

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 Economic & Community Development and supported by the Tallahassee Senior Citizens Foundation. We are located at 1400 N. Monroe Street. Call Kim Corsmeier at 891-4043 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

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.

EDUCATION, INFORMATION AND REFERRAL	
ALZHEIMER’S PROJECT, INC. 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.	386-2778 www.alzheimersproject.org
ELDER HELPLINE (Aging Resource Centers) 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.	1-800-963-5337 No web site
TALLAHASSEE MEMORIAL NEUROSCIENCE CENTER Screening, information and referral for injuries and conditions affecting the brain and nervous system and training, counseling and referrals for caregivers.	431-2919 www.tmh.org/neuroscience
TALLAHASSEE SENIOR CENTER 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).	891-4000 www.talgov.com/seniors
SUPPORT GROUPS	
CAREGIVER SUPPORT GROUP Woodmont Assisted Living Community	431-5082 www.tmh.org/neuroscience
CAREGIVER SUPPORT GROUP Alzheimer’s Project of Tallahassee	386-2778 www.alzheimersproject.org
FAMILY CAREGIVER SUPPORT INITIATIVE Leon County area support groups for caregivers assisting elderly parents.	488-0055 www.aaanf.org
Support groups are available in several of the counties surrounding Tallahassee. Call 488-0055 for details.	
ADULT DAY SERVICES & CAREGIVER RESPITE	
ALZHEIMER’S PROJECT OF TALLAHASSEE In-home and group respite provided by trained volunteers and Certified Nursing Assistants.	386-2778 www.alzheimersproject.org
ALTERRA CLARE BRIDGE Short-term overnight respite for people with dementia, based upon availability.	309-7500 www.brookdaleliving.com
ELDER CARE SERVICES ADULT DAY STAY Supervised day care.	921-5554 www.ecsbigbend.org

TALLAHASSEE MEMORIAL ADULT DAY SERVICES	531-0712
Supervised day care for adults with dementia or other medical conditions.	www.tmh.org/neuroscience
WOODMONT ASSISTED LIVING COMMUNITY	562-4123
Short-term day and overnight respite.	www.woodmontbyencore.com

IN-HOME SERVICES

ELDER CARE SERVICES	921-5554
Case management, shopping assistance, light housekeeping and personal care services.	www.ecsbigbend.org

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

PROJECT LIFESAVER	386-2778
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.	www.alzheimersproject.org

WEBSITE RESOURCES

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

SENIOR FITNESS AND RECREATION

TALLAHASSEE PARKS AND RECREATION – www.tal.gov – 891-3866		
Jack L. McLean, Jr. Community Center	700 Paul Russell Road	891-1819
♦ Senior Exercise Class	T, W, Th., 10:00 – 11:00 a.m., free	
Walker-Ford Community Center	2301 Pasco St.	891-3970
(classes moved from Jake-Gaither Center until renovations complete)		
♦ Mature Adult Exercise	M, W, F, 10:00 – 11:00 a.m., free T, Th., 8:00 – 8:50 a.m., free	
♦ Mature Adult Leisure Walking	M – F, 9:00 – 9:50 a.m., free	
♦ Mature Men’s Fitness	T, Th., 10:00 – 11:00 a.m., free	
Lafayette Park Community Center	501 Ingleside Drive	891-3946
♦ Trimnastics	M, W, 5:45 – 6:45 p.m., \$11.50 for 10 weeks (summer) M, W, F, 9:00 – 10:00 a.m., \$22.25 for 14 weeks (school year)	
Lincoln Neighborhood Center	438 West Brevard Street	891-4180
♦ Senior Fitness	T, Th., 9:30 – 10:30 a.m., free	
TALLAHASSEE SENIOR SERVICES – www.tal.gov/seniors – 891-4000		
Tallahassee Senior Center	1400 N. Monroe Street	891-4000
♦ Brain-Body Balance Class	M, 1:30 – 2:30 p.m., \$2 per class	
♦ Chair Yoga	T, 11:00 a.m. – 12:00 p.m., \$2 per class	
♦ Life Exercise	T, Th., 9:30 – 10:30 a.m., \$2 per class	
♦ Tai Chi	Beginning , W, F, 10:00 – 11:00 a.m.; \$2 per class Continuing , W, F, 11:00 – 12:00 p.m., \$2 per class	
♦ Vitalife Group Exercise Class	T, Th., 4:00 – 5:00 p.m., \$2 per class	
♦ Yoga	M, W, 5:30 – 7:00 p.m., \$10 Seniors (55+) \$12 Non-Seniors	
♦ Awareness through Movement	F, 11:00 a.m. – 12:00 p.m., \$2 per class	
♦ Group Personal Training	Call number above to schedule; must pre-pay	
Tallahassee Senior Center at Heritage Oaks	4501 Shannon Lakes West	668-4004
♦ Brain-Body Balance Class	W, 2:00 – 3:00 p.m., \$2 per class	
LEON COUNTY SENIOR OUTREACH – www.tal.gov/seniors – 891-4065		
SENIOR FITNESS CLASSES	Call for directions or more information	
♦ Chaires-Capitola Dorothy C. Spence Community Center	Advanced Fitness , M, W, F, 9:15 – 10:15 a.m.	
♦ Ft. Braden Community Center	General Fitness , M, W, 10:30 – 11:30 a.m.	
♦ Woodville Community Center	General Fitness , M, W, 8:30 – 9:30 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.	
♦ Micosukee Community Center	General Fitness , T, Th., 1:45 – 2:45 p.m.	

FITNESS CENTERS offering senior specific programs

Call the fitness centers for details!

Christian Life Center ▶ <i>Senior Fitness</i>	108 West College Avenue	222-5470 www.fbctlh.org/clc.htm
Club 50 Fitness Centers ▶ <i>Fitness & nutrition for 50+</i>	3111 Mahan Drive, Suite 11	216-2003 www.club50fitness.com
Havana Health and Fitness ▶ <i>"Silver Sneakers" strength and conditioning</i>	116 East 7 th Avenue	539-3797 www.havanaflorida.com
Premier Health and Fitness Center ▶ <i>Balance Class</i>	3521 Maclay Boulevard	431-2348 www.tmh.org/premier
Women's World ▶ <i>Fit for Life and ABCs Programs</i>	1815 Thomasville Road	222-3200 www.womensworldgym.com
YMCA ▶ 2001 Apalachee Pkwy. ▶ 3196 Merchants Row Blvd. ▶ <i>"Silver Sneakers" strength and conditioning</i> www.capitalregionymca.org ▶ <i>"Movin' & Groovin' Seniors" low impact aerobics and weight training</i>	877-6151	▶ 3840 N. Monroe St. 536-9622 701-0461

GOLF COURSES offering senior specials

Call specific golf courses for senior programs and specials!

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

WATER AEROBICS

Tallahassee Orthopedic and Sports Physical Therapy ▶ <i>Heated indoor therapy pool; special program for Tallahassee Senior Citizens Foundation members</i>	www.tospt.com	877-8855
Tallahassee Parks and Recreation ◆ Jack McLean Aquatics Center ◆ Levy Pool (summer only) ◆ Trousdell Aquatics Center ◆ Wade Wehunt Pool	<i>Call for water aerobics schedule (www.talgov.com)</i> 700 Paul Russell Road 625 W. Tharpe Street 298 John Knox Road 912 Myers Park Drive	891-1822 891-3950 891-3991 891-3985
YMCA	www.capitalregionymca.org	2001 Apalachee Parkway 877-6151

TENNIS

Forestmeadows ▶ Senior discounts	4750 N. Meridian Road www.talgov.com	891-3920
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NON MEDICAL IN HOME SERVICES

IN HOME ASSISTANCE

ADVANCED CARE SOLUTIONS

668-5312

Service hours: 24 Hours

Eligibility: NA

Fees: Varies

◆ Provides a variety of services including care management, home care coordination, bill pay assistance, and professional guardianship.

COMFORT KEEPERS

402-0051

Service hours: 24 Hours

www.Tallahassee@comfortkeepers.com

Eligibility: NA

Fees: Varies depending on number of hours

◆ Provides in-home companionship care, meal preparation, light housekeeping, errand services, grocery shopping, transportation services, daily phone calls, laundry, shopping, recreational activities, grooming and dressing guidance, periodic review with family, and emergency response systems.

ELDER CARE SERVICES

921-5554

Service hours: Vary

www.ecsbigbend.org

Eligibility: Age 60 and older

Fees: Donations encouraged

◆ Provides a wide variety of services to senior citizens and caregivers to enable elders to live independently. Services include home delivered meals for frail homebound seniors, homemaker services, personal care, and medical transportation.

GOOD NEWS OUTREACH ELDER SERVICES

412-0016

Service hours: 9:00 – 4:00 p.m.

www.goodnewsoutreach.org

Eligibility: Economically disadvantaged seniors

Fees: None

◆ Provides various services to including food delivery, transportation to medical facilities, social and religious activities, house repairs, lawn work, and counseling based on volunteer availability.

HOME INSTEAD SENIOR CARE

297-1897

Service Hours: 24 Hours

www.homeinstead.com

Eligibility: 18 and older

Fees: \$15.00 to \$16.75 per hour; 4 hour minimum required

◆ Provides non-medical companionship and home assistance to seniors, including companionship, shopping, errands, medication reminders, and light housekeeping, transportation, laundry, and meal preparation. Also licensed to provide personal care, bathing, grooming, and maintenance care.

HOME HELPERS

668-1164

Service Hours: 24 Hours

www.homehelpers.com

Eligibility: NA

Fees: private pay

◆ Provides personalized care, companionship, assistance with meals, light housekeeping, transportation, errand services and much more.

HOPE WELL

386-5552

Service Hours: 24 Hours

Eligibility: No Medicare or Medicaid

Fees: Vary depending on service; 3 hour minimum required

◆ Licensed nurse registry offering a full range of home care assistance from just errands and assistance to medical and skilled nursing assistance.

ASSISTIVE SERVICES AND DEVICES

ABILITY 1ST

Phone: 575-9621

www.ability1st.info

Office Hours: Monday through Friday, 8:30 a.m. – 5 p.m.

Eligibility: Any disabled individual and friends or family of disabled

Fees: None

◆ Provides variety of skills including independent living skills training, information & referral for community training, and accessibility services.

ADVANCED DRIVING SYSTEMS, INC (ADS)

Phone: 671-2300

www.advanceddrivingsystems.com

Office Hours: Monday through Thursday, 9 a.m. – 5 p.m., Friday, 9 a.m. – 2 p.m.

Eligibility: NA

Fees: Vary, according to equipment needs

◆ Specialize in costumed vehicles and reclining lift chairs, motorized wheel chairs, scooters for the handicapped.

FLORIDA ALLIANCE FOR ASSISTIVE SERVICES & TECHNOLOGY (FAAST)

Phone: 487-3278 TDD/TTY – 922-5951

www.faast.org

Office hours: Monday through Friday, 8 a.m. – 5 p.m.

Eligibility: Anyone needing information, access to, or advocacy for assistive technology

Fees: None

◆ Offers referrals for evaluation, maintenance, repair, or training for assistive technology.

FLORIDA INSTITUTE OF REHABILITATION EDUCATION (FIRE)

Phone: 942-3658

www.firesight.org

Office hours: Monday through Friday, 8 a.m. – 5 p.m.

Eligibility: Persons who are legally blind and their families

Fees: None, but must be a Florida resident

◆ Provides a variety of services to those who are legally blind or with a condition progressing towards blindness.

FLORIDA TELECOMMUNICATIONS RELAY, INC. (FTRI)

Phone: 205-1470 TDD/TTY – 447-5620

www.ftri.org

Office hours: Monday through Friday, 8:30 a.m. – 5 p.m.

Eligibility: Florida residents who have a certified hearing loss or speech impairment

Fees: None; all equipment loaned free of charge

◆ Distributes telephone equipment to qualified applicants who are deaf, hard of hearing, speech impaired, or both deaf and blind.

MODIFICATIONS

Please call or visit website of the resource or contact Senior Resource Services for more information.

ACCESSIBILITY SOLUTIONS	383-1100	www.homeaccessfl.com
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AMERICAN RAMP SYSTEMS	800-649-5215	www.americanramp.com
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TERRY WARD CONSULTING, LLC	386-2511	www.terrywardconsulting.com
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EMERGENCY ALERT RESPONSE SYSTEMS

Please call or visit website of the resource or contact Senior Resource Services for more information.

ADT COMPANION SERVICE	422-3733 x 710	www.adt.com
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DIRECT LINK HOME HELPERS	668-1164	www.DirectLink911.com
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LIFELINE SYSTEMS	635-6156	www.lifelinesystems.com
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HOUSING

HOUSING RESOURCES	
<p>♦ Seniors Real Estate Specialists (SRES®) www.seniorsrealestate.com 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.</p> <p style="text-align: center;">Seniors Real Estate Specialist: Angie Goodman CRS, SRES®, Keller Williams Realty</p> <p style="text-align: center;">www.agoodmove.us Contact: 321-4666</p>	
<p>♦ Veterans Homeless Program 521-5767 Help with finding housing and, beginning 7/09, will have units off Lake Bradford Road for qualified vets.</p>	
ASSISTED LIVING FACILITIES	
<p>ALFs are congregate living facilities providing at least one personal care service, meals and arrangement of social and leisure activities.</p>	
<p>♦ Sterling House 422-3397 1780 Hermitage Blvd., Tallahassee</p>	
<p>♦ Bell Road Human Services, Inc. 539-8510 182 Bell Rd, Havana</p>	
<p>♦ Broadview Assisted Living 386-4300 2110 Fleischmann Rd., Tallahassee</p>	
<p>♦ Family Friend 997-8457 8436 Gamble Rd., Monticello</p>	
<p>♦ HarborChase of Tallahassee 531-0404 100 John Knox Rd., Tallahassee</p>	
<p>♦ Helping Hands Foundation of Havana, Inc. 539-8215 186 China Berry Lane, Havana</p>	
<p>♦ Heritage Oaks 668-4004 4501 W. Shannon Lakes Dr., Tallahassee</p>	
<p>♦ Linda's Assisted Living Facility 980-7877 2069 Dellwood Dr., Tallahassee</p>	
<p>♦ Magnolia House 875-1334 1125 Strong Rd., Quincy</p>	
<p>♦ St. Augustine Plantation 309-1982 2507 Old St. Augustine Rd., Tallahassee</p>	
<p>♦ Westminster Oaks and Village 878-1136 4449 Meandering Way, Tallahassee</p>	
<p>♦ Woodmont Assisted Living Facility 562-4123 3207 N. Monroe St., Tallahassee</p>	

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

SENIOR EMPLOYMENT & VOLUNTEER OPPORTUNITIES

SENIOR EMPLOYMENT

EXPERIENCE WORKS

www.experienceworks.org

Lana Brown – 922-0023 ext. 242

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

WORKFORCE PLUS

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.

AARP FEATURED EMPLOYER PROGRAM

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

Ashley Solberger – 891-4000

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

GOODWILL INDUSTRIES – BIG BEND, INC.

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

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

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

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

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

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

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

Katie Sherk – 878-6080, ext. 125

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

SENIORS VS. CRIME

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

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: (520) 881-4005

Website: www.naela.com

★Some attorneys have earned the designation “Certified Elder Law Attorney”, or **CELA**. The National Elder Law Foundation issues this certification. These 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 **www.nelf.org**.

LOCAL ELDER LAW ATTORNEYS

◆Meghan Daigle, The Daigle Law Firm Website: www.diaglelawfirm.com	Email: mbdaigle@comcast.net	201-8845
◆Daniel Dobbins, Daniel W. Dobbins, P.A.	Email: dandobbins@nettally.com	222-1910
◆Goldberg and Olive Website: www.goldbergolivelaw.com		222-4000
◆ Amy Mason Collins	Email: acollins@goldbergolive.com	
◆ Carolyn Olive	Email: colive@goldbergolive.com	
◆Alex Littlefield, Alex C. Littlefield, Jr.	Email: alittleuf@msn.com	656-8001
◆McConnaughay, Duffy, Coonrod, Pope & Weaver, P.A. Website: www.mcconnaughay.com		222-8121
◆Victoria Heuler	Email: vheuler@mcconnaughay.com	
◆Mary Wakeman	Email: mwakeman@mcconnaughay.com	
◆Waldoch & McConnaughay Website: www.mclawgroup.com		425-8182
◆Jana McConnaughay	Email: jana@mclawgroup.com	
★◆Lauchlin Waldoch, CELA	Email: lauchlin@mclawgroup.com	
◆Tracy P. Moye, Moye Law Firm Website: www.moyelawfirm.com		224-6693
◆Steven Rachin, Steven L. Rachin, P.A. Website: www.rachinlaw.com	Email: steven@rachinlaw.com	386-8833
◆Twyla Sketchley, Sketchley Law Firm Website: www.sketchleylaw.com		894-0152

LEGAL HOTLINES, WEBSITES, AND RESOURCES

FloridaLawHelp.org

www.FloridaLawHelp.org

- ◆ 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 other social services.

Florida Senior Legal Helpline

1-888-895-7873

- ◆ Provides free legal advice and brief services by phone to Florida residents age 60 and over.

Legal Aid Foundation of the Tallahassee Bar Association

222-3292 ext. 2

- ◆ Provides legal counsel, for civil cases only, for Leon County residents unable to afford an attorney.

Legal Service of North Florida, Inc.

www.lsnf.org

385-9007

- ◆ Provides legal services to low-income persons. Legal assistance is not available for criminal or traffic matters.

Legal Services of North Florida Legal Advice Hotline

385-0029

- ◆ People with legal questions or concerns who meet income guidelines may call Monday through Thursday, 9:00 – 5:00 p.m.

Tallahassee Bar Lawyer Referral Service

www.tallahasseebar.org 222-3292 ext. 1

- ◆ 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 \$25.00.

Tallahassee Senior Center

891-4000

- ◆ Initial legal services for people age 60 and older, provided by Legal Services of North Florida, are available on Wednesdays *by appointment* at the Tallahassee Senior Center.

SUPPORT GROUPS

ADDICTION & SUBSTANCE ABUSE	
Alcoholics Anonymous (AA)	224-1818
Al-Non	222-2294
Freedom from Smoking	224-1177
Gambler's Anonymous (GA)	1-800-397-9843
Great Recoveries Bond Day by Day Program	224-4420
Narcotics Anonymous (NA)	599-2876
Overeaters Anonymous (OA)	657-7228
CANCER	
American Cancer Society	297-0588
Bosom Buddies	668-3515
Women with Cancer	668-0088
GRIEF/LOSS	
Big Bend Hospice	878-5310 or 1-800-772-5862
Grief Share program, First Baptist Church	222-5470
Lee's Place	841-7733
Suicide Loss Support Group	878-5310
CAREGIVER	
Big Bend Parkinson Caregivers Support Group	431-5001
Caregiver Support Groups – <i>The Alzheimer's Project, Inc.</i>	386-2778
Caregiver Support Group – <i>Woodmont Assisted Living</i>	562-4123

NEUROLOGICAL DISEASES & DISORDERS

Big Bend Brain Injury Support Group	421-3890
Big Bend Parkinson's Support Group	431-5082
Stroke Support Group	431-5037
The Alzheimer's Project, Inc.	386-2778

GENERAL HEALTH & MISCELLANEOUS

AAANF, Family Caregiver Support Initiative	488-0055
Better Breathers Lung Disease Support Group	386-2065
Domestic Violence Support Group	921-0692 or 681-2111
Elder Chat Group at Senior Center	891-4000
Families living with Diabetes	431-5404
HIV Support Group	656-2437
Insight Low Vision Support Group	942-7483
National Alliance for the Mentally Ill (NAMI)	841-3386
North FL Spinal Injury Association	877-6790
Taking Off Pounds Sensibly (TOPS)	926-9238
Tallahassee Depression & Bipolar Support Alliance	431-4922
Tallahassee Senior Center	891-4042
United Ostomy Association	431-5402
Geriatric Care Management Solutions	894-6720

HEARING LOSS RESOURCES

FLORIDA TELECOMMUNICATIONS RELAY, INC. 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

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 **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 **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 **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

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 **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 **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 **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 **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 1st

1823 Buford Court

575-9621

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/

- ◆ **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**3rd 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**1st 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><u>Gadsden County Health Department</u> 278 LsSalle Lefall Drive, Quincy Phone: (850) 875-7200 ext. 542 <u>www.Gadsdenhealth.org</u></p>	<p>Services: Extractions, dentures and x-rays Fees: Medicaid accepted; Other fees set by health department Eligibility: No special requirements except that fees are higher for non-county residents</p>
<p><u>Jefferson County Health Department</u> 1255 W. Washington Street, Monticello Phone: (850) 342-0170 ext. 1021 <u>www.doh.state.fl.us/chdJefferson/Dental/dental.htm</u></p>	<p>Services: General dentistry except dentures and partials Fees: Medicaid accepted; Other fees set by health department Eligibility: No special requirements</p>
<p><u>TCC – Dental Hygiene Clinic</u> 444 Appleyard Drive, Tallahassee Phone: (850) 201-8247 Services: 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 Fees: \$12</p>	
<p><u>Taylor Dental Clinic</u> 409 E. Ash Street, Perry Phone: (850) 223-2578</p>	<p>Services: General dentistry Fees: Medicaid accepted; Other fees set by health department Eligibility: No special requirements</p>
<p><u>Veterans Dental Clinic – Tallahassee</u> 1607 St. James Court, Tallahassee Phone: (800) 541-8387 or (850) 878-0191 <u>www.northflorida.va.gov</u></p>	<p>Services: General dentistry Fees: None Eligibility: Available only to veterans with a service-connected compensable dental disability and others, per the classifications on the web-site</p>
<p><u>Wakulla County Health Department</u> 48 Oak Street, Crawfordville Phone: (850) 926-4985 <u>www.wakullahealth.com/AllServices/Dental/DentalIndex.htm</u></p>	<p>Services: Emergency services only (Non-Medicaid adults) Fees: Medicaid accepted; Other fees set by health department Eligibility: 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. 7th 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

◆ www.DentalPlans.com

◆ www.InsuranceCompany.com

◆ 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 RAISING GRANDCHILDREN

SUPPORT SERVICES

Leon County Senior Outreach Program-Grandparents Raising Grandchildren: This program offers social support to grandparents and other relative caregivers raising children. A monthly support group and luncheon is held on the last Wednesday of each month.

Phone: 891-4065 or 891-4033

Website: www.tal.gov.com/seniors

Location: Call for location and reservation information.

E-mail: susan.davis@tal.gov.com or martha.coppins@tal.gov.com

(Leon County Senior Outreach is a program of the Tallahassee Senior Citizens Foundation)

Florida Kinship Center Warmline: Provides emotional support, information and referral for relative caregivers throughout Florida.

Phone: 1-800-640-6444

Website: www.flkin.org

INFORMATION AND REFERRAL

2-1-1 Big Bend Help Line: Telephone counseling, information and referral and crisis intervention.

Phone: 211

Tallahassee Senior Center: Senior Resource Services

Phone: 891-4043

Website: www.tal.gov.com/seniors

E-mail: Kim.Corsmeier@tal.gov.com

The Whole Child Connection: A link to all the resources available to children under six years of age.

Phone: 694-0117

Website: WholeChildLeon.com

LEGAL SERVICES

Legal Services of North Florida: Civil legal assistance to low-income families, children and the elderly.

Phone: 385-9007

Website: www.lsnf.org

SENIOR SERVICES

Elder Care Services: Provides care management, homemaker, 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

Phone: 921-5554

Website: www.ecsbigbend.org

CHILDREN and FAMILY SERVICES

Big Brothers Big Sisters of the Big Bend: Provides role models and consistent adult attention to children ages 6-17 years of age.

Phone: 386-6002

Website: www.BigBrothers-BigSisters.org

Boys and Girls Club of the Big Bend: Clubs help promote education, citizenship, leadership and cultural enrichment through health and physical education and social recreation.

Phone: 656-8100

Website: www.bgcbb.org

Children's Home Society/Model Mentoring Program: Mentors Opening Doors Enriching Lives (MODEL) provides quality adult mentors to children and youth, ages 4 to 17 years of age, who have an incarcerated parent.

Phone: 921-0772

Website: www.chsfl.org

Center for Marriage and Family Therapy/Florida State University: Counseling services provided for marriage, family and relationship related concerns. Fee based on income.

Phone: 644-1588

Website: www.chs.fsu.edu/fcs/mft

Early Learning Coalition: Childcare and early education resource and referral.

Phone: (Toll free) 866-973-9030 or 385-0551

Website: www.elcbigbend.org

Florida Department of Children and Families: Financial assistance and child protective services.

Phone: 488-0675

Website for online benefits check-up: www.myflorida.com/accessflorida

Helpline: 1-886-762-2237

Florida Kidcare: A health insurance program for children from birth through 18 years of age, at a low or no cost.

Phone: 1-888-540-KIDS

Website: www.floridakidcare.org

Florida Department of Health, Children's Medical Services: Provides diagnosis, treatment and follow-up to medically indigent children birth to 21 years of age, with special health care needs such as chronic illnesses and disabilities.

Phone: Toll free (800) 226-2604 or 487-2604 for On-Call Nurse

Website: www.doh.state.fl.us/cms/index.html

Kids Incorporated of the Big Bend: The Family Services program provides financial aid and consumer information for children, families and child care professionals.

Phone: 414-9800

Website: www.kidsincorporated.org

Leon County Health Department/Dental Services: A pediatric dental service for Medicaid recipient's ages 5-20 years old.

Phone: 487-3144

Website: www.leoncountyfl.gov/LCHD/Dental

AARP QuickLINK Benefits Calculator: This website contains an easy to use tool that might help connect adults over age 50 and their children/grandchildren under age 18 to public benefit programs.

Phone: 1-866-595-7678

Website: www.aarp.org/quicklink

END OF LIFE PREPARATION

GENERAL INFORMATION

Long-Term Care Planning

www.longtermcare.gov

Making Choices

www.elderaffairs.state.fl.us/english/lmd/eol/eol.pdf

Project Grace 1-877-99-GRACE

www.projectgrace.org

Provides general information about end of life planning. Visit the website or call to have information mailed.

LEGAL SERVICES / WILLS

Legal Aid Foundation of the Tallahassee Bar Association

Phone: 222-3004

Provides free legal assistance (including will preparation) to eligible Leon County residents. Must meet financial eligibility standards.

Legal Service Network—AARP

Phone: 1-888-687-2277

www.AARP.org

Assists AARP members locate an area attorney to provide legal service regarding wills, probate, etc. Member discount: 30-minute free consultation + 20% discount on requested legal services.

Legal Services of North Florida

Phone: 385-9007 ext. 33

www.lsnf.org

Offers free legal assistance to north Florida area senior residents ages 60+. All others must meet financial eligibility standards.

5 Wishes

Phone: 1-888-594-7437

Phone: 681-2010

www.agingwithdignity.org

Document that aids respondents express their final wishes. Booklet covers personal areas such as: medical, personal, emotional, and spiritual. Booklet costs \$5.00 and is accessible by phone or website order.

Tallahassee Elder Law Attorneys

Elder law attorneys focus on legal needs of particular relevance to elderly, including estate planning, tax questions, Medicaid, disability, long-term care and guardianship issues. The following local attorneys belong to the National Academy of Elder Law Attorneys:

Kathryn Hathaway – 425-4700

Twyla Sketchley – 894-0152

Victoria Heuler – 425-8182

Mary Wakeman – 425-8182

Jana McConnaughay – 425-8182

Lauchlin Waldoch, CELA* 425-8182

**CELA* indicates national Certified Elder Law Attorney affiliation. Through specialized training and examination, members have earned certification that allows them to specialize in areas of the law pertaining to elder issues.

Tallahassee Senior Center

Phone: 891-4000

www.tal.gov.com(click *services*, click *senior*)

Local attorneys provide free legal advice to Seniors (ages 60+). Call in advance to schedule appointment.

Counseling / Bereavement / Support Groups

Big Bend Hospice

Phone: 878-5310

www.bigbendhospice.org

Support & grief counseling for those who have lost loved ones. Family/Grief Support counselors available to patient and family for up to a year following loss. Music therapists and chaplains available. No cost, and open to the general public regardless of prior use of hospice services.

Covenant Hospice**Phone: 575-4998****www.covenanthospice.org**

Hospice offers support groups, one-on-one counseling, and ongoing educational Lunch & Learn programs. Chaplains, social workers, and other counselors. No cost. Open to the general public.

Lee's Place**Phone: 841-7733****www.leesplace.org**

Non-profit grief and loss 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.

Tallahassee Senior Center**Phone: 891-4032****www.talgov.com/seniors**

Licensed Clinical Social Worker available for individual or family counseling. Medicare and private insurances accepted. Call to schedule an appointment.

Hospice Services

Big Bend Hospice**Phone: 878-5310****www.bigbendhospice.org**

Provides interdisciplinary team and all-inclusive care for those with end-of-life conditions/illness and their families. Medical care includes assessment, education, comfort, and pain management and family support services. Hospice House offers short-term crisis care when 24-hour medical supervision is required.

Covenant Hospice**Phone: 575-4998****www.covenanthospice.org**

Non-profit coordinated Health Care program that provides comfort and dignity to patients, and supportive care to patients and loved ones in home and facility based settings. A medically directed interdisciplinary team approach to patient/family care is provided.

National Hospice & Palliative Care Organization**Phone: 1-800-989-9455****www.nhpco.org**

Non-profit; 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 directive is also available.

Funeral Information

The Funeral Consumer Association of Leon County**Phone: 224-2082****www.fcalc.org**

A local, non-profit organization that is part of a national effort to help area residents become informed and assertive consumers in the market place for funeral services. IRS-certified and no fee for service.

Funeral Service Consumer Assistance Program**Phone: 1-800-662-7666**

Provides a consumer guide and general information about making funeral arrangements, funding options, and related services. National help-line and free brochure available.

National Cremation**Phone: 1-800-627-0438****www.nationalcremation.com**

Provides information regarding registration for cremation services. Free *Personal Planning and Discussion Guide* can be mailed upon request.

GENERAL INFORMATION

AARP		CRISIS	
Leon County Chapter (Chapter 376)	222-5344	Abuse Hotline	1-800-962-2873
ADULT DAY CARE		Poison Information	1-800-222-1222
Elder Care Services	921-5554	2-1-1 Big Bend	211
Tallahassee Memorial Health Care	531-0712	ECONOMIC SERVICES	
Woodmont Retirement Community	562-4123	Food Stamps	488-0675
AGENCIES		Medicaid	1-888-367-6554
Area Agency on Aging, N.FI	488-0055	Social Security Administration	942-8978
Elder Affairs, Department of	414-2000	EMERGENCY ASSISTANCE	
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
BEREAVEMENT		DCF Public Assistance	1-866-762-2237
Big Bend Hospice	878-5310	Echo Ministries	224-3246
CAREGIVERS		EMPLOYMENT	
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	HOUSING	
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
CITY OF TALLAHASSEE		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
INFORMATION & REFERRAL		MEDICAL	
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	MENTAL HEALTH	
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	NUTRITION/FOOD	
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
INSURANCE		RECREATION & LEISURE	
Consumer Hotline	1-800-435-7352	Tallahassee Senior Center	891-4000
Medicare Hotline	1-800-633-4227	TRANSPORTATION	
SHINE Insurance Counseling	1-800-963-5337	Community Transportation Coord.	891-5199
LEGAL		StarMetro	891-5200
Legal Aid Foundation	222-3004	VOLUNTEERING	
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>	
2-1-1 Big Bend	211 or 1-800-963-5337
Elder Care Services	921-5554
Elder Help Line	1-800-96-ELDER (1-800-963-5337)
Tallahassee Senior Services Resource Center	891-4043
<i>For information on ATTORNEYS / LEGAL services and resources</i>	
National Academy of Elder Law Attorneys	(520) 881-4005
Tallahassee Bar Lawyer Referral Service	681-0601
Senior Legal Hot Line	1-888-895-7873
<i>For information on CAREGIVING services and resources</i>	
The Alzheimer's Project, Inc.	386-2778
<i>For CRISIS assistance, services and resources</i>	
Abuse Hotline	1-800-96-abuse (1-800-962-2873)
Big Bend 2-1-1	211 or 1-800-963-5337
<i>For information on DISABILITIES services and resources</i>	
Advocacy Center for Persons with Disabilities, Inc.	488-9071 or 1-800-342-0823
<i>For information on HOSPICES AND PALIATIVE CARE services and resources</i>	
Florida Hospices and Palliative Care	878-2632
<i>For information on HOUSING services and resources</i>	
Elder Help line	1-800-96-Elder (1-800-963-5337)
Tallahassee Senior Services Senior Resource Center	891-4043
<i>For information on PHYSICIANS & MEDICAL services and resources</i>	
Capital Medical Society	877-9018
Capital Regional Medical Center Physician Referral line	656-3627 or 1-800-847-8876
Health Care Homeless Veterans Program	878-0191 ext. 2023
Tallahassee Memorial Health Care MD Referral line	431-5063
<i>For information on TRANSPORTATION services and resources</i>	
Community Transportation Coordinator	891-5199

LIFELONG LEARNING

TALLAHASSEE SENIOR CENTER

1400 North Monroe Street

891-4000

www.talgov.com/seniors

Senior Discount: Age 55 and over

The Senior Center provides a wide variety of programs including art classes, discussion groups, writing workshops, language classes, leisure learning classes, exercise classes, and a bi-monthly "Expert in the House" dinner series. In addition, the Senior Center Health Program provides seminars on various health-related topics including a monthly "Doctor In the House" brown bag lunch series.

AREA AGENCY ON AGING OF NORTH FLORIDA, INC.

2414 Mahan Drive

488-0055

www.aaanf.org

The Senior Wellness Program and AAA, NFI, Inc. provide education and health classes as well as hosting a number of diabetic support groups, osteoporosis screenings, and fall prevention classes.

THE ACADEMY AT FLORIDA STATE UNIVERSITY

Pepper Institute on Aging

203 Pepper Center

644-2831

644-7947

www.pepperinstitute.org

Registration: Call or Register on site.

Senior: Age 50 and over

The Pepper Institute offers a variety of classes, field trips, and the "Noon Lecture Series." Seniors may also take general classes in Music, Science, Art, History, and more.

BIG BEND HOSPICE (BBH)

1723 Mahan Center Blvd.

878-5310

www.bigbendhospice.org

Registration: Call or Register on site.

BBH offers volunteer training opportunities and classes addressing end of life issues.

CAPITAL REGIONAL MEDICAL CENTER (CRMC)

2626 Capital Medical Blvd.

325-5177

www.capitalregionalmedicalcenter.com

Registration: Complete a Health, Happiness to You (H2U) application and fee of \$15 annually.

H2U holds a monthly lunch meeting with a doctor and provides a number of activities including bingo and aerobics.

ELDER CARE SERVICES**2518 W. Tennessee Street****Registration:** N/A

Elder Care Services offers health, education and enrichment presentations, volunteer training, and several lunch bunch presentations.

921-5554**www.ecsbigbend.org****FAMU COOPERATIVE EXTENSION PROGRAM****215 Perry-Paige Building****Senior Discount:** Call Diana Edlow

The FAMU Cooperative Extension provides workshops in nutrition, cooking, caregiving, and money management.

561-2095**LEON COUNTY EXTENSION UNIVERSITY OF FL/IFAS****615 Paul Russell Road****Registration:** Call or write for more information.

The Leon County Extension provides workshops in nutrition, healthy living, grandparenting, gardening, financial management and more.

606-5200**www.leon.ifas.ufl.edu****LEON COUNTY ADULT AND COMMUNITY EDUCATION (ACE)****283 Trojan Trail****Registration:** Call or write for more information.

The Senior Adult Learner Program offers computer classes (891-4008), educational discussions, and exercise classes.

922-5343**www.ace-leon.org****TALLAHASSEE MEMORIAL HEALTHCARE (TMH)****The Neuro Science, Memory Disorder Clinic & Parkinson's Center****1401 Centerville Road, Suite 504****Registration:** On-site registration.

TMH provides workshops in speech therapy, memory education, stroke prevention, and Parkinson's education. TMH also offers a Caregiver workshop each year.

431-5037**www.tmh.org/neuroscience**

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 (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: www.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: www.econa.org

Town Hall Meetings: 2nd 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

LOCAL SENIORS REAL ESTATE SPECIALIST

■ANGIE GOODMAN, BROKER ASSOCIATE

CRS, SRES

Keller Williams Realty

Phone: 201-4663

Website: www.agoodmove.us

REVERSE MORTGAGE

■TALLAHASSEE LENDERS' CONSORTIUM

Phone: 222-6609 **Website:** Tallahasseeenders.org

■USEFUL WEBSITES:

- **AARP** – www.aarp.org/money/revmort
- **HUD** – www.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 (click Family, Home, and Legal, click Home Design)
- **National Aging In Place Council:** www.naipc.org
- **National Association of Home Builders:** www.nahb.org
- **Tallahassee Builders Association:** www.Tallyba.com
- **Toolbase:** 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

■ American Ramp Systems

Phone: 1-800-649-5215

Website: 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

IN HOME ASSISTIVE TECHNOLOGY

■ ABILITY 1ST

Information, referral, and services for accessibility services.

Phone: 575-9621

Website: www.ability1st.info

■ FLORIDA ALLIANCE FOR ASSISTIVE SERVICES & TECHNOLOGY (FAAST)

Information and assistance with assistive technology

Phone: 487-3278

Website: www.faastrg.org

■ FLORIDA TELECOMMUNICATION RELAY, INC.

Information and assistance with assistive technology

Phone: 205-1470

Website: 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

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

■ TALLAHASSEE FIRE DEPARTMENT, BUREAU OF FIRE PREVENTION

Phone: 891-6600

Website: www.tal.gov (click departments, click fire)

■ TALLAHASSEE POLICE DEPARTMENT CRIME PREVENTION UNIT

Phone: 891-4200

Website: www.tal.gov (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.
- **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 (formerly Taltran)

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.

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 or by emailing seniorinformation@talgov.com.

General Older Driver Information

AARP

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

Provides facts about older drivers.

Department of Elder Affairs

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

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

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

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

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

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

The American Occupational Therapy Association

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

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

Safe and Mobile Seniors Website

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

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 Transfer 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	lcsso.leonfl.org	9-1-1
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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	www.tallyredcross.org	878-6080
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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	lcsso.leonfl.org	488-5921
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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	www.state.fl.us/cf_web (click "Programs")	1-800-962-2873 (1-800-96ABUSE)
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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	921-4703
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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	www.refugehouse.com	681-2111
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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 **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 www.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 www.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 www.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 www.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, 431-6838 ♦ Lifeline, www.lifelinesystems.com, 1-800-543-3546 ♦ Guardian Medical Monitoring, www.guardianmedicalmonitoring.com, 241-6086 ♦ Critical Signal Technologies, www.criticalsignaltechnologies.com, 1-888-557-4462 ♦ ADT Companion Services, www.adt.com, 1-888-609-4093 ♦ Interim Health Care, no website, 422-2044 ♦ Direct Link Home Helpers, www.directlink911.com, 668-1164 ♦ LifeStation, www.lifestation.com, 1-800-884-8888.

FINANCIAL FRAUD/IDENTITY THEFT

SENIORS VS CRIME www.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 www.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 www.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. www.talgov.com/seniors **2-1-1 OR 617-6333**

ELDER HELPLINE www.aaanf.org **1-800-963-5337**

ANIMAL SERVICES CENTER www.talgov.com/animals **891-2950**

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



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





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

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



PRESBYTERIAN

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





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

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



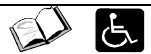
CHRISTIAN

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



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.



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

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



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



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





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

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

