

Do you have questions about a senior issue or senior services available in the community? The Tallahassee Senior Resource Center has a variety of senior resources available and assists seniors, caregivers, and professionals with senior information and referral assistance when possible. Tallahassee Senior Services is a program of the City of Tallahassee Parks, Recreation & Neighborhood Affairs and supported by the Tallahassee Senior Citizens Foundation. We are located at 1400 N. Monroe Street. Call Kim Corsmeier at 891-4043 [or email](#) for more information.

### **SENIOR RESOURCES**

- Caregiving Resources
- Fitness and Recreation
- Non-Medical In Home Services
- Housing
- Volunteering and Employment
- Elder Law
- Support Groups
- Hearing Loss
- Low Vision
- Dental Care
- Grandparents as Parents
- End of Life Preparation
- General Information
- Information and Referral Resources
- Lifelong Learning
- Neighborhood Services
- Older Drivers
- Local Transportation
- Safety
- Faith Congregations
- Technology
- Utility Assistance/Home Repairs
- Pets
- Medical

NOTE: Information contained on the senior resource pages is not guaranteed to be all-inclusive and does not imply endorsement of any persons, offices, or agencies by Tallahassee Senior Services.

## CAREGIVING RESOURCES AND INFORMATION

According to the Administration on Aging, **families**, not social service agencies, nursing homes or government programs, are the mainstay underpinning long-term care for seniors in the United States. More than 29.2 million persons are informal caregivers – providing unpaid help to older persons who live in the community and have a chronic disease or disability. The economic value of our nation’s family and informal caregivers has been estimated at \$257 billion annually. Although these caregivers are dedicated to providing the best possible care to their loved ones, they should not try to go it alone. To maintain their own physical, mental and emotional well being, caregivers should utilize every resource available to put together a care team of friends, family members, neighbors and professionals.

<b>EDUCATION, INFORMATION AND REFERRAL</b>	
<b>ALZHEIMER’S PROJECT, INC.</b> Family and individual counseling, volunteer respite training, information and referral, and <i>Powerful Tools for Caregivers</i> – a six-week class offered several times a year in partnership with the Tallahassee Senior Center.	<b>386-2778</b>  <a href="http://www.alzheimersproject.org">www.alzheimersproject.org</a>
<b>ELDER HELPLINE (Aging Resource Centers)</b> Comprehensive information and referral on all elder care and caregiver programs and services, including services offered in Leon and surrounding counties. Can also research elder services for caregivers whose care recipients live in another part of Florida.	<b>1-800-963-5337</b>  No web site
<b>TALLAHASSEE MEMORIAL NEUROSCIENCE CENTER</b> Screening, information and referral for injuries and conditions affecting the brain and nervous system and training, counseling and referrals for caregivers.	<b>431-2919</b>  <a href="http://www.tmh.org/neuroscience">www.tmh.org/neuroscience</a>
<b>TALLAHASSEE SENIOR CENTER</b> Resource library with books, magazines and articles specific to caregiver issues, including instructions to form a “Share the Care” team and <i>Powerful Tools for Caregivers</i> (see above).	<b>891-4000</b>  <a href="http://www.talgov.com/seniors">www.talgov.com/seniors</a>
<b>SUPPORT GROUPS</b>	
<b>CAREGIVER SUPPORT GROUP</b> Woodmont Assisted Living Community	<b>431-5082</b>  <a href="http://www.tmh.org/neuroscience">www.tmh.org/neuroscience</a>
<b>CAREGIVER SUPPORT GROUP</b> Alzheimer’s Project of Tallahassee	<b>386-2778</b>  <a href="http://www.alzheimersproject.org">www.alzheimersproject.org</a>
<b>FAMILY CAREGIVER SUPPORT INITIATIVE</b> Leon County area support groups for caregivers assisting elderly parents.	<b>488-0055</b>  <a href="http://www.aaanf.org">www.aaanf.org</a>
<b>Support groups are available in several of the counties surrounding Tallahassee.                      Call 488-0055 for details.</b>	
<b>ADULT DAY SERVICES &amp; CAREGIVER RESPITE</b>	
<b>ALZHEIMER’S PROJECT OF TALLAHASSEE</b> In-home and group respite provided by trained volunteers and Certified Nursing Assistants.	<b>386-2778</b>  <a href="http://www.alzheimersproject.org">www.alzheimersproject.org</a>
<b>ALTERRA CLARE BRIDGE</b> Short-term overnight respite for people with dementia, based upon availability.	<b>309-7500</b>  <a href="http://www.brookdaleliving.com">www.brookdaleliving.com</a>
<b>ELDER CARE SERVICES ADULT DAY STAY</b>	<b>921-5554</b>

Supervised day care.	<a href="http://www.ecsbigbend.org">www.ecsbigbend.org</a>
<b>TALLAHASSEE MEMORIAL ADULT DAY SERVICES</b>	<b>531-0712</b>
Supervised day care for adults with dementia or other medical conditions.	<a href="http://www.tmh.org/neuroscience">www.tmh.org/neuroscience</a>
<b>WOODMONT ASSISTED LIVING COMMUNITY</b>	<b>562-4123</b>
Short-term day and overnight respite.	<a href="http://www.woodmontbyencore.com">www.woodmontbyencore.com</a>

### IN-HOME SERVICES

<b>ELDER CARE SERVICES</b>	<b>921-5554</b>
Case management, shopping assistance, light housekeeping and personal care services.	<a href="http://www.ecsbigbend.org">www.ecsbigbend.org</a>

**Agencies providing private duty nursing, home health aide, and companion services as well as meal preparation, light housekeeping and other in-home services are listed in the telephone directory under “Home Health Services.”**

### SAFETY FOR WANDERERS

<b>PROJECT LIFESAVER</b>	<b>386-2778</b>
A wrist transmitter and tracking signal for quick location and rescue of missing persons. Distributed by the Alzheimer’s Project of Tallahassee in partnership with the Leon County Sheriff’s Department.	<a href="http://www.alzheimersproject.org">www.alzheimersproject.org</a>

### WEBSITE RESOURCES

<b>TODAY’S CAREGIVER MAGAZINE</b>	<a href="http://www.caregiver.com">www.caregiver.com</a>
<b>DEPARTMENT OF ELDER AFFAIRS/ELDER SERVICES DIRECTORY/CAREGIVERS</b>	<a href="http://elderaffairs.state.fl.us">elderaffairs.state.fl.us</a>
<b>AGING PARENTS AND ELDER CARE</b>	<a href="http://www.agingparentsandeldercare.com">www.agingparentsandeldercare.com</a>
<b>EMPOWERING CAREGIVERS</b>	<a href="http://www.care-givers.com">www.care-givers.com</a>
<b>NATIONAL FAMILY CAREGIVERS ASSOCIATION</b>	<a href="http://www.nfcacares.org">www.nfcacares.org</a>
<b>FAMILY CAREGIVING ALLIANCE</b>	<a href="http://www.caregiver.org">www.caregiver.org</a>
<b>FAMILY CAREGIVING &amp; ELDERCARE RESOURCES</b>	<a href="http://www.strengthforcaring.com">www.strengthforcaring.com</a>
<b>UF ONLINE SUPPORT GROUP FOR ALZHEIMER CAREGIVERS</b>	<a href="http://www.alzonline.net">www.alzonline.net</a>
<b>4therapy.com NETWORK, INC. (&lt;&lt; Life Topics &lt;&lt; Family Caregivers)</b>	<a href="http://www.4therapy.com">www.4therapy.com</a>



◆Woodville Community Center	General Fitness, M, W, 8:30 – 9:30 a.m. Zumba, M, 6:30 – 7:30 p.m.; W, 6:00 – 7:00 p.m.; Sat., 8:45 – 9:45 a.m.
◆Bradfordville Historic Schoolhouse	Beginners Fitness, T, Th., 10:30 – 11:15 a.m. Intermediate Fitness, T, Th., 11:30 – 12:30 p.m. Afternoon Fitness, T, Th., 1:00 – 2:00 p.m.

### **FITNESS CENTERS offering senior specific programs**

<b>Christian Life Center</b> ▶Senior Fitness	108 West College Avenue	222-5470 fbctlh.org/clc
<b>Curves</b> ▶Many programs such as "Silver Sneakers" and "Forever Fit", offering strength and conditioning as well as membership benefits	4500 W. Shannon Lakes	894-8545 curvestallahassee.com
<b>Havana Health and Fitness</b> ▶Four "Silver Sneakers" classes	116 East 7 <sup>th</sup> Avenue	539-3797 havanaflorida.com
<b>Premier Health and Fitness Center</b> ▶Balance Class and reduced senior rates	3521 Maclay Boulevard	431-2348 phfc.com
<b>Women's World</b> ▶"Fit for Life" Program	1815 Thomasville Road	222-3200 womensworldgym.com
<b>YMCA</b> ▶2001 Apalachee Pkwy. ▶3196 Merchants Row Blvd. ▶"Silver Sneakers" strength and conditioning ▶"Movin' & Groovin' Seniors" low impact aerobics and weight training ▶Discounted day passes for fitness programs and water aerobics (Monroe St only.) Aug.-Oct.	877-6151 ▶3840 N. Monroe St.	536-9622 701-0461 capitalregionymca.org

### **GOLF COURSES offering senior specials**

<b>Don Veller Seminole Golf Course</b>	2550 Pottsdamer Rd.	644-2582 seminolegolfcourse.com
<b>Tallahassee Parks &amp; Recreation</b> ◆Hilaman Park ◆Jake Gaither Municipal Golf Course	talgov.com 2737 Blair Stone Road 801 Bragg (Tanner) Street	891-3935 891-3942

### **WATER AEROBICS**

<b>Tallahassee Orthopedic and Sports Physical Therapy</b> ▶Heated indoor therapy pool; special program for Tallahassee Senior Citizens Foundation members	tospt.com	877-8855
<b>Tallahassee Parks and Recreation</b> ▶Senior discounts	Call for water aerobics schedule (talgov.com)	
◆Jack McLean Aquatics Center	700 Paul Russell Road	891-2500
◆Levy Pool (summer only)	625 W. Tharpe Street	891-3950
◆Trousdell Aquatics Center	298 John Knox Road	891-4901
◆Wade Wehunt Pool	912 Myers Park Drive	891-3985
<b>YMCA</b>	capitalregionymca.org	2001 Apalachee Parkway 877-6151 3840 N. Monroe St. (summer only, use Cabot Lodge Pool) 536-9622

### **TENNIS**

<b>Forestmeadows</b> ▶Senior discounts (age 62 and over)	4750 N. Meridian Road talgov.com	891-3920
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## NON-MEDICAL IN-HOME SERVICES

<b>IN-HOME ASSISTANCE</b>		
<b>Capital Home Health Corp</b>	<b>capitalhomehealthcorp.com</b>	<b>553-4002</b>
Provides homemaker, companion, sitter, diet, entertainment, laundry/ironing, garbage, meal preparation/clean-up and personal care services as well as planning for daily activities.		
<b>Comfort Keepers</b>	<b>comfortkeepers.com</b>	<b>402-0051</b>
Provides interactive care services that include companion care, meal planning and preparation, light housekeeping, laundry and linens, errands, incidental transportation assistance.		
<b>Elder Care Services</b>	<b>ecsbigbend.org</b>	<b>921-5554</b>
Provides a wide variety of services to seniors and their caregivers to enable these seniors to live independently. Services include home delivered meals for homebound individuals, homemaker services and personal care. Services are for individuals age 60 and older.		
<b>Good News Outreach Elder Services</b>	<b>goodnewsoutreach.org</b>	<b>412-0016</b>
Offers services for economically disadvantaged seniors including companionship, food delivery, transportation to medical facilities, social and religious activities, lawn work and counseling, all based on volunteer availability.		
<b>Home Instead Senior Care</b>	<b>homeinstead.com</b>	<b>297-1897</b>
Provides companionship, appointment reminders, diet monitoring, visits to friends, medication reminders, assistance walking, writing, light housework, shopping and meal preparation, help with errands and escort to activities.		
<b>Home Helpers</b>	<b>homehelpers.cc</b>	<b>668-1164</b>
Provides services such as companionship, bathing, dressing, feeding, grocery shopping, light housekeeping, laundry, transportation to doctor's office, pick-up prescriptions and errand services.		
<b>Hopewell</b>	<b>hopewellcare.com</b>	<b>386-5552</b>
Provides caregivers for services such as companionship, bathing, dressing, feeding, shopping, light housekeeping, transportation/escort to doctor's office, pick-up prescriptions, errand services and care management.		
<b>Interim Health Care</b>	<b>interimhealthcare.com</b>	<b>422-2044</b>
Provides services such as bathing, light housekeeping, meal preparation, errand services, companionship, dressing, feeding, transportation/escort to doctor's office, shopping, personal care and assistance with medications.		
<b>St. Augustine Plantation In-Home Care</b>	<b>staugustineplantation.com</b>	<b>309-1982</b>
Offers services such as companionship, bathing, dressing, feeding, shopping, light housekeeping, transportation/escort to doctor's office, pick-up prescriptions and case management.		
<b>Senior Care Provider</b>	<b>No Website</b>	<b>766-0379</b>
Provides grooming, feeding, bathing, dressing, shopping, transportation/escort to doctor's office and other destinations, errands, light housekeeping and meal preparation.		
<b>Chores Galore</b>	<b>No Website</b>	<b>591-1157</b>
Provides services such as errand assistance, transportation/escort to any site in Leon County, laundry, meal preparation and grocery shopping.		



## HOUSING

HOUSING RESOURCES	
<p>◆ <b>Seniors Real Estate Specialists (SRES®)</b> <span style="float: right;"><a href="http://www.seniorsrealestate.com">www.seniorsrealestate.com</a></span>            SRES® designees demonstrate knowledge and expertise to counsel senior clients through the major financial and lifestyle transitions involved in relocating, refinancing, or selling a home. To find a SRES® in Tallahassee, please visit the website. Several are listed below.</p> <p style="text-align: center;"><b>Seniors Real Estate Specialists:</b></p> <ul style="list-style-type: none"> <li>• E. ANN CLEARE SRES®, Armor Realty <span style="float: right;"><a href="http://anncleare.com">anncleare.com</a> 544-0109</span></li> <li>• LISA COVERT SRES®, Lew Wilson, Estate Services Team, Armor Realty <span style="float: right;">294-0261</span></li> <li>• ANGIE GOODMAN SRES®, Keller Williams Realty <span style="float: right;"><a href="http://agoodmove.us">agoodmove.us</a> 321-4666</span></li> </ul>	
<p>◆ <b>Veterans Homeless Program</b> <span style="float: right;">521-5767</span>            Help with finding housing and, beginning 7/09, will have units off Lake Bradford Road for qualified vets.</p>	
ASSISTED LIVING FACILITIES	
<p><i>ALFs are congregate living facilities providing at least one personal care service, meals and arrangement of social and leisure activities.</i></p>	
<p>◆ <b>Sterling House</b> <span style="float: right;">422-3397</span>            1780 Hermitage Blvd., Tallahassee</p>	
<p>◆ <b>Bell Road Human Services, Inc.</b> <span style="float: right;">539-8510</span>            182 Bell Rd, Havana</p>	
<p>◆ <b>Broadview Assisted Living</b> <span style="float: right;">386-4300</span>            2110 Fleischmann Rd., Tallahassee</p>	
<p>◆ <b>Family Friend</b> <span style="float: right;">997-8457</span>            8436 Gamble Rd., Monticello</p>	
<p>◆ <b>HarborChase of Tallahassee</b> <span style="float: right;">531-0404</span>            100 John Knox Rd., Tallahassee</p>	
<p>◆ <b>Helping Hands Foundation of Havana, Inc.</b> <span style="float: right;">539-8215</span>            186 China Berry Lane, Havana</p>	
<p>◆ <b>Allegro Heritage Oaks</b> <span style="float: right;">668-4004</span>            4501 W. Shannon Lakes Dr., Tallahassee</p>	
<p>◆ <b>Linda's Assisted Living Facility</b> <span style="float: right;">980-7877</span>            2069 Dellwood Dr., Tallahassee</p>	
<p>◆ <b>Magnolia House</b> <span style="float: right;">875-1334</span>            1125 Strong Rd., Quincy</p>	
<p>◆ <b>St. Augustine Plantation</b> <span style="float: right;">309-1982</span>            2507 Old St. Augustine Rd., Tallahassee</p>	
<p>◆ <b>Westminster Oaks and Village</b> <span style="float: right;">878-1136</span>            4449 Meandering Way, Tallahassee</p>	
<p>◆ <b>Woodmont Assisted Living Facility</b> <span style="float: right;">562-4123</span>            3207 N. Monroe St., Tallahassee</p>	

<b>MEMORY CARE FACILITIES</b>	
◆Clare Bridge 1980 Centre Pointe Blvd., Tallahassee	<b>309-7500</b>
◆HarborChase of Tallahassee 100 John Knox Rd., Tallahassee	<b>531-0404</b>
◆Tallahassee Memory Care 2767 Raymond Diehl Rd., Tallahassee	<b>668-2884</b>
<b>SUBSIDIZED SENIOR HOUSING</b>	
◆Bethel Towers 324 N. Martin Luther King Blvd., Tallahassee	<b>224-2486</b>
◆Casa Calderon Apartments 800 W. Virginia St., Tallahassee	<b>222-4026</b>
◆Georgia Bell Apartments 301 East Carolina St., Tallahassee	<b>224-8021</b>
◆Lake Ella Manor 1433 N. Adams St., Tallahassee	<b>224-1341</b>
◆Mabry Village 317 Mabry St., Tallahassee	<b>575-8609</b>
◆Miccosukee Hills Apartments 3201 Miccosukee Rd., Tallahassee	<b>878-5844</b>
◆Miracle Village, Inc. 1208 Birmingham St., Tallahassee	<b>222-0561</b>
◆Oakridge Townhouses 290 Ross Rd., Tallahassee	<b>942-4777</b>
<b>SUBSIDIZED HOUSING FOR THE DISABLED</b> <i>(Includes Seniors if Disabled)</i>	
◆Gibb Mabry Village 2441 Roberts Ave., Tallahassee	<b>574-4663</b>
◆Gibb Oakridge Manor 274 Ross Rd., Tallahassee	<b>942-4777</b>
<b>RETIREMENT COMMUNITIES</b>	
<i>Retirement Communities are for independent senior living. Many retirement communities offer meals and arrangement of social/leisure activities, and have assisted living services available.</i>	
◆Cherry Laurel Retirement Residence 1009 Concord Rd., Tallahassee	<b>656-8758</b>
◆Allegro Heritage Oaks 4501 W. Shannon Lakes Dr., Tallahassee	<b>668-4004</b>
◆Westminster Oaks Retirement Community 4449 Meandering Way, Tallahassee	<b>878-1136</b>
◆Woodmont Assisted Living Facility 3207 N. Monroe St., Tallahassee	<b>562-4123</b>
<b>OTHER SENIOR HOUSING</b>	
◆Jamestown Woods Apartments 3150 Windsong Dr., Tallahassee	<b>386-3006</b>

## SENIOR EMPLOYMENT & VOLUNTEER OPPORTUNITIES

### SENIOR EMPLOYMENT

#### EXPERIENCE WORKS

[www.experienceworks.org](http://www.experienceworks.org)

Lana Brown – 922-0023 ext. 242

◆Provides training, temporary to permanent employment and community service opportunities.

#### WORKFORCE PLUS

[www.wfplus.org](http://www.wfplus.org)

Ask for employment assistance – 922-0023

◆Provides services necessary for individuals to obtain employment by linking employers to qualified employees. The program also assists individuals with achieving job readiness through certifying competencies in select fields and providing job seekers with job tool kits such as resume preparation, dressing for success and other areas of interest to employers in this geographic area. Seniors may email resumes to [www.boomer@wfplus.org](mailto:www.boomer@wfplus.org).

#### AARP FEATURED EMPLOYER PROGRAM

[www.careers.homedepot.com/cg](http://www.careers.homedepot.com/cg) (under “National Hiring Partnerships/AARP”)

Applications are by Internet

◆Provides job seekers over age 50 with companies that value the experience and abilities of older workers.

### EMPLOYMENT READINESS

#### TALLAHASSEE SENIOR CENTER

[www.talgov.com/seniors](http://www.talgov.com/seniors)

Ashley Webb – 891-4000

◆Provides a variety of classes in basic and intermediate computer skills.

#### GOODWILL INDUSTRIES – BIG BEND, INC.

[www.goodwillbigbend.com](http://www.goodwillbigbend.com)

Chris Carroll – 576-7145, ext. 118

◆Offers a computer training class where individuals receive self-paced instruction in basic computer skills, word processing, spreadsheets and the Internet.

### VOLUNTEER OPPORTUNITIES

#### VOLUNTEER LEON

[www.volunteerleon.org](http://www.volunteerleon.org)

Contact the volunteer coordinator – 606-1970

◆Maintains a database of a variety of volunteer opportunities in Leon County at various organizations and serves as an excellent starting point for deciding which areas are of interest to the volunteer.

#### AMERICORPS VISTA (VOLUNTEERS IN SERVICES TO AMERICA) PROGRAM

[www.americorps.org](http://www.americorps.org)

Apply on-line

◆Volunteers commit to one year of service to alleviate poverty issues among rural elders in the Big Bend and Central Panhandle. The volunteer receives a living allowance, health care and other benefits for their service.

## VOLUNTEER OPPORTUNITIES (CONTINUED)

### **BIG BEND HOSPICE**

[www.bigbendhospice.org](http://www.bigbendhospice.org)

Ginny Burns – 878-5310

◆Provides volunteer services through direct care with patients, preparing crafts, greeting visitors, grief support for children, teens and adults and other patient and family support services.

### **CAPITAL REGIONAL MEDICAL CENTER**

[www.capitalregionalmedicalcenter.com](http://www.capitalregionalmedicalcenter.com)

Nancy Spears – 325-5116

◆Provides a variety of hospital volunteer opportunities to include staffing the surgical waiting room, gift shop, information desk, newspaper distribution and guest relations.

### **DEPARTMENT OF ELDER AFFAIRS, SHINE PROGRAM**

[www.floridashine.org](http://www.floridashine.org)

Contact a SHINE liaison – 1-800-963-5337

◆Offers health insurance education, counseling and assistance to people with Medicare and their families and caregivers.

### **ELDER CARE SERVICES**

[www.ecsbigbend.org](http://www.ecsbigbend.org)

Ask to volunteer for the program below that interests you – 921-5554

◆**Meals On Wheels** – Deliver meals to homebound, frail elders.

◆**Adopt-a-Grandparent Program** – Provide services from friendly visits to picking up groceries for homebound elders.

◆**Retired & Senior Volunteer Program (RSVP)** – The volunteer working in this program can serve in a variety of volunteer settings through public and non-profit organizations such as schools.

◆**Seniors Transporting At-Risk Seniors (STARS)** – Provide transportation to homebound and frail elders for medical appointments and grocery shopping.

◆**Elder Day Stay** – Assist elders with activities, crafts, sing-a-longs and dining each day.

◆**Senior Companion Program (SCP)** – Provide companionship for up to 20 hours per week to frail elders or those with developmental disabilities.

◆**Foster Grandparent Program (FGP)** – Provide one-on-one assistance to children with special or exceptional needs for up to 20 hours per week.

### **LITERACY VOLUNTEERS OF LEON COUNTY**

No web site

Rhonda Cooper – 606-2644

◆Provides tutoring at the Leon County public libraries to individuals in need of improving reading and writing skills. Programs include Adult Basic Reading Program, Family Literacy Program (B. L. Perry Library) and English as a Second Language Program.

### **RED CROSS**

[www.cacarc.org](http://www.cacarc.org)

Katie Sherk – 878-6080, ext. 125

◆Provides services for disasters, safety, and military casework.

### **SENIORS VS. CRIME**

[www.seniorsvscrime.com](http://www.seniorsvscrime.com)

Herb Salyer – 891-4044

◆Provides important assistance to crime fighting efforts by actively assisting in consumer protection investigations to protect senior citizens from unethical business acts.

### **TALLAHASSEE MEMORIAL HOSPITAL VOLUNTEER PROGRAM**

[www.tmh.org](http://www.tmh.org)

Call for application packet – 431-5331

◆Adult Auxiliary Program provides volunteer opportunities at Tallahassee Memorial Hospital.

## SENIOR LEGAL RESOURCES

### ELDER LAW

**Elder Law Attorneys** focus on the variety of legal needs of the elderly. The 3 main areas that make up elder law are:

- 1) Estate planning and administration, including tax questions.
- 2) Medicaid, disability and other long-term care issues.
- 3) Guardianship, conservatorship and commitment matters, including fiduciary administration.

However, there are numerous other issues that elder law attorneys deal with; all related to their specific focus – the elder client. ***For more information regarding elder law*** and how to select an elder law attorney, contact:

**National Academy of Elder Law Attorneys, Inc.**

**Phone: (703) 942-5711**

**Website: [naela.org](http://naela.org)**

Some attorneys have earned the designation “Certified Elder Law Attorney”, or **CELA**. The National Elder Law Foundation issues this certification. CELA certified attorneys have the enhanced knowledge, skills and experience to be properly identified to the public as certified elder law attorneys. For more information about elder law certification, please visit the National Elder Law Foundation website at **[nelf.org](http://nelf.org)**.

### LOCAL ATTORNEYS

◆Meghan Daigle, The Daigle Law Firm <b>Website:</b> <a href="http://diaglelawfirm.com">diaglelawfirm.com</a>	<b>Email:</b> <a href="mailto:mbdaigle@comcast.net">mbdaigle@comcast.net</a>	<b>201-8845</b>
◆Daniel Dobbins, Daniel W. Dobbins, P.A.	<b>Email:</b> <a href="mailto:dandobbins@nettally.com">dandobbins@nettally.com</a>	<b>222-1910</b>
◆Law Offices of Stuart E. Goldberg, PL <b>Website:</b> <a href="http://stuartgoldbergpl.com">stuartgoldbergpl.com</a>		<b>270-0411 or 222-4000</b>
◆ Stuart E. Goldberg	<b>Email:</b> <a href="mailto:sgoldberg@stuartgoldbergpl.com">sgoldberg@stuartgoldbergpl.com</a>	
◆ Amy Mason Collins	<b>Email:</b> <a href="mailto:acollins@stuartgoldbergpl.com">acollins@stuartgoldbergpl.com</a>	
◆Kimberly L. King, King & Wood <b>Website:</b> <a href="http://kingandwoodlaw.com">kingandwoodlaw.com</a>	<b>Email:</b> <a href="mailto:kimking@kwlaw.us">kimking@kwlaw.us</a>	<b>580-7711</b>
◆Matt Liebenhaut, PLLC <b>Website:</b> <a href="http://liebenhautlaw.com">liebenhautlaw.com</a>	<b>Email:</b> <a href="mailto:matt@liebenhautlaw.com">matt@liebenhautlaw.com</a>	<b>270-6977</b>
◆McConnaughay, Duffy, Coonrod, Pope & Weaver, P.A. <b>Website:</b> <a href="http://mcconnaughay.com">mcconnaughay.com</a>		<b>425-8161</b>
◆Victoria Heuler	<b>Email:</b> <a href="mailto:vheuler@mcconnaughay.com">vheuler@mcconnaughay.com</a>	
◆Mary Wakeman	<b>Email:</b> <a href="mailto:mwakeman@mcconnaughay.com">mwakeman@mcconnaughay.com</a>	
◆Waldoch & McConnaughay, P.A. <b>Website:</b> <a href="http://mclawgroup.com">mclawgroup.com</a>		<b>385-1246</b>
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◆Lauchlin Waldoch, CELA	<b>Email:</b> <a href="mailto:lauchlin@mclawgroup.com">lauchlin@mclawgroup.com</a>	
◆Tracy P. Moyer, Moyer Law Firm <b>Website:</b> <a href="http://moyelawfirm.com">moyelawfirm.com</a>		<b>224-6693</b>
◆Steven Rachin, The Law Office of Steven L. Rachin, P.A. <b>Website:</b> <a href="http://rachinlaw.com">rachinlaw.com</a>	<b>Email:</b> <a href="mailto:steven@rachinlaw.com">steven@rachinlaw.com</a>	<b>386-8833</b>
◆Twyla Sketchley, CELA, The Sketchley Law Firm, P.A. <b>Website:</b> <a href="http://sketchleylaw.com">sketchleylaw.com</a>	<b>Email:</b> <a href="mailto:t.weilhammer@gmail.com">t.weilhammer@gmail.com</a>	<b>894-0152</b>

## LEGAL HOTLINES, WEBSITES, AND RESOURCES

<p><b>Florida Law Help</b></p> <p>◆ Helps low income people needing legal information find a legal aid or pro-bono lawyer, learn about rights and responsibilities and locate courts, government agencies and social services.</p>	<p>floridalawhelp.org</p> <p>-----</p>	
<p><b>Florida Senior Legal Helpline</b></p> <p>◆ Provides free legal advice and brief services by phone to Florida residents age 60 and over.</p>	<p>elderaffairs.state.fl.us/English/senior_legal_helpline.php</p> <p><b>1-888-895-7873</b></p>	
<p><b>Legal Aid Foundation of the Tallahassee Bar Association</b></p> <p>◆ Provides legal counsel, for civil cases only, for Leon County residents unable to afford an attorney.</p>	<p>tallahasseebar.org</p> <p><b>222-3292, ext. 2</b></p>	
<p><b>Legal Services of North Florida, Inc.</b></p> <p>◆ Provides legal services to low-income persons. Legal assistance is not available for criminal or traffic matters.</p>	<p>lsnf.org</p> <p><b>385-9007</b></p>	
<p><b>Legal Services of North Florida Legal Advice Hotline</b></p> <p>◆ People with legal questions or concerns not involving criminal or traffic matters and who meet income guidelines may call Monday through Thursday, 9 a.m. – 5 p.m.</p>	<p>lsnf.org</p> <p><b>385-0029</b></p>	
<p><b>Tallahassee Bar Lawyer Referral Service</b></p> <p>◆ This service will make a referral to a lawyer, with experience in the caller’s area of interest, who will provide a half-hour consultation for \$25.</p>	<p>tallahasseebar.org</p> <p><b>222-3292, ext. 1</b></p>	
<p><b>Tallahassee Senior Center</b></p> <p>◆ Initial legal services for people age 60 and older, provided by Legal Services of North Florida, are available on Wednesdays <i>by appointment</i> at the Tallahassee Senior Center.</p>	<p>talgov.com/seniors</p> <p><b>891-4000</b></p>	

## SUPPORT GROUPS

ADDICTION & SUBSTANCE ABUSE		
<b>Alcoholics Anonymous</b>	<b>intergroup5.org</b>	<b>224-1818</b>
Provides education and support, either through group meetings or individual contacts, for individuals to achieve sobriety.		
<b>Al-Non Groups</b>	<b>tallyalanon.org</b>	<b>222-2294</b>
Offers the fellowship of families and friends of alcoholics to enable them to share their experience, strength, and hope in order to solve their common problems.		
<b>Big Bend Area Narcotics Anonymous</b>	<b>bigbendna.org</b>	<b>224-2321</b>
Facilitates education and support for recovering drug addicts.		
<b>Debtors Anonymous</b>	<b>debtorsanonymous.org</b>	<b>1-800-421-2383</b>
Helps people recover from compulsive spending.		
<b>Freedom from Smoking</b>	<b>lungusa.org</b>	<b>386-2065</b>
Provides education and support to those individuals who wish to quit smoking (American Lung Association).		
CANCER		
<b>Look Good, Feel Better</b>	<b>tmh.org</b>	<b>297-0588</b>
Helps restore appearance and self-image for cancer patients and survivors.		
<b>Man to Man</b>	<b>cancer.org</b>	<b>1-800-227-2345</b>
Offers community based education and support to prostate cancer survivors and their families.		
<b>National Ovarian Cancer Coalition, Big Bend Chapter</b>	<b>ovarian.org</b>	<b>893-1596</b>
Raises awareness, conducts community outreach and promotes education about the disease, offers support to ovarian cancer survivors, their families and friends.		
CAREGIVER SUPPORT		
<b>Support Group for Caregivers</b>	<b>alzheimersproject.org</b>	<b>386-2778</b>
Provides education and support to caregivers assisting Alzheimer's patients.		
<b>Caregiver Support Group</b>	<b>tmh.org/neuroscience</b>	<b>431-5037</b>
Offers support for caregivers regardless of the diagnosis of the individual needing care.		
<b>Rosalyn Carter Caregiver Institute</b>	<b>rci.lotsahelpinghands.com</b>	<b>229-928-1234</b>
Creates caregiver support communities.		
NEUROLOGICAL DISORDERS		
<b>Alzheimer's Support Group</b>	<b>alzheimersproject.org</b>	<b>386-2778</b>
Offers an opportunity for caregivers of people with Alzheimer's disease to gain important knowledge from other caregivers. Annual conferences and forums are conducted to further enhance caregivers' knowledge.		
<b>Parkinson's Support Group</b>	<b>tmh.org</b>	<b>431-5082</b>
Provides education regarding Parkinson's disease for TMH Neuroscience Center clients, family members, caregivers and the community. All individuals with Parkinson's disease may attend group meetings.		
<b>Brain Injury Support Group of the Big Bend</b>	<b>tmh.org</b>	<b>421-3890</b>
Tallahassee Memorial Neuroscience Center offers this group for survivors of brain injury, their families and neuroscience professionals.		
<b>Epilepsy Support Group</b>	<b>epilepsyassoc.org</b>	<b>222-1777</b>
Established for people with epilepsy, their families, co-workers, friends, and those who would like to know more about epilepsy.		
<b>ALS Association, Florida Chapter</b>	<b>alsafl.org</b>	<b>1-888-257-1717, ext. 113</b>
Facilitates sharing what it is like to live with ALS (Lou Gehrig's disease) and the challenges to keep functioning at the highest level possible.		
<b>National Parkinson Foundation of North Florida</b>	<b>nfpag.org</b>	<b>219-4470</b>
Provides emotional support, friendship, information, education/public awareness and advocacy for all people		

with Parkinson's disease, their families, caregivers and friends.

### GRIEF AND LOSS

**Big Bend Hospice Grief Support Groups**    [bigbendhospice.org](http://bigbendhospice.org)    **878-5310**

Provide coping skills, support and education to anyone who has lost a loved one. Registration is requested. Individual counseling is also available by appointment.

**Big Bend Hospice Suicide Loss Support Group**    [bigbendhospice.org](http://bigbendhospice.org)    **878-5310**

Open to anyone who has experienced a loss due to suicide.

**Covenant Hospice Grief Support Groups**    [covenanthospice.org](http://covenanthospice.org)    **575-4998**

Provide a variety of support activities to assist anyone who has lost a loved one. Registration is needed. Individual counseling is also available.

### WEIGHT CONTROL

**Tallahassee Memorial Bariatric and Weight Management Support Group**    [tmh.org](http://tmh.org)    **431-5404**

Offers support for patients considering or having bariatric surgery.

**Tallahassee Weight Loss Surgery Support Group**    [health.groups.yahoo.com/group/wls\\_Tallahassee](http://health.groups.yahoo.com/group/wls_Tallahassee)    **668-7335**

Provides peer support and information to individuals who are interested in weight loss surgery as a treatment for obesity.

**Overeaters Anonymous**    [oa.org](http://oa.org)    **Varies by group leader; use website to obtain**

Offers a program of recovery from compulsive eating using the twelve-step method.

**TOPS (Taking Off Pounds Sensibly)**    [tops.org](http://tops.org)    **926-9238**

Weight loss support and healthy living education.

**Weight Watchers**    [weightwatchers.com](http://weightwatchers.com)    **1-800-651-6000**

Offers social support for weight loss.

### GENERAL SUPPORT

**National Self Help Groups**    [menthelp.net/selfhelp](http://menthelp.net/selfhelp)    **Toll free numbers available for hundreds of groups.**

Offers links to hundreds of support groups for physical problems, mental/social problems, personal enrichment programs and other topics.

**The Reinvention Group**    [aarp.org/online-community/groups](http://aarp.org/online-community/groups)    **1-866-595-7678**

AARP group provides supportive conversation for people age 50 and over who are making life changes.

### MISCELLANEOUS GROUPS

**Diabetes Support Group**    [tmh.org](http://tmh.org)    **431-5404**

Provides education and support to adult diabetes patients and their families.

**Insight Support Group**    [talgov.com/seniors](http://talgov.com/seniors)    **878-1923**

Focuses on sharing information with individuals who have vision loss.

**National Alliance for the Mentally Ill**    [nami-tallahassee.org](http://nami-tallahassee.org)    **841-3386**

Provides support and advocacy for people living with mental illness.

**Depression and Bipolar Support Alliance of Tallahassee**    [tmh.org](http://tmh.org)    **531-5160**

Supports patients with mood disorders as well as their families and friends.



## HEARING LOSS RESOURCES

**FLORIDA TELECOMMUNICATIONS RELAY, INC.**      [www.ftri.org](http://www.ftri.org) 1-800-222-3448, 1-888-447-5620 (TTY)

Distributes telephone equipment on loan to qualified applicants who are deaf, hard of hearing, speech impaired or deaf/blind.

**HEARING LOSS ASSOCIATION OF FLORIDA**      [www.hla-fl.com](http://www.hla-fl.com)

Serves the needs of all people in Florida with hearing loss by providing information and educational support, public awareness and advocacy on issues related to equal access, opportunity and protection for the quality of life of individuals with hearing loss.

**HEAR NOW**      [www.sotheworldmayhear.org](http://www.sotheworldmayhear.org)      **1-800-648-4327**

Provides recycled and used hearing aids to low-income persons who have a hearing provider willing to work with Hear Now.

**VETERAN'S ADMINISTRATION**      [www.va.gov](http://www.va.gov)      **521-5772, 1-800-829-4933 (TTY)**

Provides hearing aids for veterans with documented service connected hearing loss, veterans receiving a disability rating of 10% or more (for a condition other than hearing loss), or a veteran with very special needs. With the exception of veterans with documented service connection for hearing loss, an eligible veteran must be currently enrolled in and receiving health care from a VA outpatient clinic or medical center.

**LIONS CLUB INTERNATIONAL**      [www.lionsclubs.org](http://www.lionsclubs.org)      **921-5554**

Provides refurbished hearing aids or assists with purchasing new aids, as appropriate and as funds are available, based on approval of an application. Phone Elder Care using number above to obtain an application.

**THE TRAVELERS PROTECTIVE ASSOCIATION OF AMERICA**      [www.tpahq.org](http://www.tpahq.org)

Provides scholarships for individuals needing assistance in obtaining mechanical devices, medical or specialized treatment or specialized education as well as speech classes, note takers, interpreters and other areas directly related to hearing impairment. Applications are done on the website and are due by March 1 of each year.

**BETTER HEARING INSTITUTE**      [www.betterhearing.org](http://www.betterhearing.org)      **1-800-327-9355**

Educates the public about hearing loss and what can be done about it. Operates a call center for consumers who have questions about hearing loss and a screening instrument for those who want to assess their hearing loss. Offers a helpline brochure through its website.

**AMERICAN HEARING AID ASSOCIATES**      [www.ahaa.net.com](http://www.ahaa.net.com)      **1-800-984-3272**

Offers a directory of hearing health care providers by geographic site as well as extensive information about hearing aids.

**AARP HEARING GUIDE**      [www.aarp.org/health](http://www.aarp.org/health)      **1-866-595-7678**

Contains important information about hearing, hearing loss and what to do about it. It also contains information about the various screening techniques, medical professionals and hearing devices available to those living with hearing impairment.

## ADDITIONAL HEARING LOSS INFORMATION

**HEARING SCREENINGS**      [www.talgov.com/seniors](http://www.talgov.com/seniors)      **891-4000**

The Tallahassee Senior Center offers hearing screenings monthly at no charge. Call the number above for dates and times.

# LOW VISION SERVICES

## LOCAL RESOURCES

### **ABILITY 1<sup>st</sup>**

**1823 Buford Court**

**575-9621**

**[www.ability1st.info](http://www.ability1st.info)**

◆ Provides services to the visually impaired to improve their quality of life and insure their civil rights.

### **FLORIDA DIVISION OF BLIND SERVICES**

**1320 Executive Center Drive, Atkins Building, Suite 201**

**245-0370**

**[www.state.fl.us/dbs/](http://www.state.fl.us/dbs/)**

- ◆ **Vocational Rehabilitative Services** – Assists individuals who are severely visually impaired gain, regain or retain employment. Some services are based on economic need.
- ◆ **Independent Living Program** – Diagnosis and evaluation to determine eligibility, counseling and guidance, orientation and mobility training, activities of daily living training, communications training, assistive low vision screening, provision of assistive devices, advocacy, information and referral, peer counseling and support group opportunities, and sponsorship/coordination of eye medical care.
- ◆ **Braille and Talking Book Library Services** – If you are legally blind, visually handicapped, or physically disabled, and unable to hold a book or read conventional printed material, then these services can help you keep in touch with the world of books and magazines. You will find the same books and magazines recorded on cassette and records that are available in public libraries in Florida, and they will be mailed to your home postage free. This program will also lend you a record player or cassette player if you need it in order to benefit from these services. To access these services free of charge, call 1-800-226-6075.

**FLORIDA INSTITUTE OF REHABILITATION EDUCATION (FIRE)** **942-3658**  
1286 Cedar Center Drive **www.firesight.org**

◆ Provides a variety of services and resources to the legally blind, or those with a condition that is progressing towards legal blindness. The services are free to Florida residents.

**LEON COUNTY PUBLIC LIBRARY** **606-2665**  
200 West Park Avenue **www.leoncountyfl.gov/library**

◆ A “Kurzweil Reader” machine can be used at the Main Library to read any print material aloud. Also, CCTV (closed circuit TV) can be used to magnify any print up to 60 times for easier viewing.  
◆ Hand-held magnifiers may be borrowed from any library service desk at any location. Lighted magnifiers and an edna light are available for checkout at the Tech/Media Desk in the Main Library.  
◆ Large-type books may be checked out at all locations. Described videos, Books on Cassette, Talking Books, Talking Book machines, and a Perkins Braille may be used or checked out at the Main Library. The automated library catalog can be used at an adapted computer station in the Main Library that will magnify the print on the computer screen.

### MISCELLANEOUS RESOURCES

**SOUTHEASTERN GUIDE DOGS, INC.** **800-944-3647**  
**www.guidedogs.org**

### SUPPORT GROUPS

**FLORIDA COUNCIL OF THE BLIND, INC.** **422-7752**  
1531 Dempsey Mayo Road **www.fcb.org**

◆ Project Insight – Promoting independence for people who are visually impaired.

**INSIGHT SUPPORT GROUP** **942-7483**

Tallahassee Senior Center, 1400 North Monroe Street  
3<sup>rd</sup> T. of every month, 1:00 – 3:00 p.m.

◆ The focus of this group is to share ideas, experiences, love and laughter with those experiencing the loss of their sight. Guest speakers are often invited to impart information pertinent to those with vision loss. There is no fee, but a small donation is encouraged.

**OCTOPUS CLUB** **894-9025**

Florida Institute of Rehabilitation Education Building  
1286 Cedar Center Drive

1<sup>st</sup> T. of every month, 1:00 – 3:00 p.m.

◆ This group seeks to reach out to those experiencing visual impairments in an effort to provide support and encouragement, as well as useful tips, suggestions and information on how to live with vision loss. Guest speakers are often invited. There is no fee.

**PERSONAL ADAPTIVE COMPUTER USERS (PACU)** **942-3658, ext. 214**

Florida Institute of Rehabilitative Education Building  
1286 Cedar Center Drive

◆ The members of this group all share a common interest in using computers. Their meetings revolve around sharing information and learning more about computer applications. Guest speakers are often invited. It is a loosely structured group and members have varying levels of computer skills. Anyone with significant vision loss is welcome. There is no fee for membership. Please call first.

# DENTAL CARE

## COMMUNITY BASED DENTAL CARE

<p><b><u>Gadsden County Health Department</u></b> 278 LaSalle Lefall Drive, Quincy <b>Phone:</b> (850) 875-7200 ext. 542 <b><u>www.Gadsdenhealth.org</u></b></p>	<p><b>Services:</b> Extractions, dentures and x-rays <b>Fees:</b> Medicaid accepted; Other fees set by health department <b>Eligibility:</b> No special requirements except that fees are higher for non-county residents</p>
<p><b><u>Jefferson County Health Department</u></b> 1255 W. Washington Street, Monticello <b>Phone:</b> (850) 342-0170 ext. 1021 <b><u>www.doh.state.fl.us/chdJefferson/Dental/dental.htm</u></b></p>	<p><b>Services:</b> General dentistry except dentures and partials <b>Fees:</b> Medicaid accepted; Other fees set by health department <b>Eligibility:</b> No special requirements</p>
<p><b><u>TCC – Dental Hygiene Clinic</u></b> 444 Appleyard Drive, Tallahassee <b>Phone:</b> (850) 201-8247 <b>Services:</b> Academic program that only offers cleaning services and occasional x-rays; must make an evaluation appointment (one hour) in order to receive cleaning services (three hours); open limited hours, must call for an appointment, and on the city bus route <b>Fees:</b> \$12</p>	
<p><b><u>Taylor Dental Clinic</u></b> 409 E. Ash Street, Perry <b>Phone:</b> (850) 223-2578</p>	<p><b>Services:</b> General dentistry <b>Fees:</b> Medicaid accepted; Other fees set by health department <b>Eligibility:</b> No special requirements</p>
<p><b><u>Veterans Dental Clinic – Tallahassee</u></b> 1607 St. James Court, Tallahassee <b>Phone:</b> (800) 541-8387 or (850) 878-0191 <b><u>www.northflorida.va.gov</u></b></p>	<p><b>Services:</b> General dentistry <b>Fees:</b> None <b>Eligibility:</b> Available only to veterans with a service-connected compensable dental disability and others, per the classifications on the web-site</p>
<p><b><u>Wakulla County Health Department</u></b> 48 Oak Street, Crawfordville <b>Phone:</b> (850) 926-4985 <b><u>www.wakullahealth.com/AllServices/Dental/DentalIndex.htm</u></b></p>	<p><b>Services:</b> Emergency services only (Non-Medicaid adults) <b>Fees:</b> Medicaid accepted; Other fees set by health department <b>Eligibility:</b> No special requirements except that fees are higher for non-county residents</p>

## PRIVATE DENTISTS ACCEPTING MEDICAID OR FINANCING

Affordable Dentures  
2810 Sharer Road, Suite 17, Heritage Plaza Shopping Center,  
Tallahassee  
**Phone:** (850) 385-5188  
**www.affordabledentures.com**

**Services:** Dentures and extractions  
**Fees:** Medicaid accepted

Coast Dental  
1329 E. Tennessee Street, Tallahassee  
**Phone:** (850) 878-7999  
**www.coastaldental.com**

**Services:** General dentistry  
**Fees:** Financing available if credit is good  
via Wells Fargo financing company;  
discount plan available

Dr. Myron Schrock  
19606 State Road 20 West, Blountstown  
**Phone:** (850) 237-1400

**Services:** Dentures and extractions  
**Fees:** Medicaid accepted

Dr. Russell Rainey  
221 E. 7<sup>th</sup> Avenue, Tallahassee  
**Phone:** (850) 385-3700  
**www.DrRainey.com**

**Services:** Comprehensive dentistry including  
general, cosmetic, and restorative  
**Fees:** Financing available if credit check is  
good via American General company, Care  
Credit, Springstone Financing

## HELPFUL WEBSITES

◆ [www.DentalInsuranceHelper.com](http://www.DentalInsuranceHelper.com)

◆ [www.DentalPlans.com](http://www.DentalPlans.com)

◆ [www.InsuranceCompany.com](http://www.InsuranceCompany.com)

◆ [www.webmd.com/oral-health/default.htm](http://www.webmd.com/oral-health/default.htm)

## DENTAL FACTS

◆92% of seniors 65 and older have had caries in their permanent teeth.

◆23% of seniors 65 and older have untreated tooth decay.

◆Oral cancer rates increase with age, becoming more rapid after age 50 and peaking between ages 60 and 70.

National Institutes of Health

## DENTAL RECOMMENDATIONS FROM THE AMERICAN DENTAL ASSOCIATION

◆Brush teeth twice a day

◆Eat a balanced diet and drink water

◆Replace toothbrush every 3-4 months

◆Do not smoke

◆Use floss or an interdental cleaner daily

◆Visit the dentist regularly for check-ups, cleanings and  
oral cancer exam

# GRANDPARENTS AS PARENTS

<b>SUPPORT SERVICES</b>		
<b>Grandparents Raising Grandchildren</b>	<a href="http://talgov.com/seniors">talgov.com/seniors</a>	<b>891-4008</b>
This <u>Leon County Senior Outreach</u> program offers support to grandparents and other relative caregivers raising children. A monthly support group and luncheon is held on the last Wednesday of each month.		
<b>Florida Kinship Care Warmline</b>	<a href="http://www.flkin.org">www.flkin.org</a>	<b>800-640-6444</b>
Provides emotional support, information and referral for relative caregivers throughout Florida.		
<b>Area Agency on Aging for North Florida</b>	<a href="http://aaanf.org">aaanf.org</a>	<b>800-640-6444</b>
Provides information and referral services.		
<b>AARP QuickLINK Benefits Calculator</b>	<a href="http://aarp.org/quicklink">aarp.org/quicklink</a>	<b>866-595-7678</b>
This website contains an easy to use tool that helps connect adults over age 50 and their children/grandchildren under age 18 to public benefits programs.		
<b>INFORMATION AND REFERRAL</b>		
<b>2-1-1 Big Bend Help Line</b>	<a href="http://211bigbend.org">211bigbend.org</a>	<b>211</b>
Telephone counseling, information/referral and crisis intervention.		
<b>Tallahassee Senior Center</b>	<a href="http://talgov.com/seniors">talgov.com/seniors</a>	<b>891-4043</b>
Information and referral to connect seniors with services they need to remain active and independent.		
<b>Whole Child Leon</b>	<a href="http://wholechildleon.org">wholechildleon.org</a>	<b>414-8344</b>
Connects children to community resources for health care, educational and social services.		
<b>LEGAL SERVICES</b>		
<b>Legal Services of North Florida</b>	<a href="http://lsnf.org">lsnf.org</a>	<b>385-9007</b>
Civil legal assistance to low income families, children and the elderly.		
<b>SENIOR SERVICES</b>		
<b>Elder Care Services</b>	<a href="http://ecsbigbend.org">ecsbigbend.org</a>	<b>921-5554</b>
Provides care management, homemakers, personal care, adult day care, adult health care, Alzheimer's and general respite care, emergency alert response, Meals on Wheels, congregate meals, transportation, and volunteer services to seniors and their families		
<b>CHILDREN and FAMILY SERVICES</b>		
<b>Florida Department of Children and Families</b>	<a href="http://myflorida.com/accessflorida">myflorida.com/accessflorida</a>	<b>488-0675</b>
Financial assistance and child protective services. (additional website: <a href="http://dcf.state.fl.us/programs">dcf.state.fl.us/programs</a> )		
<b>Big Brothers Big Sisters of the Big Bend</b>	<a href="http://bbbsbigbend.org">bbbsbigbend.org</a>	<b>386-6002</b>
Provides role models and consistent adult attention to children 6-17 years of age.		
<b>Kids Incorporated of the Big Bend</b>	<a href="http://kidsincorporated.org">kidsincorporated.org</a>	<b>414-9800</b>
The Family Services program provides financial aid and consumer information for children, families and child care professionals.		
<b>Child Support Enforcement Services</b>	<a href="http://dor.myflorida.com/dor/childsupport">dor.myflorida.com/dor/childsupport</a>	<b>800-622-5437</b>
Provides information on applying for child support services, locating absent parents, establishing paternity and making payments.		
<b>Children's Home Society</b>	<a href="http://chsfl.org">chsfl.org</a>	<b>921-0772</b>
Provides adult mentors to children age 4 to 17 who have an incarcerated parent as well as counseling.		
<b>COUNSELING SERVICES</b>		
<b>Apalachee Center</b>	<a href="http://apalacheecenter.org">apalacheecenter.org</a>	<b>523-3333</b>
A private, non-profit behavioral healthcare organization offering a full range of mental health services.		
<b>FSU Human Services Center</b>	<a href="http://epls.fsu.edu/hsc">epls.fsu.edu/hsc</a>	<b>644-3857</b>
Provides free counseling services for children and adults in the Tallahassee community.		

<b>Turn About Inc. of Tallahassee</b>	<b>turnabout.org</b>	<b>671-1920</b>
Provides services and counseling to children with substance abuse, behavioral problems or have been victims of a crime.		
<b>COUNSELING SERVICES (continued)</b>		
<b>Capital City Youth Services</b>	<b>ccys.org</b>	<b>576-6000</b>
Provides shelter services for families in crisis and provides outpatient counseling to solve any problems that are affecting families.		
<b>Camelot Community Care</b>	<b>camelotcommunitycare.org/fl_services.asp</b>	<b>561-8060</b>
A child-placing agency that provides in home therapy and child welfare services.		
<b>GRIEF AND LOSS COUNSELING</b>		
<b>Big Bend Hospice</b>	<b>bigbendhospice.org</b>	<b>878-5310</b>
Provides emotional and spiritual support for families experiencing the loss of a loved one.		
<b>Lee's Place</b>	<b>leesplace.org</b>	<b>841-7733</b>
Provides grief counseling for individuals and families who are adjusting to loss through death, divorce or abandonment.		
<b>PARENT EDUCATION</b>		
<b>FSU Center for Couple &amp; Family Therapy</b>	<b>----</b>	<b>644-1588</b>
Provides counseling for individuals, couples and families with diverse needs and backgrounds.		
<b>HEALTH CARE</b>		
<b>Bond Community Health Center, Inc.</b>	<b>bondchc.com</b>	<b>576-4073</b>
Provides comprehensive family health services to low income patients.		
<b>Leon County Health Department</b>	<b>leoncountyfl.gov/lchd</b>	<b>606-8000</b>
Provides certain health and dental care procedures to children as well as health education.		
<b>Lincoln Neighborhood Services Center</b>	<b>nhsclinic.org</b>	<b>224-2469</b>
Provides primary, mental and episodic care for medically underserved, uninsured and homeless persons.		
<b>Florida Kid Care</b>	<b>floridakidcare.org</b>	<b>888-540-KIDS</b>
Provides low or no cost health care to children through age 18.		
<b>CHILD CARE/EDUCATION</b>		
<b>Center for Autism and Related Disabilities</b>	<b>autism.fsu.edu</b>	<b>644-4367</b>
Provides support and assistance to optimize the potential of people with autism and related disabilities.		
<b>FSU Multidisciplinary Center (FSU-FDLRS)</b>	<b>csw.fsu.edu</b>	<b>644-2222</b>
Provides services to children presenting complex academic, medical, emotional or behavioral problems.		
<b>Leon County Schools</b>	<b>leon.k12.fl.us</b>	<b>487-7100</b>
Maintains the public educational system for the county.		
<b>Early Learning Coalition</b>	<b>elcbigbend.org</b>	<b>866-973-9030 or 385-0551</b>
Childcare and early education resource and referral.		
<b>CHILDREN'S ACTIVITIES/RESOURCES</b>		
<b>Tallahassee Parks, Recreation &amp; Neighborhood Affairs</b>	<b>talgov.com</b>	<b>891-3866</b>
Provides recreational activities such as arts and crafts, organized sports, swimming pool access and the playground program for children out of school for the summer.		
<b>Oasis Center for Women and Girls</b>	<b>theoasiscenter.net</b>	<b>222-2747</b>
Offers support to women and girls to improve their lives.		

# END OF LIFE PREPARATION

General Information		
<b>Long-Term Care Planning</b>		<a href="http://www.longtermcare.gov">www.longtermcare.gov</a>
<b>Project Grace</b>	Phone: 1-877-994-7223	<a href="http://projectgrace.org">projectgrace.org</a>
Provides general information about end of life planning. Visit the website or call to have information mailed.		
Legal Services and Related Organizations		
<b>5 Wishes</b>	Phone: 1-888-594-7437	<a href="http://www.agingwithdignity.org">www.agingwithdignity.org</a>
Document that aids respondents express their final medical, personal, emotional and spiritual wishes. Document costs \$5.00 and is accessible by phone or website order. Financial matters are not included but may be handled by any of the other sources listed below.		
<b>Legal Aid Foundation of the Tallahassee Bar Association</b>	Phone: 222-3292, ext. 2	<a href="http://tallahasseebar.org">tallahasseebar.org</a>
Provides legal counsel (civil cases only) to persons unable to afford an attorney.		
<b>Legal Service Network—AARP</b>	Phone: 1-888-687-2277	<a href="http://AARP.org">AARP.org</a>
Assists AARP members locate an area attorney to provide legal service regarding wills, probate, etc. Member discount: 45-minute free consultation + 20% discount on requested legal services.		
<b>Legal Services of North Florida, Inc.</b>	Phone: 385-9007	<a href="http://lsnf.org">lsnf.org</a>
Provides legal services to low income persons; legal assistance not available for criminal cases or traffic matters.		
<b>Florida Law Help</b>	Phone: None	<a href="http://FloridaLawHelp.org">FloridaLawHelp.org</a>
Helps low-income people needing legal information find a legal aid or pro-bono lawyer and learn about the courts, government agencies and other social services.		
<b>Legal Services of North Florida Legal Advice Hotline</b>	Phone: 385-0029	<a href="http://lsnf.org">lsnf.org</a>
People with legal questions who meet income guidelines may call Monday through Thursday, 9 am – 5 pm.		
<b>Tallahassee Bar Lawyer Referral Service</b>	Phone: 222-3922, ext. 1	<a href="http://tallahasseebar.org">tallahasseebar.org</a>
This service will make a lawyer referral; half-hour consultation is \$25.		
<b>Florida Senior Legal Helpline</b>	Phone: 1-888-895-7873	-----
Provides free legal advice and brief services by phone to Florida residents age 60 and over.		
<b>Tallahassee Senior Center</b>	Phone: 891-4000	<a href="http://talgov.com/seniors">talgov.com/seniors</a>
Initial legal services provided by Legal Services of North Florida to seniors age 60 and over, available by appointment only.		
Attorneys		
There are many attorneys available in Leon County to assist seniors and their families with trusts, wills and other matters. A list of these attorneys can be found at <a href="http://talgov.com/seniors">talgov.com/seniors</a> (under Senior Resources) or by calling 891-4043.		
Hospice Care/Counseling/Support Groups		
<b>Big Bend Hospice</b>	Phone: 878-5310	<a href="http://bigbendhospice.org">bigbendhospice.org</a>
Support & grief counseling for patients and those who have lost loved ones. Music therapists, social workers and chaplains available. Pain management, in-home and facility care.		
<b>Covenant Hospice</b>	Phone: 575-4998	<a href="http://covenanthospice.org">covenanthospice.org</a>
Hospice offers support groups, one-on-one counseling, and ongoing educational Lunch & Learn programs. Chaplains, social workers, and other counselors. Pain management, in-home and facility care.		
<b>Lee's Place</b>	Phone: 841-7733	<a href="http://leesplace.org">leesplace.org</a>
Non-profit counseling center specializing in grief counseling for individuals and families who are adjusting to loss through death, divorce, or abandonment. No charge for first session, then sliding fee scale based on family income and number of dependents.		
<b>Tallahassee Senior Center</b>	Phone: 891-4032	<a href="http://talgov.com/seniors">talgov.com/seniors</a>
Licensed Clinical Social Worker available for individual or family counseling. Medicare and private insurances		

accepted. Call to schedule an appointment.

## **National Hospice & Palliative**

### **Care Organization**

**Phone: 1-800-989-9455**

**[caringinfo.org](http://caringinfo.org)**

Provides information to the general public about how hospices work, advance care planning and referral to local hospices. Information about Florida and state-specific advance directives is also available.

## **Funeral Homes/Burial & Related Services**

**Tallahassee Funeral Homes** include Abbey-Riposta/Tallahassee Memory Gardens, 562-1518♦Beggs-Apalachee Chapel, 942-2929♦Bevis, 385-2193♦Culley's MeadowWood Timberlane, 893-4177♦Culley's MeadowWood Riggins, 877-8191♦Fairchild Burial and Cremation, 386-8686♦Independent, 875-1529♦Richardson Family Care, 576-4144♦Strong-Jones, 224-2139

## **Florida Funeral and Cemetery**

### **Consumer Advocacy, Inc.**

**Phone: 224-2082**

**[ffca.org](http://ffca.org)**

A non-profit organization formed to help the public become informed and assertive consumers in the market place for funeral and cemetery services and related merchandise. The organization assists the public with questions about local funeral homes and services.

## **Funeral Service Helpline**

**Phone: 1-800-662-7666**

**[nfda.org](http://nfda.org)**

Provides pre-planning information regarding funeral arrangements, funding options and related services; national helpline and free brochure available.

## **Social Security Administration**

**Phone: 1-800-772-1213**

**[ssa.gov](http://ssa.gov)**

Provides a small, one time lump-sum death payment to families of individuals receiving social security benefits. Spouses and/or children may be entitled to monthly survivors' benefits.

## **Veteran's Administration**

**Phone: 1-800-827-1000**

**[va.gov](http://va.gov)**

Provides assistance with certain veterans' burial plots (VA cemeteries) and related expenses such as flags and headstones, including those in private cemeteries.

## **Organ Donation**

**Phone: 1-877-357-4273**

**[donatelifeflorida.org](http://donatelifeflorida.org)**

Florida's organ, tissue and eye donor registry for those individuals wishing to donate upon their death. Registration is encouraged even if the donor has the donation specified on his driver's license.

## **Anatomical Board**

**Phone: 1-800-628-2594**

**[med.ufl.edu/anatbd](http://med.ufl.edu/anatbd)**

This state program provides donated bodies for the training of physicians, dentists, physician assistants, and other health workers at universities in Florida. The Anatomical Board supports research and continued and advanced training programs for physicians.

## GENERAL INFORMATION

<b>AARP</b>		<b>CRISIS</b>	
Leon County Chapter (Chapter 376)	222-5344	Abuse Hotline	1-800-962-2873
<b>ADULT DAY CARE</b>		Poison Information	1-800-222-1222
Elder Care Services	921-5554	2-1-1 Big Bend	211
Tallahassee Memorial Health Care	531-0712	<b>ECONOMIC SERVICES</b>	
Woodmont Retirement Community	562-4123	Food Stamps	488-0675
<b>AGENCIES</b>		Medicaid	1-888-367-6554
Area Agency on Aging, N.FI	488-0055	Social Security Administration	942-8978
Elder Affairs, Department of	414-2000	<b>EMERGENCY ASSISTANCE</b>	
Elder Care Services	921-5554	American Red Cross	878-6080
Epilepsy Association of the Big Bend	222-1777	Catholic Charities	222-2180
The Alzheimer's Project, Inc.	386-2778	Community Action Agency	222-2043
<b>BEREAVEMENT</b>		DCF Public Assistance	1-866-762-2237
Big Bend Hospice	878-5310	Echo Ministries	224-3246
<b>CAREGIVERS</b>		<b>EMPLOYMENT</b>	
Area Agency on Aging of NFI, Inc.	488-0055	Experience Works	922-0023
CARES Program	414-9803	Labor and Veterans' Employment	245-7199
Comfort Keepers	402-0051	Work Force Plus	413-0315
Elder Care Services	921-5554	<b>HOUSING</b>	
Home Helpers	668-1164	Benefits, Information and Claims	1-800-827-1000
Home Instead Senior Care	297-1897	Catholic Charities Rental Assistance	222-2180
Interim Health Care	422-2044	Community Action Agency	222-2043
<b>CITY OF TALLAHASSEE</b>		DCF Emergency Assistance-Housing	488-3700
City Information	891-0000	Health Care Homeless Veterans	878-0191x2023
Energy Assistance	891-4968	Tallahassee Housing Authority	385-6126
<b>INFORMATION &amp; REFERRAL</b>		<b>MEDICAL</b>	
Alzheimer's Contact Center	1-800-272-3900	Big Bend Hospice	878-5310
Community Transportation Cord.	891-5199	Health Department, Leon County	487-3186
Consumer Hotline	1-800-435-7352	Capital Regional Medical Center	325-5000
Elder Care Services	921-5554	Tallahassee Memorial Hospital	431-1155
Elder Helpline	1-800-963-5337	<b>MENTAL HEALTH</b>	
Lawyer Referral, Statewide	1-800-342-8011	Apalachee Center	523-3289

Medicare Hotline	1-800-633-4227	Behavioral Health Center	431-5100
Physician Referral	877-9018	Senior Counseling, Rosalyn Olsen	891-4032
Poison Hotline	1-800-222-1222	<b>NUTRITION/FOOD</b>	
Tallahassee Senior Center	891-4000	DCF Aging & Adult Services	488-0160
American Cancer Society	297-0588	Food Stamp Program	488-0675
2-1-1 Big Bend	224-6333	Meals on Wheels	245-5938
<b>INSURANCE</b>		<b>RECREATION &amp; LEISURE</b>	
Consumer Hotline	1-800-435-7352	Tallahassee Senior Center	891-4000
Medicare Hotline	1-800-633-4227	<b>TRANSPORTATION</b>	
SHINE Insurance Counseling	1-800-963-5337	Community Transportation Coord.	891-5199
<b>LEGAL</b>		StarMetro	891-5200
Legal Aid Foundation	222-3004	<b>VOLUNTEERING</b>	
North Florida Legal Services	385-9007	Foster Grandparent Program	921-5554
N. FL Legal Services Hotline	385-0029	Leon County Volunteer Services	606-1970
Statewide Lawyer Referral	1-800-342-8011	Retired Senior Volunteer Program	921-5554
Tallahassee Bar Referral	681-0601	Seniors vs. Crime	891-4044
Tallahassee Senior Center	891-4000	Tallahassee Senior Center	891-4000

## INFORMATION AND REFERRAL RESOURCES

<i>For information on GENERAL services and resources</i>	
<b>2-1-1 Big Bend</b>	<b>211 or 1-800-963-5337</b>
<b>Elder Care Services</b>	<b>921-5554</b>
<b>Elder Help Line</b>	<b>1-800-96-ELDER (1-800-963-5337)</b>
<b>Tallahassee Senior Services Resource Center</b>	<b>891-4043</b>
<i>For information on ATTORNEYS / LEGAL services and resources</i>	
<b>National Academy of Elder Law Attorneys</b>	<b>(520) 881-4005</b>
<b>Tallahassee Bar Lawyer Referral Service</b>	<b>681-0601</b>
<b>Senior Legal Hot Line</b>	<b>1-888-895-7873</b>
<i>For information on CAREGIVING services and resources</i>	
<b>The Alzheimer's Project, Inc.</b>	<b>386-2778</b>
<i>For CRISIS assistance, services and resources</i>	
<b>Abuse Hotline</b>	<b>1-800-96-abuse (1-800-962-2873)</b>
<b>Big Bend 2-1-1</b>	<b>211 or 1-800-963-5337</b>
<i>For information on DISABILITIES services and resources</i>	
<b>Advocacy Center for Persons with Disabilities, Inc.</b>	<b>488-9071 or 1-800-342-0823</b>
<i>For information on HOSPICES AND PALIATIVE CARE services and resources</i>	
<b>Florida Hospices and Palliative Care</b>	<b>878-2632</b>
<i>For information on HOUSING services and resources</i>	
<b>Elder Help line</b>	<b>1-800-96-Elder (1-800-963-5337)</b>
<b>Tallahassee Senior Services Senior Resource Center</b>	<b>891-4043</b>
<i>For information on PHYSICIANS &amp; MEDICAL services and resources</i>	
<b>Capital Medical Society</b>	<b>877-9018</b>
<b>Capital Regional Medical Center Physician Referral line</b>	<b>656-3627 or 1-800-847-8876</b>
<b>Health Care Homeless Veterans Program</b>	<b>878-0191 ext. 2023</b>
<b>Tallahassee Memorial Health Care MD Referral line</b>	<b>431-5063</b>
<i>For information on TRANSPORTATION services and resources</i>	
<b>Community Transportation Coordinator</b>	<b>891-5199</b>

## LIFELONG LEARNING

### ART

**The Tallahassee Senior Center for the Arts**      [talgov.com/seniors/art.cfm](http://talgov.com/seniors/art.cfm)      **891-4016**

Offers a wide variety of art classes for active adults at the Tallahassee Senior Center and other locations within Leon County. Beginning and advanced artists receive guidance from experienced instructors and have the opportunity to exhibit/sell their art.

**Brush & Palette**      [brushandpaletttestudio.com](http://brushandpaletttestudio.com)      **893-1960**

Provides a variety of art classes for adults taught by experienced Tallahassee artists.

**LeMoyne Center for the Visual Arts**      [lemoyne.org](http://lemoyne.org)      **222-7622**

Offers art education in a wide variety of mediums and participates in cultural activities related to the arts.

**Lafayette Park Arts and Crafts Center**      [talgov.com](http://talgov.com)      **891-3945**

Provides pottery, stained glass, crochet and drawing classes.

### CONTINUING EDUCATION

**Tallahassee Senior Center**      [talgov.com/seniors](http://talgov.com/seniors)      **891-4000**

Provides a variety of learning opportunities including foreign and English language classes, book and current event discussion groups, periodic expos for active living and lifelong learning, leisure learning covering cultural subjects, writing classes and the “Tallahassee Active Lifelong Leaders” program conducted in partnership with the Tallahassee Chamber of Commerce’s Leadership Tallahassee.

**Osher Lifelong Learning Institute**      [pepperinstitute.org/OlliatFSU](http://pepperinstitute.org/OlliatFSU)      **644-7947**

Offers academic courses, writer’s groups, book discussion groups and local field trips, all in conjunction with the local universities, community college and Pepper Institute on Aging.

**Leon County Adult and Community Education**      [ace-leon.org](http://ace-leon.org)      **922-5343**

Provides senior adults with valuable academic skills to enhance their daily lives. Classes meet at area assisted living and skilled nursing facilities as well as community centers and encourages active learning in exploration of issues that surround the aging process.

**FSU, FAMU**      [registrar.fsu.edu/services/crecords/audit\\_registration.pdf](http://registrar.fsu.edu/services/crecords/audit_registration.pdf) (FSU)      **644-1050**

[famuedu.edu](http://famuedu.edu) (FAMU)      **599-3015**

Have audit, non-degree courses available to seniors age 60 and over provided there is space and the class instructor/department approves the request to take the class. Each institution has rules for approving these tuition free classes. The registrars’ offices can assist seniors with enrollment procedures.

### COOKING

**Pan-Handler’s Kitchen**      [panhandlerskitchen.com](http://panhandlerskitchen.com)      **575-4308**

Staff and guest teachers cover a variety of fun food preparation classes, which are half hands-on demonstration and half lecture format.

**Wilton Cake Decorating Courses**      [michaels.com](http://michaels.com)      **878-5622**

Michael’s Stores, Inc., offers fun cake decorating courses for both beginners and advanced students. Learn the latest techniques at Michael’s, including decorating basics, use of fondant and flowers/design.

**LaLanterna Italian Market**      [lalanternaitalianmarket.webs.com](http://lalanternaitalianmarket.webs.com)      **878-9738**

Conducts friendly, small classes on preparation of Italian meals.

### HEALTH

**Tallahassee Senior Center Health Program**      [talgov.com/seniors](http://talgov.com/seniors)      **891-4045**

Provides ongoing agenda of Health Education presentations on a wide array of health and wellness-related topics.

<b>Tallahassee Memorial Health Care</b>	<b>tmh.org</b>	<b>431-5875</b>
Promotes and arranges for a variety of healthy living educational programs and regional symposiums.		
<b>Capital Health Plan</b>	<b>capitalhealth.com</b>	<b>523-7310</b>
Offers preventive health and savvy senior seminars covering a variety of health-related topics.		
<b>Capital Regional Medical Center</b>	<b>capitalregionalmedicalcenter.com</b>	<b>325-5177</b>
Arranges for a variety of preventive health educational programs as well as a “consult-a-nurse” health question and answer forum.		
<b>TECHNOLOGY</b>		
There are many resources in Leon County for computer classes, computer support, brain fitness programs and computer use. A list of these resources can be found at: <a href="http://talgov.com/seniors/sen_resources.pdf">talgov.com/seniors/sen_resources.pdf</a> .technology		
<b>MISCELLANEOUS EDUCATIONAL TOPICS</b>		
<b>FAMU Cooperative Extension Program</b>	<b>famu.edu/cesta</b>	<b>599-3546</b>
Offers programs for community gardening, water quality education, money management, caregivers interface with health care professionals, food preparation and safety and nutrition.		
<b>Leon County Extension Office of UF</b>	<b>leon.ifas.ufl.edu</b>	<b>606-5200</b>
Provides educational assistance with nutritional health, food preparation, grandparenting, marital and other family skills, home maintenance, gardening, composting and lawn health, money matters and a 24-hour consumer question and answer hotline.		
<b>New Leaf Market</b>	<b>newleafmarket.coop</b>	<b>942-2557</b>
Offers hands-on cooking classes using organic ingredients, arranges for local practitioners to discuss health matters, wine tasting, chair yoga and household cleaning without harsh chemicals.		
<b>The Alzheimer’s Project</b>	<b>alzheimersproject.org</b>	<b>386-2778</b>
Offers periodic forums to educate caregivers on dealing with dementia/Alzheimer’s patients.		
<b>Home Depot/Home Improvement</b>	<b>homedepot.com (“how-to” center)</b>	<b>422-2777; 350-9001</b>
Conducts periodic classes on home improvement projects and offers an extensive on-line directory of instructions for many home repairs, installation and trouble-shooting activities.		
<b>Wilderness Way</b>	<b>thewildernessway.net</b>	<b>877-7200</b>
Teaches stand-up paddle boarding and kayaking.		
<b>Tallahassee Parks and Recreation</b>	<b>talgov.com</b>	<b>891-3920 (tennis); 891-3981 (swimming)</b>
Offers tennis and swimming lessons for adults.		
<b>Hilaman Golf Lessons</b>	<b>hilamangolfcourse.com</b>	<b>728-1937</b>
“Get Golf Ready” lessons taught by a PGA teaching professional.		

# NEIGHBORHOOD RESOURCES

## CITIZEN RESOURCES

### ■ CITY OF TALLAHASSEE DEPARTMENT OF NEIGHBORHOOD AND COMMUNITY SERVICES

The Neighborhood and Community Services Department provides affordable housing strategies; housing rehabilitation and relocation activities; code enforcement for housing and property violations; human service, neighborhood service, animal service and senior service programs and assistance.

**Phone:** 891-6500 **Website:** [www.tal.gov](http://www.tal.gov) (click Departments, click Neighborhood & Community Services)

#### Frequently called numbers:

- **Animal / Pet Concerns:** 891-2950; after hours – 891-4200
- **Care of Premises:** 891-6500 or 24-hour hotline – 891-CODE (2633)
- **Landlord / Tenant Disputes:** 891-8955
- **Noise (excessive):** 891-4200

### ■ LEON COUNTY NEIGHBORHOOD RESOURCES

Leon County government provides numerous public services to citizens. Some of these services and programs may impact and benefit a neighborhood as a whole. These range from human services, including housing programs, veterans and senior services, to volunteer opportunities.

**Phone:** 606-5300

**Website:** [leoncountyfl.gov](http://leoncountyfl.gov) (click Neighborhood Resources)

### ■ COUNCIL OF NEIGHBORHOOD ASSOCIATIONS (CONA)

CONA endeavors to enhance the quality of life through *Neighborhood Preservation and Empowering Effective Neighborhood Community Action* in the Tallahassee and Leon County area. This organization holds monthly town hall meetings at which there is a speaker, a city or county commissioner, community agency reports, and neighborhood networking and exchange of information.

**Website:** [econa.org](http://econa.org)

**Town Hall Meetings:** 2<sup>nd</sup> Monday of every month, 6:00 p.m., at the Tallahassee Senior Center

## REAL ESTATE

### SENIORS REAL ESTATE SPECIALISTS

Senior Real Estate Specialists (SRES®) designees demonstrate knowledge and expertise to counsel senior clients through the major financial and lifestyle transitions involved in relocating, refinancing, or selling a home.

- Key differences in housing options, from age-restricted communities to age-in-place design to assisted living
- Applications of the Housing for Older Persons Act (HOPA)
- Ins and outs of reverse mortgages
- How to use pensions, 401k accounts, and IRAs in real estate transactions
- Ways in which Medicare, Medicaid, and Social Security affect real estate decisions of clients and customers who are 55 and older
- How to recognize and protect their clients from mortgage finance and loan schemes and scams that target 55 and older borrowers.

**For more information and to find a SRES realtor in your area, visit [www.seniorsrealestate.com](http://www.seniorsrealestate.com)**

### LOCAL SENIORS REAL ESTATE SPECIALIST

#### ■ ANGIE GOODMAN, BROKER ASSOCIATE

CRS, SRES

Keller Williams Realty

**Phone:** 201-4663

**Website:** [www.agoodmove.us](http://www.agoodmove.us)

## REVERSE MORTGAGE

### ■ TALLAHASSEE LENDERS' CONSORTIUM

**Phone:** 222-6609 **Website:** [Tallahasseeenders.org](http://Tallahasseeenders.org)

#### ■ USEFUL WEBSITES:

AARP – [aarp.org/money/revmort](http://aarp.org/money/revmort)

HUD – [hud.gov/offices/hsg/sfh/hecm/rmtopten.cfm](http://hud.gov/offices/hsg/sfh/hecm/rmtopten.cfm)

## HOME BUILDING AND MODIFICATION

### USEFUL WEBSITES

The following websites provide information, resources, and links to other information about home design and home modifications.

- **AARP:** [www.aarp.org](http://www.aarp.org) (click Family, Home, and Legal, click Home Design)
- **National Aging In Place Council:** [www.naipc.org](http://www.naipc.org)
- **National Association of Home Builders:** [www.nahb.org](http://www.nahb.org)
- **Tallahassee Builders Association:** [www.Tallyba.com](http://www.Tallyba.com)
- **Toolbase:** [www.toolbase.org](http://www.toolbase.org) (click Homebuilding topics, click Universal Design)

### LOCAL RESOURCES

#### ■ Accessibility Solutions

Specialize in the adaptation of residential homes and commercial buildings in order to create barrier free living.

**Phone:** 383-1100

**Website:** [www.bleuheron.com](http://www.bleuheron.com)

#### ■ American Ramp Systems

**Phone:** 1-800-649-5215

**Website:** [www.americanramp.com](http://www.americanramp.com)

#### ■ Terry Ward Consulting, LLC

Specialize in the evaluation and recommendations for accessibility and assistive technology services for seniors and people with disabilities. Work with individuals to ensure their home and/or work site is left free of accessibility barriers and is designed to promote their independence.

**Phone:** 386-2511

**Website:** [www.terrywardconsulting.com](http://www.terrywardconsulting.com)

### IN HOME ASSISTIVE TECHNOLOGY

#### ■ ABILITY 1<sup>ST</sup>

Information, referral, and services for accessibility services.

**Phone:** 575-9621

**Website:** [www.ability1st.info](http://www.ability1st.info)

#### ■ FLORIDA ALLIANCE FOR ASSISTIVE SERVICES & TECHNOLOGY (FAAST)

Information and assistance with assistive technology

**Phone:** 487-3278

**Website:** [www.faastrg.org](http://www.faastrg.org)

#### ■ FLORIDA TELECOMMUNICATION RELAY, INC.

Information and assistance with assistive technology

**Phone:** 205-1470

**Website:** [www.ftri.org](http://www.ftri.org)

### HOME SAFETY

The following community resources will provide home safety inspections as well as useful information and links to resources about home safety:

#### ■ AMERICAN RED CROSS

**Phone:** 878-6080

**Website:** [www.Redcross.tallytown.com](http://www.Redcross.tallytown.com)

Provides information about disaster preparedness, assistance with disasters, and shelter assistance.

#### ■ LEON COUNTY SHERIFF'S OFFICE CRIME PREVENTION UNIT

**Phone:** 922-3300

**Website:** [www.lcso.leonfl.org](http://www.lcso.leonfl.org)

#### ■ TALLAHASSEE FIRE DEPARTMENT, BUREAU OF FIRE PREVENTION

**Phone:** 891-6600

**Website:** [www.talgov.com](http://www.talgov.com) (click departments, click fire)

#### ■ TALLAHASSEE POLICE DEPARTMENT CRIME PREVENTION UNIT

**Phone:** 891-4200

**Website:** [www.talgov.com](http://www.talgov.com) (click Police)

# OLDER DRIVER RESOURCES

## Older Driver Classes

### AARP Driver Safety Program

**Phone: 888-227-7669**

Provides driver improvement skills. Individuals age 55 or older may be eligible for insurance discount after completing the course.

- **Location:** Course locations and times vary. Please call for course schedule or use [www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety).
- **Cost:** \$10.00 for the course.

## Local Public Transportation

### Community Transportation Coordinator

**Phone: (850) 891-5199**

The **COMMUNITY TRANSPORTATION COORDINATOR (CTC)** coordinates and provides transportation services at a discounted rate for individuals who qualify based on age, disability, and/or financial need. Qualification criteria vary, so it is recommended that everyone contact the Community Transportation Coordinator to determine eligibility prior to arranging services independently.

- **TDD/TTY:** 1-800-955-8771
- **Office Hours:** 6:00 a.m. – 6:30 p.m., Monday through Friday, 7:00 am – 4:00 pm on Saturday
- **Hours transportation available:** Hours vary
- **Fees:** Vary; *usually* \$2.50 one-way
- **Service area:** Leon County
- **Procedures:** Call 891-5199 prior to 2:00 p.m. the day before transportation is needed if already eligible.

### StarMetro Bus Service

**Phone: (850) 891-5200**

StarMetro operates city bus routes in Tallahassee, including campus shuttles at FSU and FAMU, and a variety of seasonal transit programs.

- **TDD/TTY:** 1-800-955-8771
- **Office Hours:** 8:00 a.m. – 4:30 p.m.
- **Fees:** \$1.25 for individuals under 60; \$.60 for individuals over 60
- **Passes available offering reduced fare for multiple rides**
- For more information regarding fares and services, visit [www.talgov.com/starmetro](http://www.talgov.com/starmetro).

For more local transportation options, please refer to the [Local Transportation Resource Card](#) that can be obtained from the Tallahassee Senior Center by calling 891-4043.

## General Older Driver Information

### AARP

[www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety)

*Provides information regarding older drivers and links to other driver resources.*

### CDC National Center for Injury Prevention & Control

[www.cdc.gov/ncipc/factsheets/older.htm](http://www.cdc.gov/ncipc/factsheets/older.htm)

*Provides facts about older drivers.*

### Department of Elder Affairs

[www.elderaffairs.state.fl.us/CRG/TC/html](http://www.elderaffairs.state.fl.us/CRG/TC/html)

*Under “Transportation”. Provides information regarding older drivers and links to other driver resources.*

## Older Driver Assessment

### **AARP Caregiving: Driving & Transportation Concerns**

**[www.aarp.org/families/driver\\_safety](http://www.aarp.org/families/driver_safety)**

*Tips for caregivers about assessing older-adult driving and action alternatives to help the older driver stay on the road longer.*

### **Administration on Aging**

**[www.aoa.gov/prof/transportation/education/education.aspx](http://www.aoa.gov/prof/transportation/education/education.aspx)**

*This site links to a fact sheet covering age-related changes and how they affect driving, tips on self-assessment and information on alternatives to driving.*

### **The American Occupational Therapy Association**

**[www.aota.org/olderdriver](http://www.aota.org/olderdriver)**

*See "Getting Around Safe & Sound". This site contains information about changes in older drivers and their ability to continue to drive.*

### **Florida Senior Safety Resource Center**

**[fssrc.phhp.ufl.edu](http://fssrc.phhp.ufl.edu)**

*See "Assess your driving knowledge". This site has an on-line self-assessment tool as well as links to other resources.*

## Tips for Safe Driving for Older Drivers

### **AAA Foundation for Traffic Safety: Senior Driver Website**

**[www.seniordrivers.org/home/toppage.cfm](http://www.seniordrivers.org/home/toppage.cfm)**

*The AAA Foundation website is a resource for older drivers, their families, and transportation providers.*

### **The American Occupational Therapy Association**

**[www.aota.org/olderdriver](http://www.aota.org/olderdriver)**

*Provides information for professionals and consumers about a wide range of older driver safety and mobility issues, including how to locate a driver rehabilitation specialist. Also provides several self-assessment tools.*

### **Florida GrandDriver® Website**

**[www.floridagrاندdriver.com](http://www.floridagrاندdriver.com)**

*Provides information and resources for safe driving for older drivers and useful links.*

### **Safe and Mobile Seniors Website**

**[www.safeandmobileseniors.org](http://www.safeandmobileseniors.org)**

*This Department of Transportation website provides information for older drivers on every aspect of transportation in an effort to improve their safety and mobility.*

## LOCAL TRANSPORTATION

**STEP 1:** Prior to contacting the providers directly, contact the Community Transportation Coordinator to determine if you are eligible for assistance.

### COMMUNITY TRANSPORTATION COORDINATOR

The **COMMUNITY TRANSPORTATION COORDINATOR (CTC)** coordinates and provides transportation services, including medical transportation, at a discounted rate for individuals who qualify based on age, disability and/or financial need. Qualification criteria vary, so it is recommended that everyone contact the Community Transportation Coordinator to determine eligibility prior to arranging services independently.

**PHONE:** 891-5199

**TDD/TTY:** 1-800-955-8771

**OFFICE HOURS:** 6 a.m. – 6:30 p.m., M – F.; 7 a.m. – 4 p.m., Sat.

**HOURS:** Vary

**FEES:** Vary; *usually* \$2.50 one-way

**SERVICE AREA:** Leon County

**PROCEDURES:** Call prior to 2 p.m. the day before transportation is needed, if already eligible.

**STEP 2:** The following transportation services are available for those who do not qualify for services through the Community Transportation Coordinator.

### **MEDICAL TRANSPORTATION SERVICES**

#### CAPITAL TRANSIT

**Phone:** 878 – 5874

**Transportation Hours:** 7 a.m. – 11 p.m.

**Office Hours:** 8 a.m. – 5 p.m.

**Service Area:** Leon County; surrounding counties  
on occasion

**Procedures:** 24 hours advance notice needed

**Fees:** Usually \$35.00 or \$45.00

**Eligibility:** Private pay

Stretcher service usually \$65.00 one way

#### PRICE TRANSPORTATION SERVICE, INC.

**Phone:** 510-3366

**Transportation Hours:** 24 hours a day

**Office Hours:** 8 a.m. – 5 p.m.

**Service Area:** N/A

**Procedures:** 24 hours advance notice needed

**Eligibility:** Private pay

**Fees:** \$25.00 pick up and \$1.75 per mile

**SESSALY ROSE** Provides transportation for those with transportation problems; mainly those requiring medical assistance or needing medical access.

**Phone:** 222-8232

**Transportation hours:** Mon. – Fri., 7 a.m. – 5 p.m.  
Or by reservation

**Office Hours:** 9 a.m. – 6 p.m.

**Procedures:** 24 hours advance notice needed

**Service Area:** Leon County

**Fees:** Vary; please call

**Eligibility:** Anyone

## OTHER LOCAL TRANSPORTATION

**BIG BEND TRANSIT** Provides transportation services to anyone but all trips are multi-passenger.

**Phone:** 574-6064

**Procedures:** Call prior to 2 p.m. the day before transportation is needed.

**Office Hours:** Mon. - Fri., 6 a.m. – 6 p.m.

**Transportation times/days:** 6 a.m. – 10 p.m.  
7 days a week

**Fees:** \$8.50, \$10.50 or \$14.50 depending on origin/destination; \$11.50, \$13.50 or \$17.50 if rider is in a wheelchair.

**Service Area:** Leon County

**STARMETRO BUS SERVICE** StarMetro operates city bus routes in Tallahassee, including campus shuttles at Florida State University and Florida A&M University, and a variety of seasonal transit programs.

**Phone:** 891-5200

**Website:** [www.talgov.com/starmetro](http://www.talgov.com/starmetro)

**TDD:** 1-800-955-8771

**Office Hours:** 8 a.m. – 4:30 p.m.

**Fees:** \$1.25 for individuals under 60; \$.60 for individuals over 60

*Passes available offering reduced fare for multiple rides.*

**Transportation Hours:**

(C.K. Steele Plaza)

**Mon - Fri:** 5:40 a.m. to 10 p.m.

**Sat:** 6 a.m. – 10 p.m.

**Sun:** 9 a.m. – 6 p.m.

**DIAL-A-RIDE** In compliance with the Americans with Disabilities Act (ADA), a specialized service for disabled and elderly persons is available weekdays and weekends in a limited service area.

**Phone:** 891-5199

**Office Hours:** 6 a.m. – 6:30 p.m., Monday through Friday

**Procedures:** Must submit an application to determine eligibility. To schedule transportation after eligibility is determined, call prior to 5:00 pm. one day in advance.

**Fees:** \$2.50 one way

**Transportation Hours:** Vary

**Service Area:** City limits of Tallahassee

**Eligibility:** Must be disabled or at least 60 years of age.

## VOLUNTEER TRANSPORTATION SERVICES

**ELDER CARE SERVICES “STARS” PROGRAM** Transportation services provided by volunteers coordinated through Elder Care Services.

**Phone:** 921-5554/245-5903

**Office Hours:** 6 a.m. – 5 p.m. Mon - Fri

**Procedures:** Call main office and receive referral

**Fees:** None

**Transportation Hours:** Vary; on an on-call basis.

**Service Area:** Leon County

**Eligibility:** Age 60 and older (qualify through Elder Care Services)

# SAFETY SERVICES

## INFORMATION

### Did you know that:

- ◆Fire death risk among seniors is more than double the average population.
- ◆The number of complaints to the Department of Financial Services from Florida seniors about annuities fraud has nearly quadrupled in the last three years.
- ◆For people over 65, injuries are a leading cause of death.
- ◆Falls kill 10,000 seniors each year in the U.S.
- ◆More than 70,000 seniors are poisoned annually, 40% of these situations involve medications.
- ◆Half of all elderly adults hospitalized for hip fracture cannot return home or live independently after the fracture.
- ◆It is estimated that, on the average, every individual in the U.S. will call 9-1-1 for emergency assistance at least twice during their lifetime.

Knowing and using safety resources may help seniors stay healthy and remain in their home longer.

## EMERGENCIES

### EMERGENCY SERVICES

[lcs.leonfl.org](http://lcs.leonfl.org)

**9-1-1**

For fires, police/sheriff help or medical emergencies which are life threatening. Medical emergencies are true emergencies such as venomous snakebites or suspected heart attacks. The 9-1-1 system can locate a caller on a land phone without questioning the caller. Cell phones require the caller to give a location. Cordless phone systems will not work when the electrical power is out.

## DISASTERS

### AMERICAN RED CROSS

[tallyredcross.org](http://tallyredcross.org)

**878-6080**

Provides assistance by setting up emergency shelters, food or medical care after disasters resulting in extensive local damage. Assistance is provided to families whose homes are damaged by fire, flood, tornado or hurricane.

### EMERGENCY OPERATIONS CENTER

[lcs.leonfl.org](http://lcs.leonfl.org)

**488-5921**

Provides activities related to saving lives and protecting property from natural, manmade and technological emergencies. Aged or disabled individuals who need special assistance (such as transportation) to evacuate during emergencies should contact this office.

## ELDER ABUSE

### FLORIDA ABUSE HOTLINE

[state.fl.us/cf\\_web](http://state.fl.us/cf_web)  
(click "Programs")

**1-800-962-2873**  
(1-800-96ABUSE)

Any knowledge or suspicion of abuse, neglect or exploitation of the elderly should be reported to this hotline.

### LONG TERM CARE OMBUDSMAN COUNCIL

[ombudsman.myflorida.com](http://ombudsman.myflorida.com)

**921-4703**

Investigates and attempts to resolve complaints involving the quality of care and lives of residents in nursing homes, adult family care homes and assisted living facilities.

### REFUGE HOUSE

[refugehouse.com](http://refugehouse.com)

**681-2111**

Offers safe shelter and services to survivors of domestic violence and/or rape. Individual and group counseling, information/referral, victim advocacy, community education, assistance in completing and filing applications for legal injunctions for protection and assistance with preparing and attending court or abuse-related proceedings.

## GENERAL SAFETY

**LEON COUNTY SHERIFF'S-CRIME PREVENTION UNIT**      [lcs.leonfl.org/cpu.htm](http://lcs.leonfl.org/cpu.htm)      **922-3323**

Offers services such as the Neighborhood Crime Watch, Home and Commercial Security surveys, Homeland Security, Robbery, Auto Theft, Senior Citizens Personal Safety, Vacation Tips, Citizens Academy and Fraud.

**TALLAHASSEE POLICE DEPARTMENT CRIME PREVENTION UNIT**      [talgov.com/tpd](http://talgov.com/tpd)      **891-4251**

Offers programs such as Crime Stoppers, Weed & Seed programs to reduce crime in drug areas, Crime Reduction Seminars, personal safety programs and community programs on safety such as neighborhood crime watches (within city limits).

**TALLAHASSEE FIRE DEPARTMENT FIRE PREVENTION BUREAU**      [talgov.com/fire](http://talgov.com/fire)      **891-6629**

Offers fire safety education classes, a Citizens' Fire Academy, courtesy home inspections, issuance of burn permits, investigation of citizen complaints concerning fire safety violations and the smoke detector program (provides smoke detectors for senior citizens).

**PROJECT LIFESAVER**      [alzheimersproject.org](http://alzheimersproject.org)      **386-2778**

Aids individuals and families suffering from Alzheimer's disease and related disorders by providing clients with a wristband that emits a tracking signal. This allows for quick location and rescue of missing persons.

**TALLAHASSEE SENIOR CENTER**      [talgov.com/seniors](http://talgov.com/seniors)      **891-4000**

Provides a variety of aerobic, strength and flexibility classes designed to enhance the health of seniors as well as balance and falls prevention. The center also has a variety of preventive health programs.

### MEDICAL ALERT/EMERGENCY RESPONSE SYSTEMS

**Button type personal devices worn by seniors allow for reporting emergencies 24 hours a day. Some of the companies serving the Tallahassee area are:**

Tallahassee Memorial Health Care Lifeline Systems, [www.tmh.org](http://www.tmh.org), 431-6838 ♦ Lifeline, [lifelinesystems.com](http://lifelinesystems.com), 1-800-543-3546 ♦ Guardian Medical Monitoring, [guardianmedicalmonitoring.com](http://guardianmedicalmonitoring.com), 241-6086 ♦ Critical Signal Technologies, [criticalsignaltechnologies.com](http://criticalsignaltechnologies.com), 1-888-557-4462 ♦ ADT Companion Services, [adt.com](http://adt.com), 1-888-609-4093 ♦ Interim Health Care, no website, 422-2044 ♦ Direct Link Home Helpers, [directlink911.com](http://directlink911.com), 668-1164 ♦ LifeStation, [lifestation.com](http://lifestation.com), 1-800-884-8888.

## FINANCIAL FRAUD/IDENTITY THEFT

**SENIORS VS CRIME**      [seniorsvscrime.com](http://seniorsvscrime.com)      **891-4044**

Reinforces crime prevention and provides methods to alert seniors to consumer fraud, con games and other criminal acts.

**DEPARTMENT OF AGRICULTURE CONSUMER SERVICES HOTLINE**      [800helpfla.com](http://800helpfla.com)      **1-800-435-7352**

Handles complaints concerning businesses in the state and serves as a clearinghouse for all financial consumer complaints except identity theft (see below).

**IDENTITY THEFT**      [myfloridalegal.com](http://myfloridalegal.com)      **1-866-966-7226**

The Attorney General's Office has a complete guide to handling identity theft, which may be accessed using the website or phone number above. Always contact local law enforcement (**Leon County Sheriff's Office, 922-3300** or Tallahassee Police Department, **891-4200**) if there is a possibility of identity theft.

## OTHER INFORMATION AND REFERRAL SERVICES

**2-1-1 BIG BEND, INC.**      [talgov.com/seniors](http://talgov.com/seniors)      **2-1-1 OR 617-6333**









































































**ELDER HELPLINE**      [aaanf.org](http://aaanf.org)      **1-800-963-5337**

**FREE 411 SERVICE**      [google.com/goog411](http://google.com/goog411)      **1-800-466-4411**

# FAITH CONGREGATIONAL SENIOR SERVICES

 Accessible Parking and Building	 In Home Services (meals, home repair)	
 Transportation To Services	 Senior Classes	 Senior Recreation
 Visitation	 Transportation for Shopping/Dr.'s Appointments	 Nursing Services

## BAPTIST

Aeon Baptist Church 6073 Blountstown Highway (32310) 576-6911	     
Bradfordville First Baptist Church 6494 Thomasville Road (32312) 893-0893	  
Canopy Roads Baptist Church 925 Bannerman Road (32312) 906-0047	  
Celebration Baptist Church 3300 Shamrock East (32309) 893-1709	   
East Hill Baptist Church 912 Miccosukee Road (32308) 224-9911	     
Faith Baptist Church 3333 Apalachee Parkway (32311) 877-6511	   
Fellowship Baptist 3705 N. Monroe Street (32303) 562-2040	    
Fernwood Baptist 1324 Fernwood Road (32304) 575-6925	   
First Baptist Church of Crawfordville 3086 Crawfordville Highway (32327) 926-7896	    
First Baptist Church 108 W. College Avenue (32301) 222-5470	    
First Baptist Church of Woodville 9500 Woodville Highway (32305) 421-3315	  
Forest Heights Baptist 1200 West Tharpe Street (32310) 385-8193	   
Gospel Light Baptist Church 3415 Apalachee Parkway (32311) 222-2232	     
Greater Mt. Zion Primitive Baptist Church 1809 Saxon St. (32310) 222-5163	    
Immanuel Baptist Church 2351 Mahan Drive (32308) 878-1021	   
New Life Baptist Church 3625 Woodville Highway (32305) 877-2215	    

 <b>Accessible Parking and Building</b>	 <b>In Home Services (meals, home repair)</b>	
 <b>Transportation To Services</b>	 <b>Senior Classes</b>	 <b>Senior Recreation</b>
 <b>Visitation</b>	 <b>Transportation for Shopping/Dr.'s Appointments</b>	 <b>Nursing Services</b>

North Florida Baptist Church  
3000 Meridian Road (32303) 385-7181



Seminole Baptist Church  
3330 Mission Road (32304) 562-8069



Thomasville Road Baptist Church  
3131 Thomasville Road (32308) 386-4288



**Senior Adult Ministries Support (S.A.M.S.) includes recognition events, "Celebration of Marriage," honoring couples married 50 or more years, "Young at Heart" senior adult choir, and luncheons, conferences, trips and educational program.**

### NONDENOMINATIONAL

Bible Believers Fellowship  
6341 Blountstown Highway (32310) 576-5698



**Food pantry is a self-supporting ministry that provides food to those less fortunate.**

Celebrate New Life Tabernacle  
3050 Agape Lane (32311) 671-4519



First Christian Church  
1319 High Road (32304) 224-7329



Faith Christian Family Center  
310 Laura Lee Ave. (32301) 671-3030



Grace Church of Tallahassee  
731 N. Gadsden Street (32303) 224-9606



King's Way Christian  
3945 N. Monroe (32303) 562-7712



Life Point Church  
1224 Pedrick Road (32317) 219-8088



Timberlane Church of Christ  
3569 Timberlane School Road (32312) 893-6469



**Senior members meet monthly for food, fellowship, and an educational program. They also pool their skills and resources to benefit local health and social service organizations.**

Family Worship and Praise Center  
1609 Branch Street (32303) 656-9378



### CATHOLIC

Blessed Sacrament Church  
624 Miccosukee Road (32308) 222-1321



Good Shepherd Catholic Church  
4665 Thomasville Road (32309) 893-1837





Accessible Parking and Building



In Home Services (meals, home repair)



Transportation To Services



Senior Classes



Senior Recreation



Visitation



Transportation for Shopping/Dr.'s Appointments



Nursing Services

## PRESBYTERIAN

Calvary Orthodox Presbyterian Church  
814 North Gadsden St. (32303) 222-8553



Christ Presbyterian Church  
2317 Bannerman Road (32312) 893-7472



Faith Presbyterian  
2200 N. Meridian Road (32303) 385-6151



Fellowship Presbyterian  
3158 Shamrock South (32309) 893-0617



First Presbyterian  
110 North Adams Street (32301) 222-4504



Lafayette Presbyterian Church  
4220 Mahan Drive (32308) 877-4428



Wildwood Church  
100 Oxbottom Road (32312) 894-1400



## AME

Galilee AME Church  
1401 Lutterloh Road (32305) 421-1444



New Mt. Zion AME Church  
1401 Old Bainbridge Road (32303) 222-4201



## NAZARENE

First Church of the Nazarene  
1983 Mahan Drive (32308) 877-2650



## CHRISTIAN

Capital City Christian Church  
6115 Mahan Drive (32308) 877-7315



## EVANGELICAL FREE

Four Oaks Community Church  
4500 W. Shannon Lakes Drive (32308) 385-0004



## METHODIST

Chaires United Methodist Church  
9243 Parkhill Road (32317) 219-9361



 Accessible Parking and Building	 In Home Services (meals, home repair)	
 Transportation To Services	 Senior Classes	 Senior Recreation
 Visitation	 Transportation for Shopping/Dr.'s Appointments	 Nursing Services

Deer Lake United Methodist Church  
 8013 Deerlake Road South (32312) 668-0314  
**Sponsors the Household Helpers Program – church members ready and willing to do chores for seniors such as clean gutters, minor home/plumbing repairs, and yard work for the cost of materials only.**



Saint Paul's United Methodist Church  
 1700 N. Meridian (32303) 385-5146  
**Hosts the Alzheimer's Project of Tallahassee, a non-profit serving the needs of individuals and caregivers affected by Alzheimer's Disease and other dementias, including support groups, counseling, in-home respite, and Project Life Saver.**



Tallahassee Heights Methodist Church  
 3004 Mahan Drive (32308) 877-6276



Trinity United Methodist Church  
 120 W. Park Ave (32301) 222-1120



**PENECOSTAL**

Christian Heritage Church  
 2810 Sharer Road (32303) 562-3156



Fresh Fire Worship Center, Inc.  
 3434 N. Monroe Street (32303) 350-2020



**LUTHERAN**

Epiphany Lutheran Church  
 8300 Deer Lake Road West (32312) 385-7373



Faith Lutheran  
 2901 Kerry Forest Pkwy (32303) 383-1125



**EPISCOPAL**

Episcopal Church of the Advent  
 815 Piedmont Drive (32312) 386-5109



Saint Francis of Assisi Episcopal Church  
 3413 Old Bainbridge Road (32303) 562-1595  
**On Tuesdays 9 – 11am individuals can pick up groceries (1 time a month per person).**



St. John's Episcopal Church  
 211 N. Monroe Street (32301) 222-2636



St. Teresa Episcopal Church  
 1255 Rehwinkel Rd., Crawfordville (32327) 926-4288



**ASSEMBLY OF GOD**

Evangel Assembly of God  
 2300 Old Bainbridge Rd. (32303) 385-1815





**Accessible Parking and Building**



**In Home Services (meals, home repair)**



**Transportation To Services**



**Senior Classes**



**Senior Recreation**



**Visitation**



**Transportation for Shopping/Dr.'s Appointments**



**Nursing Services**

First Assembly of God  
2801 Thomasville Road (32308) 386-4924



Ivan Assembly of God  
202 Ivan Church Road, Crawfordville (32327) 926 - 4826



**JEWISH**

Temple Israel  
2215 Mahan Drive (32308) 877-3517



**UNITY**

Unity Church in Christ  
8551 Buck Lake Road (32317) 656-1678



**CHURCH OF CHRIST**

United Church in Tallahassee  
1834 Mahan Drive (32308) 878-7385



# TECHNOLOGY

## COMPUTER CLASSES

### **TALLAHASSEE SENIOR CENTER**      **talgov.com/seniors**      **891-4008**

The Senior Center provides a wide variety of programs, many in partnership with Leon County Schools Adult and Community Education. These programs require registration, have reasonable fees and include:

- **Introduction to Keyboarding** – Practice using the keyboard mouse and special keys (required for all other classes);
- **Introduction to Computers** – Learn screen savers, changing settings and basic computer terminology;
- **Introduction to Word** – How to save and find a word processing file, formatting a document, copy and pasting text;
- **Introduction to the Internet** – Access the World Wide Web and saving an important web page;
- **Introduction to E-Mail** – Create an e-mail account and learn how to send, forward and reply with and without attachments;
- **Refresher** – Refresh and expand skills learned in prior classes (all classes above must be taken in order to register);
- **Picasa** – Organize, edit and share photos using the Picasa Software; \*
- **Google** – Learn to use Google to search for information; \*
- **Preserving the Past** – Organize and develop a personal history using the Word Program for word processing, scanning and inserting photos; \*
- **Google Earth** – Learn how to use Google Earth software to view satellite images of any location on the globe as well as obtain geographic information; \*
- **Facebook** – Develop an unlimited social network to communicate with friends and others who study, work and live around the user; \* and
- **Digital Photography** – Copy, store and share digital photographs using a computer. \*

\* These classes are offered periodically, based on demand.

### **COMPUTER TRAINING & CONSULTING**      **www.ctcfl.com**      **656-8300**

Offers classes in Word, Excel, Access and Power Point, as well as individual mentoring. Senior discounts of 20% are offered to individuals age 55 and older.

### **THOUGHTWARE TECHNOLOGIES**      **thoughtwaretechnologies.com**      **668-6869**

Offers classes in Word, Excel, Access, Power Point, Photo Programs, Facebook, Internet Access and Oracle. Senior discounts are offered to individuals age 55 and older.

### **LIVELY TECHNICAL CENTER**      **livelytech.com**      **487-7555**

Provides low-cost programs such as web design, computer systems technology, personal computer support services and digital design, enabling graduates to market their skills to local state agencies, universities and private firms.

### **TALLAHASSEE COMMUNITY COLLEGE**      **tcc.fl.edu**      **201-8760**

Includes courses on computer basics and trouble-shooting computer problems. These are non-credit and are offered as “Tech at Night” (evenings) courses for a low fee.

### **GOODWILL INDUSTRIES-BIG BEND, INC.**      **goodwillbigbend.com**      **576-7145**

Offers a computer training class for job readiness where individuals receive self-paced instruction in basic computer skills, Word Program, Excel and the Internet.

## COMPUTER USE

*(For Individuals Who Do Not Have Home Computers)*

### **LEON COUNTY PUBLIC LIBRARIES** [www.leoncountyfl.gov/library](http://www.leoncountyfl.gov/library) **Call each area library**

Each area library offers the public access to computers and limited printing. Wireless access to the internet is also available at each library. Call each library for hours.

### **TALLAHASSEE SENIOR CENTER** [talgov.com/seniors](http://talgov.com/seniors) **891-4000**

Computer access for seniors during variable hours Monday through Friday, including limited printing. Call for hours.

## COMPUTER SUPPORT

### **TAL-KUG COMPUTER CLUB** **No Website** **222-3091**

Information sharing and problem solving for individuals who have access to a computer. This computer support group meets the second Thursday of each month at the Tallahassee Senior Center. There is a small annual fee.

## INTERNET SITES OF INTEREST

[home-care-florida.carebuzz.com](http://home-care-florida.carebuzz.com) (a variety of articles concerning senior living and activities)

[aarp.org](http://aarp.org) (the American Association for Retired People)

[elderaffairs.state.fl.us](http://elderaffairs.state.fl.us) (state agency designated for senior affairs)

[ecsbigbend.org](http://ecsbigbend.org) (information about local services to assist seniors with staying in their homes)

[localseniordiscounts.com](http://localseniordiscounts.com) (offers local discounts to seniors for dining, shopping and other services)

[benefitscheckup.org](http://benefitscheckup.org) (National Council on Aging's site for determining eligibility for government assistance)

[pawpawmail.com](http://pawpawmail.com) (easy, inexpensive e-mail system for seniors)

## BRAIN FITNESS PROGRAMS

### **FREE BRAIN FITNESS INTERNET SITES**

[braingames1.aarp.org](http://braingames1.aarp.org)

[clubbing.com](http://clubbing.com)

[puzzability.com/sampler](http://puzzability.com/sampler)

## DIGITAL PHOTOGRAPHY CLASSES

### **TALLAHASSEE SENIOR CENTER** [talgov.com/seniors](http://talgov.com/seniors) **891-4008**

Offers periodic classes for beginners to learn how to use their digital cameras. Participants must bring a camera and camera manual to class. Minimal fees apply.

### **TALLAHASSEE CAMERA & IMAGE CENTER** [talcam.com](http://talcam.com) **877-1152**

Conducts classes for beginners for camera functions, settings and formatting pictures on a computer. Fees apply.

### **TALLAHASSEE COMMUNITY COLLEGE** [tcc.fl.edu](http://tcc.fl.edu) **201-8760**

Includes courses on the features and functions of a digital camera and how to share photos electronically. These are non-credit and are offered as "Tech at Night" (evenings) courses for a low fee.

## UTILITY ASSISTANCE AND HOME REPAIRS

### UTILITY ASSISTANCE

**Note that funds for utility assistance and donated items such as heaters are subject to availability and most programs are limited to low income households.**

<b>Capital Area Community Action Agency</b> Utility bill and weatherization assistance	<b>222-2043</b> cacaainc.org
<b>Elder Care Services, Inc.</b> One seasonal utility bill assistance, heaters, fans	<b>921-5554</b> ecsbigbend.org
<b>Salvation Army</b> Limited utility bill assistance to avoid shut-off or restore service	<b>222-0304</b> salvationarmy.org
<b>Catholic Charities</b> Limited utility bill assistance (if bills overdue and household is in hardship)	<b>222-2180</b> catholiccharitiesnwfl.org
<b>City Sewer Program</b> No-interest loans for converting from septic tank to city sewer system	<b>891-6516</b> talgov.com
<b>Tallahassee Urban League</b> Utility deposit assistance and weatherization grants	<b>222-6111</b> website under construction
<b>City of Tallahassee Utilities</b> Energy audits, low interest loans for weatherization, energy credits, utility bill due date extension requests	<b>891-4968</b> talgov.com/you/uos.cfm
<b>Talquin Electric Cooperative</b> Energy audits	<b>878-4414</b> talquinelectric.com
<b>Brehon Institute</b> Utility assistance for individuals facing eviction or foreclosure	<b>656-7110</b> brehoninstitute.org
<b>HOME REPAIRS</b>	
<b>Note that funds for home repairs are subject to availability and most programs are limited to low income households.</b>	
<b>Home Rehabilitation Program</b> Zero interest loans available for repairs to meet city building codes and ordinances	<b>891-6500</b> talgov.com
<b>Code Enforcement Rehabilitation</b> Funding for homeowners receiving notice of code violations to make the necessary repairs	<b>891-6500</b> talgov.com
<b>Emergency Home Repair</b> Funding for homeowners to remove health and safety hazards or architectural barriers	<b>891-6500</b> talgov.com
<b>Leon County Housing Programs</b> Funding for home down-payments, closing costs and home rehabilitations	<b>606-1900</b> leoncountyfl.gov/HHS/rehab.asp
<b>Tallahassee Fuller Center</b> Funding through the Greater Blessing Box for	<b>553-4440</b> tfch.org

repairing and rehabilitating owner-occupied homes	
<b>Catholic Charities</b> One time help may be provided for a one-time emergency	<b>222-2180</b> <a href="http://catholiccharitiesnwfl.org">catholiccharitiesnwfl.org</a>
<b>Tallahassee Urban League</b> Provides home repairs and modifications for low-income home owners	<b>222-6111</b> No Web Site
<b>Good News Elder Services</b> Provides light home repairs and lawn care for low-income seniors age 60 and over	<b>412-0016</b> <a href="http://goodnewsoutreach.org">goodnewsoutreach.org</a>
<b>Ability 1<sup>st</sup> Ramp Program</b> Builds wheelchair ramps and minor home modifications for low-income persons with disabilities	<b>575-9621</b> <a href="http://ability1st.info">ability1st.info</a>
<b>American Red Cross</b> Provides labor for backflow valves, shutters, elevating water heaters/AC condensers	<b>878-6080</b> <a href="http://tallyredcross.org">tallyredcross.org</a>
<b>Killearn Lakes United Methodist Church</b> Provides labor for minor repairs and yard work	<b>545-5215 or 894-6553</b> <a href="http://kumconline.org">kumconline.org</a>
<b>Caring and Helping in Community Service at FSU</b> Provides labor for minor home projects and yard work	<a href="mailto:info@chicsatfsu.org">info@chicsatfsu.org</a>
<b>Mt. Moriah Church</b> Supplies labor for minor home projects and yard work	<b>212-8358</b>

## PETS

### GENERAL PET RESOURCES & ADOPTIONS

<b>GENERAL PET RESOURCES &amp; ADOPTIONS</b>		
<b>LEON COUNTY HUMANE SOCIETY</b>	<b>lchs.info</b>	<b>224-9193</b>
Rescues and finds foster and permanent homes for animals, funds spay/neuter procedures for pets and offers services for seniors including: ♦“Pets for the Elderly Program” which assists with adoption fees for seniors age 60 and over; ♦“Preferred Pet Program” that matches pets to potential owners; and ♦An annual pet food and supply distribution for needy seniors and their pets.		
<b>TALLAHASSEE-LEON COUNTY</b>		
<b>ANIMAL SERVICES CENTER</b>	<b>talgov.com/animals</b>	<b>891-2950</b>
Local animal shelter provides animal rescue, care for animals in the shelter, on-line kennel descriptions, microchip services, pet adoptions, pet adoptions for obedience trained animals and the following services for seniors: ♦Discounted or waived pet adoption fees for people age 55 and over; ♦Vouchers for spay/neuter services; and ♦Pet and senior matching services via the “Pet Wish List”.		
<b>TRI-STATE AVIAN SOCIETY</b>	<b>tristateaviansociety.org</b>	<b>847-1975</b>
Fosters and arranges for adoptions of unwanted and surrendered birds and supports other organizations dedicated to birds.		
<b>PET SUPERMARKET</b>	<b>petsupermarket.com</b>	<b>671-4110</b>
Offers cats for adoption on-site as well as a variety of animal supplies.		
<b>PETSMART</b>	<b>petsmart.com</b>	<b>297-1500</b>
Offers dogs and cats for adoption on weekends as well as discounts for food/supplies for individuals who adopt a pet.		
<b>BIG DOG RESCUE</b>	<b>bigdogrescue.com</b>	<b>562-3200</b>
Volunteer organization that provides foster care and adoption for dogs and cats.		
<b>ANIMAL AID SPAY/NEUTER CENTER</b>	<b>animalaid.us</b>	<b>386-4148</b>
Provides cat and dog adoptions at reduced fees.		
<b>MEDICAL CARE</b>		
<b>ANIMAL AID SPAY/NEUTER CENTER</b>	<b>animalaid.us</b>	<b>386-4148</b>
Provides low-cost spay/neuter procedures, vaccines, medicine, surgery, grooming and boarding.		
<b>AT HOME VETERINARY CARE, LLC</b>	<b>athomevetintally.net</b>	<b>274-5710</b>
Licensed veterinarian makes home visits for pets, performing a variety of medical procedures such as examinations, vaccines, grooming and tests. Surgery is available and transportation may be arranged when possible.		
<b>EMERGENCY SERVICES</b>		
<b>ANIMAL ABUSE</b>		
Use the numbers below to report animal abuse, neglect or cruelty. Reports may be made anonymously. ♦Within city limits, pets: 891-2958; ♦Outside city limits, pets: 606-5400; ♦St. Francis Wildlife: 627-4151.		
<b>PET FIRST AID COURSES, AMERICAN RED CROSS</b>	<b>tallyredcross.org</b>	<b>878-6080</b>
Courses are available that teach pet first aid.		
<b>ALLIED VETERINARY EMERGENCY HOSPITAL</b>		<b>222-0123</b>
Cares for injured and sick pets after hours and on holidays.		

<b>NORTHWOOD ANIMAL HOSPITAL</b> northwoodanimalhospital.com		<b>385-7387</b>
Cares for injured and sick pets 24 hours a day. Also accepts sick, injured and orphaned wildlife for St. Francis Wildlife Association.		
<b>MOBILE GROOMING</b>		
<b>CHERYL'S GROOM-N-GO</b>		<b>508-2694</b>
<b>DISASTER PREPARATION AND SHELTER INFORMATION</b>		
<b>BIG BEND D.A.R.T.</b>	<b>bigbenddart.org</b>	<b>443-1662</b>
Assists with evacuation, care, rescue, retrieval and safe return of animals displaced by disasters, operates a shelter during disasters, offers pet evacuation kits and educates the public about disaster planning for pet owners.		
<b>DOG PARKS</b>		
<b>TOM BROWN PARK</b>	<b>talgov.com</b>	<b>891-3866</b>
<b>SAN LUIS MISSION PARK</b>	<b>talgov.com</b>	<b>891-3866</b>
Provide fenced dog areas for "off leash" play for both large and small breeds with operation from dawn to dusk.		
<b>LOST AND FOUND</b>		
<b>ANIMAL SERVICES CENTER</b>	<b>talgov.com/animals</b>	<b>891-2950</b>
<b>TALLAHASSEE DEMOCRAT</b> (fee for advertising "lost" pets, free for "found" pets)		<b>599-2210</b>
<b>HOUSING</b>		
The following Senior Housing Facilities permit pets; however, different restrictions may apply and advance inquiries are necessary.		
<b>Sterling House (Assisted Living Facility):</b>	<b>422-3397</b>	<b>Bethel Towers (Apartments): 224-2486</b>
<b>Broadview (Assisted Living Facility):</b>	<b>386-4300</b>	<b>Casa Calderon (Apartments): 222-4026</b>
<b>Cherry Laurel (Retirement Community):</b>	<b>656-8758</b>	<b>Georgia Bell (Apartments): 224-8021</b>
<b>Harbor Chase (Assisted Living/Mem. Care):</b>	<b>531-0404</b>	<b>Allegro Heritage Oaks (Retirement, Assisted Living):</b>
		<b>668-4004</b>
<b>Jamestown Woods (Apartments):</b>	<b>386-3006</b>	<b>Lake Ella Manor (Apartments): 224-1341</b>
<b>Mabry Village (Apartments):</b>	<b>575-8609</b>	<b>Miracle Village (Apartments): 222-0561</b>
<b>Oakridge Townhouses (Apartments):</b>	<b>942-4777</b>	<b>St. Augustine Plantation (Assisted Living):</b>
		<b>309-1982</b>
<b>Westminster Oaks (Retirement Comm.)</b>	<b>878-1136</b>	<b>Woodmont (Assisted Living Facility):</b>
		<b>562-4123</b>
<b>ANIMAL ASSISTED THERAPY</b>		
<b>COMFORT</b>	<b>aaanf.org</b>	<b>488-0055</b>
Animal visitation and activities sponsored by the Area Agency on Aging for North Florida, Inc.		

## MEDICARE SERVICES

Seniors enrolled in a Medicare Advantage Plan will have a Plan member card in addition to their red, white and blue Medicare card. If seeing a new physician or other health care provider, seniors should call the customer service number on their Plan card to make sure the provider and procedure are approved for payments by their Plan. Seniors in traditional Medicare will have only the Medicare card and should always ask in advance whether it will be accepted as payment when scheduling an appointment, at check-in for an unscheduled/urgent care/hospital visit or when purchasing supplies/prescribed drugs or other items. Also, some providers do not accept Medicare assignment, which results in seniors paying more for their visits/supplies so this should be clarified prior to scheduling services.

<b>PHYSICIAN SERVICES</b>		
<i>Note that individual physicians may also be listed on the internet or in the local telephone book.</i>		
<b>Capital Health Plan</b>	<b>capitalhealth.com</b>	<b>523-7441</b>
Provides a variety of Medicare advantage plans covering physician and other care to providers in the Plan network; many physicians are on staff.		
<b>TMH/FSU Family &amp; Internal Medicine Residency Program</b>	<b>tmh.org</b>	<b>431-5430</b>
Provides general physician care by residents enrolled in the FSU family medicine program.		
<b>Tallahassee Primary Care Associates</b>	<b>tpcadocs.com</b>	<b>297-0114</b>
Group medical practice with experienced general and specialty physicians and laboratory/diagnostic services.		
<b>Patients First</b>	<b>patientsfirst.com</b>	<b>Phone numbers vary by location</b>
Primary and urgent care offered at seven locations throughout the Tallahassee area.		
<b>Capital Regional Medical Group</b>	<b>capitalregionalhealthcare.com</b>	<b>878-8235</b>
Primary and urgent care offered.		
<b>Tallahassee Medical Specialists</b>	<b>tmh.org (physician offices)</b>	<b>431-3867</b>
Primary and specialty (internal medicine) care offered.		
<b>Southern Medical Group, P.A.</b>	<b>southern-med.com</b>	<b>216-0100</b>
Primary and specialty (cardiology and internal medicine) care offered.		
<b>Neighborhood Health Services</b>	<b>nhsclinic.org</b>	<b>224-2469</b>
Provides Leon County residents who are medically underserved with primary health care.		
<b>Bond Community Health Center, Inc.</b>	<b>bondchc.com</b>	<b>576-4073</b>
Primary and urgent care offered – physicals must be scheduled in advance.		
<b>MEDICARE ENROLLED HOSPITALS</b>		
<b>Capital Regional Medical Center</b>	<b>capitalregionalmedicalcenter.com</b>	<b>325-5000</b>
Inpatient, outpatient (tests, certain surgeries, therapies, x-rays and other radiological procedures) and emergency care.		
<b>Tallahassee Memorial Hospital</b>	<b>tmh.org</b>	<b>431-1155</b>
<b>Inpatient, outpatient (tests, certain surgeries, therapies, cancer center, x-rays and other radiological procedures) and emergency care, including a freestanding emergency center.</b>		
<b>Health South Rehabilitation Hospital</b>	<b>www.healthsouthtallahassee.com</b>	<b>656-4800</b>
In- and outpatient rehabilitation hospital focusing on physical, occupational, speech and respiratory therapy.		
<b>MEDICARE CERTIFIED, LICENSED HOME HEALTH AGENCIES</b>		
<b>Amedisys Home Health of Tallahassee</b>	<b>amedisys.com</b>	<b>681-0080</b>
<b>Amedisys of North Florida</b>	<b>amedisys.com</b>	<b>671-1300</b>
<b>Capital Home Health Corp</b>	<b>capitalhomehealthcorp.com</b>	<b>553-4002</b>
<b>Faith Home Health, Inc.</b>	<b>faithhomehealth.org</b>	<b>727-8090</b>
<b>Gentiva Health</b>	<b>gentiva.com</b>	<b>878-2191</b>
<b>NHC Homecare</b>	<b>nhccare.com</b>	<b>926-7044</b>
<b>Omni Home Care</b>	<b>omnihomecare.net</b>	<b>222-5552</b>
<b>Tallahassee Memorial Home Health Care</b>	<b>tmh.org/homehealth</b>	<b>431-6800</b>

## MEDICARE ENROLLED, CERTIFIED, LICENSED NURSING FACILITIES

### Centre Pointe Health and Rehabilitation

Center	centrepointerehab.com	386-4054
Consulate Health Care of Tallahassee	consulatehc.com	942-9868
Heritage Healthcare Center	laviecare.com	877-2177
Miracle Hill Nursing & Rehabilitation		
Center	miraclehillhealthcare.com	224-8486
Seven Hills Health & Rehabilitation		
Center	sevenhillshealthandrehab.com	877-4115
Westminster Oaks	westminsterretirement.com	878-1136

## MEDICAL SUPPLIES AND OXYGEN

Some of the many Medicare enrolled suppliers in Leon County are listed below.

American HomePatient, Inc.	<a href="http://www.ahom.com">www.ahom.com</a>	222-1723
Apria Healthcare, Inc.	<a href="http://apria.com">apria.com</a>	383-1188
Capital Medical and Surgical, Inc.	<a href="http://cmsidirect.com">cmsidirect.com</a>	942-0198
Capital Medical Corporation	No Website	386-1978
CVS	<a href="http://cvs.com">cvs.com</a>	Number varies by store
Desloge Home Oxygen and Medical Equipment, Inc.	<a href="http://deslogemedical.com">deslogemedical.com</a>	656-8900
KCI USA, Inc.	<a href="http://kci1.com">kci1.com</a>	942-9877
Lincare, Inc.	<a href="http://lincare.com">lincare.com</a>	562-6006
Mobility Plus		
Publix Super Market, Inc.	<a href="http://publix.com">publix.com</a>	Number varies by store
Target Corporation	<a href="http://target.com">target.com</a>	Number varies by store
Williams Orthotic-Prosthetic, Inc.	<a href="http://williamsoandp.com">williamsoandp.com</a>	385-6655
Winn-Dixie Store, Inc.	<a href="http://winndixie.com">winndixie.com</a>	Number varies by store

## MEDICARE PART D PRESCRIBED DRUGS

Seniors must be certain they are using a pharmacy that will accept their Medicare as payment before requesting a prescription be filled. Also, seniors must be certain that the prescription is for a drug covered by Medicare before it is filled. If the senior is in a Medicare Advantage Plan covering drugs, the Plan's customer service number should be called to check payment. If the senior is covered by traditional Medicare, the pharmacy should be contacted.

## NON-MEDICAL, IN-HOME SERVICES

There are many companies available in Leon County to assist seniors with non-medical services such as companion care, light housework and bathing. These are services not related to Medicare approved home health care (see above topic for home health). A list of these companies can be found at [talgov.com/seniors](http://talgov.com/seniors) (under Senior Resources) or by calling 891-4043.

## DENTAL, HEARING AND VISION SERVICES; MEDICAL ALERT/EMERGENCY RESPONSE SYSTEMS

Dental, hearing and vision providers offer important services to area seniors. Emergency alert/response, button-activated systems allow seniors to remain at home longer and in a safe environment. A list of these providers and payment options can be found at [talgov.com/seniors](http://talgov.com/seniors) or by calling 891-4043.