

SRA/50+Plus FYI

“Little Black Book”

of Resources



FREE “Little Black Book” e-Book (PDF)
at www.50PlusFYI.org

Check it out

*my***MED-id** **Saves Lives!**

First responders are trained to find this yellow pocket on fridge.

Endorsed by County Fire/EMS

www.50plusfyi.org/mymed-id



myMED-IDTM
www.myMED-ID.org

SECTION 1

myMed-IDTM
Medical Emergency Data Identification

Fill out this form, fold it into quarters, and place it in the yellow vinyl myMed-ID case (magnetic back). Put the myMed-ID case on your refrigerator where first responders are trained to look for it.

Keep your information current. • Use pencil.

Name: _____
Address: _____
City/State/Zip: _____
Social Security # (optional): _____
Home Phone: _____
Cell: _____
Birth Date: ____/____/____
EMERGENCY CONTACTS:
Name: _____ Relation: _____

DM/UF

*my***MED-id** Saves Lives!

First responders are trained to find this yellow pocket on fridge.

Resident's current medical history
DNR • EKG • Living Will • etc.

Medical history form is approved by county Fire & EMS.

For more details, contact

myMED-id@50PlusFYI.org • O: 407-265-0534

Resources listed in this “Little Black Book” of Resources include the most frequently contacted sources for products and services (government, nonprofit, and for profit) from our database. Access the complete database at www.50PlusFYI.org and click on “Little Black Book” to download the FREE e-Book PDF.

SRA/50+Plus FYI **“Little Black Book”** **of Resources**

InPrint — OnLine — e-Book

e-Book (PDF) allows easy searching,

(command F on MAC & control F on PC)

keep it on all your devices.

- Go to www.50PlusFYI.org
- Click on the “Little Black Book” & “Click for Details”
- Choose online or desktop viewing
- Download Free e-Book (PDF)
works on all mobile devices

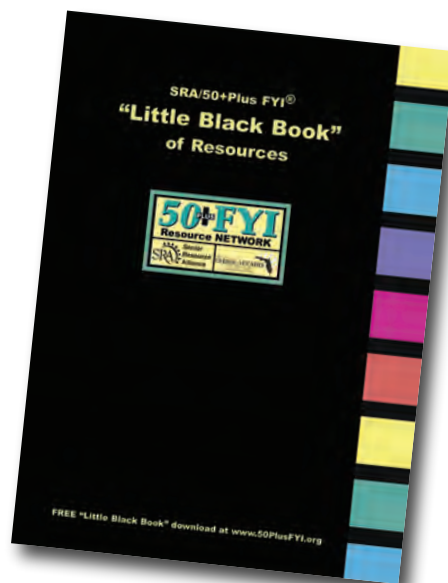
e-Book (PDF)

Always have it with you!

Updated quarterly

EASY Search

FREE



FREE at www.50PlusFYI.org

Add your business or agency to this Little Black Book database,
ReachUs@50plusFYI.org.

Critical to COVID-19 Protection:

Get Fully Vaccinated and Boosted.



Cases of the new Covid BA.5 variant are surging in Central Florida – and seniors remain vulnerable. But you can take steps now to protect yourself. **Senior Resource Alliance** makes it easy to get – or stay – protected:

- Assistance with vaccination registration
- Appointment coordination
- Referrals to nearest vaccination sites

COVID VACCINE INFORMATION:

For assistance with getting fully vaccinated and boosted, which can reduce your risk of hospitalization and severe symptoms, please call **(407) 986-4526** today or visit SeniorResourceAlliance.org/Vaccines.



Senior Resource Alliance
AREA AGENCY ON AGING OF CENTRAL FLORIDA, INC.

SRA/50+Plus FYI

“Little Black Book” of Resources



Products & Services for Central Florida Older Adults

Resources listed in this “Little Black Book” are the most frequently contacted sources for products and services (government, nonprofit, and for profit) from our resource database created for the 50+ Central Florida community. To access the complete database, go to www.50PlusFYI.org and click on the “Little Black Book.”

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To obtain additional printed directories or download e-Book for free:
go to www.50PLUSFYI.org.

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The Official SRA/50+Plus FYI “Little Black Book” of Resources

191 W. Jessup Avenue, Longwood, FL 32750 • Office: 407-265-0534

www.50PlusFYI.org

“Little Black Book” of Resources **5**

HOTLINES & HELPLINES — additional resources at 50PlusFYI.org



The following are the most frequently called hotlines and helplines. If you find any errors, please, let us know at 407-265-0534.

AARP

1-866-595-7678 (FL)
1-888-687-2277 (National)

**AARP Foundation/Senior
Community Service Employment
Program — Work Search**
Orange & Osceola Counties
407-852-1608

AIDS Information Hotline
1-800-352-2437

Al-Anon – Alateen
Orlando – 407-896-9429
National Headquarters – Virginia
1-888-425-2666

Alcohol and Drug Abuse Hotline/Helpline
**Federal Substance Abuse/Mental Health
Referral Service**
1-800-662-4357

Alzheimers & Dementia Resource Center
407-436-7750

**Alzheimer's Association Central
and North Florida Chapter**
Alzheimer's and Related Disorders Center
1-800-272-3900

American Council of the Blind
1-800-424-8666 or 407-245-0700

American Diabetes Association
1-800-342-2383 or 407-660-1926

American Heart Association
407-843-1330
1-800-242-8721

American Liver Foundation
212-668-1000 Helpline:
1-800-465-4837

American Lung Association of Central FL
1-800-586-4872
407-425-5864

American Red Cross (24/7)
407-894-4141

**American Heart Association/
American Stroke Association**
407-843-1330
1-800-242-8721

Americans with Disabilities Act (ADA)
1-800-514-0301 (Voice)
1-833-610-1264 (TTY)

Arthritis Foundation National
1-800-283-7800 (Helpline)
Arthritis Foundation Office (Orlando)
407-208-1766

Asthma & Allergy Foundation of America
1-800-727-8462

Vehicle Safety Hotline
1-800-424-9393

Cancer Information Service
National Cancer Institute
1-800-422-6237

Center for Disease Control & Prevention
1-800-232-4636

Christopher & Dana Reeve Foundation
1-800-225-0292

**Consumer Hotline Division of Consumer
Services/Florida Department of Agriculture**
1-800-HELP-FLA (435-7352) or
1-800-FL-AYUDA (352-9832) (Spanish)

Crimeline
1-800-423-TIPS (8477)

Crisis Hotline of Central Florida
407-425-2624 (provides support group info)

Cystic Fibrosis Foundation of Central Florida
407-339-2978
Compass Helpline 1-844-266-7277

Disability Rights Florida
1-800-342-0823

Domestic Violence Hotline
(Salvation Army: Brevard)
321-631-2764

Domestic Violence Hotline
(Harbor House of Central Florida)
407-886-2856

Domestic Violence Hotline
(Help Now of Osceola)
407-847-8562

Domestic Violence Crisis Hotline
(Safehouse of Seminole)
407-330-3933

Domestic Violence Hotline – Florida
1-800-500-1119

Elder Abuse Hotline/FL Abuse Hotline
1-800-962-2873 (Report)

Elder Helpline
1-800-963-5337

Eldercare Locator
1-800-677-1116

Family HealthLine
(Department of Health)

1-800-451-2229

FL Agency for Healthcare Administration

1-888-419-3456

Florida Association of the Deaf

Resource Center for Disability Solutions

321-633-6011 Rockledge FL

772-774-3060 Vero Beach FL

FL Council on Compulsive Gambling

1-888-236-4848

FL Dept of Transportation Vehicle Safety

Hotline: 1-800-424-9393

FL Division of Agriculture – Consumer Assistance Center

1-800-435-7352 (24 hour referrals)

FL Office of Insurance Regulation

1-800-342-2762

FL Senior Legal Helpline

1-888-895-7873

Florida Division for Blind Services

1-850-245-0370

Fraud/Consumer Helpline

Florida Office of the Attorney General

1-866-966-7226

Hemophilia Foundation of Greater Florida

1-800-293-6527

Lighthouse Central Florida

407-898-2483

Long-term Care Ombudsman–Florida/FDEA

1-850-414-2323

Meals on Wheels Etc. – Seminole County

407-333-8877

Medicaid

407-420-2500

1-877-254-1055

Medicare (Info) & Medicare (Complaints)

1-800-633-4227

Medicare Patrol/

Medicare Fraud Report Line

1-800-633-4227

National Association of the Deaf

301-587-1788 (Voice)

National Domestic Violence Hotline

1-800-799-7233

National Federation of the Blind Florida

321-372-4899

National Hospice and Palliative Care Organization Hotline

1-800-658-8898

National Institute on Aging
(Info Center)

1-800-222-2225

National Osteoporosis Foundation

1-800-231-4222

National Parkinson's Foundation

1-800-473-4636

National Rehabilitation Information Center (NARIC)

1-800-346-2742

**National Suicide Prevention Lifeline/
Veterans Crisis Line**

1-800- 273-8255

Orlando Senior Help Desk

407-678-9363

**Osteoporosis and Related Bone Diseases
Bone Health & Osteoporosis Foundation**

1-800-624-2663

Poison Control Center

1-800-222-1222

Seniors First

407-292-0177

Senior vs. Crime

1-866-9 NO Scam or 1-866-966-7226

1-800-203-3099

SHINE (SRA)

407-514-1800

Social Security

1-800-772-1213

Stepping Stone (Seniors First)

Medical Equipment Bank

407-649-4100

Suicide Hotline

1-800- 273-8255 or 988

**U.S. Consumer Product Safety Commission
Hotline**

1-800-638-2772

United Way 2-1-1 HelpLine

Information & Referral

407-835-0900 or 211

Veterans Benefits Assistance Service

1-800-827-1000

FL Veterans Support Line

1-844-693-5838

Veterans Crisis Hotline &

National Suicide Prevention Lifeline

988 or text: 838255

Vocational Rehabilitation Office

1-800-451-4327

ORANGE COUNTY

Emergency Call: 9-1-1

Police/Fire/Public Safety: Non-emergency

Apopka	
Police:	407-703-1771
Fire:	407-703-1756 (dispatch: 1757)
Eatonville	
Police:	407-623-1303
Fire:	3-1-1
Maitland	
Police:	407-539-6262
Fire:	407-539-6226
Ocoee	
Police:	407-905-3160
Fire:	407-905-3140
Orange County	
Sheriff.....	407-836-4357
Fire:.....	3-1-1
Orlando	
Police:	407-246-2470
Fire:.....	407-246-3473
Winter Garden	
Police:	407-656-3636
Fire:	407-877-5175
Winter Park	
Police:	407-644-1313
Fire:	407-644-1212

Public Library

Maitland Public Library	407-647-7700
Orange County Public Library.....	407-835-7323
Winter Park Public Library	407-623-3300

Senior Centers

Beardall Senior Center	407-246-4440
Fran Carlton Senior Center	407-703-1741
L. Claudia Allen Senior Center	407-246-4461
Maitland Senior Center	407-539-6251
Marks Street Senior Recreation Complex	407-254-1066
Renaissance Senior Center	407-254-9070
Thomas Ison Senior Center	407-877-5803
Winter Garden Senior Center	407-656-4155
Winter Park Senior Center	407-599-3275

OSCEOLA COUNTY

Emergency Call: 9-1-1

Police/Fire/Public Safety: Non-emergency

Kissimmee	
Police:	407-846-3333
Fire:	407-518-2222

Osceola County

Sheriff:	407-348-2222
Fire:	407-742-7000
St. Cloud	
Police:	407-891-6700
Fire:	407-957-8480

Public Library

Osceola County Public Library	407-742-8888
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Senior Centers

Barney E. Veal Senior Center COA	407-846-8532
St. Cloud Senior Center	407-957-7390

SEMINOLE COUNTY

Emergency Call: 9-1-1

Police/Fire/Public Safety: Non-emergency

Altamonte Springs	
Police:	407-339-2441
Fire & Medical:	407-665-5100
Casselberry	
Police:	407-262-7616
Fire:	407-665-5100
Lake Mary	
Police:	407-585-1330
Fire:	407-665-5100
Longwood	
Police:	407-260-3400
Fire:	407-665-5100
Oviedo	
Police:	407-971-5700
Fire:	407-971-5610
Sanford	
Police:	407-688-5870
Fire:	407-688-5040
Seminole County	
Sheriff.....	407-665-6600
Fire:	407-665-5100
Winter Springs	
Police:	407-327-1000
Fire:	407-830-1411

Public Library

Altamonte Springs City Public Library	407-571-8830
Seminole County Public Library	407-665-1500

Senior Centers: Seminole County

Altamonte Springs/Eastmonte Civic Ctr.	407-571-8754
Westmonte Park Senior Activities.....	407-571-8740
Casselberry Senior Center	407-262-7700 ext. 1575
Lake Mary Senior Center	407-585-1466
Sanford Senior Center	407-688-5129
Winter Springs Senior Center.....	407-327-6554

COMMUNITY RESOURCES

Adult Day Care Centers: Licensed

A Place Called Sweet Home Inc888-791-5754
 Access Senior Day Care.....407-498-8174
 Aliviar Care (Longwood & Winter Park).....407-476-5577
 Comfort Keepers Adult Day Care.....407-765-1880
 Easter Seals Day Break.....407-629-4565
 Guardian Day Healthcare For Seniors407-295-5371
 Osceola Council On Aging.....407-846-8532
 Paradise Care Of Orlando.....407-903-6164
 Right Choice Senior Activity Center407-574-4751
 Safety Harbor Adult Daycare-Activity Ctr...407-496-8869
 Share The Care (5 locations).....407-423-5311
 College Park, Conway, Maitland, Winter Springs



407-574-4751

www.RightChoiceAdultDayCare.com

Right Choice Adult Day Care & Activity Center

590 Rinehart Road, Unit 6
 Lake Mary FL 32746
 407-574-4751
 Let's Celebrate Life — socialization, activities, fun!
www.RightChoiceAdultDayCare.com

**Adult Protective Services:
 Intervention/Investigation**

Florida Department of Children and Families:
 Adult Services
1-800-962-2873

Animal Control/Services

Orange County Animal Services
 2769 Conroy Road
 Orlando FL 32839
 407-836-3111 option 1

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www.50plusFYI.org

Pet Alliance of Greater Orlando SPICA of Central Florida
 2727 Conroy Road
 Orlando FL 32839
 407-351-7722

232 Bush Boulevard
 Sanford FL 32773
 407-665-5201

Seminole County Animal Services
 232 Bush Boulevard
 Sanford FL 32773
 407-665-5201

Blind Services

American Council of the Blind
 800-424-8666 • 212-502-7612

American Foundation of the Blind
 800-232-5463 • 212-502-7612

American Printing House for the Blind
 800-223-1839

Audio Editions
 800-231-4261

Blinded Veterans Center
 800-669-7079

Canine Companions for Independence
 800-572-2275

Carnegie Library
 800-242-0586

Cell phones "free" (SafeLink)
 919-423-0205

Council of Citizens with Low Vision
 800-733-2258

Division of Blind Services
 407-245-0700

Library for the Blind and Physically Handicapped
 800-226-6075

Lighthouse Central Florida
 407-898-2483

Council of Citizens with Low Vision
800-733-2258

Foundation Fighting Blindness
800-683-5555

Guide Dog Foundation for the Blind
800-548-4337

MaxiAide (telephone equipment)
800-522-6294

National Alliance of Blind Students
800-424-8666

National Eye Care Project
800-222-3937

National Library for the Blind
800-422-8567

Prevent Blindness America
800-221-3004

Braille Instruction/Transcription

Braille Association of Mid-Florida
407-897-3367

FL Bureau of Braille & Talking Books
386-239-6000, 800-226-6075,
800-955-8771 (TTY)

Lighthouse Central Florida
215 E. New Hampshire Street
Orlando FL 32804
407-898-2483

Recorded Books
800-638-1304

Recordings for the Blind 800-221-4792
Western Union (Braille telegrams)
800-325-6000

Special Format Library (Braille and Talking
Books) 800-226-6075
800-955-8771 (TTY)

Car Safety Programs

American Safety Council/Mature Driver Safety Program
5125 Adanson Street, Suite 500
Orlando FL 32804
800-771-2255 • 800-732-4135

CarFit
Helping mature drivers find their safest fit
FREE one on one or group event
407-422-0991

National Safety Council
Coaching the Mature Driver
800-237-0676

Safe Mobility for Life Program
Florida Department of Transportation
850-410-5414

Caregiving Support: Alzheimer's and Dementia

Alzheimer's & Dementia Resource Center

1410 Gene Street
Winter Park FL 32789
407-436-7750
Support and Hope for Caregivers
www.ADRCCares.org

Community Outreach

Neighbors Network

Support that enables older adults to continue living and
thriving in their homes and community.
Stay Independent, Active, Connected
www.NeighborsNetworkFL.org
321-209-2775

Community Shelters: Emergency

Coalition for The Homeless of Central FL
639 W. Central Boulevard
Orlando FL 32801
407-426-1250 (Main Phone)

Homeless Services Network of Central FL
2828 Edgewater Drive
Orlando FL 32804
407-893-0133

Orlando Union Rescue Mission, Inc.
(407-422-4855)

Rescue Outreach Mission of Sanford, Inc.
1625 W. 13th St. (Women & Children)
1701 W. 13th St. (Men)
Sanford FL 32771
407-321-8224

Salvation Army Orlando Metro Command
Admin: 416 W. Colonial Drive
Orlando FL 32804
407-423-8581
(Women)
407-423-8581 Ext 204
(Men)
407-423-8581 Ext 219

Computer Classes: Older Adults

Senior Now Computer Learning Center of Central FL
99 East Marks Street, Suite 112
Orlando FL 32803
407-318-3256

Renaissance Senior Center
3800 S. Econlockhatchee Trail
Orlando FL 32829
407-254-9080

Consumer Fraud Reporting

Better Business Bureau of Central FL
800-275-6614
407-621-3300

Federal Trade Commission
Bureau of Consumer Protection FTC
601 New Jersey Avenue, NW
Washington, DC 20001
1-877-729-0551

Division of Consumer Services
Florida Department of Agriculture and Consumer Services
1-800-435-7352

Florida Department of Financial Services Consumer
Services
400 W. Robinson Street, Suite N-401
Orlando FL 32801
407-835-4400

Orange County Consumer Fraud Unit
415 N. Orange Avenue
Orlando FL 32801
407-836-2490

Counseling: Credit/Debt Management

American Credit Counseling Service, Inc.
800-729-0551

The National Foundation for Credit Counseling
800-388-2277

Counseling: Family

AspireHealth Partners
1800 Mercy Drive
Orlando FL 32808
407-667-1677

919 E 2nd Street
Sanford FL 32771
407-323-2036

237 Fernwood Boulevard
Fern Park FL 32730
407-831-2411

Catholic Charities of Central Florida
1771 Semoran Boulevard Suite A
Orlando FL 32807
407-658-1818

Lutheran Counseling Services, Inc.
1505 Orchid Avenue
Winter Park FL 32789
407-644-4692

Park Place Behavioral Health Care
206 Park Place Boulevard
Kissimmee FL 34741
407-846-0023

UCF Community Counseling Clinic
4000 Central Florida Boulevard
Orlando FL 32816
407-823-205

Counseling: Individual

AspireHealth Partners
4524 Thistledown Drive
Orlando FL 32804
407-291-6335

AspireHealth Partners
237 Fernwood Boulevard
Fern Park FL 32730
407-831-2411

Behavioral Support Services, Inc. (BSS)
315 N. Lakemont Avenue, Suite B No.12
Winter Park FL 32792
407-830-6412

Catholic Charities of Central Florida
1771 N. Semoran Boulevard, Suite A
Orlando FL 32807
407-658-1818

Covenant House Florida, Inc.
5931 E. Colonial Drive
Orlando FL 32807
407-482-0404

His Way Christian Fellowship, Inc.
1950 Lee Road, Suite 210
Winter Park FL 32789
407-599-9770

Impower
111 W. Magnolia Avenue
Longwood, FL 32750
407-215-0095

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-7593

Lutheran Counseling Services, Inc.
1505 Orchid Avenue
Winter Park FL 32789
407-644-4692

Urban League of Metropolitan Orlando
2804 Belco Drive
Orlando FL 32808
407-841-7654

Crime Prevention

Orange County Sheriff's Office Crime Prevention Unit
407-254-7000

Osceola County Sheriff's Office Crime Prevention Unit
407-348-1190

Seminole County Sheriff's Office
Crime Prevention Unit
407-665-6431

Crime Victims: Crisis Intervention

National Suicide Prevention Lifeline
1-800-273-8255

Crime Victims: Sexual Abuse

Office of The State Attorney
Ninth Judicial Circuit Court of Florida
415 N. Orange Avenue
Orlando FL 32801
407-836-2402

Deaf Services

Central FL Speech & Hearing Center
863-686-3189

Deaf Access Equipment
www.deafadvocacy.org
Deaf phones
www.fttri.org/free

Deaf Service Bureau
407-531-1299 (Voice/ TTY)

Dogs for Deaf 800-990- D O G S
FL Coordinating Council for the Deaf and Hard of Hearing
866-602-3275

Hearing Loss Association of America
301-657-2248

Disaster: Food Stamps/Welfare/ Rent Assistance

American Red Cross of Central Florida
5 N. Bumby Avenue
Orlando FL 32803
407-894-4141

Florida Department of Children and Families:
Economic Self-Sufficiency
5348 Silver Star Road
Orlando FL 32818
866 -762-2237

Domestic Violence: Shelter/Support

Coalition for the Homeless of Central FL
639 W. Central Blvd
407-426-1250 ext. 0

FL Womens Residence Counseling Ctr
107 East Hillcrest Street
Orlando FL 32801
407-425-2502

Harbor House Center Against Domestic Violence
(strictly domestic violence)
407-886-2856

Help Now of Osceola, Inc.
P.O. Box 420370
Kissimmee FL 34742
407-847-8562

Safehouse of Seminole County
(strictly domestic violence)
407-330-3933 Hotline
407-302-5220 (Administrative)

Employment: Disabled

Florida Division of Blind Services
400 W. Robinson Street, Ste. S-1026
Orlando FL 32801
407-245-0700

Center for Independent Living In Central FL
720 N. Denning Drive
Winter Park FL 32789
407-623-1070

Employment: Discrimination Assistance

Orlando Office of Human Relations
400 S. Orange Avenue 9th Floor
Orlando FL 32801
407-246-2122

**Employment:
Job Banks/Search/Placement**

Career Source of Central Florida
Administrative Office
407-531-1222

Christian Help: Central Florida Employment Council
450 Seminola Boulevard
Casselberry FL 32707
407-834-4022

Goodwill Self Sufficiency Job Center
112 S. Sanford Avenue
Sanford FL 32771
407-936-0469

Goodwill Job Connection
1356 Vine Street
Kissimmee FL 34744
407-847-0696

Goodwill Industries of Central Florida
3911 E. Colonial Dr.
Orlando FL 32803
407-872-0770

John H. Bridges Community Center
445 W. 13th Street
Apopka FL 32703
407-254-9449

Pine Hills Community Center
6408 Jennings Street
Orlando FL 32808
407-254-9100

Primrose Center, Inc.
2733 S. Ferncreek Avenue
Orlando FL 32806
407-898-7201

Willow Street Community Center
6565 Willow Street
Zellwood FL 32798
407-254-9430

Food: Banks/Donations

Broadway United Methodist Church S.H.A.R.E.
406 E. Amelia Street
Orlando FL 32803
407-841-8902

Catholic Charities of Central Florida
1771 N. Semoran Boulevard Suite B
Orlando FL 32807
407-658-1818

Community Food & Outreach Center
150 W. Michigan Street Suite A
Orlando FL 32806
407-650-0774

Destiny Community Assistance Center
150 W. Michigan St. Suite-A
Orlando, FL - 32806
407 849-0079

El Calvario
2500 West Oak Ridge Road
Orlando, FL - 32809
407 351-4151

Human Crisis Center
5514 Edgewater Drive
Orlando, FL - 32810
407-521-7750

Iglesia Cristiana Reneuvo
290 Competition Drive
Kissimmee, FL - 34743
407 870-0083

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-7593

Loaves and Fishes
206 E. 8th Street
Apopka FL 32703
407-886-6005

Second Harvest Food Bank of Central FL
411 Mercy Drive
Orlando, FL 32805
407-295-1066

Osceola Christian Ministry Center
700 Union Street
Kissimmee FL 34741
407-944-9968

Sadie Holmes Help Service, Inc.
1280 Amanda Street
Altamonte Springs FL 32701
407-831-6324

Salvation Army Orlando Metro Command
400 W. Colonial Drive
Orlando FL 32804
407-423-8581

Salvation Army of Osceola County
3831 W. Vine Street
Kissimmee FL 34741
407-423-8581

Salvation Army of Seminole County
700 W. 24th Street
Sanford FL 32771
407-322-2642

St. Cloud Community Food Pantry
901 Missouri Avenue
Saint Cloud FL 34769
407-892-7070

The Sharing Center – Christian Sharing Center, Inc:
600 N. Hwy 17-92, Suite 158 (Fairmont Plaza)
Longwood FL 32750
407-260-9155

Sanford Christian Sharing Center, Inc.
515 E. 25th Street
Sanford FL 32773
407-691-3142

Winter Park Housing Authority
845 W. Swoope Avenue
Winter Park, FL 32789
(407) 645-2869

Food: Home Delivered Meals

Meals On Wheels, Etc., Inc.
2801 South Financial Court
Sanford FL 32773
407-333-8877

Osceola County Council On Aging, Inc.
Barney E. Veal Center
700 Generation Point
Kissimmee FL 34744
407-846-8532

Seniors First, Inc.
5395 L. B. McLeod Road
Orlando FL 32811
407-292-0177

Food: Stamps/Vouchers

Florida Department of Children and Families: Economic
Self-Sufficiency
1-866-762-2237 (FL Information Line)

Seminole County Community Assistance
(Veterans, housing, & financial services)
534 W. Lake Mary Boulevard
Sanford FL 32773
407-665-2300

Funeral Homes/Cremation Services

■ **Robert Bryant Funeral & Cremation Chapel**
321 E. Michigan Street
Orlando FL 32806
407-240-6080
Serving you with a simple alternative to
the high cost of corporate funeral homes
www.RobertBryantFH.com

Government Resources: Orange County

Orange County Government
Orange County 3-1-1 Call Center
407-836-3111 (Administrative)

Orange County Health Department
6101 Lake Ellenor Drive
Orlando FL. 32809
407-858-1400 (Admin. Office)

Orange County Property Appraiser
407-836-5044
407-836-5055 (Admin.)

Orange County Sheriff's Office
407-254-7000 (Administrative)

Orange County Supervisor of Elections
407-836-2070

Government Resources: Osceola County

Osceola County Government
407-742-2275 (Information Line)

Osceola County Health Department
1875 Boggy Creek Road
Kissimmee, FL 34744
407-343-2000

Osceola County Property Appraiser
407-742-5000 (Kissimmee office)

Osceola Sheriff's Office
407-348-2222 (Administrative)

Osceola County Supervisor of Elections
407-742-6000

Government Resources: Seminole County

Seminole County Government
407-665-0000 (Customer Support Line)

Seminole County Health Department
400 W. Airport Blvd
Sanford, FL 32773
407-665-3387

Seminole County Property Appraiser
407-665-7506 / 407-665-7505

Seminole County Sheriff's Office
407-665-6600

Seminole County Supervisor of Elections
407-708-7700

Guardians Ad Litem

Florida Guardian Ad Litem
Ninth Judicial Circuit
100 E. Robinson Street
Orlando, FL 32801
407-841-8310

Florida Guardian Ad Litem
Eighteenth Judicial Circuit
190 N Bush Boulevard
Sanford, Florida 32773
407-665-5370

Florida Guardian Ad Litem
Ninth Judicial Circuit
2 Courthouse Square, Suite 3400
Kissimmee FL 34741
407-742-6655

Homemaker/Companion Services: Licensed

Homemaker/Companion Service Providers employ individuals to do housekeeping, cook, run errands, and provide companionship to the elderly and adults with disabilities. They cannot provide any personal care or nursing according to state law.

1 Companion & Transportation FI Inc.....(407) 577-6603
2 Heart To Heart Group Home Inc.....(407) 952-5223
24/7 Home Care Group Inc.....(407) 781-6293
A Blissful Touch.....(321) 202-6292
A Compassionate Nanny Inc.....(407) 501-3842
A Devine Companion Inc.....(407) 544-9912
A Different World Mental Health Svcs...(407) 924-1070
A G I N G Services.....(321) 437-7033
A Heart For Home Inc.....(863) 223-6671
A Heart Of An Angel Llc.....(407) 781-6866
A Place At Home(407) 565-7600
A Place At Home - Orange Park.....(904) 654-2582
A Shepherds Touch Companion Care.....(407) 520-6878
A.S.H Companion Care Llc.....(407) 765-1880
Ability Support Management.....(407) 683-1373
Above All Managment Services Inc.....(407) 308-4701
Absolute Caregivers Of Florida(407) 302-5026
Abundant Care Llc.....(407) 405-6177
Acare Provider Services(904) 775-3605
Active You Wellness Inc.....(321) 351-2002
Adelcare li Inc.....(407) 930-6577
Affinity Home Care Agency Inc.....(850) 765-5241
Agape Companionship Services Inc.....(321) 217-3131
Aidicare At Home(407) 301-0767

Akeso Companion Services.....	(407) 325-2235	Essential Companion Services Llc	(407) 558-2217
All Caring Hearts Homecare Llc.....	(407) 548-7737	Exceeding Expectations.....	(321) 437-2673
All In One Caring Services Inc	(407) 295-8683	Extended Family Services Of Central L.....	(407) 719-7397
Almighty Caring Hands.....	(321) 347-4264	Extreme Home Care Inc.....	(321) 333-0249
Always 1 Llc	(321) 217-0080	Faith Independence Llc.....	(407) 309-0481
Always First Homecare Companion Srvc.....	(407) 431-4581	Faith Over Fear Home Care Llc.....	(321) 332-3443
American In-Home Care Llc	(407) 896-8989	Faithful Angels Home Care Services	(407) 664-8702
Angela Renee's Home Care Llc.....	(407) 757-0854	G & E Universal Care Llc	(720) 779-7164
Angelic Companion Services Llc.....	(407) 512-4256	Garden Of Eden Home Care Llc	(901) 283-2150
Aniya Caring Hands.....	(407) 383-3088	Gator Support Services Llc.....	(407) 621-1518
Anytime Home Care Llc.....	(407) 600-2761	Gecs Of Florida Inc	(407) 529-7811
Arms Of Grace Homecare Llc.....	(407) 575-8863	Gedeon Caring Touch Llc.....	(407) 730-9755
At Home Essential Care Llc.....	(407) 433-9442	Gentle Love And Care Llc.....	(386) 292-6563
At Talitha Cumi Home Care Inc.....	(786) 452-1226	Gevena's Inspiring Companion Agency.....	(407) 963-9847
Bellarose At Home Llc.....	(321) 512-4103	Ghi Senior Care Inc	(407) 455-2457
Beyondcare @ Home Llc	(321) 443-6913	Golden Age Helpers Inc	(866) 215-1668
Bishop Grady Villas Inc.....	(407) 892-6078	Golden Heart Caregivers Llc	(317) 246-9467
Bonding Wings Companion Services	(407) 734-4081	Golden Life Senior Services Llc	(407) 706-7575
Brigades Homecare Llc	(407) 724-6420	Golden Sage Home Care	(407) 881-1914
Brighter Day Home Care Llc.....	(321) 300-4989	Gooden Home Care Services Llc.....	(407) 801-3319
Brookdale At Home Orlando	(407) 767-1600	Grace & Mercy Home Care Llc	(386) 320-3449
Brown's Blessed Care Inc.....	(407) 757-7510	Gracefully Aging Llc	(407) 844-5840
C & M Companion Services Inc	(407) 247-9566	Growth And Independence Llc.....	(407) 309-2700
Candies Elite Care Llc	(407) 968-7737	H.O.P.E. Agency.....	(407) 780-2725
Care Assist Home Care Inc	(754) 223-9123	Hands Here To Help Llc.....	(216) 849-5528
Caregiver Days	(407) 543-8396	Harlan's Helping Hands Llc.....	(407) 759-5682
Caregivers For Seniors Inc.	(407) 889-8700	Harmony Homecare Llc	(321) 263-6468
Caring Hands Of Central Florida Llc.....	(407) 625-1995	Harrison Innovative Support Services Llc.....	(407) 613-7356
Central Florida Care Group Inc.....	(407) 202-8279	Have Faith Care Services	(321) 689-2722
Centurion Health Service Llc.....	(407) 205-2415	Heart Of Gold Agency Llc.....	(407) 733-8289
Clara's Legacy Care Llc	(904) 434-6941	Heartfelt Care Llc	(855) 811-7070
Comfortable Caring Llc.....	(321) 682-1997	Heavenly Hands Services Llc	(407) 717-4164
Comforting Loving & Helping Hands.....	(407) 610-9002	Helpers In Heels Llc	(386) 837-7519
Companion Care Of Tampa Bay Inc.....	(407) 895-9550	Helping Hands Superior Care Llc	(866) 521-7606
Creative Milestones Support Services	(321) 439-6837	Home & Lifestyle Support Services Llc	(407) 405-2496
Cruz Homecare & Educational Services ...	(407) 548-4228	Home Instead Senior Care	(407) 445-8885
Csn&N Homecare Llc	(407) 860-6178	Homecare Of Hearts.....	(407) 580-5036
Day Dream Home Care Llc.....	(904) 525-7149	Impact Central Florida Inc	(407) 797-8625
Delight Family Homecare Llc	(239) 324-1269	Incredible Home Care Inc	(888) 418-2221
Delmary Autech Llc	(352) 415-0080	Independently Developing A New Way....	(407) 982-6106
Dignified Angels In Care Llc.....	(407) 219-0763	Infinite Support Services Llc	(407) 986-7557
Divine Center Of Hope Of Orlando Inc.....	(407) 895-0772	Infinity & Beyond Support Services Llc.....	(857) 320-5759
Doing Gods Work Home Services Llc	(321) 279-0023	Inspirational Hope Companion Services Inc.....	(407) 729-6588
Driven By Faith Inc	(407) 276-1168	Inspired Hearts Agency Inc	(407) 692-8460
E & G Clearview Services Inc.....	(407) 690-4532	Inspiring Minds.....	(407) 491-1928
El Shaddia Services Inc	(407) 294-3551	J & T Divine Care Llc.....	(407) 756-9492
Elite Care And Transportation Services	(407) 969-1595	Jam Homecare Services Llc.....	(407) 431-5907
Elite Home Care Agency Of Central Florida.....	(407) 820-4133	Jj & Sherrita Wholelistic Services Llc.....	(321) 438-3744
Elle-Marie's Homecare Llc	(727) 520-4708	Just - Us Services Inc.....	(407) 949-7564
Embracing Concepts.....	(352) 434-9704	Kairos Home Care Services Llc	(407) 734-3888
Empowering Lives Homecare Llc	(407) 674-9555	Kiddo's Loving Care Llc	(407) 844-2649
Essential 2 Love Home Care Services Llc.....	(407) 504-8555	King Premier Care Service Llc.....	(321) 438-9845

L.O.V.E. 2 Care Agency Llc	(321) 295-1848	Pure Care Services Llc.....	(321) 460-3990
Lending A Caring Hand	(321) 316-2998	Quality Express Care Inc	(321) 217-6593
Lending Hands Home Care Llc	(407) 863-4070	Quality Life Styles Inc	(407) 879-3951
Levi Compassionate Home Care Llc.....	(347) 661-5241	Radiant Home Care Services Llc.....	(321) 567-1987
Light Home Maker Companion Services Llc(407)	562-1331	Rehoboth Home Care Services	(321) 348-3331
Light Of Life Inc	(407) 568-8704	Reliable In-Home Care Inc	(407) 737-3556
Lily's Helping Hands Llc	(407) 937-8404	Revelations li Inc	(407) 346-9498
Linda Caring Hands	(407) 730-0876	Right At Home Orlando	(407) 757-0981
Linda's Homemaker & Companion Service (407)	627-5853	Righteous Hands Companion Services	(321) 240-0536
Ljs Homemaker And Companion Services (407)	723-6831	Robinson Tender Touch Home Care Llc.....	(407) 860-6495
Ljts Way Of Hope Llc.....	(407) 535-2738	Rosewayne Companion Care	(407) 373-9605
Love And Concern Home Care Llc.....	(850) 296-5714	Royal Citizens Inc	(321) 315-4530
Love And Faith Senior Home Care Llc	(850) 447-0876	Safe Haven Homecare Services Llc	(407) 866-5644
Love And Loveable Home Care Services Llc(863)	837-8485	Sanctuary Care Llc.....	(321) 945-3211
Love Care	(850) 459-5499	Sankofa Soulful Services Llc.....	(850) 443-9809
Lovely Angels Llc.....	(407) 467-0516	Scarborough Group Home Inc	(407) 841-9070
Loving Angel Hands Inc.....	(877) 799-8822	Seminole Support Services Inc	(407) 328-9976
Loving Arms Care Agency	(407) 361-0631	Senior Helpers	(407) 506-5544
Loyal Services And Solutions.....	(352) 575-4432	Senior Lifestyle Solutions Llc.....	(407) 312-6329
Madev Services Llc	(407) 920-3951	Seniors First Inc.....	(407) 292-0177
Majestic Helping Hands Llc	(407) 655-5486	Seniors Way Inc	(407) 340-4120
Matters Of The Heart Services Llc	(407) 312-3925	Serenity Services.....	(314) 680-1403
Meals On Wheels Etc Inc.....	(407) 333-8877	Share The Care Inc.....	(407) 423-5311
Medipro Homecare Services Llc	(516) 270-5873	Soft Hearts Home Care Llc.....	(407) 364-2000
Miracle Angel Supportive Services	(407) 580-5933	Solid Solution Home Care	(407) 731-4299
Mj Quality Service Inc	(407) 702-3686	Solid Solution Home Care	(407) 731-4299
Molina Provider Care Llc.....	(321) 888-5971	Spectrum Life Care Services Inc	(407) 345-2877
Ms Nats Services	(407) 716-7909	Stafford Companion Care Services	(321) 313-6401
Naveen Senior Homecare Llc.....	(321) 274-3981	Step By Step Care Services Inc.....	(407) 271-6313
Neighborhood Companion Home Care Llc(321)	474-1515	Striving Independence Home Care Llc.....	(321) 438-2961
Neurorestorative Avalon Park	(321) 354-0020	Suga Helping Hands Llc	(321) 208-1496
Never Left Alone Concierge Services Inc (321)	405-4704	Sunshine Care Support Services Inc	(321) 594-9656
Newday Senior Care Inc	(407) 929-8998	Supporting Desires Home Care.....	(850) 447-1220
Nicole Homecare Services Llc	(407) 745-9273	Sweet Dreams Home Care.....	(786) 728-0121
Nursing Education Training Center Llc.....	(407) 223-5602	Taylor - Made Home Companion Care Llc (786)	449-7030
Nurturing Helpers Home Care Llc	(803) 972-3141	The Cameron Group.....	(407) 896-2010
Obla Care Solutions Llc	(407) 891-4040	The Helping Heart Care Services Llc	(407) 883-1392
One Amazing Homecare Services Llc	(321) 438-6165	The Hope House Of Love Inc.....	(321) 695-4335
One World Three Hearts Llc.....	(321) 217-4209	Third Act In-Homecare	(407) 415-0060
Options For Senior America	(407) 729-7551	Touched By Harmony Home Care Llc	(407) 879-7167
Osceola County Council On Aging Inc.....	(407) 846-8532	Touching Heart At Home Llc	(321) 460-0960
Our Gifted Hands Llc	(813) 380-6605	Trusting Hand Llc.....	(407) 459-3047
Paradise Of Dependable Home Care Llc.....	(407) 376-4872	Understanding Hearts Llc.....	(321) 888-0660
Peace Of Mind Senior Care.....	(407) 275-6869	Unity Whole Care Llc	(407) 779-6004
Phenomenal Companions Llc	(407) 501-5355	Universal Care Support Services Llc.....	(407) 257-6430
Pias Nurses On The Go	(321) 800-1335	Village On The Green	(407) 682-0230
Platinum Home Care Services Llc	(407) 723-9341	Visiting Angels.....	(407) 302-4138
Plum Rose Companion Care Llc	(718) 644-6464	Visiting Angels.....	(407) 888-5999
Poinciana Companion Services	4073504138	Vlaisha Senior Home Care Llc.....	(609) 470-2140
Precious Moments Solutions	(585) 775-3291	We Are One Services Llc	(407) 470-5385
Prestige Support Services Inc	(912) 432-5254	We Care 2 Llc	(407) 758-2573
Providing Care Home Care Llc.....	(352) 431-1174	Wills Helping Hands Llc.....	(228) 235-5476

Immigration/Naturalization Services

U.S. Citizenship and Immigration Services
9403 Tradeport Drive
Orlando FL 32827
800-375-5283

U.S. Citizenship and Immigration Services
5449 South Semoran Boulevard
Terra Cotta Business Center, Unit 18C
Orlando FL 32822
1-800-375-5283

Legal Aid/Lawyer Referral: Legal Counseling

Community Legal Services of Mid-Florida, Inc.
Orange County Office
122 East Colonial Drive, Suite 200
Orlando FL 32801
407-841-7777 ext. 2107

Community Legal Services of Mid-Florida, Inc.
Osceola County Office
800 North Main Street
Kissimmee, FL 34744
407-933-1791

Community Legal Services of Mid-Florida, Inc.
Seminole County Office
315 Magnolia Avenue
Sanford, FL 32771
407-322-6673

Florida Senior Legal Helpline
4040 Esplanade Way
Tallahassee FL 32399
888-895-7873

Legal Aid Society of the Orange County Bar Association
100 E. Robinson St.
Orlando FL 32801
407-841-8310

Orange County Bar Association
Citizen Dispute
407-423-5732

Seminole County Bar Association Legal Aid Society, Inc.
101 West Palmetto Avenue
Longwood FL 32750
407-834-1660

Library Systems

Altamonte Springs City Public Library407-571-8830
Maitland Public Library407-647-7700
Orange County Public Library407-835-7323
Osceola County Public Library.....407-742-8888
Seminole County Public Library407-665-1500
Winter Park Public Library.....407-623-3300

Literacy Programs

Adult Literacy League, Inc.
345 W. Michigan Street, Suite 100
Orlando FL 32806
407-422-1540

Florida Literacy Coalition, Inc.
934 N. Magnolia Avenue, Suite 104
Orlando FL 32803
407-246-7110

Apopka Family Learning Center
800 S. Hawthorne Avenue
Apopka FL 32703
407-889-0100

Religious Organizations

Catholic Diocese of Orlando
407-246-4800

Episcopal Diocese of Central Florida
407-423-3567

Greater Orlando Baptist Association
407-293-0450
Hindu Society of Central Florida
407-699-5277

Islamic Center of Orlando
407-238-2700

Jewish Community Center
407-387-5330 (Apopka)
407-645-5933 (Maitland)

Unitarian Universalist Association of Congregations
407-894-2119

Senior Centers: Orange County

Beardall Senior Center
800 S. Delaney Ave.
Orlando FL 32801
407-246-4440

Fran Carlton Senior Center
1 North Forest Street
Apopka FL 32703
407-703-1741

L. Claudia Allen Senior Center
1840 Mable Butler Avenue
Orlando FL 32805
407-246-4461

Maitland Senior Center
345 S. Maitland Ave.
Maitland FL 32751
407-539-6251

Marks Street Senior Recreation Complex
99 East Marks St.
Orlando FL 32803
407-254-1066

Renaissance Center
3800 S. Econlockhatchee Tr.
Orlando FL 32806
407-254-9070

Thomas Ison Senior & Veteran Center
1701 Adair Street
Ocoee FL 34761
407-877-5803

Winter Garden Senior Ctr/Jessie Brock Community Ctr
310 N. Dillard Street
Winter Garden FL 34787
407-656-4155

Winter Park Senior Center
Winter Park Community Center
721 W. New England Ave.
Winter Park FL 32789
407-599-3275

Senior Centers: Osceola County

St. Cloud Senior Center
3101 17th Street
St. Cloud FL 34769
407-957-7392

Osceola County COA Senior Center
Barney E. Veal Senior Center
700 Generation Point
Kissimmee FL 34744
407-846-8532

Senior Centers: Seminole County

Altamonte Springs/Eastmonte Civic Ctr.
830 Magnolia Dr.
Altamonte Springs FL 32701
407-571-8754

Westmonte Park
624 Bills Lane
Altamonte Springs, FL 32701
Therapeutic Pool
407-571-8735
Senior Activities
407-571-8740

Casselberry Senior Center
200 N. Lake Triplet Dr.
Casselberry, FL 32707
407-262-7700 ext. 1575

Lake Mary Senior Center
911 Wallace Ct.
Lake Mary, FL 32746
407-585-1466

Sanford Senior Center
401 E. Seminole Blvd.
Sanford, FL 32771
407-688-5129

Winter Springs Senior Center
400 N. Edgemon Ave.
Winter Springs FL 32708
407-327-6554

Social Security Assistance: Disability/Numbers/Retirement

Social Security Administration / Orange County Office
5520 Gatlin Avenue Suite 101
Orlando FL 32812
1-866-964-6146 • 1-800-447-8477 Inspector General

Social Security Administration / Osceola County
1201 East Oak Street
Kissimmee FL 34744
1-866-614-4754

Social Security Administration / Seminole County Office
101 Commerce Street Suite 200
Lake Mary FL 32746
1-866-964-7379

Special Interest Groups – SIG

Go to www.50PlusFYI.org

- for a current list of Special Interest Groups in Central Florida
- to add a Special Interest Group to the list

Speech & Hearing

Communication Disorders Clinic
407-882-0468

Helpline 800-638-8255
FL Association of Speech-Audiologists
407-774-7880
1-800-243-3574 (Toll Free)

Support/Group: Quit Smoking/Tobacco

■ Central Florida AHEC

Tobacco Free Florida's
Group Quit Cessation Program
Free Support Groups in Quitting Tobacco
Free Nicotine Patches, Gum or Lozenges
www.ahectobacco.com
1-877-252-6094

Support Groups: Database

Go to www.50PlusFYI.org

- for a current list of Support Groups in Central Florida
- to add a support group to the list

Tax Assistance/Forms/Information

AARP Tax Assistance Program
888-687-2277

IRS Hotline:
1-800-829-1040 • TTY/TDO 800-829-4059

Internal Revenue Service
850 Trafalgar Court
Maitland FL 32751
407-660-5830
844-545-5640

Community Legal Services of Mid Florida
1-866-718-9595

Transportation: Bus Fare Assistance

Christian Service Center for Central FL
808 W. Central Boulevard
Orlando FL 32805
407-425-2523

300 W. Franklin Street
Ocoee FL 34761
407-656-6678

500 S. Orlando Avenue
Winter Park FL 32789
407-628-1692

Transportation: Disability Related

Access Lynx (door-to-door)
services to residents that meet the eligibility guidelines
407-423-TRIP (8747)

Lynx: Central Florida Regional Transportation Authority
455 N. Garland Avenue
Orlando FL 32801
407-841-2279

Transportation: Older Adults

Access Lynx — Door to Door
407-841-5969

Be Safe Transportation
2605 Wembleycross Way
Orlando FL 32828
407-296-5083

Florida Commission for the Transportation Disadvantaged
407-254-6092

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-7593

Lynx: Central Florida Regional Transportation Authority
445 North Garland Avenue
Orlando FL 32801
407-841-5969

Osceola County Council On Aging, Inc.
Barney E. Veal Center
700 Generation Point
Kissimmee FL 34744
407-846-8532

Safe Mobility for Life Coalition
Florida Department of Transportation
850-410-5414

Transportation: Veterans

Veterans Service Office – Orange County
2100 E. Michigan Street
Orlando FL 32806
407-836-8990 Main

Veterans Service Office – VA Clinic
5201 Raymond St. Bldg 3126
Orlando, FL 32803
407-836-8990

Veterans Service Office – Osceola County
330 N. Beaumont Avenue
Kissimmee, FL 34741
407-742-8400

Veterans Service Office – Seminole County
534 West Lake Mary Boulevard
Sanford, FL 32773
407-665-2300

Utility Bill Payment Assistance

Area Agency On Aging of Central Florida —SRA
3319 Maguire Blvd. Suite 100
Orlando FL 32803
407-514-1800

Catholic Charities of Central Florida
1771 N. Semoran Boulevard, Suite B
Orlando FL 32807
407-658-1818

Christian Service Center for Central Florida
808 W. Central Boulevard
Orlando FL 32805
407-425-2523

City of Sanford – Department of Community Improvement
(LIHEAP)
300 N. Park Avenue
Sanford FL 32771
407-688-5167 • 407-688-5166

EHEAP
(Emergency Home Energy Assistance for the Elderly
Program) Senior Resource Alliance
407-514-1800

LIHEAP
(The Low-Income Home Energy Assistance Program)
407-836-7429

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-2985

Meals On Wheels, Etc., Inc.
2801 South Financial Court
Sanford FL 32773
407-333-8877

Orange County Health & Family Services
Orange County LIHEAP Program
2100 E. Michigan Street
Orlando FL 32806
407-836-7429

Osceola County Council On Aging, Inc.
Barney E. Veal Center
700 Generation Point
Kissimmee, FL 34744
407-846-8532

Osceola County Human Services Division
330 North Beaumont Avenue
Kissimmee FL 34741
407-742-8400

Salvation Army of Seminole County
700 W 24th Street
Sanford FL 32771
407-322-2642

Seminole County Community Assistance
534 Lake Mary Boulevard
Sanford FL 32773
407-665-2300

Seniors First, Inc.
5395 L. B. McLeod Road
Orlando FL 32811
407-292-0177

The Sharing Center: Christian Sharing Center
Fairmont Plaza
600 N. Hwy 17-92 Suite 158
Longwood FL 32750
407-260-9155

Central Florida Urban League
2804 Belco Drive
Orlando FL 32808
407-841-7654

Veteran Benefits: Programs/Assistance

Central FL Paralyzed Veterans of America Chapter
407-328-7041

Disabled American Veterans National Headquarters
859-441-7300

Disabled American Veterans of Central Florida
2040 W. Central Boulevard
Orlando FL 32805
407-843-3722

Orange County Veterans' Services
2100 E. Michigan Street
Orlando FL 32806
407-836-8990 (Administrative)

Osceola County Veterans' Services
108 Park Place Blvd., C
Kissimmee FL 34741
407-742-8400 (Administrative)

Seminole County Veterans' Services
534 West Lake Mary Boulevard
Sanford FL 32773
407-665-2300 (Administrative)

Disabled American Veterans National
Headquarters 859-441-7300

Veteran's Outpatient Clinic, Orlando
5201 Raymond Street
Orlando, FL 32803
407-629-1599 Main

HEALTH CARE RESOURCES

Adult Residential Treatment Facilities

Homeless Services Network of Central FL
2828 Edgewater Drive
Orlando FL 32804
407-893-0133

Aspire Health Partners
4524 Thistledown Drive
Orlando FL 32804
407-291-6335

8400 La Amistad Cove
Fern Park FL 32730
407-332-1711

237 Fernwood Boulevard
Fern Park FL 32730
407-831-2411
407-321-HELP (ACCESS Center Hotline)

919 East 2nd Street
Sanford FL 32771
407-321-4357 (HELP)

Park Place Behavioral Health Care
206 Park Place Boulevard
Kissimmee FL 34741
407-846-0023

AIDS/HIV: Care Management

Aspire Health Partners
1405 W. Michigan Avenue
Orlando FL 32805
407-245-0020

Orange County Health Department
832 W. Central Boulevard
Orlando FL 32805
407-836-2680 • 407-836-2690

Osceola County Health Department
1875 Boggy Creek Road
Kissimmee FL 34745
407-343-2000

Seminole County Health Department
(Specialty Care Clinic)
400 W. Airport Boulevard
Sanford FL 32773
407-665-3291 • 407-665-3276

Alzheimer's and Dementia

Alzheimer's & Dementia Resource Center

715 Douglas Avenue
Altamonte Springs FL 32714
407-436-7750
Support and Hope for Caregivers
www.ADRCCares.org

Central Florida Brain Bank

Your brain donation is a priceless gift.
Call us; we are here to help.
Serving 21 Florida counties
407-436-7755
Direct Line for reporting a Registered Brain Bank
Participant Death: 407-646-9864
www.ADRCCares.org/BrainBank

**Case/Care Management/Assistance:
Battered Women Support**

Help Now of Osceola, Inc.
1000 West Emmett Street
Kissimmee FL 34741
407-847-8562

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-2985

700 Generation Point
Kissimmee FL 34744
407-846-8532

Community Clinics

True Health Center
2400 State Road 415
Sanford FL 32771
407-322-8645

Community Health Centers, Inc.
225 E. 7th Street
Apopka FL 32703
407-905-8827

Health Alliance Inc.
1210 E. Plant Street, Suite 400
Winter Garden FL 34787
407-877-4305

Primary Care Access Network (PCAN)
407-836-7226 Helpline/Hotline
407-836-PCAN (7226)

Seminole County Health Department
400 W. Airport Boulevard
Sanford FL 32773
407-665-3200 (admin.)

Shepherd's Hope, Inc.
Primary Care Access Network (PCAN)
407-876-6699

The Community After Hours Medical Clinic (PCAN)
2604 N. Orange Avenue
Orlando FL 32804
407-303-7298

CPR/First Aid Instruction

American Red Cross of Central Florida
5 N. Bumby Avenue
Orlando FL 32803
407-894-4141

CPR for Citizens
407-629-5183

Dental Care/Hygiene

Community Health Centers, Inc.
225 E. 7th Street
Apopka FL 32703
407-905-8827

Orange County Health Department
5449 S. Semoran Boulevard, Suite 19B
Orlando FL 32822
407-207-7290

Osceola County Health Department
1875 Boggy Creek Road
Kissimmee FL 34745
407-343-2000
Seminole County Health Department

400 W. Airport Boulevard
Sanford FL 32773
407-665-3200 (admin.)

132 Sausalito Boulevard
Casselberry FL 32707
407-665-3400

VA – Outpatient Clinic Medical Center–Dental Services
13800 Veterans Way, Lake Nona Clinic 3A/B
Orlando FL 32827
407-631-3000 • 407-646-5110

Diabetes Screening

True Health Center
2400 State Road 415, Suite 415-A
Sanford FL 32771
407-322-8645

Osceola County Health Department
1875 Boggy Creek Road
Kissimmee FL 34745
407-343-2000

Seminole County Health Department
400 W. Airport Boulevard
Sanford FL 32773
407-665-3200 (Admin.)

**Home Health: Licensed
Nurse Registry PrivateDuty/Private Pay**



■ CSI Caregiver Services Inc.

AT CSI, CARING COMES FIRST!
RNs, LPNs, CNAs, HHAs (1HR-24HR CARE)
Orange, Osceola, Polk, Seminole Counties
407-629-1141 Ext. 0 (ANSWERED 24/7)
NR30210956

Home Health Agencies: Licensed

■ Right at Home Orlando

In-Home Care and Assistance
7065 Westpointe Blvd., Suite 310
Orlando FL 32835
407-757-0981
www.seniorcareorlando.com

Hospice

AdventHealth Hospice Care Central Florida
407-682-0808

Cornerstone Hospice & Palliative Care
352-343-1341

Hospitals

Advent Health Lake Mary ER
950 Rhinehart Road
Lake Mary FL 32746
321-363-0400

AdventHealth Hospital: Altamonte Springs
601 E. Altamonte Drive
Altamonte Springs FL 32701
407-303-2200

AdventHealth Hospital: Apopka
201 Park Ave.
Apopka FL 32703
407-889-1000

AdventHealth Hospital: Celebration
400 Celebration Place
Celebration FL 34747
407-303-4000

AdventHealth Hospital: East Orlando
7727 Lake Underhill Rd
Orlando FL 32822
407-303-8110

AdventHealth Hospital: Kissimmee
2450 N. Orange Blossom Trail
Kissimmee FL 34744
407-846-4343

AdventHealth Hospital: Orlando
601 E. Rollins Street
Orlando FL 32803
407-303-5600

AdventHealth Hospital: Winter Park
200 N. Lakemont Avenue
Winter Park FL 32792
407-646-7000

Central Florida Regional Hospital
1401 West Seminole Blvd.
Sanford FL 32771
407-321-4500

Orlando Health: Arnold Palmer Hospital
92 W. Miller Street
Orlando FL 32806
407-649-9111

Orlando Health: Dr. P. Phillips Hospital
9400 Turkey Lake Rd.
Orlando FL 32819
407-351-8500

Orlando Health: Health Central Hospital
10000 W. Colonial Drive
Ocoee FL 34761
407-296-1000

Orlando Health: Orlando Regional Medical Center
152 W. Underwood Street
Orlando FL 32806
321-841-5111

Orlando Health: Osceola Regional Medical Center
700 W. Oak Street
Kissimmee FL 34741
407-846-2266

Orlando Health: South Seminole Hospital
555 W. State Road 434
Longwood FL 32750
407-767-1200

Orlando Health: Winnie Palmer Hospital for Women
83 W. Miller Street
Orlando FL 32806
321-843-9792

Orlando VA Medical Center
Lake Nona VA
13800 Veterans Way
Orlando FL 32827
407-599-1404 • 407-631-1000

Lakemont VA
2500 S Lakemont Ave
Orlando FL 32814
407-629-1599

Orlando VA
5201 Raymond Street, C134
Orlando FL 32803
407-646-5500

Kissimmee VA
Community Veterans Outpatient Clinic
701 Union Street
Kissimmee FL 34741
407-518-5004

Oviedo Medical Center
8300 Red Bug Lake Road
Oviedo FL 32765
407-890-2273

Poinciana Medical Center
325 Cypress Pkwy
Kissimmee 34758
407-530-2000

St. Cloud Regional Medical Center
2906 17th Street
St. Cloud FL 34769
407-892-2135

Insurance

■ Alliance Global Insurance Group

Fashion Square Mall
3201 E Colonial Dr Orlando FL 32803
407-499-1097
Health•Medicare•Life•Dental•Vision•Pet
www.alliancegig.com

■ Claudette M. Williams

Licensed Insurance Professional
Alliance Global Insurance Group
Direct: 407-401-2276
Health•Medicare•Life•Dental•Vision
InsurancePro365@aol.com

Medical Alert Systems/Emergency

■ myMED-id

407-265-0534
www.myMED-id.org
50PlusFYI.org/myMED-id
*Designed by local first responders to provide
personal medical information in emergencies*

Medical Equipment/Supplies

Stepping Stone Medical Equipment Bank
Donations Refurbished Free and For Sale
3711 Vineland Avenue
Orlando FL 32811
407-649-4100

Mental Health Care, Counseling, and Education

Aspire Health Partners
1405 W. Michigan St.
Orlando, FL 32805
407-245-0020

1800 Mercy Drive
Orlando FL 32808
407-667-1677

919 E 2nd Street
Sanford FL 32771 407-323-2036

237 Fernwood Boulevard
Fern Park FL 32730
407-831-2411

Florida Safety Council, Inc.
7800 S. US Hwy 17-92, Suite 100
Casselberry FL 32730
407-831-7200

427 North Primrose Drive
Orlando, FL 32803
407-896-1894

3501 W. Vine Street, Suite 124
Kissimmee FL 34744
407-846-2555

Lakeside Behavioral Healthcare
Princeton Plaza
1800 Mercy Drive
Orlando FL 32808
407-875-3700
Kennedy Plaza
434 West Kennedy Boulevard
Orlando FL 32810
407-875-3700

Lakeside Place Apartments
4524 Thistledown Drive
Orlando FL 32804
407-291-6335

Residential Plaza
4524 Thistledown Drive
Orlando FL 32804
407-291-6335

Mental Health Association of Central FL
1125 East Robinson
Orlando FL 32801
407-898-0110

National Alliance for The Mentally Ill – Greater Orlando
1800 Mercy Drive Suite 300
Orlando FL 32808
407-253-1900

Osceola County Health Department
1875 Boggy Creek Road
Kissimmee FL 34745
407-343-2000

Suicide Prevention Lifeline
407-273-8255

Veterans Suicide Prevention Hotline

National Suicide Line
1-800-273-8255 ext.
1-800-273-TALK (24-hour hotline)

7800 S. US Hwy 17-92, Suite 100
Casselberry FL 32730
407-831-7200

Nursing Homes: Licensed

Adventhealth Care Center Apopka North.(407) 880-2266
Adventhealth Care Center Apopka South.(407) 862-6263
Adventhealth Care Center Celebration.....(321) 337-7400
Adventhealth Care Center Orlando East...(407) 380-3466
Adventhealth Care Center Orlando North.(407) 975-3800
Apopka Health And Rehabilitation Center(407) 565-5990
Avante At Orlando Inc.(407) 671-5400
Avante At St. Cloud Inc.(407) 892-5121
Colonial Lakes Health Care(407) 877-2394
Commons At Orlando Lutheran Towers(407) 872-7088
Consulate Health Care At West Altamonte(407) 865-8000
Consulate Health Care Of Kissimmee.....(407) 931-3336
Conway Lakes Health & Rehabilitation Ctr(407) 384-8838
Courtyards Of Orlando Care Center(407) 299-5404
Delaney Park Health & Rehabilitation Ctr (407) 841-4371
Good Samaritan Society-Kissimmee Village(407) 846-7201
Guardian Care Nursing & Rehab Ctr(407) 295-5371
Health Central Park(407) 296-1600
Healthcare And Rehab Of Sanford.....(407) 322-8566
Hunters Creek Nursing And Rehab Center(407) 541-2600
Island Lake Center.....(407) 830-7744
Keystone Rehabilitation And Health Center
.....(407) 847-2854
Lake Mary Health & Rehabilitation Center(407) 805-3131
Life Care Center Of Altamonte Springs(407) 831-3446
Life Care Center Of Orlando(407) 281-1070
Lutheran Haven Nursing Home(407) 365-3456
Mayflower Healthcare Center.....(407) 672-1620
Metro West Nursing And Rehab Center...(407) 296-8164
Ocoee Health Care Center(407) 877-2272
Orchid Cove At Kissimmee.....(407) 847-7200
Orchid Cove At Longwood.....(407) 339-9200
Orlando Health And Rehabilitation Center(407) 843-3230
Palm Garden Of Orlando(407) 273-6158
Parks Healthcare And Rehabilitation Ctr.(407) 858-0455
Parkview Rehab Ctr At Winter Park.....(407) 628-5418
Plantation Bay Rehabilitation Center.....(407) 892-7344
Regents Park Of Winter Park(407) 679-1515
Rehabilitation Center Of Winter Park(407) 647-2092
Rio Pinar Health Care(407) 658-2046
Rosewood Health & Rehabilitation Ctr.....(407) 298-9335
Savannah Cove.....(407) 645-3990
Solaris Healthcare Lake Bennet.....(407) 523-0300

Solaris Healthcare Osceola.....(407) 957-3341
 Solaris Healthcare Windermere.....(407) 420-2090
 Terra Vista Rehab And Health Center.....(407) 423-1612
 Terrace Of Kissimmee The.....(407) 935-0200
 Terrace Of St Cloud The.....(407) 957-2280
 The Gardens At Depugh Nursing.....(407) 644-6634
 Tuskawilla Nursing And Rehab Center.....(407) 699-5506
 Village On The Green.....(407) 682-0230
 Westminster Baldwin Park.....(407) 621-4100
 Westminster Towers.....(407) 841-1310
 Westminster Winter Park.....(407) 647-4083
 Winter Garden Rehab & Nursing Ctr.....(407) 877-6636
 Winter Park Care And Rehabilitation.....(407) 671-8030

Organ Transplants

AdventHealth Hospital Transplant Institute
 2501 N. Orange Avenue, Suite 514
 Orlando FL 32804
 407-303-2474

TransLife
 1560 Orange Avenue, Suite 400
 Winter Park, FL 32789
 800-443-6667

Rehabilitation Agencies: Licensed

Ability Health Services And Rehabilitation
(407) 236-7155
 Brooks Rehab Center-Osceola.....
 Brooks Rehab Center-Waterford Lakes.....
 Cora Physical Therapy - University.....(407) 681-2520
 Cora Physical Therapy- Kissimmee.....(407) 870-5959
 Cora Rehabilitation Clinics - Lake Mary...(386) 774-4404
 Cora Rehabilitation Clinics - South Semoran.....
(407) 281-0228
 Genesis Rehabilitation Services.....(407) 324-7204
 Orlando Regional Rehabilitation Services.....
(407) 649-6888
 Select Physical Therapy.....(407) 352-3508
 Select Physical Therapy.....(407) 292-0073
 Select Rehabilitation Llc.....(407) 744-9193
 Tlc Rehab Inc.....(407) 278-7237
 Towers Rehab Services.....(407) 872-7088
 Vissers Physical Therapy Inc.....(407) 903-9444

Speech AIDS

FREE "Little Black Book"
e-Book Download
www.50plusFYI.org

Communication Disorders Clinic (CDC)
 12424 Research Parkway Suite 155
 Orlando FL 32826
 407-882-0468

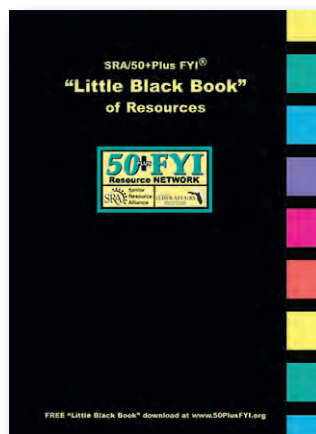
Support/Group: Quit Smoking/Tobacco

Central Florida AHEC

Tobacco Free Florida's
 Group Quit Cessation Program
 Free Support Groups in Quitting Tobacco
 Free Nicotine Patches, Gum or Lozenges
 www.ahectobacco.com
 1-877-252-6094

Vision Screening

Orange Blossom Family Health Center
 232 N. Orange Blossom Trail
 Orlando FL 32805
 407-428-5751



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 "Little Black Book" of
 Resources?

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407-265-0534

HOME & HOUSING RESOURCES

Adult Family Care Home: Licensed

Allegretti Carolyn	(407) 409-1441
Berry Johnetha	(407) 276-0189
Bort Aaron	(407) 580-9898
Bort Edith	(407) 719-0496
Bort Etta-Lynn	(407) 242-9297
Buissereth Nancy	(407) 690-9755
Collado Valentine	(407) 450-1193
Desroche Yolene	(407) 952-7397
Francis Joseph	(407) 295-1189
Francois Marie Denise	(954) 663-2760
Gavin Michele M.	(407) 301-8804
Guzman David	(407) 963-5084
Henry Marjorie N	(407) 270-4339
Hyppolite-Alphonse Lise I	(321) 948-8533
Jean Gerlyne	(407) 401-1353
Lacy Rosalyn	(407) 287-7149
Lora Cala Claudia P	(407) 733-1740
Love Lurine	(407) 352-5540
Mayes Vicky	(407) 416-2057
Meade Tennyson A.	(407) 322-4317
Merino Daysi	(407) 295-8872
Milard Chrisline	(407) 879-3996
Miller Marcia	(407) 219-4283
Pierre Marie	(407) 454-3158
Polydor Marie	(407) 413-4337
Ponce-Berenato Carmen	(347) 236-9151
Rene Paul Andre & Mona-Lissa	(321) 662-0040
Scott Vinnette	(407) 412-6007
Singh Reshma	(407) 491-5727
Sisson Ronald K	(407) 408-7853
Woolridge Thelma	(407) 678-1251

**To list your organization or
business in**

**“Little Black Book” of
Resources**

call 407-265-0534

or visit

www.50plusFYI.org

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**Tap Into
Everything 50+
in Central Florida!**

Assisted Living: Licensed



407-444-0122

www.oakmontevillage.com

■ Oakmonte Village Of Lake Mary

Cordova — Assisted Living & Memory Care
1021 Royal Gardens Circle
Lake Mary, FL 32746
407-444-0122
www.oakmontevillage.com

Home Repair

Housing & Community Development

City of Orlando 407-246-2708
Orange County.....407-836-5150
Osceola Council on Aging.....407-846-8532
Seniors First407-292-0177

Homeless/Housing: Financial Assistance Programs

Central FL Urban League
2804 Belco Drive
Orlando FL 32808
407-841-7654

Homeless Services Network of Central Florida
2828 Edgewater Dr
Orlando FL 37804
407-893-0133

Goldenrule Housing and Community Development, Inc.
417 East Second Street
Sanford, FL 32771
407-878-3759 (Administrative)

Osceola Christian Ministry Center
700 Union Street
Kissimmee FL 34741
407-944-9968

Seminole County Community Assistance
543 W. Lake Mary Boulevard
Sanford FL 32773
407-665-2360
407-665-2302

Housing: Low Cost Homes/Housing Units

Grand Avenue Economic Community Development Corp.
2803 W. Arlington Street
Orlando FL 32805
407-521-6335

4049 S. Orange Blossom Trail
Orlando FL 32839
407-447-1211

Salvation Army of Orange County/William Booth Towers
633 Lake Dot Circle
Orlando FL 32801
407-843-5533

Housing Assistance

Catholic Charities
407-658-0999

Center for Affordable Housing
407-323-3268

Coalition for the Homeless
407-426-1250

Fair Housing
407-836-5150

Florida Housing Search
1-877-428-8844

Forclosures
407-836-3111

HANDS of Central Florida
(Housing & Neighborhood Development Services)
407-447-5686

Healthcare Center for the Homeless
407- 428 5751
Homeless Services Network of Central FL,
407-893 -0133

Housing Rehabilitation
407-836-5050

HUD US Dept. of Housing and Urban Development
Subsidized Housing for Elderly
1-80-225-5342

Orange County Crises Assistance
407-836-6500

Orlando Union Rescue Mission
407-423-2131

Pathways to Care
407 388 0245

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www.50plusFYI.org

Housing Authority

Orange County Housing & Community Development
2211 Hillcrest Street
Orlando FL 32803
407-894-0014

Orlando Housing Authority
390 N. Bumby Ave.
Orlando, FL 32803
407-895-3300

Osceola County Housing Office
330 North Beaumont Avenue
Kissimmee, FL 34741
407-742-8400 Main

Sanford Housing Authority
94 Castle Brewer Court
Sanford, FL 32771
407-365-3621

Seminole County Housing Authority
662 Academy Place
Oviedo, FL 32765
407-365-3621 (Administrative)

The Center for Affordable Housing, Inc.
2524 Park Drive
Sanford FL 32773
suzannebrown@tcfah.org
407-323-3268 ext. 12

Winter Park Housing Authority
407-645-2869

U.S. Department of Housing and Urban Development —
Orlando Field Office
3751 Maguire Boulevard, Room 270
Orlando FL 32803
FL_Webmanager@hud.gov

Landlord/Tenant Dispute Resolution

Community Legal Services of Mid-Florida
315 Magnolia Avenue
Sanford FL 32771
1-888-379-4729 • 1-800-405-1417

Orange County Bar Association (Citizens Dispute)
880 N. Orange Avenue
Orlando FL 32801
407-422-4551

Mortgage Payment Assistance

Catholic Charities of Central Florida
1771 N. Semoran Boulevard Suite B
Orlando FL 32807
407-658-1818

Christian Service Center for Central FL
808 W. Central Boulevard
Orlando FL 32805
407-425-2523

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-2985

Salvation Army Orlando Metro Command
416 W. Colonial Drive
Orlando FL 32804
407-423-8581

Salvation Army of Seminole County
700 W. 24th Street
Sanford FL 32771
407-322-2642

Rent Payment Assistance

Catholic Charities of Central Florida
1771 N. Semoran Boulevard Suite B
Orlando FL 32807
407-658-1818

Christian Service Center for Central FL
808 W. Central Boulevard
Orlando FL 32805
407-425-2523

Jewish Family Services of Greater Orlando
2100 Lee Road
Winter Park FL 32789
407-644-2985

RESOURCE INDEX by Category



Resources listed in this “Little Black Book” are the most frequently contacted sources for products and services (government, nonprofit, and for profit) from our resource database created for the 50+ Central Florida community. To access the complete database, go to www.50PlusFYI.org and click on the “Little Black Book.”

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