

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 891-4043 or [email](#) for more information.

SENIOR RESOURCES

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

NOTE: This information is not guaranteed to be all inclusive and does not imply endorsement of any persons, offices or agencies by Tallahassee Senior Services. This Resource Card is a service of Tallahassee Senior Center & Foundation. For more information on senior resources, call 850-891-4043, email Sandra.Stoutamire@talgov.com or visit Talgov.com/Seniors.

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.	386-2778	
Family caregivers are taught a comprehensive array of self-care tools to help manage their health and well-being.		
alzheimersproject.org		
ELDER HELPLINE (Aging Resource Centers)	1-800-963-5337	
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.		
aaanf.org		
TALLAHASSEE MEMORIAL NEUROSCIENCE CENTER	431-2919	
Screening, information and referral for injuries and conditions affecting the brain and nervous system, counseling and referrals for caregivers.		
tmh.org/neuroscience		
TALLAHASSEE SENIOR CENTER	891-4000	
Resource library with books, magazines and articles specific to caregiver issues.		
talgov.com/seniors		
SUPPORT GROUPS		
CAREGIVER SUPPORT GROUP	386-2778	
Alzheimer’s Project, Inc.		
alzheimersproject.org		
CARING FOR CAREGIVERS	515-9621	
Offers education/training and other support services to caregivers meeting eligibility requirements.		
ability1st.info		
Support groups are available in several of the counties surrounding Tallahassee. Call 488-0055 for details.		
ADULT DAY SERVICES & CAREGIVER RESPITE		
ALZHEIMER’S PROJECT, INC.	386-2778	
Group respite provided by trained volunteers.		
alzheimersproject.org		
BROOKDALE CENTRE POINT BOULEVARD	309-7500	
Short-term overnight respite for people with dementia, based upon availability.		
brookdale.com		
ELDER CARE SERVICES ADULT DAY STAY	222-4208	
Supervised day care.		
ecsbigbend.org		
TALLAHASSEE MEMORIAL ADULT DAY SERVICES	531-0712	
Supervised day care for adults with dementia or other medical conditions.		
tmh.org/neuroscience		

PACIFICA SENIOR LIVING WOODMONT		562-4123
Short-term day and overnight respite.		pacificawoodmont.com
IN-HOME SERVICES		
ELDER CARE SERVICES		921-5554
Case management, shopping assistance, light housekeeping and personal care services.		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 senior center resource files. These files are available upon request by calling 891-4043 or by using talgov.com/seniors .		
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, Inc. in partnership with the Leon County Sheriff's Department.		alzheimersproject.org
WEBSITE RESOURCES		
TODAY'S CAREGIVER MAGAZINE		caregiver.com
DEPARTMENT OF ELDER AFFAIRS/ELDER SERVICES DIRECTORY/CAREGIVERS		elderaffairs.state.fl.us
AGING PARENTS AND ELDER CARE		agingparentsandeldercare.com
EMPOWERING CAREGIVERS		care-givers.com
NATIONAL FAMILY CAREGIVERS ASSOCIATION		nfcacares.org
FAMILY CAREGIVING ALLIANCE		caregiver.org
FAMILY CAREGIVING & ELDERCARE RESOURCES		strengthforcaring.com
UF ONLINE SUPPORT GROUP FOR ALZHEIMER'S CAREGIVERS		alzonline.net
4therapy.com NETWORK, INC. (<< Life Topics << Family Caregivers)		4therapy.com

SENIOR FITNESS AND RECREATION

TALLAHASSEE PARKS AND RECREATION –talgov.com – 891-3866		
Jack L. McLean, Jr. Community Center ♦ Senior Exercise Class	700 Paul Russell Rd. T, W, Th., 10:00 – 11:00 a.m., free	891-2505
Jake-Gaither Center ♦ Mature Adult Exercise ♦ Wake-up and Walk ♦ Mature Men's Fitness ♦ Senior Weight Training ♦ Zumba for Seniors ♦ Body Toning	801 Tanner Dr. M, W, F, 10:00 – 11:00 a.m., free M – F, 9:00 – 10:00 a.m., free T, Th., 10:00 – 11:00 a.m., free M – F, 10:00 a.m. – 12:00 p.m., free T, Th., 10:00 a.m. – 11:00 a.m., free T, Th., 11:00 a.m. – 12:00 p.m., free	891-3940
Lafayette Park Community Center ♦ Yoga ♦ Cardio Kickboxing	501 Ingleside Dr. T, Th., 5:30 – 7:00 p.m., fees vary, call for price T, 7:15 – 8:45 p.m., fees vary, call for price T, Th., 5:45 – 6:45 p.m., fees vary, call for price	891-3946
Lincoln Neighborhood Center ♦ Mature Silver Steppers ♦ Silver Steppers	438 West Brevard St. T, Th., 9:00 – 10:00 a.m., free T, Th., 10:00 – 11:00 a.m., free	891-4180
TALLAHASSEE SENIOR SERVICES –talgov.com/seniors – 891-4000		
Tallahassee Senior Center ♦ Pickleball ♦ Brain-Body-Memory Balance Class ♦ Mindful Movement ♦ Life Exercise ♦ Tai Chi ♦ Yoga ♦ Chair Yoga ♦ Zumba Gold ♦ Wii	1400 N. Monroe St. W, 12:00 – 4:00 p.m., \$2 Seniors (50+) \$3 Non-Seniors F, 11:30 a.m.- 1:30 p.m., Same fees as above M, 1:30 – 2:30 p.m., \$2 per class T, 11:00 a.m. – 12:00 p.m., \$2 per class T, Th., 9:30 – 10:30 a.m., \$2 per class W, F, 10:00 – 11:00 a.m.; \$2 per class M, W, 5:30 – 7:00 p.m., \$10 Seniors (50+) \$12 Non-Seniors F, 11:00 a.m. – 12:00 p.m., \$2 per class Th., 5:30 – 6:30 p.m., \$5 Seniors (50+) \$7 Non-Seniors T, Th., 10:30 a.m. – 12:00 p.m., \$2 Seniors (50+) Bowling \$3 Non-Seniors T, 2:15 – 4:15 p.m., \$2 Seniors (50+) \$3 Non-Seniors	891-4000
Allegro Heritage Oaks ♦ Brain-Body-Memory Balance Class	4501 Shannon Lakes West W, 2:00 – 3:00 p.m., \$2 per class	668-4004
Optimist Park ♦ Brain-Body-Memory Balance Class	1355 E. Indianhead Dr. T, 10:00 – 11:00 a.m., \$2 per class	891-4180
Jake-Gaither Center ♦ Mindful Movement	801 Tanner Dr. Th., 11:00 – 11:45 a.m., \$2 per class	891-3940
LEON COUNTY SENIOR OUTREACH – talgov.com/seniors – 891-4065		
SENIOR FITNESS CLASSES ♦ Chaires-Capitola Dorothy C. Spence Community Center	<i>Call for directions or prices</i> Senior Fitness , M, W, F, 8:30 – 9:30 a.m. Seated Fitness , T, Th., 9:30 – 10:30 a.m. (no class 4 th T each month)	

♦Miccosukee Community Center	Senior Fitness, T, Th., 11:15 a.m. – 12:00 p.m. (no class 1 st Th. each month)
♦Ft. Braden Community Center	Senior Fitness, M, W, 10:30 – 11:30 a.m.
♦Lake Jackson Community Center	Mindful Movement, Th., 1:00 – 2:00 p.m.
♦Woodville Community Center	General Fitness, M, W, 8:30 – 9:30 a.m.
♦Northeast Branch Library	Beginners Fitness, T, F, 9:30 – 10:15 a.m.
	Beginners Fitness, T, F, 10:30 – 11:15 a.m.
	Intermediate Fitness, T, F, 11:30 – 12:30 p.m.
	Afternoon Fitness, T, F, 1:00 – 2:00 p.m.
FITNESS CENTERS offering senior specific programs	
Christian Life Center	108 West College Ave.
►Senior Fitness	222-5470 fbctlh.org/clc
Premier Health and Fitness Center	3521 Maclay Blvd.
►Fit for life, balance and water aerobics classes; reduced senior rates	431-2348 tmh.org/premier
You Fit	►2432 N. Monroe St. 241-7777
►Silver Sneakers strength and conditioning	►3111 Mahan Dr. #12 241-1300 youfit.com
YMCA	►2001 Apalachee Pkwy. 877-6151
►Silver Sneakers strength and conditioning	►3840 N. Monroe St. 536-9622 capitalregionymca.org
►Groovin’ Seniors low impact aerobics and weight training	
►Silver Splash water aerobics	
►Discounted day passes for fitness programs and water aerobics (Monroe St. only) Aug.-Oct.	
GOLF COURSES offering senior specials	
Don Veller Seminole Golf Course	2550 Pottsdamer Rd.
	644-2582 seminolegolfcourse.com
Tallahassee Parks & Recreation	talgov.com
♦Hilaman Park	2737 Blair Stone Rd.
♦Jake-Gaither Municipal Golf Course	801 Tanner Dr.
	891-3935 891-3942
WATER AEROBICS	
Premier Health and Fitness Center	(see above for contact information)
Tallahassee Parks and Recreation	Call for water aerobics schedule (talgov.com)
►Senior discounts	
♦Jack McLean Aquatics Center	700 Paul Russell Rd.
♦Levy Pool (summer only)	625 W. Tharpe St.
♦Trousdell Aquatics Center	298 John Knox Rd.
♦Wade Wehunt Pool	912 Myers Park Dr.
♦Walker-Ford Pool	2301 Pasco St.
YMCA	capitalregionymca.org
	2001 Apalachee Pkwy. 877-6151
	3840 N. Monroe St. (summer only, use Howard Johnson pool) 536-9622
TENNIS	
Forestmeadows	4750 N. Meridian Rd.
►Senior discounts (age 62 and over)	891-3920 talgov.com

NON-MEDICAL IN-HOME SERVICES

IN-HOME ASSISTANCE		
Candid Care	candid-care.com	590-7361
Provides homemaker, companion, home safety supervision, laundry, meal preparation/clean-up, personal care, medication reminders, escort to medical appointments and planning for daily activities.		
Capital Home Health Corp	capitalhomehealthcorp.com	553-4002
Provides homemaker, companion, sitter, diet, entertainment, laundry/ironing, garbage, meal preparation/clean-up, personal care and planning for daily activities.		
Comfort Keepers	comfortkeepers.com	402-0051
Provides interactive care services that include companion care, meal planning and preparation, light housekeeping, laundry and linens, errands, incidental transportation assistance.		
Elder Care Services	ecsbigbend.org	921-5554
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.		
Good News Outreach Elder Services	goodnewsoutreach.org	412-0016
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.		
Healing by Nature, LLC	myhealingbynature.com	296-5662
Provides caregivers for a wide variety of services such as companionship, meal planning and preparation, medication reminders, light housekeeping, running errands, laundry, changing linens, escorts to doctor's appointments and other services.		
Home Instead Senior Care	homeinstead.com	297-1897
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.		
Hopewell In-Home Senior Care	hopewellcare.com	386-5552
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.		
Interim Health Care	interimhealthcare.com	422-2044
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.		
Maxim Healthcare Services, Inc.	maxhealth.com	422-1111
Provides services for families in Tallahassee and the big bend area, focusing on companionship, light housework, meal preparation, bathing, dressing, feeding and other services.		
St. Augustine Plantation In-Home Care	staugustineplantation.com	309-1982
Offers services such as companionship, bathing, dressing, feeding, shopping, light housekeeping, transportation/escort to doctor's office, pick-up prescriptions and case management.		
Visiting Angels of Tallahassee	visitingangels.com/Tallahassee	320-6062
Provides services such as bathing, grooming assistance, medication management, light housekeeping, errands, meal planning/preparation and companionship.		

ASSISTIVE SERVICES AND DEVICES

Ability 1st	ability1st.info	575-9621
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Provides a variety of services including disposable supplies for low income individuals, equipment on loan, independent living skills training and planning for individuals to transition home from a more restrictive setting.

Achieve Mobility Sales **forlifeonthego.com** **224-4383**

Provides mobility services such as used/new converted vans, van rentals, full automotive repairs, specialized van equipment, driving aids for all cars/vans, lifts for transporting wheelchairs/scooters and scooters.

Advanced Driving Systems, Inc. advanceddrivingsystems.com **671-2300**

Specializes in mobility services to keep individuals independent and includes vehicle conversions and driving controls, scooters and power chairs, lift chairs and lifts for transporting scooters and chairs.

Florida Alliance for Assistive Services and Technology (FAAST)

faast.org **487-3278 (TDD/TTY, 922-5951)**

Offers services such as assistive device loan program, device funding availability and databases for affordable housing, used/new equipment for sale from individuals across the state and providers who sell/service devices.

Lighthouse of the Big Bend lighthousebigbend.org **942-3658**

Provides a variety of services for individuals who are legally blind, or those with a condition that is progressing toward legal blindness, including assistive technology, techniques of daily living and orientation/mobility in the home and community.

Florida Telecommunications Relay, Inc. (FTRI)

ftri.org **205-1470 (TDD/TTY, 447-5620)**

Distributes specialized telecommunications equipment to individuals who are deaf, hard of hearing, deaf/blind or speech impaired.

NuMotion	numotion.com	386-4606
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Provides mobility services such as wheelchairs, scooters, lift chairs, lifts for transporting scooters/chairs and custom designs.

HOME MODIFICATIONS

Please call or visit the website for the resource or contact Senior Resource Services at 891-4043 for more information.

ACCESSIBILITY SOLUTIONS	383-1100	homeaccessfl.com
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AMRAMP SYSTEMS **800-649-5215** **amramp.com**

TERRY WARD CONSULTING, LLC 322-6990 terrywardconsulting.com

SAFETY

There are many resources in Leon County for safety information. A list of these resources can be found at: talgov.com/seniors (senior resources).

GOVERNMENT RESOURCES/IN-HOME CARE	
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VA AIDE & ATTENDANT SERVICES 878-0191 X 2036 va.gov

MEDICARE	1-800-633-4227	medicare.gov
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MEDICAID 488-0675

myflorida.com/accessflorida (to apply)

fdhc.state.fl.us/Medicaid (to view covered services go to Summary of Services)

OTHER RESOURCES

There are many home health agencies and medical supply companies in the Leon County area to assist homebound or disabled, mobile seniors. They are listed in the telephone directory under “Home Health” and “Medical Equipment, Supplies and Repair”.

HOUSING

HOUSING RESOURCES	
<p>♦Seniors Real Estate Specialists (SRES®) 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. Several are listed below. E. Ann Cleare, Premier- homesbypremier.com, acleare@comcast.net 544-0109 Angie Goodman, Keller Williams Realty- agoodmove.us, angieg@kw.com 321-4666 Debbie Gerber-Mahan, PrimeSouth Properties- debgerber.com, deb@debgerber.com 545-8164 Kathy Rivenbark, Moving Tally Seniors, Coldwell Banker Hartung & Noblin, Inc. - coldwellbanker.com, tlhkathy@gmail.com 363-3800 Maren Cox, Moving Tally Seniors, Coldwell Banker Hartung & Noblin, Inc. – coldwellbanker.com, marencox@gmail.com 728-3525</p>	
♦Veterans Homeless Program	521-5767
<p>Help with finding housing, two apartment complexes with 50+ units for homeless veterans and about 100 slots for rental subsidies – all requests must go through the social worker at the VA clinic.</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>	
♦Brookdale Hermitage Boulevard 1780 Hermitage Blvd., Tallahassee	422-3397
♦Bell Road Human Services, Inc. 182 Bell Rd, Havana	539-8510
♦Broadview Assisted Living 2110 Fleischmann Rd., Tallahassee	386-4300
♦HarborChase of Tallahassee 100 John Knox Rd., Tallahassee	531-0404
♦Allegro 4501 W. Shannon Lakes Dr., Tallahassee	668-4004
♦Linda's Assisted Living Facility 2069 Dellwood Dr., Tallahassee	980-7877
♦Magnolia House 1125 Strong Rd., Quincy	875-1334
♦St. Augustine Plantation 2507 Old St. Augustine Rd., Tallahassee	309-1982
♦Tapestry Senior Living of Tallahassee 2516 Lakeshore Dr., Tallahassee	536-8600
♦Westminster Oaks and Village 4449 Meandering Way, Tallahassee	878-1136
♦Pacifica Senior Living Woodmont 3207 N. Monroe St., Tallahassee	562-4123

MEMORY CARE FACILITIES	
♦ Brookdale Centre Pointe Boulevard 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
♦ Westminster Gardens 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 Townhouses 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>Many retirement communities offer meals and arrangement of social/leisure activities, and some have assisted living or nursing home services available.</i>	
♦ Cherry Laurel Retirement Residence 1009 Concord Rd., Tallahassee	656-8758
♦ Allegro 4501 W. Shannon Lakes Dr., Tallahassee	668-4004
♦ Westminster Oaks Retirement Community 4449 Meandering Way, Tallahassee	878-1136
♦ Pacifica Senior Living Woodmont 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

experienceworks.org

922-0023, ext. 4546

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

CAREER SOURCE

careersourcecapitalregion.com

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.

AARP FEATURED EMPLOYER PROGRAM

aarp.org/work

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

EMPLOYMENT READINESS

TALLAHASSEE SENIOR CENTER

talgov.com/seniors

891-4000

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

GOODWILL INDUSTRIES – BIG BEND, INC.

goodwillbigbend.com

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

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

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

bigbendhospice.org

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

capitalregionalmedicalcenter.com

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

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

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

literacyvolunteersleon.org

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

tallyredcross.org/local/florida/north-florida

878-6080

◆Provides services for disasters, safety and military casework.

SENIORS VS. CRIME

www.seniorsvscrime.com

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

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. Some of the main areas that make up elder law are:

- 1) Probate and estate planning and administration,
- 2) Medicaid, disability and other long-term planning/care issues, and
- 3) Guardianship and conservatorship.

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

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**.

LOCAL ATTORNEYS

♦Daniel Dobbins, Daniel W. Dobbins, P.A.	Email: dandobbins@nettally.com	222-1910
♦Law Offices of Stuart E. Goldberg, PL		270-0411; 1-888-641-6931
Website: stuartgoldbergpl.com		
♦Stuart E. Goldberg	Email: sgoldberg@stuartgoldbergpl.com	
♦Heuler-Wakeman Law Group		421-2400
Website: hwelderlaw.com		
♦Victoria Heuler	Email: victoria@hwelderlaw.com	
♦Mary Wakeman	Email: mary@hwelderlaw.com	
♦Kimberly L. King, King & Wood		580-7711
Website: kingandwoodlaw.com		
♦Kim King	Email: kimking@kingandwoodlaw.com	
♦Elizabeth Maykut	Email: beth@kingandwoodlaw.com	
♦Matt Liebenhaut, PLLC		270-6977
Website: liebenhautlaw.com	Email: matt@liebenhautlaw.com	
♦Waldoch & McConnaughay, P.A.		385-1246
Website: mclawgroup.com		
♦Jana McConnaughay	Email: jana@mclawgroup.com	
♦Lauchlin Waldoch, CELA	Email: lauchlin@mclawgroup.com	
♦Tracy P. Moyer, Moyer Law Firm		224-6693
Website: moyelawfirm.com	Email: tracy@moyelawfirm.com	
♦Steven Rachin, The Law Office of Steven L. Rachin, P.A.		386-8833
	Email: steven@rachinlaw.com	
♦Twyla Sketchley, CELA, The Sketchley Law Firm, P.A.		894-0152
Website: sketchleylaw.com	Email: info@sketchleylaw.com	
♦Felicia S. W. Thomas, The Law Office of Felicia S. W. Thomas		1-850-366-3910
	Email: fswthomaslaw@gmail.com	

LEGAL HOTLINES, WEBSITES, AND RESOURCES

Florida Law Help

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 social services.

Florida Senior Legal Helpline

elderaffairs.state.fl.us/doea/legal_services.php

1-888-895-7873

- ◆ Provides free legal advice and brief services by phone to eligible Florida residents age 60 and over with civil (not criminal) matters.

Legal Aid Foundation of the Tallahassee Bar Association

tallahasseebar.org

222-3292, ext. 2

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

Legal Services of North Florida, Inc.

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

lsnf.org

385-0029

- ◆ 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.

Tallahassee Bar Lawyer Referral Service

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.

Legal Service Network – AARP

aarplsnn.com

1-866-330-0753

- ◆ Assists AARP members with locating an area attorney to provide legal service regarding wills, probate, etc. Member discount: 45-minute free consultation + 20% discount on requested legal services.

Tallahassee Senior Center

talgov.com/seniors

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	intergroup5.org	224-1818
Provides education and support, either through group meetings or individual contacts, for individuals to achieve sobriety.		
Al-Anon Groups	tallyalanon.org	222-2294
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.		
Big Bend Area Narcotics Anonymous	bigbendna.org	224-2321
Facilitates education and support for recovering drug addicts.		
Debtors Anonymous	debtorsanonymous.org	1-800-421-2383
Helps people recover from compulsive spending.		
Quit Smoking Now	ahectobacco.com	224-1177
Provides tobacco training and cessation programs.		
CANCER		
Look Good, Feel Better	tmh.org	297-0588
Helps restore appearance and self-image for cancer patients and survivors.		
Man to Man	cancer.org	297-0588
Offers community based education and support to male cancer survivors and their families.		
National Ovarian Cancer Coalition, Big Bend Chapter	ovarian.org	893-1596
Raises awareness, conducts community outreach and promotes education about the disease, offers support to ovarian cancer survivors, their families and friends.		
CAREGIVER SUPPORT		
Support Group for Caregivers	alzheimersproject.org	386-2778
Provides education and support to caregivers assisting Alzheimer's patients.		
Caring for Caregivers	ability1st.info	515-9621
Offers education/training and other support services to caregivers meeting eligibility requirements.		
NEUROLOGICAL DISORDERS		
Alzheimer's Support Group	alz.org/cnfl	408-9984
Offers an opportunity for individuals suffering from Alzheimer's and other dementias, as well as their caregivers, to share information, experiences and insights about their diseases.		
Parkinson's Support Group	tmh.org	431-5002
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.		
Brain Injury Support Group of the Big Bend	tmh.org	431-5766
Tallahassee Memorial Neuroscience Center offers this group for survivors of brain injury, their families and neuroscience professionals.		
Epilepsy Support Group	epilepsyassoc.org	222-1777
Established for people with epilepsy, their families, co-workers, friends and those who would like to know more about epilepsy.		
ALS Association, Florida Chapter	alsafl.org	1-888-257-1717, ext. 113
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.		
National Parkinson's Foundation of North Florida	theparkinsonsoutreach.org	364-0230
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	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	878-5310
Open to anyone who has experienced a loss due to suicide.		
Covenant Hospice Grief Support Groups	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	431-5404
Offers support for patients considering or having bariatric surgery.		
Tallahassee Weight Loss Surgery Support Group	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	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	933-7592
Weight loss support and healthy living education.		
Weight Watchers	weightwatchers.com	1-800-651-6000
Offers social support for weight loss.		
GENERAL SUPPORT		
National Self Help Groups	healthfinder.gov/findservices/searchcontext.aspx?topic=833	Toll free numbers 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	lifereimagined.aarp.org	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	431-5404
Provides education and support to adult diabetes patients and their families.		
National Alliance for the Mentally Ill	nami-tallahassee.org	841-3386
Provides support and advocacy for people living with mental illness.		
Depression and Bipolar Support Alliance of Tallahassee	tmh.org	431-5160
Supports patients with mood disorders as well as their families and friends.		

HEARING LOSS SERVICES

INFORMATION

Approximately 2/3 of Americans over age 70 have hearing loss but only 20% of seniors who need hearing aids actually purchase them. Depending on the type and extent of hearing loss, there are many options available for help.

Signs of hearing loss may include (seniors should contact their doctor if they have more than a couple of these signs):

- ◆Trouble hearing over the telephone
- ◆Difficulty understanding others unless face to face
- ◆Need to turn up TV or radio so loud that others complain
- ◆Having a problem hearing because of background noise
- ◆Sensing that others seem to mumble
- ◆Hearing a ringing, roaring or hissing sound frequently
- ◆Constantly asking for others to repeat themselves
- ◆Making inappropriate responses to questions
- ◆Straining to hear
- ◆Missing essential sounds like doorbells, alarm clocks or smoke alarms.

HEARING LOSS RESOURCES

ABILITY 1ST **ability1st.info** **575-9621, 576-5245 (TTY)**
Provides access to deaf and hard of hearing services, including hearing loss counseling and a current list of local deaf interpreters. Eleven-week sign language classes are available and cost \$80 for beginners and \$40 for individuals with experience.

FLORIDA ASSOCIATION OF THE DEAF **fadcentral.org** _____
Promotes communication among deaf, hard of hearing and late-deafened individuals with the hearing community, legislature and agencies/organizations. Partners with ZVRS to provide video relay services to the deaf and hard of hearing.

FLORIDA COORDINATING COUNCIL FOR THE DEAF AND HARD OF HEARING **fccdhh.org** **245-4913, 245-4914 (TTY)**
Serves as an advisory and coordinating body recommending policies to improve services among public and private entities. Also provides technical assistance, advocacy and education for the estimated 3 million residents of Florida who are deaf, hard of hearing, late-deafened or deaf/blind.

FLORIDA TELECOMMUNICATIONS RELAY, INC. **ftri.org** **1-800-222-3448, 1-800-955-8771 (TTY)**
Provides a communications link between people who use specialized telephones such as a TTY (text telephone) and people who use standard telephones. There is no cost to use the service and it is available 24/7. FTRI also provides free amplified phones to qualified individuals.

FLORIDA ALLIANCE FOR ASSISTIVE SERVICES AND TECHNOLOGY **faast.org** **487-3278, 1-877-506-2723 (TDD)**
Provides loans for the purchase of hearing aids and loans specialized devices to individuals to help them decide which equipment is best for their situation.

AUDIENT (Alliance for Accessible Hearing Care) **audientalliance.org** **1-866-956-5400 (ask for Audient)**
Provides access to discounted, quality hearing aids and related care to persons without adequate financial resources. Applications for assistance are on the website.

HEARING LOSS RESOURCES

HEARING LOSS ASSOCIATION OF FLORIDA **hla-fl.com** **904-778-2265**

Serves the needs of Floridians 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 **sotheworldmayhear.org** **1-866-354-3254**

Provides recycled and used hearing aids to low-income persons.

VETERAN'S ADMINISTRATION **prosthetics.va.gov** **521-5772, 1-800-447-5620 (TTY)**

Provides hearing aids, hearing aid repair and batteries for veterans registered with their VA medical center or VA outpatient clinic.

LIONS CLUB INTERNATIONAL **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 **tpahq.org** **314-371-0533**

Provides annual scholarships for mechanical devices, medical or specialized education as well as speech classes, note takers, interpreters and other tools directly related to hearing impairment.

HELP AMERICA HEAR **foundationforsightandsound.org** -----

Provides hearing aids for adults with limited financial resources.

SERTOMA **sertoma.org** -----

Offers funds for hearing aids and hearing-related needs.

BETTER HEARING INSTITUTE **betterhearing.org** **1-800-327-9355** (call center), **202-449-1100**

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 **ahaanet.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 **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 **talgov.com/seniors** **891-4045**

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

LOW VISION SERVICES

LOCAL RESOURCES

ABILITY 1st

1823 Buford Court

575-9621

ability1st.info

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

FLORIDA DIVISION OF BLIND SERVICES

1320 Executive Center Drive, Atkins Building, Suite 201

245-0370

dbb.myflorida.com

- ◆ **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.

LIGHTHOUSE OF THE BIG BEND**942-3658****3071 Highland Oaks Terrace****lighthousebigbend.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****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****guidedogs.org****SUPPORT GROUPS****FLORIDA COUNCIL OF THE BLIND, INC.****422-7752****1531 Dempsey Mayo Road****fcb.org**

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

OCTOPUS CLUB**894-9025****Lighthouse of the Big Bend 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****Lighthouse of the Big Bend 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

Florida Donated Dental Services

nfdh.org/donated-dental-services-dds-programs/florida

Provides donated, non-emergency care for individuals age 65 and older or those meeting disability requirements who are unable to pay for their dental care. Implants are not covered except the limited number for dentures. Applications for this coverage may be obtained from the resource coordinator at the Tallahassee Senior Center or at the web-site above. Individuals are placed on a waiting list after submitting their applications.

TCC – Dental Hygiene Clinic

201-8247

444 Appleyard Dr.

tcc.fl.edu

Academic program that only offers cleaning services and occasional x-rays; patients must make an evaluation appointment (one hour) in order to receive cleaning services (three hours); open limited hours, patients must call for an appointment; on the city bus route. Fees vary according to procedure; \$10 for cleaning for seniors age 55+.

Leon County Affordable Dental Care Program

606-1900

nacohealth.org

County residents can save from 5 to 50% on a variety of dental procedures among a network of local dentists. ID cards available from the resource coordinator at the Tallahassee Senior Center.

Veterans Dental Clinic

878-0191 or 1-800-541-8387

1607 St. James Ct.

northflorida.va.gov/northflorida/locations/Tallahassee

General dentistry offered to veterans with a service-connected compensable dental disability and others, per the classifications on the web-site.

Neighborhood Medical Center, Inc. – Dental Services

539-8222

604 East 5th Avenue, Havana

nhsclinic.org

General dentistry, no dentures; transportation may be available. Fees are sliding scale, based on income. Adults of any age are welcome, workload permitting.

Bond Community Health Center, Inc.

521-5121

1720 South Gadsden

bondchc.com

For adults, provides urgent care, including an evaluation, referral and sometimes extractions.

We Care

942-5215

A referral from a dentist or primary care physician is required in order to be considered for services under this program. Low-income adults in need of help with infections, root canals, extractions, crowns and dentures may be eligible for this program if their income is at or below 150% of the federal poverty level and they have no dental insurance/coverage.

Taylor County Dental Center

616 South Jefferson St., Perry

Provides cleanings, fillings and extractions. Fees are sliding scale, based on income. New patients must call during morning hours for afternoon appointments.

850-223-2578**nfmc.org****Aspen Dental**

1415 Governors Square Blvd.

Offers a free denture consultation and dentures starting at \$399 for qualified individuals; may cover a free new patient exam and x-rays as well as 20% off general dentistry for non-insured individuals.

319-7130**aspendental.com****Affordable Dentures**

2810 Sharer Rd., Suite 17

Provides partial and full dentures, repairs/relines, extractions and offers coupons for discounts on the above web-site.

389-4201**affordabledentures.com****University of Florida Dental Clinics**

1395 Center Dr., Gainesville

Several clinics offer a complete range of general and specialty dental services and oral health care. Patient must arrange for his/her transportation to the clinic(s).

1-800-633-3953**dental.ufl.edu****PRIVATE DENTISTS**

There are many dentists in practice in the Leon County area who accept senior patients and some also accept financing plans. A list of these dentists may be obtained by contacting the Senior Resource Center at 891-4043.

DENTISTS ACCEPTING MEDICAID

Patients eligible for Medicaid can call their managed care plan's number on the plan's identification card or the choice counselor at 1-877-711-3662 to determine which services are covered and dentists in Leon County accepting Medicaid.

GRANDPARENTS AS PARENTS

SUPPORT SERVICES		
Grandparents as Parents Support Group (G.a.P.)	talgov.com/seniors	891-4008
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.		
Florida Kinship Care Warmline	www.flkin.org	800-640-6444
Provides emotional support, information and referral for relative caregivers throughout Florida.		
Area Agency on Aging for North Florida	aaanf.org	Elder Helpline: 800-963-5337
Provides information and referral services and programs for seniors and caregivers.		
AARP QuickLINK Benefits Calculator	aarp.org/quicklink	866-595-7678
This website contains a benefits checkup tool that helps connect adults over age 50 and their children/grandchildren under age 18 to public benefits programs.		
AARP Foundation GrandCare Support Locator	giclocalsupport.org	866-595-7678
Provides a list of available local agencies and organizations that help grandparents raising grandchildren.		
INFORMATION AND REFERRAL		
2-1-1 Big Bend Help Line	211bigbend.org	211
Telephone counseling, information/referral and crisis intervention.		
Tallahassee Senior Center	talgov.com/seniors	891-4043
Information and referral to connect seniors with services they need to remain active and independent.		
Whole Child Leon	wholechildleon.org	414-8344
Connects children to community resources for health care, educational and social services.		
LEGAL SERVICES		
Legal Services of North Florida	lsnf.org	385-9007
Civil legal assistance to low income families, children and the elderly.		
SENIOR SERVICES		
Elder Care Services	ecsbigbend.org	921-5554
Provides case 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		
CHILDREN and FAMILY SERVICES		
Florida Department of Children and Families	myflorida.com/accessflorida	488-0675
Financial assistance and child protective services. (additional website: dcf.state.fl.us/programs)		
Big Brothers Big Sisters of the Big Bend	bbbsbigbend.org	386-6002
Provides role models and consistent adult attention to children 6-17 years of age.		
Kids Incorporated of the Big Bend	kidsincorporated.org	414-9800
The Family Services program provides financial aid and consumer information for children, families and child care professionals.		
Child Support Enforcement Services	dor.myflorida.com/dor/childsupport	800-622-5437
Provides information on applying for child support services, locating absent parents, establishing paternity and making child support payments.		
Children's Home Society	chsfl.org	921-0772
Provides counseling services and adult mentors to children age 4 to 17 who have an incarcerated parent.		
COUNSELING SERVICES		
Apalachee Center	apalacheecenter.org	523-3333
A private, non-profit behavioral healthcare organization offering a full range of mental health services.		
FSU Human Services Center	education.fsu.edu/centers-institutes	644-3857

Provides free counseling services for children and adults in the Tallahassee community.		
Turn About Inc. of Tallahassee	turnabout.org	671-1920
Provides services and counseling to children with substance abuse, behavioral problems or have been victims of a crime.		
Capital City Youth Services	ccys.org	576-6000
Provides shelter services for families in crisis and provides outpatient counseling to solve any problems that are affecting families.		
Camelot Community Care	camelotcommunitycare.org/fl_services.asp	561-8060
A child-placing agency that provides in home therapy and child welfare services.		
GRIEF AND LOSS COUNSELING		
Big Bend Hospice	bigbendhospice.org	878-5310
Provides emotional and spiritual support for families experiencing the loss of a loved one.		
Lee's Place	leesplace.org	841-7733
Provides grief counseling for individuals and families who are adjusting to loss through death, divorce or abandonment.		
PARENT EDUCATION		
FSU Center for Couple & Family Therapy	ccft.fsu.edu	644-1588
Provides counseling for individuals, couples and families with diverse needs and backgrounds.		
HEALTH CARE		
Bond Community Health Center, Inc.	bondchc.com	576-4073
Provides comprehensive family health services to low income patients.		
Leon County Health Department	leoncountyfl.gov/lchd	606-8000
Provides certain health and dental care procedures to children as well as health education.		
Lincoln Neighborhood Services Center	nhscclinic.org	224-2469
Provides primary, mental and episodic care for medically underserved, uninsured and homeless persons.		
Florida Kid Care	healthykids.org	888-540-KIDS
Provides low or no cost health care to children 18 years old or younger.		
CHILD CARE/EDUCATION		
Center for Autism and Related Disabilities	autism.fsu.edu	644-4367
Provides support and assistance to optimize the potential of people with autism and related disabilities.		
FSU Multidisciplinary Center (FSU-FDLRS)	mdc.ssw.fsu.edu	644-2222
Provides services to children presenting complex academic, medical, emotional or behavioral problems.		
Leon County Schools	leon.k12.fl.us	487-7100
Maintains the public educational system for the county.		
Early Learning Coalition	elcbigbend.org	385-0504
Childcare and early education resource and referral.		
CHILDREN'S ACTIVITIES/RESOURCES		
Tallahassee Parks, Recreation & Neighborhood Affairs	talgov.com	891-3866
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.		
Oasis Center for Women and Girls	theoasiscenter.net	222-2747
Offers support to women and girls to improve their lives.		

END OF LIFE PREPARATION

General Information		
Long-Term Care Planning	longtermcare.gov	-----
Project Grace	projectgrace.org	1-877-994-7223
Provides general information about end of life planning. Visit the website or call to have information mailed.		
Legal Services and Related Organizations		
5 Wishes	agingwithdignity.org	1-888-594-7437
Document that helps individuals 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.		
Legal Aid Foundation of the Tallahassee Bar Association	tallahasseebar.org	222-3292, ext. 2
Provides legal counsel (civil cases only) to persons unable to afford an attorney.		
Legal Service Network—AARP	aarplsn.com	1-866-330-0753
Assists AARP members with locating an area attorney to provide legal service regarding wills, probate, etc. Member discount: 45-minute free consultation + 20% discount on requested legal services.		
Legal Services of North Florida, Inc.	lsnf.org	385-9007
Provides legal services to low income persons; legal assistance not available for criminal cases or traffic matters.		
Florida Law Help	FloridaLawHelp.org	-----
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.		
Legal Services of North Florida Legal Advice Hotline	lsnf.org	385-0029
People with legal questions who meet income guidelines may call Monday through Thursday, 9 am – 5 pm.		
Tallahassee Bar Lawyer Referral Service	tallahasseebar.org	222-3922, ext. 1
This service will make a lawyer referral; half-hour consultation is \$25.		
Florida Senior Legal Helpline	elderaffairs.state.fl.us/does/legal_services.php	1-888-895-7873
Provides free legal advice and brief services for civil matters by phone to Florida residents age 60 and over.		
Tallahassee Senior Center	talgov.com/seniors	891-4000
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 talgov.com/seniors (under Senior Resources) or by calling 891-4043.		
Hospice Care/Counseling/Support Groups		
Big Bend Hospice	bigbendhospice.org	878-5310
Support and 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.		
Covenant Hospice	covenanthospice.org	575-4998
Offers support groups, one-on-one counseling, and ongoing educational Lunch & Learn programs. Chaplains, social workers, and other counselors available. Pain management, in-home and facility care.		
Lee's Place	leesplace.org	841-7733
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.		
Tallahassee Senior Center	talgov.com/seniors	891-4032
Licensed marriage and family therapist available for individual or family counseling. Call to schedule an		

appointment.

National Hospice & Palliative

Care Organization

caringinfo.org

1-800-658-8898

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 Funeral Home and Tallahassee Memory Gardens, 562-1518♦Beggs-Apalachee, 942-2929♦Bevis, 385-2193♦Culley's MeadowWood Timberlane, 893-4177♦Culley's MeadowWood Riggins, 877-8191♦Fairchild Funeral Home and Crematory, 386-8686♦Faith Funeral Home and Crematory, 850-539-4300♦Independent Funeral Home, 875-1529♦Lifesong Funeral Home and Cremation Services, 850-627-1111♦Richardson Family Funeral Care, 576-4144♦Strong & Jones Funeral Home, 224-2139♦

Florida Funeral, Cemetery &

Consumer Services

myfloridacfo.com/division/funeralcemetery

413-3039

The state office that protects the health, safety and welfare of the public by licensing competent and trustworthy funeral and cemetery professionals and entities. The office conducts inspections/examinations and investigates complaints to ensure compliance with Chapter 497, Florida Statutes.

Funeral Service Helpline

nfda.org

1-800-228-6332

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

Social Security Administration

ssa.gov

1-866-248-2088

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

Veteran's Administration

va.gov

1-800-827-1000

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

Organ Donation

donatelifeflorida.org

1-877-357-4273

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

med.ufl.edu/anatbd

1-800-628-2594

This state program provides donated bodies for the training at universities and colleges in Florida having medical, osteopathic, dental, physician assistant and physical therapy programs.

LIFELONG LEARNING

CONTINUING EDUCATION

Tallahassee Senior Center	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, creative 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	olli.fsu.edu	644-7947
Offers academic courses, writer’s groups, interest groups such as Spanish, walking and book clubs, social and cultural events, lecture series, book discussion groups and field trips/travel opportunities abroad, all in conjunction with the local universities, community college and Pepper Institute on Aging.		
Leon County Adult and Community Education	www.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 (FSU) www.famu.edu/registrar (FAMU)	644-1050 599-3015
Have audit, non-degree courses available to seniors age 60 and over provided there is space and the class instructor/departments 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.		

HEALTH

Tallahassee Senior Center Health And Wellness Program	talgov.com/seniors	891-4045 or 891-4042
Provides ongoing agenda of health education presentations on a wide array of health and wellness-related topics.		
Tallahassee Memorial Health Care	tmh.org	431-5875
Promotes and arranges for a variety of healthy living educational programs and regional symposiums.		
Capital Health Plan	capitalhealth.com	523-7441
Offers preventive health and savvy senior seminars covering a variety of health-related topics.		
Capital Regional Medical Center	capitalregionalmedicalcenter.com	325-5177
Arranges for a variety of preventive health educational programs as well as a “consult-a-nurse” health question and answer forum.		

ART

Tallahassee Senior Center for the Arts	talgov.com/seniors	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	893-1960
Provides a variety of art classes for adults taught by experienced Tallahassee artists.		
LeMoyne Center for the Visual Arts	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	891-3945
Provides pottery, polymer clay, Sumi-e Asian ink painting, stained glass, crochet and painting/drawing classes.		

COOKING

Publix Apron	publix.com/cookingschools	893-3480
National and local chefs train enrolled students to prepare meals, pair wines with food, cook specialty items such as appetizers and improve techniques for food preparation. Private classes are also available where the students prepare dishes themselves under the guidance of a chef.		
Wilton Cake Decorating Courses	michaels.com	878-5622
Michael's Stores, Inc., offers courses to help participants master beginning baking and buttercream basics to advanced cake decorating.		
Brown's Kitchen Center	brownskitchen.com	385-5665
Conducts hands-on and demonstration classes on preparing a wide variety of single dishes and specialty foods such as grilled or tailgating items. Classes also include topics such as kitchen design and use/care of utensils.		
The Kitchen Goddess	thekitchengoddess.org	443-2953
Offers healthy cooking classes and recipes that promote healthy lifestyles.		
KitchenAble Cooking School	kitchenable.net	264-2308
Conducts classes on a variety of foods, offering special venues and special cooking sessions.		

TECHNOLOGY

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: talgov.com/seniors (under Senior Resources).

MISCELLANEOUS EDUCATIONAL TOPICS

FAMU Cooperative Extension Program	famu.edu/cep	599-3546
Offers programs for community gardening, water quality/environmental education, money management, food preparation, safety and nutrition.		
Leon County Extension Office of UF	leon.ifas.ufl.edu	606-5200
Provides educational assistance with nutritional health, food preparation, food canning, grand parenting, marital and other family skills, home maintenance, gardening, composting/lawn health and money matters.		
New Leaf Market Coop	newleafmarket.coop	942-2557
Offers hands-on cooking classes using organic ingredients, arranges for local practitioners to discuss health matters, wine and microbrew tasting, household cleaning without harsh chemicals and other, personal enrichment type classes.		
Home Depot/Home Improvement	homedepot.com (DIY projects)	422-2777; 350-9001
Conducts periodic classes on "do-it-yourself" home improvement projects and offers an extensive on-line directory of instructions for many home repairs, installation and trouble-shooting activities.		
Wilderness & TnT Hide-a-Way	thewildernessway.net;tnthideaway.com	877-7200; 925-6412
Teaches stand-up paddle boarding and kayaking; offers guided eco-adventures.		
Tallahassee Parks and Recreation	talgov.com	891-4979 (tennis); 891-3981 (swimming)
Offers tennis and swimming lessons for adults.		
Hilaman Golf Lessons	hilaman.com/lessons/	210-3680
Golf lessons taught by a PGA teaching professional.		

NEIGHBORHOOD RESOURCES

COMMUNITY RESOURCES

CITY OF TALLAHASSEE DEPARTMENT OF PARKS, RECREATION AND NEIGHBORHOOD AFFAIRS (PRNA) talgov.com 891-3866

PRNA provides individual and group sports programs for citizens of all ages, a well-maintained parks and community center system, senior center programs, animal adoption services and programs/services to protect, preserve and improve our neighborhoods.

Frequently called numbers:

Animal Services: 891-2950

Senior Center: 891-4000

Parks and Community Centers: 891-3866

Neighborhood Services: 891-3846

Aquatics Programs: 891-4901

Tennis: 891-3920

Golf: 891-3935 (Hilaman) and 891-3942 (Jake Gaither)

CITY OF TALLAHASSEE DEPARTMENT OF ECONOMIC AND COMMUNITY DEVELOPMENT

talgov.com

891-6500

This department:

- encourages business and tourism development,
- performs city code enforcement for housing,
- offers grants for housing rehabilitation/relocation,
- provides basic needs/health services grants to serve low income families/neighborhoods,
- develops affordable housing strategies, and
- provides grants for improving buildings on the National Register of Historic Places or Local Register of Historic Places (maintained by the Tallahassee Trust for Historic Preservation, taltrust.org).

A list of home rehabilitation, emergency home repair and code enforcement rehabilitation resources can be found at talgov.com/seniors (under Senior Resources) or by calling the above number.

Code Enforcement Hotline: 891-2633 (24/7 coverage)

LEON COUNTY NEIGHBORHOOD RESOURCES

leoncountyfl.gov

606-5300

Leon County government provides:

- registration of neighborhood associations outside city limits,
- a community center, parks and greenway system for areas outside city limits,
- animal control/adoption for areas outside city limits,
- county code enforcement and maintenance of the county Code Enforcement Board,
- licensing residential, swimming pool and roofing contractors and permitting their jobs,
- mosquito control for county residents,
- affordable housing, and
- veterans' programs.

LEON COUNTY PROPERTY APPRAISERS OFFICE

leonpa.org

488-6102

This office locates, identifies and appraises (at current market value) all property subject to ad valorem taxes, maintains market value equity on the tax roll and administers all exemptions allowed by law such as homestead exemption and low-income senior (age 65+) annual exemptions.

COUNCIL OF NEIGHBORHOOD ASSOCIATIONS (CONA)

econa.org

509-5559

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

Town Hall Meetings: 2nd Monday of every other month, 6:00 p.m., at the downtown Leon County Public Library

HOUSING

A list of Seniors Real Estate Specialists and the wide variety of senior housing available in the Leon County area can be found at talgov.com/seniors (under Senior Resources) or by calling 891-4043. These resources also include utility assistance and home repairs.

RENT/MORTGAGE ASSISTANCE

♦Landlord-Tenant Mediation	891-8995
♦American Red Cross Rental Deposit Help Due to Fire	878-6080
♦Low Income Housing and HUD Vouchers	385-6126
♦Homeowners' Hope Hotline for Foreclosures	1-888-995-4673
♦Tallahassee Lender's Consortium for Foreclosure, Reverse Mortgage And Financial Counseling	222-6609
♦Foreclosure Counseling	222-1087
♦Florida Attorneys Saving Homes	1-866-607-2187

A list of attorneys and low cost legal assistance in Leon County is available to assist seniors facing eviction. These can be found at talgov.com/seniors (under Senior Resources) or by calling 891-4043.

NEIGHBORHOOD SAFETY

A list of neighborhood safety resources such as Neighborhood Crime Watch programs can be found at talgov.com/seniors (under Senior Resources) or by calling 891-4043.

PUBLIC WORKS

Sidewalks Needed	Traffic Mobility Management	891-8569
Sidewalks Broken or Blocked		
	City Roads	891-5300
	County Roads	606-1400
Street Sign Improvements		
	City Roads	891-5300
	County Roads	606-1400
Traffic Calming	City Roads	891-8569
	County Roads	606-1500
Signal Timing (County-Wide)	Transportation Engineers	891-2080
Stormwater Drainage Problems	City Roads	891-5300
	County Roads	606-1400

NEW RESIDENTS

Relocation Packet and Area Map	talchamber.com	224-8116
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OLDER DRIVER RESOURCES

Older Driver Classes

AARP Driver Safety Program

Phone: 926-4605

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 aarp.org/drive.
- **Cost:** \$15 for the course for AARP members; \$20 for non-members.

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 60 and over
- ***Passes available offering reduced fare for multiple rides***
- For more information regarding fares and services, visit talgov.com/starmetro.

For more local transportation options, please refer to the United We Guide booklet that can be obtained from the Mobility Coordinator's Office at the Tallahassee Senior Center or by calling 891-4066.

General Older Driver Information

<u>AARP</u>	aarp.org/drive <i>Provides information regarding older drivers and links to other driver resources.</i>
<u>CDC National Center for Injury Prevention & Control</u>	cdc.gov/ncipc/factsheets/older.htm <i>Provides facts about older drivers.</i>
<u>Department of Elder Affairs</u>	elderaffairs.state.fl.us/CRG/TC/html <i>Under “Transportation”. Provides information regarding older drivers and links to other driver resources.</i>

Older Driver Assessment

<u>AARP Caregiving: Driving & Transportation Concerns</u>	aarp.org/drive <i>Tips for caregivers about assessing older-adult driving and action alternatives to help the older driver stay on the road longer.</i>
<u>Administration on Aging</u>	aoa.gov/prof/transportation/education/education.aspx <i>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.</i>
<u>The American Occupational Therapy Association</u>	aota.org/olderdriver <i>See “Getting Around Safe & Sound”. This site contains information about changes in older drivers and their ability to continue to drive.</i>
<u>Florida Senior Safety Resource Center</u>	fssrc.phhp.ufl.edu <i>See “Assess your driving knowledge”. This site has an on-line self-assessment tool as well as links to other resources.</i>

Safe Driving Tips for Older Drivers

<u>AAA Foundation for Traffic Safety: Senior Driver Website</u>	seniordriving.aaa.com <i>The AAA Foundation website is a resource for older drivers, their families and transportation providers.</i>
<u>The American Occupational Therapy Association</u>	aota.org/olderdriver <i>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.</i>
<u>Florida GrandDriver® Website</u>	flhsmv.gov/FloridaGrandDriver <i>Provides information and resources for safe driving for older drivers and useful links.</i>
<u>Safe and Mobile Seniors Website</u>	safeandmobileseniors.org <i>This Department of Transportation website provides information for older drivers on every aspect of transportation in an effort to improve their safety and mobility.</i>
<u>National Highway Traffic Safety Administration</u>	nhtsa.gov/Driving+Safety/Older+Drivers <i>How to drive safely while aging.</i>

LOCAL TRANSPORTATION

STEP 1: Prior to contacting transportation 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.

For help with any transportation concern, call the Regional Mobility Coordinator, 1-855-663-7433

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: 545 – 8313

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: Call for pricing

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

Phone: 222-8232

Transportation Hours: M – F, 5 a.m. – 7 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 most trips are multi-passenger.

Phone: 574-6064

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

Office Hours: M - F, 6 a.m. – 6 p.m.

Transportation Times/Days: 6 a.m. – 10 p.m.
7 days a week

Fees: \$5 inside city limits
\$12.50 or \$23.50 if rider is in a wheelchair and lives outside of the city limits

Service Area: Leon County; other counties on occasion

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: 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 age 60 and over

Passes available offering reduced fare for multiple rides

TRANSPORTATION HOURS

Hours below are general guidelines since the times vary by route

M – F: 5:20 a.m. to 10 p.m.

Sat: 7 a.m. to 7 p.m.

Sun: 11:30 a.m. to 6:30 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., M - F

Procedures: Must submit an application to determine eligibility. To schedule transportation after eligibility is determined, call prior to 5:00 p.m. 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.

There are many home health and companion care agencies in the Leon County area which offer transportation and/or escort services as part of their caregiver services. Call 1-855-663-7433 to obtain additional information.

MOBILITY COORDINATOR

The Mobility Coordinator is located at the Tallahassee Senior Center and works with senior, disabled and low-income individuals to determine available transportation and trip planning.

Phone: 891-4066 or 1-855-663-7433

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. M - F

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

EMERGENCIES

EMERGENCY SERVICES

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

redcross.org/local/florida/north-florida

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

606-3700

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
(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

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

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.

OTHER RESOURCES

National Center of Elder Abuse: ncea.aoa.gov; National Domestic Violence Hotline: ndvh.org; National Organization for Victim Assistance: trynova.org; Office for Victims of Crime: ovc.gov

GENERAL SAFETY

LEON COUNTY SHERIFF'S CRIME PREVENTION UNIT

lcs.leonfl.org/cpu.htm

606-3250

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

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).

INSURANCE CONSUMER ADVOCATE

myfloridacfo.com/division/consumers

1-877-693-5236

Handles insurance complaints or any insurance issue in Florida.

TALLAHASSEE FIRE

talgov.com/fire

606-6631

DEPARTMENT FIRE PREVENTION BUREAU

Offers fire safety education classes, a Citizens' Fire Academy, courtesy home safety surveys, 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	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	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, tmh.org, 431-6838 ♦ Lifeline, lifelinesystems.com, 1-800-543-3546 ♦ Guardian Medical Monitoring, guardianmedicalmonitoring.com, 241-6086 ♦ Critical Signal Technologies, criticalsignaltechnologies.com, 1-888-557-4462 ♦ ADT Companion Services, adt.com, 1-888-609-4093 ♦ Interim Health Care, no website, 422-2044 ♦ Direct Link Home Helpers, directlink911.com, 668-1164 ♦ LifeStation, lifestation.com, 1-800-884-8888 ♦ LifeStation, lifestation.com, 1-800-554-4600 ♦ In Touch (through Interim Health), lifelinesystem.com, 422-2044 ♦ Mobile Help (can use anywhere), mobilehelpsys.com, 1-800-800-1710 ♦ Great Call (can use any 5 Star system anywhere), greatcall.com, 1-800-918-8543.		
OTHER RESOURCES		
Medical Alert Systems Rating Information: lawserver.com/medicalalerts ♦ Medic Alert Bracelets: medicalalert.org ♦ Health Product Reviews/Discounts: aarp.org.		
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	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	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.	211bigbend.net	2-1-1 or 617-6333
ELDER HELPLINE	aaanf.org	1-800-963-5337
SAFELINK	safelinkwireless.com	1-800-977-3768
NATIONAL DO-NOT-CALL REGISTER	ftc.gov	1-888-382-1222

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

Aenon 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



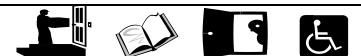
Gospel Light Baptist Church
3415 Apalachee Parkway (32311) 222-2232



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





Accessible Parking and Building



Transportation To Services



Senior Classes



Senior Recreation



Visitation



Transportation for Shopping/Dr.'s Appointments



Nursing Services

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



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

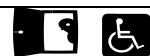


Saint Francis of Assisi Episcopal Church
3413 Old Bainbridge Road (32303) 562-1595



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. These programs require registration, have reasonable fees and include:

- **Basics and Beyond** – Focus on mouse and keyboarding tips/shortcuts, improving typing and editing skills, cut and paste, introduction to word processing, accessing programs and navigation (required for all other classes);
- **Beginning Email** – Create an email account and learn how to send, forward and reply with and without attachments;
- **Word** – How to save and find a word processing file, formatting a document, copy and pasting text;
- **Excel** – Spreadsheet application featuring calculations and graphing tools, how to input and edit data;
- **Internet** – Access the World Wide Web and save an important web page;
- **Picasa** – Organize, edit and share photos using the Picasa Software; *
- **Preserving the Past** – Organize and develop a personal history using the Word Program for word processing, scanning and inserting photos; * and
- **iPads, iPhones** – Learn about settings, figure out what an app is and use a calendar. *

* These classes are offered periodically, based on demand.

CREATIVE PEOPLE CONSULTING

creativepeopleconsulting.com

284-2094

Conducts training classroom style with topics such as “Computing for Seniors” or mobile training at seniors’ homes tailored to meet specific needs.

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

Provides workforce training, including technology, leading to credentials (degrees, certificates) in several program areas for the age 50+ segment of the population.

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.

Note: Florida State University and Florida A & M University offer “audit only” course participation for individuals age 60 and older. This participation is subject to class size and students taking regular courses are given priority. The registrar’s office must be contacted to determine whether any technology courses are available on an “audit only” basis.

COMPUTER USE

(For Individuals Who Do Not Have Home Computers)

LEON COUNTY PUBLIC LIBRARIES 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.

TALLAHASSEE SENIOR CENTER 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** **562-2542**

Information sharing and problem solving in a round table format for individuals who have access to a computer. This computer support group meets the second Thursday of each month at the Tallahassee Senior Center.

INTERNET SITES OF INTEREST

aarp.org (the American Association for Retired People)
elderaffairs.state.fl.us (state agency designated for senior affairs)
ecsbigbend.org (information about local services to assist seniors with staying in their homes)
localseniordiscounts.com (offers local discounts to seniors for dining, shopping and other services)
benefitscheckup.org (National Council on Aging's site for determining eligibility for government assistance)
pawpawmail.com (easy, inexpensive email system for seniors)
tallahassee.craigslist.org (a free list of items and services available in Tallahassee)
google.com (a free system for searching the web)
wikipedia.org (an on-line encyclopedia)
go60.com (information on a variety of topics of interest to seniors)
pricegrabber.com, bizrate.com, nextag.com, rakuten.com (price comparisons)
travelocity.com, expedia.com, orbitz.com, priceline.com (free travel arrangements)
gmail.com, mail.yahoo.com, aolmail.com (free email systems)
eBay.com (a method for selling items where eBay gets a percentage of the sale but it is free to buy)

BRAIN FITNESS PROGRAMS

FREE BRAIN FITNESS INTERNET SITES

braingames1.aarp.org
onlinegamesforseniors.com
puzzability.com/sampler

DIGITAL PHOTOGRAPHY CLASSES

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

Offers periodic classes for beginners to learn how to use their digital cameras and for advanced users to improve their skills. Software classes and specialized photography are also taught.

TALLAHASSEE PHOTO talcam.com **877-1152**

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

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.

Capital Area Community Action Agency	325-3500
Utility bill and weatherization assistance	capitalareacommunityactionagency.com
Elder Care Services, Inc.	921-5554
One seasonal utility bill assistance, heaters, fans	ecsbigbend.org
Salvation Army	222-0304
Limited utility bill assistance to avoid shut-off or restore service	salvationarmy.org
Catholic Charities	
Limited utility bill assistance for households with income (if bills overdue and household is in hardship)	222-2180 ccnwfl.org
City Sewer Program	
Low or no-interest loans for converting from septic tank to city sewer system	891-6516 talgov.com
Tallahassee Urban League	
Utility deposit assistance and weatherization grants	222-6111 www.tallahasseeurbanleague.org
City of Tallahassee Utilities	
Energy audits, low interest loans for weatherization, energy credits, utility bill due date extension requests	891-4968 talgov.com
Talquin Electric Cooperative	
Energy audits	878-4414 talquinelectric.com
Talquin Electric Cooperative	
Limited utility bill assistance	627-7651 talquinelectric.com
Brehon Institute	
Utility assistance for individuals facing eviction	656-7110 brehoninstitute.org

HOME REPAIRS

Note that funds for home repairs are subject to availability and most programs are limited to low income households.

Home Rehabilitation Program	891-6500
Zero interest loans available for repairs to meet city building codes and ordinances	talgov.com
Code Enforcement Rehabilitation	
Funding for homeowners receiving notice of code violations to make the necessary repairs	891-6500 talgov.com
Emergency Home Repair	
Funding for homeowners to remove health and safety hazards or architectural barriers	891-6500 talgov.com
Leon County Housing Programs	606-1900
Funding for home down-payments, closing costs	leoncountyfl.gov/HHS/rehab.asp

and home rehabilitations		
Tallahassee Fuller Center Funding through the Greater Blessing Box for repairing and rehabilitating owner-occupied homes		545-2735 tfch.org
Catholic Charities One time help may be provided for a one-time emergency		222-2180 ccnwfl.org
Tallahassee Urban League Provides home repairs and modifications for low-income home owners		222-6111 www.tallahasseeurbanleague.org
Good News Outreach/Elder Services Provides lawn care for low-income seniors age 60 and over		412-0016 goodnewsoutreach.org
Ability 1st Ramp Program Builds wheelchair ramps and minor home modifications for low-income persons with disabilities		575-9621 ability1st.info
American Red Cross Provides labor for backflow valves, shutters, elevating water heaters/AC condensers		878-6080 redcross.org/local/florida/north-florida
Killearn Lakes United Methodist Church Provides labor for minor repairs and yard work		545-5215 or 894-6553 kumconline.org
Caring and Helping in Community Service at FSU Provides labor for minor home projects and yard work		info@chicsatfsu.org
Mt. Moriah Church Supplies labor for minor home projects and yard work		212-8358

PETS

GENERAL PET RESOURCES & ADOPTIONS		
LEON COUNTY HUMANE SOCIETY	lchs.info	224-9193
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; and ♦An annual pet food and supply distribution for needy seniors and their pets.		
TALLAHASSEE-LEON COUNTY		
ANIMAL SERVICES CENTER	talgov.com/animals	891-2950
Local animal shelter provides animal rescue, care for animals in the shelter, on-line kennel descriptions, microchip services, pet adoptions, foster care programs, pet adoptions for UTOPIA and HART (special prison animal training program) and the following services for seniors: ♦Discounted or waived pet adoption fees for people age 55 and over; and ♦Vouchers for spay/neuter services through TREATS and the Animal Shelter Foundation.		
PET SUPERMARKET	petsupermarket.com	671-4110
Offers cats for adoption on-site as well as a variety of animal supplies.		
ANIMAL AID SPAY/NEUTER CENTER	animalaid.us	386-4148
Provides cat and dog adoptions at reduced fees.		
PETSMART	petsmart.com	297-1500
Offers dogs and cats for adoption on weekends as well as discounts for food/supplies for individuals who adopt a pet.		
BIG DOG RESCUE	bigdogrescue.com	562-3200
Volunteer organization that provides foster care and adoption for dogs and cats.		
PETS AD LITEM	petsadlitem.com	222-7500
Offers free courses on responsible pet ownership and no-cost dog houses.		
MEDICAL CARE		
ANIMAL AID SPAY/NEUTER CENTER	animalaid.us	386-4148
Provides low-cost spay/neuter procedures, vaccines, medicine, surgery, grooming and boarding.		
AT HOME VETERINARY CARE, LLC	athomevetintally.net	274-5710
Licensed veterinarian makes home visits for pets, performing a variety of medical procedures such as examinations, vaccines, grooming and tests. Surgery is available at the hospital facility, as required, and transportation may be arranged when possible.		
BE THE SOLUTION	bethesolution.us/freespay	545-2043
Provides low-income residents of Tallahassee with free spay and neuter vouchers with a \$5 co-pay.		
EMERGENCY SERVICES		
ANIMAL ABUSE		
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.		
PET FIRST AID COURSES, AMERICAN RED CROSS		1-800-733-2767
App for free download at the iPhone app or Google play stores Courses are available that teach pet first aid.		
ALLIED VETERINARY EMERGENCY HOSPITAL	alliedveterinary.com	222-0123
Cares for injured and sick pets needing emergency services, 24 hours, 7 days a week.		

NORTHWOOD ANIMAL HOSPITAL			northwoodanimalhospital.com	385-8181
Cares for injured and sick pets 24 hours, 7 days a week. Also accepts sick, injured and orphaned wildlife for St. Francis Wildlife Association.				
GOOSE CREEK WILDLIFE SANCTUARY, INC.			goosecreekwildlifesanctuary.org	545-3491
Handles sick, orphaned, displaced and/or injured native, Florida wildlife.				
MOBILE GROOMING				
CHERYL'S GROOM-N-GO				508-2694
DISASTER PREPARATION AND SHELTER INFORMATION				
BIG BEND D.A.R.T.			bigbenddart.org	443-1662
Assists with evacuation, care, rescue and safe return of animals displaced by disasters, operates a shelter during disasters and evacuations and educates the public about disaster planning for pet owners.				
DOG PARKS				
TOM BROWN PARK			talgov.com	891-3866
SAN LUIS MISSION PARK			talgov.com	891-3866
Provide fenced dog areas for "off leash" play for both large and small breeds with operation from dawn to dusk.				
LOST AND FOUND				
ANIMAL SERVICES CENTER			talgov.com/animals	891-2950
TALLAHASSEE DEMOCRAT			(fee for advertising "lost" pets, free for "found" pets)	599-2210
HOUSING				
The following Senior Housing Facilities permit pets; however, different restrictions may apply and advance inquiries are necessary.				
Brookdale (Assisted Living Facility):		422-3397	Bethel Towers (Apartments):	224-2486
Broadview (Assisted Living Facility):		386-4300	Casa Calderon (Apartments):	222-4026
Cherry Laurel (Retirement Community):		656-8758	Westminster Gardens (Apartments):	224-8021
Harbor Chase (Assisted Living/Mem. Care):		531-0404	Allegro (Retirement, Assisted Living):	668-4004
Jamestown Woods (Apartments):		386-3006	Lake Ella Manor (Apartments):	224-1341
Oakridge Townhouses (Apartments):		942-4777	St. Augustine Plantation (Assisted Living):	309-1982
Westminster Oaks (Retirement Comm.):		878-1136	Pacifica S.L. Woodmont (Assisted Living):	562-4123
Miracle Village (Apartments):		222-0561		
ANIMAL ASSISTED THERAPY				
Tallahassee Memorial Animal Therapy			tmh.org/animaltherapy	431-5352
Animal visitation providing improved mental health, motivation, education, recreation, rehabilitation, pain management and other therapeutic services a variety of patients and facilities.				

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.

PHYSICIAN SERVICES

Note that individual physicians may also be listed on the internet or in the local telephone book.

Capital Health Plan	capitalhealth.com	523-7441
Provides a variety of Medicare advantage plans covering physician and other care to providers in the Plan network; many physicians are on staff.		
TMH/FSU Family & Internal Medicine Residency Program	tmh.org	431-5430
Provides general physician care by residents enrolled in the FSU family medicine program.		
Tallahassee Primary Care Associates	tpcadocs.com	297-0114
Group medical practice with experienced general and specialty physicians and laboratory/diagnostic services.		
Patients First	patientsfirst.com	Phone numbers vary by location
Primary and urgent care offered at seven locations throughout the Tallahassee area.		
Capital Regional Medical Group	capitalregionalhealthcare.com	878-8235
Primary and urgent care offered.		
Tallahassee Medical Specialists	tmh.org (physician offices)	431-3867
Primary and specialty (internal medicine) care offered.		
Southern Medical Group, P.A.	southern-med.com	216-0100
Primary and specialty (cardiology and internal medicine) care offered.		
Neighborhood Health Services	nhsclinic.org	224-2469
Provides Leon County residents who are medically underserved with primary health care.		
Bond Community Health Center, Inc.	bondchc.com	576-4073
Primary and urgent care offered – physicals must be scheduled in advance.		
MEDICARE ENROLLED HOSPITALS		
Capital Regional Medical Center	capitalregionalmedicalcenter.com	325-5000
Inpatient, outpatient (tests, certain surgeries, therapies, x-rays and other radiological procedures) and emergency care.		
Tallahassee Memorial Hospital	tmh.org	431-1155
Inpatient, outpatient (tests, certain surgeries, therapies, cancer center, x-rays and other radiological procedures) and emergency care, including a freestanding emergency center.		
Health South Rehabilitation Hospital	www.healthsouthtallahassee.com	656-4800
In- and outpatient rehabilitation hospital focusing on physical, occupational, speech and respiratory therapy.		
MEDICARE CERTIFIED, LICENSED HOME HEALTH AGENCIES		
Amedisys Home Health of Tallahassee	amedisys.com	681-0080
Capital Home Health Corp	capitalhomehealthcorp.com	553-4002
Care South (Encompass) Home Care	caresouth.com	391-4754
Kindred at Home	kindredathome.com	878-2191
Suncrest Omni	suncrestomni.com	222-5552
Tallahassee Memorial Home Health Care	tmh.org/homehealth	431-6800

MEDICARE ENROLLED, CERTIFIED, LICENSED NURSING FACILITIES

Centre Pointe Health and Rehabilitation

Center	centrepointerehab.com	386-4054
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Consulate Health Care of Tallahassee	consulatehc.com	942-9868
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Heritage Healthcare Center	consulatehc.com	877-2177
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Miracle Hill Nursing & Rehabilitation

Center	miraclehillhealthcare.com	224-8486
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Seven Hills Health & Rehabilitation

Center	sevenhillshealthandrehab.com	877-4115
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Westminster Oaks	westminsterretirement.com	878-1136
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MEDICAL SUPPLIES AND OXYGEN

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

American HomePatient, Inc.	www.ahom.com	222-1723
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Apria Healthcare, Inc.	apria.com	383-1188
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Capital Medical and Surgical, Inc.	cmsidirect.com	942-0198
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Capital Medical Corporation	No Website	386-1978
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CVS	cvs.com	Number varies by store
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Desloge Home Oxygen and Medical

Equipment, Inc.	deslogemedical.com	656-8900
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Lincare, Inc.	lincare.com	562-6006
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Nu Motion	unitedseating.com	386-4606
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Publix Super Market, Inc.	publix.com	Number varies by store
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Target Corporation	target.com	Number varies by store
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Williams Orthotic-Prosthetic, Inc.	williamsoandp.com	385-6655
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Winn-Dixie Store, Inc.	winndixie.com	Number varies by store
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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 or insurance policy covering drugs, the Plan's/company'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 (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. Some Medicare Advantage Plans may cover all or a portion of these services. 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 or by calling 891-4043.

MENTAL HEALTH

INPATIENT FACILITIES		
The Apalachee Center, Inc.	apalacheecenter.org	523-3333
Offers a short term geriatric inpatient program as well as crisis stabilization, intensive treatment and detox services.		
TMH Behavioral Health Center	tmh.org/services (mental health)	431-5100
Offers behavioral health, substance abuse and emergency response services.		
CRMC Behavioral Health Center	capitalregionalmedicalcenter.com (Services/behavioral health)	325-5757
Offers inpatient behavioral health services for crisis stabilization and the treatment of psychiatric disorders for people 18 and over.		
OUTPATIENT COUNSELING AND THERAPY SERVICES		
The Apalachee Center, Inc.	apalacheecenter.org	523-3333
Offers mental health and substance abuse assessment/treatment, individual and family therapy as well as medication services.		
The Apalachee Homeless Project	apalacheecenter.org/homeless-project	523-3333
Provides clinical assessment, case management, medication management and support services.		
Bond Community Health Center, Inc.	bondchc.com	576-4073
Provides counseling for adults, individual therapy, medication assessment and medication management.		
Neighborhood Medical Center	nhsclinic.org	224-2469
Provides biopsychosocial assessments, counseling and medication management.		
Tallahassee VA Outpatient Clinic	northflorida.va.gov/locations/tallahassee.asp	878-0191
Provides crisis prevention, substance abuse services, prescription refills, therapy/counseling and specialty treatments such as PTSD services.		
TMH Behavioral Health Center	tmh.org/services (mental health)	431-5100
Incorporates the services of psychiatrists, social workers and nurses to provide evaluation and therapy.		
2-1-1 Big Bend Help Line	211bigbend.net	211 or 617-6333
Telephone counseling, information/referral and crisis intervention, including suicide prevention.		
Faithworks	-----	386-1560
Offers counseling and psychotherapy for a variety of issues, including anxiety and depression.		
FSU Anxiety & Behavioral Health Clinic	anxietyclinic.fsu.edu	645-1766
Provides cognitive behavioral therapy for individuals, in person diagnostic assessment is \$50.		
FSU Center for Couple and Family Therapy	ccft.fsu.edu	644-1588
Provides mental health counseling to individuals, couples and families.		
FSU Human Services Center	education.fsu.edu/centers-institutes	644-3857
Offers no cost mental health counseling to individuals, couples and families during the spring and summer semesters.		
FSU Psychology Clinic	psy.fsu.edu/community/clinic	644-3006
Offers assessments and individual/group therapy to individuals of all ages.		
Townsend Addiction Recovery Center	townsendarc.com	656-5112
Provides counseling for substance abuse and a variety of mental health issues.		
Tallahassee Senior Center	talgov.com/seniors	891-4032
Provides counseling by a licensed marriage and family therapist.		

GRIEF COUNSELING		
Big Bend Hospice	bigbendhospice.org	878-5310
Offers support and grief counseling for patients and those who have lost loved ones.		
Covenant Hospice	covenanthospice.org	575-4998
Provides support groups, individual counseling and ongoing educational Lunch & Learn programs.		
Lee's Place	leesplace.org	841-7733
Provides grief and loss counseling for individuals and families who are adjusting to loss through death, divorce, abandonment or other certain life changing events.		
SUPPORT AND ADVOCACY GROUPS		
Big Bend Mental Health Coalition	None	None
Unites individuals, families and professionals into an effective coalition to advance mental health recovery in the community; meetings at 10:30 on the 2nd Monday of each month, main public library.		
Depression & Bipolar Support Alliance of Tallahassee	tmh.org	431-5160
Supports patients with mood disorders as well as their families and friends.		
Recovery Support Group for Individuals with a Mental Illness	ability1st.info	575-9621
Provides support for individuals with mental illness in order to help them reach their full potential. Ability 1st also sponsors groups dealing with recovery support and AD/HD for adults.		
National Alliance for the Mentally Ill	nami-tallahassee.org	841-3386
Provides support, education, research and advocacy for people living with mental illness and their families/friends.		
INDIVIDUAL PRACTITIONERS		
There are many licensed clinical social workers, marriage and family therapists, mental health counselors, master's level social workers, psychologists and psychiatrists available in Leon County to assist seniors with mental health care. Also, fitness classes, specialized therapies, massage and other forms of activities benefiting the mental and physical health of seniors are available. A list of these individuals and services can be obtained by calling 891-4043.		
SUICIDE PREVENTION		
Call 211 locally or the National Suicide Prevention Lifeline, 1-800-273-8255 .		
GUARDIANSHIP (COMPETENCY)		
Office of the Public Guardian, Inc.	bigbendopg.org	487-4609
Serves adults with mental and/or physical disabilities as their court-appointed legal guardian when they are incapable of managing some or all of their affairs.		
Elder Law Attorneys	talgov.com/seniors	891-4043
There are many elder law attorneys available in Leon County to assist seniors and their families with guardianship, power of attorney and other matters. A list of these attorneys and other, related resources can be found at the web site above or by calling the number above.		
MISCELLANEOUS		
Medicare now covers many mental health screenings at no cost; however, not all providers are eligible for the Medicare payment. Always ask whether your health care provider will accept your insurance/Medicare or other form of payment before you receive services. Questions about Medicare coverage can usually be answered by reviewing information at medicare.gov or calling 1-800-633-4227.		

FOOD RESOURCES

FOOD PANTRIES

Contact Each Location for Food Pick Up Times and Availability

Big Bend Community Development Corp. bigbendcdc.com 421 W. Georgia St. 224-9745	Holy Comforter Episcopal Church holycomforteronline.org 2015 Fleischmann Rd. 877-2712
Catholic Charities ccnwfl.org 1380 Blountstown Hwy. 222-2180	Life Changers Church of God in Christ lifechangerscogic.com 601 Miccosukee Rd. 656-3940
Church of Christ No web site 916 Paul Russell Rd. 878-0085	Project Annie No web site 625 W. 4 th St. 222-6133
Faith Presbyterian Church, Manna on Meridian faithpcusa.org 2200 Meridian Rd. 385-6151	Salvation Army uss.salvationarmy.org 2410 Allen Rd. 222-0304
ECHO, Emergency Services Program echotally.org 702 W. Madison St. 224-3246	Tabernacle Missionary Baptist Church tabernaclembc.net 615 Tuskegee St. 575-2739
Elder Care Services ecsbigbend.org 2518 W. Tennessee St. 921-5554	United Church in Tallahassee uctonline.org 1834 Mahan Drive 878-7385
Good News Outreach goodnewsoutreach.org 347 Office Plaza Dr. 412-0016	Wildwood Church, Our Father's Storehouse wildwoodchurchonline.org 100 Ox Bottom Rd. 894-1400
Lake Jackson United Methodist Church, Redeemer's Storehouse lakejacksonumc.wordpress.com 4423 N. Monroe St. 562-1759	Good News Christian Ministries, Sowing Seeds Sewing Comfort Ministry No web site – Food Distributed at Tallahassee Senior Center 282 Water Oak Dr. 345-7535
Greater Love Cogic No web site 524 E. Orange Ave. 877-4792	Watson Temple COGIC watson temple.org 665 W. Brevard St. 224-0646
Tallahassee Heights United Methodist Church heightsumc.com 3004 Mahan Dr. 877-6276	Fountain Chapel No web site 821 Eugenia St. 222-3800
Bradfordville First Baptist Church b-fbc.org 6494 Thomasville Rd. 893-0893	

SITES FOR LOW COST PREPARED MEALS

Comprehensive Emergency Services Center tallahasseeleonshelter.com 2650 Municipal Way 792-9000 (non-residents may eat certain meals)	Grace Mission Episcopal Church gracemission.net 305 W. Brevard St. 224-3817
The Senior Center (low cost hot lunch...reservations needed) talgov.com/seniors 1400 N. Monroe St. 891-4000	Smith-Williams Community Center (low cost hot lunch...reservations needed) talgov.com 2295 Pasco St. 891-1860

RESTAURANTS/RESTAURANT DISCOUNTS

Visit or call Elder Care Services to obtain a card that provides discounts to certain restaurants in the Tallahassee area. Visit **localseniordiscounts.com** for a list of area restaurants in this program or visit/call Elder Care Services at 2518 W. Tennessee St./**921-5554** for a list.

There is a wide variety of excellent restaurants in the Tallahassee area. Most are listed in the local telephone book or at **visittallahassee.com (606-2305)**.

OTHER FOOD SOURCES

Meals on Wheels (delivered meals) ecsbigbend.org 2518 W. Tennessee St. 921-5554	Door Step Delivery (restaurant food delivered) doorstepdelivery.com Menu Guide Available 575-3663
Who Cooks for You (meals cooked in the senior's home by a personal chef) whocooksforyou.biz ----- 544-6623	Flex Foods (delivered meals) flexfoods.co ----- 222-3539

FOOD STAMPS

A program that helps low-income households buy healthy food. Food stamp approval is based on eligibility rules, gross income, assets and the number of people in the household. If approved, an electronic benefit transfer (EBT) card is issued to the household that can be used to purchase food in most grocery stores. The Florida Department of Children and Families (DCF) administers the program.

Seniors can apply for food stamps by:

Calling 1-866-762-2237 to request an application by mail - M-F, 8am-5pm or
Visiting **myflorida.com/accessflorida** on the internet or
Going to the DCF Office at 2810 Sharer Road, Unit 24 - M-F, 8am-5pm or
FAXing a request to (850) 921-8476 or
Calling the Elder Helpline at 1-866-467-4624.

At the Frenchtown Heritage Market Place, West Georgia St., EBT cards may be used to double purchases of locally grown fruits and vegetables. The marketplace is open every Saturday, 9 am-1pm.
frenchtownheritage.org

NUTRITION SERVICES

AGENCIES & PROGRAMS OFFERING NUTRITION SERVICES

Elder Care Services	ecsbigbend.org	921-5554
Offers Meals-on-Wheels (home delivered meals), congregate meals (nutritious lunches in community settings) and emergency food pantry services (when available). Some congregate meals are served for residents of senior subsidized apartments.		
Congregate Meal Locations (advance notice may be required): Smith-Williams Service Center: 891-1860, Mon. – Fri. Tallahassee Senior Center: 891-4000, Mon. – Fri. Fort Braden Community Center: 574-1027, Mon. and Wed. Lincoln Neighborhood Center: 891-4180, Mon.		
The Diabetes Center	tmh.org	431-5404
Provides diabetes management classes and individual counseling sessions on a variety topics including: blood sugar testing, managing high and low blood sugar, making healthy food choices, and insulin and nutrition therapy. Charges apply but most insurance is accepted.		
The New Leaf Market Coop	newleafmarket.coop	942-2557
Offers nutritious cooking classes using organic ingredients, organic/local produce and arranges for local practitioners to discuss health matters.		
Farmers' Markets	No websites	N/A
Several farmers' markets in Leon County offer locally grown produce for sale. These markets include the: Market Square Farmers' Market, 1415 Timberlane Rd. (year-round); Sunshine Growers' Market, 4025-4055 Esplanade Way (year-round); Frenchtown Heritage Market Place, Macomb and Georgia Streets (Apr.-Oct.); Growers' Market at Lake Ella, 229 Lake Ella Dr. (year-round); and Downtown Farmers' Market, Monroe St. and Park Ave. (Mar. – Nov.).		
Capital Area Community Action Agency	cacaainc.org	222-2043
Offers emergency food vouchers and commodities based on program requirements.		
Tallahassee Senior Center	talgov.com/seniors	891-4000
Provides a variety of preventive health programs, including diabetes education, nutritional education, healthy cooking and fitness classes.		
FAMU Cooperative Extension Program	famu.edu/cesta	599-3546
Promotes and makes available programs for community gardening, food safety and nutrition.		
Leon County Extension Office of UF	leon.ifas.ufl.edu	606-5200
Provides educational assistance with nutritional health, food preparation, food canning and gardening.		
Department of Children and Families	myflorida.com/accessflorida (to apply)	488-0675
Administers the food stamp (SNAP) program.		

NUTRITIONISTS/DIETICIANS

Carole Bullock, RD, LD/N, CDE No Website **212-0383**

Provides individual nutrition counseling, diabetes education and weight/disease management.

Leah Gilbert-Henderson, PHD, LD/N takecarenutritionconsulting.com **566-2121**

Offers weight loss consultations, disease prevention through diet and nutritional management of chronic diseases such as type 2 diabetes.

Freddy Kaye PHD, LD drfreddykaye.com **224-1108**

Specializes in weight loss, lifestyle change counseling, type 2 diabetes and cholesterol problems.

Suzanne Laws, MS, RD, LD, CNS, FADA, FADE, BC-ADM, CDE

No Website

656-3470

Provides diabetes education, counseling and management.

FITNESS AND RECREATION

There are many types of low cost senior fitness and recreation activities in Leon County. A list of these activities can be found at talgov.com/seniors (under Senior Resources) or by calling 891-4043.

RELATED INFORMATION

Aerobics and Fitness Association of America, Exercise Risk Assessment

yourbody.com

No Phone Access

MEDICARE **1-800-633-4227**

medicare.gov

MEDICAID **488-0675**

myflorida.com/accessflorida
(to apply)
fdhc.state.fl.us/Medicaid
(to view covered services
go to Summary of
Services)

OTHER RESOURCES

There are many home health agencies and medical supply companies in the Leon County area to assist homebound or disabled, mobile seniors. They are listed in the telephone directory under “Home Health” and “Medical Equipment, Supplies and Repair”.