

55+ MAGAZINE

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ENGLISH / ESPAÑOL

LIFE AS I SEE IT
**DIONNE
WARWICK**

**AGING IN
PLACE**

**55+ BEAUTY
ADVICE**

**LA EDAD
NO ES UN
PROBLEMA**

**HOW LONG WILL
RECOVERY TAKE?**

**RESOURCE
GUIDES
PAGES 31-66**



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Published by Papino's, LLC

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2699 STIRLING ROAD, SUITE C107
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As many as 13% of all Baby Boomers are part of a minority group. 55+ magazine will be sensitive to the needs of all people ie.; race, creed, religion, sex, sexual orientation, gender identity and national origins.

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SECURING YOUR MEDICAL RECORDS

BY HUMBERTO FORTUNA, MA, MS

Disaster can strike without warning, forcing you to confront an unexpected situation. Are you prepared? Knowing what steps to take before an emergency can greatly reduce danger and stress.

Here in Florida, we have the constant threat of hurricanes. They can cause extensive damage to your personal records due to winds, rain and flooding. Having an emergency plan already in place ensures that you will have the information needed should a disaster affect you personally.

We all know how to put up our shutters, fill the bathtub with water and stock the appropriate supplies, but do we know how to make sure that all of our important documents remain safe and intact?

Let's review what personal information is crucial to have access to in case of an emergency. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

Some of the items that should be kept safe and secure are: personal identifications, copies of birth certificates, marriage licenses, death certificates, inventory of household goods, bank account information and most important of all, your medical records. This article will be focusing, primarily on your medical records.

Today, technology can be our best friend in these situations. The use of a waterproof, electronic medical device can help us in many ways. This portable device can be plugged into a computer (through the USB port), and can hold all your medical information and keep it secure throughout a disaster. Special software is not needed in many cases.

Of the choices available where no software is required, our research has shown that the best device on the market today is the ER Card.

Keeping your personal healthcare information with you at all times is key as well as having the ability to provide this information, complete with past history and medications, as needed.

Having a device containing your personal information will ensure the sharing of that information across multiple settings to include hospitals, emergency departments, physician's offices and more.

Having this device will minimize failure to diagnose, or delay a diagnosis with the end result causing over testing and over treatment.

Since you will be the one to coordinate all of your information, how much of it you wish to include is up to you. We recommend that you document information that would be vital to your treatment in all situations.

Portable health record devices, such as the ER Card, were developed under the premise that great care starts with great information. When care is needed in an emergency situation, your personal medical information will be crucial to your receiving the correct care.

The following is a list of recommended information to be put on a portable device: current medications (prescribed or over the counter and herbal supplements), blood type, allergies (to food or medication), medical conditions, emergency contacts, physical or verbal limitations, major surgeries (anything removed or implanted), Primary Care doctor and phone number, treatment specialists, emergency evacuation information and advance directives

Having a plan for emergencies and disasters can help loved ones gain peace of mind as well as save your life! •

ASEGURAR SU HISTORIAL MÉDICO

POR HUMBERTO FORTUNA, MA, MS

Un imprevisto aparece sin aviso enfrentándolo a Usted a una situación inesperada. ¿Está usted preparado para eso? Saber los pasos a seguir antes de una emergencia puede reducir el peligro y el stress.

Aquí en Florida tenemos la constante amenaza de los huracanes. Ellos pueden ocasionar un gran daño a sus documentaciones personales debido a los vientos, la lluvia y las inundaciones. Tener un plan de emergencia establecido le asegura la información necesaria si una catástrofe afecta a su persona.

Todos sabemos como levantar las (shutters), llenar la bañera y abastecerse de las provisiones necesarias, pero sabemos nosotros como asegurarnos de que toda nuestra documentación importante permanezca a resguardo e intacta.

Veamos qué información personal es crucial para tener acceso en caso de una emergencia. Saber qué hacer y cómo hacerlo puede ayudar a su familia a manejar una emergencia con menos preocupación, miedo e inseguridad.

Algunos de los elementos que deben permanecer a salvo y seguros son: identificaciones personales, certificados de nacimiento, acta de matrimonio y lo más importante de todo, su documentación médica.

Hoy en día, la tecnología puede ser nuestro mayor amigo en estas situaciones. El uso de un dispositivo médico electrónico a prueba de agua/sumergible, nos puede ayudar de muchas maneras. Este dispositivo portátil puede conectarse a una computadora (a través de un puerto USB) y puede archivar toda su información médica y mantenerla a salvo durante una catástrofe. No es necesario un software especial.

De las elecciones posibles en el Mercado que no necesitan un software especial, encontramos que el mejor dispositivo al día de hoy es ER Card.

Mantener su información médica con usted en todo momento es clave como también poder proveer esta información completa con su historia clínica pasada y las medicaciones cuando es necesario.

Tener un dispositivo conteniendo su información personal le asegurará poder compartirla con diversos establecimientos incluyendo hospitales, departamentos de emergencia, consultorios médicos y más.

Dado que usted será la persona a cargo de coordinar toda su información, la cantidad que considere incluir depende de usted. Le recomendamos que documente toda la información que sería vital para su tratamiento en esas situaciones.

Los dispositivos como ER Card, fueron desarrollados bajo la premisa de el principal cuidado empieza la información principal. Cuando es necesaria asistencia en una situación de emergencia, su información médica es crucial para que reciba la correcta.

La siguiente es una lista de la información recomendable para ser incluida en el dispositivo: Medicaciones en la actualidad (prescritas, y suplementos de hierbas), Grupo sanguíneo, Alergias (a alimentos o medicaciones), Condición médica, Contactos en caso de emergencia, Limitaciones físicas o verbales, Cirugías (extirpación o implante), Médico clínico de cabecera y su teléfono, Médicos especialistas, y información en caso de evacuación.

Tener un plan de emergencias y catástrofes puede ayudar a sus seres queridos a mantenerse serenos mientras salva su vida! •



AGING IN PLACE

BY WANDA E. GOZDZ, CAPS, ESMM

Maria lived alone in her two-story home after her husband passed away. After she was diagnosed with cancer, her physical and medical needs changed almost overnight. A full-time caregiver became necessary and her home required changes to accommodate her current situation. Despite her circumstances, Maria was able to “age in place” by making some modifications to her home. Many of us can relate to a friend or relative in a similar situation.

Like Maria, most Americans want to “Age in Place.” They want to stay in their own home and remain independent for as long as possible (AARP). A 2005 U.S. Census Bureau report released the following statistics: seventy-eight million baby boomers will retire during the next 25 years; ten thousand people will turn 65 years old each day; and 3,105,230 Floridians are currently 65+ years old. As the population ages, changes will be required for seniors to prepare for the future.

How can you or your family prepare your home for “aging in place?” It depends on your needs and the design and conditions of your home. MetLife’s Mature Market Institute’s report, *[Aging in Place 2.0: Rethinking Solutions to the Home Care Challenge](#)*, provides suggestions for three possible areas of modification and the estimated costs of those changes. (maturemarketinstitute.com):

1. Fall prevention: removing throw rugs, installing grab bars, providing good lighting, securing or removing carpets at stairs, and installing soft path lighting for night time mobility. Cost:

\$1,000.00 or less.

2. Entryway, easy movement, and use of home features:

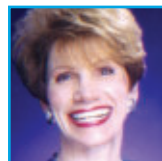
reducing the number of stairs, increasing the horizontal depth of steps, installing hand rails, providing a clear no-step path to the bedroom and bathroom and rearranging interior space for ease of movement. Cost: \$4,500-\$30,000.

3. Substantial remodeling and equipment:

installing a no-step shower, bath-lift mechanism, seated sink, comfort height toilet, seated/multi-level food preparation area, sun and rain protected outdoor areas and backup power sources for power outages. Cost: \$8,000-\$75,000.

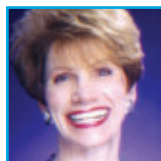
Professional assistance can go a long way in preparing seniors for the future. A Certified Aging in Place Specialist (www.nahb.org) can help design modifications to accommodate changing needs. Additionally, a Senior Move Manager (www.nasmm.org) can assist seniors with downsizing, moving, packing and dispersal of unneeded material. Implementing the right combination of home and lifestyle modifications may be the first step for you or your family member to “age in place,” both independently and safely.

Wanda E. Gozdz, is a Certified Aging in Place Specialist and a Senior Move Manager. She is President of Golden Age Living, LLC., a licensed, insured and bonded company specializing in helping seniors. Toll free: (888) 607-4650 E-mail: wegcaps@att.net. Visit: www.goldenageliving.com •



ENVEJECIENDO EN CASA PREPARANDONOS PARA EL FUTURO

POR WANDA E. GOZDZ, CAPS, ESM



De acuerdo al censo en los Estados Unidos setenta y ocho millones de personas se retirarán durante los próximos 25 años; diez mil personas cumplen 65 años cada día; y 3.105.230 Floridenses () actualmente son mayores de 65 años. De los cuales 43.9% son del sexo masculino y un 56.1% del sexo femenino.

La mayoría de los Estados unidenses quieren "envejecer en su Casa", esto significa de que ellos quieren quedarse en sus hogares y permanecer independientes el mayor tiempo posible. A la medida que envejecemos se requieren más servicios ya sea de cuidado personales y clínicos. ¿Cómo impacta esto en la familia?

Mi padre falleció en 1989 y mi madre vivió sola en su casa de forma independiente hasta que entrado el año 2000 fue diagnosticada con cáncer. Sus necesidades tanto físicas como médicas cambiaron y su estilo de vida sufrió el impacto. Un Cuidador de tiempo completo fue necesario como también hacer modificaciones en la casa. A pesar de todo, ella era capaz de "envejecer en casa" realizando algunas modificaciones en su hogar. Muchos de nosotros recordaremos situaciones parecidas de algún familiar o amigo.

¿Cómo puede Usted o su familia preparar su hogar para "envejecer en casa"? Depende de sus necesidades, el diseño y las condiciones de su casa. El Instituto Metlife Mature Market ha realizado recientemente un reporte [Envejecimiento en Casa: Re pensando soluciones para el desafío del Sistema del cuidado en Casa](#) que detalla los costos estimados para la remodelación de un hogar:

1. Prevención de Caídas: sacar los tapetes, instalar barras agarraderas, proveer de buena iluminación, sacar

alfombras de las escaleras, e instalar luces de noche para poder desplazarse. El costo es de \$1,000.00 (USD) o menos.

2. La Entrada, el fácil movimiento , y el uso de las características del hogar:

Reducir el número de las escaleras, aumentar la profundidad horizontal de los escalones, instalar barandas, poner rampas en caso de haber escalón en el paso hacia el baño o la habitación y reacomodar el espacio interior para un fácil desplazamiento. Costo: \$4,500-\$30,000 (USD).

3. Remodelación sustancial y el

equipamiento: instalar una ducha sin escalón, un mecanismo de elevación para el baño, un lavabo , retrete a una altura acorde, el área de preparación de los alimentos con distintos niveles de altura, un área al aire libre con protección para el sol y la lluvia Costo \$8,000 - \$75,000 (UDS)

Estas modificaciones permitirán que el adulto mayor viva independientemente de manera segura. Para recibir el Reporte Metlife y El Manual de "Envejecimiento en casa" visite Para ubicar un especialista visite www.nahb.org.

Un especialista en mudanzas puede asistir a los mayores a realizar los ajustes necesarios, movimientos, empaque y la reacomodación de materiales innecesarios. Para encontrar uno en su área visite www.nasmm.org.

Wanda E. Gozdz, es especialista en "Envejecimiento en Casa" y es especialista en mudanzas para personas mayores, Ella es la Presidente del Golden Age Living LLC. Compañía especializada en la ayuda de los Mayores. Llame gratuitamente al (888) 607-4650, E-mail: wegcaps@att.net. Visite: www.goldenageliving.com •



OLD AGE IS NOT A PROBLEM

BY MÓNICA FORTUNA, PSYCHOLOGIST



We all know what to do in order to age well in our bodies. The doctors are always reminding us:

- lower your cholesterol by eating healthy foods
- keep active by walking, moving and exercising
- lower your blood pressure and balance it with a healthy diet, hydration and medications, if prescribed. Probably you will remember other tips from your doctor as well.

Now...What happens to our soul? Does it age? "Soul," from the Latin word, animus, meaning mind, courage, desire, related to anima, meaning living being, mind, disposition, passion, courage, anger, spirit and feeling. We can simplify it in a few words..... ATTITUDE TOWARDS LIFE.

No my dear friends, there is no age for our soul, but we must take care of it and develop it. We go through our lives living many ages at the same time:

- Chronological age (what our identifications "announce." So we can not lie!)
- Our organ's age (the aging that has taken place since we were born and there is no "botox" for that)
- The age that other people believe we are (watch out! The person who believes we are older than we are becomes our "enemy"!)
- The age we **feel** we are.....**our soul age**

Look at yourself, and not only in the mirror. Observe your daily actions. Get connected with yourself. What age do you **feel** you are?

The answer to this question lies in our **attitude towards life.**

Our body experiences limitations as we get older. In spite of that, our soul and our desire have the beautiful capacity to search for a way to keep developing itself. The secret is...**WE MUST WANT IT!!**

Of course, when I'm in my 70's or 80's and have to use a walker or wheelchair and I want to dance as I did in my 30s, I could not. BUT...**Who says that I could not dance?**

Many of you may answer "I CANNOT DO IT ANY MORE, I AM OLD", others may say, "I AM GOING TO FIND A WAY TO KEEP DOING IT"

Which one do you identify with?

If it is the second one, **insist** that you **want it**. All your physical and emotional systems will organize and use all of your creativity to do it. I am sure you will find a way!

It is not to deny a reality, not at all. It is to change something that is an impediment to something productive. Looking around us, we will see many examples of friends, neighbors, artists, professionals and people from all walks of life who did not stop '**living**' with the passage of time.

Maybe you are one of those people who are always '**BETTING ON LIFE.**' Congratulations! Keep it up!

Or, maybe, you are one who believes that enjoying life is only for young people... perhaps you will make me eat my words...Oh! You will not? Ok, then I invite you to try to Encourage Yourself!

Take something you desire to do, one of those things that you think age doesn't allow you to do anymore, love, dance, play, etc. Remove all of the spider webs from your mind, and after dedicating some time, although not much time, to being upset, thinking that you cannot do it now as you once did – let's now be creative!

Look for support from friends and professionals. Look for information. Look at what others do in the same situation. LEARN. Trust in yourself. It is not easy but it is heartwarming, amusing, and healthy. Your body will even THANK YOU! You will be surprised to see that apparently, in a

magic way, you have created a new way to keep doing what you desire to do. No doubt! You will prove to yourself that **age is not a problem that will keep you from enjoying life.** You have found LIFE! Cheers!

A gift to think about.

...Deserving life is a vertical uplifting beyond harm, beyond falling down, is the same as giving the truth and our own freedom a big WELCOME.

Just lasting longer and being there does not give us bragging rights, because it is not the same as living life ...Honor Life!

Honor Life

Eladia Blázquez (1931 - 2005, Avellaneda, Argentina, tango singer and compositor, considered as the poet in that genre)

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LA EDAD NO ES UN PROBLEMA

POR MÓNICA FORTUNA, LICENCIADA EN PSICOLOGÍA

Sabemos qué hacer para envejecer saludablemente, los médicos no se cansan de decirlo:

- NO COLESTEROL, es decir una alimentación sana.
- NO SEDENTARISMO, caminar, moverse, hacer ejercicio.
- NO HIPERTENSIÓN, mantener la presión arterial equilibrada con una buena alimentación e hidratación, y medicación si así lo indica el profesional.

Seguramente recordará algún tip más...

Ahora... ¿Nuestra alma, envejece?

Alma en el sentido de *animus* del latín “alma, mente, coraje, deseo”, relativo a *anima* como “ser viviente, alma, mente, disposición para, pasión, coraje, enfado, espíritu, sentimiento”. Que podemos sintetizar en ACTITUD FRENTE A LA VIDA.

No amigos lectores, No hay edad para el alma, igual hay que cuidarla y potenciarla. Vamos por la vida transitando muchas edades:

- la edad cronológica (la que delata nuestro documento y no nos deja mentir!)
- la edad de nuestros órganos (que envejecen desde que nacemos y no hay Botox que lo detenga)
- la edad que los demás creen que tenemos (y ¡ojo! Con lo que nos dicen porque si nos dan más...pasan a ser nuestros enemigos!)
- **la edad que sentimos que tenemos, la edad de nuestra alma.**

Mírese y no sólo al espejo. Observe sus acciones diarias. Conéctese con su interior, sienta. Y ahora pregúntese **¿Qué edad siente que tiene?** Esta pregunta solamente será contestada por nuestra actitud frente a la vida.

Nuestro cuerpo va teniendo limitaciones a través del tiempo y nuestra alma, nuestro deseo, tiene la bella capacidad de encontrar la forma para desarrollarse a pesar de ello. Hay que tener ganas.



Por supuesto que si llegué a los 70s con bastón, o en silla de ruedas, y quiero bailar como lo hacía a los 30, no lo podré hacer pero...**¿Quién dice que no puedo bailar?**

Muchos responderán “YA NO PODÉS HACERLO ESTÁS VIEJO”, otros “YO TE DIGO QUE ENCONTRARÁS LA FORMA PARA SEGUIR HACIÉNDOLO”. ¿Con cuál se identifica?

Si la segunda es la que lo representa, insisto **si tiene ganas**, todo su sistema corporal y anímico se organizará poniendo al servicio su creatividad en función de ello. Le aseguro que encontrará la forma.

No se trata de negar una realidad, de ninguna manera, sino que de transformar aquello que se presenta como un impedimento en algo productivo. Si miramos a nuestro alrededor veremos varios ejemplos de esto en amigos, vecinos. Artistas que no se detuvieron frente al paso del tiempo.

Quizá Usted sea de aquellos que siempre apuesta a la VIDA y ¡Lo felicito, siga así!

O quizá sea de aquellos que cree que el disfrute de la vida es solo para los jóvenes...entonces intentará enterrar mis palabras...¡oh!¿No? entonces lo invito a que pruebe...¡Anímese!

Tome un deseo de esos que Usted cree que *la edad ya no se lo permite*: amar, bailar, jugar, etc. Sáquele las telarañas y después de dedicarle un tiempo, no mucho, a que no lo puede hacer como antes, ¡Póngase a crear!

Busque apoyo en amigos, en profesionales, solicite información, mire como hacen otros en su situación, aprenda. Anímese y confíe en Usted. No es fácil pero es reconfortante, entretenido y saludable. Hasta su cuerpo se lo agradecerá. Se sorprenderá al ver que de una manera aparentemente mágica habrá creado una nueva forma de llevar adelante su deseo. Sin ninguna duda comprobará que la edad no es un problema para seguir disfrutando aun cuando sí sirve muchas veces de excusa.

Habrá encontrado la Vida. ¡Salud!

Un regalito para reflexionar.

**...Merecer la vida es erguirse vertical,
más allá del mal, de las caídas
Es igual que darle a la verdad
y a nuestra propia libertad la
bienvenida**

**Eso de durar y transcurrir
no nos dá derecho a presumir,
porque no es lo mismo que vivir
honrar la vida!**

Honrar la Vida

Eladia Blázquez (1931 - 2005, Avellaneda, Argentina, fue una cantante y compositora argentina de Tango, considerada como la poetisa de dicho género)

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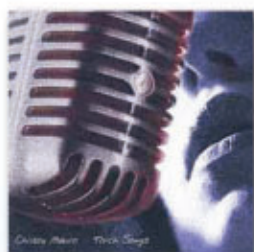
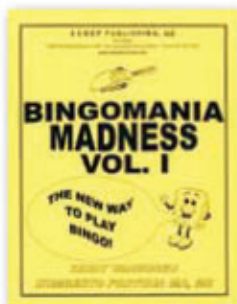
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HOW LONG WILL RECOVERY TAKE?

BY LESLIE V. CURTIS, DIRECTOR OF BUSINESS DEVELOPMENT,
WHITEHALL, BOCA RATON

Few people like to think about the prospect of a hip or knee replacement, shoulder or back surgery, or some other difficulty that calls for rehabilitation after an initial hospital stay. But in fact, many people do face those situations because of elective surgery, an accident, or catastrophic event. Not surprisingly, one of their first questions is “how long will recovery take?”

The answer is — it varies. Patients contemplating elective orthopedic surgery must realize that rehabilitation times will vary based on age and physical condition. The average length of stay for an elective total knee replacement is about 7-14 days while total hip replacement averages 14-21 days, again depending on age and conditioning.

Other elective surgeries include laminectomies and rotator cuff (shoulder) surgeries. These patients tend to average 7-21 days.

Of course, not all patients who require rehabilitation check into a facility for elective reasons. Patients who suffered heart attacks or had cardiac surgery will likely seek inpatient rehab for both medical management and re-conditioning; average length of stay is 10-14 days.

Catastrophic events — those unanticipated problems occurring from a stroke or motor vehicle accident, for instance — also bring patients into a rehabilitation setting. In those situations they usually remain inpatient much longer, secondary to the severity of the illness or injury they have sustained.

It's important to know your options in advance for a rehabilitation facility in the same way that you've taken the time to choose a hospital and a doctor. And it's easy to learn ahead of time. •



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BEAUTY ADVICE: LOOKING GREAT AT ANY AGE!

BY LAZZ MASSÓN RODRIGUEZ

Make-up extraordinaire, Lazz Masson Rodriguez, is the man responsible for the look of numerous, talents involved in the entertainment industry including Univision. Living in Miami, Lazz has been influenced by the diverse mix of cultures in that city... its distinct flavors and sounds. Miami is where he has cultivated his talent. 55+ Magazine is fortunate to have Lazz offering his beauty advice to our readers.

Dear Lazz,
As I get older, I notice that my skin is getting very dry. Besides moisturizing, are there other things that I can do to prevent this dryness? *Louise in Pompano*

Louise, it's a very natural reaction for the skin to change as we get older. My suggestion for you would be to change your moisturizer to meet your new needs. If your skin does not improve, I would suggest going to see your doctor and have your hormones checked as well as having him recommend a moisturizer specifically for you.

Dear Lazz,
Because of my thyroid problem, I have lost my eyebrows. Should I just keep using an eyebrow pencil.....what is your advice on tattooing them on? *Helena in Miami*

Helena, remember that tattooing is a permanent solution. I suggest that you search for a tattoo make-up artist that specializes in tattooing eyebrows. Make sure that you are able to see their work on someone before you decide to get it done on yourself. If it is done well, it could be a great solution for you.

Dear Lazz,
Can you tell me, once and for all, the correct way to apply mascara? And

should I put it on my lower lashes as well?
Carmen in Lake Worth



Carmen, the best way to apply mascara is to give the top of your lashes a coat to dust off the powder from the eye shadow that you most likely just applied. Do your upper lashes first and then finish with the bottom ones.

Dear Lazz,
I have very sensitive skin. When I have something waxed, I get a terrible rash. Is there a way to stop this from occurring? *Chafed in Coconut Creek*

Dear Chafed, if you are getting a rash from waxing, it could be one of two things. One is the wax may be too hot and is burning you. The other is you have developed an allergy to the wax you are using. I suggest that the next time you go for a waxing, take an aspirin and see if that helps. If that doesn't help, I suggest that you consider speaking with your dermatologist and look for another alternative to this problem.

Dear Lazz,
My girlfriend told me that I put my make-up on in the wrong order. Is there a special order that one should use to apply make-up? *Bella in Hialeah*

The first thing you do, Bella, in applying make-up is start out with a clean and well moisturized face. Next, you put on your base or foundation, eye shadow, eye liner, mascara, blush and lipstick. Some people use a slightly different order, but as long as you start out clean and moisturized, you will be ok.

Email your questions to Lazz please email:
Lazz@55plusmag.us •

CONSEJO DE BELLEZA: ¡VERSE GENIAL A CUALQUIER EDAD!

POR LAZZ MASSÓN RODRIGUEZ

Extraordinario experto en belleza, Lazz Masson Rodriguez, es el hombre responsable de la apariencia de numerosos talentos de la industria del entretenimiento y de Univisión. Dado que vive en Miami, Lazz se vio influenciado por las diversas culturas de esa ciudad... sus sabores y sonidos particulares. Miami es el lugar donde ha cultivado sus talentos. Nuestra revista 55+ es afortunada de tener a Lazz dando a nuestros lectores consejos de cómo mejorar su apariencia.

Querido Lazz,
A medida que voy envejeciendo, noto que mi piel se vuelve más seca. ¿A parte de la hidratación, existen otras cosas para prevenir la resequedad de la piel?

Luisa de Pompano

Luisa, es una reacción natural que cambia la piel a medida que envejecemos. Mi sugerencia es cambiar la crema hidratante de acuerdo a sus nuevas necesidades. Si su piel no mejora, le sugiero visitar a su doctor y chequear sus niveles hormonales.

Querido Lazz,
Por mi problema de tiroides, he perdido mis cejas. Debo seguir usando mi lápiz de cejas...¿cuál es su consejo acerca de tatuarlas? *Helena de Miami*

Helena, recuerde que el tatuaje es una solución permanente. Yo le aconsejo buscar un especialista en tatuajes de cejas. Asegúrese de ver el trabajo hecho en otra persona primero. Si está bien hecho podría ser una gran solución para usted.

Querido Lazz,
¿Podría decirme, de una vez por todas cual es el correcto aplicado de la máscara para pestañas? Y puedo colocarla en las pestañas inferiores? *Carmen de Lake Worth*

Carmen, la mejor forma de aplicarla es primero en la parte de arriba para eliminar el polvo de las sobras de ojos en la parte superior de las pestañas. Primero colóquela sobre las superiores y después termine con las inferiores.



Querido Lazz,
Tengo una piel muy sensible. Cuando me depilo me sale una erupción en la piel. ¿Existe una forma de parar con esto? *Bella in Hialeah*

Querido Chafed., si usted está teniendo erupciones puede ser por dos razones. Una es que la cera debe estar muy caliente y le está quemando la piel. La otra es que haya desarrollado una alergia a la cera que está usando. Le sugiero que cuando usted vaya a depilarse se tome un antihistamínico para ver si con eso cede. Si eso no ayuda le sugiero que hable con su dermatólogo, busque otra alternativa para solucionar ese problema.

Querido Lazz,
Mi novia me dijo que me pongo el maquillaje de manera equivocada. ¿Existe un orden especial para ponerse el maquillaje? *Bella in Hialeah*

El primer paso que tiene que hacer para aplicar el maquillaje es comenzar con la limpieza e hidratación de la cara. Después coloca la base, la sombra en los párpado, el delineador, la máscara de las pestañas, el rubor y el labial. Algunas personas utilizan un orden en algo diferente, siempre y cuando empiece limpiando e hidratando la cara va a estar bien.

Envíe sus preguntas por correo electrónico a Lazz@55plusmag.us •

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5
LIFE AS
I SEE IT...

Dionne Warwick

BY CINDY VanDUSEN

When you hear the name, Dionne Warwick, many songs come to mind.....
Alfie, That's What Friends Are For, Do You Know the Way to San Jose and
many, many more!

From the day she rocketed to stardom in 1962 with the hit, "Don't Make Me
Over," she has remained in the public eye as a successful recording artist,
an author and a great humanitarian.

She received her first Grammy in 1968 and racked up more than 50 hits on
Billboard's Hot 100 chart. She went on to receive **5 Grammys** throughout her
career. Dionne was the first African American female performer to appear
before the Queen of England. She went on to perform before numerous
kings, queens, presidents and heads of state.

Dionne was a pioneer for the fight against AIDS.
With her song, "That's What Friends Are For," she
raised millions of dollars for AIDS research.
She has devoted many hours to a wide range
of humanitarian causes. She served as
the US Ambassador for Health and
was named a global Ambassador
for the United Nations Food and
Agricultural Organization.

55+ is thrilled to bring you this
interview with this very special
lady...Dionne Warwick.

55+ Our readers will be very
interested to know how you manage
to stay in such great shape. Can you
share your secrets with us?

DW I am so happy to know that people
think I am in good shape....I do have a
few pounds to lose at this time. I guess if
you think I am in good shape now, just wait
until I lose those extra pounds!! I have no
secret to share....I wish I did....



55+ Do you stick to a specific exercise and diet regimen?

DW Diet and exercise are not in my vocabulary... honest. I guess I have good, family genes.

55+ Our readers would love to know what types of music you relax to, sing along with or get up and dance to?

DW I love to listen to Brazilian music mostly, but I love the music of my peers like Smokey Robinson, Gladys Knight, Patti LaBelle, Johnny Mathis, and many more.

55+ Looking back over the many hits you have had, does one song stand out as your favorite?

DW I treat all of my music like I treat my children. They are both my favorites. All of my songs are my favorites.

55+ I know you love Brazil, where you lived for many years and enjoy going there when you need to relax, unwind and just, overall enjoy yourself. Do you still travel there and spend time with friends?

DW Brazil has always been and still is, what I consider to be my "STRESS FREE COUNTRY." I still travel quite frequently to Brazil as I have a great deal of friends there and I feel like it is my second home.

55+ The "We Are the World" project was one of the most exciting events to be experienced by our 55+ readers. How incredible was it to be among all of those talented people creating such an emotional product?

DW I have been asked this question several times and the only answer I can give is that it was one of those times when "you just had to be there...it just cannot be described. It was a wonderful life experience and one that I will never forget!

55+ We are all so familiar with your musical collaboration with Burt Bacharach. He wrote such beautiful but unusual melodies. Were they difficult to learn? Did his wife, Carole Bayer Sager write the lyrics to all of those songs?

DW Burt did write and is still writing wonderful melodies today. The lyrics to the songs we did together were written by Hal David. He and Carole wrote many other wonderful songs together. Burt's melodies were not the easiest to learn, but since they were writing specifically for me, it was



not that difficult for me to learn them.

55+ We know you performed before kings, queens and presidents. What was your most exciting performance among them?

DW Performing for all of the heads of state and heads of countries was very exciting! I cannot pick just one or two as there have been many and each one was a memorable one.

55+ You must get asked this a lot, but who are some of your favorite performers of today?

DW I pretty much listen to my CDs as I feel the music of today is geared more for the youth.

55+ We heard Donald Trump announce on Fox and Friends that you will be appearing on the next Celebrity Apprentice Show. Can you give us more details?

DW I am not at liberty to speak to this question right now, but I hope you all tune in.

55+ Besides your talents as a singer and performer, you have now added “author” to your list of career descriptions. Do you enjoy writing?

DW Yes, I do. I have written my memoir and am very happy with it and hope to write more in the future.

55+ Do you have a special place where you write, or a special time to write?

DW It seems that when I am out on tour, I always end up doing some writing. I wrote most of my memoir while on tour. As far as a special place, I can really write

just about anywhere as long as I am comfortable.

55+ You wrote “My Point of View” in 2003 and now, your second book, “My Life As I See It” is out. If you had to describe your life as you see it in one word, what would it be?

DW In a word...BLESSED...

55+ Ms. Warwick, we want to thank you so much for sharing your feelings with us. Do you have any advice for our 55+ readers?

DW It's been a pleasure sharing with all of your readers...the only advice that I would give to anyone would be for everyone to live and love the life they live!

Thanks for the music...from all of your 55+ fans!

Be sure to look for Dionne's new book, “My Life As I See It.” Now available in all bookstores. •



Photography by David Vance

LA VIDA
COMO YO
LA VEO

Dionne Warwick

POR CINDY VanDUSEN

¡Cuando usted escucha el nombre, Dionne Warwick muchas canciones vienen a la mente...Alfie, Para eso están los amigos, Conoces el camino a San José, y muchas, muchas más!

Desde el día en que el éxito la encontró en el 1962 con el hit “No me lo hagas otra vez” ella se mantuvo en la mira del público como una exitosa, humanitaria y gran artista.

Recibió su primer GRAMMY en 1968 y más de 50 hits fueron primeras en las listas de

Billboard ‘s Hot 100. Recibió 5 Grammys durante su carrera. Dionne fue la primer intérprete afro americana que se presentó ante la Reina de Inglaterra. Luego continuó presentándose ante numerosos Reyes, Reinas, Presidentes y Jefes de Estado.

Dionne es una pionera en la lucha contra el SIDA. Con su canción, “Para eso están los amigos”, recaudó millones de dólares para la investigación del SIDA. Ella dedicó muchas horas a una larga lista de causas humanitarias, Ella fue Embajadora por la Salud de Estados Unidos y fue nombrada Embajadora Mundial para la Organización por la Alimentación y Agricultura de las Naciones Unidas.

55+ se complace en presentarle esta entrevista con esta mujer tan especial...Dionne Warwick...

55+ ¿Nuestros lectores estarán interesados en conocer cómo hace para mantenerse con esa espléndida figura. ¿Nos puede compartir sus secretos?

DW Estoy tan contenta de saber que la gente considera que tengo buena figura ... Debería perder algunos gramos actualmente. Me imagino si ahora piensa que tengo buena figura espere a que pierda esos gramos!!! No tengo secretos que compartir...Le aseguro...



55+ ¿Usted sigue alguna rutina de ejercicios específicos o una dieta especial?

DW Dieta y ejercicio no están en mi vocabulario... honestamente. Imagino que debo tener buenos genes familiares.

55+ ¿A nuestros lectores les encantaría saber qué tipo de música prefiere para relajarse, cantar, despertarse o bailar?

DW Me encanta escuchar música brasileña por lo general, pero amo la música de mis colegas como Smokey Robinson, Gladys Knight, Patti LaBelle, Johnny Mathis, y muchos más.

55+ Mirando para atrás todos los hits que Usted tuvo, ¿alguno de ellos es su favorito?

DW Trato a todas mis canciones como trato a mis hijos. Ellos son todos mis favoritos. Todas mis canciones son mis favoritas.

55+ Sé que le gusta mucho Brasil, donde vivió por muchos años, y disfruta ir allí cuando necesita relajarse, despejarse y sobre todo pasarla bien. ¿Todavía sigue yendo allí a pasar tiempo con los amigos?

DW Brasil fue y aún es lo que considero mi “PAÍS LIBRE DE ESTRÉS”. Frecuentemente viajo allí ya que tengo gran cantidad de amigos y la siento como mi segunda casa.

55+ El proyecto “Nosotros somos el Mundo” fue uno de los eventos más excitante por nuestros lectores. ¿Cómo fue estar creando semejante producto tan emocionante entre tantos talentos?

DW Me han preguntado esto muchas veces y la única respuesta que puedo dar es que fue uno de esos momentos en que solamente “Tienes que solo estar allí”...No se puede describir. Fue una maravillosa experiencia y una que nunca olvidaré!

55+ Nos es muy familiar su contribución musical con Burt Bacharach. Él escribió tanto hermosas como inusuales melodías. ¿Fueron difíciles de aprender? ¿Fue Carole Bayer Sager, su esposa, la que escribió las letras de todas las canciones?

DW Burt escribió y sigue escribiendo hermosas melodías. Las letras de las canciones que hicimos juntos fueron escritas por Hal David. Él y Carole escribieron muchas otras canciones juntos, sus melodías no eran fáciles de aprender, pero como fueron escritas para mí, me fue fácil.



55+ Sabemos que ha realizado interpretaciones ante Reyes, Reinas y Presidentes, ¿Cuál fue la más emocionante?

DW Todas las interpretaciones fueron emocionantes, no puedo elegir una o dos, cada una fue memorable.

55+ Seguramente le preguntaron esto muchas veces, pero quién es su intérprete favorito actualmente?

DW Yo escucho mucho mis CDs dado que siento que la música de nuestros días está dirigida más hacia los jóvenes.

55+ Oímos que Donald Trump anunció en Fox and Friends que Usted estaría apareciendo en el próximo Celebrity Apprentice Show. ¿Nos pudiera dar más detalles?

DW No estoy autorizada a hablar de ello ahora, pero espero que todos sintonicen.

55+ A parte de sus talentos como cantante e intérprete, se le ha agregado “autora” a la lista en la descripción de su carrera. ¿Usted disfruta escribir?

DW Sí, claro. Escribí mis memorias y estoy muy contenta. Espero escribir más en el futuro.

55+ ¿Tiene algún lugar especial donde escribe, o un momento del día?

DW Parece que cuando estoy de gira. Siempre termino escribiendo algo. Escribo la mayor parte de mis memorias de gira. Tanto como en un lugar especial, yo también puedo escribir en cualquier lugar

donde me sienta comfortable.

55+ Escribió “Mi punto de vista” en el 2003 y ahora su Segundo libro, “Mi vida como la veo yo” salió a la venta. Si tiene que describir su vida así como la ve en una palabra, ¿Cuál sería?

DW En una palabra...BENDECIDA...

55+ Sra. Warwick, queremos agradecerle mucho por compartir sus sentimientos con nosotros, ¿Tiene algún consejo para los lectores de 55+?

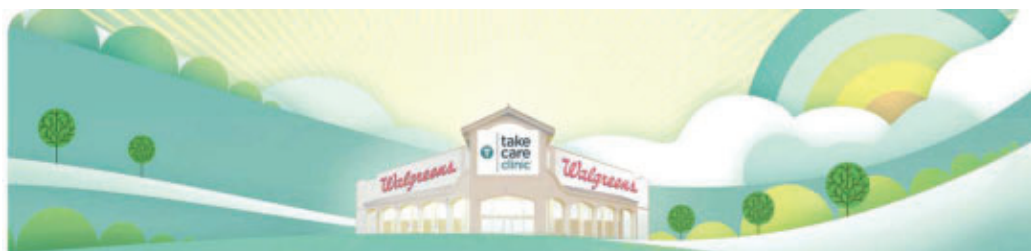
DW Fue un placer compartir con sus lectores...el único consejo que le puedo dar a cualquiera es vivir y amar la vida que ellos viven!

Gracias por la música...de parte de todos sus fans de 55+

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Fotografías por David Vance



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HOSPITALS & HOSPICES

The following is one of the most comprehensive lists of hospitals and hospices available in Southeast Florida

HOSPITALS BROWARD

Atlantic Shores Hospital
4545 N Federal Hwy
Ft Lauderdale
954.771.2711

Broward Gen Medical Ctr
1600 S Andrews Ave
Ft Lauderdale
954.355.4400

Cleveland Clinic Hospital
3100 Weston Rd
Weston
954.689.5000

Coral Springs Medical Center
3000 Coral Hills Dr
Coral Springs
954.344.3000

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

Imperial Point Medical Ctr
6401 N Federal Hwy
Ft Lauderdale
954.776.8500

Kindred Hospital
1516 E Las Olas Blvd
Ft Lauderdale
954.764.8900

Kindred Hospital
1859 Van Buren St
Hollywood
954.920.9000

Memorial Hospital Pembroke
7800 Sheridan St
Pembroke Pines
954.962.9650

Memorial Hospital West
703 N Flamingo Rd
Pembroke Pines
954.436.5000

Memorial Regional Hospital
3501 Johnson St
Hollywood
954.987.2000

Memorial Regional Hospital S.
3600 Washington St
Hollywood
954.966.4500

North Broward Medical Ctr
201 E Sample Rd
Deerfield Beach
954.941.8300

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 Hospital
3487 NW 30th St
Lauderdale Lakes
954.739.6233

University Hospital & Med Ctr
7201 N University Dr
Tamarac
954.721.2200

Westside Regional Med Ctr
8201 W Broward Blvd
Plantation
954.473.6600

MIAMI-DADE

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

Aventura Hospital & Med Ctr
20900 Biscayne Blvd
Aventura
305.682.7000

Baptist Hospital of Miami
8900 N Kendall Dr
Miami
786.596.1960

Cedars Medical Center
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

Douglas Gardens Hospital
5200 NE 2nd Ave
Miami
305.232.5433

HealthSouth Rehabilitation Hospital
20601 Old Cutler Rd
Miami
305.251.3800

Hialeah Hospital
651 E 25th St
Hialeah
305.693.6100

Homestead Hospital
160 NW 13th St
Homestead
786.243.8000

Jackson Memorial Hospital
1611 NW 12th Ave
Miami
305.585.6754

Jackson Memorial Hospital North
14701 NW 27th Ave
Miami
305.585.1111

Jackson South Community
Hospital
9333 SW 152nd St
Miami
305.251.2500

Kendall Regional Medical Center
11750 Bird Rd
Miami
305.223.3000

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

Larkin Community Hospital
7031 SW 62nd Ave
South Miami
305.284.7500

Mercy Hospital
3663 S Miami Ave
Miami
305.854.4400

Mount Sinai Medical Center
4300 Alton Rd
Miami Beach
305.674.2223

North Shore Medical Center
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 3rd St
Miami
305.264.1000

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

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

GUIDE

West Gables Rehabilitation
Hospital
2525 SW 75th Ave
Miami
305.262.6800

Westchester General Hospital
2500 SW 75th Ave
Miami
305.264.5252

PALM BEACH

Martin Memorial Hospital South
2100 SE Salerno Road
Stuart
772.223.2300

Martin Memorial Medical Center
200 Hospital Ave
Stuart
772.287.5200

SandyPines Hospital
11301 SE Tequesta Terrace
Tequesta
561.744.0211

Fishermen's Hospital
3301 Overseas Highway
Marathon
305.743.5533

Lower Keys Medical Center
5900 College Rd
Key West
305.294.5531

Mariners Hospital
91500 Overseas Highway
Tavernier
305.434.3000

Bethesda Memorial Hospital
2815 S Seacrest Blvd
Boynton Bch
561.737.7733

Boca Raton Community Hospital
800 Meadows Rd
Boca Raton
561.395.7100

Columbia Hospital
2201 45th St
West Palm Beach
561.842.6141

Delray Medical Center
5352 Linton Blvd
Delray Beach
561.498.4440

Lakeside Medical Center
39200 Hooker Hwy
Belle Glade
561.996.6571

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

JFK Medical Center
5301 S Congress Ave
Atlantis
561.965.7300

Jupiter Medical Center
1210 S Old Dixie Hwy
Jupiter
561.747.2234

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

Palms West Hospital
13001 Southern Blvd
Loxahatchee
561.798.3300

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

VA Medical Center
7305 N Military Trail
West Palm Beach
561.422.8262

Wellington Reg Medical Ctr
10101 Forest Hill Blvd
Wellington
561.798.8500

West Boca Medical Center
21644 State Road 7
Boca Raton
561.488.8000

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

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

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

HOSPICES BROWARD

Hospice by the Sea Care Center
3600 Washington St
Hollywood
954.518.2470

Hospice of Gold Coast Home
Health Services
2101 W Commercial Blvd Ste
4500
Ft Lauderdale
954.785.2990

HospiceCare of SE Florida Inc.
309 SE 18th St
Ft Lauderdale
954.467.7423

VITAS Innovative Hospice Care
5420 NW 33rd Ave
Ft Lauderdale
954.486.4085

MIAMI-DADE

Catholic Hospice Inc
14875 NW 77th Ave Ste 100
Miami Lakes
305.822.2380

Douglas Gardens Hospice Inc
5200 NE 2nd Ave
Miami
305.762.3883

Hospice Care of South Florida
7270 NW 12th St
Miami
305.591.1606

Odyssey HealthCare
6161 Blue Lagoon Dr Ste 170
Miami
786.388.1400

VITAS Healthcare Corp of Florida
16800 NW 2nd Ave
Ste 400
N Miami Beach
305.654.3718

Hospice of the Florida Keys Inc
119 William St
Key West
305.294.8812

PALM BEACH

Hospice by the Sea Inc.
1531 W Palmetto Dr
Boca Raton
561.395.5031

Hospice of Palm Beach County Inc
5300 East Ave
West Palm Bch
561.848.5200

Vitas Healthcare Corp of FL
1901 S Congress Ave
Boynton Bch
561.364.1479

The Hospice of Martin &
St Lucie Inc
1201 SE Indian St
Stuart
772.403.4500

Hospice of the Treasure Coast Inc
5090 Dunn Rd
Ft Pierce
772.403.4500



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305-931-0618**

**BROWARD
954-965-2925**

**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

ADULT DAY CARE

The following is one of the most comprehensive lists of Adult Day Care facilities in Southeast Florida

BOCA RATON

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

Alzheimer's Day Care – Boca
Raton
300 E Yamato Rd
561.391.6955

Mae Volen Senior Center
1515 W Palmetto Park Rd
561.395.8920

Memory & Wellness Ctr
At FAU
777 Glades Rd
561.297.0503

BOYNTON BEACH

Alzheimer's Day Care –
Boynton Beach
3600 Old Boynton Rd
561.683.2700

Morse Adult Day Center
8500 Jog Rd
561.509.0111

Sunrise Community
4745 NW 7th Ct
561.547.2220

CORAL SPRINGS

Sarah Care of Coral Springs
754 Riverside Dr
954.341.7788

DAVIE

Central West Adult DayCenter
6915 Stirling Rd
954.587.2312

DEERFIELD BEACH

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

DELRAY BEACH

Mae Volen Senior Center
Dementia
850 N Congress Ave
561.395.8920

DORAL

Miami Behavioral Health Center
1905 NW 82nd Ave
305.398.6100

FORT PIERCE

Alzheimer's Day Care – Ft Pierce
2900 S Jenkins Rd
772.466.3261

Council on Aging Adult Day Care
Center
1505 Orange Ave
772.465.5220

FT LAUDERDALE

Noble A McArtor Adult Day Care
Center
1480 SW 9th Ave
954.64.5055

Northwest Federated Woman's
Club
2185 NW 19th St
954.714.3500

GREENACRES

Alzheimer's Day Care –
Greenacres
2164 Jog Rd
561.683.2700

HALLANDALE

Chai Seniors
788 E Hallandale Beach Blvd
954.458.1968

Memorial Adult Day Care Center
1750 E Hallandale Beach Blvd
954.457.0505

HIALEAH

Easter Seals Therapeutic Day
Care
489 Hialeah Dr Ste 7
305.887.7370

Happy Times Adult Day Care
Center
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 – Hialeah Adult
Day Care
4410 W 16th Ave, Ste 28-C
305.858.0887

United Help Community Services
4160 W 12th Ave
305.822.5956

William Lehman ADC Center
7605 W 10th Ave
305.557.8138

HIALEAH GARDENS

Xclusive Senior Daycare Center
12975 W Okeechobee Rd
305.820.0805

HOLLYWOOD

Joseph Meyherhof Senior Center
3081 Taft St
954.966.9805

HOMESTEAD

Golden Age Adult Day Care
Center
28951 S Dixie Hwy
305.248.6200

Homestead Adult Day Care Center
653 SW 4th St
305.242.7676

Homestead Behavioral Clinic
654 NE 9th Pl
305.248.3488

LAKE WORTH

Alzheimer's Day Center – Lake
Worth
1615 Lake Ave
561.585.7781

LAUDERDALE LAKES

Lauderdale Lakes
Alzheimer Day Care Center
4320 NW 36th St
954.535.2800

MARGATE

Northwest Focal Point Senior
Center
6009 NW 10th St
954.973.0300

MIAMI

Centro Axis
6840 SW 40th St
305.668.0634

Community Adult Day Care
7944 SW 8th St
305.269.6845

Community Adult Day Care
8346 SW 8th St
305.266.9620

Easter Seals Therapeutic Day
Care
1475 NW 14th Ave
305.325.0470

Edison Little River Adult Day
Care Ctr
150 NW 79th St
305.751.4342

Family Adult Day Care, The
6429 SW 8th St
786.478.6222

Florida Pace Centers
5200 NE 2nd Ave
305.795.8410

Gelber Adult Day Care
11025 SW 84th St
305.270.2979

Joy of Life Adult Day Care
15190 SW 136th St Ste 6
786.293.3310

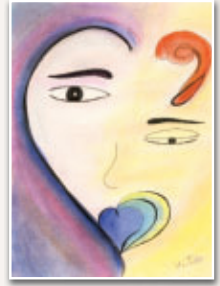
LHANC of Dade – Mildred Pepper
10000 SW 56th St
305.858.0887

LHANC of Dade – Rafael
Villaverde
700 SW 8th St
305.858.0887

Maggie's Adult Day Care
7930 SW 11th St
305.266.6762

Montverde Adult Day
Activity Center
11865 SW 26th St
Ste G-5
305.485.9141

FACILITY GUIDE



Nona's Adult Care
8870 SW 40th St Ste 4
305.207.1290

North Dade Adult Day Care
60 NE 166th St
305.940.0075

Roseland Adult Daycare
7392 SW 40th St
786.388.7673

San Judas Tadeo Community
Adult Day Care Center
15628 SW 72nd St
305.408.0077

Santo's Adult Day Care
2620 SW 137th Ave
786.271.0050

Santovenia Adult Day Care
13359 SW 42nd St
305.227.9500

Senior Care Options
9801A NW 7th Ave
305.756.3458

South Dade Adult Day Care
Center
19590 Old Cutler Rd
305.255.1433

Sunrise Community
13788 SW 8th St
305.228.4001

United Adult Day Care
9734 SW 24th St, Ste 100
305.225.0974

West Dade Adult Day Care
Center
6950 N Waterway Dr
305.267.6372

MIAMI BEACH

Miami Beach Senior Center &
Day Care
610 Espanola Way
305.673.6060

N MIAMI

Villa Maria Adult Day Care Center
20855 NW 9th Ct
305.651.0034

N PALM BEACH

New Day Adult Day Center
301 Ebbtide Dr
561.844.0012

PAHOKEE

Alzheimer's Day Care – Pahokee
470 E 1st St
561.924.7283

PALM BEACH GARDENS

Alzheimer's Day Care – Palm
Beach Gardens
4075 Holly Dr
561.630.4724

North County Senior Center
5217 Northlake Blvd
561.627.6488

PEMBROKE PINES

Southwest Focal Point
Senior Center
301 NW 103rd Ave
954.450.6888

POMPAÑO BEACH

St Elizabeth Adult Day Center
801 NE 33rd St
954.781.0461

Tender Loving Care Adult
Day Health Center
155 S Pompano Pkwy
954.917.8099

PORT ST LUCIE

Council on Aging Adult
Day Care Center
2501 SW Bayshore Blvd
772.336.8608

RIVIERA BEACH

Alzheimer's Community Care
2600 Avenue H
561.683.2700

SEBASTIAN

Senior Resource Association
815 Davis St
772.388.1787

STUART

Alzheimer's Day Care –
North Stuart
2200 NW Federal Hwy
561.683.2700

Alzheimer's Day Care – Stuart
3110 SE Aster Ln
772.220.2773

Day Respite Center Hospice
1201 SE Indian St
772.403.4500

Egret Pond
1760 SE Salerno Rd
772.288.1288

Gene C Rifkin Adult Day Care
Center
1071 E 10th St
772.223.7800

Hospice of Martin & St Lucie
1201 SE Indian St
772.403.4525

SUNRISE

Kurt & Alice Walter Adult Day
Care Center & Alzheimer's
5000 Nob Hill Rd
954.742.2299

VERO BEACH

Senior Resource Association
704 14th St
561.569.0760

W PALM BEACH

Alzheimer's Day Care –
West Palm Beach
800 Northpointe Pkwy, Ste 101-B
561.683.2700

Kramer Senior Services Agency
4847 Fred Gladstone Dr
561.687.5790

WILTON MANORS

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

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305-931-0618

BROWARD
954-965-2925

PALM BEACH
561-329-4337

SE HABLA ESPAÑOL

NURSING / REHABILITATION

The following is one of the most comprehensive lists of skilled nursing and rehabilitation facilities

AVENTURA

Classic Residence by Hyatt in Aventura
19333 W Country Club Dr
305.692.4700

Palm Garden of Aventura
21251 E Dixie Hwy
305.935.4827

Regents Park at Aventura
18905 NE 25th Ave
305.932.6360

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 & Rehab Center
7225 Boca Del Mar Dr
561.362.9644

ManorCare Health Services
375 NW 51st St
561.997.8111

Menorah House
9945 Central Park Blvd
561.483.0498

Regents Park Nursing & Rehab Center
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 at St Andrews
6152 Verde Trl N
561.487.5200

Willowbrooke Ct at Edgewater Pt Estates
23305 Blue Water Cir
561.368.5600

BOYNTON BEACH

Barrington Terrace of Boynton Beach
1425 S Congress Ave
561.369.7919

Boulevard Rehabilitation
2839 S. Seacrest Blvd.
561.732.2464

Boynton Beach Nursing & Rehab Center
9600 Lawrence Rd
561.740.4100

Boynton Health Care Center
7900 Venture Center Way
561.736.6000

Heartland Health Care
Ctr Boynton Beach
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

Dania Beach Cross Pointe Care Center
440 Phippen Waiters Rd
954.927.0508

DEERFIELD BEACH

Deerfield Beach Health & Rehabilitation Center
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
561.454.1136

Lakeview Care Center
5430 Linton Blvd
561.495.3188

Liberty Inn
5858 Heritage Park Way
561.499.2500

ManorCare Health Services
16200 Jog Rd
561.638.0000

FORT PIERCE

Abbiejean Russell Care Center
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 Center
1330 S Andrews Ave
954.524.5587

Fort Lauderdale Health & Rehab Center
2000 E Commercial Blvd
954.771.2300

Harbor Beach Nursing & Rehab Center
1615 S Miami Rd
954.523.5673

Manor Oaks Nursing & Rehab Center
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 Rehabilitation Center
1200 N 35th Ave
954.981.5511

HOMESTEAD

Homestead Manor
1330 NW 1st Ave
305.248.0271

Signature Healthcare of Brookwood Gardens
1990 S Canal Dr
305.246.1200

JUNO BEACH

Waterford Health Care Center
601 Universe Blvd
561.627.3800

JUPITER

Courtyard Gardens Rehabilitation Center
17781 Thelma Ave
561.746.2998

Jupiter Medical Center Pavilion
1230 S Old Dixie Hwy
561.744.4444

KENDALL

Heartland Health Care Ctr - Kendall
9400 SW 137th Ave
305.385.8290

KEY WEST

Key West Health & Rehab Center
5860 W Jr College Rd
305.296.2459

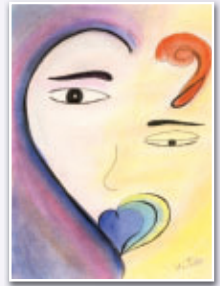
LAKE PARK

North Lake Rehab & Health Center
750 Bayberry Dr
561.881.8144

LAKE WORTH

American-Finnish Nursing Home
1800 South Dr
561.588.4333

CENTERS GUIDE



Avante at Lake Worth
2501 North A St
561.585.9301

Crossings
4445 Pine Forest Dr
561.965.5954

Medicana Nursing & Rehab
Center
1710 Lake Worth Rd
561.582.5331

Oasis Health & Rehab Center
1201 12th Ave S
561.586.7404

Signature Healthcare of Palm
Beach
4405 Lakewood Rd
561.969.1400

Terraces of Lake Worth
1711 6th Ave S
561.586.0808

LANTANA

Classic Res by Hyatt at Lakeside
Village
2792 Donnelly Dr
561.963.2100

Hamlin Place
2180 Hypoluxo Rd
561.582.6711

LAUDERDALE LAKES

Palms Rehab & Nursing Center
3370 NW 47th Ter
954.733.0655

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

LAUDERHILL

Heartland Health Care Ctr –
Lauderhill
2599 NW 55th Ave
954.485.8873

Life Care Center at Inverrary
4300 Rock Island Rd
954.485.6144

MARGATE

Margate Health Care Center
5951 Colonial Dr
954.979.6401

MIAMI

Coral Gables Nursing & Rehab
Center
7060 SW 8th St
305.261.1363

Coral Reef Nursing & Rehab Center
9869 SW 152nd St
305.255.3220

East Ridge Retirement Village
19301 SW 87th Ave
305.238.2623

Florida Club Care Center
220 Sierra Dr
305.653.8427

Floriean Nursing Home
47 NW 32nd Pl
305.649.2911

Franco Nursing & Rehab Center
800 NW 95th St
305.836.1550

Gramercy Park Nursing Center
17475 S Dixie Hwy
305.255.1045

Harmony Health Center
9820 N Kendall Dr
305.271.6311

Hialeah Shores Nursing & Rehab
Center
8785 NW 32nd Ave
305.691.5711

Jackson Memorial Long Term
Care Center
2500 NW 22nd Ave
786.466.3000

Jackson Memorial Perdue Medi-
cal Center
19590 Old Cutler Rd
786.466.3500

Jackson Plaza Nursing & Rehab
Center
1861 NW 8th Ave
305.347.3380

Miami Gardens Care Centre
190 NE 191st St
305.651.9690

Miami Jewish Home & Hospital
5200 NE 2nd Ave
305.751.8626

Miami Shores Nursing & Rehab
Center
9380 NW 7th Ave
305.759.8711

Nursing Center at Mercy
3671 S Miami Ave
305.854.1110

Palace Nursing & Rehab Center
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 & Rehab
Center
335 SW 12th Ave
305.545.6695

Riverside Care Center
899 NW 4th St
305.326.1236

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

St Anne's Nursing Center
11855 Quail Roost Dr
305.252.4000

Unity Health & Rehab Center
1404 NW 22nd St
305.325.1050

Victoria Nursing & Rehab Center
955 NW 3rd St
305.548.4020

West Gables Healthcare Center
2525 SW 75th Ave
305.265.9391

MIAMI BEACH

Hebrew Home of South Beach
320 Collins Ave
305.672.6464

Oceanside Extended Care
Center
550 9th St
305.531.3321

South Pointe Plaza Rehab &
Nursing Ctr
42 Collins Ave
305.672.1771

MIAMI SPRINGS

Fair Havens Center
201 Curtiss Pkwy
305.887.1565

N BAY VILLAGE

Treasure Isle Care Center
1735 N Treasure Dr
305.865.2383

N MIAMI

Arch Plaza Nursing & Rehab
Center
12505 NE 16th Ave
305.891.1710

Berkshire Manor
1255 NE 135th St
305.891.6850

Claridge House Nursing & Rehab
Center
13900 NE 3rd Ct
305.893.2288

Fountainhead Care Center
390 NE 135th St
305.895.4804

Pinecrest Convalescent Center
13650 NE 3rd Ct
305.893.1170

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NURSING / REHABILITATION CENTERS GUIDE

The following is one of the most comprehensive lists of skilled nursing and rehabilitation facilities

Villa Maria Nursing Center
1050 NE 125th St
305.891.8850

N MIAMI BEACH

Aventura Plaza Rehab
& Nursing Center
1800 NE 168th St
305.947.3445

Hampton Court Nursing
& Rehab Center
16100 NW 2nd Ave
305.354.8800

North Beach Rehab Center
2201 NE 170th St
305.945.1401

Watercrest Care Center
16650 W Dixie Hwy
305.945.7447

PAHOKEE

Glades Health Care Center
230 S Barfield Hwy
561.924.5561

PALM BEACH GARDENS

Chatsworth at PGA National
347 Hiatt Dr
561.227.3200

Gardens Court
3803 PGA Blvd
561.626.1125

Heartland Health Care 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
Center
2505 SW Martin Hwy
772.288.0060

Water's Edge Extended Care
1500 SW Capri St
772.223.5863

PEMBROKE PINES

Alexander Nininger Veterans
Nrsng Home
8401 W Cypress Dr
954.985.4824

Memorial Manor
777 S Douglas Rd
954.276.6200

PLANTATION

Covenant Village Care Center
9211 W Broward Blvd
954.472.2860

ManorCare Health Services
6931 W Sunrise Blvd
954.583.6200

Plantation Nursing & Rehab
Center
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 Center
830 Lakeside Ctr
954.783.4001

Seaview Nursing & Rehab
Center
2401 NE 2nd St
954.943.5100

PORT ST LUCIE

Brighton Gardens of Port St
Lucie
1699 SE Lyngate Dr
772.335.9990

Emerald Health Care Center
1655 SE Walton Rd
772.337.1333

Life Care Center of Port St Lucie
3720 SE Jennings Rd
772.398.8080

Palm Garden of Port St Lucie
1751 SE Hillmoor Dr
772.335.8844

Port St Lucie Nursing &
Restorative
7300 Oleander Ave
772.466.4100

Tiffany Hall Nursing & Rehab
Center
1800 SE Hillmoor Dr
772.337.3565

ROYAL PALM BEACH

Royal Manor
600 Business Pkwy
561.798.3700

STUART

Martin Nursing & Restorative
Care Ctr
6011 SE Tower Dr
772.223.8777

Parkway Health & Rehab Center
800 SE Central Pkwy
772.287.9912

Salerno Bay Manor
4801 SE Cove Rd
772.286.9440

Stuart Nursing & Restorative
Care Center
1500 Palm Beach Rd
772.283.5887

SUNRISE

Regents Park of Sunrise
9711 W Oakland Park Blvd
954.572.4000

Springtree Rehab & Health Care
Center
4251 Springtree Dr
954.572.4251

Sunrise Health & Rehab Center
4800 Nob Hill Rd
954.577.3530

TAMARAC

Heartland of Tamarac
5901 NW 79th Ave
954.722.7001

Tamarac Rehab & Health Center
7901 NW 88th Ave
954.722.9330

TAVERNIER

Plantation Key Convalescent
Center
48 High Point Rd
305.852.3021

W PALM BEACH

Consulate Health Care of West
Palm Beach
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 & Nurs-
ing Center
1200 45th St
561.842.6111

Joseph L Morse Geriatric Center
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 Services
2300 Village Blvd
561.478.1800

Palm Garden of West Palm
Beach
300 Executive Center Dr
561.471.5566

Rehab Center of the Palm
Beaches
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
Center
6414 13th Rd S
561.478.9900

WILTON MANORS

Wilton Manors Health & Rehab
Center
2675 N Andrews Ave
954.563.5711

SERVICES:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aide
- Medical Social Worker
- Dietician

SPECIALTY PROGRAMS:

- In-Home Telemonitoring
- Cardiopulmonary Rehabilitation
- Low Vision
- Advanced Wound
- Behavioral Health
- Infrared Therapy
- Nutrition Therapy



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(772) 323-2133

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ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

AVENTURA

Imperial Club
2751 NE 183rd St
305.935.1801

230

Sterling Aventura
2777 NE 183rd St
305.918.0000

168

BOCA RATON

A New Beginning
Assisted Living
105 NE 1st Ave
561.369.2891

6

Brighton Gardens of Boca
Raton
6347 Via DE Sonrisa Del Sur
561.392.2772

155

Oakbridge Terrace Assisted
Living Rés
23305 Blue Water Cir
561.368.5600

51

Oakbridge Terrace Assisted
Living Rés
6051 S Verde Trl
561.487.6200

40

Whitehall Boca Raton
7300 Del Prado S
561.392.3000

18

BOYNTON BEACH

Barrington Terrace of
Boynton Beach
1425 S Congress Ave
561.369.7979

125

Boynton Beach Assisted
Living Facility
1708 NE 4th St
561.737.6465

118

Boynton Village
1935 S Federal Hwy
561.736.2424

127

Doreen's Assisted Living
Home
3045 S Seacrest Blvd
561.364.7056

6

Emeritus at Boynton Beach
8220 Jog Rd
561.733.3200

160

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
Home
1120 N Federal Hwy
561.737.5887

30

Simpson Adult Care Facility
1641 NW 5th St
561.355.3851

10

Tyval Assisted Living Facility
3526 Geneva Ave
561.433.3924

6

COCONUT CREEK

Havencrest Assisted Living
Facility II
4244 NW 51st St
954.360.0680

6

Havencrest Assisted Living
Facility III
4471 Coconut Creek Blvd
954.971.4289

6

Paradise Villa Retirement
Home VI
4130 NW 22nd St
954.970.3193

6

Pat-Bran Senior Care
5030 NW 44th Ave
954.421.9115

6

Royal Living at Coconut Creek
3420 NW 71st St
954.600.6935

6

COOPER CITY

Nightingale
9990 NW 41st St
954.435.7443

12

CORAL GABLES
Gables Manor Independent
1535 Venetia Ave
305.265.8548

6

CORAL SPRINGS

A&L Health Care II
8280 NW 14th St
954.345.7481

6

A&L Health
11764 NW 30th St
954.757.6529

6

Alpha & Omega Home Care
10132 NW 23rd St
954.510.7153

6

Alternative Care III
1763 NW 85th Dr
954.509.9983

6

Binda Assisted Living
5544 NW 106th Dr
954.341.3082

6

Bright Horizons of Coral Springs
8664 NW 1st St
954.340.4795

6

Bright Horizons of Greenwood
9565 NW 27th St
954.340.3045

6

Bright Horizons of North
Spring
7506 NW 42nd St
954.255.1811

6

Bright Horizons of Ramblewood
8630 Ramblewood Dr
954.796.6084

6

Comfort Springs Home Care
1326 NW 113th Terr
954.255.6773

6

Coral Springs County Club
for Seniors
2903 NW 115th Ter
954.757.9446

6

Coral Stone Retirement
Facility
8666 NW 47th Dr
954.755.8459

6

Paradise Villa Retirement
Home III
4275 NW 67th Way
954.755.0071

6

Sunshine Assisted Living
6513 NW 55th St
954.255.5588

6

Superior Care
11412 NW 1st Pl
954.345.6511

6

Unique Assisted Living
8510 NW 38th St
954.575.8585

6

CUTLER BAY

Bel-View ALF
19768 Bel-Aire Dr
786.306.9441

6

CUTLER RIDGE

Bertha Elderly Care II
10411 SW 198th St
305.259.9242

6

Ifa Lola ALF
12230 SW 220th St
786.308.9915

6

Rick & Dauvy ALF
23120 SW 124th Ave
786.970.2048

6

DANIA BEACH
Billmar Gardens
Retirement Home
380 S Federal Hwy
954.921.6577

26

Eden Inn Assisted Living
Facility
4064 SW 51st St
954.581.2240

8

Hammond House of Dania
357 SW 6th St
954.981.8847

6

Willow Manor Retirement Home
150 Stirling Rd
954.920.1988

165

DEERFIELD
Forum at Deer Creek
3001 Deer Creek Country
Club Blvd
954.698.6292

65

Horizon Club
1216 S. Military Trl
954.481.2304

68

Keval Esquisite Care II
323 SW 45th Ave
954.725.9572

6

Living Legends Retirement
Center
4001 Hillsboro Blvd
954.426.9700

100

Peace Heaven
1433 SW 1 Ter
954.354.0561

6

Renaissance
1050 SW 24th Ave
954.360.7667

120

Emeritus at Deer Creek
2403 W Hillsboro Blvd
954.426.3800

145

DELRAY BEACH
Abbey Delray Health Center
2000 Lowson Blvd
561.454.2000

14

Arden Courts ManorCare
Health Services
16150 Jog Rd
561.498.5552

56

Villa of Kings & Queens Of
Delray
13415 Barwick Rd
561.450.8551

5

FORT LAUDERDALE
Adoring Ranches
14450 Stirling Rd
954.680.2293

6

Annie's Retirement Home
1659 NE 62nd St
954.772.6551

9

Bayview Retirement Home
2625 NE 13th Ct
954.564.3100

12

Broward House
417 SE 18th Ct
954.552.4749

60

Caring Hands Retirement
Residence
7438 NW 47th Pl
954.578.3635

6

Caring Place
2953 NW 47th Pl
954.583.0702

6

EJL Assisted Living
1701 SW 47th Ave
954.625.2266

6

Fort Lauderdale
Retirement Home
420 SE 12th Ct
954.524.3312

81

Garden of Health
1910 NE 56th St
954.958.9757

7

Golden Sands Retirement
Home
809 NE 20th Ave
954.524.6054

14

Jenkins Harmony Home
2640 NW 16th Ct
954.485.0891

7

Kelly's Assisted Living
Facility
1441 NW 20th St
954.524.2867

33

Kings Manor
261 SW 38th Terr
954.306.3885

13

Lake View Retirement
Residence
2304 NW 52nd Ct
954.714.0064

24

Leland Palms
12981 SE 52nd St
954.252.8711

8

New River Villas
408 SE 7th Ave
954.462.4445

35

Ocean View Retirement Home
3091 NW 43rd St
954.777.5167

32

Paradise Villa Retirement
Home II
2560 NW 83rd Ave
954.749.0538

6

Pine Island Seniors Living
8620 NW 54th St
954.572.8580

6

Ranmar Gardens
1454 NE 56th St
954.491.7396

9

Royal Palm Senior
Residence
5121 NE 19th Ave
954.491.4041

34

Sunshine Senior
Assisted Living
4580 SW 33rd Ave
954.983.5157

14

Tara's Home
551 E Evanston Cir
954.791.5220

6

Towers Retirement Home
824 SE 2nd St
954.463.4973

80

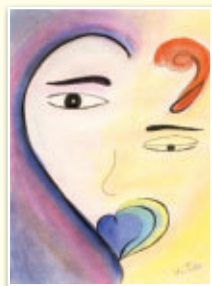
Tropical Heaven
460 NW 40th Ct
954.937.5541

25

Villa Rio Vista
1115 SE 6th Terr
954.763.1044

50

GUIDE



West Vista Del Lago 1077 Waterside Cir 954.762.6881	6	Seaside Retirement Resort 2091 S. Ocean Dr 954.457.0100	94	Casa Sol 441 E 35th St 305.693.3111	6	Julia Home Health Care 3890 E 10th Ave 305.696.8500	6
Willow Wood 2855 W Commercial Blvd 954.739.4200	110	HIALEAH A1A Care Center 641 W 33rd St 305.825.4600	6	Christian Home 34 W 14th St 305.888.6356	6	Kathy Loving Facility ALF I 7715 W 10th Ave 305.819.8989	6
FORT PIERCE Academy Assisted Living Facility 1225 Soltman Ave 772.460.1211	20	Abuelitos Residence Home 7855 NW 185th St 305.558.6777	8	Cira Home Care 870 NE 5th St 305.888.2068	6	La Rosa Assisted Living Facility 7865 W 5th Ct 305.819.9739	6
Aurora of the Treasure Coast 6609 N US Highway 1 772.460.0809	16	Achoy Home Care 3635 W 13th Ave 305.820.0671	6	Crossroads Assisted Living Center 7960 NW 181st St 305.316.9491	6	Las Brisas Home Care 7401 W 34th Ln 305.819.9739	6
Bayamo Assisted Living 1199 SW Bayamo Ave 772.873.2903	6	Adam Home 158 W 8th St 305.884.1961	19	Daniella's Care Center 4325 E 9th Ln 305.681.2780	6	Lazarro Loving Home 390 SW 8th Ave 305.888.4359	6
Beachland Retirement Home 462 Hernando St 772.460.8007	8	Ailin Living Facility 7005 W 16th Ave 305.819.1597	6	Darla Home Care 3167 W 77th Pl 305.512.7529	6	Loving Place 25 W 26th St 305.884.4002	12
Broadmoor Assisted Living 200 Dixieland Dr 772.468.7235	55	Alpha & Omega Facility 410 E 24th St 305.691.6335	48	Davisito's 6524 NW 197th Ln 305.624.1995	6	Luz Home for the Elderly 810 W 74th St 305.818.2082	6
Candi's Echo Street Retreat 910 Echo St 772.466.9747	6	American Life Adult Care Center 8849 NW 169th Ter 305.303.2980	6	Dulce Hogar 423 W 12th Pl 305.887.9780	6	M&M Comprehensive 280 W 56th St 305.362.9151	6
Center for Independent Living 4700 Buchanan Dr 772.460.2108	6	Amigos 5701 NW 110th St 305.819.4626	6	El Viso Care 756 W 53rd St 305.822.6402	6	Maggys Home Care 8969 NW 152nd Ln 305.826.5773	6
Divine Senior Care 4707 Oleander Ave 772.465.9389	22	Amor y Esperanza Home Care 3224 W 14th Ave 786.663.4392	6	Epworth Village Retirement Community 5300 W 16th Ave 305.556.3500	125	Maria's Sweet Home 5991 W 20th Ln 305.698.2437	6
Friend Assisted Living 1102 Alameda Ave 772.595.9223	6	Angeles Residential 6341 Palm Ave 305.825.0262	6	Family Rest Home 182 W 9th St 305.887.8095	40	Maribel Paradise Home 651 E 49th St 305.582.1647	6
Kalake 308 S 30th St 772.595.5565	6	Angels in Paradise 4636 W 6th Ave 305.818.9666	6	Farah Michele Home 431 W 31st Pl 305.828.5395	6	Marta Home Care 6898 W 29th Ave 786.236.1509	6
Lake Forest Park Retirement Community 2909 S 25th St 772.466.1919	68	Antonia Residence 840 SE 8th Ct 305.883.1960	6	Garden Elderly Care 7450 W 14th Ct 305.827.8696	6	Mary Jo ALF 158 W 10th St 305.644.1797	14
Lynmoore St Lucie Lawnwood 1550 N Lawnwood Cir 772.489.6800	98	Best Age 1240 W 83rd St 305.231.8260	6	Golden Age Adult Center 7355 W 12th Ave 305.824.1046	6	Mary's Home 14158 NW 88th Pl 305.825.7097	6
Royal Care ALF 5081 Dunn Rd 561.464.0728	12	Better Care Home 7599 W 4th Ct 305.820.6530	6	Good Life ALF 7746 NW 201st Ter 786.547.7116	6	Mayra's ALF 4210 W 19th Ave 305.820.8585	6
Seminole Acres/Kanlake II 3562 Seminole Rd 561.467.0181	10	Care & Love Retirement Residence 642 E 21st St 305.885.4978	20	Hetery Home for the Elderly 825 SE 7th Ave 305.889.1166	16	Mi Arcoiris Family Care 431 E 10th St 786.337.6357	6
GREENACRES Arbor Oaks 3400 Jog Rd 561.432.4700	97	Carolina's Care Center 9024 NW 148th St 305.827.3100	6	Hilda Home Care 224 E 42nd St 305.819.8090	6	Mi Hogar 133 E 12th St 305.888.5037	6
Encore Senior Village at Greenacres 4760 Jog Rd 561.434.0434	70	Carolina's Care Center II 7824 NW 165th St 305.827.3100	6	Hogar Cristian La Roca 4183 E 8th Ct 305.953.4056	6	Mi Retiro ALF II 2793 W 72nd St 305.362.5264	6
HALLANDALE Bernadette's ALF 520 NW 2nd Ave 954.454.0826	8	Carolina's Care Center III 8100 W 12th Ave 305.0827.3100	6	Home Sweet Home Care Facility 5341 E 5th Ave 305.953.1649	6	Modelo Health Care Center 3601 W 11th Ave 305.364.7611	21
		Casa Bella Assisted Living Facility 670 W 72nd Pl 305.556.7502	6	Jeannie's Place 4256 W 10th Ave 305.698.9811	5	Morales Sweet Home 670 E 57th St 305.681.3739	6
						Mount Sinai Christian Home 5190 E 8th Ave 305.685.5136	6

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ASSISTED LIVING FACILITY

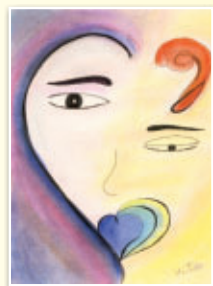
The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

My Family Home 662 W 50 th St 305.362.6649	6	Palm Spring North Manor 7861 NW 175 th St 305.970.8941	6	Seven Elderly Care 6132 W 14 th Ln 305.512.0102	6	HOBE SOUND Pine Grove Manor 9555 SE Federal Hwy 561.546.9142	48	Lakeview ALF 3833 SW 33 rd St 954.967.0690	6
My New Family Home 12748 NW 98 th Ct 305.820.3329	6	Palmetto ALF 6826 W 25 th Ct 305.819.6919	6	South Hialeah Manor 240 E 5 th St 305.887.4965	67	HOLLYWOOD Amazing Care 2620 N 52 Ave 954.987.1235	6	Leoray ALF 101 Thomas Rd 954.559.9307	6
New Home Senior Care 73 E 47 th St 305.826.4343	6	Palmetto Senior Care 3157 W 78 th Pl 305.934.8770	6	St DB&Y Home for the Elderly 8715 NW 153 rd Terr 305.828.2003	6	Amazing Care II 6270 Atlanta St 954.963.2125	6	Lifestyle Living II 833 N Rainbow Dr 954.894.7958	6
New Horizon Manor 7968 W 14 th Ct 305.970.8812	6	Paradise Adult Center 480 W 66 th St 786.277.9822	6	Sun Village 1350-60 W 31 st St 305.823.8963	29	Azalea Gardens Assisted Living 1701 Mayo St 954.921.5990	35	Lincoln Manor 2144 Lincoln St 954.922.1995	56
New Life Retirement Home 1001 W 50 th Pl 305.557.7825	6	Paradise of Hialeah 592 E 45 th St 305.681.9320	6	Sunshine Adult Center 180 W 13 th St 305.885.2358	19	Buckingham Palace 1845 Garfield St 954.921.1819	14	Malibu Love & Care 6461 Johnson St 954.243.9815	6
New Paradise Home 3297 W 70 th St 305.821.6884	6	Pavilion Gardens 71 W 30 th St 305.884.5613	6	Sunshine Adult Center II 170 W 10 th St 305.885.2358	19	Camelot Court 2233 McKinley St 954.922.0808	8	Meadow Brook Retirement Home 6741 Evans St 954.983.8077	6
New World ALF 8184 W 18 th Ave 305.364.2821	6	Professional Home Care I 435 E 31 st St 305.696.7364	25	Sunshine Home ALF 4264 W 7 th Ln 305.364.0461	6	Exquisite Senior Care 2616 Washington St 954.927.7617	6	Merrimant Manor 1835 Wilson St 954.921.4059	46
Nuevitas Home for the Elderly II 675 E 31 st St 305.696.9392	6	Professional Home Care II 447 E 31 st St 305.696.7364	15	Sweet Paradise Elderly Home 4986 E 9 th Ln 305.953.9691	6	Forever Young 2844 Funston St. 954.927-9110	6	Midtown Manor 2001 Polk St 954.927.2001	105
Nursing Love & Care Facility 1045 W 23 rd St 305.883.1915	19	Professional Home Care III 447 E 26 th St 305.691.2083	26	Tranquil Retreat 7224 W 29 th Wy 305.819.6308	6	Golden Manor ALF I 2003 Fletcher St 954.926.7937	10	New Hope Group Home 6021 Duval St 954.987.3937	10
Oasis Home for the Elderly 33 W 26 th St 305.934.8770	19	Renancer 115 W 5 th St 305.884.0611	22	Two Sisters Home Care II 12335 NW 98 th Ave 305.362.3707	6	Golden Manor ALF II 1510 S 20 th Ave 954.926.7937	6	Newport Home Care 2811 Cleveland St 954.921.0027	6
Our Dream Retirement Home 1630-40 Palm Ave 305.887.4141	42	Renancer Home Care 642-44 SE 4 th Pl 305.885.2545	6	Villa Maria Living Solutions 790 E 18 th St 305.863.0156	6	H Floridian 1831 Plunket St 954.925.8604	31	North Lake Retirement Home 1222 N 16 th Ave 954.922.2643	114
Our Golden Home ALF II 18400 NW 81 st Ct 305.821.5153	6	Rosewood Lakes 14512 Rosewood Rd 305.365.1242	6	Villa Nora ALF 4040 W 10 th Ct 305.827.7996	6	Hammond House 5301 McKinley St 954.981.8847	6	Peninsula 5100 W Hallandale Beach Blvd 954.893.7755	200
Our Loving Mother Elderly Care 1635 W 65 th St 305.557.8100	6	Salmo 23 Elder Care 277 E 4 th St 305.863.9623	24	Villa Nora II 998 W 31 st St 786.942.4420	6	Heart to Heart ALF 2201 N 55 th Ave 954.981.5862	6	Presidential Place 3880 S Circle Dr 954.894.0059	118
Palm Breeze ALF 1045-55 Palm Ave 305.883.8376	61	San Judas Home for Elderly 14602 NW 87 th Ct 305.828.2003	6	Yamile's Home 6135 W 8 th Ave 305.558.8769	6	Hollywood Beach Retirement Home 1722-26 Madison St 954.923.1726	25	Rainbow Place 522 S Rainbow Dr 954.964.8179	6
Palm Gardens Manor I 1232 W 60 th St 305.970.8812	9	San Miguel Home Care 3931 W 8 th Ave 305.558.8769	6	Your Sweet Home 1105 W 69 th Pl 305.827.5442	6	Hollywood Manor Assisted Living 1928 Washington St 954.929.7487	8	Serenity Gardens Retirement Home 6200-10 Cleveland St 954.983.5174	15
Palm Gardens Manor II 1255 W 64 th Ter 305.970.8812	6	Santa Teresita Home Care 538 W 40 th Pl 305.818.6586	6	HIALEAH GARDENS Hialeah Gardens ALF 8905 NW 120 th Ter 305.698.6067	6	Hollywood Paradise Residence 1700 N 47 th Ave 954.624.5824	6	Victorian Manor ALF 1200 N 24 th Ave 954.929.7009	8
Palm Gardens Manor III 5835 W 14 th Ln 305.826.7713	6	SC Home Care 626 E 40 th St 305.696.3966	6	La Orquidea Home Care 10460 NW 129 th St 305.362.6257	6	Irving's Place of Loving Care 4561 SW 36 th St 954.989.0273	6	HOMESTEAD Advance Assisted Living Care Facility 14335 SW 288 th St 786.326.0680	6
Palm Gardens Manor V 5435 W 14 th Ave 305.970.8812	6	Senior Living Home 1084 W 65 th St 305.557.2632	6	Riliz Home 8777 NW 110 th St 305.825.4270	6	Jordan Brooke's Assisted Living 4508 Van Buren St 954.322.4112	6	Alita & John Haran ALF 1532 Flamingo Ct 305.242.5620	6
Palm Gardens Manor VI 1214 W 78 th Ter 305.970.8812	6	Senior's Palace 1760 E 1 st Ave 305.885.7733	34	Two Sisters Home Care III 9143 NW 117 th St 305.817.1138	6				

GUIDE

Angele's ALF 29921 SW 151 st Ave 786.339.9380	6	Palace Gardens 1351 N Krome Ave 305.247.0446	200	KENDALL Abuelas Home Care 4257 SW 154 th Ct 305.227.6682	6	Andre Retirement Manor 5711-21 NW 28 th St 954.485.3244	36
Bright Happy Home 931 NE 17 th Ter 786.282.5317	6	Peace ALF 12451 SW 236 th St 305.742.3446	6	Lourdes ALF 14825 SW 82 nd St 786.229.3431	6	Bethesda ALF 5360 NW 78 th Ave 954.578.1629	6
Campo Alegre ALF 24201 SW 192 nd Ave 305.242.4429	5	Pina & Fuerte Adult Care 14935 SW 297 th St 305.242.0871	6	Villa Josefa 16139 SW 68 th Ter 305.223.3417	6	Brandon House 2731 NW 58 th Ter 954.735.9062	14
Del Real Home Care 13071 SW 260 th Ter 305.257.0041	6	Quality Care ALF 11381 SW 247 th Ter 305.799.2782	6	KEY WEST Bayshore Manor 5200 College Rd 305.294.4966	16	Briarwood Manor 5621-31 NW 28 th St 954.735.8989	39
Diaz Home Care ALF 13481 SW 268 th Ter 305.258.7790	6	Quality ALF 19421 SW 307 St 305.807.8645	6	LAKE PARK Tropical Palm ALF 915 Forresteria Dr 561.667.9656	6	Bridge at Inverrary 4291 Rock Island Rd 954.486.9799	120
Duran Home Care 30575 SW 129 th Ave 305.726.5782	6	San Rafael Home Health 13373 SW 283 rd St 786.470.7927	6	White Palms 9072 Old Dixie Hwy 561.845.1114	12	Devine Living Facility 1142 NW 63 rd Ter 954.584.5897	6
El Viejo Sol ALF 4163 NE 16 th St 305.986.8104	6	Santa Flora ALF 19005 SW 320 th St 305.247.7055	6	LAKE WORTH Avalon of Palm Beach 4905 Lantana Rd 561.641.0126	107	Forest Trace 5500 NW 69 th Ave 954.572.1800	40
Gardens ALF 2835 NE 4 th St 305.230.6789	6	Sara Home Care 29100 SW 172 nd Ave 305.246.4034	16	Finnish-American Rest Home 1800 South Dr 561.588.4333	150	Gena's Retirement Home 2233 NW 56 th Ave 954.733.9614	32
Heaven Assisted Living Facility 30136 SW 148 th Pl 305.245.2290	6	Serenity Adult Home Care Services 15401 SW 277 th St 786.853.8880	6	Nuestra Casa 1906 North A St 561.439.1785	6	Hampton Court ALF 7801 NW 45 th Ct 954.748.9282	6
Homestead Group Home 30671 SW 189 th Ave 305.245.9399	5	Sol Radiante 221 NE 15 th St 305.246.4798	6	Sunrise Adult Care 4102 Cooley Ct 561.967.2287	6	Happy Hearts ALF 5245 NW 73 rd Ter 954.746.1977	6
Homestead Manor 1330 NW 1 st St 305.248.0271	18	Swankridge 122 NW 7 th St 305.248.9662	12	Tropical Garden Villas 428 South F St 561.383.2992	12	Lamerie Home 4225 NW 25 th Pl 954.486.7792	14
Jesus Home Services 28425 SW 131 st Ct 786.355.3611	6	Swankridge II 120 NW 17 th St 305.248.9662	8	Tropical Garden Villas 432 South F St 561.383.2992	12	Lauderhill Family Care Retirement 5821 NW 28 th St 954.777.0038	62
Kayleen & Denis Care 15700 SW 296 th St 305.248.5046	6	Sweet Home of Miami 18640 SW 194 th Ter 305.245.7822	6	LANTANA Atlantis Assisted Living 6026 Old Congress 561.966.3232	70	Loving Care of Lauderhill 5605 NW 27 th Ct 954.733.1840	70
La Edad Dorada 1501 SW 2 ct 305.819.1912	6	Sweet Mansion ALF 16925 SW 300 St 786.486.4902	5	Atria Meridian 3061 Donnelly Dr 561.965.7200	104	Loving Care of Lauderhill II 5640 NW 28 th St 954.733.1840	39
Living Well ALF I 24151 SW 107 th Ave 305.431.2586	6	Vicky's ALF 12438 SW 266 th Ln 305.257.3039	6	Classic Res by Hyatt at Lakeside Village 2792 Donnelly Dr 561.966.4600	60	Park Regency Assisted Living 2801 NW 55 th Ave 954.484.1960	85
Mary's Care Center 30796 SW 189 th Ave 305.498.9171	6	INDIANTOWN Seagull Ranch 9601 Fox Brown Rd 772.597.4004	15	Pleasant Retirement Home 7512 Washington Ave 561.540.8563	10	Potter's House at Cannon Point 5820 NW 27 th Ct 954.746.8584	16
Meadow Wood Homes 25799 SW 122 nd Pl 305.283.5034	6	JENSEN BEACH Emeritus at Jensen Beach 1700 NE Indian River Dr 772.225.1355	100	LAUDERDALE LAKES St Joseph's Residence 3485 NW 30 th St 954.739.1483	80	Rebecca's House 6711 NW 46 th Ct 954.748.8487	6
Merline's Place 28412 SW 133 th Ave 305.274.4326	6	JUPITER Courtyard Gardens of Jupiter 1790 Indiantcreek Dr W 561.743.5966	100	LAUDERHILL Alea's ALF 5304 NW 16 th St 954.731.4863	7	Serenity Garden at Lauderhill 2811 NW 28 th St 954.485.1210	66
Mi Renacer ALF 1305 SE 7 th St 786.295.2913	6	Mangrove Bay 110 Mangrove Bay Way 561.575.3123	60	Special Senior's of Inverrary 7471 NW 35 th Ct 954.746.8550	6	Shalom Manor 2771 NW 58 th Ter 954.485.0901	35
Mother's Golden Years II 29332 SW 143 rd Ct 305.551.3160	5	St Joseph's Assisted Living 350 Bush Rd 561.747.1135	100	Virginia's Country Manor 8140 NW 47 th Ct 954.749.3879	5		
Oasis I 26508 SW 128 Ct 786.709.5155	6						



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561-329-4337**

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ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

LEISURE CITY

MD Adult Living Facility
15735 SW 303rd Ter
305.247.0260

6

LOXAHATCHEE

Hidden Pines ALF
16242 Sycamore Dr E
561.383.8838

6

MARATHON

Heron House
1320 Coco Plum Dr
305.743.4129

16

MARGATE

A&J ALF of Florida
2187 NW 63rd Ave
954.467.3145

6

Andrea's Golden Care ALF
4980 SW 4th St
954.260.5428

5

Coral Plaza Retirement
Residence
5850 Margate Blvd
954.970.0053

120

Cypress Manor ALF
7459 Royal Palm Blvd
954.979.6893

6

Cypress Manor ALF II
1910 NW 77th Ave
954.971.5595

6

Emeritus at Regency
5600 Lakeside Dr N
954.974.6604

47

Gardens at Margate
6700 NW 21st St
954.957.9300

6

House of Tranquility
421 SW 64th Ter
954.979.3433

6

Lorna's Home For the Elderly
5511 SW 10th Ct
954.984.8494

6

Professional Care Facility ALF
5515 SW 8th St
954.968.7676

6

MIAMI

12ource Living Care
1401 NE 176th St
954.447.4192

6

330 Assisted Living
330 SW 22nd Rd
305.285.0119

6

340 Assisted Living
340 SW 22nd Rd
305.858.3878

6

Abuelitas Home
15257 SW 61st St
786.229.1618

6

Abuelitas De Mary
4242 SW 137th Ct
305.222.9305

5

AC Family Home
1879 SW 59th Ave
305.261.2534

6

Acacia's
15295 SW Palmetto Lake Dr
305.251.1344

6

Acelia Tropical Senior Care
21 NW 133rd Pl
786.286.5777

6

Ada ALF
683 NW 122nd Pl
305.226.4283

6

Adela's Sweet Home ALF
12915 SW 21st St
305.551.9394

6

Adult Care of Miami
9833 SW 27th Ter
305.559.8159

6

Ady's Family Home II
1030 SW 71st Ave
305.857.9425

6

Affordable Adult Center
311 SW 71st Ave
786.283.3204

6

Alborada Family Home ALF
5524 SW 5th St
305.261.4976

6

Aldara Home
12810 SW 18th St
786.262.1994

6

Aleman's Family Home Corp
8735 SW 132nd Ct
305.388.6519

6

ALF Family Care
14381 SW 159th Ter
786.293.7955

6

ALF Family Solution
7235 S Water Way Dr
786.488.1636

6

Alice's Home
12795 NW 10th Ln
305.223.6443

6

Aloma Retirement Home
2030 NW 33rd St
305.635.0718

14

Alton Asst Care Living Facili-
ty Home
2090 NW 115th St
305.687.7142

6

Always Loving Family
4394 SW 151st Pl
305.487.9938

6

Ama Home Care
13720 SW 108th St
305.408.3042

6

Amanda's Paradise
6132 SW 129th Ct
305.386.6695

6

Amanecer Home
9010 SW 17th Ter
305.225.8878

6

Amapola ALF
11850 SW 189th St
305.238.9349

6

Amegab Home Care
1145 SW 74th Ct
305.261.3910

6

Amistada 308
8420 SW 2nd St
305.221.2797

6

Amor De Dios
718 NW 132nd Pl
305.485.1225

6

Amor De Jesus
14283 SW 177th St
305.255.7630

6

Amparito's Senior Care
15877 SW 85th Ln
305.793.6226

6

Angel ALF
9605 SW 144th Pl
305.382.2353

6

Angel De Amor
18020 SW 134th Ct
786.573.4487

6

Angel's Age II
13320 SW 71st St
305.408.7287

6

Angeles ALF
10923 SW 5th St
305.559.7130

12

Angeles Senior Care
13751 SW 17th Ter
305.480.5664

6

Angels
9564 SW 58th St
305.596.6917

6

Angels Forever
7201 SW 142nd Ave
305.387.3686

6

Angels Hands
15040 SW 144th Ct
305.234.2437

6

Angels Home
7935 SW 146th Ct
305.385.1138

6

Angels House
12710 SW 43rd Dr
305.207.1614

6

Annie's Palace
935 SW 9th St
305.860.9549

13

Anos Dorados ALF
6400 SW 24th St
305.244.9691

6

Apostolado Home III
13510 SW 79th St
305.387.0453

6

Apostolado Home
11081 SW 63rd Ter
305.279.7614

8

Arcadia Manor
1024-26 SW 19th Ave
305.643.2571

32

Arcadia Manor South
1144 SW 19th Ave
305.643.2193

12

Ashley Gardens
1016 NW 42nd St
305.637.7465

5

Assisted Living Retirement
Homes I
132-34 NW 17th Ct
305.642.8495

14

Assisted Living Retirement
Homes II
2787-89 SW 33rd Ave
305.446-5076

14

Assisted Living Retirement
Homes III
2756-58 SW 25th Ter
305.567.9589

14

Assisted Living Suites
9405 SW 89th St
305.345.6919

6

Aviles Forever Care
9365 SW 36th St
786.210.4840

6

B&B Home Care
20625 SW 114th Pl
305.235.4884

6

B&B Home Care II
17430 SW 118th Pl
305.235.3255

6

B&B Home Care III
11960 SW 172nd St
305.235.9510

6

Baby Boomers Adult Care
Facility
6478 SW 72nd St
305.662.6706

6

Baby Danny ALF
10840 NW 1st Ln
786.290.8387

6

Balbina Home Care
10715 SW 77th Dr
305.271.3295

6

Bay Oaks Home for the Aged
435 NE 34th St
305.573.4337

41

Bel Aire Retirement Home
9955 SW 196th St
305.232.0429

6

Bel-Air ALF
8830 Caribbean Blvd
305.255.8737

6

Bel-Air ALF II
19431 Franjo Rd
305.278.2120

6

Belen Sweet Home ALF
11500 SW 192nd St
305.255.1614

6

Belkis ALF I
3700 SW 147th Pl
305.487.6736

6

Bella Luna Retirement Home
18700 SW 93rd Ct
305.969.7482

6

Bella Luna Retirement
Home II
11511 SW 128th St
786.293.0431

6

Bermudez Senior Care
5301 SW 162nd Pl
305.226.8409

6

Bertha Elderly Care
9760 Memorial Rd
305.278.1351

6

Best Home ALF
13600 SW 75th St
305.385.7223

6

Beth Shalom Home Care
7891 NW 171st St
305.828.9728

6

Better Life ALF
5750 NW 192nd St
305.620.6978

6

Better Living of Miami
11010 SW 42nd Ter
305.551.7700

6

Bird Lakes Facility Care
14279 SW 52nd St
305.553.0192

6

Biscayne Gardens Country
Estate
1074 NW 153rd St
305.681.9762

6

BJ Home Care
2218 SW 26th Ln
305.858.6422

10

Blanco Home Health Care
604-06 NW 25th Ave
305.649.9299

14

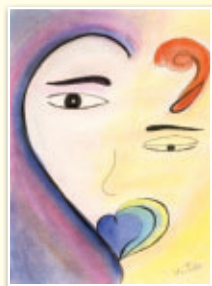
Blessing House
14350 SW 29th St
305.553.3607

6

Blessing House II
4940 SW 116th Ave
305.595.4382

4

GUIDE



Blue Point Home Care 21910 SW 97 th Ct 305.971.5826	6	Caring for you ALF II 5645 SW 2 nd St 305.264.6106	6	Cleria Family Home 4911 SW 132 nd Ave 305.554.5521	6	De' Blanca Home III 4010 SW 107 th Ave 305.551.7721	6
Blue Sky 354 SW 22 nd Rd 305.856.1589	6	Caring for You ALF III 7080 SW 14 th St 305.262.7704	6	Colonial Drive Seniors Residence Care 10220 SW 164 th St 786.277.1226	6	De' Blanca Home IV 125 SW 103 rd Ct 305.228.0018	6
Blue Sky Group Home 11000 SW 142 nd Pl 305.387.4952	6	Caring Hands Assisted Living 12735 N Miami Ave 305.409.6471	6	Colonial North Home Care 5300 SW 104 th Ave 305.273.3349	6	Deerwood Manor 12853 SW 147 th St 305.259.1883	6
Bosan Residence 1754 NW 6 th St 305.649.3492	14	Caring Place ALF 13232 SW 85 th St 305.382.6279	6	Companion Home Corp 1997 SW 17 th Ct 305.856.2933	13	Diana Home Care I 650 SW 60 th Ct 305.260.9625	6
Bosch ALF 3060 NW 13 th Ter 305.637.8109	6	Cary Crist Home Care ALF 1706 SW 136 th Pl 305.553.7491	6	Coral Park Senior Care 9640 SW 10 th Ter 305.207.9191	6	Diana Home Care II 1725 SW 71 th Ct 305.342.6155	6
Breezy Acres Retirement Living 1864 NW 175 th St 305.624.4901	65	Cary's Adult Care 14109 SW 167 th Ter 305.234.0914	6	Coral Sands ALF 7800 Abbott Ave 305.867.3232	30	Diana Home Care III 7231 SW 7 th St 305.498.2369	6
Cachita Adult Care Living Facility 4753 NW 1 st St 305.829.4321	10	Cary's Adult Care II 15765 SW 76 th Ter 786.486.9365	6	Coral Terrace ALF 6744 SW 22 nd St 305.267.0073	44	Doral ALF 9795 NW 27 th Ter 305.629.2908	6
Calle 30 Health Care 7511 SW 36 th St 786.546.5126	6	Casa De Paz ALF 9360 SW 24 th St 305.223.0821	4	Coral Villa Adult Care 2860 SW 122 nd Ave 305.226.9301	6	Dulce Esperanza Home 1679 SW 14 th Ter 305.285.6847	6
Calusa Adult Care I 13871 SW 112 th St 786.493.6220	13	Casa Dulce Corazon 11475 Quail Roost Dr 305.971.8071	6	Coral Villa Adult Care II 14213 SW 100 th Ln 305.380.8084	6	Dulce Hogar 120 NW 26 th Ave 305.631.8872	6
Camacho ALF 1631 SW 14 th St 786.619.7070	6	Casa Herminda Home Care 120 Apache St 786.553.5145	6	Coral Way Senior Care 2451 SW 143 rd Ct 305.551.1439	6	Dulce Hogar II 3601 SW 139 th Ave 786.262.9130	6
Camila's Home Care 224 SW 67 th Ave 305.401.7930	6	Casabel Home Care 2472 SW 113 th Ct 305.554.8627	6	Cordero Residence 4510 SW 106 th Ave 305.559.2530	6	E&A Paradise Home 5925 SW 117 th Ave 305.273.4230	6
Camino De Esperanza 5903 SW 147 th Pl 305.382.2570	6	Cascante Retirement Home 8325 SW 37 th St 305.554.4106	6	Cornell ALF 581-583 Central Blvd 305.269.1931	6	East Gables Retirement Center 3590-92 SW 16 th St 305.223.7574	14
Candid Home Care 7200 SW 131 st Ave 305.382.2923	6	Casita Amor II 2303 SW 62 nd Ct 305.260.3895	6	Corner House 1895 SW 11 th Ter 305.649.2490	16	East Ridge Retirement Village 19301 SW 87 th Ave 305.238.2623	60
Candid Home Care II 14733 SW 113 th Ln 305.382.3487	6	Catholic Senior Living 100 SW 52 nd Ave 786.552.5704	6	Curtis Senior Care 21831 SW 102 nd Ave 305.251.5170	6	Edad De Oro Senior Care 17891 SW 152 nd Ct 305.235.0649	6
Candid Home Care III 10710 SW 148 th Ct 305.382.2923	6	Celena's Senior Care 10601 SW 142 nd Ave 305.408.3236	6	D&E Home Care Facility 6305 SW 59 th Ave 305.668.0586	5	Edelmira ALF 19720 SW 116 th Ave 305.253.0649	6
Candid Home Care IV 8105 SW 136 th Pl 305.382.2923	6	Central Palace Residential 4491 SW 8 th St 305.445.3565	33	Daisy Cuidado De Ancianos 6510 NW 2 nd St 305.262.0728	6	Eden Gardens ALF 12221 W Dixie Hwy 305.893.2634	118
Capricorn Retirement Home 13720 NW 1 st Ave 305.688.4670	6	Century ALF 15900 SW 72 nd Ter 305.752.5306	6	Damabian ALF Center 4065 NW 4 th St 305.643.3095	6	Ellaz Home 12300 SW 31 st St 305.227.7261	6
Carely Home Care 650 SW 65 th Ave 305.265.8945	6	Century ALF II 12710 SW 112 th St 305.387.4904	6	Daniella's Home Care 15971 SW 42 nd Ter 305.226.2820	6	El Paraiso Home 1540 SW 7 th St 305.649.0490	14
Caribbean ALF 9860 Caribbean Blvd 305.971.9667	6	Chefa's Senior Care 1442 SW 145 th Pl 305.225.1490	6	Daylien's Living Facility 2920 SW 12 th St 305.644.9511	6	Eleanor's Retirement Home 12315 NW 23 rd Ave 305.688.0759	6
Caring for You ALF 5210 SW 5 th Ter 305.569.0069	6	Christian Home ALF 9700 NW 29 th Ave 786.202.4971	6	De' Blanca Home 11901 SW 25 th Ter 305.541.3007	6	Elia's Home Care 5600 SW 7 th St 786.287.2359	6
		Classic Residence Senior Living by Hyatt 19333 W Country Club Dr 305.692.4501	25	De' Blanca Home II 2520 SW 102 nd Ave 305.220.8616	6	Elpa Home Care Center 9950 SW 83 rd St 305.962.8752	6

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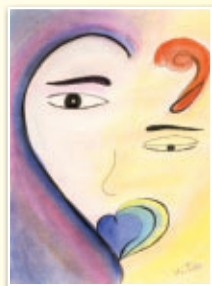
ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

Elsa's House for the Elderly 11700 SW 169 th Ter 305.235.7546	12	Gables Manor Independent I 6355 SW 2 nd St 305.265.9373	6	Grandad Elderly 7520 SW 108 th Ave 305.270.9123	6	Home Away From Home 2660 SW 69 th Ave 305.663.6979	6	J&J Family Home 100 NE 185 Ter 305.653.1344	5
EMU ALF 10241 SW 134 th Ave 305.383.0622	6	Gabriel's Home ALF 11232 SW 7 th St 305.229.9860	12	Granny's Adult Home 1031 NW 39 th Ct 305.642.2888	6	Home Away From Home 1851 SW 142 nd Ave 305.229.1315	6	Jackson North CMHC Serenity Home 480 NW 123 rd St 305.769.0244	6
Esperanza's ALF II 500 62 nd Ave 305.267.1751	6	Garden Hills Retirement Center 10337 SW 159 th Ct 305.510.2004	6	Greenview 1701 SW 87 th Ct 305.229.0543	6	Home for the Angels 9270 SW 42 nd Ter 305.207.4481	6	JC Loving Care 11260 SW 176 th ST 305.255.1178	6
Esther Home Care I 9341 SW 32 nd St 305.485.8870	6	Garden of Hope 11511 SW 83 rd Ter 305.274.2138	6	Guardian Elder Care Services 8318 SW 162 Pl 305.388.1655	6	Home Loving Care 4321 SW 133 rd Ave 305.229.1852	6	Jesus ALF 3144 SW 21 St 305.460.6898	6
Esther Home Care II 13908 SW 26 th Ter 305.221.9614	6	Genesis ALF I 1445 NW 116 th Ter 305.681.9643	6	Guardian Elder Care Services 10930 SW 143 rd Ct 305.387.0969	6	Home of the Heart of Miami 6701 SW 27 th St 305.740.0102	6	Jesus Home 3401 SW 72 nd Ct 305.269.4823	6
Eufemia ALF 3215 SW Village GreenDr 305.227.9633	6	GIL Family Home 15201 SW 29 th St 305.248.0308	6	Happy Face Home Care 3910 NW 23 rd Ct 305.318.6260	6	Home Sweet Home II 20700 SW 122 nd Ave 305.256.0570	6	Jesus of Nazareth Home 2801 SW 37 th Ct 305.445.6869	14
Executive Group Home 10170 Sugarwood Way 305.387.4971	6	Gina's Rehab Center I 2329 NW 33 rd St 305.635.5189	6	Harmony Family Home 9245 SW 208 th Ter 786.242.5577	6	Humble Care ALF 14651 SW 161 st St 305.255.9880	6	JJ Group Home 1150 NW 130 th St 305.688.8516	6
Fairway ALF 15523 SW 105 th Ave 786.285.1474	6	Gina's Rehab Center II 2266 SW 2 nd St 305.642.7446	6	Haven 10601 Caribbean Blvd 305.235.5872	7	IBIS ALF 15088 SW 71 Ln 305.386.0566	6	Jorge's Home 15172 SW 13 th Ter 305.559.5369	6
Fairway Park Retirement Facility 16324 SW 99 th Ct 305.233.4840	6	God is First ALF 11316 SW 246 th Ter 305.508.8412	6	Hazel Cypen Tower 5066 NE 2 nd Ave 305.762.3890	132	Idalmis Residence 3530 SW 12 th St 305.446.5720	6	Joy & Love Rehabilitation ALF 910 NW 58 th St 305.992.4539	6
Family First ALF 15600 SW 143 rd Ave 786.942.0998	6	Golden Age 7811 SW 129 th Ave 786.355.9829	6	Heartland Health Care Center-Kendall 9400 SW 137 th Ave 305.385.8290	54	Ideal Home Care 13841 SW 152 Ct 305.972.4443	6	Joz-Brick Luxury Villas 11901 NW 4 th St 305.221.0605	6
Family House ALF 3011 NW 52 nd St 305.635.5710	6	Golden Era ALF 15680 SW 139 th Ave 305.969.4698	6	Heavenly Home Care of Florida 17321 SW 109 th Ave 305.259.9729	6	Isa Adult Care 7020 SW 107 th Ave 305.598.9610	6	JR Family Care 1110 NW 134 th Ave 305.229.0592	6
Fantasy Family Home 16163 SW 143 rd Ln 786.210.2145	6	Golden Touch Home Care 41 NW 190 th St 786.877.8688	6	Helen M Sawyer Plaza 1150 NW 11 th Street 305.545.3410	101	Isa Adult Home Care 4363 SW 146 th Ave 305.220.0605	6	Jumerolis Home Care 956 SW 143 rd Pl 305.228.8373	6
Feba Living Care 6120 NW 2 nd St 305.269.9279	6	Golden Years for the Elderly 13184 SW 19 th Ter 305.229.7007	6	Helping Hand Assisted Home Care 4406 SW 129 th Ave 305.978.8439	6	Isabel Adult Care I 10701 SW 66 th Ter 305.279.8097	6	Justa Home 13801 SW 46 th Ln 305.696.0248	6
Feliz Amanecer 2117 SW 57 th Ave 305.269.1946	6	Gonzalez & Son's Home Care 4045 SW 9 th Ter 305.443.9944	6	Hermana's Family Home 6524 SW 162 nd Path 305.383.4067	6	Isabel Adult Care II 10300 SW 66 th St 305.598.8394	6	Katia's Loving Home 5130 SW 96 th Ave 786.258.6458	6
Ferreiro Senior Care 15942 SW 61 st Ln 305.910.7105	6	Gonzalez & Son's Home Care II 4290 SW 4 th St 786.317.4752	6	Highlands Home Care 3320 SW 88 th Pl 305.223.1629	6	Isabel Adult Care III 10711 SW 52 nd Ter 305.413.4376	6	Kayla's Place 3122 SW 151 st ct 305.220.6449	6
Forest View Senior Care 13431 SW 178 th St 305.971.3628	6	Good Family Home 6851 SW 79 th Ter 786.268.1039	6	Hogar Cristiano Larga Vida 8601 SW 36 th St 305.223.6420	6	Ive Home 20020 SW 113 th Pl 305.255.7934	6	Kelly ALF 10410 SW 127 th Ave 305.385.7690	6
Fotine's Senior Home 5937 SW 41 st St 305.661.3027	6	Good Time Home Care 8640 SW 185 th St 305.252.9419	6	Hogar De Abuelos 3240 NW 18 th St 305.635.2893	5	Ive Home II 22636 SW 125 th Ave 305.804.3183	6	Kelly Son's Elderly Home Care 16521 SW 144 th Ct 786.573.5253	6
G&G Assisted Care Living Facility 1984 NW 22 nd Pl 305.634.2395	12	Gran Familia 9981 SW 16 th St 305.223.5909	6	Hogar La Tercera Edad 2930 SW 114 th Ave 305.226.0683	6	Iya-Kere ALF 9-11 NW 56 th Ct 786.317.6505	6	Kendall ALF home 4604 SW 144 th Ct 305.559.9559	6
Gables Estates ALF 1881 SW 37 th Ave 305.774.5801	6	Grand Court Lakes 280 Sierra Dr 305.654.5300	110			Izquierdo Home Care I 311 SW 62 nd Ave 305.263.1310	6	Kennet Home 10051 Haitian Dr 786.543.0325	6

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L&B Solution Care 565 NE 137 th St 305.899.8449	6	Lemar Home 320 NW 183 rd St 305.652.8857	6	Lourdes Residence 18111 SW 143 Ct 305.265.0041	6	Machin USA ALF 18111 SW 143 Ct 305.971.6867	6
L&L Assistance Living 43 NW 136 th Pl 305.228.7127	6	Leo Homes 12705 NW 2 nd St 305.554.8161	6	Love & Tenderness 2620 SW 10 th St 305.649.9220	8	Magda's Home 10551 SW 49 th St 305.270.0322	6
La Caridad del Cobre ALF 1310 SW 76 th Ave 305.266.0871	8	Leo May ALF 3666 SW 5 th Ter 305.648.1446	14	Love & Tenderness II 6731 SW 135 th Ave 305.382.6237	6	Maggie's Retirement Home I 7930 SW 11 th St 305.266.6762	24
La Casita Nuestra Home II 14909 SW 22 nd St 305.227.3361	6	Lesende Home Care 2308 SW 10 th St 305.631.1658	6	Love Paradise 9984 SW 19 th St 305.552.8310	6	Maggie's Retirement Home IV 7100 NW 1 st Ter 305.262.2001	14
La Dalia ALF 10121 SW 37 St 305.793.3156	6	Levi's Adult Care II 1017 NW 29 th Ave 305.642.9288	10	Love Village 11060 SW 58 th Ter 305.598.9154	6	Maggie's Retirement Home V 7435 SW 23 rd St 305.265.9797	6
La Edad De Oro Cuidado De Ancianos 9410 SW 52 nd Ter 305.271.9080	6	Lidy's Health Care 15561 SW 8 th Ln 305.228.8965	6	Loving Care Center II 10301 SW 51 st St 305.274.1980	6	Maggie's Retirement Home VI 6890 SW 39 th Ter 305.666.4463	6
La Milagrosa Home 3341 SW 7 th St 305.447.1559	14	Lidy's Health Care II 15678 SW 20 th St 305.223.9611	6	Loving Care Center 9210 SW 56 th St 305.274.1980	6	Magiari Residence 3400 SW 122 nd Ave 305.553.8006	6
La Milagrosa Home II 1820 SW 14 th Ave 305.854.5871	6	Life & Health ALF 12525 SW 34 th St 786.718.9710	6	Loving Care Retirement Services 380 NW South River Dr 305.545.7859	16	Magnet Adult Home 1431 NW 55 th Ter 305.607.5549	6
La Paz Home Care 12986 NW 9 Ter 786.370.6174	6	Life Enhancement 12325 SW 42 nd St 305.553.9124	6	Loving Elderly Care 14898 SW 175 th St 786.294.4281	6	Maidelin ALF 8231 SW 33 rd Ter 305.225.3201	6
La Purisima ALF 100 SW 36 th Ave 305.446.6614	6	Lifetime ALF 822 SW 89 th St 305.225.6547	6	Loving Hands ALF 2291 SW 100 th Ave 305.710.5701	6	Majestic Senior Care ALF 15347 SW 17 th St 786.573.0198	6
La Salud 15525 SW 138 th Ave 305.278.6533	6	Lily Home Care 6321 SW 20 th Ter 305.262.9287	6	Loving Home Enterprises 3640-42 SW 91 st Ave 305.554.4432	6	Majuly's Adult Care 12730 NW 6 th Ln 305.559.4231	6
Lady Regla ALF 11935 SW 40 th St 305.552.5809	6	Little Havana 100 Tamiami Canal Rd 305.262.9250	6	Loving Place II 14871 SW 70 th St 305.408.7260	6	Manos Amigas ALF 5143 SW 157 th Ct 305.262.1031	6
Las Flores Care Center 4960 NW 188 th Ter 305.622.8884	6	Little Havana Retirement Center 820 SW 20 th Ave 305.649.5835	34	Lucia Residence 2400 NW 9 th St 305.541.4327	6	Manuly's Adult Care 12710 NW 8 th Ln 305.228.6963	6
Las Magnolias Retirement Home 2028 NW 5 th St 305.644.9621	13	Lizi Home Care ALF II 4521 SW 135 th Ave 305.223.9761	5	Lucille's Loving Care 17820 NW 22 nd Ave 305.623.0710	14	Marcia Adult Care 5143 SW 157 th Ct 305.485.0478	6
Las Marias ALF 12381 SW 144 Ter 786.444.0514	6	Lizi Home Care ALF 2820 SW 131 st Pl 305.220.7685	6	Lucy Wright Boarding Home 2375 SW 161 st St 305.685.5123	12	Margarita's ALF Home I 1801-03 NW 19 th St 305.326.1308	6
Las Mercedes Boarding Home 3418 SW 23 rd Ter 305.441.0247	39	Lizmary Senior Care 16671 SW 52 nd Ln 305.228.0972	6	Lucy's Home Care 2005 SW 97 th Ave 786.704.3474	6	Margarita's Elderly Care II 14532 SW 38 th Ln 305.220.2740	6
Laura's Elderly Homecare 19500 SW 127 th Ave 305.378.9962	6	Llanes Residence Home 4712 SW 143 rd Ave 305.485.4905	6	Lugar De Amor ALF 403 NW 136 th Pl 305.226.6597	6	Margarita's Elderly Care III 825 NW 18 th Pl 305.528.6482	6
Lawrence's Home Care 2650 NW 15 th Ave 305.860.9613	14	Los Abuelitos Felices 15140 SW 183 rd Ter 305.259.3023	6	Luna 11 3783 SW 97 th Ave 786.718.9710	6	Margreg Facilities 12412 SW 127 th Ter 305.255.8716	6
Lee's Foster Home 9020 NW 12 th Ct 305.693.5102	6	Los Abuelitos Felices II 14743 SW 173 rd Ter 305.254.4098	6	Luz Del Espiritu Santo 14584 SW 174 th St 305.253.0906	6	Margy Homecare 10620 SW 127 th Ave 786.290.4510	6
Lee's Progressive Home Care 80-82 NE 166 th St 305.947.1439	6	Los Tres Milagros 10681 SW 182 nd St 305.234.7246	6	Lydia An's Casa Verde 1420 NE 203 rd St 305.999.9235	6	Mari's Family Home 11340 SW 47 th Ter 305.223.0097	6
				Mablex Home Care 13391 SW 27 th St 305.554.7511	6	Maria Adult Home Care I 8441 SW 129 th Ave 305.388.3017	6

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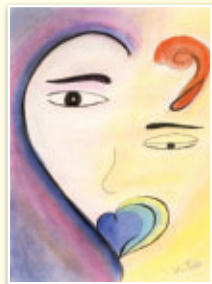
ASSISTED LIVING FACILITY

The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

Maria Adult Home Care II 400 SW 76 th Ct 786.488.1506	6	MD Home Care II 13711 SW 105 St 786.213.4662	6	Miller Heights Home 4930 SW 87 th Ave 305.598.7614	6	Mother's Golden Years III 13621 SW 281 st Ter 305.807.7138	6	New Paradise 2001 SW 80 th Ct 786.388.8747	6
Maria Adult Home Care III 14561 SW 30 th St 305.221.4369	6	Meadow Wood Manor 10162 SW 143 rd Pl 305.283.5034	6	Miller Retirement Home 11265 SW 56 th St 305.412.3633	6	Mount Sinai Home Care 21201 NE 13 th Pl 305.652.8152	6	Noel Senior Care 15937 SW 141 st St 786.223.7423	6
Maria Adult Home Care IV 13111 SW 84 th St 786.488.1506	6	Meadows of Kendall 8820 SW 79 th Ave 305.412-8522	6	Millie Home Care 17810 SW 137 th Ct 305.232.9841	6	Munne Center 17250 SW 137 th Ave 305.259.2828	160	Norita Adult Family Care 11971 SW 118 th St 305.274.9563	6
Maria De La Luz 9073 SW 6 th St 305.207.1240	6	Mercedita's Home Care 2170 SW 20 St 305.857.0314	6	Mily Home Care 17778 SW 145 th Ave 305.229.2656	6	My Bells ALF 2161 SW 24 th St 786.376.2214	6	Nueva Vida 13361 SW 53 rd St 305.228.6139	6
Maria Home Care 14615 SW 288 th St 786.385.5415	6	Merci's Home 4291 SW 9 th Ter 305.443.8294	16	Mimi's ALF 1361 SW 142 nd Ct 305.225.5333	6	My Future Home of Miami 7313 SW 16 th Ter 305.262.1210	6	Nueva Vida I 745 NW 102 nd St 786.444.8788	9
Maria's Home 16131 SW 104 th Ct 305.233.0583	6	Mercy & Michael ALF 3000 SW 23 rd Ter 786.295.5920	14	Mimi's ALF II 10790 SW 43 rd Ter 305.227.5438	6	My Grandfather Home Care 3042 SW 134 th Pl 305.551.7278	6	Nueva Vida II 735 NW 102 nd St 786.444.8788	5
Marilin ALF 7312 SW 16 th St 305.267.9614	6	Merry One ALF 1066 SW 141 st Ct 305.554.7190	6	Minerva Retirement Home 786.388.0852	6	My Home ALF 290 NW 188 th St 305.999.9986	6	O&O Home Care 14950 SW 129 Place Rd 786.486.5850	6
Mariluca I 8411 SW 21 st St 786.587.9060	6	Mery ALF 12200 SW 2 nd St 305.480.6052	6	Minerva RetirementHome II 41 SW 68 th Ave 305.264.4565	6	My Kind Home ALF 1846 SW 22 nd Ter 305.854.0478	6	Oasis Adult Care 15058 SW 63 rd St 305.456.8210	6
Mariluca II 9362 SW 155 th Ave 305.216.7504	6	Mery ALF II 3259 SW 141 st Ave 305.228.9679	6	Miramar Senior Living 14833 SW 24 th St 305.305.1275	6	My New Home ALF 7151 SW 42 nd St 786.488.1636	6	Oasis De Amor ALF 9024 SW 12 th Ter 305.221.3094	6
Marlin Retirement ALF 20610 Marlin Rd 305.519.8517	6	MGR Home 5305 SW 137 th Ct 305.562.0972	6	Miramar Senior Living II 15558 SW 24 th Ter 305.305.1275	6	My Sweet Home 11312 SW 203 rd Ter 305.251.1119	6	Odalys Home 4342 SW 129 th Ave 305.553.8701	6
Martha's Garden ALF 11530 SW 180 th St 305.219.6171	6	Mi Casita ALF 13562 SW 38 th Ln 305.552.9789	6	Miramar Senior Living III 15342 SW 16 th Ter 305.305.1275	6	My Sweet Home II 214 NW 120 th Ave 305.229.0332	6	Olaz Home Care 4124 SW 97 th Ct 305.229.8907	6
Martin Elderly Care Living 901 NW 63 rd St 305.757.4505	6	Mi Esperanza Home Care 11263 SW 35 Ter 305.386.5043	6	Miramar Senior Living IV 14934 SW 32 nd Ter 305.305.1275	6	Natalia ALF 2118 SW 151 st Pl 786.325.4360	6	Old Cutler Retirement Home 21640 Old Cutler Rd 305.232.1411	6
Martin Residences 19940 SW 124 th Ct 305.696.0392	6	Mi Sevilla Home Care 8331 SW 27 th St 305.225.1700	6	Miramar Senior Living V 5722 SW 165 th Ct 305.305.1275	6	Nelly Home Care 8701 SW 20 th Ter 305.228.7273	6	Our Family ALF 153 NW 26 th St 786.597.4695	14
Maruly's Adult Care 311 SW 136 th Ave 305.229.0396	6	Miami Asturias 10854 SW 69 th Dr 786.385.2691	6	Miramar Senior Living VI 15364 SW 10 th St 305.305.1275	6	Nena's ALF Care 15932 SW 101 st Ter 305.387.4691	6	Our Lady of Charity 2927 SW 21 st Ter 305.598.3577	14
Maud's Place 860 NW 186 th Dr 305.652.8442	6	Miami Genesis Elderly Care 3460 SW 137 th Ave 305.220.8725	6	Model Retreat 3135 NW 67 th St 305.696.1627	5	Never Alone Senior Care 11865 SW 185 th St 786.242.1313	6	Our Lady of Fatima 2905 NW 10 th Ave 305.638.3594	13
Maylu Retirement Home 4751 NW 4 th Ter 305.445.0380	14	Miami Lakes ALF 7849 NW 200 th Ter 305.829.6701	6	Molina's Adult Care 9830 SW 12 th St 305.221.1733	6	New Hope ALF 100-102 NW 55 th Ct 305.262.2005	14	Our Lady of Lourdes ALF 14491 SW 153 rd Ter 305.255.6750	6
Mayra R Rondon Inc 856 NW 136 th Ave 305.485.0876	6	Midway Retirement Residence 93 SW 79 th Ct 305.266.1499	12	Mom & Daughter Home Care 9640 SW 161 Pl 305.385.2927	6	New Horizon Home for The Elderly 4781 SW 2 nd Ter 305.443.0210	6	Our Mercy Residence 9441 SW 27 th Dr 305.551.4898	6
Mayra's ALF III 2748-50 NW 16 th Ter 305.637.9379	6	Migdy's Home Care 10465 SW 158 th Pl 305.408.4975	6	Monte Olivo 1745 SW 86 th Ave 305.258.2895	6	New Light Home Care 5970 NW 3 rd St 305.261.0474	6	Our Sweet Home Care ALF 2435 SW 82 nd Ave 305.267.5404	6
MD Home Care 4857 NW 168 th Ter 786.213.4662	6	Milagros De Vida ALF 10762 SW 228 Ter 786.317.0141	6	Mother's Golden Years 5454 SW 145 th Ave 305.551.3160	6	New Millennium Adult Care III 3134-36 SW 26 th St 305.445.4520	11	Oz House of Care 15863 SW 150 th Ter 305.238.9418	6

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Palace at Kendall 11355 SW 84 th St 305.270.7000	368	Prince of Peace Elderly Care Facility 13232 NW 9 th Ln 786.306.2610	6	Residential Home for Adult Care I 1535 NW 25 th Ave 305.633.9106	14	San Cayetano Home 3525 SW 104 th Ct 305.221.7733	6
Pando's Senior Care 3015 NW 4 th St 305.643.0104	6	Puerta De Amor 14551 SW 156 th Ave 786.356.9454	5	Residential Plaza at Blue Lagoon 5617 NW 7 th St 305.267.2227	350	San Juan De Dios 1244 NW 41 st St 305.663.2495	6
Paradise Adult Care 14730 SW 150 th St 305.235.7351	6	R&A Senior Care 15355 SW 171 st St 305.234.6525	6	Reyes Home Care 1111 SW 103 rd Ct 305.485.0627	6	San Judas Home Care 10720 NW 5 th Ave 305.762.4064	6
Paradise Retirement Club 21 SW 75 th Ave 305.264.2051	14	R&M Elderly Care 2400 SW 137 th Ct 305.229.1615	6	Reyes Home Care II 1640 SW 83 rd Ct 305.261.8372	6	San Judas Tadeo ALF 1620 SW 97 th Ave 305.553.3444	6
Paraiso Home of Miami II 9808 SW 147 th Pl 305.380.6905	6	Rafaela's Home ALF 11750 SW 192 nd St 305.234.3568	6	Reyes Senior Care 9830 SW 3 rd St 786.970.6183	6	San Judas ALF 8275 SW 47 th Ter 305.799.6371	6
Parklake Senior Palace 4229 SW 157 th Ct 305.480.6014	6	Rafaela's Home ALF II 20560 SW 113 rd Rd 305.259.3607	6	Reyse ALF 20-22 NW 40 th Ct 305.642.9903	6	San Martin De Porras ALF 1840-42 NW 15 th St 305.545.7046	12
Paula's Mansion ALF 13206 SW 218 th Ter 786.306.4819	6	Raffa Corp 13961 SW 75 th St 305.382.4415	6	Richland Retirement Home II 721 NW 13 th Ave 786.417.3190	14	San Martin Porras ALF II 16861 SW 92 nd Ct 305.256.4174	6
Peace & Care South 24027 SW 111 th Ave 305.450.9457	6	Raffa Corp II 15032 SW 55 th Ter 305.487.6087	6	Richland Retirement Senior Home 3508 SW 26 th St 305.444.7776	14	Santa Ana's Rest Home 5730 SW 39 th St 305.661.0249	6
Peace Home Care 5040 NW 197 th St 305.621.4213	8	Rainbow Heights Home Care 1430 NW 35 th St 305.637.9988	6	Rita Maria Group Home 15348 SW 33 rd Ln 305.376.2155	6	Santa Barbara Home I 3317 SW 24 th Ter 305.447.8650	12
Pearls Place 10540 SW 149 th St 305.238.1219	6	Rainbow Home Care 3302 SW 2 nd Ave 305.576.8928	14	Riverside Senior Care 22712 SW 103 rd Ct 305.528.6347	6	Santa Barbara Home II 3323 SW 24 th Ter 305.446.7744	12
Pines ALF 1800 SW 11 th Ter 305.643.0611	12	Reflexion ALF 3550 NW 20 th St 305.634.7024	6	Robyll Rehab Care 2610 NW 19 th Ave 305.637.5427	8	Santa Clara ALF 2830 SW 106 th Ave 305.221.9955	6
Pioneer Adult Residential Facility 2166 SW 14 th Ter 305.856.5103	111	Reflexion ALF II 1010 NW 31 st Ave 786.470.1554	6	Rona's Retirement Home 10900 SW 177 th Ter 305.251.5341	6	Santa Teresa De Jesus ALF 4010 SW 112 th Ave 305.553.5494	6
Place Called Home 80-82 NE 68 th Ter 305.754.0626	6	Regency Villa 6230 SW 78 th St 305.666.5129	6	Rosario Retirement Senior Home 836 SW 4 th Ave 305.854.6078	8	Santa Teresa De Jesus II 8390 SW 43 rd Ter 305.207.0675	6
Plamarhome Care Services 4407 SW 162 Pl 305.338.9029	6	Remanso ALF 1147 SW 13 th Ave 305.854.7010	14	Rose Assisted Living Center 1176 NE 151 st St 305.940.1675	6	Santander Retirement Home 1702 SW 102 nd Pl 305.226.5408	6
Pleads Family 300 NW 69 th St 305.759.5009	10	Residencia La Esperanza Home Care Corp 11225 SW 48 th St 305.273.9222	6	Rose's Retirement Home 11520 SW 108 th Ave 305.255.8158	10	Santo Tomas Aquino ALF 4150 SW 108 th Ave 786.291.6903	6
Pointe of North Gables 5890 SW 8 th St 305.266.0284	92	Residencia La Esperanza Home Care II 3654 SW 156 th Ct 305.386.5043	6	Royal Gardens Villa 1270 NE 112 th St 305.895.4720	12	Sarah's Senior Home 11310 SW 145 Ave 786.877.8471	6
Precious Moments ALF 9480 Dana Rd 786.925.9518	6	Residencia Paquita 10456 SW 22 nd St 305.223.9550	6	Royal Green ALF 2011 SW 4 th St 305.643.9786	14	Senior Retirement Home 3033 SW 6 th St 305.541.4336	6
Precious Times ALF 4310 SW 89 th Ave 305.229.0342	6	Residencia Ramentol 9041 SW 142 nd Ct 305.408.8172	6	Royal Living Rest Home 2926 SW 2 nd St 305.649.7334	14	Seraphim Care 651 NE 83 rd St 305.798.1678	6
Premier Assisted Living 11401 SW 42 nd Ter 305.551.2229	6	Residencia Salome 3525 SW 130 th Ave 305.220.1041	6	Royal of Kendall ALF 12201 SW 93 rd St 305.270.0271	6	Serene Living Facilities 8615 SW 43 rd Ter 786.326.4614	6
Pretty Family Home Care 2980 SW 103 rd Ct 305.551.2380	6	Residencia San Lazaro Home Care 7120 SW 92 nd Ave 305.598.2554	6	Sampedro Residence 3240 NW 14 th St 305.633.8607	6	Sevilla Home Care Assisted Living Facility 10844 SW 154 th Ter 786.573.3111	6
						Shalom ALF 441 NW 33 rd Ave 305.644.5808	6

ASSISTED LIVING FACILITY

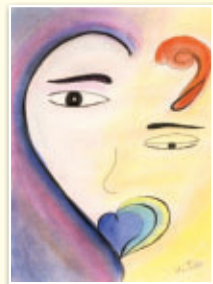
The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

Shalon ALF 7046 SW 103 rd Pl 305.412.0327	6	St Mary Adult Care 5716 SW 149 th Pl 305.408.0362	6	Sweet Home Care 5920 SW 2 nd St 305.269.7482	6	TLC Retirement Home II 16001 SW 81 st Ave 305.271.5861	6	Victoria Retirement Home 3755 NW 13 th St 305.631.0574	6
Silver Days ALF 8823 SW 151 Ct 305.299.1887	6	St Mary Adult Care II 11271 SW 229 th Ter 305.238.5594	6	Sweet Hope Assisted Living 13551 SW 208 St 786.470.6195	6	TLC Retirement Home III 8395 SW 112 th St 305.232.1209	6	Villa Blanca 5384 NW 4 th St 305.774.7184	12
Silver Moments 8847 NW 180 th Ter 305.878.5970	6	Star of Mary Adult Center 6425 SW 93 rd Pl 305.910.6222	6	Sweet Living Facility 15505 SW 16 th Ln 305.228.8581	6	Tropical Heaven 14201 SW 48 th Ln 305.207.6963	6	Villa Candita ALF 1321 NW 29 th Ave 786.586.6087	14
Sol Palmeras ALF 14714 SW 177 th Ter 305.562.7971	6	Starlite View 3251 SW 198 th St 305.621.0498	8	Sweet Paradise 15481 SW 21 st Ter 305.229.7437	6	Tropical Paradise ALF 14112 SW 145 th Pl 786.573.0390	6	Villa Esmeralda ALF 10310 NW 30 th Ct 305.693.9300	6
Solimar ALF 12470 SW 185 Ter 305.498.1565	6	Suany's Home 20411 SW 116 th Rd 305.252.0734	6	Sweet Residence Retirement Home 4715 SW 95 th Ave 305.551.9200	6	True Time Home Care 2431 SW 127 th Ct 305.222.2975	6	Villa Francisco Home Care ALF 16832 SW 110 Ct 305.234.7787	6
South Deering Retirement Home 9730 SW 160 th St 786.293.2816	6	Sun Bay Manor I 8440 SW 155 th Ter 305.238.0373	8	Sweet Residence Retirement Home II 2178 SW 15 th St 305.858.4597	5	Twins Seniors Residence ALF 11334 SW 2 nd St 305.559.6222	14	Villa Isabel 7265 NW 5 th St 305.260.9960	6
South Florida Home Services 140 NW 9 th Ave 305.324.7198	14	Sun Bay Manor II 8820 SW 148 th St 305.251.3080	6	Sweet Residence Retirement Home III 11511 SW 7 th St 305.229.7084	6	Two Sisters Home Care 11470 SW 80 th Ter 305.412.4650	6	Villa Loretto I 12620 SW 37 th Ter 305.220.7203	6
South Florida Senior Care 5247 SW 153 Ave 786.302.8272	6	Sun Coast 9111 SW 28 th Ter 305.225.8701	6	Sylvia's Retirement Home 1823 NW 94 th St 305.836.7261	7	Two Sister's Place 2591 SW 124 th Ave 305.207.0717	6	Villa Margo I 3644 SW 22 nd Ter 305.858.1840	6
South Floridian Village 9220 SW 45 th Pl 305.229.9233	6	Sun Coast Village I 12785 SW 49 th Ter 305.228.6517	6	Sylvia's Senior Home 23025 SW 120 th Ave 305.257.2880	6	UME Family Corporation 7960 SW 36 th St 305.267.8730	6	Villa Margo II 2930 SW 38 th Ct 305.858.1840	12
South Miami Health Facility 7650 64 th Ct 305.661.4204	6	Sunflowers Village 8035 SW 13 th St 305.266.9048	6	Tadeos ALF 1525 SW 119 th Ct 305.251.4905	6	V&R Home Care 14918 SW 10 th St 305.226.7228	6	Villa Margo III 3669 SW 24 th Ter 305.858.1840	5
South Miami Heights 11720 SW 18 th Ter 305.992.4786	4	Sunflowers Village II 13295 SW 99 th Ter 305.408.6222	6	Talia ALF 14601 SW 50 th Ter 305.207.1959	6	Valdes Retirement Home 8100 SW 95 th Ct 305.389.0226	6	Villa Margo IV 2978 SW 27 th Ln 305.858.1840	13
South Miami Senior Care 15592 SW 183 rd Ln 786.302.8272	6	Sunrise ALF II 8240 SW 140 Ave 786.546.7404	6	Tender Loving Care ALF 3100 SW 79 th Ave 305.267.0111	6	Valeen's Gentle Care 771 NW 42 nd St 305.759.3350	6	Villa Margo V 3277 SW 22 nd Ter 305.858.1840	12
Southwind Adult Care 16961 SW 149 th Ave 786.223.0844	60	Sunrise ALF 13920 SW 71 st Ln 305.752.7709	6	Tere's Senior Care 17950 SW 155 th Ct 305.969.6108	6	Varadero Retirement Home Care 15359 SW 23 rd Ln 305.812.8182	6	Villa Maria Pia 320-22 NW 43 rd Pl 305.444.4310	14
Spring of Life ALF 11465 SW 57 th St 786.271.1616	6	Sunset Gardens 9740 SW 77 th Ter 305.279.7421	6	Terrace Manor 8770 SW 127 th Ter 305.253.1909	12	Varadero Retirement Home Care II 15372 SW 117 th St 305.812.8182	6	Villa Marie Isabel 2340 NW 1 st St 305.631.9239	6
St Anne's Residence 11855 Quail Roost Dr 305.252.4000	60	Sunset Gardens II 11173 SW 112 th Ter 305.254.1884	6	TGL Residence & ALF 3210 SW 104 th Ct 305.559.5917	9	Venetian Isles ALF 3003 SW 156 th Pl 305.229.7258	6	Villa Oni 3030 SW 95 th Ct 305.553.6138	8
St John's ALF 7580 SW 30 th Ter 305.265.9337	6	Sunset Senior Care 9820 SW 122 nd St 305.219.9445	6	Tiffany Senior Residence 19240 SW 124 th Ct 305.278.7314	6	Vereda Nueva 12412 SW 215 th Ln 786.573.9776	6	Villa Oni II 5401 SW 98 th Ct 305.270.7439	6
St Joseph ALF 16100 SW 101 Ave 305.251.4123	6	Supreme ALF I 8821 SW 41 st St 305.796.1757	6	TL Sea Home Care Services 14031 SW 39 th St 305.480.5995	6	Verona's Retirement Home II 12990 SW 190 th Ter 305.238.8533	6	Villa Serena I 1200 SW 22 nd Ter 305.858.5664	14
St Jude Home 9981 SW 42 nd Ter 305.220.3276	6	Sweet Care 634 SW 96 th Ct 305.559.0240	6	TLC Home 15101 SW 87 th Ave 305.232.1209	6	Vicky's Home ALF 6402 SW 41 st St 305.662.4815	12	Villa Serena II 60-62 NW 33 rd Ave 305.631.1493	14
St Mark's Villa 3381 NW 194 th Ter 305.624.6871	6	Sweet Care Home ALF 18260 SW 153 rd Ct 305.790.8256	6					Villa Serena III 1777 NW 30 th St 305.206.5342	6

GUIDE

Villa Serena IV 754-56 NW 22 nd Ct 305.206.5342	8	Yuli's Home Care 14560 SW 173 rd St 305.255.7168	6	Garden Valley Retirement Home 18140 NW 90 th Ave 305.300.1477	6	Genesis ALF 1510 SW 68 th Ave 954.971.0246	6
Villa Torres 5710 SW 131 st Ct 305.380.7915	6	Zu Ser's Senior Care 9603 SW 44 th St 305.753.0705	6	Marivan ALF 8943 NW 147 th Ter 786.208.2075	6	I&G ALF 6560 Harbor Rd 754.234.4318	6
Villa Ursula 1528 NW 34 th Ave 305.637.9379	6	Zuni ALF 370 NW 133 rd Pl 786.234.5085	6	Miami Lakes Retirement Home 16837 NW 91 st Ct 305.817.1455		Love & Affectionate ALF 311 SW 77 th Ter 954.718.7556	6
Violeta's Home 3810 NW 2 nd Ter 305.644.3972	6	MIAMI BEACH		Miami Lakes Senior Care 16350 NW 88 th Path 305.335.1544	6	Orchid Garden 403 SW 74 th Ave 954.720.1317	6
Violeta's Home II 3920 NW 6 th St 305.644.1277	6	Hebrew Home of South Beach ALF 336 Collins Ave 305.672.6464	64	Special Life Moments 8902 NW 177 th Ter 305.512.1246	6	N MIAMI	
We "R" Family USA 2230 SW 131 st Ct 305.485.0849	6	Nightingale Manor 1753 Michigan Ave 305.538.1530	30	MIAMI SPRINGS		Jas Manor 645 NE 131 st St 305.893.7428	10
West Kendall ALF 15325 SW 56 Ter 305.989.2400	6	MIAMI GARDENS		Achoy Home Care II 1161 Nightingale Ave 305.887.4495	6	Paradise Elderly Home 12690 NE 2 nd Ave 305.807.7536	6
West Miami Adult Living Facility 7215 SW 21 st St 305.261.9220	6	Brown's Assisted Care Living Facility 15770 NW 18 th Pl 305.625.1718	6	Fair Havens Center 201 Curtiss Pkwy 305.887.1565	60	N MIAMI BEACH	
Westview Pleasant Living 2140 NW 126 th St 786.517.2523	6	E&C Group One 3941 NW 207 th Dr 561.640.0424	5	Morningside Manor & Villa Adult Care 200 South Dr 305.805.0277	6	Ives Dairy Senior Care 19840 NE 10 th Ave 786.316.6007	6
Westwood Boarding Home 5301 SW 116 th Ave 305.273.9700	11	GC Quality Home 5370 NW 172 nd St 786.208.8831	6	MIRAMAR		M&G ALF 15900 NE 19 th Ct 305.956.7766	6
Willow Haven ALF 1220 NE 207 th St 305.297.1327	6	Home Care For Elderly 4730 NW 178 th Ter 305.474.9137	6	Fullness of Love ALF 3405 Knolls Rd 954.905.4365	6	Parke Plaza Retirement Residence 15520 NW 2 nd Ave 305.949.2626	120
Xanadu Living Facility 840 NW 44 th Ave 305.774.9615	8	Las Delicias ALF 4840 NW 191 st St 305.623.5193	6	Mary's Extreme Care 6107 SW 26 th St 954.966.0901	5	Rainbow Gardens ALF 1998 NE 178 th St 305.525.5466	6
Xanadus Palace Family Home 8070 SW 157 th Pl 305.320.1273	6	Mi Dulce Ocaso 3910 NW 165 th St 786.356.1471	6	Palm Manor 6609 SW 20 th St 954.682.9848	6	Rainbow Gardens Assisted Living II 1801 NE 182 nd St 305.525.5466	6
Xina Home 9711 SW 135 th Ave 786.512.9085	6	Mi Sublime Atardecer 20630 NW 37 th Ct 305.628.6158	6	Saejca's Castle 13393 SW 32 nd St 954.450.5506	5	Tender Hands Services 17600 NE 2 nd Ct 305.651.7899	6
Xiomara Home 4321 SW 1 st St 305.461.3894	6	Miami Garden ALF 3520 NW 210 th Ter 305.620.1082	6	South Oaks 6141 SW 34 th St 954.983.7996	8	OAKLAND PARK	
Xiomara's Gardens 13720 SW 13 th St 305.798.1370	6	Miami Gardens Manor 915 NW 175 th St 305.621.5663	6	Summerville Homes 7933 Indigo St 954.961.9998	5	Good Hope Manor 2251 NW 29 th Ct 954.677.2900	100
Yami's Loving Home 1425 SW 91 st Ave 786.543.8698	6	Peace & Care ALF 8121 NW 200 Ter 305.450.9457	6	Sunny Residence 9001 SW 20 th St 954.436.1381	5	Palms Villa Retirement Home 2131 NW 28 th St 954.484.1350	21
Yesenia ALF 15608 SW 63 rd Ter 305.408.1698	6	PM Adult Home Care 16720 NW 48 Ct 305.627.0826	6	Sunshine Chateau 2706 Montego Dr. 954.663.7549		Paradise Manor 365 NW 43 rd Ct 954.565.7049	30
Yilliam Home 13888 SW 18 th Ter 305.226.9841	6	Rodriguez ALF I 2751 NW 209 Ter 305.624.8086	4	Tender Touch Home Care 1801 Alcazar Dr 954.893.5992	6	Treemont on the Park 3881 NE 3 rd Ave 954.563.0276	34
Your So Precious Group Home 8250 NW 12 th Ct 305.205.9550	6	Royal Destiny Home Care 3260 NW 179 th St 305.474.3273	5	Tendercare Living Facilities 2906 Sunshine Blvd 954.665.8740	4	OPA LOCKA	
		MIAMI LAKES		Forest Springs Retirement Residence 7512 SW 5 th St 954.724.2038	6	Annie C Horn ALF 17020 NW 47 th Ave 305.626.9829	10
		DP&B Enterprise 14290 Sable Dr 305.512-1073	6	N LAUDERDALE		Edem Home Care 4783 NW 195 th St 305.622.4136	6
						Liitta Home Care II 4503 NW 203 rd Ter 305.362.6293	6



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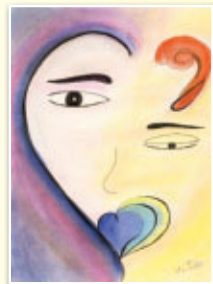
The following is the most comprehensive list of assisted living communities in Southeast Florida

Number on last line indicates facility capacity

Nuevo Renacer ALF 540 N Perviz Ave 305.681.3888	6	Assisted Living of Pembroke Pines 1985 NW 179 th Ave 954.441.6799	6	Broadview Retirement Home II 6200 SW 17 th St 954.979.5864	6	Harmony Care Home 534 SE Thanksgiving Ave 772.873.6660	6	Springfield Gardens 588 SW Ray Ave 772.871.9039	5
Time is Care 19010 NW 44 th Ave 305.624.2442	6	Betsy's Loving Home 309 SW 68 th Ave 954.854.7389	6	Grand Court Village I 295 SW 4 th Ave 954.942.3388	125	Hollyhome ALF 5288 NW North Macedo Blvd 772.807.9438	6	Sunny Days ALF II 4645 SW Vahalla St 772.343.9088	6
Vida Sin Fin ALF 3921 NW 179 th St 305.622.4122	6	Paradise Villa Retirement Home 11330 Sheridan St 954.433.7523	6	Grand Court Village II 459 Racetrack Rd 954.942.3388	80	Independent Living With Care 3165 SW Fambrough St 772.607.4370	6	Sunnydays ALF 169 NE Prima Vista Blvd 772.343.9088	6
Villa Real ALF 15965 NW 22 nd Ct 305.624.1737	12	Paradise Villa Retirement Home IV 1145 NW 92 nd Ave 954.443.0707	6	John Knox Village of Florida 840 Lakeside Cir 954.782.1300	64	Jamaica Shores 171 SW Euler Ave 772.446.7333	6	V&R Retirement 356 SE Prima Vista Blvd 772.878.8765	6
PALM BEACH GARDENS		PLANTATION		M&M ALF		Johanna's Assisted Living		PRINCETON	
Assisted Living of Palm Beach Gardens I 9239 W Highland Pines Dr 561.691.8630	14	Twenty-Four Seven 741 SW 72 nd Ave 954.966.6503	6	Lighthouse Inn North 3208 NE 11 th St 954.943.6318	42	1958 Dorado Ln 772.871.2695	6	Sunny Hills of Homestead 25268 SW 134 th Ave 866.352.2537	105
Chatsworth at PGA National 346 Hiatt Dr 561.624.5650	42	Bougainvillea Garden 6980 NW 6 th St 954.797.0595	6	Lighthouse Inn South 3305 SE 5 th St 954.783.2317	33	Life Long Learning Center 1699 SW Southworth Ter 772.340.0594	6	RIVIERA BEACH	
Country Residence 14327 N 69 th Dr 561.622.1348	11	Covenant Village of Florida 9211 W Broward Blvd 954.472.2860	55	M&M ALF 113 NE 7 th St 954.946.9699	38	Horizon Bay Vibrant Ret Living 448 9825 S US Hwy 1 772.337.0084	120	Mills ALF 701 9 th St 561.863.0014	18
Emmanuel Care ALF 3628 Daisy Ave 561.627.3674	6	Gentle Touch ALF 5010 SW 11 th St 954.327.3354	6	Patrician Arms Retirement Home 239 NE 23 rd Ave 954.783.1761	12	Nature's Edge 699 NW Airoso Blvd 772.879.7530	33	ROYAL PALM BEACH	
Inn at La Posada 3600 Masterpiece Way 561.514.5000	88	Jencarl's Angels 4890 NW 7 th St 954.316.8534	6	Peace on Earth ALF II 470 SW 14 th Ct 954.544.3454	6	New Life ALF 2133 SE Shelter Dr 772.337.3158	6	Cassie's Castle 208 Natchez Trace 561.439.3301	6
Palms Edge ALF 4201 Leo Ln 561.841.0055	65	Nancy's Adult Family Care ALF 7660 NW 12 th Ct 954.476.7185	6	Pompano Retirement Village 501 SW 2 nd Pl 954.782.8903	42	Ohana Adult Family Care Home 817 SW Sail Ter 772.873.9606	7	Orange Blossoms Villa 10331 Pippin Ln 561.795.9316	6
Prosperity Oaks 11381 Prosperity Farms Rd 561.694.9709	126	Paradise Loving Care 4541 NW 3 rd St 954.791.1793	6	Sunset by the Sea 420 N Riverside Dr 954.788.8350	15	Palms of St Lucie West 501 NW Cashmere Blvd 772.398.8899	80	Meadowlark Inn 151 Meadowlark Dr 561.204.3807	6
Odosia Home 3927 Buttercup Cir S 561.775.3459	6	Royal Living ALF 621 NW 76 th Ave 954.474.4292	6	PORT ST LUCIE		Paradise Care Cottage 2277 SE Lennard Rd 772.398.8899	50	SOUTHWEST RANCHES	
PALM CITY		St Thomas Manor 1110 SW 40 th Ave 954.583.3321	30	Amazing Grace 1160 SE Puritan Ln 772.340.3742	6	Parah 701 SW Tulip Blvd 772.878.6586	6	Golden Ranch 5711 W 196 th Ln 954.680.7019	5
Gardens Retreat 4405 SW 72 nd Ave 772.287.9713	6	With Open Arms Residence 6801 NW 11 th Pl 954.587.5895	8	Bayshore Residence 686 SW Lucero Dr 772.871.1106	6	Perfect Kare ALF 5902 NW Wolverine Rd 772.837.0325	6	STUART	
Water's Edge Extended Care 1500 SW Capri St 772.223.5863	20	POMPANO BEACH		Brighton Gardens of Port St Lucie 1699 SE Lyngate Dr 772.335.9990	110	Quality Care ALF of the Treasure Coast 432 SW Prado Ave 772.879.2501	6	Amore Dementia Care 1634 S Kanner Hwy 772.219.8989	32
PEMBROKE PARK		Amwil Assisted Living 840 SW 8 th St 954.943.4606	75	Circle of Care 4161 SW Tumble St 772.336.3457	6	Ridgecrest Assisted Living 190 SW Ridgecrest Dr 772.873.9191	6	Family Manors 3385 SE Evergreen St 772.288.4781	24
Orange Blossom Manor 3535 SW 52 nd Ave 954.961.8111	144	Atlantic Shores Retirement Residence 1500 N Riverside Dr 954.941.7974	30	Country Living Assisted Care Center 1762 SW Arch St 772.621.8211	6	Rosewood Gardens 643 NE Lagoon Ln 561.344.5974	6	Maple Leaf Assisted Living 24 Mead Pl 772.781.6249	10
PEMBROKE PINES		Broadview Retirement Home I 1741 SW 70 th Ave 954.979.5699	8	Harbor Place at Port St Lucie 3700 SE Jennings Rd 772.337.4330	128	Serenity Care Center 619 SW Jaffe Ave 772.336.5939	6	Place at Stuart 860 SE Central Pkwy 772.287.9909	100
Ana's ALF 8920 NW 7 th Ct 954.704.1810	6	SUNRISE		Absolute Care ALF at Welleby 3621 NW 90 th Ter 954.747.7265					
Assisted Living of Broward 17646 SW 10 th St 954.538.9061	6								

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Golden Age Seniors III 9811 NW 31 st Pl 954.742.8658	6				
Good Shepherd ALF 8610 NW 24 th Ct 954.742.3171	6				
Nina's Haven 10620 Sunset Strip 954.746.6732	6				
Paradise Villa Retirement Home 11360 NW 29 th St 954.749.3138	6				
Professional Health Care Group 10620 NW 32 nd St 954.749.4618	4				
Rose of Sharon Garden ALF 8400 NW 28 th St 954.747.0869	6				
Royal Living at Sunrise 3181 NW 94 th Way 954.748.1930	6				
Emeritus at Springtree 4201 Springtree Dr 954.572.4261	246				
Sunhaven Villa 11810 NW 30 th Pl 954.746.3982	6				
Victorian ALF 4610 NW 113 th Ter 772.871.7539	6				
Westbridge ALF 3142 NW 109 th Ter 954.749.0141	6				
TAMARAC					
Active Senior Living Residence 9057 NW 57 th St 954.721.1115	72				
Anita's House 5711 NW 54 th Ter 954.762.5134	6				
Harbor Chase Memory Care of Tamarac 6855 NW 70 th Ave 954.722.0212	116				
Heartland of Tamarac 5901 NW 79 th Ave 954.722.7001	12				
Jennifer's Home Care 7100 NW 76 Dr 954.597.1567	6				
Horizon Bay Vibrant Ret Living 450 7650 University Dr 954.722.6314	103				
Sunflower Senior Living 6931 NW 81 st Ct 954.597.7035	6				
TAVERNIER					
Lillie's House 119 Harborview Dr 305.852.5601	6				
TEQUESTA					
Clare Bridge of Tequesta 211 Village Blvd 561.748.3611	50				
Sterling House of Tequesta 205 Village Blvd 561.748.3611	55				
Terrace Communities Tequesta 400 N US Highway 1 561.748.2299	106				
W PALM BEACH					
ALF Home Assisted Living Plus More 4941 Pine Cone Ln 561.712.0913	6				
Arden Courts of West Palm Beach 2330 Village Blvd 561.688.9999	56				
Avery Cottage 4052 Collin Dr 561.248.3447	5				
BP ALF 906 36 th St 561.844.6127	6				
BP ALF II 1174 Wynnewood Dr 561.687.3280	6				
Caring Hands at Acreage 13635 78 th Pl N 561.333.5294	4				
Christel Care 4973 Broadstone Cir 561.478.8648	6				
Country Retreat 7357 Wilson Rd 561.683.7877	17				
Cresthaven East 5100 Cresthaven Blvd 561.964.2828	308				
Doreen's ALF 3217 Broadway 561.844.5313	21				
Fountainview 145 Executive Center Dr 561.697.5500	74				
Garden Villas 912 N Olive Ave 561.820.9946	16				
Golden Years ALF 321 W Blue Heron Blvd 561.881.3583	26				
Hidden Garden 4373 Venus Ave 561.471.1766	14				
Howard House 131 W Blue Heron Blvd 561.848.0047	20				
It's Just Like Home 3815 Russell Pl 561.805.5757	8				
Joy of Living Care Services 5710 Coconut Rd 561.687.5455	6				
Lee Residence 6260 Gun Club Rd 561.689.7307	6				
Lourdes Pavilion 311 S Flagler Dr 561.650.8900	50				
Marriott Home Care 2700 Broadway 561.659.3793	15				
Mi Casa Es Tu Casa II 6700 Parker Ave 561.547.5474	6				
Open Arms ALF 4652 Belvedere Rd 561.478.9345	6				
Palm Beach ALF 534 Datura St 561.659.9330	200				
Personal Elder Care 4533 Brook Dr 561.684.4960	4				
Personal Elder Care II 5739 Orchard Way 561.687.8845	5				
Preferred Lifestyle 4384 Purdy Ln 561.433.9817	10				
Savannah Court of the Palm Beaches 2090 N Congress Ave 561.686.5100	114				
Seagull Place 1233 Island Rd 561.845.6210	24				
St Mary's ALF 7001 S Dixie Hwy 561.588.7677	37				
Terrace at West Palm Beach 6300 Common Cir 561.697.3051	76				
Tradition of the Palm Beaches 4880 Loring Dr 561.687.3005	72				
Trinity Care ALF 1298 Victoria Dr 561.969.0904	6				
Wize Choice 2901 Broadway 561.271.8118	20				
WELLINGTON					
Goldencare of Wellington 13752B Yarmouth Dr 561.798.0944	6				
Residence at Paddock Park 14622 Paddock Dr 561.791.2630	6				



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RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

ALZHEIMER'S BROWARD

Alzheimer's Association
Southeast Florida Chapter
800.861.7826

Area Agency on Aging of
Broward County
954.714.3456

Alzheimer's Family Care Center, Inc
954.971.7155

Long-Term Care Community
Diversion Program
954.746.1773

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 Community
Diversion Program
North & Central Miami-Dade
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 and Rose Levis Alzheimer's
and Adult Day Care Center
561.558.2510

Alzheimer's Association
Southeast Florida Chapter
800.861.7826

Alzheimer's Community Care
561.683.2700

Area Agency on Aging
561.684.5885

Edward J Healey Rehabilitation
and Nursing Center
561.842.6111

Florida Atlantic University Memory
and Wellness Clinic
561.297.0502

Glades Health Care Center
561.924.5561

Joseph L. Morse Geriatric
Center, Inc
561.687.5790

Jupiter Medical Center
Alzheimer's Support Group
561.744.4444

Long-Term Care Community
Diversion Program
561-840-3150

Lourdes-Noreen McKeen
Residence for Geriatric Care, Inc
561.655.8544

Mae Volen Senior Center
561.395.8920

New Day Adult Care Center
561.844.0012

Palm Beach County Division of
Senior Services
Mid County Adult Day Care
561.355.4746
North County Adult Day Care
561.694.5440

Schaffer Adult Day Health Center
561.687.5790

St. Mary's Medical Center
Memory Disorder Clinic
561.882.6363

STATE

Florida Council on Aging
850.222.8877

NATIONAL

Alzheimer's Association
800.272.3900

Alzheimer's Caregiver
Support Online
866.260.2466

Alzheimer's Foundation of America
866.232.8484

AREA AGENCIES ON AGING

BROWARD

Aging and Disability Resource
Center
954.745.9779

Broward County Elderly Services
954.537.2936

MIAMI-DADE

Alliance for Aging
305.670.6500

PALM BEACH

Area Agency on Aging
561.214.8600

STATE

Florida Department of Elder Affairs
850.414.2000

Florida Council on Aging
850.222.8877

NATIONAL

National Eldercare Locator
800.677.1116

ASSOCIATIONS

BROWARD

American Association of Retired
Persons (AARP)
866.595.7678

American Cancer Society
954.564.0880

American Dental Association
954.772.5461

American Diabetes Association
954.772.8040

American Heart Association
954.772.8100

American Lung Association
954.524.4657

American Parkinson Disease
Association
954.786.2305

American Red Cross
954.797.3800

Arthritis Foundation
954.616.1233

Broward Homebound
Program, INC.
954.786.2484

Coalition for the Homeless
954.925.6466

County Health Department
954.467.4700

County Medical Association
954.714.9477

County Office of the Public
Guardian
954.831.6550

Epilepsy Foundation
954.779.1509

Leukemia/Lymphoma Society
954.744.5300

National Multiple Sclerosis
Society
954.731.4224

Senior Citizen Law Project
954.736.2400

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American Cancer Society
305.594.4363

American Dental Association
800.344.5860

American Heart Association
305.856.1449

American Red Cross
305.644.1200

Coalition for the Homeless
305.571.8101

County Health Department
305.324.2400

County Medical Association
305.324.8717

County Office of the Public
Guardian
305.592.7642

Epilepsy Foundation
305.670.4949

Miami-Dade Elder Helpline
305.670.4357

PALM BEACH

American Cancer Society
561.366.0013

American Dental Association
561.278.7551

American Diabetes Association
561.689.2746

American Heart Association
561.615.3888

American Lung Association
561.659.7644

American Red Cross
561.833.7711

Anti-Defamation League
561.988.2900

Arthritis Foundation
561.833.1133

County Health Department
561.840.4500

County Medical Society
561.433.3940

County Office of the Public
Guardian
561.655.8944

Epilepsy Foundation
561.478.6515

Leukemia/Lymphoma Society
561.775.9954

STATE

Agency for Healthcare Admin-
istration
888.419.3456

American Association of Retired
Persons (AARP)
866.595.7678

American Lung Association
904.743.2933

Brain Injury Association of Florida
800.992.3442

Breast Cancer Resource Network
800.696.8349

Coalition for the Homeless
877.205.0021

Compulsive Gambling
888.236.4848

Florida Bar-Elder Law Section
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 (Florida
Department of Elder Affairs)
888.895.7873

NATIONAL

Administration on Aging
202.619.0724

Alliance for Retired Americans
202.637.5399

ALS Association (Lou Gehrig's
Disease)
818.880.9006

Alzheimer's Association
800.272.3900

Alzheimer's Foundation
866.232.8484

American-Arab Anti-Discrimina-
tion Committee
202.244.2990

American Association of Retired
Persons (AARP)
888.687.2277

American Cancer Society
800.227.2345

American Dental Association
312.440.2500

American Diabetes Association
800.342.2383

American Heart Association
800.242.8721

American Institute for Cancer
Research (AICR)
800.843.8114

American Liver Foundation (ALF)
212.668.1000

American Lung Association
800.548.8252

American Parkinson Disease
Association
800.223.2732

American Red Cross
800.733.2767

American Speech Language
Hearing Association (ASHA)
800.638.8255

American Stroke Association
888.478.7653

American Urological
Association Foundation
800.828.7866

Americans with Disabilities Act
800.514.0301/TTY 800.514.0383

Anxiety Disorders
Association of America
240.485.1001

Arthritis Foundation
800.283.7800

Asian American Justice Center
202.296.2300

Asian Pacific American Labor
Alliance
202.508.3733

Blinded Veterans Association
202.371.8880

Coalition for the Homeless
202.462.4822

Epilepsy Foundation
800.332.1000

Human Rights Campaign
202.628.4160

League of United Latin American
Citizens
202.833.6130

Leukemia/Lymphoma Society
888.955.4572

Lupus Foundation of America
800.558.0121

NAACP
877.622.2798

National Alliance to End
Homelessness
202.638.1526



**Call Now for
FREE
Assistance**

- Assisted Living
- Alzheimer's Care
- Secure Units
- Mental Health Units
- Extended Care
- Adult Family Care

**MIAMI DADE
305-931-0618**

**BROWARD
954-965-2925**

**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

National Family Caregiver Support Program-Elders (Admin on Aging)
202.619.0724

National Kidney Foundation
800.622.9010

National Multiple Sclerosis Society
800.344.4867

National Organization for Women
202.628.8669

National Parkinson's Foundation
800.327.4545

National Substance Abuse Helpline
800.662.4357

Native American Rights Fund
408.447.8760

Sikh American Legal Defense and Education Fund
202.393.2700

BEREAVEMENT BROWARD

Anxiety Group
954.746.2055

Bereavement Counseling Support Group St. Gregory Church
954.473.6261

Compassionate Friends for the Loss of a Child
954.370.3446

Daniel D Cantor Senior Center
954.742.2299

Gay/Lesbian Bereavement Support Group
954.463.9005

Gold Coast Home Health and Hospice Services
954.785.2990

Heart Talk
Plantation General Hospital
954.370.9822

Leo Goodman Senior Complex
943.742.2299

Our "Family Support Group"
954.763.6776

SE Focal Point Senior Center
954.966.9805

Survivor of Suicide Support Group
954.924.0014

SW Focal Point Senior Center
954.450.6888

The Florida Initiative for Suicide Prevention, Inc
954.384.0344

MIAMI-DADE

Aventura Cancer Center
305.682.2151

Cancer and Caregiver
305.535.3347

Sterling of Aventura
305.918.0000

Temple Bet Breira
305.595.1500

Miami Temple Seventh Day Adventist Church
305.223.2102

Michael-Ann Russell Jewish Community Center
305.932.4200

Mount Sinai Cancer Bereavement Support Group
305.535.3407

Palm Gardens of Aventura
305.935.4827

Sacred Heart Catholic Church
305.247.4405

South Miami Hospital
786.662.4000

The Compassionate Friends Miami Chapter
305.460.5762

GRUPOS DE APOYO (ESPAÑOL)

Good Shepherd Catholic Church
305.385.4320

Iglesia Ejecutive Bautista
305.303.9498

Mother of Christ
305.559.6111

Principe de Paz Ministerio del Consuelo
305.264.9059

Viudas & Viudos
305.588.2150

PALM BEACH

Alpert Jewish Family & Children's Services Support Groups
561.684.1991

Boca Raton Community Hospital, Inc Bereavement Support Group
561.955.5406

Catholic Charities, Diocese of Palm Beach, Inc Counseling Services
561.775.9567

Center for Family Services of Palm Beach County, Inc Counseling Services
561.616.1222

Holy Name of Jesus Church Bereavement Support Group
561.683.3555

Hospice of Palm Beach County
561.227.5175

Jupiter Medical Center Bereavement Support Group
561.745.4351

Mental Health Association of Palm Beach County, Inc Senior Services
561.832.3755

Ruth Rales Jewish Family Service Bereavement Support Groups
561.852.3333

NATIONAL

Parents of Murdered Children
888.818.7662

The Compassionate Friends
877.969.0010

COUNTY HEALTH DEPARTMENT

BROWARD

Broward County Health Department
954.467.4700

MIAMI-DADE

Miami-Dade County Health Department
305.324.2400

PALM BEACH

Palm Beach County Health Department
561.840.4500

CRISIS INTERVENTION

BROWARD

BSO Baker Act Team
954.765.4321
After Hours: 954.831.5846

Henderson Mobile Crisis Response Team
954.463.0911

Women in Distress
954.761.1133



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PALM BEACH

Destiny by Choice, Inc.
561.439.3145

Family Violence Intervention
Program
561.355.1664

New Hope Anger Management, Inc.
561.832.3828

STATE/NATIONAL

Florida Domestic Violence Hotline
800.500.1119

National Domestic Violence Hotline
800.799.7233

DENTAL RESOURCES

BROWARD

Broward College Dental Clinic
954.201.6779

Dental Association
954.772.5461

Ft. Lauderdale Health Center
Dental Clinic
954.467.4820

Gulf Stream Living Water Center
North 954.763.6644
South 954.965.0077

North Regional & Paul Hughes
Health Centers
954.788.6079

Nova Southeastern
954.7262.7500

South Regional Health Center
Dental Clinic
954.985.4814

MIAMI-DADE

Camillus Health Concern
305.577.4840

Community Health of South
Florida, Inc
305.253.5100

Community Smiles Program
305.325.0510

Florida Donated Dental Services
305.598.7080

Helen B Bentley Family
Health Center
305.447.4950

Jessie Trice Community
Health Center, Inc
305.637.6400

Martin Luther King, Jr Clinica
Campesina
305.248.4334

Miami-Dade Community College
Dental Hygiene Program
305.237.4142

North Dade Health Center
786.466.1500

Nova SE University Health Care
Center
305.949.6202

South Florida District Dental
Association
305.667.3647

UF College of Dentistry
305.694.5400

PALM BEACH

Caridad Health Clinic
561.737.6336

Palm Beach Community College
Atlantic Coast Research Clinic
561.868.3747
Dental Hygiene Clinic
561.868.3753

Palm Beach County Health
Department
Belle Glade Dental Office
561.996.1612
Delray Beach Dental Clinic
561.274.3111
Dental Administration
561.837.5560
Lantana/Lake Worth Dental
Office
561.547.6811
Pahokee
561.924.0184
West Palm Beach Dental Office
561.514.5310

Samaritan Gardens Community
Health Center
561.840.8681

DISABILITY PARKING PERMITS

BROWARD

Motor Vehicle Services (County
Tax Collector)
954.765.4697

MIAMI-DADE

Motor Vehicle Services (County
Tax Collector)
305.375.5678

PALM BEACH

Motor Vehicle Services (County
Tax Collector)
561.355.2264

DISASTER PREPARED- NESS & EMERGENCY ASSISTANCE

BROWARD

American Red Cross
954.797.3800

Broward County Emergency
Management Division
954.831.3900

Broward County 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 Management Answer
Center
311

Miami-Dade Department of
Emergency Management
305.468.5400

PALM BEACH

American Red Cross
561.833.7711

Palm Beach County Division of
Emergency Management
561.712.6400

STATE

Florida Division of Emergency
Management
850.413.9969

NATIONAL

Federal Emergency Management
Agency
800.621.3362

DRIVER'S LICENSE OFFICES 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 Program
888.227.7669

ELDER ABUSE

BROWARD

Broward County Domestic
Violence Services
954.327.8750



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**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Senior Citizens Law Project
954.736.2400

Women in Distress
954.760.9800

MIAMI-DADE

Disability and Independent Living
305.547.5444

Jewish Community Services of
South Florida
Information & Referral Line
305.676.6550

Miami-Dade Elder Helpline
305.670.4357

STATE

Elder Abuse Hotline
800.962.2873

EMPLOYMENT OPPORTUNITIES

BROWARD

AARP Senior Community Service
Employment
954.563.2559

Hispanic Unity
954.964.8884

Positive Images
954.484.1824

Second Chance Society
954.763.5999

Women Investigating New Goals
& Services (WINGS)
954.201.2256

WorkForce One
Ft Lauderdale
954.677.5555
Hollywood
954.967.1010
Pompano Beach
954.969.3541

MIAMI-DADE

AARP Senior Community Service
Employment
305.476.5925

Association for Senior Citizens
305.545.7270

Jewish Community Services
of South Florida Information &
Referral Line
305.576.6550

Senior Community Service
Employment Program
305.871.2820

PALM BEACH

AARP Senior Community Service
Employment
561.471.9828

Workforce Alliance
561.340.1060

ENERGY ASSISTANCE

BROWARD

Community Development Water/
Sewer Program
954.357.5800

LIHEAP - Low Income Home
Energy Assistance Program
954.497.1350

FPL Customer Care
954.797.5000

NE Focal Point
954.480.4449

NW Focal Point
954.973.0300

Salvation Army Emergency
Assistance
954.524.6991

SE Focal Point
954.966.9805

MIAMI-DADE

Low Income Home Energy As-
sistance Program
786.469.4600

FPL Customer Care
305.442.8770

PALM BEACH

FPL Customer Care
561.994.8227

Low Income Home Energy As-
sistance Program
561.355.4792

FINANCIAL ASSISTANCE

BROWARD

A New Horizon Credit Counseling
Services
800.556.1548

American Red Cross
South Florida Region
954.797.3800

Credit Counseling Inc
954.825.0879

FCFH - Emergency Assistance
954.537.0211

First Call Broward County
211

Gateway Community Outreach
954.725.8434

HOPE Outreach Center, Inc.
954.321.0909

Jewish Family Service of
Broward
954.370.2140

Lighthouse Point Senior Citizen
Outreach Program
954.942.8080

Miramar Assisting Seniors in
954.967.1605

Miramar Community Outreach
Center
954.989.6200

The Salvation Army
954.524.6991

Miami-Dade
Accion Community Center
305.547.7713

American Red Cross
South Florida Region
305.644.1200

Attapattah Neighborhood Center
305.547.4960

Blanche Moton/Hialeah Neigh-
borhood Center
305.884.4801

Catholic Charities Emergency
Services
305.754.2444

Culmer Neighborhood Center
305.579.2820

Edison/Little River Neighborhood
Center
305.758.9662

Florida City/Homestead Neigh-
borhood Center
305.247.2068

Frankie Shannon Rolle Neighbor-
hood Center
305.446.3311

Goulds Community Center
305.233.2121

Liberty City Community Center
305.756.2830

Low Income Home Energy
Assistance Program
305.347.4685

Miami-Dade Elder Helpline
305.670.4357



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Naranja Neighborhood Center
305.258.5471

Opa-Locka Neighborhood Center
305.623.6500

Richmond Heights Resource
Center
305.234.4927

The Salvation Army
305.438.9066

Wynwood Neighborhood Center
305.547.7661

PALM BEACH

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

American Red Cross
Greater Palm Beach Area
Chapter
561.833.7711

Boca Helping Hands Assistance
Center
561.417.0913

Catholic Charities, Diocese of
Palm Beach, Inc.
561.775.9560

Center for Family Services of
Palm Beach County, Inc.
561.616.1222

Community Action Program of
Palm Beach County
561.355.4726

Community Caring Center
561.364.9501

Consumer Credit Counseling
Service
800.251.2227

Farmworker Coordinating Council
of Palm Beach County
561.533.7227

Mae Volen Senior Center
561.395.8920

Palm Beach County
Division of Senior Services
561.355.4750

Palm Beach County
Division of Human Services
954.355.4775

Palm Beach County
Division of Veteran Services
561.355.4761

Ruth Rales Jewish Family
Service
561.852.3333

Society of St. Vincent de Paul
561.697.9699

The Salvation Army
561.686.3530

STATE

Florida Department of
Financial Services
877.693.5236

Florida Medicare Beneficiary
Helpline
800.844.0795

IRS Tax Helpline
800.829.1040

NATIONAL

Lifeline Across America
888.225.5322

FOOD ASSISTANCE BROWARD

Aging & Disability Resource
Center of Broward County
954.745.9779

Broward Meals on Wheels
954.731.8770

Broward Homebound
954.786.2484

Cooperative Feeding Program
954.792.2328

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 Distribution
Program
954.457.1460

Hope Outreach Center
954.321.0909

Jubilee Center of South Broward
954.920.0106

Manna – Share a Meal
954.475.0508

Sunrise Social Service Division
954.746.3670

WeCare
954.792.6700

MIAMI-DADE

CC Elder Services – Malcom Ross
305.633.0462

CC Elder Services – Pete
O'Connor
305.757.0218

Community Action Agency
786.469.4692

De Hostos Senior Center
305.573.6220

Farm Share Food Program
305.248.3006

Jewish Community Services
of South Florida Information &
Referral Line
305.576.6550

Marian Towers Elderly Services
305.932.1300

Miami-Dade Elder Helpline
305.670.4357

Miami-Dade Meals on Wheels
305.347.4674

North Miami Foundation for
Senior Citizens
305.893.1450

South West Social Services
305.261.6202

PALM BEACH

Adopt a Family of the Palm
Beaches, Inc. Project Uplift
561.253.1361

Boca Helping Hands Food Center
561.417.0913

Community Caring Center
561.364.9501

Lighthouse Café
561.996.5568

New Hope Charities, Inc.
561.924.7986

Regeneration Center
561.655.2204

Samaritan Gardens Christian Care
Center
561.650.7400

Strive for Excellence Food Pantry
561.848.3142

The Soup Kitchen, Inc.
561.732.7595

STATE

Food Stamp Hotline
866.762.2237

SHARE Florida Food Network
800.536.3379

HEARING RESOURCES BROWARD

Accessible Communication
for the Deaf
954.578.3081

Center for Hearing and
Communication
954.601.1930

NSU Hearing & Balance Center
954.678.2273

North Broward Medical Center
Audiology Center
954.786.7395



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**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

MIAMI-DADE

Deaf Services Bureau
305.560.2866

Hearing and Speech Center of Florida
305.271.7343 or 305.557.4764

PALM BEACH

Audiology & Speech Pathology, Inc
561.649.4006

Deaf Service Center of Palm Beach County
West Palm Beach
561.802.3353/TTY 561.802.3351
Delray Beach
561.278.6444/TTY 561.278.1444

STATE

Florida Relay Service
800.222.3448/TTY 888.447.5620

NATIONAL

Hear Now
800.328.8602

Hearing Aid Helpline
800.521.5247

International Hearing Society
734.522.7200

HOME MAINTENANCE

BROWARD

Broward Community Development
954.765.5311

Hollywood Housing Rehab Program
954.921.3381

Home Touch Program
954.792.1121

North Lauderdale Home Repair Program
954.724.7065

MIAMI-DADE

Community Action Agency
305.438.8604

Little Havana Activities & Nutrition Centers
305.858.2226

Metro Dade Community Action
305.347.4600

PALM BEACH

Palm Beach County Housing & Community Development
561.233.3600

STATE

Premier Bathrooms
800.950.0491

Weatherization Assistance Program
850.488.7541

HOUSING

BROWARD

Broward County Housing Authority
954.739.1114

Broward County Office of Equal Opportunity
954.357.7800/TTY 954.357.6181

Broward Housing Solutions
954.764.2800

Deerfield Beach Housing Authority
954.425.8449

Hollywood Housing Authority
954.989.4691

Housing Authority of the City of Fort Lauderdale
954.525.6444

MIAMI-DADE

Housing Authority of the City of Miami Beach
305.532.6401

Harbor House Special Needs Housing
305.371.0722

Hialeah Housing Authority
305.888.9744

Housing and Urban Development
305.536.5678

Little Haiti Housing Association, Inc
305.759.2542

MIAMI-DADE

Public Housing Agency
786.469.4100

PALM BEACH

Belle Glade Housing Authority
561.996.2140

Boca Raton Housing Authority
561.206.6200

Delray Beach Housing Authority
561.272.6766

Fair Housing Center of the Greater Palm Beaches, Inc
877.910.3247

Housing Partnership, Inc
561.841.3500

Pahokee Housing Authority
561.924.2506

Palm Beach County Department of Housing & Community Development
561.233.3600

Palm Beach County – Human Services and Veterans Services
561.355.4775

West Palm Beach Housing Authority
561.655.8530

NATIONAL

Housing and Urban Development
202.708.1112/TTY 202.708.1455

LEGAL SERVICES

BROWARD

Broward County Bar Association
954.764.8040

Broward County Consumer Affairs
954.765.4400

Broward County Office of the Public Defender
954.831.8650

Broward Senior Intervention and Education Program
954.966.9805

Catholic Charities Legal Services
800.691.7530

Coast to Coast Legal Aid of South Florida, Inc
954.736.2400

Florida Local Advocacy Council
954.713.1263

Jewish Federation
954.660.2089

Legal Aid Service of Broward County
954.765.8950

Senior Citizen Law Project
954.736.2400

MIAMI-DADE

ACLU – Advocacy
786.363.2700

Catholic Charities Legal Services
305.373.1073

Dade Legal Aid Society
305.579.5733

Guardianship Program of Dade County
305.592.7642

Legal Services of Greater Miami
305.576.0080



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MIAMI-DADE

Elder Helpline
305.670.4357

PALM BEACH

Family Mediation Services
561.355.2739

Florida Rural Legal Services
Belle Glade
561.993.0003
West Palm Beach
561.820.8902

Legal Aid Society of Palm Beach
County
561.655.9353

Office of the Attorney General
561.688.7759

Office of the Public Defender
Central West Palm Beach
561.355.7500
Criminal Justice Complex
561.688.4610
North County Complex
561.624.6560
South County Complex
561.274.1522
West County Complex
561.996.4880

Palm Beach County Bar
Association
561.687.2800

STATE

Florida Bar Association
850.561.5600

Florida Call-A-Law
850.561.1200

LGBT SERVICES

BROWARD

Dignity Fort Lauderdale
954.463.4528

Dolphin Democrats
866.478.8262

Log Cabin Republicans Broward
954.527.1995

MCC Fort Lauderdale
954.462.2004

PFLAG Broward
954.540.3366

Senior Action in a Gay
Environment (SAGE)
954.720.0833

SunServe
954.548.4602

The Pride Center at Equality Park
954.463.9005

MIAMI-DADE

Freedom Democrats
305.895.9466 X204

MCC Miami Beach
877.796.1514

PFLAG Homestead
305.989.1623

PFLAG Miami
305.666.1778

Save Dade
305.751.7283

PALM BEACH

Dignity Palm Beach
561.309.0088

MCC of Boynton Beach
561.733.4000

MCC of West Palm Beach
561.775.5900

Palm Beach County
Human Rights Council
561.845.6545

PFLAG Delray Beach
561.716.9464

PFLAG West Palm Beach
561.640.4026

STATE

Equality Florida
813.870.3735

NATIONAL

Dignity USA
800.877.8797

Gay & Lesbian Alliance Against
Defamation (GLAAD)
212.629.3322

Gay & Lesbian National Hotline
888.843.4564

Human Rights Campaign (HRC)
800.777.4723

Log Cabin Republicans
202.347.5306 X1001

Metropolitan Community Church
(MCC)
310.360.8640

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

Stonewall Democrats
202.625.1382

MEDICAID

BROWARD

Agency for Health Care
Administration (AHCA)
561.796.5900

Medicaid Beneficiary Services
954.202.3200 X277

Medicaid Provider Services
954.497.2863

Sunrise Community Medicaid
Waiver Group
954.584.0390

MIAMI-DADE

Agency for Health Care Adminis-
tration (AHCA)
305.499.2165

Medicaid Beneficiary Services
305.499.2100

PALM BEACH

Agency for Health Care
Administration (AHCA)
561.496.5900

Medicaid Beneficiary Services
561.616.5255

STATE

Agency for Health Care
Administration (AHCA)
888.419.3456

Florida Department of Elder Affairs
(SHINE)
800.963.5337

The Florida Department of Chil-
dren & Families
866.762.2237

Medicaid Fraud Hotline
866.966.7226

NATIONAL

Centers for Medicare & Medicaid
Services
800.633.4227

Supplemental Security Income
(SSI)
800.772.1213

MEDICARE

BROWARD

North Broward Referral Service Center
954.267.2090

MIAMI-DADE

Miami-Dade Elder Helpline
305.670.4357

PALM BEACH

Bethesda Prime Time Club
561.737.7733

STATE

Florida Medical Quality Assurance-
Appeals
866.800.8754

Florida Department of Elder Affairs
(SHINE)
800.963.5337

Florida Medicare Hotline
800.844.1795

Qualified Medicare Beneficiaries
(QMB)
866.762.2237



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- ICP/ Waiver
- OSS
- Diversion Program
- V.A. and
- Social Security Benefits

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FOR FREE
ASSISTANCE!**

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305-931-0618**

**BROWARD
954-965-2925**

**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

NATIONAL

Centers for Medicare & Medicaid Services
800.633.4227

Medicare Rights Center
800.333.4114

Medicare Choices Helpline
800.633.4227

Medicare Fraud Hotline
800.447.8477

Social Security Administration
800.772.1213

MENTAL HEALTH SERVICES

BROWARD

ARC Broward Mental Health Counseling
954.746.9400

Archways
954.763.2030

Broward County Elderly Services
954.537.2936

Broward County Mental Health Services
954.327.8750

Henderson Mental Health Center
954.463.0911

Jewish Family Senior Services
954.370.3388

Mental Health Association of Broward County
954.746.2055

NOVA Psychology Service Center
954.262.5730

Silver Impact
954.572.0444

Women in Distress
954.760.9800

MIAMI-DADE

Bayview Center for Mental Health
305.892.4600

Catholic Charities Counseling Programs
305.758.0024

Jewish Community Services of South Florida
305.899.1587

Mental Health Association of Miami-Dade County
305.379.2673

Miami Counseling & Resource Center
305.448.8325

Miami-Dade County Health Department
305.324.2400

Miami-Dade Elder Helpline
305.670.4357

New Era Health Center
305.559.8838

The Village South
305.573.3784

PALM BEACH

Alpert Jewish Family & Children's Services
561.684.1991

Glades Crisis Stabilization Unit
561.993.8022

Mental Health Association of Palm Beach County
561.832.3755

National Alliance for the Mentally Ill of Palm Beach County
561.588.3477

Oakwood Center of the Palm Beaches
561.383.8000

Palm Beach Center for Personal Enrichment
561.776.1660

Senior Focus
561.882.0252

South County Mental Health Center
561.495.0522

PRESCRIPTION ASSISTANCE

BROWARD

Broward County Human Services Prescription Drug Discount Cards
877.321.2652

Broward General Medical Center Retail Pharmacy
954.468.8082

PALM BEACH

Palm Beach County Prescription Drug Assistance Program
866.652.4325

STATE

Florida Discount Drug Card Program
866.341.8894/TTY 866.763.9630

Serving Health Insurance Needs of Elders (SHINE)
800.963.5337

NATIONAL

AstraZeneca Patient Prescription Assistance Program
800.236.9933

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 Assistance Program
800.727.5400

Novartis Care Card
866.974.2273

Pfizer Helpful Answers
866.706.2400

Partnership for Prescription Assistance
888.477.2669

RxAssist Patient Assistance Program
401.729.3284

Together Rx Access
800.444.4106

SENIOR ORGANIZATIONS & SERVICES

BROWARD

CARES – Department of Elder Affairs
954.746.1773

First Call
211

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

Jewish Healing Center
954.370.2140

Miramar Youth & Family Outreach Center
954.889.2723

North Broward Medical Senior Supper Club
954.344.3344

Lesende Home Care

2308 SW 10th Street, Miami

305-631-1658

&

Gable Estates ALA

1881 SW 37th Ave, Miami

305-774-5801

Hermosas comunidades dedicadas para las personas con necesidad de asistencia personal. Deliciosas comidas balanceadas para nuestra comunidad con atención personalizada. Trabajamos con todos los seguros médicos y beneficios del gobierno. Disponemos de cuartos privados y semi privados. Dos localidades para escoger ese lugar especial para su ser querido. Llame para una visita personalizada.

AL9895 & AL11082

Ombudsman Broward
954.747.7919

Respite for Elders Living in
Everyday Families (RELIEF)
954.745.9779

MIAMI-DADE

CARES – Department of Elder Affairs
North & Central Miami-Dade
786.336.1400
South Miami-Dade
305.671.7219

Guardianship Program of Dade
County
305.592.7642

Jewish Community Services of
South Florida
Information & Referral Line
305.576.6550

Miami-Dade Community
Action Agency
786.469.4600

Miami-Dade Alliance for Aging
305.670.6500

Ombudsman North Dade
786.336.1418
Ombudsman South Dade
305.671.7247

PALM BEACH

CARES – Department of Elder Affairs
561-840-3150

Catholic Charities Elderly
Services
305.751.5203

Ombudsman Palm Beach
561.837.5038

STATE

AARP Florida
866.595.7678

Florida Ombudsman Program
888.831.0404

NATIONAL

Children of Aging Parents
800.227.7294

National Family Caregivers
Association
800.896.3650

SHELTERS

BROWARD

Broward Partnership for the
Homeless
954.779.3990

Broward Outreach Hollywood
954.926.7417

Broward Outreach Pompano
954.979.6365

EASE Foundation
954.797.1077

Helping People in America
(COSAC)
954.954.3571

Henderson Mental Health Center
954.463.0911

Jubilee Center of South
Broward, Inc
954.920.0106

Love Thy Neighbor
954.779-3990

Our Father's House Soup Kitchen
954.968.7550

The Homeless Voice Shelter
954.924.3571

MIAMI-DADE

A Woman's Place
305.358.2063

Camillus House
305.374.1065

Concept House
305.751.6501

Douglas Gardens CMHC
Homeless Assistance Program
305.604.3446

Homeless Assistance Center
305.329.3000

M. Teresa Mission of Charity
305.545.5699

Metatherapy – Beckham Hall
Homeless Shelter for Men
305.247.1949

Miami City Mission
305.576.3725

Miami Rescue Mission
305.571.2273

Miami Rescue Women
305.571.2250

New Life Family of Catholic
Charities
305.573.3333

Opa-Locka Rescue Mission
305.687.4110

Salvation Army – Men's Lodge
305.637.6720

Women of Power Restoration
Program
786.226.7883

PALM BEACH

Aid to Victims of Domestic Abuse
800.355.8547

Association for Abused Women
and Children Shelter
561.586.1888

Catholic Charities Belle Glade
Office
561.996.0483

Christians Reaching Out to
Society
561.963.3000

Clean Time Inn
561.547.4357

Emergency Services Office
561.391.1344

Operation Hope Inc
561.842.2260

Program REACH Homeless
Shelter
561.845.0515

Salvation Army Area Command
561.686.3530

The Federal of Windsor
561.385.7343

The Niners of Windsor
561.385.7343

Vetsville Cease Fire House, Inc
561.736.4325

SOCIAL SECURITY

Social Security Administration
Broward, [Miami-Dade](#) & Palm
Beach
800.772.1213

SUBSTANCE ABUSE BROWARD

Alcoholics Anonymous
954.462.0265

Broward Addiction Recovery
Center (BARC)
954.765.4200

Faith Farm
954.763.7787

Memorial Regional Hospital
954.265.4603

NOVA SE University Healthy
Lifestyles Guided Self-Change
Program
954.262.5968

Spectrum Programs
954.467.4657

Susan B Anthony Recovery Center
954.733.6068

The Starting Place
954.733.6068

United Way of Broward County
Commission on Substance Abuse
954.760.7007

MIAMI-DADE

Alcoholics Anonymous
305.461.2425



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- Independent
- Assisted Living
- Alzheimer's Care
- Dementia Care
- ASSISTANCE!

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MIAMI DADE
305-931-0618

BROWARD
954-965-2925

PALM BEACH
561-329-4337

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Alcoholics Anonymous ESPAÑOL
305.642.2805

Better Way of Miami, Inc
305.634.3409

Concept House
305.751.6501

Fellowship House
305.667.1036

Genesis Outpatient Detox
Program
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 Program
305.949.9001

PALM BEACH

Abiding Hearts
561.833.3300

Alcoholics Anonymous
561.655.5700

Center for Family Services
of Palm Beach County, Inc –
Recovery Program
561.616.1222

Comprehensive Alcoholism Reha-
bilitation Programs, Inc (CARP)
561.844.6400

Counseling Services of Lake Worth
561.547.0303

Drug Abuse Foundation of
Palm Beach County, Inc
561.278.0000

Drug Abuse Treatment Association
561.743.1034

Faith Farm
561.737.2259

Faith, Hope, Love & Charity
561.649.9919

Fern House
561.471.0430

Gratitude House
561.833.6826

Growing Together, Inc
561.585.0892

Palm Coast Area Narcotics
Anonymous
561.848.6262

Partnership for a Drug Free Com-
munity of
South Florida, Inc
561.627.6603

Regeneration Center
561.655.2204

Ruth Rales Jewish Family Service
561.852.3333

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

Alcoholics Anonymous
212.870.3400

SUPPORT SERVICES BROWARD

Compassionate Friends
954.370.3446

Coral Springs Medical Center
Support Groups
954.344.3344

Daniel Cantor Senior Center
954.742.2299

FCFH Senior Helpline
954.390.0485

First Call Broward County
211

Gilda's Club South Florida
954.763.6776

Glass House
954.938.0055

Hospice of SE Florida
Bereavement Group
954.467.7423

Imperial Point Medical Center
Mental Health & Cancer
Support Groups
954.776.8500

Jewish Family Services of Broward
954.370.2140

Mental Health Association of
Broward County
954.746.2055

Miramar Assisting Seniors in
their Homes (M.A.S.H.)
954.899.2700

National Alliance on Mental Illness
954.722.5445

North Broward Medical Center
Support Groups
954.786.6460

Northeast Focal Point Senior
Center
954.480.4449

Northwest Focal Point Senior
Center
954.973.0300

OCD Resource Center
954.962.6662

Plantation Community
Outreach Center
954.916.5601

Southeast Focal Point Senior Center
954.966.9805

Southwest Focal Point Senior
Center
954.450.6888

Vitas Bereavement Support
Group
954.777.5284

Women in Distress of
Broward County
954.761.1133

MIAMI-DADE
Catholic Charities
Bereavement Groups
305.754.2444

Easter Seals Miami-Dade
305.325.0470

Compassionate Friends
305.460.5762

Elder Services
305.576.2511

Everglades Community
Association
305.242.2142

Foster Grandparent Program
305-514-6000

Jewish Community Services
of South Florida Information &
Referral Line
305.576.6550



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In the Matrix Medical Tradition

Miami-Dade Alliance for Aging
305.670.6500

Miami-Dade Elder Helpline
305.670.4357

National Alliance on Mental
Illness
305.377.8750

North Miami Foundation for
Senior Citizens
305.893.1450

Senior Companion Program
305.514.6000

Service Corp of Retired Executives
786.425.9119

Switchboard of Miami – 24 Hour
Helpline
305.358.4357

Vitas Bereavement Support
305.690.4764

PALM BEACH

Alpert Jewish Family &
Children's Services
561.684.1991

Boynton Beach Senior Center
561.742.6570

Compassionate Friends
561.368.0324

Joseph L Morse Geriatric Center, Inc
561.471.5111

Mae Volen Senior Center
561.395.8920

Mid County Senior Center
561.357.7100

National Alliance on Mental Illness
561.588.3477

North County Senior Center
561.694.5435

Palm Beach County Division of
Senior Services
561.355.4750

Ruth Rales Jewish Family Service
561.852.3333

West County Senior Center
561.996.4808

STATE

Florida Kinship Care Warmline
800.640.6444

National Alliance on Mental Illness
850.671.4445

NATIONAL

AARP Grief Support
866.797.2277

National Alliance on Mental Illness
800.950.6264

TRANSPORTATION BROWARD

Air Ambulance Professionals
954.491.0555

Broward County Transit Accessibility
954.357.8232/TTY 954.357.8302

Broward County Transit
954.357.8400/TTY 954.357.8302

Broward Urban Shuttle
954.295.6709

Cooper City Community Bus Service
954.434.4300 X255

Davie
954.797.1035

Hallandale Beach
954.457.1620

MediVan
954.735.1996

Miramar Senior Transportation
954.602.2711

North East Focal Point
954.480.4449

NW Focal Point Senior
Transportation
954.973.0300

Pompano Beach
954.786.4601

SE Focal Point Senior
Transportation
954.966.9805

Sunrise Senior Medical Transport
954.746.3677

SW Focal Point Senior
Transportation
954.450.6888

"TOPS" Broward County
Paratransit Service
954.357.6794

Tri Rail
800.874.7245

MIAMI-DADE

Community Action Agency
Transportation Unit
305.638.5730

Jewish Community Services
of South Florida Information &
Referral Line
305.576.6550

Metrobus
305.891.3131

Miami-Dade Elder Helpline
305.670.4357

North Miami Foundation for
Senior Citizens
305.893.1450

Senior Ride
305.673.8658

Special Transportation Service
786.469.5000

PALM BEACH

Bethesda Memorial Hospital
Bethesda Prime Time Club
561.737.7733 X4195

Palm Tran
561.841.4200

Salvation Army Center of Hope
561.682.1118

STATE

Angel Flight Southeast
800.352.4256

Florida Commission for the
Transportation Disadvantaged
800.983.2435

Florida Department of
Transportation
866.374.3368

NATIONAL

Corporate Angel Network
866.328.1313

National Patient Travel Center
800.296.1217

U.S. Depart. of Transportation
American Disabilities Act
888.446.4511

VETERAN SERVICES BROWARD

Broward County Elderly &
Veterans Services Division
954.537.2936

Broward County VA Clinic
954.475.5500

Ft Lauderdale Veterans Center
954.356.7926

MIAMI-DADE

Bruce W. Carter 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, Inc
561.968.1612

Palm Beach County Division of
Human Services and Veterans
Services
561.355.4761



**Call Now for
FREE
Assistance**

- Assisted Living
- Alzheimer's Care
- Secure Units
- Mental Health Units
- Extended Care
- Adult Family Care

**MIAMI DADE
305-931-0618**

**BROWARD
954-965-2925**

**PALM BEACH
561-329-4337**

SE HABLA ESPAÑOL

RESOURCE GUIDE

The following is the most comprehensive list of free resources available in Florida

Palm Beach County Veteran Service Office
561.355.4761

Palm Beach Veterans Center
561.585.0441

VA Medical Center
800.972.8262

Vetsville Cease Fire House, Inc
561.736.4325

STATE

Florida Department of Veterans Affairs
850.487.1533

NATIONAL

U.S. Dept of Veterans Affairs
800.827.1000

Tri-Care
800.444.5445

VISION RESOURCES

BROWARD

Broward College Vision Care Clinic
954.201.2400

Broward County Blind Services
954.497.3360

Foundation Fighting Blindness
954.308.5555

Gulf Stream Living Water Center North
954.763.6644

Lighthouse of Broward
954.463.4217

The Learning Center for Vision Impaired Seniors
954.742.3214

Low Vision Institute
866.942.2020

Nova College of Optometry
800.541.6682 X21101

Rand Eye Institute
800.782.1711

MIAMI-DADE

Florida Lions Eye Bank
305.324.4340

Lighthouse for the Blind
305.856.2288

Miami-Dade County Blind Services
305.377.5339

PALM BEACH

Florida Outreach Center for the Blind, Inc
561.640.6029

Palm Beach County Blind Services
561.681.2548

Lighthouse for the Blind
561.586.5600

STATE

Florida Council of the Blind
800.267.4448

Florida Division of Blind Services
800.342.1828

Southeastern Guide Dogs
800.944.3647

NATIONAL

American Printing House for the Blind
800.223.1839

Braille International
888.336.3142

Foundation Fighting Blindness
800.683.5555

Jewish Books for the Visually Impaired
800.433.1531

National Federation of the Blind
410.659.9314

North American Resource Line for Braille
800.272.4553

Seniors Eye Care Program
800.222.3937

Vision USA
800.766.4466

VOLUNTEER OPPORTUNITIES

BROWARD

Cystic Fibrosis Volunteer Recruitment
954.739.5006

Each One Teach One – Literacy Volunteers
954.357.8211

Senior Volunteer Services
954.484.7117

Volunteer Broward
954.233.1300

MIAMI-DADE

Jewish Community Services of South Florida
786.866.2206

RSVP Miami-Dade
305.270.2954

Service Corp of Retired Executives
786.425.9119

PALM BEACH

Alpert Jewish Family & Children's Services – Volunteer Services
561.684.1991

Area Agency on Aging Retired and Senior Volunteer Program (RSVP)
561.684.5885

City of West Palm Beach Volunteer Program
561.653.3573

Jewish Federation of Palm Beach County
561.242.6612

Jupiter Medical Center Volunteer Auxiliary
561.744.4461

Mentor Center of Palm Beach County
561.655.8887

Ruth Rales Jewish Family Services
Volunteer Services
561.852.3333

School District of Palm Beach County Volunteer Program
561.434.8789

United Way of Palm Beach County
561.375.6600

YMCA of the Palm Beaches, Inc Volunteer Program
561.968.9622

Youth, Family & Community Services – Internship and Volunteer Program North
561.835.7030
South
561.835.7180

STATE

Florida Ombudsman Program
888.831.0404

Volunteers of America – Florida
813.282.1525

NATIONAL

Volunteers of America
800.889.0089



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