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HUMBERTO FORTUNA MA, MS /
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There are many calls coming through our magazine switchboard with concerns, questions and comments about changes our healthcare system.

After 25 years in the industry, I must agree with the callers about how confusing our healthcare system has become. On many occasions, we hear experts using big words on subjects that are not clear to anyone, not even to the actual lawmakers. In many cases, these experts just create more confusion for us.

My suggestion is that everyone who has a question or a concern, and is not satisfied with the information they are receiving, please contact the appropriate agency to get the correct answer. It is the intention of 55+ Magazine to provide you with contact information for these agencies. Our NEW format was designed and created so you can easily obtain this information in one place with our FREE resource directory.

Not having the correct information could impact families in a very negative manner. Do not rely on hearsay or on someone's "expert opinion." Follow your instincts and take the time to corroborate the information with a reputable and knowledgeable organization.

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Hay muchas llamadas que llegan a través de nuestra revista con inquietudes, preguntas y comentarios acerca de los cambios nuestro sistema de salud.

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Publisher

Papinos, LLC, publisher@55plusmag.us

Creative Director

H. Fortuna, humberto@55plusmag.us

Editor - English

Cindy VanDusen, cindy@55plusmag.us

Editor - Spanish

M. Fortuna, editores@55plusmag.us

J.E. Fernandez, editores@55plusmag.us

Graphic Designer

Valeria Claiman, arts@55plusmag.us

Administration Director

Nelson Garcia, garcia@55plusmag.us

Celebrity Photos

Photos by Jesus Cordero

Photographs provided by Representatives of Gloria Estefan

Contributors

Placement Counselors Corporation

Nelson A Garcia

Sheriff Scott J Israel

Diane Omdahl

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Gloria Estefan

THE STANDARDS

Throughout her storied career, Gloria Estefan has remained true to both her roots and artistic vision. On *The Standards*, her 27th album, both aspects come into play.

“It’s been on my back-burner for a long time,” says Estefan of the ambitious project, which she co-produced with Grammy-winning pianist, producer/arranger Shelly Berg, and husband Emilio, a 19-time Grammy-winning producer. “I grew up listening to Frank Sinatra, Johnny Mathis, Henry Mancini and great romance recording artists in Mexico and Cuba,” she continues, “so this genre is right up my alley.”

Indeed, the Havana-born Estefan had already recorded classic pop songs from the *American Songbook*, and with two of its greatest exponents: She sang “Come Rain Or Come Shine” opposite Sinatra on his 1993 *Duets* album, and just last year performed “Who Can I Turn To (When Nobody Needs Me)” with Tony Bennett on his *Viva Duets* disc. Throughout her career, Estefan has also had the distinct honor to collaborate on classic recordings with musical icons including Luciano Pavarotti, Plácido Domingo, BB King and Jose Carreras. Now with her latest project, this musical chameleon takes on *THE STANDARDS* in classic style.

Estefan waited until now to do a standards album in order to get

A lo largo de su trayectoria legendaria, Gloria Estefan se ha mantenido fiel tanto a sus raíces como a su visión artística. En *The Standards*, su vigésimo-séptimo álbum, estas dos cualidades están muy presentes.

Esta propuesta ambiciosa “la he dejado en suspenso desde hace mucho tiempo,” según Estefan. La produjo en conjunto con el pianista, productor y arreglista ganador del Grammy, Shelly Berg; y con el ganador de 19 premios Grammy, su esposo Emilio. “Crecí escuchando a Frank Sinatra, Johnny Mathis, Henry Mancini y a grandes artistas románticos en México y en Cuba,” dice Estefan, quién nació en La Habana. “Este género es ideal para mí.”

Desde luego, esta cantante y compositora ya se había acercado al *Cancionero Americano* al lado de dos de sus exponentes más grandes: cantó “Come Rain Or Come Shine” con Frank Sinatra en su álbum *Duets* (1993) y apenas el año pasado interpretó “Who Can I Turn To (When Nobody Needs Me)” con Tony Bennett en su disco *Viva Duets*. Durante su carrera, Estefan también ha tenido el honor de colaborar en grabaciones memorables con íconos musicales de la talla de Luciano Pavarotti, Plácido Domingo, BB King y José Carreras. Ahora con su nuevo proyecto, este camaleón de la



“enough life under my belt,” she says, since the repertoire includes torch songs like “Good Morning Heartache” and “They Can’t Take That Away From Me,” that require life experience to give them credibility.

Life experience, of course, is what Estefan has plenty of, and aside from listening to the standards since childhood, *The Standards* does in fact take her all the way back to the origins of her singular career as an international artist.

Dinah Washington’s classic 1959

música realiza *THE STANDARDS* con estilo atemporal.

Estefan esperó mucho tiempo para hacer un álbum de clásicos... hasta “haber contado con primaveras suficientes,” afirma, porque su repertorio incluye canciones llenas de sentimiento como “Good Morning Heartache” y “They Can’t Take That Away From Me,” que requieren vivencias para entregarlas con la credibilidad adecuada.

Con su vida extraordinaria, Estefan sí puede contar con



pop hit “What A Difference A Day Makes” was the very first song Estefan sang with Miami Latin Boys, the group that became the legendary Miami Sound Machine. It is now among the unforgettable pop standards included on *The Standards*. “I sang it on October 25, 1975, at my first official gig,” she recalls. “But we did it in disco form and it was a big hit in disco at that time. I chose it for that reason. Here it’s a slow version as originally intended.”

She invokes Miami Sound Machine again in citing “Good Morning Heartache,” the torch song so associated with Billie Holiday. “It’s the first song we recorded for the album, and I did it purposely because it represents coming around full circle for me: I sang it 30 years ago when Miami Sound Machine was on Johnny Carson’s *Tonight Show*—when we sang [the group’s 1983 breakthrough hit] ‘Conga.’ He

bastantes vivencias. Además de haber escuchado estos temas desde su infancia, Estefan también da un paseo nostálgico por los comienzos de su internacionalización con este álbum *The Standards*.

El éxito contundente “What A Difference A Day Makes” (1959) interpretado por Dinah Washington y de la autoría de la mexicana María Grever, fue la primera canción que la joven Estefan cantó con Miami Latin Boys, el grupo que luego se convertiría en el legendario Miami Sound Machine. Ahora está entre los temas inolvidables de *The Standards*. “La canté el 25 de octubre del 1975, en mi primera actuación oficial,” ella recuerda. “Pero la montamos al estilo disco y fue un gran éxito en aquel género durante esa época. Por esa razón la elegí. Ahora tiene un ritmo lento, siendo fiel a su versión original.”

Otra vez invoca a Miami Sound Machine cuando cita “Good Morning Heartache,” la balada asociada con Billie Holiday. “Esta es la primera canción que grabamos para las sesiones del disco, y la hice a propósito porque completa el círculo para mí: la canté hace 30 años cuando Miami Sound Machine actuó en *The Tonight Show* de Johnny Carson—cuando también cantamos ‘Conga’ [1985, el primer éxito internacional del grupo]. ¡Johnny Carson nos halagó mucho! Es una balada que me encanta cantar porque está cargada de dolor, pero al mismo tiempo te resignas a aceptar cómo van a estar las cosas de aquí en adelante.”

“What A Difference A Day

was so complimentary! It's a torch song I love singing because there's so much pain in it, but at the same time you're resigning yourself to the way things are going to be."

"What A Difference A Day Makes," which Estefan also covered with Miami Sound Machine, gave impetus to The Standards when she performed last year with Berg - who has produced and arranged for artists including Patti Austin, Elliot Smith and Arturo Sandoval - at a trustee dinner at the University of Miami Frost School of Music, where Berg serves as dean.

"We sat at the piano just for fun and he asked me to sing it," she recalls. "Then a few months later, I brought him a list of 50 standards that spoke to me personally that I loved, that I chose by my heart and what I feel. We did a session and I would have released a few of them right then and there!"

They ended up recording 16 songs live in the studio in four days, rarely needing more than two vocal takes. "Every step just unfolded the way it should be when the cosmos help you make it happen," she continues. "We went through the summer sending demos back and forth, and then I told him I wanted to do them live in the studio—old style: Something magical happens with musicians when you record together live. The sound waves, the physical energy of players in the room. That can't happen when you're alone in a booth when everyone else is gone."

Some of Estefan's favorite takes, then, were first ones. "The first couple takes you're not thinking, and it's just emotion coming out and

Makes," la cual Estefan también cantó con Miami Sound Machine, dio impulso a The Standards cuando ella la cantó el año pasado con Berg - quién también ha producido y arreglado a artistas grandes como Patti Austin, Elliot Smith y Arturo Sandoval - en una cena del consejo de administración de la Escuela de Música Frost en la Universidad de Miami, donde él funge como rector.

"Nos sentamos al piano nada más para divertirnos y me pidió cantarla," ella recuerda. "Un par de meses más tarde, yo le traje una lista de 50 clásicos que me llegaron personalmente y que me encantaron, los elegí con el corazón y por lo que siento. Hicimos una sesión y ¡me dio tentación editar algunos de ellos ahí mismo!"

Acabaron grabando 16 canciones en vivo dentro del estudio a lo largo de cuatro días, rara vez requiriendo más de dos tomas vocales. "Cada paso se desarrolló así como debía ser cuando el cosmos te ayuda a realizarlo," afirma. "Pasamos el verano intercambiando maquetas, y luego le dije que quería grabarlas en vivo con todos los músicos conmigo en el estudio, a la antigua. Sucede algo mágico con los músicos cuando grabamos juntos en vivo. Las ondas del sonido, la energía física de los músicos en el estudio. Eso no puede suceder cuando estás sola en cabina y los demás ya se han ido."

Entonces muchas veces su primera toma era su preferida. "Durante el primer par de tomas no estás pensando, se trata de pura emoción desbordándose y estás cantando con el corazón," dice.



you're singing from the heart," she says.

The process also made for an album with its own identifiable character. "We wanted the album to have an intimate feel. A couple songs have very beautiful orchestral arrangements, which were recorded the following day, but I told Shelly I wanted to do an album without an extraneous note, with an economy of music so it would be really intimate. He did that and then some!"

Besides the intimate production, *The Standards* stands out for Estefan's duet partners. The duet with Italian pop singer-songwriter Laura Pausini on Charlie Chaplain's "Smile" is especially noteworthy. "This song always made me cry," she says. "Charlie Chaplain spent his life making people smile and laugh and it's one of the songs that breaks your heart. Recording it was daunting because Michael Jackson did a phenomenal version, so did Natalie Cole. There are so many versions. I wanted to bring my own sensitivity to it because it means so much to

El proceso también ayudó a formar un álbum con identidad propia. "Queríamos que este álbum tuviera una sensación íntima. Un par de canciones tienen arreglos hermosos de orquesta, los cuales fueron grabados el día siguiente. Le dije a Shelly que quería hacer un álbum que no tuviera ni siquiera una nota de más, con una riqueza de arreglos para que se sintiera muy íntimo. ¡Y él superó todas mis expectativas!"

The Standards se destaca no solamente por su producción con toque personal, sino también por los colaboradores invitados. Su interpretación de "Smile" de la autoría de Charlie Chaplin, cantada a dúo con la cantante y compositora italiana Laura Pausini, es especialmente notable. "Esta canción siempre me ha hecho llorar," dice. "Charlie Chaplin pasó su vida haciendo reír y sonreír a la gente, y es una de las canciones que te rompen el corazón. Grabarla fue sobrecogedor porque Michael Jackson hizo una versión fenomenal, al igual que Natalie Cole. Hay tantas versiones. Quería aportarle mi propia sensibilidad porque ha sido tan especial para mí, y Laura Pausini es extraordinaria."

Tomando en cuenta sus aficionados en todo el mundo, Estefan escribió versiones de "Smile" en español ("Sonríe") y la canta tanto en español como en italiano ("Sorrìdi"). Haciendo lo mismo pero en sentido contrario, escribió letra en inglés por primera vez de la canción inolvidable del brasileño Antonio Carlos Jobim "Eu Sei Que Vou Te Amar" ("It's You I'll Always Love") y también la cantó en francés ("Tu Sais Je Vais

me—and Laura Pausini is amazing.”

Minding her worldwide fan base, Estefan actually composed “Smile” in Spanish (“Sonríe”) and sings in both Spanish and Italian (Sorrìdi). Reversing the feat, she wrote English lyrics for a first-ever English version of Antonio Carlos Jobim’s Brazilian classic “Eu Sei Que Vou Te Amar” (the English version titled “It’s You I’ll Always Love”) and also sang it in French (“Tu Sais Je Vais T’Aimer”), having studied French in school.

On all the selections, she brought along fresh ideas in presenting the much-covered standards. “On ‘They Can’t Take That Away From Me,’ for instance, we did it completely different from what anybody’s done - kind of a 6/8, almost Afro-Cuban bass feel,” she says. Her interpretations further reflected the distinct personality that infuses all of Estefan’s music.

Holding up another Fred Astaire gem “The Way You Look Tonight” as another example, she notes that great love songs were picked to establish a “sexy, romantic feeling” and mood running through the entire album. “What a Wonderful World,” which she calls “one of the most beautiful songs ever written,” also offers “such a wonderful way of looking at life: Regardless of how it gets, it’s a beautiful world we live in.”

So does “Young At Heart,” another much-covered standard most associated with Sinatra. “It’s my mantra!” she says. “But a lot of songs are my mantra, like ‘Smile’ expresses the way I look at everything: Your perspective in life is how you create your reality

T’Aimer”), pues estudió ese idioma en el colegio.

Estefan se acercó a estos clásicos con ideas frescas. “En ‘They Can’t Take That Away From Me,’ por ejemplo, la grabamos de una manera completamente diferente de lo que se había hecho anteriormente, un ritmo 6/8, con un bajo casi afro-cubano,” dice. Sus interpretaciones reflejan la personalidad única que infunde toda la música de Gloria Estefan.

Otro ejemplo es el tesoro de Fred Astaire “The Way You Look Tonight.” Ella nota que estas grandes canciones románticas fueron elegidas para crear “un ambiente sexy y romántico” a través del disco. Califica a “What a Wonderful World” como “una de las composiciones más hermosas de todos los tiempos” porque nos ofrece “una forma maravillosa de ver la vida...no importa lo que sucede, vivimos en un mundo bello.”

Lo mismo sucede con “Young At Heart,” otro clásico que ha sido grabado muchas veces pero que es asociado más cercanamente con Frank Sinatra. “¡Es mi mantra!” afirma. “Así como muchas otras canciones. Por ejemplo, ‘Smile’ expresa la forma en que miro a mi alrededor. Con tu perspectiva en la vida creas la realidad en tu entorno. (El productor) Quincy Jones tiene 80 años y todavía le emociona la vida. Mi esposo es el mismo niño de 22 años a quién hace mucho tiempo conocí, y lo respeto. Sigue siendo el amor de mi vida y él sigue sintiéndose como un niño todos los días. Nunca se le ha hecho costumbre. No toma nada

around you. Quincy Jones is almost 80 and still has excitement about life. My husband is still the 22-year-old kid he was when I met him, and I respect that. He's still the love of my life and continues to feel like a kid every day. It's never gotten old for him: He doesn't take anything for granted and works hard and continues every day in great humor and mood and gets out there and fights the fight."

And speaking of husband Emilio, who also co-produced The Standards, Argentinean idol Carlos Gardel's "El Dia Que Me Quieras," for which Estefan wrote a first-ever English translation ("The Day You Say You Love Me"), has very special significance. "It was the wedding song that my husband and I danced to!" she relates. "I wanted to record it. It was never done in English. Before we started doing the record, I was so inspired that I wrote the translation, which I wanted it to be as close to the author as possible. It's always nice when you can write a standard!"

With The Standards album, Estefan comes full circle. "I'm not a jazz singer, though I love the genre," she notes. "But in the end, we produced an intimate kind of album that rides a fine line between a jazz record and a pop record. My pop following may not know all the songs, but they will still enjoy such good music!" •

For more information,
visit www.gloriaestefan.com

por sentado y trabaja duro, sigue todos los días de buen humor y estado de ánimo, y dando la lucha."

Y hablando de su esposo Emilio, quién también fungió como coproductor de The Standards, él tiene mucho que ver con la inclusión de la canción "El Día Que Me Quieras" del ídolo argentino Carlos Gardel, de la cual Estefan escribió la primera traducción al inglés ("The Day You Say You Love Me"). "¡Fue la canción de mi boda que bailamos Emilio y yo!" nos relata. "Quería grabarla. Nunca había sido realizada en inglés. Antes de hacer el disco, escribí la traducción. Estaba tan inspirada y quería acercarme a las intenciones del autor lo más posible. ¡Siempre es bonito cuando puedes escribir un clásico!"

Con The Standards, cumple con muchos pendientes. "No soy intérprete de jazz, aunque me encanta el género," afirma. "Pero en fin, producimos un álbum íntimo y balanceado entre el jazz y el pop. Posiblemente los seguidores de mi música pop no conozcan todas las canciones, ¡pero disfrutarán de esta música tan buena!" •

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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.

Most facilities are paid for by private, "out of pocket" funds.

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 asistencia con todas las AVD junto con la

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. •

See Ad In Page 13

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. •

SERVICIO EN ESPAÑOL

Nuestros Consejeros les ayudarán a encontrar ese lugar especial donde su ser querido se sentirá como si estuviese en su propio hogar.

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- ◆ COMUNIDADES PARA PERSONAS INDEPENDIENTES
- ◆ HOGARES PARA ANCIANOS
- ◆ CASAS DE ASISTENCIAS
- ◆ GERIÁTRICOS CON CUIDADOS PERSONALES
- ◆ UNIDADES PARA PERSONAS CON ALZHEIMER'S
- ◆ SANATORIOS/ASILOS PARA ANCIANOS



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¿POR QUÉ HACER LA BÚSQUEDA SOLO?

PCC fue creado en 1999 para asistir a nuestra comunidad con la difícil decisión de poner a un ser querido en una casa de asistencia. ¡Representamos más de 500 comunidades como especialistas en la industria de la salud para proveer la información correcta gratuitamente! Nuestra agencia está bajo la supervisión y manejo del Señor Humberto Fortuna, MA, MS, Especialista en Geriatría y Administrador de propiedades para la Salud

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NEW TO MEDICARE? 5 MISTAKES TO AVOID WHEN ENROLLING IN IT

NUEVO EN MEDICARE? 5 ERRORES PARA EVITAR AL INSCRIBIRSE

DIANE OMDAHL, RN, MS, CO-FOUNDER OF 65INCORPORATED.COM



For Baby Boomers who are inching toward their 65th birthday, take note: Medicare enrollment is just around the corner.

But before you pick your plan, realize the choice is an important one. Making the wrong enrollment decision could cost you time, money and unneeded frustration.

If you are thinking about picking a Medicare Advantage plan, you need to be extremely careful to pick a plan that is best for you. As a primer, here are five mistakes to avoid.

1. Judging plans by the premium only. Take note of any additional out-of-pocket expenses, such as the deductible, coinsurance, and copayments for services you will use. Here's an example that might help you envision your own situation:

George suspects he will need a knee replacement in the near future. He must check out the services he will use. A zero-premium plan has a maximum copayment for outpatient therapy of \$225 per visit. A plan with a monthly premium of \$25 charges a maximum of \$45 per visit.

Para los baby boomers que están llegando lentamente hacia su cumpleaños número 65, tome nota: la inscripción a Medicare esta a la vuelta de la esquina.

Pero antes de elegir su plan, darse cuenta de que elegir es importante. Tomar la decisión de inscripción equivocada puede costar tiempo, dinero y frustración innecesaria.

Si usted está pensando en elegir un plan de Medicare Advantage, es necesario tener mucho cuidado al elegir un plan que sea el mejor para usted. En primera instancia, aquí van cinco errores a evitar.

1. Juzgando los planes solamente por su prima. Tome nota de cualquier gasto adicional fuera de su propio bolsillo, como el deducible, coseguro y copagos para los servicios que va a utilizar. He aquí un ejemplo que puede ayudar a que usted imagine su propia situación:

George sospecha que va a necesitar un reemplazo de rodilla en un futuro próximo. Debe revisar los servicios que va a usar. Un plan de prima cero tiene un copago máximo para el tratamiento ambulatorio de \$ 225 por visita. Un plan con una prima mensual de \$ 25 cuesta un máximo de \$ 45 por visita.

2. Paying for coverage in the drug plan donut hole you may not need. This extra coverage runs \$30 to \$60 more per month (in most cases) for coverage of medications in the donut hole. Only one-in-five drug plan members ends up in the so-called Coverage Gap.

3. Picking a plan with the lowest medication deductible. On average, those who chose a plan just because it has the lowest medication deductible overspend by more than \$250. That money could be spent on the grandchildren or toward vacation!

4. Ignoring the quality ratings. Every plan has a star rating, a measure of the plan's quality and an indication of how it will be to work with that plan. Learn more about Medicare's quality ratings at Medicare.gov.

5. Not doing your homework. You decide to purchase the same plan that works for your best friend. Or, you take your agent's advice without checking other options. Take the time to enter all your prescribed medications into the Medicare Plans Finder (also at Medicare.gov) and dig into the details about coverage and costs.

Diane J. Omdahl, RN, MS, is co-founder of 65Incorporated.com, a Medicare resource providing unbiased information to the aging population through comprehensive multimedia products. •

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

2. Puede que no necesite pagar por la cobertura de un plan de medicamentos de período sin cobertura. Esta cobertura adicional cuesta \$ 30 a \$ 60 más por mes (en la mayoría de los casos) para la cobertura de los medicamentos en el período sin cobertura. Sólo uno de cada cinco miembros del plan de medicamentos termina en el llamado período sin cobertura.

3. Elegir un plan con el medicamento deducible más bajo. En promedio, los que eligieron un plan sólo porque tiene el medicamento de gasto extra deducible más bajo en más de \$ 250. Ese dinero podría ser gastado en los nietos o en vacaciones!

4. Haciendo caso omiso de las calificaciones de calidad. Cada plan tiene un número de estrellas, una medida de la calidad del plan y una indicación de cómo va a ser trabajar con ese plan. Más información sobre las calificaciones de calidad a Medicare.gov.

5. No hacer los deberes. Usted decide comprar el mismo plan que funciona para su mejor amigo. O bien, seguir el consejo de su agente sin consultar otras opciones. Tómese el tiempo para introducir todos los medicamentos prescritos en el Buscador de Planes de Medicare (también en Medicare.gov) y profundizar en los detalles acerca de la cobertura y los costos.

Diane J. Omdahl, RN, MS, es también co-fundadora de 65Incorporated.com, un recurso Medicare proporcionando información imparcial a la población de edad avanzada a través de productos multimedia completas. •

A man and a woman are smiling joyfully on a beach. The man in the foreground is wearing a large straw hat, sunglasses, and a vibrant blue and yellow floral shirt with a matching lei. The woman in the background is wearing a colorful floral dress and a pink hat, with her arms raised in a celebratory gesture. The background shows a bright, sunny beach with the ocean and a clear sky.

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ADULT DAY CARE FACILITIES CENTROS DE CUIDADO DEL DÍA

BOCA RATON

Adolph & Rose Levis Alz & ADC Center
21050 95th Ave S
561.558.2510

Alz. Community Care
300 E Yamato Rd
561.391.6955

Memory & Wellness Ctr
At FAU - 777 Glades Rd
561.297.0503

The Volen Senior Ctr
1515 W Palmetto Park Rd
561.395.8920

BOYNTON BEACH

ALZ Day Care
2703 Seacrest Blvd North
561.330.3541

CORAL SPRINGS

Sarah Care of C. S.
754 Riverside Dr
954.341.7788

DAVIE

Central West ADC
6915 Stirling Rd
954.587.2312

DEERFIELD BEACH

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

DELRAY BEACH

The Volen Senior Ctr
850 N Congress Ave
561.395.8920

DORAL

Miami Behavioral Health
1905 NW 82nd Ave
305.398.6100

FORT PIERCE

Alz. Community Care
2900 S Jenkins Rd
772.466.3261

Council on Aging
ADC1505 Orange Ave
772.465.5220

FT LAUDERDALE

Noble A McArtor ADC
1480 SW 9th Ave
954.764.5055

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

GREENACRES

Alz. Community Care
2164 Jog Rd
561.683.2700

HALLANDALE

Memorial ADC Center
1750 E Hallandale Beach
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

Coral West ADC
2370 SW 67 Ave B
305.722.4532

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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 **LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY**
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ALZHEIMER'S

BROWARD

Alzheimer's Association
Southeast Florida Chapter
800.861.7826

Agency and Disability
Resource Center
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

Alliance for 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



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Sterling Aventura
2777 NE 183rd St
305.918.0000 168

Vi at Aventura
19333 W Country Club Dr
888.378.9625 26

BOCA RATON

Atrium
1080 NW 15 St
561.750.7555 160

Brighton Gardens
6347 Via De Sonrisa Del
Sur
561.394.6385 155

Five Star Premier
Residences
22601 Camino Del Mar
877.269.9553 75

Homewood Residence
9591 Yamato Rd
561.477.8808 88

JARC-RALES
9832 Yamato Rd
561.477.6181 32

Oakbridge Terrace
23305 Blue Water Cir
561.368.5600 51

Oakbridge Terrace
6051 S Verde Trl
561.487.6200 40

Veranda Club
6061 Palmetto Cir N
561.386.2122 49

Whitehall Boca Raton
7300 Del Prado S
561.392.3000 18

BOYNTON BEACH

Barrington Terrace
1425 S Congress Ave
561.369.7919 125

Emeritus Boynton Village
1935 S Federal Hwy
561.736.2424 127

Emeritus at Boynton Bch
8220 Jog Rd
561.733.3200 160

Homewood Residence
2400 S Congress Ave
(954.975.6777 101

Parkside Inn
1613 SW 3rd St
561.734.1616 38

Pointe at Newport Place
4733 NW 7th Ct
561.586.2989 93

Rustic Retreat Retirement
1120 N Federal Hwy
561.737.5887 30

COCONUT CREEK

Homewood Residence
4175 West Sample Road
954.975.6399 104

CORAL SPRINGS

Harborchase
2975 NW 99 Ave
954) 255-5557 120

Park Summit
8500 Royal Palm Blvd
954-752-9500 72

DANIA BEACH

Billmar Gardens
380 S Federal Hwy
954.921.6577 26

Willow Manor Retirement
150 Stirling Rd
954.920.1988 165

DAVIE

God'S V.I.P. Senior
4681 SW 66 Ave
954.581.9111 20

Victoria Villa
5151 SW 61 Ave
954.791.8881 44

DEERFIELD BEACH

Emeritus at Deer Creek
2403 W Hillsboro Blvd
954.426.3800 145

Forum at Deercreek
3001 Deer Creek Country
Club Blvd
954.698.6269 65

Horizon Club
1216 S. Military Tri
954.481.2304 68

Renaissance
1050 SW 24th Ave
954.360.7667 240

Willow Bay
4001 Hillsboro Blvd
954.426.9700 100

DELRAY BEACH

Arden Courts
16150 Jog Rd
561.498.5552 56

Grand Villa East
14555 Sims Rd
561.496.1111 170

Grand Villa West
5859 Heritage Parkway
561.499.7744 119

Homewood Residence
8020 W. Atlantic Ave
561) 498-0134 94

FORT LAUDERDALE

Broward House
417 SE 18th CT
954.552.4749 60

Fort. Laud. Retirement
420 SE 12th Ct
954.524.3312 81

Horizon Retirement
1490 NW 21 St
954.523.1543 47

Kelly's ALF
1441 NW 20th St
954.524.2867 33

New River Villas
408 SE 7th Ave
954.462.4445 35

Royal Palm Sr. Res.
5121 NE 19th Ave
954.491.4041 34

Safe Harbour
1320 SW 26 St
954.524.7233 35

Towers Retirement Home
824 SE 2ndSt
954.463.4973 80

Villa Rio Vista
1115 SE 6th Terr
954.763.1044 50

Willow Wood
2855 W Commercial Blvd
954.739.4200 110

GREENACRES

Arbor Oaks
3400 Jog Rd
561.432.4700 97

Pacifica
4760 Jog Rd
561.434.0434 70

HALLANDALE

Seaside Retirement
2091 S. Ocean Dr
954.457.0100 94

HIALEAH

Adam Home
158 W 8th St
305.884.1961 19

Alpha & Omega Facility
410 E 24th St
305.691.6335 48

Care & Love Retirement
642 E 21st St
305.885.4978 20

Charity Care
461 E 31 St
305.693.6211 20

Christian Home
34 W 14 St
305.888.6356 21

Courtyard Manor
140 W 28 St
305.863.0002 86

Divine Living
70 E 21 St
305.888.0779 76

Epworth Village
Retirement Community
5300 W 16th Ave
305.556.3500 125



Family Rest Home
182 W 9th St
305.887.8095 40

Flamingo Park
3051 E 4 Ave
305.693.2700 72

Happiness Care II
1105 W 2 Ave
305.885.9090 30

Hetary Home
825 SE 7th Ave
305.889.1166 16

RESOURCE GUIDE



 **LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY**
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La Hacienda Gdns 75 E 7 St 305.883.1028	48	South Hialeah Manor 240 E 5th St 305.887.4965	67	Midtown Manor 2001 Polk St 954.927.2001	105	LAKE WORTH Crest Manor 504 Third Ave S 561.585.4695	52
Modelo Health Care 3601 W 11th Ave 305.364.7611	21	Sun Village 1350-60 W 31st St 305.823.8963	29	North Lake Ret. Home 1222 N 16th Ave 954.922.2643	114	The Village 1800 South Dr 561.588.4333	150
Nursing Love & Care 1045 W 23rd St 305.883.1915	19	Sunshine Adult Center 180 W 13th St 305.885.2358	19	Nova Palms 1600 Taft St 954.362.3487	35	LANTANA Anguilla Cay 1021 N Ridge Rd 561.585.0109	38
Oasis Home - Elderly 33 W 26th St 305.934.8770	19	Sunshine Adult Center II 170 W 13th St 305.885.2358	19	Peninsula 5100 W Hallandale Beach 954.893.7755	200	Atlantis Assisted Living 6026 Old Congress 561.966.3232	70
Our Dream Retirement 1630-40 Palm Ave 305.887.4141	42	HOLLYWOOD Avalon Park 604 N 62 Ave 954.981.4822	60	Presidential Place 3880 S Circle Dr 954.894.0059	118	Atria Meridian 3061 Donnelly Dr 561.965.7200	104
Palm Breeze ALF 1045-55 Palm Ave 305.883.8376	61	Azalea Gardens AL 1701 Mayo St 954.921.5990	35	Sheridan Manor 2415 N 20 Ave 954.929.7505	40	Carlisle PB 450 E Ocean Ave 561.533.9440	75
Pavilion Gardens 71 W. 30 St 305.884.5613	40	Buckingham Place 1845 Garfield St 954.921.1819	24	HOMESTEAD Homestead Manor 1330 NW 1st St 305.248.0271	18	Vi at Lakeside Village 2792 Donnelly Dr 877.244.6521	55
Professional Home Care I 435 E 31st St 305.696.7364	25	Coolidge Palms 2057 Coolidge Street 954.266.4015	81	Palace Gardens 1351 N Krome Ave 305.247.0446	200	LAUDERDALE LAKES Oceanview Ret 3091 NW 43 St 954.777.5167	28
Professional Home Care II 447 E 31st St 305.696.7364	15	Emerald Park 5770 Stirling Rd 954.987.5400	100	Sara Home Care 29100 SW 172nd Ave 305.246.4034	16	St Joseph's Residence 3485 NW 30th St 954.739.1483	80
Renacer 115 W 5th St 305.884.0611	22	Five Star Premier Residences 2480 North Park Road 954.989.8008	224	JUPITER Allegro at Abacoa 1031 Community Dr 561.253.8161	80	LAUDERHILL Andre Retirement Manor 5711-21 NW 28th St 954.485.3244	36
Revival Home 68 W 7 St 305.887.0808	72	H Floridian 1831 Plunket St 954.925.8604	31	Courtyard Gardens 1790 Indiancreek Dr W 561.743.5966	100	Bridge at Inverrary 4291 Rock Island Rd 954.486.2150	101
Salmo 23 Elder Care 277 E 4th St 305.863.9623	24	Hollywood Beach Ret 1722 Madison St 954.923.1726	25	Mangrove Bay 110 Mangrove Bay Way 561.575.3123	60	Forest Trace 5500 NW 69th Ave 954.572.1800	40
Sarai Home Care 326 W 11 St 305.805.4847	17	Lincoln Manor 2144 Lincoln St 954.922.1995	56	St Joseph's AL 350 Bush Rd 561.747.1135	100	Gena's Retirement Home 2233 NW 56th Ave 954.733.9614	32
Senior's Palace 1760 E 1st Ave 305.885.7733	34	Merriment Manor 1835 Wilson St 954.921.4059	46				

Lauderhill Family Care 5821 NW 28th St 954.777.0038	62	Coral Terrace ALF 6744 SW 22nd St 305.267.0073	44	MIAMI BEACH Coral Sand 7800 Abbott Ave 305.867.3232	30	PARKLAND Inn at Aston Gdns 9423 Aston Gdns Ct 954.323.0611	100
Lenox on the Lake 6700 W Commercial Blvd 954.741.6700	139	Cutler Village 10425 SW 212 St 305.992.7672	26	Hebrew Home of South Beach ALF 336 Collins Ave 305.672.6464	64	PEMBROKE PARK Plaza at Pembroke Park 3535 SW 52nd Ave 954.961.8111	144
Loving Care of Lauderhill 5605 NW 27th Ct 954.733.1840	70	East Ridge Ret. Village 19301 SW 87th Ave 305.238.2623	60	Nightingale Manor 1753 Michigan Ave 305.538.1530	30	PLANTATION Covenant Village of Fla 9211 W Broward Blvd 954.472.2860	55
Loving Care II 5640 NW 28th St 954.733.1840	39	Eden Gardens ALF 12221 W Dixie Hwy 305.893.2634	118	MIAMI SPRINGS Fair Havens Center 201 Curtiss Pkwy 305.887.1565	60	St Thomas Manor 1110 SW 40th Ave 954.583.3321	30
Courtyards at Inv 2801 NW 55th Ave 954.484.1960	85	Grand Court Lakes 280 Sierra Dr 305.654.5300	110	N. MIAMI BEACH North Miami Ret 1595 NE 145 St 305.947.3416	50	Five Star Premier Residences 8500 West Sunrise Blvd 954.635.6712	60
Potter's House 5820 NW 27th Ct 954.746.8584	16	Hazel Cypen Tower 5066 NE 2nd Ave 305.762.3890	132	Livewell at Courtyard 15520 NW 2nd Ave 305.949.2626	120	POMPANO BEACH Amwil Assisted Living 840 SW 8th St 954.943.4606	75
MARGATE Embassy Ret 6093 NW 9 Ct 954.972.5600	35	Las Mercedes Home 3418 SW 23rd Ter 305.441.0247	39	OAKLAND PARK Good Hope Manor 2251 NW 29th Ct 954.677.2900	100	Atlantic Shores Ret. 1500 N Riverside Dr 954.941.7974	30
Emeritus at Regency 5600 Lakeside Dr N 954.974.6604	47	Maggie's Ret. Home I 7930 SW 11th St 305.266.6762	24	Palms Villa Ret. Home 2131 NW 28th St 954.484.1350	21	Court at Palm Aire 2701 N Course Dr 954.975.8900	90
Livewell at Coral Plaza 5850 Margate Blvd 954.970.0053	120	Merci's Home 4291 SW 9th Ter 305.443.8294	16	Paradise Manor 365 NW 43rd Ct 954.565.7049	30	Grand Court Village I 295 SW 4th Ave 954.942.3388	125
Margate Manor 1189 W River Dr 954.972-.200	64	Palace at Kendall 11355 SW 84 St 305.270.7000	330	Treemont on the Park 3881 NE 3rd Ave 954.563.0276	34	Grand Court Village II 459 Racetrack Rd 954.942.3388	80
VIP Care Pavilion 6810 Sw 7 St 954.971.2286	111	Pioneer Adult Residential 2166 SW 14th Ter 305.856.5103	111	PALM BEACH GARDENS Chatsworth at PGA 346 Hiatt Dr 561.624.5650	42	Five Star Premier Residences 1371 South Ocean Blvd 954.943.1155	60
MIAMI All America Adult CLF 808 W 1ST Ave 305.889.0808	100	Pointe of North Gables 5890 SW 8th St 305.266.0284	92	Inn at La Posada 3600 Masterpiece Way 561.514.5000	88	John Knox Village of FL 840 Lakeside Cir 954.782.1300	64
Arcadia Manor 1024-26 SW 19th Ave 305.643.2571	32	Res. Plaza at Blue Lagoon 5617 NW 7th St 305.267.2227	350	Palms Edge ALF 4201 Leo Ln 561.841.0055	65	Lighthouse Inn North 3208 NE 11th St 954.943.6318	42
Bay Oaks Home 435 NE 34th St 305.573.4337	41	River Villas 560 NW 1 St 305.542.6886	34	Prosperity Oaks 11381 Prosperity Farms Rd 561.694.9709	126	Lighthouse Inn South 3305 SE 5th St 954.783.2317	33
Breezy Acres Ret. Living 1864 NW 175th St 305.624.4901	65	St Anne's Residence 11855 Quail Roost Dr 305.252.4000	60	M&M ALF 113 NE 7th St 954.946.9699	38		
Central palace Res 4491 SW 8 St 305.445.3565	55	Superior Living 820 SW 20 Ave 305.649.5835	34				

RESOURCE GUIDE

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

GUÍA DE RECURSOS

Sunset by the Sea 420 N Riverside Dr 954.788.8350	15	Horizon Bay Vibrant RL 450 7650 University Dr 954.722.6314	103	Fountainview 145 Executive Center Dr 561.697.5500	74	Windsor Court 3700 N Flagler Dr 561.842.1047	92
Preserve at Palm Aire 3701 W McNab Road 954.970.2600	40	Lakeview Ret Res 2304 NW 52 Ct 954.714.0064	24	Garden Villas 912 N Olive Ave 561.820.9946	16	Wize Choice 2901 Broadway 561.271.8118	20
Vizcaya by the Sea 1621 N Ocean Blvd 954.782.6822	60	TEQUESTA Clare Bridge ofTequesta 211 Village Blvd 561.748.3611	50	Golden Years ALF 321 W Blue Heron Blvd 561.881.3583	26	Wyndham House 417 Westwood Rd 561.832.6545	24
PRINCETON Sunny Hills of Homestead 25268 SW 134th Ave 305.258.2222	105	Sterling House 205 Village Blvd 561.748.3611	55	Howard House 131 W Blue Heron Blvd 561.848.0047	20	WELLINGTON Nuvista Living 10334 Devonshire Blvd 561.366.6600	54
RIVIERA BEACH Mills ALF 701 9th St 561.863.0014	18	Terrace Communities 400 N US Highway 1 561.748.2299	106	Lourdes Pavilion 311 S Flagler Dr 561.650.8900	50	Wellington Elder Care I 14097 Lily Ct 561.389.3503	21
SUNRISE Emeritus at Springtree 4201 Springtree Dr 954.572.4261	246	W. PALM BEACH Arden Courts of WPB 2330 Village Blvd 561.688.9999	56	Marriott Home Care 2700 Broadway 561.659.3793	15	WILTON MANORS Independence Hall 1639 NE 26 St 954.563.6232	125
Westchester of Sunrise 9701 W Oakland Park Blvd 954.572.4444	150	Carpis 3217 Broadway 561.844.5313	21	Savannah Court 2090 N Congress Ave 561.686.5100	114	Williamsburg Landing 1776 NE 26 St 954.566.1775	100
TAMARAC Active Senior Living 9057 NW 57th St 954.721.1115	72	City Walk Active 534 Datura St 561.659.9330	200	Seagull Place 1233 Island Rd 561.845.6210	24	Windsor Place 1850 NE 26 St 954.565.5858	80
Harbor Chase Memory 6855 NW 70th Ave 954.722.0212	116	Heron's Run 2939 S Haverhill Rd 561.963.8963	38	St Mary's ALF 7001 S Dixie Hwy 561.588.7677	37		
		Cresthaven East 5100 Cresthaven Blvd 561.964.2828	308	Terrace at WPB 6300 Common Cir 561.697.3051	76		
				Tradition of the PB 4880 Loring Dr 561.687.3005	72		

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

ASSOCIATIONS ORGANIZACIONES

BROWARD

American Cancer Society
954.564.0880

Broward County Dental
Association
954.772.5461

American Diabetes Assn.
954.772.8040

American Heart Assn.
954.772.8100

American Lung Assn.
954.524.4657

American Parkinson Assn.
954.786.2305

American Red Cross
954.797.3800

Arthritis Foundation
954.616.1233

County Medical Association
954.714.9477

Epilepsy Foundation
954.779.1509


Gilda's Club
954-763-6776

Legal Aid Service
954.736.2400

Leukemia/Lymphoma
954.744.5300

Mental Health Association
954-746-2055

National Multiple Sclerosis
954-731-4224

Senior Action in a Gay
Environment – SAGE
954.634.7219 

MIAMI-DADE

Alliance for Aging
305.670.4357

American Cancer Society
305.594.4363

American Heart Assn.
305.856.1449

American Red Cross
305.644.1200

County Medical Assn.
305.324.8717

County Public Guardian
305.592.7642

Epilepsy Foundation
305.670.4949

PALM BEACH
American Cancer Society
561.366.0013

American Diabetes Assn.
561.689.2746

American Heart Assn.
561.615.3888

American Lung Assn.
561.659.7644

American Red Cross
561.833.7711

Anti-Defamation League
561.988.2900

Arthritis Foundation
561.833.1133

County Medical Society
561.433.3940

Epilepsy Foundation
561.478.6515

Legal Aid Society
561.655.8944

Leukemia/Lymphoma
561.775.9954

Palm Beach Dental Assn.
561.278.7551

STATE
Agency for Healthcare
Administration
888.419.3456

AARP
866.595.7678

American Lung Assn.
904.743.2933

Brain Injury Assn. of Fla.
800.992.3442

Coalition for the Homeless
877.205.0021

Compulsive Gambling
888.236.4848

Florida Bar-Elder Law
850.561.5625

Florida DCF Office on
Homelessness
850.922.4691

Lupus Foundation of
America
800.684.9276

National Kidney
Foundation
800.927.9659

Senior Legal Helpline
888.895.7873

NATIONAL
Administration on Aging
202.619.0724

Alliance for Retired
Americans
202.637.5399

ALS Association
(Lou Gehrig's Disease)
202.407.8580

Alzheimer's Association
800.272.3900

Alzheimer's Foundation
866.232.8484

American-Arab Anti-
Discrimination Committee
202.244.2990

AARP
888.687.2277

American Cancer Society
800.227.2345

American Dental Assn.
312.440.2500

American Diabetes Assn.
800.342.2383

American Heart Assn.
800.242.8721

American Institute for
Cancer Research (AICR)
800.843.8114

American Liver Foundation
212.668.1000

American Lung Assn.
800.548.8252

American Parkinson Assn.
800.223.2732

American Red Cross
800.733.2767

American Speech
Language Hearing
Association (ASHA)
800.638.8255

American Stroke Assn.
888.478.7653

American Urological Assn.
866.746.4282

Americans with Disabilities
Act 800.514.0301/TTY
800.514.0383

Anxiety and Depression
Association of America
240.485.1001

Arthritis Foundation
800.283.7800


Asian American Justice
Center
202.296.2300

Asian Pacific American
Labor Alliance
202.508.3733


Blinded Veterans Assn.
202.371.8880

Coalition for the Homeless
202.462.4822

Epilepsy Foundation
800.332.1000

League of United Latin
American Citizens
202.833.6130 



Leukemia/Lymphoma
Society
800.955.4572

Línea de Ayuda Hispana
Nacional
800.473.3003 

Lupus Foundation of
America
800.558.0121

NAACP
877.622.2798

RESOURCE GUIDE

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

GUÍA DE RECURSOS

National Alliance to End Homelessness
202.638.1526

National Alliance for Hispanic Health 
866.783.2645

Natl. Kidney Foundation
800.622.9010

Natl. Multiple Sclerosis Soc
800.344.4867

Natl. Org. for Women
202.628.8669

Natl. Parkinson's Found.
800.327.4545

National Substance Abuse
800.662.4357

Native American Rights
303.447.8760

BEREAVEMENT GRUPOS DE APOYO

BROWARD

Cantor Senior Center
954.742.2299

Compassionate Friends supporting family after a child dies
954.370.3446

Gay/Lesbian Bereavement Support Group 
954.463.9005

Gilda's Club
954.763.6776

Mental Health Assn.
954.746.2055

NE Focal Point Senior Ctr.
954.480.4449


SE Focal Point Senior Ctr.
954.966.9805

SW Focal Point Senior Ctr.
954.450.6888

The Florida Initiative for Suicide Prevention, Inc
954.384.0344

MIAMI-DADE
Aventura Cancer Center
305.682.2151

Compassionate Friends supporting family after a child dies
305.460.5762


Good Shepherd Catholic Church
305.385.4320 

Iglesia Ejecutive Bautista
305.303.9498 

Miami Temple Seventh Day Adventist Church
305.223.2102

Michael-Ann Russell Jewish Ctr
305.932.4200

Temple Bret Breira
305.595.1500

Principe de Paz Ministerio del Consuelo 
305.264.9059

Sacred Heart Catholic Church
305.247.4405

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

Catholic Charities, Diocese of PB Counseling Services
561.775.9560

Center for Family Services of PBC Counseling Svcs.
561.616.1222

Holy Name of Jesus Church Support Group
561.683.3555

Mental Health Association of PBC Senior Services
561.832.3755

Ruth Rales Jewish Family Service Bereavement Support Groups
561.852.3333

NATIONAL
AARP Grief Support
866.797.2277

Parents of Murdered Children
888.818.7662

Compassionate Friends supporting family after a child dies
877.969.0010

COUNTY HEALTH DEPARTMENT DEPARTAMENTO DE SALUD DEL CONDADO

BROWARD
County Health Department
954.467.4700

MIAMI-DADE
County Health Department
305.324.2400

PALM BEACH
County Health Department
561.840.4500


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 
954.764.5557

Tuesday's Angels 
954.566.7686

Women in Distress
954.760.9800

MIAMI-DADE
LGBT Suicide Awareness Unit
305.646.3600 

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

PALM BEACH
Destiny by Choice, Inc.
561.439.3145

Family Violence Intervention
561.355.1664

New Hope Anger Management
561.832.3828

Palm Beach Crisis Line
561-547-1000

STATE/NATIONAL
Florida Domestic Violence Hotline
800.500.1119

National Domestic Violence Hotline
800.799.7233

DENTAL RESOURCES RECURSOS DENTALES

BROWARD
Broward College Dental Clinic
954.201.6779

Broward County
Dental Association
954.772.5461

Ft. Lauderdale Health
Center Dental Clinic
954.467.4820

Gulf Stream Living
Water Center
954.965.0077

North Regional & Paul
Hughes Health Centers
954.213.0638

Nova Southeastern
954.678.2273

MIAMI-DADE
Camillus Health
305.577.4840

Community Health of S. Fla
305.253.5100

Community Smiles Prog.
305.325.0510

Fla. Donated Dental Svcs.
305.598.7080

Helen B Bentley Family
Health Ctr
305.447.4950

Jessie Trice Community
Health Ctr
305.637.6400

Miami-Dade Community
College Dental Hygiene
Program
305.237.4142

North Dade Health Center
786.466.1500

Nova SE University Health
Care N. Miami
954.678.2273

UF College of Dentistry
305.694.5400

PALM BEACH
Caridad Health Clinic
561.737.6336

Palm Beach Community
College Atlantic Coast
Research Clinic
561.868.3747

PBC Health Department
Belle Glade Dental Clinic
561.996.1636

Delray Beach Dental Clinic
561.274.3111

Lantana Dental Clinic
561.547.6811

Pahokee Clinic
561.924.0184

WPB Dental Office
561.514.5310

WPB Community Center
561.840.8681

**DISABILITY
PARKING PERMITS
PERMISO DE
ESTACIONAMIENTO
PARA
DISCAPACITADOS**

BROWARD
Motor Vehicle Services
954.765.4697

MIAMI-DADE
Motor Vehicle Services
850.617.2000

PALM BEACH
Motor Vehicle Services
561.355.2264

**DISASTER
PREPAREDNESS & EMERGENCY
ASSISTANCE
PREPARACIÓN
PARA DESASTRES
Y EMERGENCIAS**

BROWARD
American Red Cross
954.797.3800

Emergency Management
Division
954.831.3900

Hurricane Preparedness
Guide & Hurricane Hotline
954.831.4000

MIAMI-DADE
American Red Cross
Central Dade
305.644.1200
North Dade
305.681.1066
South Dade
305.248.2024

Emergency Mgmt. Answer
311

Dade Emergency Mgmt.
305.468.5400

PALM BEACH
American Red Cross
561.833.7711

P.B. Emergency Mgmt.
561.712.6400

STATE
Florida Emergency Mgmt.
850.413.9969

NATIONAL
Federal Emergency Mgmt
800.621.3362

**DRIVER'S LICENSE
OFFICES
LICENCIAS DE
MANEJO (OFICINA)**

BROWARD
Department of Highway
Safety & Motor Vehicles
954.497.1570

MIAMI-DADE
Department of Highway
Safety & Motor Vehicles
305.229.6333

PALM BEACH
Department of Highway
Safety & Motor Vehicles
561.681.6333

STATE
Department of Highway
Safety & Motor Vehicles
850.617.2000

NATIONAL
AARP Driver Safety Prog.
888.227.7669

**ELDER ABUSE
ABUSO AL MAYOR**

BROWARD
Senior Citizens Law Project
954.736.2400

Women in Distress
954.760.9800

MIAMI-DADE
Abuse Hotline
311

Miami-Dade Elder Helpline
305.670.4357

STATE
Elder Abuse Hotline
800.962.2873

**EMPLOYMENT
OPPORTUNITIES
OPORTUNIDADES
DE EMPLEO**

BROWARD
AARP Svcs Employment
954.563.2559

Positive Images
954.484.1824

Social Security Admin.
Ticket to Work
866.968.7842

WorkForce One
Ft. Lauderdale
954.677.5555
Hollywood
954.967.1010
Pompano Beach
954.969.3541

MIAMI-DADE
AARP Senior Community
Service Employment
305.476.5925

Senior Community Service
Employment Program
305.871.2820

PALM BEACH
AARP Svcs Employment
561.471.9828

Workforce Alliance
561.340.1060

THE SHERIFF'S CORNER

COMENTARIOS DEL SHERIFF

SHERIFF SCOTT J. ISRAEL BROWARD COUNTY, FL



As the Sheriff of Broward County, I am proud to lead the largest fully accredited sheriff's department in our nation. The quality of our agency is built not only on the skills of our employees,

but the content of their character.

Crime prevention in our county, though, is a community undertaking and the Broward Sheriff's Office is focused not only on stopping crime and other public safety hazards through intervention but preventing them through education. To this end, the BSO offers a variety of programs for seniors to become knowledgeable about and/or to take an active role in crime prevention.

BSO's Senior Citizens Academy helps Broward's senior population reduce the possibility of crime and improves quality of life through shared experience from law enforcement professionals. The course instructs on topics such as home and personal security, elder abuse, and fraud prevention.

There are also volunteer programs such as Seniors vs. Crime, BSO's Posse and the Citizen Observer Program (COP). The volunteers in these programs work together to assist law enforcement by patrolling communities, work special events, and educate other seniors, among other important pursuits.

The efforts of our seniors in these programs not only prevent crime, but also strengthen the bonds of our community.

For more information, visit www.sheriff.org.

Como el Sheriff del Condado de Broward, estoy orgulloso de dirigir el departamento más grande y acreditado de nuestro país. La calidad de nuestra agencia se basa no sólo en las habilidades de nuestros empleados sino que sobre todo en su actitud.

La prevención del delito en nuestro país, sin embargo, es una tarea de la comunidad y la Oficina del Sheriff de Broward se centra en la detención de la delincuencia y otros peligros para la seguridad pública a través de la intervención como en la prevención a través de la educación. Con este fin, la BSO ofrece una variedad de programas para que las personas mayores se acerquen a conocer y/o tomar un papel activo en la prevención del delito.

La Academia de la Tercera Edad de BSO ayuda a la población mayor de Broward a reducir la posibilidad de la delincuencia y mejora la calidad de vida a través de la experiencia compartida de los profesionales encargados de hacer cumplir la ley. El curso instruye sobre temas tales como el hogar y la seguridad personal, el maltrato y la prevención del fraude.

También hay programas como Seniors vs Crime, Posse de BSO y el Programa del Ciudadano Observador (COP) voluntario. Los voluntarios en estos programas trabajan juntos para ayudar a la policía de las comunidades de patrullaje, trabajar en eventos especiales, y educar a otras personas mayores, entre otras actividades importantes.

Los esfuerzos de nuestros mayores en estos programas no sólo previenen el delito, sino también fortalecer los lazos de nuestra comunidad.

Para obtener más información, visite www.sheriff.org.

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 Comm. Outreach
954.725.8434

HOPE Outreach Center
954.321.0909

Jewish Family Service
954.370.2140

Lighthouse Pt Outreach
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
305.547.4960

Catholic Charities
305.754.2444

Community Action
305.884.4801

Culmer Neighborhood Ctr.
305.438.4161

Little River Neighborhood
305.758.9662

Homestead Neighborhood
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
305.623.6500

Richmond Heights Center
305.234.4927

The Salvation Army
305.438.9066

Wynwood Neighborhood
305.547.7661

PALM BEACH

Adopt-A-Family
561.253.1361

American Red Cross
561.833.7711

Boca Helping Hands
561.417.0913

Catholic Charities,
561.775.9560

Center for Family Services
561.616.1222

Community Action Prog.
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

Division of Senior Services
561.355.4750

Division of Veteran Srvcs
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
305.576.6550



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Comidas saludables y convenientes llevadas hasta su puerta.

La Entrega Básica a Domicilio es Gratis

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Compras disponibles en:
www.bmow.org/complete-cuisine
O llamando al 954.714.6943

A portion of your Complete Cuisine supports Broward Meals on Wheels who provides essential services that improve health, reduce isolation and promote independent living for seniors in our community.

Una porción de su compra ayuda a Broward Meals On Wheels, quien da servicios esenciales, mejora la salud, reduce el aislamiento y promueve independencia a los mayores en la comunidad.


North Miami Foundation
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 Caring Ctr
561.364.9501

Caridad
561.737-6336 
ponle Spanish flag

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 Comm (Deaf)
954.578.3081

Ctr for Hearing and Comm
954.601.1930
TTY 954-601-1938

MIAMI-DADE
Hearing and Speech Ctr
305.271.7343
or 305.557.4764

PALM BEACH
Deaf Service Center of
Palm Beach County
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
MANTENIMIENTO
DE VIVIENDAS**

BROWARD
Broward Housing
Solutions
954.764.2800

Broward County Housing
Authority
954-739-1114
Deerfield Beach
954-428-0678
Pompano Beach
954-785-7200
Dania Beach
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

Living Healthy Program

The Aging and Disability Resource Center is coordinating six week interactive programs, designed to provide the tools needed to become Self-Health Managers.

Learn about dealing with daily symptoms, how to prevent complications, what does eating healthy mean, how to communicate with health care providers and how to stay active!



*For more information contact
Diana Mendoza, at 954-745-9567, Ext. 203.*

RESOURCE GUIDE



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

GUÍA DE RECURSOS

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 Miramar
1901 SW 172 Ave
Miramar
954.538.5000

Memorial Pembroke
7800 Sheridan St
Pembroke Pines
954.962.9650

Memorial Regional
3501 Johnson St
Hollywood
954.987.2000

Memorial South
3600 Washington St
Hollywood
954.966.4500

Memorial West
703 N Flamingo Rd
Pembroke Pines
954.436.5000

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
975 Baptist Way
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 Ctr
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

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





510 Shotgun Road • Suite 400
Sunrise, FL 33326
T: 954.709.7487
pmilwick@simplyhealthcareplans.com
mysimplymedicare.com

Pamela Milwick
Benefit Consultant





RESOURCE GUIDE

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


GUÍA DE RECURSOS

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

Office Public Defender
954.831.8650

Senior Intervention and
Education Program
954.966.9805

Catholic Charities Legal
800.691.7530

Coast to Coast Legal Aid
954.736.2400

Hispanic Unity 

Legal Aid Service
954.765.8950

Office of the Attorney Gral
954.712.4600

MIAMI-DADE

ACLU – State HQ
305.740.5347

Catholic Charities Legal
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

PB Consumer Affairs
561.712.6600

Office of the Attorney Gral.
561.837.5000

Office 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 Ft Laud.
 954.567.7141

Dignity Fort Lauderdale
 954.383.6389

Dolphin Democrats
 866.478.8262

Hollywood FL Center for
 Positive Living
 954.929.8959

Lambda South Services
 954.761.9072

Log Cabin Republicans
 954.566.4156

MCC Fort Lauderdale
 954.462.2004

Noble A. McArtor Day Ctr
 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 Fdn
 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
 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

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
 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

2-1-1

Get Connected. Get Answers.

Dial 2-1-1

anywhere in
 Palm Beach/Treasure Coast, Broward
 or Miami-Dade counties

HELP IS A PHONE CALL AWAY

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



A FREE PROGRAM

to check on the well-being of seniors
Register Today

*Gain peace of mind and
 a sense of safety and security*

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



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. •



BOB LAPPIN *and the* PALM BEACH POPS



Kravis - Nov. 9, 2013
Eissey - Nov. 10, 2013
FAU - Nov. 7 & 8, 2013



An Evening with
CHRIS MANN

Star of NBC's "The Voice"
Kravis - Dec. 10, 2013
Eissey - Dec. 8, 2013
FAU - Dec. 6 & 7, 2013



featuring Ryan Silverman
Kravis - Jan. 3, 2014
Eissey - Jan. 4, 2014
FAU - Jan. 5 & 6, 2014



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Tickets 561-832-7677



Kravis - Feb. 4, 2014
Eissey - Feb. 7, 2014
FAU - Feb. 5 & 6, 2014



featuring Dee Daniels
Kravis - Mar. 11, 2014
Eissey - Mar. 14, 2014
FAU - Mar. 12 & 13, 2014



*featuring Tom Wopat:
Star of Film, TV & Broadway*
Kravis - Apr. 1, 2014
Eissey - Mar. 30, 2014
FAU - Apr. 2 & 3, 2014

KRAVIS CENTER • EISSEY CAMPUS THEATRE • KAYE AUDITORIUM/FAU



www. PalmBeachPops.org



Artists, dates, performances and pricing subject to change. All sales final.



RESOURCE GUIDE

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

GUÍA DE RECURSOS

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
954.739.1888

NOVA Psychology Services
954.262.5730

Silver Impact
954.572.0444


SunServe 
954.764.5150


Women in Distress
954.760.9800

MIAMI-DADE

Bayview Center for Mental
Health
305.892.4600

Catholic Charities
Counseling Programs
866.758.0025

Care Resource Miami
305.576.1234 

Center for Positive
Connections Miami
786.985.2818 

Jewish Community of SFla
305.899.1587

Miami Counseling &
Resource Center
305.448.8325

County Health Department
305.324.2400
Miami-Dade Elder Helpline
305.670.4357

New Era Health Center
305.559.8838

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

The Village South
305.573.3784

PALM BEACH

Alpert Jewish Family &
Children's Services
561.684.1991

Glades Crisis Stabilization
561.993.8022

Jerome Goldman Center
for Behavioral Health
561.383.8000

Mental Health Association
of Palm Beach County
561.832.3755

National Alliance for the
Mentally Ill of PBC
561.588.3477

Palm Beach Center for
Personal Enrichment
561.776.1660

Senior Focus
561.882.0252

South County Mental
Health Center
561.495.0522

STATE

Fla Kinship Care Warmline
800.640.6444

Natl Alliance on Mental Illness
850.671.4445

NATIONAL

Mental Health America
800-969-6642

Natl Alliance on Mental Illness
800.950.6264

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

**NURSING / REHAB.
CENTERS**
**SANATORIOS
Y CENTROS DE
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 Svcs
375 NW 51st St
561.997.8111

Menorah House
9945 Central Park Blvd
561.483.0498

Regents Park Nursing-
Rehab
6363 Verde Trl
561.483.9282

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

Whitehall Boca Raton
7300 Del Prado S
561.392.3000
Willowbrooke Court
6152 Verde Trl N
561.487.5200

Willowbrooke Ct at
Edgewater Pt Estates
23305 Blue Water Cir
561.368.5600

BOYNTON BEACH

Barrington Terrace
1425 S Congress Ave
561.369.7919

Boulevard Rehabilitation
2839 S. Seacrest Blvd.
561.732.2464

Boynton Beach Nursing-
Rehab
9600 Lawrence Rd
561.740.4100

Boynton Health Care
Center
7900 Venture Center Way
561.736.6000

Heartland Health Care
Center
3600 Old Boynton Rd
561.736.9992

ManorCare Health
Services
3001 S Congress Ave
561.737.5600

COCONUT CREEK

Health Center of Coconut
Creek
4125 W Sample Rd
954.968.8333

CORAL SPRINGS

Park Summit
8500 Royal Palm Blvd
954.752.9500

DANIA

Cross Pointe Care Center
440 Phippen Waiters Rd
954.927.0508

DEERFIELD BEACH

Deerfield Beach Health-
Rehab
401 E Sample Rd
954.941.4100
Forum at Deer Creek
3001 Deer Creek Country
Club Blvd
954.698.6269

Pompano Rehab &
Nursing Center
51 W Sample Rd
954.942.5530

DELRAY BEACH

Abbey Delray South
1717 Homewood Blvd
561.272.9600

Harbour's Edge
401 E Linton Blvd
561.272.7979

Health Center at Abbey
Delray
2105 SW 11th Ct
561.454.5243

Lakeview Care Center
5430 Linton Blvd
561.495.3188

ManorCare Health Svcs
16200 Jog Rd
561.638.0000

FORT PIERCE

Abbiejean Russell Care
Ctr
700 S 29th St
772.465.7560

Fort Pierce Health Care
611 S 13th St
772.464.5262

Laurel Pointe Health &
Rehab
703 S 29th St
772.466.3322

FT LAUDERDALE

Broward Nursing & Rehab
Ctr
1330 S Andrews Ave
954.524.5587

Fort Lauderdale Health-
Rehab
2000 E Commercial Blvd
954.771.2300

Harbor Beach Nursing
Rehab
1615 S Miami Rd
954.523.5673

Manor Oaks Nursing &
Rehabilitation
2121 E Commercial Blvd
954.771.8400

Manor Pines Convalescent
Center
1701 NE 26th St
954.566.8353

HIALEAH

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

Hialeah Convalescent
Home
190 W 28th St
305.885.2437

Palmetto Health Center
6750 W 22nd Ct
305.512.4688

Susanna Wesley Health
Center
5300 W 16th Ave
305.556.3500

**HIALEAH
GARDENS**

Signature Healthcare of
Waterford
8333 W Okeechobee Rd
305.556.9900

HOBE SOUND

Edgewater Manor
9555 SE Federal Hwy
772.546.5800

HOLLYWOOD

Golfcrest Healthcare
Center
600 N 17th Ave
954.927.2531

Hillcrest Nursing & Rehab
Center
4200 Washington St
954.981.6300

Hollywood Hills Rehab Ctr
1200 N 35th Ave
954.981.5511

HOMESTEAD

Homestead Manor
1330 NW 1st Ave
305.248.0271

Signature Healthcare of
Brookwood Gardens
1990 S Canal Dr
305.246.1200

JUNO BEACH

Waterford Health Care
Center
601 Universe Blvd
561.627.3800

JUPITER

Courtyard Gardens
Rehabilitation Center
17781 Thelma Ave
561.746.2998

RESOURCE GUIDE



LGBT SERVICES / SERVICIOS PARA LA COMUNIDAD GAY

SPANISH PHONE LINE / LÍNEA TELEFÓNICA EN ESPAÑOL

GUÍA DE RECURSOS

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
1710 Lake Worth Rd
561.582.5331

Oasis Health & Rehab
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 Ctr 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
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

Floridean Nursing Home
47 NW 32nd Pl
305.649.2911

Franco Nursing and
Rehabilitation Center
800 NW 95th St
305.836.1550

Gramercy Park Nursing
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 Ctr
1404 NW 22nd St
305.325.1050

Victoria Nursing & Rehab
955 NW 3rd St
305.548.4020

West Gables Healthcare
2525 SW 75th Ave
305.265.9391

MIAMI BEACH

Hebrew Home of S. Beach
320 Collins Ave
305.672.6464

Oceanside Extended
Care Ctr
550 9th St
305.531.3321

South Pointe Plaza Rehab
& Nursing Center
42 Collins Ave
305.672.1771

Miami Springs
Fair Havens Center
201 Curtiss Pkwy
305.887.1565

North Bay Village
Treasure Isle Care Center
1735 N Treasure Dr
305.865.2383

North Miami Arch Plaza
Nursing & Rehab
12505 NE 16th Ave
305.891.1710

Berkshire Manor
1255 NE 135th St
305.891.6850

Claridge House Nrsrg & Rehab
13900 NE 3rd Ct
305.893.2288

Fountainhead Care Center
390 NE 135th St
305.895.4804

Pinecrest Convalescent
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 Ctr
2201 NE 170th St
305.945.1401

Watercrest Care Center
16650 W Dixie Hwy
305.945.7447

PAHOKEE

Glades Health Care Ctr
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
2505 SW Martin Hwy
772.288.0060

Water's Edge Extended Care
1500 SW Capri Ct
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 Svcs
6931 W Sunrise Blvd
954.583.6200

Plantation Nursing-Rehab
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
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 P. 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
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
4800 Nob Hill Rd
954.577.3530

TAMARAC

Heartland of Tamarac
5901 NW 79th Ave
954.722.7001

Tamarac Rehab & Health
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
1200 45th St
561.842.6111

Joseph L Morse Geriatric
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



**WILLOW
MANOR**

*Assisted Living &
Alzheimer's Center*

Willow Manor, owned and operated by the Signore family since 1975, celebrates its 36th year of providing affordable, quality care. Each family member is committed to making every resident feel at home. Their years of experience and warm hospitality are what sets Willow Manor apart.



MONTHLY RATE INCLUDES:

- Completely furnished rooms with private bath
- Color Television & local phone service
- Three nutritious meals daily
- Daily activities & religious services
- 24 hour staffing
- Housekeeping - daily linens provided
- Smoke detectors and sprinkler system
- Emergency pull cords
- Personal laundry included
- Wi-Fi
- Assistance with bathing and special needs
- One floor Accommodations
No steps, no elevators



***Family Owned & Operated
for 36 years***



150 Stirling Road, Dania Beach, FL 33004
Phone 954.920.1988 Fax 954.920.5204
www.willowmanorassistedliving.com

***Your Family
is our Family***

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

Broward County Elderly and Veteran Services
954.357.6622

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 

Sunset Lakes Senior Ctr
954.602.3347

MIAMI-DADE

Alliance for Aging
305.670.6500

CARES – Department of Elder Affairs
786.336.1400

South Miami-Dade
305.671.7200

Easter Seals Miami-Dade
305.325.0470

Everglades Comm. Assn.
305.242.2142

Guardianship Program of Dade County
305.592.7642

Jewish Community Services of South Florida
305.576.6550

Hispanic AIDS Awareness Program
305.860.0780 

Little Havana Activities & Nutrition Centers
305.858.0887

National Parkinson Foundation South Florida
305.243.1061

Ombudsman North Dade
786.336.1418

Ombudsman South Dade
305.671.7245

Service Corp of Retired Executives
786.425.9119

PALM BEACH

Area Agency on Aging
561.684.5885



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

RESOURCE GUIDE

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

GUÍA DE RECURSOS

The Volen Senior Center
561.395.8920

West County Senior Ctr.
561.996.4808

STATE

AARP Florida
866.595.7678

Florida Dep. of Elder Affairs
850.414.2000

Florida Council on Aging
850.222.8877


Florida Ombudsman Prog.
888.831.0404

NATIONAL

Children of Aging Parents
800.227.7294

National Eldercare Locator
800.677.1116

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 

NOVA SE University
Healthy Lifestyles Guided
Self-Change Program
954.262.5968

Spectrum Programs
954.781.4406

SunServe 


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

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



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. •

**VISION
RESOURCES**
*RECURSOS PARA
LA VISION*

BROWARD

BC Vision Care Clinic
954.201.2400

Broward Blind Services
954.497.3360

Fdn Fighting Blindness
954.308.5555

Lighthouse of Broward
954.463.4217

The Learning Center
954.742.3214

MIAMI-DADE

Florida Lions Eye Bank
305.324.4340

Lighthouse for the Blind
305.856.2288

Miami-Dade Blind Svs
305.377.5339

PALM BEACH

Florida Outreach Center
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

Fdn Fighting Blindness
800.683.5555

Jewish Books V Impaired
800.433.1531

National Fed. of the Blind
410.659.9314

Resource Line - Braille
800.272.4553

Seniors Eye Care Program
800.222.3937

Vision USA
800.766.4466

**VOLUNTEER
OPPORTUNITIES**
*OPORTUNIDADES
PARA
VOLUNTARIOS*

BROWARD

Literacy Volunteers
954.357.6230


Hispanic Unity
954.964.8884 

Senior Volunteer Services
954.484.7117

Retired Exec Corp
954.356.7263

Shine
954.745.9779


Guardian ad Litem Prog
954.831.6477

SunServe
954.764.5150 

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 Senior Comp Prog
305.514.6000

Jewish Community Svs
305.403.6500

RSVP Miami-Dade
305.514.6077

Retired Exec Corp
786.425.9119

YMCA of Miami
305.357.4000

PALM BEACH

Alpert Jewish Family Svs
561.684.1991

Area Agency on Aging
561.684.5885

Jewish Federation of PBC
561.478.0700

Jewish Family Services
561.852.3333

Mentor Center of PBC
561.375.6638

YMCA of the PB
561.968.9622

STATE

Florida Ombudsman Prog.
850.414.2323

United Way of FL
850-488-8287


Volunteers of America
813.282.1525

NATIONAL


Volunteers of America
800.889.0089



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

National Resource Center 

ON LGBT AGING



A project of
Services & Advocacy for GLBT Elders (SAGE)
in partnership with
American Society on Aging
Brookdale Center for Healthy Aging and Longevity
Florida College
Garden of Eatin'
FORGL: Transgender Aging Network
SPROUT Circle
The LGBT Aging Project
National Association of Area Agencies on Aging
National Council on Aging's National Institute of Senior Centers
Openhouse
Pik

55+ SHOPPING GUIDE

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:

- Update and maintain your closet to suit your fashion needs
- Use modern shape wear to get a sleeker silhouette and wear more styles
- Decide which trends to embrace and which ones to ditch
- Dress for life's big moments such as a job interview or a wedding
- And much more!

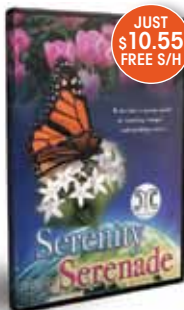


A CAREGIVER'S COMPLETE GUIDE FOR SAFE MOBILITY & INDEPENDENCE IN THE HOME

By Kevin F. Lockette PT

Kevin Lockette PT has written extensively on rehabilitation and exercise for those with physical impairments.

This guide includes invaluable information on body mechanics & general mobility; safe lifting and transfer techniques; assistive and adaptive devices; fall prevention; PROM exercises and much more!



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.

BINGOMANIA

Remember the shows and celebrities of the past? This fun-and-exciting game combines entertainment trivia and bingo for a stimulating, challenging trip down memory lane! This game comes with 72 clue cards and 14 bingo cards. It's the new way to play BINGO!



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