGBT “Whispering Angels” que provee Becas para estudiar Diseño y Artes, que se celebró en el Costume World Museum en Pompano Beach.

Además de ser uno de los patrocinadores de medios del evento, fui invitado a ser parte del show. Una celebración de gala llamada “Broadway a Hollywood! El homenajeado especial para esta gala fue la estrella galardonada, Gary Beach, que ha protagonizado “La Cage Aux Folles”, “Les Miserables” y muchos otros espectáculos de Broadway.

Como parte de retribuir a nuestra comunidad, yo apoyo muchas organizaciones sin fines lucrativos. Creo que cuando se da,

mention it to many people. This, however, was a special opportunity where I had the chance to share my passion...singing, with one of the charities that I serve on as a board member. By the way, Betty Buckley, our celebrity guest in this issue is also a board member of this foundation. 'Whispering Angels' Foundation is a not for profit organization established by Sandra Holiday.

The ANITA PRIEST 'Whispering Angels' Memorial Scholarship Foundation is a unique foundation, providing financial support to members of the LGBT community who wish to continue their education in the field of Design and the Arts.

To share in that special night with me, go to YouTube and watch the performance. Put in Humberto Fortuna and click on 'This is the Moment.'

Thank you and enjoy! •

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

se debe hacer sin comercialización o ganancia personal, por lo que lo mantengo en privado y no lo hago público.

Esto, sin embargo, fue una oportunidad especial donde tuve el placer de compartir mi pasión... el canto, con una de las organizaciones benéficas donde también presto servicios como miembro de la junta directiva. Por cierto, Betty Buckley, nuestra estrella invitada en esta edición es también miembro junta directiva de "Whispering Angels" Foundation, que es una organización sin fines de lucro establecido por Sandra Holiday.

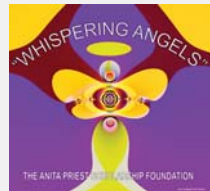
El ANITA PRIEST "Whispering Angels" Memorial Scholarship Foundation es una fundación única, dedicandose en proveer apoyo financiero a los jóvenes de la comunidad LGBT que desean continuar su educación en el campo del Diseño y las Artes.

Para compartir en esa noche tan especial conmigo, ir a YouTube y disfrute parte del show. Ponga en el buscador Humberto Fortuna y haga clic en "Este es el momento".

Gracias y disfrute! •

"Whispering Angels" Scholarship Foundation for Design & the Arts Performance. Anita Priest, who was a renowned interior designer left her legacy by awarding scholarships to 'up and coming' LGBT young students who showed promise in the field of Design and the Arts.

For more information please visit
www.whisperingangelsfoundation.com
or sanholiday@bellsouth.net



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55+ COMMUNITY ACTIVITIES

55+ ACTIVIDADES DE LA COMUNIDAD

We produce a newsletter of community events, educational programs and professional networking from Miami-Dade to the Treasure Coast. If you would like to be included in our email database to receive our newsletter and updates, please send an email to info@55plusmag.us. You can also sign up by visiting our website at www.55plusmag.us/network and follow the link.

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)

Elder Abuse: It's a crying shame.



Seniors contribute wisdom, experience and support to Florida's communities. Yet in their hour of need, they can often be taken advantage of physically, emotionally and financially.

YOU have the power to end elder abuse!

Whether you are a loved one or a simple acquaintance, it is vital that you reach out to an elder in need.

More than 40,000 Florida seniors were abused last year. Don't let someone you know become another statistic. If you suspect that an elder is being abused, neglected or exploited, you must take action immediately.



**Call the Florida
Abuse Hotline at
1-800-962-2873.**



GET THE BENEFITS AND SERVICES YOU ARE ENTITLED TO

SCOOP FOR SENIORS A FULL CARE MANAGEMENT NETWORK

NURSING HOME SEARCH AND PLACEMENT
ASSESSMENTS & PLAN OF CARE
FOCALIZED CARE MANAGEMENT
HEALTHCARE FAMILY LIAISON
HOME CARE & COORDINATION OF SERVICES
ASSISTED LIVING TRANSITION
VETERAN BENEFITS INFORMATION



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

- Coordination of Services and Financial Benefits
 - Payment for Nursing Home Care
- Medicaid Application & Documentation Preparation
 - Long Term Care Diversion Program
 - Personal Services Contracts
 - Protection of Assets
 - In Home Care Medicaid Benefits
 - Assisted Living Reimbursement

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

FREE Consultation: (954) 961-5223

Miami • Broward • Palm Beach - Se habla Español

www.ScoopForSeniors.com

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- ASSISTED LIVING
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- SECURED UNITS

Facilities for all Budgets

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Veteran Benefits

Diversion Programs

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EXCELLENT ALTERNATIVE TO A NURSING HOME

**CALL US FOR ALL YOUR
HOME CARE NEEDS**

**TOLL
FREE (855) 455-7587**

FloridaAssistedLiving.us is a free service provided
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