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OFFICE OF THE MAYOR

Alvin Brown, Mayor



Dear Friends,

I'm pleased to present the 2013-14 *Jacksonville Senior Services Directory*, a project designed to better connect people in their golden years with the services and resources available in our great city. The City of Jacksonville publishes this annual guide for the benefit of seniors, their families and caregivers throughout the First Coast.

One of my top goals as mayor continues to be enhancing quality of life for seniors—a goal furthered by providing fun activities and comprehensive, detailed information about products and services. I hope you will find this guide to be useful in finding new ways to stay active in the community. Jacksonville offers a number of programs for seniors including the Forever Fit 50 & Beyond Senior Games, the Mayor's Holiday Festival for Senior Citizens and more.

You have contributed a lifetime of accomplishments to this city, a foundation upon which we are building Jacksonville's future. As mayor, I appreciate that and offer this guide to our city services as a heartfelt "thank you." The decades of hard work you have logged in our city keeps me focused on the greater mission we all share—to continue making Jacksonville the most vibrant hub of business and activity for our children and grandchildren.

Again, thank you for all you continue to do for Jacksonville.

Sincerely,

A handwritten signature in blue ink that reads "Alvin Brown".

Alvin Brown
Mayor



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A Letter from the Office of Special Events



Dear Citizens:

The City of Jacksonville is pleased, once again, to present the 2013-14 *Jacksonville Senior Services Directory*. This directory provides information on programs and services for seniors in the Jacksonville area.

Please keep this directory handy throughout the year. It is an excellent tool for locating city services, finding programs to support your lifestyle and other information you can use. The *Jacksonville Senior Services Directory* debuts each year at the Senior Expo in May. Throughout the year, you can pick up a copy at any Jacksonville Public Library or local senior center.

I hope you find this directory easy to use and helpful, as we are always looking for ways to improve the information we provide. We are continually grateful for the support of advertisers in this publication, who make it possible to distribute this directory at no cost. We are committed to providing you with services and programs that support successful aging.

If you have any suggestions for improving the *Jacksonville Senior Services Directory*, please fill out the evaluation form in the back of the directory and return it to us. We welcome your thoughts and suggestions.

We hope you will also take advantage of the many services for seniors that the City of Jacksonville has to offer including volunteerism, senior centers and special events.

Sincerely,

A handwritten signature in blue ink that reads "Mary L. Ferrell". The signature is fluid and cursive.

Mary Ferrell
Program Manager

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Senior Services Division



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Senior Services Division: Programs and Activities Especially for Seniors

The Senior Services Division provides services for Jacksonville's residents, which support successful aging and promote the realization of one's greatest potential. Various programs and activities provide for the safety and enjoyment of life. Volunteer opportunities and maximization of self-sufficiency ensure older adults can lead a life of independence and dignity to the greatest extent possible—in accordance with their wishes and desires.

Community and Senior Centers:

Some of the many activities offered to persons age 60 and above at our senior centers include cultural, social, educational and recreational programs, computer classes, exercise and dance classes, crafts, card games and sports. Free nutritional meals are served daily to all participants. Nutrition education programs are featured regularly at each center as well as fitness programs for seniors' health and wellness. Several locations schedule weekly dances, some with live bands. These facilities are also available for rental to the public for meetings, conferences, dinners, receptions and other private functions.

For more information about the variety of programs and activities awaiting you at our centers, call **630-3450**.

Visit us on the Web: www.coj.net/seniors

Community Outreach Program:

Are you looking for a speaker to present at your organization's meeting? The Senior Services Outreach Team provides presentations to nonprofits, private and social clubs, churches and civic organizations about programs, services and activities that are administered to older adults by the Senior Services Division.

There is no charge for this service. For more information or to schedule a presentation, call **630-3450**.

Community Outreach Coordinator
City of Jacksonville
Senior Services Division
117 West Duval Street, Suite 210
Jacksonville, FL 32202

Foster Grandparent Program (FGP):

FGP provides volunteer opportunities for seniors age 55 and above to serve as mentors, tutors, and caregivers to special needs and at-risk children. These services are performed at hospitals, youth centers, childcare facilities, schools and Head Start Centers. Eligibility guidelines include low-income individuals who are in good physical health and can provide a minimum of 15 hours of service per week. Tax-free hourly stipends are available for income eligible seniors.

For more information, call **630-5450**.



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Independent Living Program (ILP):

ILP administers the Respite for Elders Living in Everyday Families (RELIEF) and Senior Companion programs, which provide an average of four to six hours of in-home and center-based respite care at no cost to low-income families. These services assist to prevent premature institutionalization and elder abuse, allowing individuals to “age in place” in their own home and/or familiar environment.

For more information, call **630-0966**.

Retired and Senior Volunteer Program (RSVP):

RSVP volunteers age 55 and over make a difference in the community by participating in assignments at schools, hospitals, nursing homes or the military.

RSVP TaleTellers read to Duval County Public School pre-kindergarten and kindergarten children who come from disadvantaged families. TaleTellers are provided with training, reading techniques, child development, cultural diversity and other topics that increase their effectiveness. RSVP volunteers are vital to the daily operations of our senior centers assisting with meal service and other senior activities. Nearly 1,000 senior volunteers contribute more than 200,000 hours of service to the community annually.

For more information, call **630-0998**.

Jacksonville-Duval County Council on Elder Affairs (COEA):

COEA is a volunteer organization that advocates on behalf of seniors and promotes programs and policies designed to help the older adult population, that maximize opportunities for self-sufficiency and personal independence.

For more information, call **630-0543**.

Special Events/Special Programs for Older Adults (SPOA) Office of Special Events:

This program recognizes Jacksonville’s senior citizens as valued members of the community and looks to enable them to enjoy cultural, educational, social and recreational events. In 2012, more than 18,000 seniors participated in a variety of activities offered for seniors.

Annual events include:

Mayor’s Fish-A-Thon
Safety and Security Seminars
Senior Expo
Mayor’s Holiday Festival
Fun with the Suns
Legislative Forum
Mayor’s Walk for Senior Wellness
Brain Bowl
Senior Games
Mayor’s BEST

The program also produces the *Vintage Grapevine*, a quarterly publication distributed to seniors throughout the community and the *Jacksonville Senior Services Directory™*, the publication you are now reading.

For more information, call **630-7392**.

City of Jacksonville Sports & Entertainment



ALL PHOTOS COURTESY OF CITY OF JACKSONVILLE SPORTS

Whether it's world class soccer or the annual Florida-Georgia football game, the City of Jacksonville Sports and Entertainment is bringing a wide array of events to town.

This past year the Davis Cup, the U.S. men's and women's soccer teams, and the NCAA East Regional Track and Field Championship all came to Jacksonville. These events were complemented by Jacksonville's annually scheduled events, including the Gator Bowl, Florida-Georgia Classic, Florida-Florida State baseball game, The PLAYERS Championship, 26.2 with Donna, Monster Jam, the Gate River Run, and the debut of the Navy-Marine Corps Classic presented by Florida Blue.

Not only does Jacksonville host sporting events throughout the year, but it is also home to the NFL's Jaguars, the Arena Football League's Sharks, the Minor League Baseball's Jacksonville Suns, and the American Basketball Association's Giants, as well as NCAA Division I programs at University of North Florida and Jacksonville University.

In the next few years, Jacksonville will host the Florida High School Athletic Association Track and Field Championship, the NCAA East Regional Track and Field Championship, a Major League Soccer exhibition game, and the NCAA Men's Basketball Championship (second and third rounds will return in 2015).

These are just a small sampling of the events coming to town. With so many sporting events to choose from, Jacksonville is sure to have a game for every fan.

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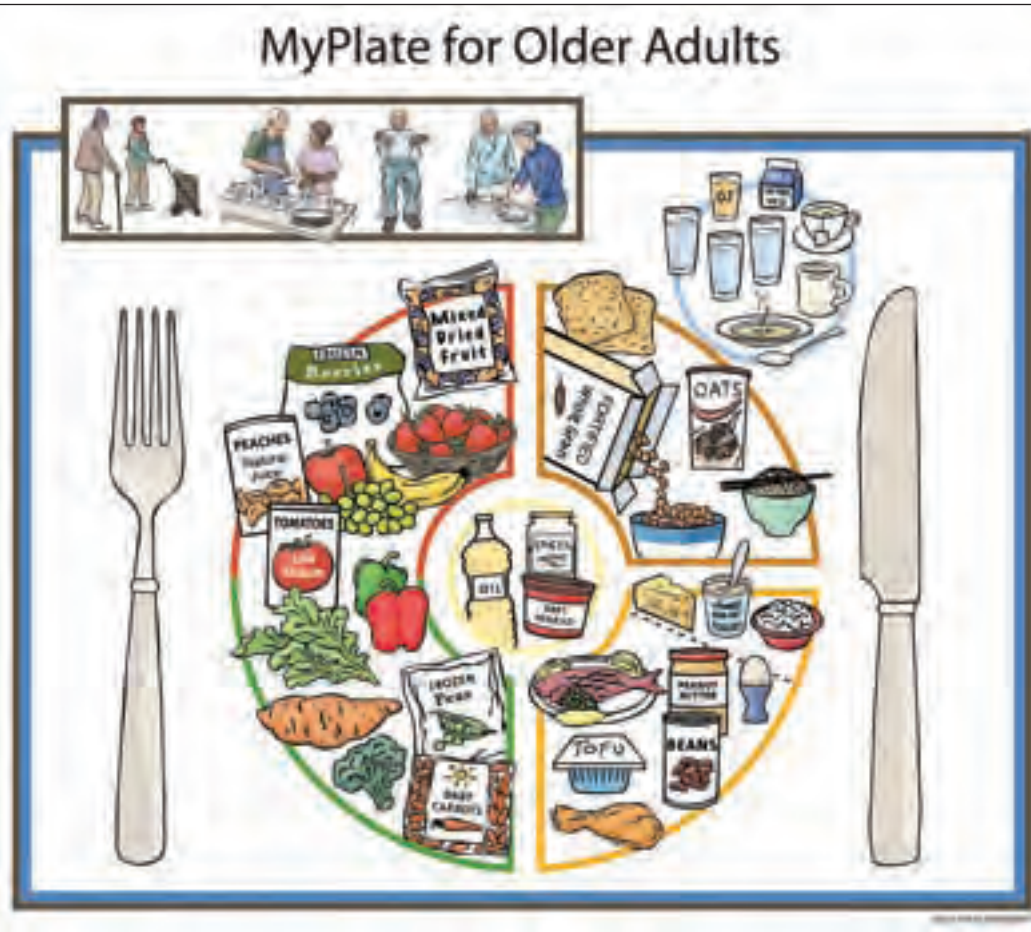
Eat Smart in a Lean Kitchen



*By Jon Vredenburg, MBA, RD, CSSD, LD/N
Community Dietitian, City of Jacksonville*

There are an abundance of choices in our food-frenzied marketplace, but always remember that good nutrition begins at home. Cooking meals for just one or two people can seem like a daunting task, with the potential for wasted food, but the reality can be much different. A properly stocked kitchen, with the right set of tools, can put you on track towards smarter eating.

First things first—ditch the ‘unitaskers.’ These are the kitchen tools that only have one useful function and will clog your cabinets. Rice cookers, ice cream makers and countertop apple corers are all items that take up too much room while offering little utility in return. Clearing out this kitchen clutter can prevent an early surrender when embarking upon your renewed cooking efforts. After the flour dust has settled, make sure you keep these items within arm’s reach:





1. Notebook: Although it is not a tool typically associated with cooking, a notebook can be used to write weekly menus. Set aside time each week to plan your meals and make sure your ingredient inventory levels stay up to par.

2. Microwavable containers and bowls: It is important to have storage containers that are microwave safe for rapid reheating. Heatproof glass or microwave-safe plastics are well suited for the task. The bowls can also be used for mixing.

3. Mesh strainer: The mesh versions offer more flexibility than plastic colanders, which typically have larger holes. The strainer can be used to rinse produce and canned foods, in addition to draining pastas and noodles.

4. Wooden spoons: These spoons are the best for several reasons. They do not transfer heat or scratch the surface of your pans. Wooden spoons also do not react with acids in foods like some metal spoons are known to do.

5. Measuring cups: If you are adapting recipes for a smaller audience, you may also need to make more precise measurements. Keep a set of measuring cups and spoons on hand at all times.

6. Non-stick pan: A 12-inch skillet offers a wide range of cooking flexibility. However, do not be fooled into overpaying for this piece of equipment since the protective coatings eventually diminish and food begins to stick, no matter the price tag. This tool may need to be replaced every two years.

7. Knives: These are often sold by the block, but you only need a few knives to cut a great deal of time from your preparations. Keep a chef's knife, a paring knife and a serrated bread knife front and center.

8. Cutting boards: The more the merrier as you should always use separate cutting boards for meats and produce. Wooden, plastic or bamboo are fine, just as long as you keep them clean and dry between uses.

9. Peeler: This quintessential time saver removes the skins of fruits and vegetables in seconds, rather than minutes. Look for peelers with a comfortable, non-slip handle so when the job is done you can give yourself a pat on the back.

10. Thermometer: You cannot tell meat is done just by looking at it. Use a probe thermometer to make sure harmful bacteria has been destroyed by cooking meat to a safe internal temperature.

Lastly, when evaluating nutrition advice always consider the source. Consult with a registered dietitian (R.D.) for professional and individualized suggestions that will make a difference for you.

Protecting Yourself from West Nile Virus

There are currently three major types of encephalitis of concern in Duval County—Eastern Equine Encephalitis (EEE), St. Louis encephalitis (SLE) and West Nile virus (WNV). Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. In recent years, Jacksonville has seen an increase in human WNV cases. This virus is a mosquito-borne disease that usually results in a mild infection; however, it can result in severe illness. Encephalitis is transmitted by the bite of a mosquito that becomes infected with the virus. Mosquitoes become infected by feeding on birds that carry the encephalitis virus. Infected mosquitoes can then spread the virus to humans and animals when they bite. According to the Center for Disease Control (CDC), anyone can become infected with WNV, however, people with weakened immune systems and those over the age of 50 are at higher risk for developing more serious symptoms when infected.

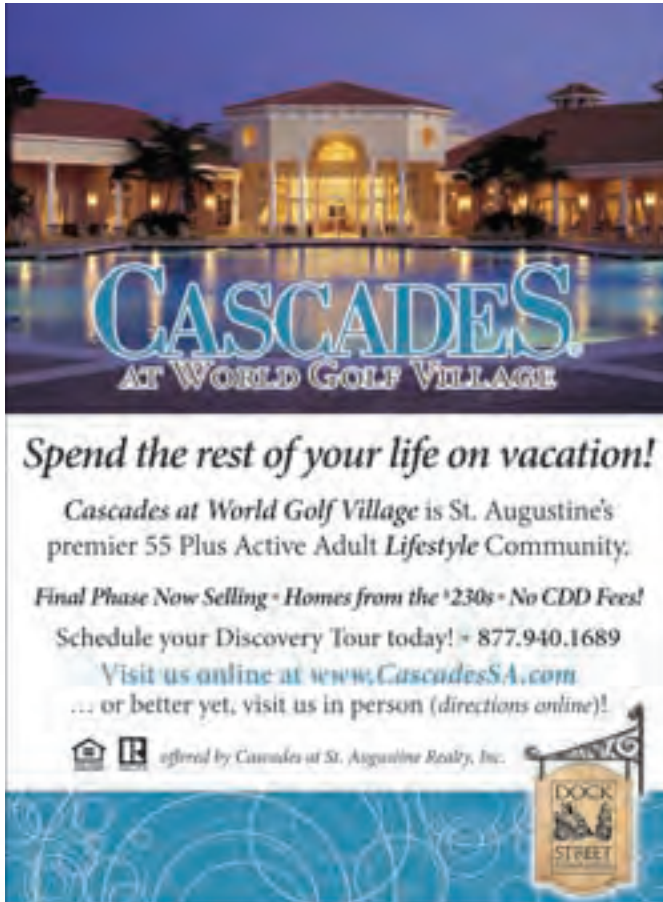
The easiest and best way to avoid WNV is to prevent mosquito bites. When you are outdoors, use insect repellents containing an EPA-registered insect repellent. Follow the directions on the package. Good products include one of the following ingredients: DEET, Picardin (KBR 3023), IR3535 or oil of lemon eucalyptus. Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours. Make sure you have good screens on your windows and doors to keep mosquitoes out. If you find any holes, have them repaired. Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly.

For more information on mosquito-borne diseases, refer to the CDC website at www.CDC.gov, which provides information on encephalitis, SLE, EEE and WNV, or call the Duval County Health Department Epidemiology unit at **253-1850**.

For additional information on Jacksonville Mosquito Control operations or to request service, call **630-CITY (2489)** or visit www.coj.net/mosquito to learn more about:

- Frequently asked questions
- Treating for mosquitoes
- Mosquito-borne diseases
- Common mosquitoes in Jacksonville
- Tracking ground and aerial treatments

Information for this article came from the CDC website and the Duval County Health Department.



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The Animal Care and Protective Services Division ensures that animals are properly treated and controlled. For many residents, its most important function is to serve as a source for healthy, adoptable pets. The division implements and enforces laws, regulations, codes and procedures concerning the treatment of domesticated animals.

Our employees consist of administrative personnel, animal control officers, kennel staff, vet technicians and veterinarians—all who want our dogs and cats to be adopted. (We receive approximately 20,000 per year.)

While our dogs and cats are here, we want them to feel as comfortable as possible. Animals are fed and kennels are cleaned once a day. The dogs have Kuranda beds to sleep on and Kong dog toys to play with. The cats have toys and are given towels and beds to cuddle with as well.

Our objective is to find a home for every single dog and cat we receive. We strive to ensure animals placed in homes are adoption-friendly and have the potential to become a valued addition to the family.

Regular Adoption Fees are:

Puppies under 3 years old: \$80

Cats under 1 year old: \$60

Cats more than 1 year old: \$20

All dogs and cats 3 years and older: No adoption fee
Pets adopted by seniors 65 and older are FREE

The adoption fee includes heartworm screening, spay/neuter, microchip, initial checkup and shots (includes rabies vaccine—see below). A \$20 animal license fee is required at the time of adoption for animals at least 4 months old.

Adoption requirements ensure each animal is placed in an appropriate home; we screen potential adopters during the application process. The basic requirements are as follows:

- Adopter must be 18 years of age or older.
- A photo ID is required.
- Proof of current rabies and city license must be provided for any animals currently in the household.
- If the property is not owned by the adopter, approval is required by the property owner.

Pets can also help improve our health. They may lower blood pressure, help people with Alzheimer's, help lower stress and more. This may be why people have their dog "Pet Therapy" registered or certified before going into nursing homes and other related facilities.

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Office of Special Events



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Join Us!

The City of Jacksonville Office of Special Events invites you to be part of the many events offered each year in Jacksonville. All events are either free or of minimal cost and every event is handicap accessible.

World of Nations Celebration

Travel the world without ever leaving Jacksonville during the 21st Annual World of Nations Celebration at Metropolitan Park. May 2 through 5, more than 30 countries will be on display showcasing culture, entertainment and cuisine. This international festival allows visitors to experience diverse regions and populations that live in Jacksonville. Highlights of the World of Nations Celebration include a Naturalization Ceremony, International Showcase and the Parade of Flags. With an emphasis on education, this is surely an event for every generation.

Jacksonville Jazz Festival

The Jacksonville Jazz Festival brings a blend of the most talented national and local performers in the jazz community to the First Coast. The well-known festival is a four-day event that takes place over Memorial Day weekend, May 23-26. The festival includes music, art and culture that are sure to entertain all ages. Various venues in the heart of downtown include the Florida Theatre, Main Street, Hemming Plaza, the Jacksonville Landing and more. Admission is free for most performances and activities. The festival kicks off on Thursday, May 23

with the Jacksonville Jazz Piano Competition, where five talented jazz pianists compete for cash prizes and the chance to perform during the festival. Other activities include Art in the Heart Downtown—art show and craft sale, Youth Jazz Talent Competition, Sunday Jazz Brunch and much more.

Martin Luther King, Jr. Breakfast

Each January, the City of Jacksonville honors the life, legacy and service of Dr. Martin Luther King, Jr. during the annual Martin Luther King, Jr. Breakfast. The event, held at the Prime Osborne Convention Center, brings together members of the community in a long standing tradition. This remarkable ceremony highlights the community service aspect for youth with the Tomorrow's Leaders Program, incorporating an essay component on service, leadership and stewardship.

Veterans Day Parade

Join the City of Jacksonville on Nov. 11 as we honor our veterans and show them our gratitude for their services. With more than 4,000 participants, Jacksonville's Veterans Day Parade is one of the largest in Northeast Florida. The 2013 parade will build on last year's success with military units, marching bands, decorative floats, giant balloons, JROTC units and more. Thousands of spectators line the streets to show their support for the brave men and women who protect our country.

Military Affairs, Veterans & Disabled Services

Military Affairs, Veterans and Disabled Services: Providing Services to our Local Community

The Military Affairs, Veterans and Disabled Services Department provides vital services to a population of active duty military, veterans and disabled communities that comprises more than 275,000 citizens.

Military Affairs, Veterans and Disabled Services (MAVDS) performs the following major functions:

First, we are an advocate for the expansion of military infrastructure, personnel and jobs within the City of Jacksonville and throughout Northeast Florida. The department annually manages multiple grants that support the infrastructure and environment around our community's military bases. The department team works closely with military, business, community and elected leaders at the local, state and national levels to deliver a compelling message that Jacksonville is the most military and veteran-friendly city in the United States, and that Jacksonville is strategically important to the security posture of the nation.

Second, the MAVDS department is committed to delivering timely and competent services to our large and growing veteran community. The MAVDS staff is ready to assist veterans, their survivors and caregivers who seek access to pensions, health care, disability ratings, GI Bill and other earned benefits. MAVDS also provides career assistance, housing opportunities, training and social services to homeless veterans that reside in Duval County.

Third, the MAVDS department serves citizens with disabilities, through the Americans with Disabilities Act (ADA) compliance and enforcement, in addition to providing information and referral services, special events and training. The Disabled Services

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office plays a key role ensuring that all city services and programs are accessible to people with disabilities while also providing informal guidance and resources as it relates to accessibility and ADA to the private sector.

Fourth, the MAVDS department oversees and maintains a Jobs-For-Vets website, a recently launched initiative by Mayor Brown designed to connect job seeking veterans to veteran-friendly employers in the City of Jacksonville and throughout Northeast Florida.

For more information, contact Military Affairs and Veterans at **630-3680** and Disabled Services at **630-4940** or visit our website, www.coj.net.

Questions About Property Code Enforcement?



ALL PHOTOS COURTESY OF PROPERTY CODE ENFORCEMENT

The Municipal Code Compliance Division (Property Code Enforcement) enforces Chapter 518 - Property Safety and Maintenance Code, and Chapter 656 - Zoning Code, which address:

- Nuisance conditions—overgrowth, weeds, trash, debris, etc.
- Property maintenance and housing safety
- Unsafe structures
- Junk and abandoned vehicles
- All zoning-related violations

The City of Jacksonville acknowledges the need to enforce a certain level of property maintenance and ensure a reasonable quality of life for the city's residents and neighborhoods. Citizens play an integral role in keeping our community attractive, clean and safe. Through education and awareness, we may all contribute to making Jacksonville the best city in which to live, work and raise a family.

Most common violations cited by the Municipal Code Compliance Division:

- Junk (inoperable) and/or abandoned vehicles (expired tags or missing license plates)
- Accumulation of garbage, rubbish, trash and/or debris
- Unsafe buildings/structures
- Substandard exterior or interior conditions at residential or commercial buildings
- Excessive growth of weeds, grass and/or noxious vegetation
- Potentially dangerous dead trees and/or limbs on privately-owned properties

- Conditions that may breed or harbor insects or rodents
- Unmaintained swimming pools
- Dangerous or deteriorated electrical fixtures, wiring or devices
- Fences, gates or accessory structures in disrepair
- Structural deterioration, rotten wood and/or peeling paint
- Improper stacking or storage of materials
- Unsanitary conditions
- Failure to maintain minimum residential and commercial standards
- Zoning—unpermitted land use
- Zoning—parking of commercial vehicles on residential property
- Zoning—inadequate off-street parking
- Zoning—operating a business in a residentially-zoned area



Unsafe Structures

The Property Safety and Maintenance Code authorizes the Municipal Code Compliance Division to condemn any structure that is structurally unsound and/or unsafe. If necessary, the city may take action to demolish the structure. Failure by owner(s) to correct violations may result in referral of the owner to a special magistrate for prosecution, which may result in property fines and/or demolition by a city contractor.

Nuisance Property Conditions

High grass, trash and/or debris on vacant lots, and vacant, open or unguarded structures constitute nuisance violations. Failure to correct violations of this section may result in removal of violations or board-up of an open structure by a city contractor (abatement) with subsequent costs placed on the property (liens). In addition, repeat violations may also result in a referral of the owner to a special magistrate for prosecution and possible subsequent fines.

Junk/Abandoned Vehicles

“Junk vehicles” are defined as inoperable vehicles, which threaten or endanger public safety or welfare; create a blighting influence upon the neighborhood where the vehicle rests; or are, or may reasonably become, infested or inhabited by rodents, vermin or other animals, or may furnish a breeding place for rodents, vermin or animals.

“Abandoned vehicles” are defined as vehicles that do not bear a license plate, or on which the displayed license plate is invalid, unless said vehicle is stored within a completely enclosed building, on a bona fide sales lot, or on an automobile storage or wrecking yard, which threaten or endanger public safety or welfare; create a blighting influence upon the neighborhood where the vehicle rests; or are, or may reasonably become, infested or inhabited by rodents, vermin or other animals.

“Inoperable,” when referring to a vehicle, means the vehicle is incapable of being immediately driven, moved or pulled in the manner for which it is intended or designed.

Zoning

The Zoning Code regulates the use of land and buildings. The following items are examples of common Zoning Code issues frequently enforced by the Municipal Code Compliance Division:

- No fence or wall in excess of eight feet in height shall be permitted in a residential district and further, no fence in excess of four feet in height shall be permitted in a required front yard in a residential district.
- No person shall sell or conduct the sale of household or personal property, not including animals, in a residential district for more than 10 days during a calendar year.
- The following vehicles shall not be parked in off-street parking lots; in access to highways; on private property in a residential district; or in the CO, CRO, CCG-1 or CN districts, or on any public right-of-way in a residential, CO, CRO, CCG-1 or CN district:
 1. Heavy trucks and truck tractors for commercial use
 2. Motor vehicles equipped with machinery
 3. School buses
 4. Commercial wreckers
 5. Hearses
 6. Ambulances
 7. Passenger vehicles for ten or more persons
- Non-conforming land use in a residential area is not permitted or permissible by exception through the Planning and Development Department.

CPACs - A Resource in Your Community



Jacksonville's more than 500 neighborhoods are divided into six planning districts, each with a Citizens Planning Advisory Committee (CPAC). The primary purpose of the CPAC is to maintain open and effective communication between Jacksonville residents, businesses, neighborhoods, community organizations, educational institutions and city government.

Neighborhoods:

The Neighborhoods Department provides assistance to the CPACs. For more information about meetings or membership, please contact:

District 1 Urban Core	255-8236
Marilyn Fenton-Harmer	
District 2 Greater Arlington/Beaches	255-8261
Rosemary Wesolowski	
District 3 Southeast	255-8261
Rosemary Wesolowski	
District 4 Southwest	255-8260
Mary Beth Ridderman	
District 5 Northwest	255-8236
Marilyn Fenton-Harmer	
District 6 North	255-8260
Mary Beth Ridderman	

CPACs Intent:

- Identify local concerns and offer solutions
- Make recommendations on major city plans, projects and programs

Effective government requires meaningful citizen participation. Broad-based public involvement in planning, land use, zoning, transportation, community services, economic development,

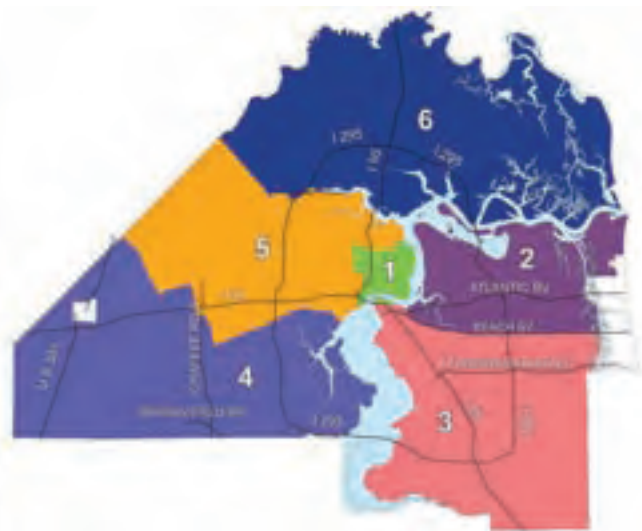
recreation, schools, police and public safety are absolutely essential. Citizens of any neighborhood within a planning district may attend meetings to learn more about issues affecting their community.

Membership:

Members are volunteers who must live, work or have substantial interest in the district they serve. Nominations for members come through the city's Housing and Community Development Division from homeowners associations, neighborhood organizations, businesses and other groups.

From Mayor Alvin Brown:

"In a city as large as Jacksonville, one of the most important avenues for contact between citizens and government is the city's six CPACs. I rely on the CPACs to learn about community issues important to residents that will allow me to make well-informed policy decisions. The CPACs let me know truly what the residents' needs are through our established lines of communications between citizens and government. Input from the CPAC has influenced many positive changes in Jacksonville's neighborhoods and has assisted in the ways the city does business. I am grateful to the volunteers who serve on our CPACs and look forward to continue working with the residents to best serve the needs of our city's neighborhoods."



AgeWell's New Concept in Health Care



Maybe it's making it to weekly lunch with old friends from your neighborhood, or watching your grandchildren play soccer on a Saturday morning. Whatever the activity, it's difficult for seniors, physically and psychologically, when their health starts to prevent them from doing the little things they enjoy the most.

In many cases, seeing a geriatrician who is specially trained in the health issues seniors face as they age can make enough small changes to get your health back on track.

At the Baptist AgeWell Center for Senior Health, patients have the luxury of an interdisciplinary team that includes a geriatrician, pharmacist, mental health provider, dietitian, care coordinator and rehabilitation therapists. This system assesses the whole person's needs rather than focusing on treating a specific medical condition, and the patient's health and personal goals are the foundation of care.

The first patient visit is a complete geriatric assessment—a comprehensive evaluation of all the physical, psychosocial and environmental factors that can affect the health and wellness of older adults. The average AgeWell patient is 82 years old and is on 12 different prescription medications. The clinical pharmacist can make tremendous improvements in a person's life by simply adjusting medications and removing some that may not be necessary or that are duplicative. Changes can even be as basic as moving the time a patient takes a diuretic so they won't have to get up several times during their Thursday morning card game.

After the visit, members of the interdisciplinary team meet to discuss the needs and, most importantly, the goals of the patient. Based on the findings of the geriatric assessment, an integrated care plan is developed and a care coordinator, who is a qualified social worker, works with the patient. The care coordinator also works with the patient's family, primary care physician and the rest of the multidisciplinary team to implement the plan.

The care plan also incorporates a Health Passport, which includes prescription history and reminders for various milestone tests. Patients are encouraged to bring the passport to all of their medical encounters, not only to record the new events, but also to provide history to those delivering care.

AgeWell is available to patients 65 or older with multiple or complex issues affecting their daily life. Some of the more common issues include:

- Memory loss
- Decline in function or ability to care for oneself
- Multiple ER visits or unplanned hospitalizations
- Multiple prescribed medications
- Diagnosis of multiple diseases or conditions
- Compromised caregiver support

Having a clear care plan directed by a geriatrician can improve a senior's health and functional independence, as well as improve access to care for routine examinations and appointments.

Referrals to AgeWell Centers may be made directly by the patient or family, or by the primary care physician. To make referrals or learn more about AgeWell Center for Senior Health, please call **202-4AGE (4243)**.

Seniors vs. Crime



The Jacksonville Sheriff's Office (JSO) has been working with the Attorney General's Office to help prevent seniors from being the victims of fraud. The Seniors vs. Crime Project educates Florida seniors about economic crimes, frauds and scams, and rights civil wrongs perpetrated by cheats, including deceptive contractors, repairmen and car dealers. Seventeen senior volunteers work with members of the Jacksonville Sheriff's Office to address various issues.

The volunteers in Duval County work in three JSO substations:

- **Zone 2 – 9501 Regency Square Boulevard**
- **Zone 4 – 3726 Blanding Boulevard**
- **Zone 6 – 936 Dunn Avenue**

In 2011, Seniors vs. Crime in Duval County assisted 92 seniors with advice to solve their own civil issues; assisted 51 seniors with complaints resulting in more than \$300,000 in the return of money and/or services; aided law enforcement by referring cases that led to four arrests; and referred one case to the Federal Bureau of Investigation (FBI) and another to the Attorney General's Office. All in all, the volunteers put in 926 hours of service.

The Seniors vs. Crime Project traces its roots back to 1989, when the Florida Legislature ordered a task force to be formed to report on crimes against the elderly. Through a series of public meetings and surveys, it was discovered that the elderly were being targeted by scammers, subjected to sales fraud and deceived by false advertising.

Seniors are very willing to assist law enforcement in fighting crime. A member of the task force, Vern Thornton, is credited with creating the Seniors vs. Crimes Project, which was implemented by the Florida Office of the Attorney General, and trains seniors in the various ways they can both assist law enforcement and prevent other senior citizens from being victimized.

Volunteers with this program, called Senior Sleuths, are the eyes and ears of law enforcement. A Sleuth can observe a bad practice and report through a chain of command to the Attorney General's Office, usually by email. Their work includes simple tasks as well as more complicated undercover stings, which capture salespeople utilizing high-pressure tactics and engaging in false and deceptive practices. An example is the use of undercover Senior Sleuths to assist the Florida Department of Law Enforcement with deceptive practice cases against water treatment companies in the Tampa area.

There are two primary educational programs—Florida Seniors Against Investment Fraud (FSAIF) and Senior Medicare and Medicaid Patrol (SMMP). FSAIF teaches seniors how to avoid becoming victims of financial fraud. SMMP educates seniors on how to read medical billings, identify questionable charges and procedures and teaches seniors who to contact about their suspicions. And there are other education programs, such as how to watch for identity theft.

Statewide, the Seniors vs. Crime Project volunteers worked 2,425 cases, resulting in the following:

- 588 cases were determined to be unworkable
- 1,416 were minor cases, where assistance was provided
- 520 cases were resolved
- 485 cases resulted in the recovery of money, with a total of \$623,071 returned to seniors
- Services were arranged at a value of \$1,656,811 (non-cash resolutions, such as new paint on a defective paint job)
- 123 referrals to law enforcement (instrumental in nine arrests)
- 429 educational presentations conducted
- 35,470 volunteer hours contributed
- 206 clients referred to other agencies for assistance

The Seniors vs. Crime Project is funded primarily by settlements reached by the Florida Attorney General with companies who have been investigated for defrauding the elderly. No tax money is involved.

Seniors vs. Crime is always looking for clients who need help and volunteers who can provide that help. Volunteers are trained and supervised by manager volunteers for each office. Contact the Seniors vs. Crime Project in Jacksonville by calling JSO's Zone 2 Substation at **721-6516** or the Zone 6 Substation at **696-4335**, or by visiting www.seniorsvscrime.com.

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JaxParks - Connecting People with Parks



Connecting people with parks—that's the goal of Mayor Alvin Brown's People+Parks Connection. To do that, the mayor and JaxParks are working hard to make Jacksonville's park system one of the best in the nation.

Since taking office in July 2011, Mayor Brown introduced 24 newly-designated kayak launch sites, improved dozens of miles of trail within preservation properties, and focused efforts to reduce accidental drowning in Jacksonville by promoting Waterproof Jacksonville, an initiative that emphasizes water safety and the importance of learning to swim. Other efforts include restructuring the parks and recreation department to provide more efficient and effective operations such as faster responses to park maintenance issues and the development of more creative programming activities.

What does this all mean for Jacksonville's older adults? It means more opportunities and better facilities for improving physical fitness, enjoying quiet time, connecting to nature and socializing with people of all ages.

Here are just a few of the multitude of opportunities awaiting you in JaxParks:

- Structured and non-structured activities in parks, pools and recreation centers
- Fitness activities including tennis, walking, swimming, flexibility, step aerobics and aqua aerobics
- Outdoor exploration along walking, biking and equestrian trails
- Creative expression through art and dance classes
- Non-structured fun with close to 400 parks, picnic areas, leisurely walking paths, water access areas, benches and more

JaxParks lets you take advantage of living in a city surrounded by water. Access the St. Johns River and Intracoastal Waterway through JaxParks' boat docks and kayak launch sites, enjoy the beach at Hanna and Huguenot parks, or fish on the pier at designated sites like Bethesda Park and others throughout the county.

Jacksonville has the largest urban park system in the nation with extensive preservation parks, water access and active recreation sites. We also have a friend and visionary leader in Mayor Alvin Brown, who recognizes how much more we can be—for our city, for our residents, and for you.

For more information about JaxParks, call **630-CITY**, visit online at www.jaxparks.com or keep up with the latest happenings by watching JaxParks TV online at www.jaxparkstv.com. You can also stay connected with us on Facebook, Twitter, Pinterest and YouTube.

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Environmental Protection Board

The Environmental Protection Board (EPB) was established foremost as an enforcement body for environmental matters in Duval County. The EPB receives its authority from Chapter 73, Ordinance Code, and Chapters 360 et sequence, Ordinance Code. The board develops regulations necessary for administration and enforcement of the city's environmental laws. It conducts investigations of complaints, takes testimony in matters under its jurisdiction and provides a hearing platform for environmental matters within the city. The board works very closely with the Environmental Quality Division of the Neighborhoods Department. This division is the operational arm of environmental regulation within the city.

In carrying out its responsibilities, the board cooperates with all federal, state and local agencies, as well as with groups interested in the field of environmental quality control, to improve the regulation, administration and enforcement of the environmental quality of the city. Holding public hearings, arranging programs with speakers who are experts in the field of pollution control, water supply and conservation, and studying environmental quality control programs in other areas are also essential for the board to carry out its scope of duties as established by Chapter 73, Ordinance Code.

Although many of the functions of the EPB are regulatory in nature, the EPB is charged with educating citizens regarding environmental matters. To this end, the EPB developed an extensive public outreach program that includes sponsoring environmental conferences, being very involved in the local Earth Day Jax Committee and other environmental events annually. The EPB is also involved in sponsoring two free environmental education days at the Museum of Science and History; sponsoring a county-wide Earth Day Poster Contest for all school children in Duval County; and making presentations to school groups from Pre-K through college students and all types of community organizations.

Environmental Protection Board Members:

Steven Jenkins, Chair
Michelle Tappouni, Vice-Chair
Gary Bowers, M.D.
Tony Bellamy, P.E.
Lucinda Sonnenberg, Ph.D.
Nick Howland
Bobby L. Baker, P.E.
Michelle L. Mahoney, P.E.

The members of the board are appointed by the Mayor and City Council for four-year terms. They are chosen to represent business and industry, conservationist organizations, professional engineers, the medical profession and the general public.

Regular board meetings are typically held on the second Monday of the month at 5 p.m. at 214 North Hogan Street, 5th Floor, Conference Room West.

Most of the routine assessment of operations and enforcement actions are carried out first in standing committees of the board, which meet at least once per month.

The Water Committee meets on Monday during the third FULL week of the month at 4:30 p.m.

Bathtub Restoration: Things to Consider

By John Ancona

Bathroom Remodeling Consultant

If you're looking to update or change your bathroom tub or shower area, here are some important points to consider.

Acrylic vs. Tile

Various forms of tile and grout have long been the standard product used for most bath and shower areas. Although tile and grout offer choices for consumers like colors, shapes and designs, these few attributes only last for a short time before the real problems appear.

Tile and grout materials are porous in nature, and even if a sealant is used, it will only last temporarily before needing to be reapplied—which most people don't take the time to do. Mold, mildew and soap scum are just a few of the surface problems that occur on porous materials. These problems force you to clean with abrasive or toxic chemicals, only to frustratingly have it return over and over again. As a result of using harsh or abrasive chemicals, you're actually causing the grout to deteriorate even faster, thus creating a larger issue—holes or penetrations in the grout lines.

This condition most commonly occurs without being noticed because even a very small hole in the grout will easily allow water to seep through to the drywall or wood stud structure area behind the tiles. Usually, the homeowner does not realize this problem until wall tiles become loose or fall off into the tub or shower area. Damage occurring at this stage is usually beyond minor repairs. A complete tear-out and rebuild of the wall area is required, which is a very expensive repair and usually takes several days or weeks to complete.

Fortunately, these problems can largely be avoided by choosing an acrylic bathtub. Acrylic bathtubs and seamless wall liners allow you to keep your existing tile and tub in place—assuming it is not damaged as described above. Acrylic bathtubs and showers can also be installed in new construction projects or in place of traditional tile and grout for damaged areas. Acrylic that is manufactured from raw materials with an acrylonitrile butadiene styrene (ABS) backing is ideal, and should measure one-quarter inch thick for bathtubs or shower bases and one-eighth inch thick for seamless wall liners.

Acrylic products offer several immediate, yet long lasting, benefits to the consumer and to the environment, including:

- Acrylic saves consumers money and time. Consumers do not have to remove existing products, which eliminates lengthy downtime, dust, debris, noise and frustrations associated with traditional retiling projects.
- Acrylic products can typically be installed in only one day, getting you and your bath area, back in business faster.
- Using acrylic liners avoids adding to already overcrowded landfills, helping to keep the environment much greener and safer for generations to come.
- Acrylic is a great thermal insulator and maintains water temperature longer, allowing you to enjoy extended bathing times.
- Acrylic is non-porous, which means soap scum, mold and mildew will not form on the surface. Keeping acrylic clean can be as simple as using vinegar and water or other non-abrasive cleaners.
- Acrylic won't crack, peel, fade, chip or discolor, so your bath area will look and perform like new for many worry-free years.
- Acrylic products are offered in a wide variety of tile patterns, textures and colors, which make this truly unique product even more appealing to consumers.

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Don't take baths any more? Not to worry—there is another option to consider. Replacing the bath tub with an acrylic freestanding shower or low threshold wheelchair accessible shower are two options available.

Typical items to consider when converting a bath tub to a shower include adding safety grab rails in strategic locations for easy ingress and egress or a fold-up acrylic seat for convenience and safety while in the shower. Additionally, a handheld shower head with slide bar allows each user to customize his or her shower by placing the shower

head in a variety of positions, or removing it from the slide bar to apply water pressure in trouble spots of the body. Lastly, adding acrylic accessories such as corner shelves, soap dishes and towel bars maximizes the convenience of your new space. Acrylic and accessory items are color matched and positionable to your specific needs.

There are many options to explore during a bath remodeling project. Understanding both the short and long-term pros and cons of available products will ensure that you make the right decision for your home.

Get Moving Towards Mobility

By Aloise Schmitt

Get Moving Towards Mobility

According to the 2010 census, of the 40.3 million Americans age 65 and older living in the United States, nearly 3.3 million are Florida residents. For many of these senior citizens, decreased mobility is an obstacle that impedes daily activities and can lead to a sense of lost independence. The good news? If mobility is something that you struggle with, you will be happy to know that there are things you can do—and things being done by others—to help you literally move towards better days.

Mobility Exercises

We all know exercise is good for us, and that doesn't change as we age. Physical fitness is extremely beneficial for seniors who are trying to maintain or regain mobility. Simple tasks like stretching and walking can warm up your muscles and get your body moving and, if desired, can prepare you for more intense exercise. Swimming comes highly recommended for seniors, as increased buoyancy minimizes the risk of injury while still providing a great workout. Less strenuous activities that can get your blood flowing include yoga or mild aerobics. But remember, everyone is different, so hydrate, know your limitations and be sure to consult with your doctor about the type of exercise that works best for you.

Assistive Devices

Even with consistent exercise, some seniors may require additional help to get around. Assistive devices such as canes, walkers, wheelchairs and scooters, among others, are commonly used to aid mobility for seniors. Research companies and manufacturers are continuously working to create or redesign existing products to ease ambulation for the mobility impaired.

For example, those who need assistance walking might opt for a more basic product, like a cane or a walker. But even these simple tools range in complexity, and creative individuals are coming up with ideas on how to make them safer and easier to use. Walkers with handgrip sensors that activate automatic brakes and motor-powered telescoping canes that assist in standing up and sitting down are among the ideas and innovations that have emerged in assistive technology in the last 10 years. If you are only able to walk a short distance at a time, the wide range of scooters and wheelchairs (manual or electric) that are available allow you to maintain your independence while staying seated. Assistive devices continue to be improved and perfected, so talk to your doctor about finding the device that will help with your individual needs.

How Others are Helping

Even with these tools, it can be hard to feel independent and accomplish daily tasks when public facilities and businesses don't consider mobility issues in their designs and operations. Fortunately, many companies are taking strides to ensure that seniors and others with mobility challenges are able to shop and move about comfortably. Slopes, wheelchair ramps and automatic doors have become common in virtually all public spaces, and most airports and large department or grocery stores have wheelchairs or scooters available to aid in mobility for their consumers. These businesses are not alone in their efforts.

The Brumos Companies recently became the first car dealership in our area to appoint a Mobility Assistance Coordinator to work with customers to address their individual mobility needs, and has equipped each dealership with scooters to allow the mobility impaired to shop for cars independently. Their vehicles support equipment like Wheelchair and Mobility Scooter Lifts for easy transportation of your assistive device, and their employees are available to refer you to a certified equipment provider and ensure that the equipment is installed properly.

So just remember—you are not alone! With healthy habits, assistive technology, help from your doctor and support from your community and loved ones, you can stand tall above your mobility challenges and feel like yourself again.



MOBILITY PROGRAM

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Our services include:

- Providing information on the best vehicle to meet your mobility needs
- Explaining the types of adaptive equipment available
- Contact and location info for equipment dealers who sell and install the equipment as well as provide training
- Guidance with the process of applying for available manufacturer mobility equipment rebates

Brumos Luxury lines will support:

- Wheelchair & Mobility Scooter Lifts
- Light Weight Mobility Scooters
- Hearing Enhancement



To learn more about Brumos Mobility Program:
Jeanne Keisling - Brumos Mobility Coordinator
 (888) 713-0054 • Brumos.com







Robotic Surgery: A New Wave of Technology

By Lauren Henry

Catch a glimpse into the future of medical procedures by diving deeper into the world of robotic urology surgeries. Compared to traditional scalpel induced surgical procedures, robotic procedures are performed using a state-of-the-art surgical system designed to help your surgeon perform a minimally invasive surgery through small incisions. Through these tiny, 1 to 2 centimeter incisions, surgeons can operate with greater precision and control to minimize the pain and risk associated with large incisions, while increasing the likelihood of a fast recovery and maintaining excellent clinical outcomes. By introducing miniature wristed instruments and a high-definition 3-D camera, your surgeon views a magnified high-resolution 3-D image of the surgical site while seated comfortably at the console.

At the same time, state-of-the-art robotic and computer technologies scale, filter and seamlessly translate your surgeon's hand movements into precise micro-movements of the robotic instruments. The

system cannot be programmed and it cannot make decisions on its own. Instead, it requires every surgical maneuver be performed with direct input from your surgeon.

Consider for a moment hearing you need gynecologic surgery. For women facing gynecologic procedures, the period of pain, discomfort and extended time away from normal daily activities usually following traditional surgery can understandably cause significant anxiety. What if you could take that all away with a new kind of surgical procedure? With the controversy swirling around traditional placed vaginal mesh to correct the anatomical position of a vaginal prolapse, robotic sacrocolpopexy is a great alternative for candidates. For most women, robotic sacrocolpopexy offers numerous potential benefits over a traditional open approach including, significantly less pain, less blood loss and need for transfusions, less risk of infection, less scarring, a shorter hospital stay, shorter recovery time and a quicker return to normal activities.



Another minimally invasive procedure boasting excellent benefits to its recipients is the robotic prostate cancer surgery. About 16 percent of American men will be diagnosed with prostate cancer. Fortunately, early detection is on the rise and mortality rates are declining thanks to greater public awareness. Prostate cancer is a disease in which malignant cells form in the tissue of the prostate gland in the male reproductive system, located just below the bladder and in front of the rectum. The traditional surgical removal of the prostate gland involves an open surgery resulting in an 8 to 10 inch incision and leads to substantial blood loss, a lengthy and painful recovery, and the risk of impotence and incontinence (bladder problems). The robotic prostatectomy, however, is less invasive, more precise and less painful.

With the robotic surgery options now available, surgeons are rewriting standards for surgical procedures and forever changing the experience of surgery for the better.

Sources: Kentucky One Health, Robotic System:
www.jhsmh.org/Health-Services/Minimally-Invasive-Surgery/da-Vinci-S-Robotic-System.aspx?gclid=CLKA35eOrLQCFY1DMgodVDcAYw

Prostate Cancer Surgery, The Dawn of a New Era: International Robotic Prostatectomy Institute, www.miamiroboticprostatectomy.com/robotic_prostatectomy/prostate_cancer_surgery.htm

Da Vinci Surgery, da Vinci Gynecology Procedures:
www.davincisurgery.com/da-vinci-gynecology/da-vinci-procedures/



Robotic Surgery • Stone Management
Prostate Cancer • Renal Cancer
Female & General Urology

Mary Ann Kenneson, MD
Urologist
Associate Fellow American College of Surgeons

904-644-8353 • Fax: 904-644-8289
1895 Kingsley Avenue, Suite 801, Orange Park, FL 32073
bwua@comcast.net

The Importance of Foot Health for Senior Citizens

By Dr. Jörg Bober, D.P.M.,

First Coast Podiatric Surgery & Wound Care

Good foot health is especially important for senior citizens. The longer your feet stay healthy, the longer you can maintain an active lifestyle.

Geriatric Foot Care

It is important for seniors to have their feet examined on a regular basis. As we age, our feet can become painful as the layer of fat on the bottom of our feet goes away. This can be alleviated by having a podiatrist pad your shoes to make you comfortable. Also as we age, our toenails can become discolored and thick, and limited mobility may make it harder to trim toenails. It is important to see a podiatrist to have your toenails trimmed regularly in a manner that can prevent painful ingrown nails.

Diabetic Foot Care

The American Diabetes Association (ADA) recommends that diabetics check their feet daily for red spots, blisters, cuts or swelling. If you have diabetes and notice any changes in the way your feet look or feel, you should contact your doctor because small cuts and blisters can be slow to heal for a diabetic. The ADA also recommends asking your doctor about coverage for diabetic shoes and recommends diabetics wear shoes at all times to protect their feet. It is also important to have nerves and circulation checked on a regular basis.



First Coast Podiatric Surgery & Wound Care

We offer excellent patient centered care with custom treatment plans to meet your needs and lifestyle.

We specialize in:

- General podiatry
- Geriatric and diabetic foot health
- Foot and ankle surgery & reconstruction
- Wound care & diabetic limb salvage
- State-of-the-art imaging, and testing in office for your convenience
- Custom Diabetic Shoes
- Custom Orthotics

We Accept Medicare & Most Insurances
Self-pay is also available.

Jörg A. Bober, DPM
1409-9G Kingsley Avenue
Orange Park, FL 32073
drboberwoundcare.com
(904) 637-0037

Care for Painful Feet

No matter what your age, your feet shouldn't hurt! If you are having pain in your feet, you should see a podiatrist to be evaluated. Injuries, arthritis, tendonitis, plantar fasciitis, hammertoes, bunions and flat feet can all cause pain that can be treated by a podiatrist.

Renew Your Feet

Corns, calluses, dry or cracked heels, warts and athlete's foot are all skin conditions that can make your feet feel aged and uncomfortable. However, all of these conditions can be treated by a podiatrist to renew your feet for a more youthful look and feel.

By Dr. George J. Schmieder, DO, FAAD, FAOCD
Park Avenue Dermatology, PA
Board Certified Dermatologist/Mohs Surgeon

New non-surgical techniques for helping our skin regain a more youthful appearance continue to advance the field of cosmetic dermatology. These new treatments are not only less invasive and inherently less risky than surgery, they are also more affordable.

Lumenis® UltraPulse Fractional CO2 Lasers

Laser resurfacing is an in-office procedure with a topical anesthetic cream applied an hour before the procedure. Fractional lasers treat only part of the skin's surface, leaving small "bridges" of untouched skin. This technique reduces recovery time and produces a dramatic effect on the skin by reducing wrinkles and fine lines and softening deeper frown lines, improving skin tone and texture, and stimulating new collagen formation. Results are long-term, and with proper sun protection, will last for years. Most are visible right away, whereas others become more evident over time. Therefore, most people look even better three to five months after the procedure.

Lumenis® LightSheer® Hair Removal

LightSheer® is an advanced treatment for the removal of unwanted hair, with the ability to permanently reduce hair growth and treat all hair and skin types. The laser targets the melanin in hair follicles causing heat to build up, thus damaging the follicle and its ability to regrow—allowing for larger areas to be treated, in less time, with no need for topical anesthetic cream.

Lumenis® IPL

Lumenis® IPL technology improves the appearance of sun damaged skin, removes age spots, most benign brown pigments and redness caused by broken capillaries, and gives the skin a smoother tone using photo-rejuvenation. IPL restores a more youthful appearance with little or no patient downtime.



Thermage®

Thermage® is a safe, non-invasive procedure that helps tighten, smooth and contour skin for a naturally younger appearance without surgery or injections and little to no downtime. The procedure delivers deep heat into the skin to tighten new collagen and stimulate collagen growth.

Fraxel®

Fraxel® is a non-invasive laser therapy designed to dramatically repair fine lines, wrinkles and acne scars while improving skin texture and pigmentation, even on delicate skin. It safely repairs the effects of aging and sun damage.

Botox®

Botox® Cosmetic, the most commonly performed non-surgical procedure in North America, successfully treats both men and women of all skin colors and ethnicities. Botox® is a wrinkle relaxer currently used to erase frown lines between the brows, as well as to erase crow's feet and forehead creases, widen tired eyes and lift brows.

Dermal Fillers

Juvederm® & Juvederm Ultra Plus® are hyaluronic acid based fillers that successfully treat wrinkles and fine, forehead, vertical lip and marionette lines, as well as minimizes certain types of scars. Juvederm® has a smooth gel-like consistency to soften deep wrinkles.

Radiesse® contains calcium hydroxylapatite based micro-spheres that form a "scaffold" to support and stimulate growth of your own collagen.



Park Avenue
DERMATOLOGY

MEDICAL & SURGICAL DERMATOLOGY

George J. Schmieder, DO, FAAD

Board Certified Dermatologist

Fellow, American Society MOHS Surgery

Arianne Chavez-Frazier, MD, FAAD

Board Certified Dermatologist

Fellow, American College MOHS Surgery

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- **DERMATOLOGIC RESEARCH CENTER**
- **LASER TREATMENT**
 - PSORIASIS, VITILIGO & ECZEMA
- **ACNE SURGERY**
- **PHOTODYNAMIC THERAPY (DUSA® LIGHT)**
 - ACNE SCARRING/PRECANEROUS LESIONS
- **FRAXEL SCAR REMOVAL**
- **DERMABRASIONS**

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Mary E. Schmieder, DO, FACEP

*Diplomate, American Board
of Aesthetic Medicine*

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Orange Park, FL 32073
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1543 Kingsley Ave., Bldg. 16
Orange Park, FL 32073
904-541-0315

www.ParkAveDermatology.com • Accepting Most Insurances



Florida Christian Apartments

- Spacious 1 Bedroom and Efficiency Apartments
- Utilities and Appliances Included
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1115 Edgewood Avenue South • Jacksonville, FL 32205

floridachristianmgr@spm.net



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- Community Room
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sundalemanor@spm.net

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904-356-9884/TTY: 800-996-8771

750 Oak Street • Jacksonville, FL 32204

riversideparkmgr@spm.net



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AARP

AARP

9750 3rd Avenue Northeast, Suite 450
Seattle, WA 98115

888-OUR-AARP (888-687-2277) Toll-Free
www.aarp.org

A national advocacy and membership organization that helps people 50 and over improve the quality of their lives as they age. Membership is \$16 per year and there are several local chapters. See AARP Local Chapter Listings.

AARP FLORIDA

3350 Southwest 148th Avenue, Suite 120
Miramar, FL 33027

400 Carillon Parkway, Suite 100
St. Petersburg, FL 33716

200 West College Avenue, Suite 305
Tallahassee, FL 32301

866-595-7678 Toll-Free
www.aarp.org/states/fl

AARP JACKSONVILLE COMMUNITY ACTIVITY COORDINATOR

Madlen Moson
743-7326

AARP ONLINE DRIVER SAFETY PROGRAM

800-350-7025 Toll-Free

AARP TAX AIDE

888-227-7669 Toll-Free

AARP - LOCAL CHAPTERS

**AARP - ARLINGTON CHAPTER 001089
Moose Lodge #455**

3834 Southside Boulevard - 32216
Meets on 2nd Friday each month - 11 a.m.

**AARP - FORT CAROLINE
CHAPTER 003545**

Fort Caroline United Methodist Church
8510 Fort Caroline Road - 32277
Meets on 1st Tuesday each month - 1 p.m.
except July and August

AARP - MANDARIN CHAPTER 003532**Augustine Landing**

10141 Old St. Augustine Road - 32257
Meets on 3rd Friday each month - 2 p.m.

**AARP - RICHARDSON HEIGHTS
CHAPTER 004951****Jacksonville Public Library - Bradham Brooks
Northwest Branch**

1755 Edgewood Avenue West - 32208
Meets on 3rd Wednesday each month - 10 a.m.
except July and August

**AARP - WESTSIDE JACKSONVILLE
CHAPTER 004098****Webb Wesconnett Library**

6887 103rd Street - 32210
Meets on 4th Monday each month - 1 p.m.
except December

ADULT DAY CARE CENTERS

Adult day care centers provide therapeutic programs in a protective setting for those with functional impairments. Leisure activities are also available, as well as nutritional services. Adult day care centers offer services on a less than 24-hour basis and can be used for respite care to relieve primary caregivers. These centers are licensed and inspected by the state of Florida.

**ADD TO LIFE ADULT DAY
CARE CENTER, INC.**
5877 Old Timuquana Road - 32210
779-1777

**ADULT DAY PROGRAM AT
RIVER GARDEN**

11401 Old St. Augustine Road
Jacksonville, FL 32258
288-7858

www.rivergarden.org

► see our ad page 102

**ALL SAINTS EARLY LEARNING &
COMMUNITY CARE CENTER, INC.**

**4171 Hendricks Avenue
Jacksonville, FL 32207
737-7800**

www.allsaintscarecenter.org

ALMOST HOME DAYBREAK
3604 Cardinal Point Drive - 32257
731-4002
100 West 1st Street
Atlantic Beach, FL 32233
249-1984

EMANUEL ADULT DAY CARE, LLC
133 Edgewood Avenue South - 32254
566-4661

HARRIS HOUSE ADULT DAY
CARE, INC.
9857 Gibson Avenue - 32208
425-4040

HOPE ADULT DAY SERVICES
1560 Roberts Drive
Jacksonville Beach, FL 32250
249-4673

L'ARCHE HARBOR HOUSE, INC.
5739 Jack Road - 32277
721-5992

PEACHES-NA-BASKET ADULT DAY CARE
CENTER, INC.
2040 Soutel Drive - 32208
766-4993

PORTER'S ADULT CARE, INC.
700 Day Avenue - 32205
381-8962

TONEY ADULT DAY CARE, INC.
4406 Notter Avenue - 32206
355-2075

ADULT FAMILY CARE HOMES

Adult family care homes are full-time living arrangements where up to five aged or disabled adults are accommodated in a private home. A person can be a resident if they are able to perform daily activities with supervision or assistance and are—at a minimum—not bedridden, do not require 24-hour nursing and do not have stage 3 or 4 pressure sores. The home owner lives with the residents and provides meals, personal services, health monitoring and more. Adult family care homes are licensed and inspected by the state of Florida.

BELL, CHARLTON
7306 Maple Tree Drive - 32277
619-8730

BENNETT, ROBERT M. & RAMONA T.
9550 Priory Avenue - 32208
238-2904

BONNER, BELINDA RASHEED
5103 Abel Lane - 32254
236-7051

BROWN, CARON LASHA
5946 Painted Pony Drive - 32244
777-2891

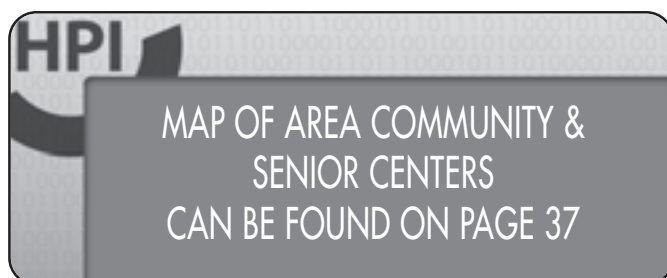
CAMPOS, MARINA L.
10731 Indies Drive North - 32246
642-1374

DONALD, LORETTA
1620 Powhattan Street - 32209
288-1364

DOWDELL, DANIEL & JULIA
1214 St. Clair Street - 32254
384-4744

JOHNS, DONNA M.
1422 Elmar Road - 32218
751-6354

JONES, MARIAN LAVONNE
3501 Centerhill Drive North - 32254
683-8096



KELLY, ANGELA
720 Valley Forge Road - 32208
405-9681

LEVY, JULIA MAE
9624 Aberdare Avenue West - 32208
885-1795

MCCULLOUGH, DENISE
3534 Turton Avenue - 32208
619-8000

MONROE, ANNIE CAROL
8372 Country Creek Boulevard - 32221
783-9448

PAR, BEATRIZ
10120 Lakeview Road West - 32225
642-0335

SHIPP, DELOIS
8942 6th Avenue - 32208
766-1850

THOMAS, MATTIE
2220 Belvedere Street - 32208
764-0593

WASHINGTON, ETHEL
1963 West 17th Street - 32209
355-2031

ADULT SERVICES/SENIOR SERVICES

AGING TRUE

Administrative Offices

4250 Lakeside Drive, Suite 116 - 32210
807-1203

For 50 years, the Jacksonville community has trusted and relied upon Aging True (formerly the Cathedral Foundation) to create a better way of life for elders. Established as an outreach ministry of St. John's Cathedral, the programs and services of the Cathedral Foundation create opportunities for elders to lead happier, healthier, more meaningful lives.

► **see our Tab Insert - Front**

CLUB 55+, ST. VINCENT'S

1 Shircliff Way - 32204

308-7357

A special program of benefits for those 55 and over. To join, you simply must be 55 or older; have a major insurance plan; pay a one-time enrollment fee of \$30 per individual or \$50 per couple; and pay a \$12 per member annual fee. Membership includes discounts for many services, free information/referrals, free parking, a newsletter and free Lunch and Learn.

COMMUNITY & SENIOR CENTER SERVICES PROGRAM

117 West Duval Street, Suite 215 - 32202

630-3450

www.coj.net

Provides nutritious, midday meals and many other services and activities for senior citizens (60+) at the following 19 senior activity centers Monday through Friday from 8 a.m. - 5 p.m. While there are no charges for many of the programs, services and activities, voluntary donations are encouraged/welcomed. Nominal fees may be charged for some classes. Senior Centers are primarily for citizens and organizations serving senior citizens. Contact individual centers listed below to determine specific activities. Daily transportation to and from centers is available by calling **630-0801**.

Each Community & Senior Center listing is numbered and has a corresponding pinpoint on the map on **page 37**.

① Arlington Senior Center

1078 Rogero Road - 32211

723-6142 or 721-1471

② Bennie Furlong Senior Center

281 19th Avenue South

Jacksonville Beach, FL 32250

241-3796 or 241-3791

③ Charlie Joseph Senior Center

6943 Buffalo Avenue - 32208

765-7522

④ Clanzel Brown Community Center

4575 Moncrief Road West - 32209

764-8752

5 Hammond Senior Center

3312 West 12th Street - 32254
786-8554 or 781-2219

6 J.S. Johnson Senior Center

1112 Jackson Street - 32204
630-0948 or 630-0949

7 Jim Fortuna Senior Center

11751 McCormick Road - 32225
996-0211

8 Lane Wiley Senior Center

6710 Wiley Road - 32210
783-6589 or 693-4900

9 Leroy D. Clemons Senior Center

55 North Jackson Street - 32220
693-4918 or 693-1441

10 Lincoln Villa Senior Center

7866 New Kings Road - 32219
765-2654 or 765-2655

11 Longbranch Senior Center

4110 Franklin Street - 32206
630-0893 or 630-0891

12 Louis Dinah Senior Center

1805 Flag Street - 32209
630-0728

13 Mandarin Senior Center

3848 Hartley Road - 32257
262-7309 or 262-7033

14 Mary L. Singleton Senior Center

150 East 1st Street - 32206
630-0995

15 Maxville Senior Center

18065 Pennsylvania Avenue - 32234
289-7157

16 Moncrief Senior Center

5713 Teeler Avenue - 32208
764-0330 or 764-4441

17 Oceanway Senior Center

12215 Sago Avenue West - 32218
696-4331 or 696-4332

18 Riverview Senior Center

9620 Water Street - 32208
765-7511

19 Wallace Small Senior Center

1083 Line Street - 32209
630-0724 or 630-4583

**COUNCIL ON ELDER AFFAIRS (COEA) -
ADVOCATES FOR SUCCESSFUL AGING**

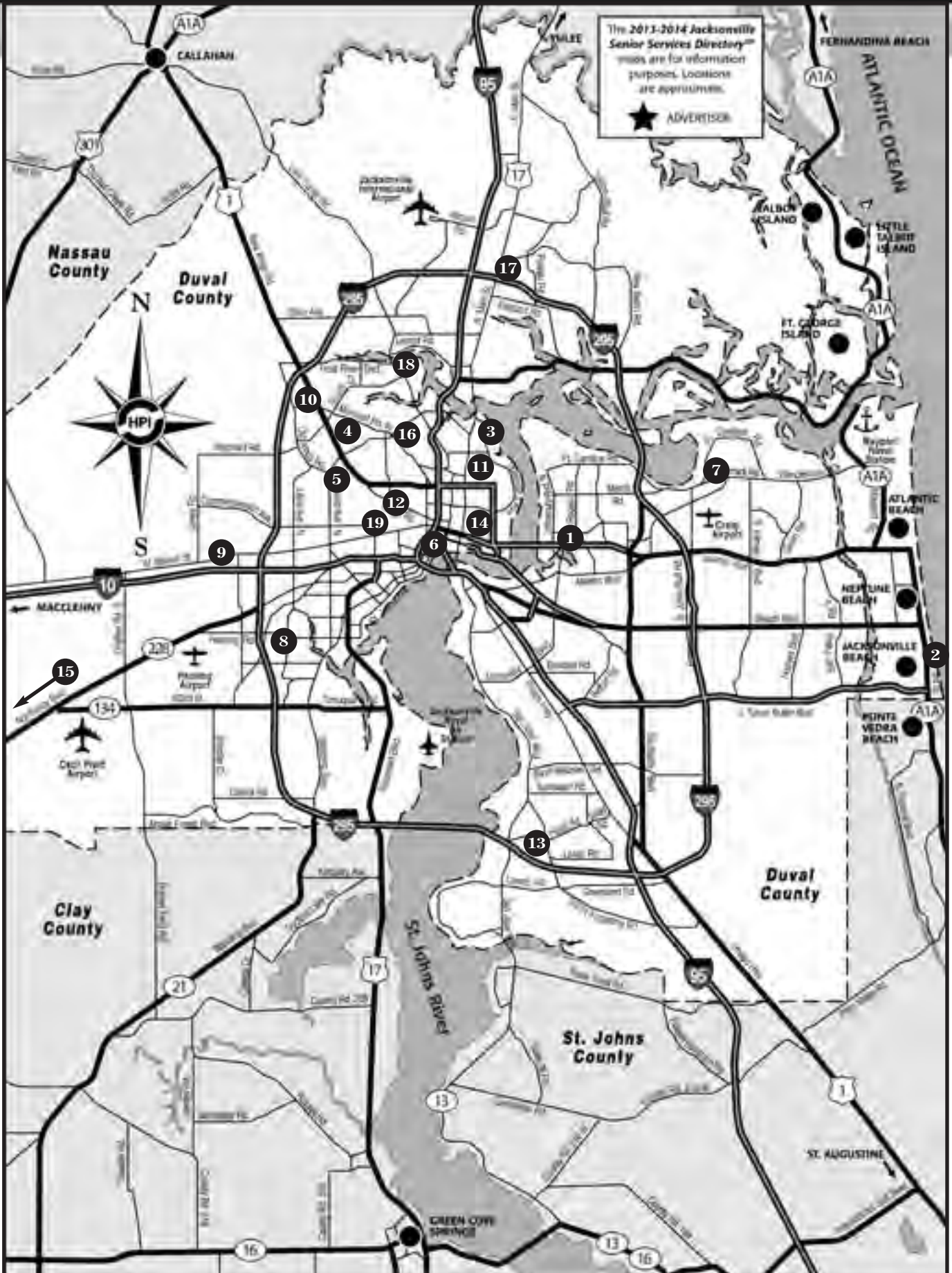
150 East 1st Street - 32206

630-0543

www.coj.net

The Jacksonville-Duval County Council On Elder Affairs (COEA) is a volunteer organization with the singular mission of advocacy for seniors and the elderly. It is charged to “plan, evaluate, advocate and promote programs and policies that maximize opportunities of self-sufficiency and personal independence for the elderly citizens of Jacksonville and Duval County.” There are strategies related to nutrition, socialization, physical activity and mental stimulation to follow in later life that promote successful aging. Through advocacy and education, COEA works to support initiatives that are consistent with those strategies. We are advocates. The Council On Elder Affairs is comprised of 19 members, five appointed by the mayor and one each by the 14 District City Council persons. They serve a two-year term, and can be reappointed for a second two-year term. Members of COEA must be 60+. If you would like to be considered for future appointment to the COEA Board, please call **630-0543**. COEA also has non-board members who are actively involved with the work of one or more COEA committees, and you are invited to participate in the organization without appointment to the Board.

Community & Senior Centers



ELDERSOURCE**Administrative Office**

10688 Old St. Augustine Road
Jacksonville, FL 32257

391-6600

Elder HelpLine

391-6699

391-6697 TTY

888-242-4464 Toll-Free

www.myeldersource.org

Administrative Hours of Operation:

Monday - Friday 8 a.m. - 5 p.m.

Elder HelpLine Hours of Operation:

Monday - Friday 7:30 a.m. - 6:30 p.m.

An independent, private nonprofit corporation organized to administer programs and services that enhance the quality of life of all persons aged 60+. ElderSource contracts with service provider agencies to offer these services such as: congregate meals, home-delivered meals, transportation, senior center services, in-home services, services for caregivers, legal services, protective counseling, emergency energy assistance and health insurance counseling.

FLORIDA DEPARTMENT OF CHILDREN & FAMILIES**Adult Protective Services**

5920 Arlington Expressway - 32211

723-5700

www.myflfamilies.com/service-programs/adult-protective-services

Florida Abuse Hotline

800-962-2873 Toll-Free

Investigates complaints of abuse, neglect or exploitation of vulnerable adults. Services for adults fall into two categories: disabled adults (18+) who have one or more limitations that restrict their ability to perform the activities of daily living; and the frail elderly (60+) who are impaired in their ability to provide for their own care or protection.

FOSTER GRANDPARENT PROGRAM, SENIOR SERVICES DIVISION, CITY OF JACKSONVILLE

150 East 1st Street - 32206

630-5450

www.coj.net

Provides senior volunteers with meaningful and challenging opportunities. The grandparents serve as mentors and tutors to special needs/at-risk children. If you have time to give 15 hours per week, are 55+ and in good physical and mental health, you may become a Foster Grandparent volunteer. Small stipends are available for volunteers who meet the eligibility criteria.

INDEPENDENT LIVING PROGRAM, SENIOR SERVICES DIVISION, CITY OF JACKSONVILLE

1093 West 6th Street - 32209

630-0966

www.coj.net

Offers Home Respite/Group Day Respite Care services to assist the frail, low to moderate income elderly in their homes; as well as training opportunities for volunteers, Senior Companions (for persons 60+ whose day-to-day assistance helps their peers maintain the highest possible level of independent living) and Respite Care Workers. In-home services are available for persons 60+ who do not have support from family or friends and require some assistance in remaining in or taking care of their home. Group Day Respite is a daytime respite program for caregivers of Alzheimer's patients. Patients enjoy four or more hours of activities at a senior center per week. Transportation may be arranged through the program. The Care Volunteers program consists of volunteers of all ages from area churches that come together with the homebound elderly for meaningful and supportive relationships. Services include friendly visiting, grocery shopping, escorting, telephone reassurance, transportation, household and yard chores, reading of mail, networking/linking and advocating on behalf of clients with other social service and health care providers. There are no fees for services.

LIFE CENTER

819 Park Street - 32204

356-1423

Classes for seniors 55+ on Fridays with book reviews, current events, exercise and speakers. Cost for lunch is extra. Contact: lewisj2fla@yahoo.com

MAYOR'S SPECIAL EVENTS/SPECIAL PROGRAMS FOR OLDER ADULTS (SPOA)

117 West Duval Street, Suite 220 - 32202

630-7392**Fax: 630-0819**

Provides a variety of recreational, social and cultural activities for seniors, including:

- **Brain Bowl**

Learn Ways to promote healthy brain activity through interactive games, nutrition advice and the latest from the health field.

- **Fun-In-The-Sun**

An exciting summer field trip takes senior citizens to cultural, educational and recreational sites. In the past, seniors have visited St. Augustine, Savannah, Silver Springs, and Jacksonville Suns baseball games.

- **Jacksonville Senior Services Directory**

Provides comprehensive listings of services, programs and activities for seniors and their families in Jacksonville. Available at all senior centers, public libraries and City Hall, St. James Building.

- **Legislative Forum**

Annual event gives seniors the opportunity to discuss current issues with their legislators. Held in the fall.

- **Mayor's Fish-a-Thon**

Fishing Tournament and Fish Fry at Hanna Park in the spring with trophies for the Most, the Largest, the Smallest, the Ugliest and the Prettiest Fish.

- **Mayor's Holiday Festival**

Dancing, dining and entertainment at the Mayor's Holiday Festival allow seniors to celebrate the holidays in style in early December.

- **Mayor's Walk for Senior Wellness**

The two-mile walk, held each spring, begins and ends at Metropolitan Park and promotes wellness for seniors.

- **Safety and Security Seminars**

The safety seminars, held annually, inform senior citizens about how to be safe and secure, and plan for the future. Seniors actively participate and learn how to protect themselves from becoming a victim of fraud or scams.

- **Senior Expo**

Two days devoted to sharing programs, resources and services available for Jacksonville's senior citizens to maintain and enhance their independence and quality of life. The Expo is held annually at the Prime Osborn Convention Center in the spring. Awards to the Outstanding Female and Male Senior Citizens and a Lifetime Achievement Award are presented by the Mayor.

- **Senior Games**

Competition in various athletic events and games is offered to encourage and promote a healthy lifestyle for seniors 50+. Held annually in the fall.

- **Senior Prom**

Join us for dinner, a night of music, dancing and door prizes and the crowning of the Prom King and Queen. Held in the summer.

- **Transportation**

Limited transportation is available for special events from senior centers and senior residences.

- **Vintage Grapevine**

Published quarterly and distributed to places where seniors live, learn and enjoy their leisure years.

NEPTUNE BEACH SENIOR ACTIVITY CENTER, THE

2004 Forest Avenue

Neptune Beach, FL 32266

270-1688

www.ci.neptune-beach.fl.us/senior_center.htm

This is the place for adults on the move! Daily schedules for active adults with a special emphasis on age 50+. This is the place for cultural, physical, educational and social stimulation in a safe and easily accessible facility. We have something for everyone! Community partnerships with the City of Neptune Beach, the City of Jacksonville Community Development Block Grant, PGA Tour and other agencies make our programming the best! Tap dancing, fitness classes, yoga, bridge, movies, art, socials and trips are some of the programs offered. Check out our website for the latest schedules.

**RSVP OF DUVAL COUNTY,
SENIOR SERVICES DIVISION,
CITY OF JACKSONVILLE**

150 East 1st Street - 32206

630-0998

www.coj.net

RSVP promotes the engagement of people, ages 55+, as volunteers for nonprofit and public agencies. RSVP volunteers choose opportunities to serve according to their available time, interests and skills in assignments that are traditional or innovative, ongoing or episodic. Work can be done individually, as part of a group, at an agency or at home. RSVP volunteers bring a diversity of interests and a uniformity of dedication to their work, making a difference in the community and enriching their own lives through service. Eligibility is based on age (55+); RSVP volunteers do not need to be retired.

SALVATION ARMY SENIOR CENTER

17 East Church Street - 32202

366-9222

www.salvationarmynefl.org

Hours of Operation:

Monday - Friday 9 a.m. - 4 p.m.

Offers recreational and educational facilities and programs on a planned basis for persons 50+. Offers special programs/parties/luncheons on given Fridays. Programs are for members only. Annual fee is \$10.

**SENIOR SERVICES DIVISION,
CITY OF JACKSONVILLE**

117 West Duval Street, Suite 210 - 32202

630-3450

www.coj.net

Provides a variety of services and activities for adults, especially senior citizens, which promote successful aging, realization of potential, enjoyment of life, volunteer service and self-sufficiency. Services include: operation of 19 senior activity centers, special events, advocacy, counseling, education opportunities, health support, homemaker services, nutrition education, weekday hot meals, outreach, recreation, referral, respite care (including Alzheimer's in-home and center-based group), shopping, telephone reassurance, transportation and volunteerism. These services are offered primarily for persons 60+ through the following programs:

- Community and Senior Center Services Program - **630-3450**
- Foster Grandparent Program - **630-5450**
- Independent Living Program - **630-0966**
- R.S.V.P. - **630-0998**
- Council on Elder Affairs - **630-0543**
- Mayor's Special Events/Special Programs for Older Adults (SPOA) - **630-7392**

**ALCOHOL & DRUG
PREVENTION/TREATMENT**

ALCOHOLIC SERVICE CENTER

20 West 4th Street - 32206

355-6947

ALCOHOLICS ANONYMOUS (AA)

3128 Beach Boulevard - 32207

399-8535

AWAKENING RECOVERY CENTER

8130 Baymeadows Circle West, Suite 308 - 32256

733-7383

**BAPTIST BEHAVIORAL
CARE MANAGEMENT**

BAPTIST MEDICAL CENTER

800 Prudential Drive - 32207

202-7900

**BREAKTHROUGHS: COUNSELING AND
RECOVERY, INC.**

3810-3 Williamsburg Park Boulevard - 32257

419-6102

GATEWAY COMMUNITY SERVICES, INC.

555 Stockton Street - 32204

387-4661

Detoxification

781-0838

www.gatewaycommunity.com

Provides substance abuse and chemical dependency treatment. Alcohol and drug services include detox, assessment, intervention, outpatient, residential treatment and prevention services.

Alumni House

900 Bridier Street - 32206

354-0835

Fairwinds Intensive Outpatient Program

1754 University Boulevard West - 32217

733-1573**Gateway Connect**

Alcohol or Drug Problem

24-hour help line

877-389-9966 Toll-Freewww.gatewayconnect.org

Assessments and services via the phone and Internet

Northeast Florida Regional Prevention Center

4814 Lexington Avenue - 32210

387-3749**GREENFIELD CENTER**

3 Shircliff Way, Suite 640 - 32204

389-3784**GUIDANCE CLINIC, THE**

9140 Golfside Drive, Suite 4-S - 32256

730-7575

2320 3rd Street South, Suite 3

Jacksonville Beach, FL 32250

730-7575www.theguidanceclinic.com**HELP CENTER, INC., THE**

511 West 11th Street - 32206

633-9383**JACKSONVILLE METRO****TREATMENT CENTER**

4427 Emerson Street, Building 4 - 32207

398-7015**LAKEVIEW HEALTH SYSTEMS, LLC**

1900 Corporate Square Boulevard - 32216

727-6455**NORTH/SOUTH FLORIDA HUMAN SERVICES, INC.**

610 North Julia Street - 32202

301-1145**RIVER REGION HUMAN SERVICES, INC.**

390 Park Street - 32204

899-6300www.rrhs.org**RIVERSIDE TRADITION HOUSE**

2911 Riverside Avenue - 32205

384-1839**SAGES COALITION, INC.****(SOLUTIONS AIMED AT GROWTH AND EMPOWERMENT FOR SENIORS)**

555 Stockton Street - 32204

387-4661www.sagescoalition.org

Specializing in older adults with substance use or mental health issues, SAGES provides education to interested professionals/older adults and substance abuse treatment.

SIGMA CENTER FOR COUNSELING

1727 Blanding Boulevard, Suite 105 - 32210

981-9881**STEPPING STONE CENTER FOR RECOVERY**

8889 Corporate Square Court - 32216

446-1041**WEKIVA SPRINGS**

3947 Salisbury Road - 32216

296-3533www.wekivacenter.com

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CLARE BRIDGE JACKSONVILLE

10050 Old St. Augustine Road

Jacksonville, FL 32257

288-8700

► see our ad page 5

NEUROLOGY SPECIALISTS OF JACKSONVILLE, PA

Grobowski, Daniel B., MD

3627 University Boulevard South, Suite 255

Jacksonville, FL 32216

396-4666

► see our ad page 113

RIVER GARDEN/WOLFSON HEALTH & AGING CENTER

11401 Old St. Augustine Road

Jacksonville, FL 32258

260-1818www.rivergarden.org

► see our ad page 102

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- 24 Hour Emergency Service
- Out of State Transports

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www.liberty-ambulance.com



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AMERICAN RED CROSS

Northeast Florida Chapter

751 Riverside Avenue - 32204

358-8091

www.nefloridaredcross.org

Provides relief to victims of disasters and helps people prevent, prepare for, and respond to emergencies. Offers education and certification in CPR/First Aid, Babysitting/Family Caregiving and Swimming/Water Safety courses. Volunteer opportunities are available in all areas of chapter service.

ANIMAL SHELTERS

ANIMAL CARE AND PROTECTIVE SERVICES

2020 Forest Street - 32204

630-CITY (630-2489)

Hours of Operation:

Tuesday - Saturday 8 a.m. - 4:30 p.m.

Kennel Viewing Hours: 10 a.m. - 6 p.m.

Adoption Hours: 10 a.m. - 6 p.m.

Intake Hours: Tuesday - Friday 8 a.m. - 12 p.m.

Closed Sunday, Monday and holidays

FIRST COAST NO MORE HOMELESS PETS, INC.

6817 Norwood Avenue - 32208

425-0005

JACKSONVILLE HUMANE SOCIETY

8464 Beach Boulevard - 32216

725-8766

ARTS, CULTURE & LEISURE

CULTURAL COUNCIL OF GREATER JACKSONVILLE, INC.

300 Water Street, Suite 201 - 32202

358-3600

www.culturalcouncil.org

www.experiencejax.com

Visit www.experiencejax.com for up-to-the-minute event information. You can search for events by date, keyword, category, most popular, area of town and free events. The special "Add Event" feature allows users, like musicians and artists, to post their own special events. Visit www.culturalcouncil.org for continuing education opportunities, audition notices and calls-to-artists.

JACKSONVILLE SYMPHONY ORCHESTRA

300 Water Street, Suite 200 - 32202

354-5547

www.jaxsymphony.org

email: frontdesk@jaxsymphony.org

The Jacksonville Symphony Orchestra (JSO) is one of the Southeast's premier ensembles, performing September through May in Jacoby Symphony Hall at the Times-Union Center. Nearly every week, the JSO performs a variety of classical, popular, educational and community concerts. Jacksonville's senior community enjoys the JSO Coffee Concert Series and participates in volunteer groups, including the Symphony Guild, the Jacksonville Symphony Chorus and volunteer ushers.

ARTS, CULTURE & LEISURE - MUSEUMS

BEACHES MUSEUM & HISTORY PARK

381 Beach Boulevard
Jacksonville Beach, FL 32250
241-5657

www.beachmuseum.org

Hours of Operation:

Tuesday - Saturday 10 a.m. - 4:30 p.m.
Admission for persons 65+ = \$4

CUMMER MUSEUM OF ART & GARDENS

829 Riverside Avenue - 32204
356-6857

www.cummer.org

Hours of Operation:

Tuesday 10 a.m. - 9 p.m.
Wednesday - Friday 10 a.m. - 4 p.m.
Saturday 10 a.m. - 5 p.m.
Sunday 12 p.m. - 5 p.m.
Admission for seniors = \$6
Free admission every Tuesday 4 p.m. - 9 p.m.

JACKSONVILLE MARITIME MUSEUM

2 Independent Drive, Suite 162 - 32202
355-1101

www.jacksonvillemaritimeheritagecenter.org

Hours of Operation:

Tuesday - Friday 11 a.m. - 5 p.m.
Saturday and Sunday 1 p.m. - 5 p.m.
Admission for adults = \$5
Admission for adults in tour groups = \$2 per person

KARPELES MANUSCRIPT LIBRARY & MUSEUM

101 West 1st Street - 32206
356-2992

www.rain.org/~karpeles

Hours of Operation:

Tuesday - Friday 10 a.m. - 3 p.m.
Saturday 10 a.m. - 4 p.m.
Free admission and parking

MUSEUM OF CONTEMPORARY ART JACKSONVILLE (MOCA)

333 North Laura Street - 32202
366-6911

www.mocajacksonville.org

Hours of Operation:

Tuesday, Wednesday, Friday and Saturday
10 a.m. - 4 p.m.
Thursday 10 a.m. - 8 p.m.
Sunday 12 p.m. - 4 p.m.
Admission for persons 60+ = \$5
Free admission: First Wednesday of every month for Artwalk, 5 p.m. - 9 p.m. and Sundays for Bank of America Family Free Days

MUSEUM OF SCIENCE & HISTORY

1025 Museum Circle - 32207
396-6674

www.themosh.org

Hours of Operation:

Monday - Thursday 10 a.m. - 5 p.m.
Friday 10 a.m. - 8 p.m.
Saturday 10 a.m. - 6 p.m.
Sunday 12 p.m. - 5 p.m.
Admission for seniors = \$8
Admission on Friday = \$5

MUSEUM OF SOUTHERN HISTORY

4304 Herschel Street - 32210
388-3574

www.museumsofhistory.com

Hours of Operation:

Tuesday - Friday 10 a.m. - 4 p.m.
Admission for adults = \$3

ARTS, CULTURE & LEISURE - THEATERS

ALHAMBRA THEATRE & DINING

12000 Beach Boulevard - 32246
641-1212

www.alhambrajax.com

ATLANTIC BEACH EXPERIMENTAL THEATRE

716 Ocean Boulevard
Atlantic Beach, FL 32233
249-7177

www.abetttheatre.com

FLORIDA THEATRE

128 East Forsyth Street - 32202

355-2787

www.floridatheatre.com

**JACKSONVILLE UNIVERSITY COLLEGE
OF FINE ARTS****Performing Arts Series**

2800 University Boulevard North - 32211

256-7677

www.ju.edu/cfa

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Jacksonville Beach, FL 32250

249-0289

www.playersbythesea.org

RITZ THEATRE AND MUSEUM

829 North Davis Street - 32202

632-5555

www.ritzjacksonville.com

THEATRE JACKSONVILLE

2032 San Marco Boulevard - 32207

396-4425

www.theatrejax.com

**TIMES-UNION CENTER
FOR THE PERFORMING ARTS**

300 Water Street - 32202

633-6110

www.jaxevents.com/timesunion.php

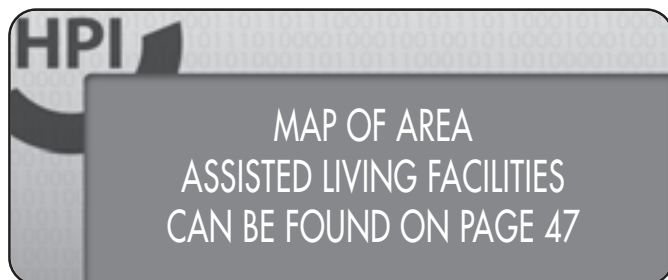
VINTAGE PLAYERS**616-1568**

The only senior repertoire company in Jacksonville. Members only need to be 50+, no acting experience required. Two performances per month, call for dates and locations.

Meets every Friday 10 a.m. - 12:30 p.m.

For more information call or email

vintageplayers2012@yahoo.com

**ARTS, CULTURE & LEISURE - ZOO****JACKSONVILLE ZOO AND GARDENS**

370 Zoo Parkway - 32218

757-4463

www.jacksonvillezoo.org

Hours of Operation:

Daily 9 a.m. - 5 p.m.

Closed Christmas Day.

Daily admission for persons 65+ = \$12.95

Annual membership rates for persons 65+:

Senior Individual = \$40.50

Senior Couple = \$67.50

Senior Friend = \$67.50

Senior Family = \$103.50

Senior Family + 1 guest = \$130.50

Senior Family + 2 guests = \$162.00

The zoo offers a wide variety of entertainment, education and volunteer opportunities. For volunteer program information, call **757-4463 ext. 176**.

ASSISTED LIVING FACILITIES

Assisted Living Facilities provide housing, meals and personal services to individuals that require supervision or assistance with daily activities. To be eligible for residency at an ALF, a person—at a minimum—cannot be bedridden, does not require 24-hour nursing and does not have stage 3 or 4 pressure sores. ALFs are licensed and inspected by the state of Florida, except for those that are operated by the federal government.

First Coast Long-Term Care Ombudsman Council, District 5 located at 4161 Carmichael Avenue, Suite 141, Jacksonville, FL 32207 - phone: **391-3942**, advocates for residents in Nursing Homes and Assisted Living Facilities, investigates complaints on their behalf and inspects facilities annually.

For approximate location of facilities, see map with corresponding pinpoints on **page 47**.

1 A1 CARE SYSTEMS

7449 Sandhurst Road South - 32277

527-3391

2 AGNES ST HM FOR THE ELDERLY

1346 Agnes Street - 32208

610-7846



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3 **ALI ANGEL'S NEST**
864 Wyolen Street - 32254
389-3192

4 **ALMOST HOME**
9664 Hood Road - 32257
292-9600

5 **ALMOST HOME BEACHES**
100 West 1st Street
Atlantic Beach, FL 32233
249-3233

6 **ARLINGTON ADULT RES. FACILITY**
6300 Arlington Expressway - 32211
725-6600

7 **ARLINGTON HAVEN**
6320 Arlington Road - 32211
743-9069

8 **ASHFORD COURT ASSISTED LIVING**
1700 The Greens Way
Jacksonville Beach, FL 32250
285-8827

9 **ATRIA SAN PABLO**
14199 Wm Davis Parkway - 32224
821-9900

★ ATRIUM JACKSONVILLE
9960 Atrium Way
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724-4726
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➤ see our ad page 5

11 **AUTUMN VILLAGE, INC.**
1103 Barrs Street - 32204
384-7506

12 **AVERY'S HOME CARE**
134 West 23rd Street - 32206
353-0772

13 **BAYVIEW RETIREMENT CENTER**
2200 Bayview Road - 32210
379-3316

14 **BISHOP CHRISTIAN HOME, INC.**
1627 East 8th Street - 32206
355-9731

15 **BLESSED ASSISTED LIVING HOME, LLC**
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725-0977


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★ CARRIAGE CLUB JACKSONVILLE
9601 Southbrook Drive
Jacksonville, FL 32256
646-1600
www.brookdaleliving.com
➤ see our ad page 5

19 CHRISTIAN FAMILY CARE HM
1350 Eddy Road - 32211
724-2052

20 CIRCLE OF HOPE
1550 West 9th Street - 32209
355-9840

21  **CLARE BRIDGE JACKSONVILLE**
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22 CLASSY LIVING
5714 Plum Hollow Drive West - 32222
619-5062

23 COMPASSIONATE CAREGIVERS
2217 Perry Place - 32207
398-0734

24  **CYPRESS VILLAGE**
4600 Middleton Park Circle East
Jacksonville, FL 32224
223-6100
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25 DEERWOOD PLACE
8700 AC Skinner Parkway - 32256
642-7300

26 DIVERSITY ME
3225 North Myrtle Avenue - 32209
233-1090

27a EJ'S PLACE, INC.
5045 Doncaster Avenue - 32208
766-3700

27b 5210 Witby Avenue - 32210
317-8961

28 ELMCROFT OF TIMBERLIN PARC
7620 Timberlin Park Boulevard - 32256
519-9300

29 EMERITUS AT MANDARIN
10790 Old St. Augustine Road - 32257
260-0800

30 EMERITUS AT SOUTHPOINT
6895 Belfort Oaks Place - 32216
296-2384

31 FLEET LANDING
1 Fleet Landing Boulevard
Atlantic Beach, FL 32233
246-9900

32 FRAZIER HOME
4707 West Marlboro Circle - 32206
768-6741

33 FT. CAROLINE GARDENS
9150 Fort Caroline Road - 32225
743-3315

34 GOLDEN RETREAT SHELTER
CARE CENTER
4410 Moncrief Road West - 32209
764-2581

35 GRAND MARY'S HOUSE
4828 Evanston Road - 32208
768-8350

36 HAGAN ALF
3104 West 12th Street - 32254
378-8531

37 HARBORCHASE OF JACKSONVILLE
3455 San Pablo Road South - 32224
821-8030

38 HERITAGE CROSSINGS
2689 Art Museum Drive - 32207
399-8999

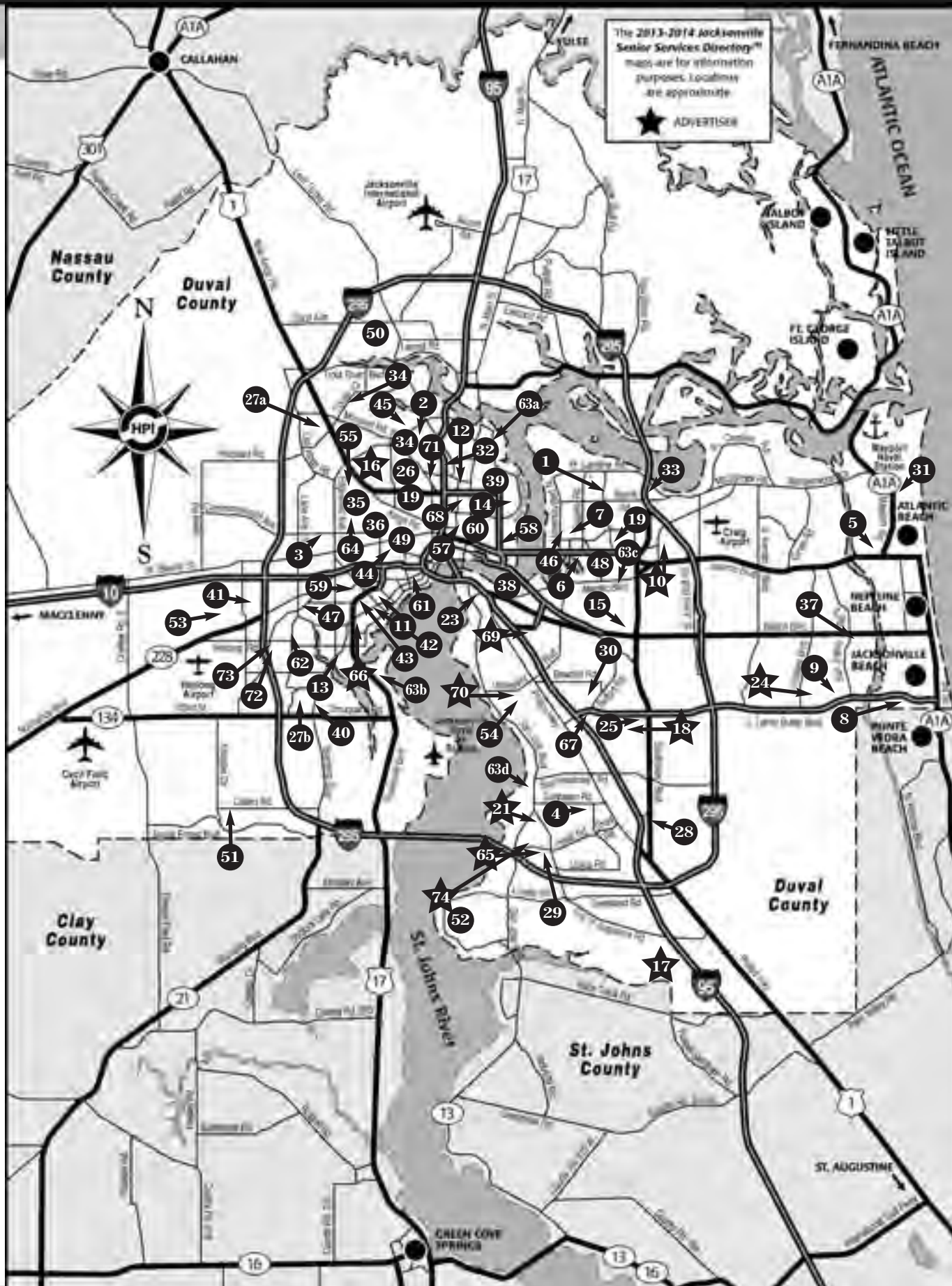
39 HIDING PLACE
1444 East 26th Street - 32206
608-1245

40 HOME SWEET HOME ASSISTED LIVING
FACILITY OF JAX, INC., A
5022 Perrine Drive - 32210
772-0651

41 HOME SWEET HOME AT HOGAN LANE
1307 Hogan Lane - 32221
783-6473

42 INDEPENDENT MANOR, INC.
3607 Herschel Street - 32205
387-4034

Assisted Living Facilities



43 INGLESIDE RETIREMENT
1433 Ingleside Avenue - 32205
389-6677

44 J & J HOLISTIC CARE CENTER
2821 Hunt Street - 32254
619-5414

45 JEFFERSON HOME ASSISTED LIVING FACILITY
7932 Dale Court - 32208
765-9030

46 JUST LIKE HOME
5844 Windermere Drive - 32211
743-7809

47 KINGS HOUSE
1264 Neva Street - 32205
894-6828

48 L'ARCHE HARBOR HOUSE
700 Arlington Road North - 32211
721-5992

49 LAFETA FAMILY HOME CARE
1061 Division Street - 32209
358-3933

50 LAUREL OAKS
3809 Capper Road - 32218
765-5227

51 LIGHTHOUSE ASSISTED LIVING FACILITIES OF NORTH FLORIDA, INC.
7655 Collins Ridge Boulevard - 32244
573-7919

52 MANDARIN MANOR
1815 Orange Picker Road - 32223
268-1959

53 MESA HAVEN, INC.
1520 Mesa Drive - 32221
378-0117

54 MI CASA ADULT LIVING FACILITY
6856 St. Augustine Road - 32217
739-3927

55 MYRTICE ANGELS SENIOR HOME CARE, LLC
2570 Vernon Street - 32209
355-9737

56 NORTH POINT COMMUNITY RESIDENTIAL FACILITY, INC.
1937 College Circle North - 32209
635-0346

57 PETERSON ASSISTED LIVING FACILITY, INC.
1622 Silver Street - 32206
356-3022

58 PLEASANT LIVING FACILITY
1543 Hill Street - 32202
353-0501

59 PLYMOUTH HOME FOR ADULTS
3225 Plymouth Street - 32205
384-5796

60 RIVER REGION HUMAN SERVICES, INC.
920-A Bridier Street - 32206
899-6300

61 RIVERSIDE PRESBYTERIAN HOUSE
2020 Park Street - 32204
388-9376

62 SAN JUAN RETIREMENT HOME
6561 San Juan Avenue - 32210
695-9605

63a SOME PLACE LIKE HOME, INC.
1499 Bassett Road - 32208

63b 4217 Chippewa Drive - 32210

63c 7819 Glen Echo Road North - 32211

63d 2307 Smullian Trail North - 32217
744-8580

64 STEPHANIE'S LOVE AND CARE FACILITY
3056 West 1st Street - 32254
388-7086

65 **STERLING HOUSE JACKSONVILLE**
10875 Old St. Augustine Road
Jacksonville, FL 32257
880-4040
www.brookdaleliving.com
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★ **66 STERLING HOUSE MERRIMAC**
4455 Merrimac Avenue
Jacksonville, FL 32210
389-5959
www.brookdaleliving.com
 ➤ see our ad page 5

● **67 SUNRISE OF JACKSONVILLE**
4870 Belfort Road - 32256
332-0774

● **68 SWEET RETREAT ASSISTED LIVING FACILITY**
142 Cottage Avenue - 32206
354-3805

★ **69 TAYLOR HOME**
3937 Spring Park Road
Jacksonville, FL 32207
737-6777
www.taylor-residences.org
 ➤ see our ad page 130

★ **70 TAYLOR MANOR**
6605 Chester Avenue
Jacksonville, FL 32217
636-0142
www.taylor-residences.org
 ➤ see our ad page 130

● **71 VALIZ'S PLACE**
3410 North Myrtle Avenue - 32209
354-0026

● **72 WATTS GUARDIAN CARE, INC.**
7217 Eudine Drive North - 32210
693-2276

● **73 WILEY RETIREMENT HOME**
7024 Wiley Road - 32210
374-2071

★ **74 WYNDHAM LAKES**
10660 Old St. Augustine Road
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888-482-9717
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ATTORNEYS - ELDER LAW



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Jacksonville, FL 32207
399-3323
640 3rd Street North, Suite 1
Jacksonville Beach, FL 32250
372-9171
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7040 Blanding Boulevard
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AND SMART CENTER JACKSONVILLE**

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BATH FITTER

7660 Philips Highway, Suite 3
 Jacksonville, FL 32256
 828-3535
www.bathfitterjacksonville.com
 ► see our ad page 27

TUB KING

6593 Powers Avenue, Suite 1-3
 Jacksonville, FL 32217
 800-843-4231
www.seniorbathtub.com
 ► see our ad page 17

BLOOD BANKS

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Northeast Florida Chapter
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 358-8091
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 (See page 42 for a description of services)

BLOOD ALLIANCE, THE

800-447-1479 Toll-Free
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 1927 3rd Street North
 Jacksonville Beach, FL 32250
Deerwood Park Donor Center
 7595 Centurion Parkway - 32256
Mandarin Donor Center
 10501 San Jose Boulevard - 32257
Mayo Clinic
 4500 San Pablo Road South - 32224
Shands Jacksonville Donor Center
 536 West 10th Street, Unit 1 - 32206
South Jacksonville Donor Center
 8013 Beach Boulevard - 32216
West Jacksonville Donor Center
 5209 Blanding Boulevard - 32210
 353-8263
www.igiveblood.com

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FUNERAL HOME AND CREMATIONS**

850 St. Johns Bluff Road North

Jacksonville, FL 32225

641-9755

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EDGEWOOD CEMETERY

4519 Edgewood Drive

Jacksonville, FL 32219

765-2484

➤ see our ad page 77

**GREENLAWN FUNERAL HOME
CREMATIONS & CEMETERY**

4300 Beach Boulevard

Jacksonville, FL 32207

396-2522

➤ see our ad page 77

**HARDAGE GIDDENS FUNERAL HOMES
& CREMATION SERVICES**
Edgewood Chapel

729 Edgewood Avenue South

Jacksonville, FL 32205

388-2711
Arlington Chapel

850 St. Johns Bluff Road North

Jacksonville, FL 32225

641-9755
Westside Chapel

5753 Blanding Boulevard

Jacksonville, FL 32244

777-5727
Northside Chapel

4315 North Main Street

Jacksonville, FL 32206

356-6585
Southside Chapel

4115 Hendricks Avenue

Jacksonville, FL 32207

346-3808
Mandarin Chapel

11801 San Jose Boulevard

Jacksonville, FL 32223

288-0025
Jacksonville Beaches Chapel

1701 Beach Boulevard

Jacksonville Beach, FL 32250

249-2374

➤ see our ad page 77

**HOLLY HILL MEMORIAL PARK AND
FUNERAL HOME**

3601 Old Jennings Road

Middleburg, FL 32068

282-9336

➤ see our ad page 77

**OAKLAWN CEMETERY &
FUNERAL HOME**

4801 San Jose Boulevard

Jacksonville, FL 32207

737-7171

➤ see our ad page 77

RIVERMEAD FUNERAL HOME

127 Blanding Boulevard

Orange Park, FL 32073

272-6316

➤ see our ad page 77

TOWN & COUNTRY FUNERAL HOME

7242 Normandy Boulevard

Jacksonville, FL 32205

781-9262

➤ see our ad page 77



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download your digital copy of the

***Jacksonville Senior
Services Directory™***

COMMUNITY SERVICES

AGING TRUE

4250 Lakeside Drive, Suite 116 - 32210

807-1203

807-1218 (TDD)

www.agingtrue.org

A multi-funded agency that provides many services and programs for people 60+, who are physically frail or disabled. All programs are designed to assist individuals to remain in their own homes. Fees are assessed for some services depending on program guidelines. Some fees are based on the individual's ability to pay.

- **Caregiver Support Services** - Support groups, individual and group training, RELIEF, IIIIE, respite and caregiver mentor services are available to those caring for their frail and elderly loved ones (60+) who require a full-time caregiver. Companionship and telephone reassurance services are available to those frail elderly (60+) who are alone and need assistance in order to remain independent.
- **Community Care for the Elderly** - Provides case management and essential social services to maintain the frail elderly (60+) at home and assist caregivers of the frail elderly. Services vary according to clients' needs, but can include personal care, homemaking, adult day care, medical transportation, respite care, chores, and emergency alert response services.
- **Emergency Alert Response Systems (EARS)** - Provides personal emergency response equipment to allow frail individuals to summon aid when in distress by pressing a button worn on a pendant. Service includes daily monitoring and can be customized to clients' needs.
- **Florida Self-Directed Care (SDC) Program** - The mission of Florida SDC is to create, maintain, and access an environment in which SDC participants freely navigate the road to recovery on their own terms, making informed choices along way to achieve a state of mental wellness and to return to, or achieve, a productive lifestyle, including employment.
- **Home Health Services** - We are available for skilled nursing services, home health aides, rehabilitative therapies and medical social work. Our goal is to provide clients with appropriate safe, quality health care at home and to recognize them

as individuals with unique health care needs. We provide considerate, respectful, skilled care by competent and compassionate professionals.

- **Meals on Wheels** - Hot, nutritious meals delivered daily, five days-per-week to homebound, frail, elderly and disabled individuals living in Duval County. Meals are delivered by a combination of paid or volunteer staff. Individuals may also qualify for frozen weekend meals, or frozen meals in lieu of hot meals, under special circumstances.
- **Financial Counseling Services** - Financial counseling, budgeting and daily money management for frail seniors and disabled individuals who require this assistance to remain independent. May also provide representative payee services, health care surrogate services, guardian advocate and guardianship services for frail seniors and disabled adults on a limited basis, as legally appropriate and necessary.
- **The Mobile Assessment for Seniors (MAS)** - This program reduces isolation, depression, and other undiagnosed and untreated mental health conditions among older adults living in Duval County by providing in-home mental health assessment and referral services.
- **“Get Back Into Life!” Group Therapy Program** - The goal of “Get Back Into Life!” is to improve the quality of life for isolated older adults with depression, anxiety, and grief and loss issues by decreasing symptoms of depression that interfere with the ability to actively engage in society. The group offers these older adults the opportunity to share with those who are experiencing similar situations, learn problem solving skills and adopt new ways of coping.
- **Mental Health Counseling** - In-home mental health assessment and counseling to address the symptoms arising from the stresses of the aging process and the functional limitations of that process or disability.
- **Targeted Mental Health Case Management** - Case management services for older adults with mental illness.
- **Relatives as Parents Program of Jacksonville (RAPPJAX)** - The Relatives as Parents Program of Jacksonville (RAPPJAX) provides educational/support groups for grandparents and other relatives raising children throughout Duval County. The RAPPJAX program also offers a network of community resources, trainings,

seminars and special events for relative caregivers raising children.

- **Senior Connections Long-Term Nursing Home Diversion Program** - This program is designed for seniors age 65+ who need help to remain at home or live in an assisted living facility. The program provides a wide range of services to make it easier for seniors to get the care needed to live safely and independently in a community setting, such as their own home or assisted living facility. The program also pays medical co-payments/deductibles while allowing the member to continue to see their personal providers. Senior Connections coordinates all your services with qualified providers of your choice. THERE IS NO COST for this program except for assisted living and long-term nursing stays. The program requires a functional eligibility determination and a financial eligibility determination.

► **see our Tab Insert - Front**

**CITIZENS PLANNING ADVISORY
COMMITTEES (CPACs)
NEIGHBORHOODS DEPARTMENT -
HOUSING AND COMMUNITY
DEVELOPMENT DIVISION
255-8200**

www.coj.net/CPACs

Jacksonville's more than 500 neighborhoods are divided into six planning districts, each with a Citizens Planning Advisory Committee, or "CPAC." The primary purpose of CPAC is to maintain open and effective communication between Jacksonville residents, businesses, neighborhoods, community organizations, educational institutions and city government. Members are nominated through a variety of community, civic, or government organizations located in their district. Eligibility is reviewed by the Chief of the Housing and Community Development Division and forwarded to the Mayor for appointment.

Meeting for some months might be moved because of holidays or vacations. Please contact coordinator.
PD 1 - (Urban Core) Meetings: First Monday of the month at 5:30 p.m., Ed Ball Building Training Room 115, lobby level, 214 North Hogan Street.

PD 2 - (Greater Arlington/West Beaches) Meetings: Second Monday of the month at 6:30 p.m., Executive at Craig Airport, 855-1 Craig Drive.

PD 3 - (Southeast) Meetings: Fourth Monday of the month at 6:30 p.m., St. Vincent's Southside Hospital, 4201 Belfort Road, Main Hospital, Auditorium C.

PD 4 - (Southwest) Meetings: Second Monday of the month at 7 p.m., Florida State College at Jacksonville/Kent Campus, Building E-112 F, 3939 Roosevelt Boulevard.

PD 5 - (Northwest) Meetings: Second Thursday of the month at 6 p.m., Legends Center, 5130 Soutel Drive.

PD 6 - (North) Meetings: Second Wednesday of the month at 4 p.m., Florida State College at Jacksonville/North Campus, Building C Auditorium, 4501 Capper Road.

Contacts:

North & Southwest CPACs

Mary Beth Ridderman - **255-8260**

Marybeth@coj.net

Greater Arlington/Beaches & Southeast CPACs

Rosemary L. Wesolowski - **255-8261**

Rosemary@coj.net

Urban Core & Northwest CPACs

Marilyn Fenton-Harmer - **255-8236**

MFHarmer@coj.net

**CITY OF JACKSONVILLE,
DUVAL COUNTY EXTENSION SERVICE**

1010 McDuff Avenue North - 32254

387-8850

<http://duval.ifas.ufl.edu>

Provides informational and educational programs in food preparation, nutrition education, and agricultural and urban gardening.

**COMMUNITY CONNECTIONS
(FORMERLY THE YWCA)**

Administrative Office

327 East Duval Street - 32202

350-9949

www.communityconnectionsjax.org

Creates opportunities for formerly homeless and low income women, children and families enabling them to become self-sufficient and achieve their full potential. Provides affordable housing, essential support services and after-school programs for children. Senior citizen volunteers are welcome. To volunteer, call **350-9949**.

A.L. Lewis Center

3655 Ribault Scenic Drive - 32208

764-5686

Florence N. Davis Center

325 East Duval Street - 32202

354-6681**Healthy Families Jacksonville**

6050 Moncrief Road, Units 6 & 7 - 32209

924-1740**Nia Terrace/Homeless Housing**

1839 Lane Avenue South, Suite 102 - 32210

786-6886**Normandy Community Center**

1751 Lindsey Road - 32221

379-5612**Sable Palms**

2150 Emerson Street - 32207

398-3863**DIOCESAN CENTER FOR FAMILY LIFE**

2577 Park Street - 32204

308-7474www.dcfl.org**(See page 63 for a description of services)****DOWNTOWN ECUMENICAL
SERVICES COUNCIL**

215 Ocean Street - 32202

358-7955**Hours of Operation:****Food Pantry:**

Monday - Friday 8:30 a.m. - 12:30 p.m.,

2 p.m. - 4:30 p.m.

Clothing Ministry:

Monday, Wednesday and Friday 8:30 a.m. - 11 a.m.

Provides emergency services for the poor, with a weekday food pantry for groceries. Also provides financial help in the form of vouchers for rent, utilities and deposit money. Call Monday mornings at 8:30 a.m. for financial help.

**EDWARD WATERS COLLEGE
SCHELL SWEET COMMUNITY
RESOURCE CENTER**

1697 Kings Road - 32209

470-8930**Hours of Operation:**

Monday - Friday 8 a.m. - 5 p.m.

Provides quality health education, social and human services, and computer literacy for seniors and their families in partnership with the City of Jacksonville, Family Medical Center at EWC, Prosperity

Campaign, Internal Revenue Services, Veterans Reintegration Program, Northwest Behavioral Services and many other community based service providers. The center offers adults age 60 and over two wellness programs to promote healthier lifestyles. The Senior Wellness Obesity Objective and the Elder Health Literacy Program together provide fitness, health screening, health literacy, case management and educational workshops.

**ELDERSOURCE AGING AND
DISABILITY RESOURCE CENTER
391-6699****Elder HelpLine Hours of Operation:**

Monday - Friday 7:30 a.m. - 6:30 p.m.

ElderSource, the Area Agency on Aging for Northeast Florida, has been designated as the Aging Resource Center for this region. An Aging Resource Center is intended to reduce the fragmentation of the current system by providing easier access to elder services through a locally focused, coordinated approach that integrates information and referral for all available services. The Aging and Disability Resource Center will increase access to services, streamline the eligibility process and assist elders in finding the necessary resources and/or assistance. Our Aging Resource Center has specially trained staff available to help elders and their caregivers make informed decisions.

**FLORIDA/USVI POISON INFORMATION
CENTER - JACKSONVILLE****800-222-1222** Toll-Freewww.fpicjax.org

The Florida/USVI Poison Information Center - Jacksonville is available 24 hours a day, providing free emergency telephone resources for the public and health care professionals through a nationwide, toll-free hotline accessible by voice and TTY. The Florida/USVI Poison Information Center - Jacksonville, which serves 42 Florida counties and the U.S. Virgin Islands, receives over 58,000 calls each year. Calls are answered 24/7 by Registered Nurses or Licensed Pharmacists who have access to the latest computerized, comprehensive poison assessment and management techniques. Advice for known or suspected poisonings, as well as simple answers to poison information questions, is given. Free poison information and education programs are

also available. The Florida/USVI Poison Information Center - Jacksonville is accredited by the American Association of Poison Control Centers as a regional poison center and is a cooperative effort between the University of Florida College of Medicine, Shands Jacksonville, the University of Florida Health Science Center/Jacksonville and Children's Medical Services, State of Florida Department of Health. The Florida/USVI Poison Information Center - Jacksonville serves approximately six million people.

HOUSING INITIATIVE AND COUNSELING PROGRAM (HICP)

Jacksonville Urban League

903 Union Street West - 32204

366-3470

Assists low- to moderate-income families in achieving home ownership, and educates and assists mortgagors on options and strategies for maintaining timely payments and avoiding foreclosure. Other counseling services include delinquent mortgage, loss mitigation, credit, reverse mortgage, pre- and post-homeowner education, money smart training and IDA enrollment.

INTERNAL REVENUE SERVICE (IRS)

Jacksonville Branch

Taxpayer Assistance Office

400 West Bay Street - 32202

Live Telephone Assistance

800-829-1040 Toll-Free

800-829-4059 (TDD) Toll-Free

Federal Tax Forms Only

800-829-3676 Toll-Free

Tele-Tax Recorded Tax Information

800-829-4477 Toll-Free

Taxpayer Advocate Service

665-1000

877-777-4778 Toll-Free

www.irs.gov

The Taxpayer Advocate Service is an independent organization within the IRS. Employees assist taxpayers who are experiencing economic harm, who are seeking help in resolving tax problems that have not been resolved through normal channels, or who believe that an IRS system or procedure is not working as it should.

You can contact the Taxpayer Advocate Service by calling their toll-free case intake line at **877-777-4778** or TTY/TDD **800-829-4059** to see if you are eligible for assistance. You can also call or write to your local taxpayer advocate, whose phone number and address are listed above and in *Publication 1546, The Taxpayer Advocate Service of the IRS - How to Get Help with Unresolved Tax Problems*. You can file Form 911, Application for Taxpayer Assistance Order, or ask an IRS employee to complete it on your behalf. For more information, go to www.irs.gov/advocate.

JACKSONVILLE AREA LEGAL AID, INC.

126 West Adams Street - 32202

356-8371

www.jaxlegalaid.org

Provides free legal services to seniors age 60+ and their caregivers. Legal services are available for advance health care directives, guardianships, simple wills, Medicare/Medicaid issues, consumer and lending issues, housing issues and more. The staff is also available for community legal education seminars.

JACKSONVILLE COMMUNITY COUNCIL, INC. (JCCI)

2434 Atlantic Boulevard - 32207

396-3052

www.jcci.org

JCCI is a nonpartisan civic organization that engages diverse citizens in open dialogue, research, consensus building, advocacy and leadership development to improve the quality of life and build a better community in Northeast Florida and beyond. JCCI's annual Quality of Life Progress Report provides a yardstick to measure the community's progress in achieving its vision for the future, while JCCI studies and follow-up advocacy efforts address pressing quality of life issues impacting the entire community. JCCI also serves as a trusted, independent convener of the community to gather public input and build community consensus.

**JACKSONVILLE HUMAN RIGHTS
COMMISSION (JHRC)
CITY OF JACKSONVILLE**

117 West Duval Street, Suite 350 - 32202

630-4911

630-4125 (TTY)

www.coj.net

The Jacksonville Human Rights Commission (JHRC) receives and investigates complaints of discrimination, promotes equal opportunity for all, and cooperates with federal, state and local agencies to accomplish the goals of the commission. The JHRC staff handles complaints from citizens in the areas of employment, housing and public accommodation. The JHRC is also responsible for fostering mutual understanding and respect among all residents of Jacksonville and resolving community conflicts.

**JACKSONVILLE SHERIFF'S OFFICE,
COMMUNITY AFFAIRS DIVISION**

Police Memorial Building

501 East Bay Street - 32202

630-2160

www.jaxsheriff.org

The Community Affairs Division of the Jacksonville Sheriff's Office is the umbrella for specialized community outreach programs of the agency, which include: The Sheriff's Advisory Councils (ShAdCo); Crime Prevention; Neighborhood Watch, Business Watch and River Watch; firearm safety; self defense; and much more. The Jacksonville Sheriff's Office hosts a very robust website. It contains valuable information and news about the activities of the Jacksonville Sheriff's Office. In the COMMUNITY AFFAIRS section, you will find more than 70 crime prevention brochures and pamphlets dealing with a wide variety of issues. They are free and can be downloaded to your computer or read online. New this year, JSO has just launched its online crime reporting and crime tips system for specific crimes with no suspect.

**JEWISH FAMILY & COMMUNITY
SERVICES (JFCS)**

6261 Dupont Station Court East - 32217

448-1933

www.jfcsjax.org

Jewish Family & Community Services (JFCS), founded in 1917, is a social service agency providing care for every stage of the life cycle.

Serving the entire community:

JFCS offers a wide variety of programs and services including:

- **Counseling Services**

Medicaid and Medicare are accepted.

- **Emergency Financial Assistance**

Rent and utilities.

- **Feed-A-Needy-Neighbor (FANN) Pantry**

Provides emergency groceries to individuals and families experiencing difficult times. Clients can receive food three times in a 12 month period. Recipients are asked to bring a picture ID.

Call for hours of operation.

- **Geriatric Care Management**

Seniors wishing to live independently and safely and individuals seeking help in obtaining benefits and supplementary support can find a professional staff to provide information, referral and linkage to community services. Counseling, medical advocacy, connecting to community services or identifying eligibility available for older adults and their concerned families. Call **394-5722**.

- **Jewish Healing Network**

Trained volunteers make friendly visits to seniors in nursing homes, assisted living facilities or private homes. Call **394-5737**.

- **Kosher Kart**

Nutritious, kosher meals delivered to your home. A practical alternative for seniors or individuals recuperating from illness or hospitalizations. Call **224-6287**.

- **Senior Transportation (CALL TO GO)**

JFCS arranges transportation for older adults of the Jewish faith. Rides to doctor appointments, grocery shopping at a reduced rate and to synagogue services at no charge. Call **224-6287**.

**LUTHERAN SOCIAL SERVICES OF
NORTHEAST FLORIDA, INC.**

4615 Philips Highway - 32207

448-5995

www.lssjax.org

Motivated and guided by the compassion of Christ, Lutheran Social Services serves seniors through four programs:

- **AIDS Care and Education** - Provides case management, counseling, and housing services to individuals living with HIV/AIDS.
- **Refugee & Immigration Services** - Helps refugees and asylees sent by the U.S. Government to live in Jacksonville through resettlement, employment, career ladder, integration assistance, and youth and family services. For more information, contact **448-5995**.
- **Representative Payee Services** - Provides fiscal management services to individuals receiving SSI/SSDI. For more information, contact **730-8282**.
- **Second Harvest Food Bank** - Distributes more than 10 million pounds of food to more than 500 nonprofit agencies in Northeast Florida. Also delivers food directly into neighborhoods with the greatest need through Mobile Pantries. For more information, call **353-3663**.
- **The Sharing Place Thrift Shop**
4615 Philips Highway - 32207
446-9560
Hours of Operation:
Monday - Saturday 9 a.m. - 5 p.m.
Call **448-5995** if you would like to donate items to The Sharing Place.

NORTHEAST FLORIDA COMMUNITY ACTION AGENCY, INC. (NFCAA)

4070 Boulevard Center Drive, Building 4500,
Suite 200 - 32207
398-7472

www.nfcaa.net

Provides programs and services to raise the health, education and economic standards of Duval County citizens. Programs include: Low-income Energy Assistance Program for utilities, weatherization assistance, home repairs, Temporary Food Assistance (Commodities) Program, rent/mortgage assistance and various services for the homebound, elderly, and disabled, including employment and education assistance programs, and financial literacy and asset building.

PROPERTY APPRAISER'S OFFICE DUVAL COUNTY

Yates Building

231 East Forsyth Street, Suite 260 - 32202
630-2020

www.duvalpa.com

Hours of Operation:

Monday - Friday 7 a.m. - 6 p.m.

The Property Appraiser's Office is responsible for assessing all real and tangible (business) property in Duval County for the purpose of taxation. The Property Appraiser's Office maintains the property database for the county and also administers property tax exemptions to applicants who qualify. Exemptions include: Homestead Exemptions, Disability Exemptions, Widow/Widower Exemptions, Senior Citizens Additional Homestead, Military Exemptions and others. For exemptions criteria and more information, call **630-2020** or visit the Property Appraiser's website at www.duvalpa.com.

PUBLIC DEFENDER, MATT SHIRK, FOURTH JUDICIAL CIRCUIT DUVAL, CLAY AND NASSAU COUNTIES Main Office

407 North Laura Street - 32202

255-HOPE (255-4673)

email: PD4@pd4.coj.net

www.mattshirkpublicdefender.com

www.coj.net/departments/public+defender

The Public Defender protects the constitutional and statutory rights of all citizens through the effective legal representation of court-appointed clients in criminal cases and mental health commitment proceedings. The objective of this office is to provide ethical and competent legal representation and public service within the framework and guidelines established by the United States Constitution, the Constitution of the State of Florida, Florida Statute, Rules of Court and Rules of the Florida Bar.

SENIOR LEGAL HELPLINE

888-895-7873 Toll-Free

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

Hours of Operation:

Monday - Friday 9 a.m. - 12 p.m.

The Florida Senior Legal Helpline is a free service for any senior who has a civil legal question or problem. Callers will be given legal advice from an experienced attorney or paralegal. Further services may be available in the caller's local community. All legal helpline phone conversations are subject to attorney/client confidentiality.

SENIOR LIFE FOUNDATION, INC., THE

Mari Terbrueggen, President
 P.O. Box 57443 - 32241-7443
268-9128

www.seniorlifejax.com

Addresses emergency needs of low-income seniors. Helps them remain in their homes or apartments by providing assistance on a case-by-case basis when the senior is faced with a crisis. Funds can be used for: rent when eviction is imminent, essential medications, or the purchase or repair of essential appliances. To receive assistance, a person needs to be 60+, live independently in their own home or apartment, be a Duval County resident, have a total household monthly income of no more than \$1,000 and have a need that can be met with a one-time payment of up to \$400. Assistance is provided once every two years.

**SPECIAL SERVICES DEPARTMENT,
 CITY OF JACKSONVILLE**

Office of the Director

117 West Duval Street, Suite 210 - 32202
630-3632

www.coj.net

The Special Services Department provides many of the city's human and social services. Among its responsibilities: senior and community centers and other programs for the adult population 60 years and over. The department is responsible for programs targeted specifically to meet the unique needs of seniors, crime victims and children. The department is comprised of two divisions.

- The Senior Services Division administers and operates community-wide social service programs at 19 senior centers serving the city's adult population, especially older adults.
- The Behavioral and Human Services Division administers mental health services and programs, victim services and provides emergency financial assistance.

**TAX COLLECTOR OFFICES (IN
 DUVAL COUNTY)**

Michael Corrigan
 Duval County Tax Collector
Customer Service Center
630-1916

email: taxcollector@coj.net

www.coj.net/tc

Hours of Operation:

Ed Ball Building Branch:

Monday - Friday 7 a.m. - 4 p.m.

All other Tax Collector Branches:

Monday - Friday 8 a.m. - 5 p.m.

We accept cash, check and pin-based debit cards. Each Tax Collector Office listing is numbered and has a corresponding pinpoint on the map on **page 59**.

① Cedar Hills Branch

3520-1 Blanding Boulevard - 32210
 Additional Services: Limited Driver's License Service (no road test), Fast Title Service.

② Commonwealth Branch

6672 Commonwealth Avenue - 32254
 Additional Services: Drive-Thru Window, Full Service Driver's License & HAZMAT Fingerprinting, Fast Title Service.

③ Downtown Branch (Yates Building)

231 East Forsyth Street, Suite 130 - 32202
 Additional Services: Administrative Offices - Suite 200, Tax Department, Local Business Tax Department, Drive-Thru Window, Limited Driver's License Service (no road test), Fast Title Service.

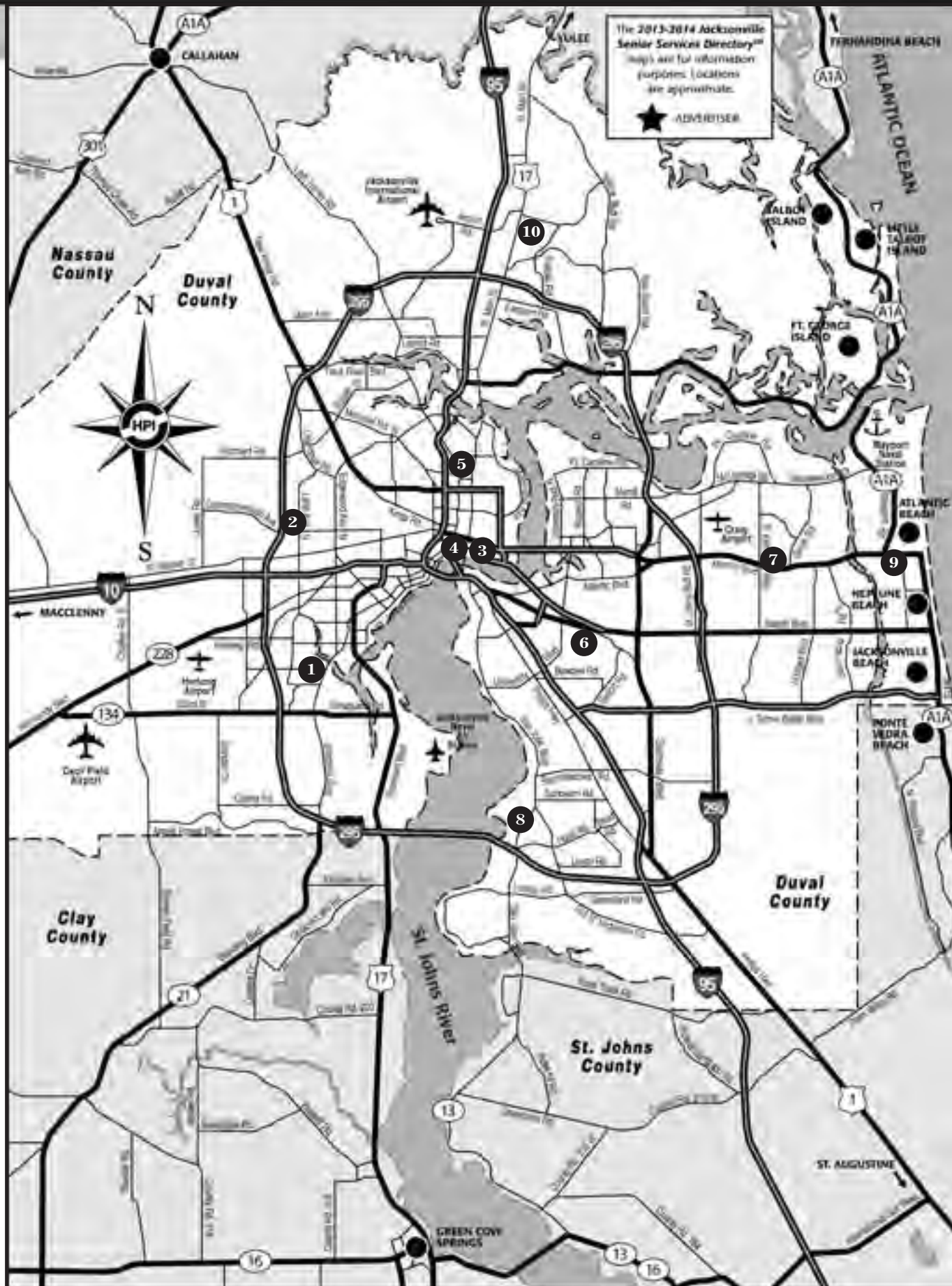
④ Ed Ball Building Branch - Downtown

214 North Hogan Street, Suite 212 - 32202
 Not a full service Tax Collector Office and does not offer DMV or Driver's License services.
 Additional Services: Parking Citations, Real Estate Tax Payments, Local Business Tax Renewals, Building and Zoning transactions.

⑤ Gateway Branch

910 West 44th Street - 32208
 Additional Services: Drive-Thru Window, Full Service Driver's License & HAZMAT Fingerprinting, Fast Title Service.

Tax Collector Offices



6 Hogan's Corner Branch

7120-15 Hogan Road - 32216

Additional Services: Full Service Driver's License & HAZMAT Fingerprinting, Fast Title Service.

7 Kernan Branch

12220-102 Atlantic Boulevard - 32225

Additional Services: Drive-Thru Window, Limited Driver's License Service (no road test), Fast Title Service.

8 Mandarin Branch

10131-24 San Jose Boulevard - 32257

Additional Services: Drive-Thru Window, Full Service Driver's License, Fast Title Service.

9 Neptune Beach Branch

1505 Atlantic Boulevard

Neptune Beach, FL 32266

Additional Services: Full Service Driver's License, Fast Title Service.

10 North Jacksonville Branch

12961-210 North Main Street - 32218

Additional Services: Full Service Driver's License, Fast Title Service.

UNITED WAY OF NORTHEAST FLORIDA**1301 Riverplace Boulevard, Suite 500****Jacksonville, FL 32207****390-3200****www.uwnfl.org****• 2-1-1 Information and Referral for Human Services and Life: ACT 2 Initiatives**

United Way 2-1-1 is a 24-hour, 7 day a week, Web-based and telephone, community information and referral service covering nine counties throughout Northeast Florida. The service is nationally accredited by The Alliance of Information and Referral Systems (AIRS), the American Association of Suicidology (AAS) and certified statewide by the Florida Alliance of Information and Referral Services (FLAIRS).

United Way 2-1-1 is a free information and referral service with calls answered by friendly, trained staff with a database of community services at their fingertips:

- Information and referral services are provided by telephone and through the Internet at www.nefl211.org.

- Problem solving support is available to people who may be unclear about which referrals can best meet their needs.
- Follow-up services include calls to verify that callers received helpful, quality referral information.
- Assessments of community needs based on type of calls.
- Information and referral is also available for human services agencies, professionals, school personnel and other policy makers.
- United Way 2-1-1 services are available 7 days a week, 24 hours a day.

United Way's Life: Act 2 is a proactive community collaboration developed to address the opportunities and challenges of an ever-expanding senior population in Northeast Florida.

• Life: Act 2

United Way of Northeast Florida's Life: Act 2 developed a four year comprehensive strategic plan to help adults age 60 and older have shorter hospital stays and to increase senior independence by providing essential aid to seniors transitioning home from acute hospital care. Through a Robert Wood Johnson Foundation grant, community collaboration and trained hospital Elder Care Advocates, a specific intervention strategy was developed to:

- Coordinate between hospital and home care services for seniors during the critical time following discharge from the hospital.
- Provide seniors with important information about community services.
- Connect or, in some cases, purchase free supportive home services for seniors.
- Monitor to ensure seniors have returned home successfully.

Three hospitals, Baptist Downtown, Baptist South and Shands Jacksonville, have chosen to sustain the program and have Elder Care Advocates. For more information, or if you would like to volunteer, please contact Jeannie Burhans, Program Director at **390-3292**.

➤ **see our ad page 95**

VOTER REGISTRATION

Jerry Holland

Supervisor of Elections, Duval County

Main Office

105 East Monroe Street - 32202

630-1414

www.duval elections.com

Provides services related to voter registration including requesting an absentee ballot for yourself or an immediate family member, changing your address, updating your signature or changing your party affiliation.

- **Registering To Vote** – You may register to vote in person Monday through Friday, from 7:30 a.m. to 5:30 p.m., at the main office located at 105 East Monroe Street. You may complete a voter registration application at any branch of the Jacksonville Public Library.

If you are registering for the first time, you must do so 29 days prior to the election in order to vote in that election. After registering, you will receive a voter information card in the mail. If you have already registered, it's important the Supervisor of Elections Office has your current signature, address and party affiliation on file. If you need to change your address, name, party affiliation, or submit your updated signature, please call **630-1414** for instructions.

- **Voting** – Your voter registration card will identify your precinct and polling location on Election Day. Absentee and early voting are alternative options to voting on Election Day. Florida Election Law requires a photo and signature identification (ID) at the polling place.

Acceptable forms of identification are:

- Florida Driver's License
- Florida ID Card
- U.S. Passport
- Debit/Credit Card
- Military ID Card
- Student ID Card
- Retirement Center ID Card
- Neighborhood Association ID Card
- Public Assistance ID Card
- **Requesting Absentee Ballots** – As an alternative to voting at your assigned polling location, you may request an absentee ballot be sent to you and you

may also request ballots for immediate family members. Requests may be made for specific elections or through the next regularly scheduled general election by calling **630-1414**, or visiting our website.

- **Locating Early Voting Sites** – Voters registered in Duval County may vote at any of the early voting sites; early voting begins 10 days prior to Election Day and lasts for 8 days. For a list of the early voting sites and hours of early voting, please call our office at **630-1414** or visit our website prior to each election. www.duval elections.com.
- **Automark Voting Equipment** – Each precinct and early voting site will be equipped with the AutoMark voting equipment with audio capabilities and text magnification features to help voters with special needs. Visually impaired voters can choose to have the screen blank as they follow audio cues for additional privacy when voting. Ball caps with attached pointers will be available at the polls for voters with motor skill challenges to use with the AutoMark machine. If you need this or other special assistance at the polls, please let the poll worker know prior to voting.
- **Other Assistance for Specialized Needs** –
 - Signature guides are at each polling place to assist visually impaired voters to sign on the appropriate line.
 - Sample ballots in large print, audio and Braille (not precinct-specific) are available upon request.
 - Household mailers are available in large print and Braille upon request.
- **Supervised Voting Program** – Arrangements can be made to have poll workers come to your group or residential facility to assist with voting. For more information, call **630-1414**.
- **Poll Worker Training** – If you're interested in becoming a poll worker, visit the website.
- **Polling Locations** – Changes to Election Laws effective January 1, 2006 made it necessary that each polling place meets the American Disability Act (ADA) requirements. All polling places in Duval County meet the ADA requirements giving all the ability to access their precinct's polling place.

- Voter Registration Card – The card identifies your polling location along with the location's address. The card no longer contains your signature and cannot be used as an official form of identification. If you haven't received a new voter registration card, call the Supervisor of Elections Office at **630-1414**.

WE CARE - JACKSONVILLE

Administrative Office

900 University Boulevard North,
MC-92, 6th Floor - 32211

253-1640

www.wecarejacksonville.org

Provides free community-based medical services at more than ten clinics for patients who cannot otherwise afford health care. Patient's income must be at or below 200% of federal poverty level guidelines and not be covered by medical insurance, and be a resident of Duval County. Clinics are located online or contact the WE CARE office for location information.

Christ the King Medical Clinic

1736 University Boulevard South - 32216

253-1640

Healing Hands Medical Ministry

5126 Timuquana Road - 32210

777-4228

I.M. Sulzbacher Health Center

611 East Adams Street - 32202

394-8069

I.M. Sulzbacher Beaches Community Healthcare Clinic

850 6th Avenue South, Suite 500
Jacksonville Beach, FL 32250

224-3550

Legacy of Care Health Center, Inc. - Filipino/English

6665 Banbury Road - 32211

309-2218

Mission House Medical Clinic

800 Shetter Avenue
Jacksonville Beach, FL 32250

241-6767

Muslim Care Clinic

2333 St. Johns Bluff Road - 32246

419-8006

River City Health Clinic

309 McDuff Avenue South - 32254

253-1640

Springfield Medical Clinic

511 West 11th Street - 32206

633-9383 ext. 11

WOMEN'S CENTER OF JACKSONVILLE

5644 Colcord Avenue - 32211

722-3000

www.womenscenterofjax.org

The mission of the Women's Center of Jacksonville is to support and empower women by nurturing mind, body and spirit; and by advocating for the dignity and respect of all women. Services include:

- Stop Violence Against Elders provides training to those in law enforcement, criminal justice, victim-serving and elder-serving professions on recognizing, addressing, investigating, and prosecuting cases of domestic and sexual violence against elders.
- Crisis Counseling and long-term advocacy for victims of sexual violence available 24 hours a day, 7 days a week. Available to victims who report to the police or choose not to report.
- Affordable Mental Health Counseling with a flexible fee schedule for individuals, couples and families.
- Community Education that includes support groups, personal growth groups, workshops and seminars on a variety of topics and interests including: self-esteem, relationships, stress management, art, music and more.
- Rape Prevention Education programs are available, by request, for your organization or club.
- Adult learning classes and one-on-one tutoring for women in our Expanded Horizon Literacy Program.
- Women's Art Exhibits, art workshops and seminars.
- Breast cancer survivor support groups, personal advocacy and educational programs.
- Information and referral services for women who are looking for a service to help them meet a particular need.

COUNCILS ON AGING

BEACHES COUNCIL ON AGING DIAL-A-RIDE (BEACHES AREA)

Bennie Furlong Senior Center

281 19th Avenue South
Jacksonville Beach, FL 32250

246-1477

Hours of Operation:

Monday - Friday 8 a.m. - 4 p.m.

Provides transportation services for senior citizens and handicapped persons to doctor and dentist appointments, Mayo Clinic, grocery stores, etc. \$5 donation round trip for Beaches area.

FLORIDA COUNCIL ON AGING (FCOA)

Bill Aycrigg, President
State Office

1018 Thomasville Road, Suite 110
Tallahassee, FL 32303

850-222-8877

www.fcoa.org

e-mail: moreinfo@fcoa.org

The Florida Council on Aging is dedicated to enhancing the quality of life for all older persons, their families, and their communities through advocacy, information-sharing and education. Membership benefits include fast access to information, a network of professionals in aging, an annual training conference, monthly publications and opportunities for advocacy on behalf of older persons.

COUNSELING & ASSESSMENTS

AGING TRUE

Protective Counseling Service (PCS)

4250 Lakeside Drive, Suite 116 - 32210

807-1203

www.agingtrue.org

Financial counseling, budgeting and daily money management for frail seniors and disabled individuals who require this assistance to remain independent. May also provide representative payee services, health care surrogate services, guardian advocate and guardianship services for disabled adults on a limited basis, as legally necessary.

► **see our Tab Insert - Front**

DIOCESAN CENTER FOR FAMILY LIFE

St. Vincent's Medical Center

2577 Park Street - 32204

308-7474

www.d CFL.org

Family Life programs prepare couples for marriage enrichment. Respect Life programs offered to raise awareness of the sanctity of human life at all stages, from conception to natural death. Post abortion healing and support offered. Counseling provided by a Licensed Mental Health Counselor (LMHC) on a sliding scale fee in Riverside, Mandarin and Beaches locations. Referrals made to citywide support groups for separated, divorced and widowed persons.

FAMILY FOUNDATIONS

1639 Atlantic Boulevard - 32207

396-4846

www.familyfoundations.org

Family Foundations, a local nonprofit United Way agency, has financial, personal and family counseling and education services specifically for the seniors in our community. Program areas include:

- Budgeting for Post-Retirement
- Identity Theft and Consumer Fraud Education
- Strategies for Managing and Reducing Debt
- Perils of Living Alone
- Reverse Mortgage Counseling
- Laugh for Longevity (in partnership with the YMCA of Florida's First Coast)
- Personal Counseling
- Family Counseling

Family Foundations is the premier financial and family counseling and education organization in Northeast Florida. The Foundation serves people from all walks of life and reduces or waives fees for those who are unable to pay. Caring, professional staff offer tools for families to build their finances, and strengthen their families and their lives. In the last 50 years, Family Foundations has helped over 120,000 families take control of their financial future, buy a first home, cope with a troubled child or pay off their debts to restore their credit.

CREDIT UNION

JAX METRO CREDIT UNION

30 East 27th Street
 Jacksonville, FL 32206
 360-5100
www.jaxmetro.org

CREMATION

**A DIGNIFIED ALTERNATIVE
 - HATCHER CREMATIONS**

3063 Hartley Road, Suite 7
 Jacksonville, FL 32257
 260-2522
www.adignifiedalternative.net

**GEORGE H. HEWELL AND SON
 FUNERAL HOMES**

4140 University Boulevard South
 Jacksonville, FL 32216
 737-4855
 4747 Main Street
 Jacksonville, FL 32206
 355-9545

**GREENLAWN FUNERAL HOME
 CREMATIONS & CEMETERY**

4300 Beach Boulevard
 Jacksonville, FL 32207
 396-2522
 ➤ see our ad page 77

**HARDAGE GIDDENS FUNERAL HOMES
 & CREMATION SERVICES**

Edgewood Chapel
 729 Edgewood Avenue South
 Jacksonville, FL 32205
 388-2711
Arlington Chapel
 850 St. Johns Bluff Road North
 Jacksonville, FL 32225
 641-9755
Westside Chapel
 5753 Blanding Boulevard
 Jacksonville, FL 32244
 777-5727

Northside Chapel

4315 North Main Street
 Jacksonville, FL 32206
 356-6585

Southside Chapel

4115 Hendricks Avenue
 Jacksonville, FL 32207
 346-3808

Mandarin Chapel

11801 San Jose Boulevard
 Jacksonville, FL 32223
 288-0025

Jacksonville Beaches Chapel

1701 Beach Boulevard
 Jacksonville Beach, FL 32250
 249-2374

➤ see our ad page 77

**HOLLY HILL MEMORIAL PARK AND
 FUNERAL HOME**

3601 Old Jennings Road
 Middleburg, FL 32068
 282-9336
 ➤ see our ad page 77

NEPTUNE SOCIETY

8011 Philips Highway, Suite 2
 Jacksonville, FL 32256
 733-4510
www.neptunesociety.com

**OAKLAWN CEMETERY &
 FUNERAL HOME**

4801 San Jose Boulevard
 Jacksonville, FL 32207
 737-7171
 ➤ see our ad page 77

RIVERMEAD FUNERAL HOME

127 Blanding Boulevard
 Orange Park, FL 32073
 272-6316
 ➤ see our ad page 77

TOWN & COUNTRY FUNERAL HOME

7242 Normandy Boulevard
 Jacksonville, FL 32205
 781-9262
 ➤ see our ad page 77

DENTAL SERVICES

DENTAL HYGIENE SERVICES

FSCJ - NORTH CAMPUS

4501 Capper Road - 32218

766-6571

The dental hygiene students at Florida State College at Jacksonville, North Campus, will provide the following services: oral exam, scale and polish teeth, apply a topical fluoride treatment and take dental radiographs (X-rays) for a fee of \$10. Appointments last 3 to 4 hours, and sometimes more than one appointment is required. Call to have your name added to the waiting list.

DENTISTS - ENDODONTICS

ASAP DENTAL CARE

7451 103rd Street, Suite 18

Jacksonville, FL 32210

777-4622

www.asapidentalcare.com

► see our Tab Insert - Back

DENTISTS - GENERAL PRACTICE

ADVANCED DENTAL CARE

Soliman, Ahmed, DMD

4540 Southside Boulevard, Suite 1001

Jacksonville, FL 32216

904-494-6972

www.jacksonville-dentalcare.com

► see our ad this page

ASAP DENTAL CARE

7451 103rd Street, Suite 18

Jacksonville, FL 32210

777-4622

www.asapidentalcare.com

► see our Tab Insert - Back



Dr. Obdulia Rondon, DMD

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- Same Day Crowns
- Implant Services
- Free Consultation & 2nd Opinion
- Extractions
- In House Lab
- Implant Supported Affordable Denture

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786-5850

Sé Habla Español

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We Accept Most Credit Cards

www.DrRondonOnline.com

7030 Normandy Boulevard • Jacksonville, FL 32205

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Flor D. Hirezi, DMD & Nabil J. Hirezi, DMD

Complete Family Dentists for Adults & Children

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- Composite Fillings
- Crowns & Bridges
- Endodontics
- Oral Surgery
- Oral Cancer Screenings
- Dentures
- Temporomandibular Joint (TMJ)
- Gum Treatment
- Periodontal Maintenance
- Porcelain Veneers & Crowns

4495 Baymeadows Road, Jacksonville (904) 733-9191

1301-26 Monument Road, Jacksonville (904) 725-7117

New Patients Always Welcome • Most Insurance Plans Accepted

www.hirezidentistry.com

Without some help,
you'll be gumming your
next T-bone.

30% OFF DENTURES*

Don't let missing or painful teeth
cause you to miss out on
moments to smile. So call today.
Let's start a healthy relationship.



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DENTAL CARE**

904.494.6972

4540 Southside Blvd., Ste. 1001

jacksonville-dentalcare.com

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Hirezi, Nabil J., DMD
4495 Baymeadows Road
Jacksonville, FL 32217
733-9191
1301-26 Monument Road
Jacksonville, FL 32225
725-7117
www.hirezidentistry.com
► see our ad page 65

RONDON, OBDULIA D., DMD

7030 Normandy Boulevard
Jacksonville, FL 32205
786-5850
www.drondononline.com
► see our ad page 65

DENTURE CENTERS

RONDON, OBDULIA D., DMD

7030 Normandy Boulevard
Jacksonville, FL 32205
786-5850
www.drondononline.com
► see our ad page 65

**DISABLED ACCESSIBILITY
CONTRACTORS**

BATH FITTER

7660 Philips Highway, Suite 3
Jacksonville, FL 32256
828-3535
www.bathfitterjacksonville.com
► see our ad page 27

DISABLED SERVICES

AMERICAN COUNCIL OF THE BLIND

202-467-5081
www.acb.org

BROOKS STROKE CLUB**Brooks Rehabilitation Hospital**

3599 University Boulevard South, 1st Floor - 32216
345-7640

www.brookshealth.org

Meets on the 4th Thursday of each month at 6 p.m. The Gateway Stroke Club is a support group focused on stroke survivors and/or caregivers. The Gateway Stroke Club offers stroke survivors and their families the opportunity to interact with other individuals who understand. This peer group can provide support, offer information about stroke and recovery issues, help you find resources, or just have fun.

BROOKS TEMPORARY LOAN CLOSET**ILRC of Northeast Florida**

2709 Art Museum Drive - 32207

399-8484

The Brooks Temporary Loan Closet, offered through a partnership between the ILRC of Northeast Florida and Brooks Rehabilitation, is a nonprofit cooperative effort at the ILRC of Northeast Florida. The Brooks TLC provides durable medical equipment including: electric wheelchairs, scooters, walkers, bathing aids, toileting aids, hospital beds, and canes. Equipment is issued on a referral basis at NO CHARGE and requires a doctor's prescription. Donations are always needed and are completely tax deductible.

► see our ad page 67

DISABILITY RIGHTS FLORIDA

2728 Centerview Drive, Suite 102

Tallahassee, FL 32301

850-488-9071

800-342-0823 Toll-Free

www.disabilityrightsflorida.org

Provides advocacy services for individuals with disabilities whose rights have been violated or who have been abused or neglected. It administers eight federally mandated programs.

FLORIDA COUNCIL OF THE BLIND, INC.

800-267-4448

www.fcb.org

Project Insight is an outreach service of the Florida Council of the Blind. Our peer counselors/advisors are happy to provide information, encouragement and referrals to local, state and national services that are available. They can also suggest areas of social interaction and community involvement.

FLORIDA DEPARTMENT OF EDUCATION, DIVISION OF VOCATIONAL REHABILITATION

2050 Art Museum Drive, Building 4800,
Suite 101 - 32207

348-2770

921 North Davis Street, Building B,
Suite 115 - 32209

301-3660

7451 103rd Street, Suite 11 - 32210

573-3910

2255 Dunn Avenue, Suite 609 - 32218

696-5920

www.rehabworks.org

Hours of Operation:

Monday - Friday 8 a.m. - 5 p.m.

Provides services for persons who are mentally or physically impaired so that they can return to work.

FLORIDA TELECOMMUNICATIONS RELAY, INC.

1820 East Park Avenue, Suite 101
Tallahassee, FL 32301

800-222-3448 (Voice) Toll-Free

888-447-5620 (TTY) Toll-Free

850-656-1414 (Voice)

www.ftri.org

Distributes specialized telecommunications equipment to qualified Floridians who are deaf, hard of hearing, deaf/blind, and speech-impaired at no charge. The service is funded by a surcharge level of 11 cents (2005) per month, per telephone access line throughout Florida. Florida Telecommunications Relay, Inc. does not operate the Florida Relay Service. That service is contracted between the Florida Public Service Commission (FPSC) and AT&T.

ILRC OF NORTHEAST FLORIDA

2709 Art Museum Drive

Jacksonville, FL 32207

399-8484

www.theILRC.com

► see our ad this page

DISABILITY ASSISTANCE
The ILRC is the one stop for your disability needs.

- ✓ Free Durable Medical Equipment
- ✓ Free Amplified Telephones
- ✓ Information and Referral
- ✓ Benefits Planning
- ✓ Advocacy

the **ILRC**

2709 Art Museum Dr.
Jacksonville, FL 32207
Phone **904.399.8484**
Toll Free 1.800.427.4313

Open Monday - Friday, 8:00AM-5:00PM

The ILRC of Northeast Florida

INDEPENDENT LIVING FOR ADULT BLIND (ILAB)

101 West State Street, Room A-2140 - 32202

633-8220

ILAB is located at the Downtown Campus of Florida State College at Jacksonville and offers individualized rehabilitation training for blind and visually impaired persons of Northeast Florida. Training goals include adjustment with blindness; ability to access computers for school, work, or personal use; and transition from school to work. Instruction is provided in orientation and mobility, adaptive communication skills, computer access software, home and personal management, low vision training, individual and family counseling, social adjustment and job readiness skills. The professional staff is experienced and knowledgeable in the field of rehabilitation for blind and visually impaired persons. Home, classroom and group instruction is offered. In order to complete an application for services, persons who are age 55 and younger should contact Division of Blind Services at **348-2730**. Persons who are age 56 and older should contact ILAB at **633-8220**. Eligibility determination is based partly on visual diagnosis, level of vision loss and need for services.

JACKSONVILLE COUNCIL OF THE BLIND

P.O. Box 18274 - 32229-0274

996-7404

www.fcb.org/jcb.htm

Meets on 3rd Monday of each month at 5:30 p.m. at Brooks Clubhouse, 3197 Cortez Road (Support Group).

A national, statewide, and local nonprofit organization of blind, visually impaired, and sighted individuals, who are committed to promoting independence, dignity, and a better quality of life for the blind and visually impaired.

**MILITARY AFFAIRS, VETERANS AND
DISABLED SERVICES DEPARTMENT
CITY OF JACKSONVILLE**

117 West Duval Street, Suite 175 - 32202

630-4940

630-4994 (TTY)

www.coj.net

Disabled Services provide the disability community the following support:

- Monitors federal and state legislation relating to disability rights and laws
- Reviews policy that may impact the disability community
- Serves as consultant to all City agencies/departments and offices regarding the ADA and disability issues
- Reviews design plans for new construction to ensure accessibility
- Provides Braille to City Departments in order to comply with Federal Laws and remove communication barriers
- Works closely with the Mayor's Disability Council concerning issues important to the disability community

Programs and events provided by Disabled Services:

- Disabled Parking Enforcement Program (DPEP) consists of 80 trained volunteers who give their time and talents to enforce disability parking statutes within Duval County.
This is accomplished through education, training and enforcement, following the 2012 DPEP Policy and Procedure Guideline.
- Wheelchair Ramp Program provides assistance for qualified citizens who need a wheelchair ramp installed to provide independence.
- Wheelchair Ramp Clinic provides an annual opportunity for qualified individuals to receive assistance with their wheelchair repairs.
- ADA Symposium provides educational and training opportunities for Architects, Contractors and Engineers relating to ADA Building Codes.
- Emergency Preparedness Conference for People With Disabilities (EPC) in partnership with the Independent Living Resource Center (ILRC) provides strategies to prepare for an emergency or natural disaster.

**RADIO READING SERVICE
WJCT-PUBLIC BROADCASTING**

100 Festival Park Avenue - 32202

358-6308

<http://ondemand.wjct.org>

Broadcasts 24 hours a day - local, regional and national news, literature, drama, comedy, obituaries, and magazine and newspaper articles, as well as other vital information to people in Northeast Florida who are unable to use printed material. Any person with visual or physical impairments that prevent them from using ordinary printed material are eligible to receive a radio receiver. The service is free. However, donations are greatly appreciated. Volunteers are always welcome and encouraged.

**TALKING BOOKS FOR BLIND &
PHYSICALLY HANDICAPPED
CUSTOMERS**

630-1999

630-2740 (TDD)

**DISEASE INFORMATION -
ALZHEIMER'S DISEASE/
DEMENTIA INFORMATION**

ALZHEIMER'S ASSOCIATION

Central & North Florida Chapter

4237 Salisbury Road, Suite 310 - 32216

281-9077

800-272-3900 Toll-Free - 24/7 Helpline

www.alz.org/cnfl

Provides education, resources and support with quality and compassion. Services include information and referral, resource center, quarterly newsletter, Safe Return Wanderer's Identification Program, lending library, support groups, education programs, speakers' bureau, telephone reassurance and family assistance programs. Service area includes Duval, Clay, St. Johns, Baker, Putnam and Nassau counties. Care consultant services are free of charge.

**ALZHEIMER'S DISEASE EDUCATION &
REFERRAL CENTER (ADEAR)**

P.O. Box 8250

Silver Spring, MD 20907-8250

800-438-4380 Toll-Free

www.nia.nih.gov/alzheimers

A service of the National Institute on Aging.

ALZHEIMER'S DISEASE RESEARCH

22512 Gateway Center Drive
Clarksburg, MD 20871
800-437-2423 Toll-Free

www.ahaf.org/alzheimers

Alzheimer's Disease Research, a program of the American Assistance Foundation, provides free information and resources on Alzheimer's disease for patients and caregivers including information about risk factors, symptoms, prevention, treatments and coping strategies.

ALZHEIMER'S RESPITE AND CARE PROVIDERS

See Adult Day Care Centers (page 33)

See Independent Living Program (page 38)

See Aging True (page 52)

ELDERCARE LOCATOR

800-677-1116 Toll-Free

www.eldercare.gov

A service of the U.S. Administration on Aging to help seniors find services in their area.

MEMORY DISORDER CLINIC, MAYO CLINIC

Neurology Department

4500 San Pablo Road South - 32224

953-2000

The Memory Disorder Clinic provides a comprehensive program for evaluating memory disorders. Our interdisciplinary and multi-specialty approach provides access to specialists.

NATIONAL INSTITUTES OF HEALTH CLINICAL TRIALS DATABASE

www.clinicaltrials.gov

DISEASE INFORMATION - ARTHRITIS INFORMATION

ARTHRITIS FOUNDATION

712 Bellshire Drive
Orange Park, FL 32065
644-7317

www.arthritis.org

The Arthritis Foundation offers educational materials to the public through brochures, public forums, health fairs, physician referrals and public speakers. It also offers Certified Self-Help, Aquatics, Exercise and Tai Chi courses. For Self-Help course meeting information, please call Bonnie Lynch at **821-9002**.

DISEASE INFORMATION - CANCER INFORMATION

AMERICAN CANCER SOCIETY

Duval Unit

1430 Prudential Drive - 32207

398-0537

800-227-2345 Toll-Free - 24-Hours

www.cancer.org

Provides transportation to cancer treatment, information, support, and ways to get involved in the fight.

DISEASE INFORMATION - DIABETES INFORMATION

AMERICAN DIABETES ASSOCIATION

North Florida/South Georgia

8384 Baymeadows Road, Suite 10 - 32256

730-7200

888-342-2383 Toll-Free

800-342-2383 Toll-Free - National

www.diabetes.org

Provides information on diabetes, support groups, endocrinologists (diabetes physicians), dietitians and referral services for insurance and prescriptions.

NATIONAL DIABETES INFORMATION CLEARINGHOUSE

800-860-8747 Toll-Free

<http://diabetes.niddk.nih.gov>

The National Diabetes Information Clearinghouse is an information service established to increase knowledge and understanding about diabetes among patients, health care professionals and the general public.

DISEASE INFORMATION - EPILEPSY INFORMATION

EPILEPSY FOUNDATION OF FLORIDA

5209 San Jose Boulevard, Suite 101 - 32207

731-3752

www.epilepsyfla.org

Epilepsy is the most common neurological disorder in the United States. The Epilepsy Foundation of Florida serves people affected by seizure disorders through direct client services, education, advocacy and research support, as well as providing case management and prevention/education services to people living in Baker, Clay, Duval, Flagler, Nassau, St. Johns and Volusia counties.

DISEASE INFORMATION - FIBROMYALGIA INFORMATION

FIBROMYALGIA NETWORK 800-853-2929

www.fmnetnews.com

The Fibromyalgia Network provides educational materials and the latest news in fibromyalgia, including a monthly newsletter and other patient resources based on scientific findings.

DISEASE INFORMATION - GENERAL INFORMATION

COMMUNITY HEALTH RESOURCE CENTER

Memorial Hospital

399-6087

Provides medical and health information to patients, their families and members of the community, which assists individuals in making informed health care decisions. Topics include cancer, heart disease, pregnancy, mental health, men's and women's health information, etc. Please call for more information.

DISEASE INFORMATION - HEART INFORMATION

AMERICAN HEART ASSOCIATION

5851 St. Augustine Road - 32207

256-5700

800-242-8721 Toll-Free - National

877-242-4277 Toll-Free

www.heart.org

Provides research, support, education and community services toward the elimination of heart disease and stroke. Call or visit our website for additional information.

DISEASE INFORMATION - KIDNEY INFORMATION

AMERICAN ASSOCIATION OF KIDNEY PATIENTS

800-749-2257 Toll-Free

www.aakp.org

The American Association of Kidney Patients strives to educate and improve the health and well-being of patients with chronic kidney disease.

NATIONAL KIDNEY AND UROLOGIC DISEASES INFORMATION CLEARINGHOUSE

800-891-5390 Toll-Free

<http://kidney.niddk.nih.gov>

The NKUDIC was established to increase knowledge and understanding about diseases of the kidneys and urologic system among people with these conditions, their families and the general public.

NATIONAL KIDNEY DISEASE EDUCATION PROGRAM

866-454-3639 Toll-Free

www.nkdep.nih.gov

NKDEP is an initiative designed to raise awareness of the seriousness of kidney disease through education and information.

NATIONAL KIDNEY FOUNDATION OF FLORIDA

800-927-9659 Toll-Free

www.kidneyfla.org

Call or visit our website for a list of programs and services.

DISEASE INFORMATION - LEUKEMIA & LYMPHOMA INFORMATION

LEUKEMIA & LYMPHOMA SOCIETY

**Northern & Central Florida Chapter
(Jacksonville Office)**

7077 Bonneval Road, Suite 103 - 32216

332-6414

800-868-0072 Toll-Free

www.lls.org

DISEASE INFORMATION - LUNG INFORMATION

AMERICAN LUNG ASSOCIATION IN FLORIDA

6852 Belfort Oaks Place - 32216

743-2933

800-586-4872 Toll-Free

www.lungfla.org

Provides educational programs, smoking cessation information, referral, and support groups (Better Breathers Club) for persons with chronic lung disease.

DISEASE INFORMATION - LUPUS INFORMATION

LUPUS FOUNDATION OF FLORIDA

Serving 47 counties in the State of Florida

www.lupusflorida.org

Check out our website to find support groups that are currently meeting around the state.

727-447-7075

800-684-9276 Toll-Free

Our mission is to:

- Improve the diagnosis and treatment of lupus
 - Support individuals and families affected by the disease
 - Increase awareness among health professionals and the public
-

DISEASE INFORMATION - MULTIPLE SCLEROSIS INFORMATION

NATIONAL MULTIPLE SCLEROSIS SOCIETY

North Florida Chapter

4237 Salisbury Road, Suite 406 - 32216

332-6810

800-344-4867 Toll-Free

www.nationalmssociety.org/fln

MS stops people from moving. The National MS Society exists to make sure it doesn't. We help each person address the challenges of living with MS through programs and services, such as advocacy, information and referral, financial assistance, care management, educational, recreational and social programs and workshops, and emotional support (support groups and telephone support). Free exercise classes are offered through the Brooks YMCA just for people with MS.

DISEASE INFORMATION - MUSCULAR DYSTROPHY INFORMATION

MUSCULAR DYSTROPHY ASSOCIATION

Jacksonville B District

7077 Bonneval Road, Suite 460 - 32216

296-7434

www.mda.org

DISEASE INFORMATION - SICKLE CELL DISEASE INFORMATION

SICKLE CELL DISEASE ASSOCIATION OF AMERICA, INC.

Northeast Florida Chapter

4519 Brentwood Avenue - 32206

353-5737

www.sicklecelldisease.org

EDUCATION

DUVAL COUNTY PUBLIC SCHOOLS COMMUNITY EDUCATION PROGRAM

8015 Parker School Road - 32211

858-6080

www.duvalschools.org

The Duval County Public School System designates selected hours to serve community needs by providing educational, recreational, vocational, and social activities. These community schools are open afternoons, evenings and, in some cases, weekends. Call the number above for the school nearest you and its schedule of activities.

EDWARD WATERS COLLEGE

1658 Kings Road - 32209

470-8000

www.ewc.edu

FLORIDA STATE COLLEGE AT JACKSONVILLE

Advanced Technology Center

401 West State Street - 32202

Deerwood Center

9911 Old Baymeadows Road - 32256

633-8100

www.fscj.edu

Classes include: how to use a computer, keyboarding, email, digital photography, photo slideshows and photo restoration. Connect with family and friends, create a simple website and much more. Call our main number for more information.

JONES COLLEGE

1195 Edgewood Avenue South - 32205

5353 Arlington Expressway - 32211

743-1122

www.jones.edu

UNIVERSITY OF NORTH FLORIDA**Osher Lifelong Learning Institute**

12000 Alumni Drive - 32224

620-4347

www.unf.edu/ce/olli

ELDERLY COMPANION SERVICES

FAMILY LIFE CARE, INC.

712-B Pine Avenue

Green Cove Springs, FL 32043

529-7072

► see our ad page 23

EMERGENCY SERVICES

(See also Hotline Numbers on page 94)

**BEHAVIORAL AND HUMAN SERVICES
DIVISION, SPECIAL SERVICES
DEPARTMENT, CITY OF JACKSONVILLE
Emergency Assistance Program**

1809 Art Museum Drive, Suite 110 - 32207

630-2469 - Appointment Line**630-0696** - Main Line**630-8025** - Fax

www.coj.net

The Behavioral and Human Services Division provides an **Emergency Assistance Program** to serve eligible households and individuals who are facing financial difficulties due to an unexpected emergency. The crisis generally involves the loss of a job, loss or reduction of household income, unexpected medical expenses, car repairs, a family dissolution, death in the family or an expense due to foreclosure, condemnation, fire or disaster. The program provides temporary financial assistance to prevent eviction for non-payment of rent/mortgage or interruption of utilities.

Specific guidelines and policies are used to determine eligibility, level of financial assistance and other needed resources. Rent, mortgage and utility payments are made directly to the supplier in an amount and for a period of time specified by policy. On a daily basis, trained staff is available to provide temporary financial intervention and basic case management services in order to stabilize the household's overall well-being. Additionally, participation in a two-hour budgeting and money

management workshop is an integral part of the financial intervention and case plan.

How to Access the Program:**Hours of Operation:**

Monday - Friday 8 a.m. - 5 p.m.

Appointment Line: **630-2469**

Individuals access service by telephoning an appointment line at **630-2469**. The appointment line opens at 9:30 a.m. Monday through Friday (except holidays). Appointments are given on a "first caller, first-service" basis for the next business day. Due to the high volume of calls, appointments fill quickly. Individuals with court-ordered eviction notices are given priority and should telephone **630-1099** for immediate assistance.

Available Services

- Temporary financial assistance with rent, mortgage and/or utility needs.
- Wintertime heating and fuel oil assistance for eligible elderly individuals ages 64 years and older and disabled adults.
- Temporary financial assistance and coordinated case management for eligible individuals living with HIV/AIDS.

Other resources may be explored to help address the needs of the household. As a result, applicants will be asked to sign a release form for the purpose of sharing information with other agencies that provide services.

Qualifying for Financial Assistance

- You must be a Duval County resident.
- Your household income must not exceed 135 percent of the federal poverty level.
- You must be in a documentable crisis situation.
- You must have an eviction, foreclosure or shut-off notice or loss of utility service.
- You must meet the established eligibility guidelines and provide proof of eligibility.
- You must not have received financial assistance from our program within the past 30 months.
- You must have had the capacity to meet basic needs before suffering the current financial hardship.
- You must provide a picture ID for the applying client and all adults in the household.
- You must provide Social Security documentation for all household members.
- You must provide proof of all household income and resources for the past 45 days.

- You must provide a lease agreement and copy of eviction notice.
- You must provide utility shut-off notice if applicable.

For information call:

Martha Hemphill, Program Manager
Behavioral and Human Services Division
1809 Art Museum Drive, Suite 100 - 32207

630-3520

Fax: 630-8025

email: MarthaH@coj.net

BRIDGE THE GAP

561 West 25th Street - 32206

630-0741

Hours of Operation:

Monday - Thursday 10 a.m. - 1:30 p.m.

Friday 10 a.m. - 2 p.m.

Nonprofit services, run by Bridge the Gap, provide emergency assistance based on income levels for the elderly or handicapped.

COMMUNITY EMERGENCY ALERT RESPONSE SERVICES

396-5702

DOWNTOWN ECUMENICAL SERVICES COUNCIL

215 Ocean Street - 32202

358-7955

Provides food, clothing and limited financial help to households.

EMERGENCY CALL FOR ASSISTANCE 911

630-0500 Non-Emergency number

630-0502 Non-Emergency number - Ambulance

For copies of police reports, and other non-emergency police services contact your Zone substation:

Zone 1 - **924-5361**

Zone 4 - **573-3165**

Zone 2 - **726-5100**

Zone 5 - **384-8028**

Zone 3 - **828-5463**

Zone 6 - **696-4335**

FEED A NEEDY NEIGHBOR (FANN) - WINN-DIXIE EMERGENCY FOOD PANTRY Jewish Family & Community Services

6261 Dupont Station Court East - 32217

448-1933

www.jfcsjax.org

Jewish Family and Community Services provides emergency groceries to individuals and families experiencing difficult times. Clients can receive food three times in a 12-month period. Recipients are asked to bring a picture ID. Call for hours of operation.

FLORIDA/USVI POISON INFORMATION CENTER - JACKSONVILLE

800-222-1222 Toll-Free

(See page 54 for a description of services)

SENIOR LIFE FOUNDATION, INC., THE

Mari Terbrueggen, President

P.O. Box 57443 - 32241-7443

268-9128

www.seniorlifejax.com

Addresses emergency needs of low-income seniors. Helps them remain in their homes or apartments by providing assistance on a case-by-case basis when the senior is faced with a crisis. Funds can be used for: rent when eviction is imminent, essential medications, or the purchase or repair of essential appliances. To receive assistance, a person needs to be 60+, live independently in their own home or apartment, be a Duval County resident, have a total household monthly income of no more than \$1,000 and have a need that can be met with a one-time payment of up to \$400. Assistance is provided once every two years.

UNITED WAY 2-1-1

2-1-1 or 390-3200

www.uwnefl.org

If you need community or social services help, but don't know where to get it, make this your first call. Available 24 hours a day. All calls are confidential. An information and referral service provided by the United Way of Northeast Florida.

EMPLOYMENT OPPORTUNITIES

EXPERIENCE WORKS, INC.

134 East Church Street - 32202

353-2301www.experienceworks.org

Established in 1965, Experience Works is a national, charitable, 501(c)(3) nonprofit, community-based organization focused on meeting the training and employment needs of low-income seniors. We currently offer programs designed to help mature individuals enter the workforce, secure more challenging positions, move into new career areas or supplement their incomes. Services provided can include employment counseling, skills and needs assessment, basic skills and vocational training (classroom and on-the-job), job search and placement assistance.

JOB JUNCTION**Goodwill Main Office****384-1361**www.goodwilljax.org

Sponsored by Goodwill of North Florida, Job Junction provides free-of-charge services to employers and employees, including job leads, job search training, phone bank, job screenings and a "Hello" line for those without a telephone.

Beaches

1036 Beach Boulevard

Jacksonville Beach, FL 32250

241-9393**Downtown**

333 East Monroe Street - 32202

354-9180**Southside**

5711 Bowden Road - 32216

367-1574**Westside**

6841 Blanding Boulevard - 32244

779-2894**LUTHERAN SOCIAL SERVICES OF NORTHEAST FLORIDA, INC.****Refugee & Immigration Services**

4615 Philips Highway - 32207

448-5995www.lssjax.org

Helps refugees and asylees by providing employment and career ladder services, such as document translation, career and educational counseling, referral to career training classes, resumé writing, assistance in finding a job that matches the individual's skills and training, and help in improving interview skills.

ESTATE SALES

A PLEASANT COVE, INC.**Estate Sales and Liquidations****Jim Antone****P.O. Box 351957****Jacksonville, FL 32235****383-9537****Fax: 337-1195**www.abirdinthehand.net**CHINA CAT ESTATE SALES****226 4th Avenue South****Jacksonville Beach, FL 32250****241-0344**www.chinacatantiques.com

FINANCIAL ADVISORS & PLANNERS

CONSUMER CREDIT**COUNSELING SERVICE****Family Foundations**

1639 Atlantic Boulevard - 32207

396-4846

Senior Services provided by Family Foundations. Everyone needs financial stability. Every day, thousands of people face financial difficulties caused by everything from high credit card debt to unexpected medical expenses. Life situations can be so complicated today that no one can be expected to have all the answers. Our services can help! Consumer Credit Counseling Services, part of Family Foundations, a local nonprofit United Way agency is the premier nonprofit financial counseling and education organization in Northeast Florida. Since 1984, we have educated consumers on money

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or visit our website

www.HeritagePublishingInc.com

management, helped families buy homes they desire and can afford, promoted the wise use of credit and assisted people in developing budgets and action plans so that they can achieve their goals. Program areas specifically for seniors include:

- Budgeting for Post-Retirement
- Identity Theft and Consumer Fraud Education
- Strategies for Managing and Reducing Debt
- Perils of Living Alone
- Reverse Mortgage Counseling
- Laugh for Longevity (in partnership with the YMCA of Florida's First Coast)

Our caring professional staff offers tools for families to build their finances, strengthen their families and their lives. The answers start with a solid foundation.

FINANCIAL SERVICES

BUCZKOWSKI INSURANCE & FINANCIAL SERVICES

**13500 Sutton Park Drive South, Suite 704
Jacksonville, FL 32224
223-5225**

FOOD, MEALS & NUTRITION

COMMUNITY & SENIOR CENTER SERVICES ACTIVITIES CENTERS

Mid-day meals offered at various centers throughout the city.

630-3450

GLEANERS DISPATCH, INC.

8207 103rd Street - 32210

777-6344

www.gleanersdispatch.org

MANDARIN FOOD BANK

11730 Old St. Augustine Road - 32258

292-1675

www.mandarinfoodbank.org

MEALS ON WHEELS, AGING TRUE

4250 Lakeside Drive, Suite 116 - 32210

807-1203

807-1218 (TDD)

www.agingtrue.org

(See page 52 for a description of services)

FOOD, MEALS & NUTRITION - FOOD ASSISTANCE PROGRAM

The Florida Food Assistance Program enables low-income households to obtain food that will improve their diets through increased food purchasing power. Income limitations must be met in order to qualify. The Florida Department of Children and Families administers this program. Hours of operation are 8 a.m. to 5 p.m., Monday through Friday. The main program site is listed below. You can apply at any Duval County Public Library, online or at one of their Community Partner locations. For applications and all Access Florida community partners: www.myflorida.com/accessflorida

GATEWAY SERVICE CENTER

5000-1 Norwood Avenue - 32208

866-762-2237 Toll-Free

FOOD, MEALS & NUTRITION - FOOD EMERGENCY

The following agencies will assist in providing food in emergency situations:

CATHOLIC CHARITIES BUREAU

134 East Church Street - 32202

354-3416

Wednesday & Friday 1 p.m. - 2 p.m.

Provides items from the food pantry once every 3 months per family. No appointment necessary. Please bring a picture ID.

CLARA WHITE MISSION, INC.

613 West Ashley Street - 32202

354-4162

www.clarawhitemission.org

Provides free hot meals, seven days a week. Provides vocational training in culinary arts, janitorial services and transitional housing. Distribution of clothing, personal hygiene and referral services. Year round tours of the Eartha M.M. White Museum are available Monday - Friday by appointment.

DOWNTOWN ECUMENICAL SERVICES COUNCIL

215 North Ocean Street - 32202
358-7955

www.descjax.org

Provides food, clothing, and emergency financial assistance to those in need in the greater Jacksonville area.

SALVATION ARMY SENIOR CENTER

17 East Church Street - 32202
366-9222

The Salvation Army operates a Senior Food Pantry that provides low income seniors with supplemental groceries to ensure they won't go hungry before their next monthly income is received.

ST. FRANCIS SOUP KITCHEN

134 East Church Street - 32202
356-2902

www.stfrancissoupkitchenjax.org

Provides hot meals on Saturdays from 10 a.m. to 1 p.m. Distributes canned goods, bread and baked goods on a first come, first served basis. Distributes clothing and hygiene items from 8 a.m. to 9:45 a.m. on Saturdays to those who arrive early enough to receive tickets (beginning at 7 a.m.) for the kitchen's clothes closet.

UNITED COMMUNITY OUTREACH MINISTRY EMERGENCY SERVICES (UCOM)

3349 St. Augustine Road - 32207
396-2401

www.ucomjax.org

Provides food assistance to needy persons in the southside area, serving ZIP codes 32207, 32216, 32217, and 32246. Open Monday - Thursday, 9:30 a.m. - 12:30 p.m.

FOOD, MEALS & NUTRITION - MEALS ON WHEELS

The Meals on Wheels program delivers meals to the homebound Monday through Friday; however, some provide service seven days a week. Call providers for additional information.

ARLINGTON PRESBYTERIAN CHURCH

1351 Sprinkle Drive - 32211
743-1211

ISLE OF FAITH UNITED METHODIST

1821 San Pablo Road South - 32224
221-1700

MANDARIN PRESBYTERIAN CHURCH

11844 Mandarin Road - 32223
287-1613

MEALS ON WHEELS, AGING TRUE

4250 Lakeside Drive, Suite 116 - 32210
807-1203

807-1218 (TDD)

www.agingtrue.org

(See page 52 for a description of services)

RIVERSIDE PRESBYTERIAN CHURCH

849 Park Street - 32204
388-8187

ST. JOSEPH'S CATHOLIC CHURCH

MANDARIN MEALS ON WHEELS
 11730 Old St. Augustine Road - 32258
262-2189

UNITED COMMUNITY OUTREACH MINISTRY EMERGENCY SERVICES (UCOM)

3349 St. Augustine Road - 32207
396-2401 - Serves Southside area only





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**4140 University Boulevard South
Jacksonville, FL 32216**

737-4855

4747 Main Street

Jacksonville, FL 32206

355-9545

www.hewellfuneralhomes.com

GREENLAWN FUNERAL HOME CREMATIONS & CEMETERY

4300 Beach Boulevard

Jacksonville, FL 32207

396-2522

► see our ad this page

HARDAGE GIDDENS FUNERAL HOMES & CREMATION SERVICES

Edgewood Chapel

729 Edgewood Avenue South

Jacksonville, FL 32205

388-2711

Arlington Chapel

850 St. Johns Bluff Road North

Jacksonville, FL 32225

641-9755

Westside Chapel

5753 Blanding Boulevard

Jacksonville, FL 32244

777-5727

Northside Chapel

4315 North Main Street

Jacksonville, FL 32206

356-6585

Southside Chapel

4115 Hendricks Avenue

Jacksonville, FL 32207

346-3808

Mandarin Chapel

11801 San Jose Boulevard

Jacksonville, FL 32223

288-0025

Jacksonville Beaches Chapel

1701 Beach Boulevard

Jacksonville Beach, FL 32250

249-2374

www.dignitymemorial.com

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HOLLY HILL MEMORIAL PARK AND FUNERAL HOME

3601 Old Jennings Road

Middleburg, FL 32068

282-9336

► see our ad this page

HOLMES-GLOVER-SOLOMON FUNERAL DIRECTORS, INC.

4334 Brentwood Avenue

Jacksonville, FL 32206

768-5215

OAKLAWN CEMETERY & FUNERAL HOME

4801 San Jose Boulevard

Jacksonville, FL 32207

737-7171

► see our ad this page

RIVERMEAD FUNERAL HOME

127 Blanding Boulevard

Orange Park, FL 32073

272-6316

► see our ad this page

TOSTON-LAFRANS FUNERAL HOME

1250 East 8th Street

Jacksonville, FL 32206

356-7643

www.tostonlafrans.com

TOWN & COUNTRY FUNERAL HOME

7242 Normandy Boulevard

Jacksonville, FL 32205

781-9262

► see our ad this page

GERIATRIC CONSULTING & SERVICES

AGEWELL CENTER FOR SENIOR HEALTH

841 Prudential Drive
Jacksonville, FL 32207
202-4243

www.baptistjax.com/agewell

► see our ad page 2

ELDER CARE JAX

8298 Bayberry Road, Suite 3 - 32256
619-9604

GOLF COURSES

BENT CREEK GOLF COURSE

10440 Tournament Lane - 32222
779-0800

BLUE CYPRESS GOLF CLUB

4012-5 University Boulevard North - 32277
762-1971

BRENTWOOD GOLF COURSE

1157 Golfair Boulevard - 32209
924-0401

CECIL FIELD GOLF CLUB

13715 Lake Newman Street - 32221
778-5245

DEERCREEK COUNTRY CLUB

7816 McLaurin Road North - 32256
363-1507

DEERWOOD COUNTRY CLUB

10239 Golf Club Drive - 32256
641-6100

GLEN KERNAN GOLF & COUNTRY CLUB

4590 Glen Kernan Parkway East - 32224
646-1116

GOLFPLEX

1 UNF Drive, Building 48 - 32224
620-2050

HIDDEN HILLS COUNTRY CLUB

3901 Monument Road - 32225
641-8121

HYDE PARK GOLF CLUB

6439 Hyde Grove Avenue - 32210
786-5410

JACKSONVILLE BEACH GOLF CLUB

605 Penman Road South
Jacksonville Beach, FL 32250
247-6184

JACKSONVILLE GOLF & COUNTRY CLUB

3985 Hunt Club Road - 32224
223-5555

MILL COVE GOLF CLUB

1700 Monument Road - 32225
642-6140

NAS JACKSONVILLE GOLF CLUB

809 Mustin Road - 32212
542-3249

PABLO CREEK GOLF CLUB

5660 San Pablo Road South - 32224
992-6900

QUEEN'S HARBOUR YACHT & COUNTRY CLUB

1131 Queens Harbor Boulevard - 32225
221-1012

SAN JOSE COUNTRY CLUB

7529 San Jose Boulevard - 32217
733-1511

SELVA MARINA COUNTRY CLUB

1600 Selva Marina Drive
Atlantic Beach, FL 32233
246-3144

TIMUQUANA COUNTRY CLUB

4028 Timuquana Road - 32210
388-2664

WINDSOR PARKE GOLF CLUB

13823 Sutton Park Drive North - 32224
223-4653

WINDY HARBOR GOLF CLUB

Naval Station Mayport, Building 1981 - 32228
270-5380

HEALTH

DUVAL COUNTY HEALTH DEPARTMENT**Administrative Office**

900 University Boulevard North - 32211

253-1000

www.dchd.net

The health department provides the highest quality clinical care at convenient locations throughout Duval County.

Boulevard Comprehensive Care Center

(STD/HIV/AIDS)

253-1040**Breast and Cervical Cancer Program****253-1610****Center For Specialized Pulmonary Services**

(Tuberculosis Care)

253-1070**Dental Program****253-1200****Diabetes Education & Awareness****253-1800****Refugee Health & Travel Medicine Center****253-1040****Tobacco Prevention Program****253-1600**

HEALTH CENTER LOCATIONS

DUVAL COUNTY HEALTH DEPARTMENT HEALTH CENTERS**Agape Community Health Center**

(Men, Women & Children)

1760 Edgewood Avenue West - 32208

253-1030**Beaches Family Health Center**

(Children & Women's Services)

1522 Penman Road

Jacksonville Beach, FL 32250

253-2555**Boulevard Comprehensive Care Center**

515 West 6th Street - 32206

253-1040**Center for Specialized Pulmonary Services**

515 West 6th Street - 32206

253-1070**Center for Women and Children at Central Health Plaza**

(Children & Women's Services)

515 West 6th Street - 32206

253-1080**Immunization Center**

5220 North Pearl Street - 32208

253-1420**South Jacksonville Community Health Center**

(Children & Women's Services)

1736 University Boulevard South - 32216

253-1100**South Jacksonville Primary Care Center**

(Men & Women's Services)

3225 University Boulevard South,

Suite 101 - 32216

253-1220**Wesconnett Community Health Center**

(Men, Women & Children)

5150 Timuquana Road, Suite 9 - 32210

253-1120**West Jacksonville Community Health Center**

(Children & Women's Services)

120 King Street - 32204

253-2785

HEALTH INSURANCE - COUNSELING

SHINE PROGRAM**(SERVING HEALTH INSURANCE NEEDS OF ELDERS)**

10688 Old St. Augustine Road

Jacksonville, FL 32257

391-6699**888-242-4464** Toll-Free

www.myeldersource.org

Hours of Operation:

Monday - Friday 7:30 a.m. - 6:30 p.m.

Specially trained volunteers can assist with your Medicare, Medicaid and other health insurance questions by providing free and unbiased one-on-one counseling and information. There are ways to potentially lower Medicare costs for low income individuals. Our trained SHINE and MBOA (Medicare Beneficiaries Outreach and Assistance) volunteers are available to assist you by calling ElderSource at the number listed above.



Community Senior Services



Aging True has been Northeast Florida's leader for 50 years in assisting seniors achieve home-based independence. Our goal is to help older individuals live independently in their homes as long as possible. Seniors who remain in their own homes tend to live fuller, happier lives, and home-based living costs less than nursing facility care.

Our programs and services include:

Healthcare

- Medicare-certified Home Health Agency
 - Skilled Nursing
 - Therapies
 - Medical Social Worker
 - Home Health Aide
- Mental Wellness Counseling
- Caregiver Support
- Targeted Case Management
- Behavioral Health Assessments
- Senior Connections-Nursing Home Diversion

Nutrition

- Meals on Wheels
 - A hot meal at least 5 days a week
 - Optional frozen meals for eligible clients
 - Serving over 1000 meals daily
- City of Jacksonville Senior Center congregate meal caterer

In-Home and Community Care

- Home-based Case Managed Care
- Caregiver Support
- Self-Directed Care
- Volunteer Assistance
- Financial Counseling
- Other Home Services
 - Housekeeping
 - Personal Care Assistance
 - Emergency Alert Response System
 - Home Repairs

Housing

- Cathedral Residences, Downtown Jacksonville
 - 640 Senior & Disabled Apartments
 - Ancillary services include:
 - Congregate Meals
 - Transportation
 - Activities
 - Wellness Services

If you or someone you know is in need of assistance, please contact Aging True Community Senior Services at (904) 807-1203 or visit our website at www.AgingTrue.org.


Aging True
Community Senior Services

4250 Lakeside Drive, Suite 116
Jacksonville, Florida 32210
Phone: 904-807-1203
Fax: 904-807-1220

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FLORIDA MEDICARE CONTRACTOR (CARRIER AND INTERMEDIARY) FIRST COAST SERVICE OPTIONS, INC. (FCSO)

www.fcso.com

Medicare Information and Questions:

- Call **800-633-4227**. This toll-free helpline is available 24 hours a day, seven days a week to answer your questions. You can speak to a Customer Service Representative in English or Spanish. TTY users should call **877-486-2048**.
- Look at www.medicare.gov on the Web - Medicare's official consumer website. You can find the most up-to-date Medicare information and answers to your questions anytime.
- *Medicare and You 2013*, the official government handbook with important information about new changes to Medicare, your Medicare benefits, choosing a health plan that's right for you, and other helpful information, can be found at www.medicare.gov/publications.

MEDICAID AREA OFFICE (AHCA) AREA FOUR

921 North Davis Street, Building A, Suite 160 - 32209
353-2100

800-273-5880 Toll-Free

<http://ahca.myflorida.com>

The state agency that administers Florida Medicaid is the Agency for Health Care Administration (AHCA). AHCA provides information and referral assistance to beneficiaries, as well as technical assistance and policy interpretation to other agencies, medical providers and the general public. AHCA has 11 area offices throughout the state that serve as the local liaisons to providers and beneficiaries. Two basic groups of people are eligible for Medicaid: low income children and families; and the aged, blind and disabled. Within these two groups, there are several categories of eligibility. In addition to qualifying under one of these two basic groups, an eligible Medicaid beneficiary must meet income and asset limits. These vary by category. The primary categories for Medicaid eligibility include low income families, disabled people who receive SSI, aged and disabled persons, children in foster care and emergency shelters, aliens, refugees, the medically needy, Institutional Care and Medicare Expansion.

HEALTH SCREENING

BEHAVIORAL AND HUMAN SERVICES DIVISION, SPECIAL SERVICES DEPARTMENT, CITY OF JACKSONVILLE

Ryan White (HIV/AIDS) Program

1809 Art Museum Drive, Suite 100 - 32207

630-4661 - Day Business Phone

630-2946 - Fax

www.coj.net

Have you been tested for HIV? The Behavioral and Human Services Division has become alarmed by the number of persons over 60 years of age who are becoming infected with HIV and AIDS. As of November 2011, there were 246 seniors diagnosed with AIDS in the Jacksonville area. The Behavioral and Human Services Division manages the federally funded Ryan White HIV/AIDS Treatment Extension Act Program for the Jacksonville Metropolitan Area. Funding is provided to community-based agencies and public health departments for health and support services for persons living with HIV and AIDS including seniors.

Those services include:

- Confidential and anonymous HIV counseling and testing
- Outpatient medical care
- Pharmaceutical assistance
- Dental care
- Mental health counseling
- Substance abuse treatment
- Case management
- Health insurance premium assistance
- Home health care
- Legal services

For more information regarding HIV services, please contact Sue Andrews at **630-4663** or CAAndrews@coj.net.

VISION IS PRICELESS COUNCIL, INC.

3 Shircliff Way, Suite 546 - 32204

308-2020

www.visionispriceless.org

Vision is Priceless Council is dedicated to "Keeping First Coast Eyes Healthy" through vision screening for seniors and children. Free screenings for glaucoma and acuity are available for adults, and if necessary, financial assistance may be available through our Cared Vision Program. Call our office for a screening near you.

HEARING AIDS

BEACHES EAR, NOSE & THROAT**Brink, Jeffrey E., MD****3200 South 3rd Street, Suite 101****Jacksonville Beach, FL 32250****247-4070****1411 South 14th Street, Suite A****Fernandina Beach, FL 32034****321-4341****www.beachesent.com****GILLIOM AUDIOLOGY, PA**

2051 Art Museum Drive, Suite 130

Jacksonville, FL 32207

399-3323

640 3rd Street North, Suite 1

Jacksonville Beach, FL 32250

372-9171**► see our ad page 15****LEND AN EAR OUTREACH, INC.**

905 Beach Boulevard

Jacksonville Beach, FL 32250

285-1444www.lendaneareoutreach.org

“The gift of hearing should be available to everyone in need.” Filling the need to acquire a hearing aid despite someone’s means is the philosophy of Lend An Ear Outreach, Inc. Lend An Ear Outreach, Inc. was formed to give all people with limited means the ability to obtain a hearing aid after diagnosis of need by a medical professional. Our nonprofit was organized to partner with professionals in the industry to refit and refurbish donated hearing aids in an atmosphere that fosters privacy and dignity.

HOME REPAIR

**CITY OF JACKSONVILLE,
HOUSING AND COMMUNITY
DEVELOPMENT DIVISION,
NEIGHBORHOODS DEPARTMENT**

214 North Hogan Street, 8th Floor - 32202

255-8200www.coj.net

Housing Services administers various programs targeted at improving the quality of life for low-to-moderate-income residents of Jacksonville. These programs include: down payment assistance, home repair, rehabilitation of multifamily housing units, septic tank emergency assistance, and conversion to city sewage from septic tanks. In addition, the Housing Services provides funding to external agencies for new home construction, housing rehabilitation, down payment assistance, housing counseling, foreclosure prevention and intervention, emergency rental assistance, emergency shelter, rental housing, special needs housing, and technical and administrative support for nonprofit housing agencies.

**NORTHEAST FLORIDA COMMUNITY
ACTION AGENCY, INC. (NFCAA)**

4070 Boulevard Center Drive,

Building 4500, Suite 200 - 32207

551-0070 ext. 204www.nfcaa.net**UTILITY TAP IN PROGRAM (U-TIP)**

214 North Hogan Street, 8th Floor - 32202

255-8200www.coj.net

Provides deferred payment loans to assist low-to-moderate income (80% or less of median income) homeowners with water and sewer line connection fees, associated plumbing costs, and septic tank, drain field, and well repairs or replacement. Operated by the City of Jacksonville, Housing Neighborhoods Department and Housing Services Division.

HOME SERVICES - HOME HEALTH CARE AGENCIES

A CARING HAND HOME HEALTH SERVICES

**9250 Cypress Green Drive, Unit 101
Jacksonville, FL 32256
733-8778
www.acaringhandjax.com**

ABSOLUTE CARE HOME HEALTH SERVICES, LLC
4613 Philips Highway, Suite 208-A - 32207
379-1337

ACCESSREHAB, LLC
8855 San Jose Boulevard - 32217
733-1003

ACCREDITO HEALTH GROUP, INC.
8563 Argyle Business Loop, Suite 4 - 32244
777-3363

AFFIANCE HEALTH CARE SERVICES, LLC
6015 Chester Circle, Suite 104 - 32217
683-8666

AGING TRUE HOME HEALTH
**4250 Lakeside Drive, Suite 116
Jacksonville, FL 32210
807-1245
www.agingtrue.org**
► see our Tab Insert - Front

AHP HOME HEALTH CARE, INC.
7737 Lueders Avenue - 32208
766-1285

ALL AT HOME HEALTHCARE
9770 Old Baymeadows Road, Suite 129 - 32256
551-6942

ALLEGIANTE HOME CARE
724 College Street, Suite 101 - 32204
361-3902

**AMBIENT HEALTHCARE
OF NORTHEAST FLORIDA, INC.**
9655 Florida Mining Boulevard West,
Suite 411 - 32257
652-1990

AMEDISYS HOME HEALTH
6620 Southpoint Drive South, Suite 510-B - 32216
296-0815

AMERICAN ELDERCARE, INC.
644 Cesery Boulevard, Suite 106 - 32211
724-5600

AMERICAN HOME COMPANIONS
220-1930
www.TheLiveInExperts.com

AMERICARE HOME HEALTH
4131 University Boulevard South,
Building 17 - 32216
722-1515

ANNA HOME HEALTH AGENCY CORP.
8130 Baymeadows Circle West, Suite 204 - 32256
733-4471

APEX COMPANION CARE
3947 Boulevard Center Drive,
Building 1000, Suite 1 - 32207
346-3026

APEX HOME HEALTHCARE SERVICES
**2237 Riverside Avenue
Jacksonville, FL 32204
384-1799**
**6789 Southpoint Parkway, Suites 100 & 200
Jacksonville, FL 32216
425-4202**
**3890 Dunn Avenue, Suite 104
Jacksonville, FL 32218
924-1374**
**155 Blanding Boulevard, Suite 1
Orange Park, FL 32073
272-7607**
**105 Commercial Drive
Keystone Heights, FL 32656
352-473-0680**
**301 Health Park Boulevard, Suite 110
St. Augustine, FL 32086
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www.almostfamily.com
► see our ad page 84

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The art of caring starts with our *Senior Advocacy* mission. Our caring teams look beyond the obvious to help you realize your full potential. Simply put, we are your advocate. It's our mission to support your physical and emotional well-being, to provide excellent care, and to help you retain independence in your home.

Optimum Balance is our industry-leading rehabilitation for seniors experiencing dizziness or risk for falls.

Call your local branch today for more information.

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Medicare and Tricare Certified

www.AlmostFamily.com







ARCADIA HOME CARE & STAFFING
2870 University Boulevard West, Suite 104 - 32217
731-1183

BAPTIST HOME HEALTH CARE
3563 Phillips Highway, Suite 202
Jacksonville, FL 32207
202-4300
www.e-baptisthealth.com/homehealth
► see our ad page 85

BRIGHTSTAR OF THE BEACHES & PONTE VEDRA
12187 Beach Boulevard, Suite 7 - 32246
807-9955



Medicare & Tricare Certified
A Non-Profit Organization
Offering:

- Skilled Nursing • Physical Therapy
- Occupational Therapy • Speech Therapy
- Home Health Aides • Medical Social Worker

License # HHA299991243

Serving: Duval, Clay, St. Johns, Nassau, Baker & Flagler Counties

Office: 904.306.9729 • Fax: 904.306.0110

5836 Richard St. • Jacksonville, FL 32216

www.brooksrehab.org

CAREMINDERS HOME CARE
License #HHA299994099
1832 University Boulevard South
Jacksonville, FL 32216
724-8566
www.careminders.com

CARESOUTH
6900 Southpoint Drive North, Suite 250 - 32216
296-1913

CDH HOME CARE, INC.
4738 Norwood Avenue - 32206
924-9200

COMFORCARE SENIOR SERVICES
8825 Perimeter Park Boulevard, Suite 501 - 32216
232-4407

COMFORT KEEPERS
12276 San Jose Boulevard, Suite 306 - 32223
230-9220

CONFICARE HOME HEALTH SOLUTIONS
6320 St. Augustine Road, Suite 9 - 32217
419-4994

CONFIDENT CARE OF FLORIDA CORP.
6622 Southpoint Drive South, Suite 230 - 32216
733-1717

CORAM SPECIALTY INFUSION SERVICES,
AN APRIA HEALTHCARE COMPANY
9143 Philips Highway, Suite 300 - 32256
363-3089

FAMILY HOME HEALTH SERVICES
8761 Perimeter Park Boulevard, Suite 200 - 32216
391-1795

FAMILY LIFE CARE, INC.
712-B Pine Avenue
Green Cove Springs, FL 32043
529-7072
www.familylifecare.com
► see our ad page 23

FIRST COAST CARE
11555 Central Parkway, Suite 603 - 32224
379-7673

FLEET LANDING
1 Fleet Landing Boulevard
Atlantic Beach, FL 32233
246-9900

GENTIVA HEALTH SERVICES
8657 Baypine Road, Suite 100 - 32256
731-3515

HOME HEALTH AUTHORITY, INC.
3741 San Jose Place, Suite 8 - 32257
388-4558

Accepting Medicare Patients	
	904-202-4300 RN Answering Your Calls 24-Hours a Day HHA#21334096
Skilled Nursing: Diabetic/Insulin Teaching • Post-Op Care • Disease Management - CHF, Stroke & Cardiac • Dressing Changes • Wound Care Specialist • Physical Assessments • IV Hydration • IV Antibiotics Therapy Services: Dysphasia Rx Program • Physical • Occupational • Speech • Medical Social Worker Home Health Aide: Personal Care	
e-baptisthealth.com/homehealth	 

HOME INSTEAD SENIOR CARE
9191 RG Skinner Parkway, Suite 803 - 32256
363-6699

HOMEWATCH CAREGIVERS SERVING
JACKSONVILLE
4651 Salisbury Road, Suite 492 - 32256
240-1100

INNOVATIVE SENIOR CARE
HOME HEALTH
4600 Middleton Park Circle East - 32224
807-6111

INTEGRITY HEALTH SERVICES
6251 Philips Highway, Suite 7 - 32216
730-9580

INTERIM HEALTHCARE OF
JACKSONVILLE, INC.
7999 Philips Highway, Suite 304 - 32256
448-1133

JOYAL HEALTH CARE SERVICES, INC.
9905 Old St. Augustine Road, Suite 503 - 32257
448-1025

LIFECARE SOLUTIONS
1045 Riverside Avenue, Suite 202 - 32204
781-5015

MAXIM HEALTHCARE SERVICES, INC.
4811 Beach Boulevard, Suite 100 - 32207
396-2199

MEDI HOME HEALTH AGENCY
3545 St. Johns Bluff Road South, Suite 4 - 32224
998-4408

MEGA NURSING SERVICES, INC.
1626 Camden Avenue - 32207
396-4908

MULTIPAYL, INC.
6273 Dupont Station Court East - 32217
744-6320

MY CARE OF NORTH FLORIDA, LLC
9140 Golfside Drive, Suite 8-S - 32256
739-3005

NORTH FLORIDA HOME HEALTH CARE
710 3rd Street North
Jacksonville Beach, FL 32250
241-1656

NURSE ON CALL
License #299993263
10751 Deerwood Park Boulevard, Suite 100
Jacksonville, FL 32256
355-2991
www.nurseoncallfl.com

NURSEFINDERS OF JACKSONVILLE, LLC
3728 Philips Highway, Suite 12 - 32207
346-0500

ORTHO HOME HEALTH CARE
422 Jacksonville Drive
Jacksonville Beach, FL 32250
899-5520
www.orthohomecare.com
► see our ad page 83

PRECISE HOME CARE, LLC
8659 Baypine Road, Building 3, Suite 200 - 32256
448-8670

PROCARE HOME HEALTH SERVICES, INC.
7545 Centurion Parkway, Suite 302 - 32256
306-2273

PSA HEALTHCARE
8659 Baypine Road, Building 3, Suite 102 - 32256
730-2200

RESCARE HOMECARE
License #HHA20616096
6620 Southpoint Drive South, Suite 240
Jacksonville, FL 32216
296-5800
www.rescarehomecare.com

RIGHT AT HOME
6900 Philips Highway, Suite 52 - 32216
281-9977

SENIOR HELPERS OF
NORTH COAST FLORIDA
10151 Deerwood Park Boulevard, Building 200,
Suite 250 - 32256
371-3570

SENIOR HOME CARE, INC.
10161 Centurion Parkway North, Suite 111 - 32256
730-4640

SENIORBRIDGE FAMILY COMPANIES, INC.
6817 Southpoint Parkway, Suite 2403 - 32216
398-9098

SHANDS JACKSONVILLE HOME
HEALTH SERVICES
580 West 8th Street, Tower II, Suite 9009 - 32209
244-9900

ST. VINCENT'S HOME HEALTH
2651 Park Street - 32204
389-7385

SUNCREST OMNI
1522 Oak Street, Suite 100 - 32204
353-2501
9143 Philips Highway, Suite 170 - 32256
519-9233

SUWANNEE MEDICAL PERSONNEL
1460 Cassat Avenue, Suite A - 32205
384-3394

SYNERGY HOMECARE
4651 Salisbury Road, Suite 433 - 32256
783-7070

T.E.H.C., LLC
3100 University Boulevard South,
Suite 108 - 32216
722-1112

TAYLOR HOME HEALTH CARE, INC.
6599 Chester Avenue, Suite 804
Jacksonville, FL 32217
448-0029
www.taylor-residences.org
► see our ad page 130

THERAPYCARE HOME HEALTH, LLC
 700 3rd Street, Suite 202
 Neptune Beach, FL 32266
 635-6081

UNDERHILL STAFFING, INC.
 3515 Hendricks Avenue - 32207
 396-7553

VISITING ANGELS
144 Arlington Road South
Jacksonville, FL 32216
302-7560
www.visitingangels.com/northjax
► see our ad page 3

WELCOME HOMECARE
 9570 Regency Square Boulevard - 32225
 727-9624

WELL DONE HOME CARE, INC.
 10250 Normandy Boulevard, Suite 502 - 32221
 693-4516

HOME SERVICES - RESPITE SERVICES

Respite is a service that provides families of homebound elderly individuals with a break from their responsibilities as caregivers. The purpose is to provide in-home assistance in order to give caregivers needed relief, which may increase their ability to continue to care for a homebound elder without jeopardizing their own mental or physical health. Fully trained, stipend and non-stipend volunteers are available to provide respite for weekdays, evenings and weekends. They are also available for holidays, birthdays, anniversaries, other special events and caregiver training sessions. For further information, call the Independent Living Program and Aging True.

AGING TRUE COMMUNITY SENIOR SERVICES
 4250 Lakeside Drive, Suite 116
 Jacksonville, FL 32210
807-1203
www.agingtrue.org
► see our Tab Insert - Front

CAREGIVING.COM

www.caregiving.com

The website offers insights, information and inspiration to help family caregivers. Meet other family caregivers in a similar situation, start your own blog and take a quick game break.

INDEPENDENT LIVING PROGRAM, SENIOR SERVICES DIVISION, CITY OF JACKSONVILLE

1093 West 6th Street - 32209

630-0966

(See page 38 for a description of services)

HOSPICE

Hospice is provided in a terminally ill patient's place of residence, a hospital or a hospice facility. Hospice is a program that consists of pain control, counseling, nursing and other services for a terminally ill patient and their family members. A hospice staff is trained in assisting patients with end-of-life care. Hospices are licensed and inspected by the State of Florida.

COMMUNITY HOSPICE OF NORTHEAST FLORIDA

Your Compassionate Guide® to help you live better with advanced illness.

Established in 1979, Community Hospice of Northeast Florida is the first and only locally based, nonprofit hospice provider to serve residents of the First Coast.

Each day, through the support of approximately 850 employees and approximately 900 volunteers, the organization helps approximately 1,300 patients and their families live better with advanced illness.

During its 34-year history, Community Hospice has served more than 82,000 adults and children in Baker, Clay, Duval, Nassau and St. Johns counties. No one is ever denied care due to an inability to pay.

We serve patients and their families at home, in long term care and assisted living facilities, in hospitals and at our six inpatient care centers.

The organization is committed to improving the quality of life for patients and their families and to be the compassionate guide for end-of-life care in our community. To learn more about the support and services of Community Hospice, visit CommunityHospice.com.



Northeast Florida
COMMUNITY HOSPICESM
Compassionate Guide

There for You

Community Hospice provides compassionate care and guidance to help you live better with advanced illness.

Choose Community Hospice.

904.407.6500 • 866.253.6681 toll free • CommunityHospice.com
Community Focused • Community Supported
Serving Baker, Clay, Duval, Nassau and St. Johns counties since 1979

Hospice care request/referral line
(calls answered 24/7):

407-6500

866-253-6681 Toll-Free

General Information:

268-5200

800-274-6614 Toll-Free

When symptoms cannot be managed at home, our six inpatient hospice care centers are conveniently located to accept hospice patients and help manage symptoms:

- Community Hospice Earl B. Hadlow Center for Caring on Sunbeam Road in Mandarin
- Community Hospice Dr. Gaston J. Acosta-Rua Center for Caring on Jacksonville's Westside
- Community Hospice Anne and Donald McGraw Center for Caring near the Beaches on the Mayo Clinic campus

- Community Hospice George and Margaret Morris Center for Caring at Shands Pavilion
- Community Hospice Bailey Family Center for Caring on the Flagler Hospital campus in St. Augustine
- Community Hospice Center for Caring at St. Vincent's Riverside

Community Hospice Foundation

4266 Sunbeam Road
Jacksonville, FL 32257
866-3883

Community Hospice Thrift Stores

10771 Beach Boulevard, Suite 406
Jacksonville, FL 32246
998-1718

680 Blanding Boulevard
Orange Park, FL 32073
272-7433

<http://CommunityHospice.com>

► **see our ad this page**

HOSPITALS

Each hospital listing is numbered and has a corresponding pinpoint on the map on **page 93**.

1 BAPTIST MEDICAL CENTER BEACHES

1350 13th Avenue South
Jacksonville Beach, FL 32250

627-2900

Emergency Center: **627-2999**

Patient Information: **627-2960**

Physician Referral: **202-CARE (2273)**

www.ebaptisthealth.com/beaches

<http://carethatamazes.com>

Services Include: 24-Hour Emergency Center, Accredited Chest Pain Center, Baptist Beaches Surgery Center, Baptist Center for Joint Replacement, Birthing Suites, Bloodless Medicine/Surgery, Bone Densitometry, Breast Health Services, Cardiac Rehabilitation, Cardiology, Critical/Progressive Care Unit, CT, Digital Mammography, EMR, Endocrinology, Endoscopy, Gastroenterology Endoscopy Suite, Gynecology, Hematology, Home Health, Laboratory, Life Flight, Medical and Radiation Oncology, MRI, Nephrology, Neurology, Nuclear Medicine, Obstetrics, Ophthalmology, Orthopaedics, Otolaryngology, Outpatient Diagnostics, PACS, Pain Management, Pastoral Care, PET/CT, Pharmacy, Plastic Surgery, Progressive Care, Pulmonology, Radiology, Rehabilitation Therapies (Occupational/Physical/Speech), Rheumatology, Sleep Disorders, Surgery (Inpatient/Outpatient), Surgical Telemetry, Wilson Cancer Care Center, Wound Care Center and Hyperbaric Medicine, Urology

Beds: 146

Active and Consulting Physicians: 474

Accreditation: Society for Chest Pain Centers, The Joint Commission

Owned/Affiliated: Baptist Health

2 BAPTIST MEDICAL CENTER JACKSONVILLE/BAPTIST HEART HOSPITAL

800 Prudential Drive - 32207

202-2000

Emergency Center: **202-2046**

Patient Information: **202-2000**

Physician Referral: **202-CARE (2273)**

www.ebaptisthealth.com/downtown

www.ebaptisthealth.com/heart

Services Include: 24-Hour Emergency Center, Accredited Chest Pain Center, Baptist Center for Bariatrics (Weight Loss Surgery), Baptist Center for Joint Replacement, Birthing Suites, Bloodless Medicine/Surgery, Bone Densitometry, Breast Health Services, Cardiac Rehabilitation, Cardiology (Non-Invasive), Critical/Intensive Care, CT, Cystoscopy, da Vinci S-Robot Surgical Systems, Digital Mammography, Endocrinology, Endoscopy, Gamma Knife Surgery, Gastroenterology, Gynecology, Hematology, Home Health, Laboratory, Life Flight, Medical Oncology, Minimally Invasive Medicine/Surgery, MRI, Multi-Person Hyperbaric Chamber, Neonatology, Nephrology, Neurology, Neurosurgery, Novalis Tx Image-Guided Radiosurgery Center, Nuclear Medicine, Obstetrics, Oncology, Orthopaedics, PACS, Pain Management, Pastoral Care, Primary Stroke Center, Progressive Care, Psychiatry, Pulmonology, Radiation Oncology, Radiology, Rehabilitation Therapies (Occupational/Physical/Speech Therapies), Rehabilitation (Physiatry), Rheumatology, Sleep Disorders, Surgery (Inpatient/Outpatient), Ultrasound, Urology, Wound Care and Hyperbaric Medicine

Baptist Heart Hospital Services: Aortic/Mitral Valve Replacement/Repair, Atrial Septal Defect Repair, Cardiac Catheterization, Cardiac Electrophysiology, Cardiac Rehabilitation, Cardiology, Cardiopulmonary Rehabilitation, Cardiovascular Surgery, Congestive Heart Failure Clinic, Coronary Artery Bypass Grafting, CT, Heart Arrhythmia Treatment, Interventional Cardiology, Life Flight, Wolfson Wellness Center

Adult Beds: 439

Active and Consulting Physicians: 894

Accreditation: Primary Stroke Center, Society for Chest Pain Centers, The Joint Commission

Owned/Affiliated: Baptist Health

3 BAPTIST MEDICAL CENTER NASSAU

1250 South 18th Street
Fernandina Beach, FL 32034

321-3500

Emergency Center: **321-3570**

Patient Information: **321-3509**

Physician Referral: **202-CARE (2273)**

www.ebaptisthealth.com/nassau

Services Include: Accredited Chest Pain Center, Arthroscopy, Betty and David Berkman Building for Patient Care, Birthing Suites, Bone Densitometry, Breast Health Services, Cardiac Stress Testing, Cardiology, Cataracts, Clinical Laboratory, Colonoscopy, Critical/Intensive Care, CT, Diagnostics, Digital Mammography, Electroencephalogram/Electromyography, Emergency Medicine, EMR, Endocrinology, Endoscopy, Gastroenterology, Gynecology, Hematology, Home Health, Intensive Care, Laboratory, Life Flight, Medical and Radiation Oncology, MRI, Nephrology, Neurology, Nuclear Medicine, Obstetrics, Oncology, Ophthalmology, Otolaryngology, Outpatient Laboratory, PACS, Pain Management, Pastoral Care, Pharmacy, Plastic Surgery, Pulmonology, Radiology, Sleep Disorders, Specialized Imaging, Sports Medicine/Rehabilitation, Surgery (Inpatient/Outpatient), Total Joint Replacement, Ultrasound

Beds: 54

Active and Consulting Physicians: 188

Accreditation: College of American Pathology, Mammography Quality Standards Act/American College of Radiology, Society for Chest Pain Centers, The Joint Commission,

Owned/Affiliated: Baptist Health

4 BAPTIST MEDICAL CENTER SOUTH

14550 Old St. Augustine Road - 32258

271-6000

Emergency Center: **271-6100**

Patient Information: **271-6000**

Physician Referral: **202-CARE (2273)**

www.ebaptisthealth.com/south

Services Include: Accredited Chest Pain Center, Birthing Suites, Bloodless Medicine/Surgery, Bone Densitometry, Breast Health Services, Cardiac Rehabilitation, Cardiology (Non-Invasive), Critical/Intensive Care, CT, Cystoscopy, da Vinci

S-Robot Surgical System, Digital Mammography, Emergency Medicine, EMR, Endocrinology, Endoscopy, Gastroenterology, Gynecology, Hematology, Home Health, Laboratory, Level II NICU, Life Flight, Medical and Radiation Oncology, Minimally Invasive Medicine/Surgery, MRI, Neonatology, Nephrology, Neurology, Nuclear Medicine, Obstetrics, Orthopaedics, PACS, Pain Management, Pastoral Care, Pharmacy, Primary Stroke Center, Progressive Care, Radiology, Sleep Disorders, Surgery (Inpatient/Outpatient)

Beds: 225

Active and Consulting Physicians: 488

Accreditation: Society for Chest Pain Centers, The Joint Commission

Owned/Affiliated: Baptist Health

5 BROOKS REHABILITATION HOSPITAL

3599 University Boulevard South - 32216

Admissions: **345-7185**

Outpatient: **345-7277**

Home Care: **306-9729**

www.brooksrehab.org

Services Include: Back and Neck Health, Balance/Vestibular Disorders, Brain Injury, Chronic Pain and Neurological Conditions, Hip Fracture, Home Health Care Services, Orthopaedics, Rehabilitation Research, Skilled Nursing, Spinal Cord Injury, Sports Therapy, Stroke and Women's Health Rehabilitation

Beds: 157

Active Physicians: 9

Consulting Physicians: 268

Accreditation: CARF, The Joint Commission

Owned/Affiliated: Brooks Health System

► **see our ad page 45**

6 MAYO CLINIC HOSPITAL

4500 San Pablo Road South - 32224

953-2000

Appointments: **953-2272**

www.mayoclinic.org/jacksonville

Services Include: Audiology, Cancer (all types), Cardiology, Cosmetic Surgery, Gastroenterology, Gynecology, Nephrology, Neurology/Neurosurgery, Ophthalmology, Organ Transplantation (all solid organs, bone and marrow), Orthopaedic Surgery, Radiology, Sleep Disorders, Urology

Beds: 214

Active and Consulting Physicians: 400+

Accreditation: Accredited Blood and Marrow Transplantation Program (FACT), The Joint Commission

Owned/Affiliated: Mayo Foundation

7 MEMORIAL HOSPITAL

3625 University Boulevard South - 32216

399-6111

Auxiliary: **399-6035**

www.memorialhospitaljax.com

Services Include: 24-Hour Emergency Services, Accredited Breast Center, Accredited Chest Pain Center, Bariatric Surgery Center of Excellence, Bone and Joint Clinic, Bone Densitometry, Breast Health Services with Digital Mammography, Cancer Services including CyberKnife Cancer Center, Cardiac Catheterization Lab, Cardiac Rehabilitation, Cardiology (Non-Invasive), Certified Stroke Center, Comprehensive Heart Center, Computed Tomography, Consult-A-Nurse Healthcare Referral Line, Coronary Artery Bypass Surgery, Critical Care, Cystoscopy, da Vinci Robotic Surgical System, Diabetes, Endocrinology, Endoscopy, ExpressCare, Gastroenterology, Gynecological Care, Health Education Classes, Laboratory, Lithotripsy, Magnetic Resonance Imaging, Minimally Invasive Medicine/Surgery, Nephrology, Neurology, Neurosurgery, Nuclear Medicine, Oncology, Orthopaedics, Pain Management, Pastoral Care, Pharmacy, Picture Archiving and Communications System, Pulmonology, Radiology (Medical/Radiation), Respiratory Surgery, Rheumatology, Spine Clinic, Surgery (Inpatient/Outpatient), Ultrasound, Urology, Women's Center, Wound Center

Beds: 425

Active and Consulting Physicians: 800+

Accreditation: ACR Breast Imaging Center of Excellence, ASMBS Bariatric Surgery Center of Excellence, The Joint Commission

Owned/Affiliated: HCA Healthcare Corp.

8 NAVAL HOSPITAL JACKSONVILLE

2080 Child Street - 32214

542-7300

www.med.navy.mil/sites/navalhospitaljax

Services Include: Allergy, Anesthesiology, Aviation Medicine, Cardiology, Case Management,

Chiropractic, CT, Dental, Dermatology, Emergency Medicine, ENT, Family Medicine, Gastroenterology, General Surgery, Immunizations, Internal Medicine, Laboratory, Mammography, Mental Health, MRI, Neurology, Nuclear Medicine, Nutrition, Occupational Health, Occupational Therapy, Ophthalmology, Optometry, Oral and Maxillofacial Surgery, Orthopaedics, Pharmacy, Physical Therapy, Preventive Medicine, Primary Care, Pulmonology, Radiology, Sleep Clinic, Sports Medicine, Substance Abuse Rehabilitation, Surgery, Undersea Medicine, Urgent Care, Urology, Wellness, Women's Health

Accreditation: The Joint Commission

Owned/Affiliated: U.S. Government

9 ORANGE PARK MEDICAL CENTER

2001 Kingsley Avenue

Orange Park, FL 32073

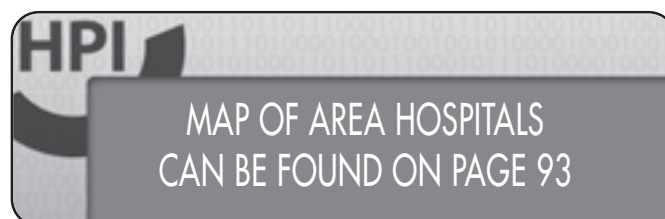
276-8500

Emergency Room: **276-8580**

ExpressCare: **276-8621**

www.orangeparkmedical.com

Services Include: 24-Hour Level 2 Emergency; Behavioral Health, including a 24-Bed Psychiatric Unit and an Intensive Outpatient Counseling Program; Cardiovascular Care, including two Open Heart Operating Rooms and two Catheterization Labs for Performing Coronary Interventions; Company Care; Fleming Island Imaging Center; Medical, including Cardiac Monitoring, Critical Care, Endoscopy, Kidney Dialysis, Laboratory, Oncology and Pain Management; Medical Imaging, including Computed Tomography, Interventional Radiology, Mammography, MRI, Nuclear Medicine, Stereotactic Breast Biopsies and Ultrasound; Northeast Florida Wound Care Center; Rehabilitation, including Audiology, Cardiac Rehabilitation, Occupational Therapy, Physical Therapy and Pulmonary Rehabilitation; Respiratory, including Bronchoscopy, EKG, Pulmonary Function Testing and Pulmonary Stress Testing; Surgical,



including Bariatric, ENT, General, Gynecological, Laser, Minimally Invasive, Neurosurgery, Open Heart, Orthopaedic, Outpatient, Plastic, Robotic-Assisted, Thoracic, Urological and Vascular; Women's Health

Beds: 255

Active and Consulting Physicians: 450+

Accreditation: The Joint Commission

Owned/Affiliated: HCA Healthcare Corp.

10 RIVER POINT BEHAVIORAL HEALTH

6300 Beach Boulevard - 32216

724-9202

800-749-3967 Toll-Free

www.riverpointbehavioral.com

Services Include: Crisis Stabilization, Detoxification Services, Electroconvulsive Therapy, Inpatient Mental Health, Intensive Outpatient, Partial Hospitalization, Programs for Adults, Rehabilitation, Residential Treatment, Seniors and Adolescents, Substance Abuse, Transportation Assistance

Beds: 99

Active and Consulting Physicians: 20

Accreditation: The Joint Commission

Owned/Affiliated: Universal Health Services, Inc.

11 SHANDS JACKSONVILLE

655 West 8th Street - 32209

244-0411

www.ufandshandsjax.org

Services Include: Adult Emergency Services; Advanced Breast Imaging Center; Bariatric Surgery; Breast Health Center; Cancer Services; Cardiology; Catheterization and Electrophysiology; Comprehensive Nationally Designated Level I Stroke Program; Dialysis; Electroconvulsive Therapy; Gastroenterology; Inpatient Hospice; Internal Medicine; Interventional Cardiology; Level I Trauma Center; Minimally Invasive Surgery; Multiple Sclerosis Center; Neurology; Neurosurgery; Ophthalmology; Oral and Maxillofacial Surgery; Orthopaedic Oncology; Orthopaedics; Pain Center; Parkinson's Center; Plastic Surgery; Poison Center; Primary Care; Psychiatry; Radiation Oncology; Radiology; Rheumatology; Robot-Assisted Surgery; Sleep Disorders Center; Sports Medicine and Rehabilitation; Surgical Oncology; Thoracic Oncology; Transitional Care; Urology; Women's Services

Beds: 695

Active and Consulting Physicians: 400+

Accreditation: Agency for Health Care Administration, The Joint Commission

Owned/Affiliated: Shands Jacksonville Medical Center (owned), University of Florida College of Medicine Jacksonville

12 SPECIALTY HOSPITAL

4901 Richard Street - 32207

737-3120

Patient Assessment: **730-5757**

800-265-8624 Toll-Free

www.specialtyhospitaljax.com

Services Include: Comprehensive Wound Management, Management of the Medically Complex, Pulmonary Rehabilitation, Rehabilitation Therapies for the Medically Complex, Treatment of Infectious Diseases, Ventilator Weaning

Beds: 107

Active and Consulting Physicians: 300

Accreditation: The Joint Commission

Owned/Affiliated: HCA Healthcare Corp.

13 ST. VINCENT'S MEDICAL CENTER RIVERSIDE

1 Shircliff Way - 32204

308-7300

Emergency Room: **308-7395**

Fast Track: **308-7383**

Physician Referral: **308-5465**

www.jaxhealth.com

Services Include: Atrial Fibrillation Institute, Cardiology, Cardiopulmonary Rehabilitation, Cardiovascular Surgery, Digital Mammography, Family Medicine Center, Gastroenterology, General Surgery, Gynecology, Lung Cancer Institute, Mary Virginia Terry Cancer Center, Medical Imaging, MRI, Nephrology, Neurology, Neurosurgery, Oncology, Ophthalmology, Orthopedics, PET/CT, Physical Rehabilitation, Podiatry, Pulmonary Care, Radiation Oncology, Robotic Surgery, Sleep Lab, Spine & Brain Institute, Urology, Weight Loss Surgery

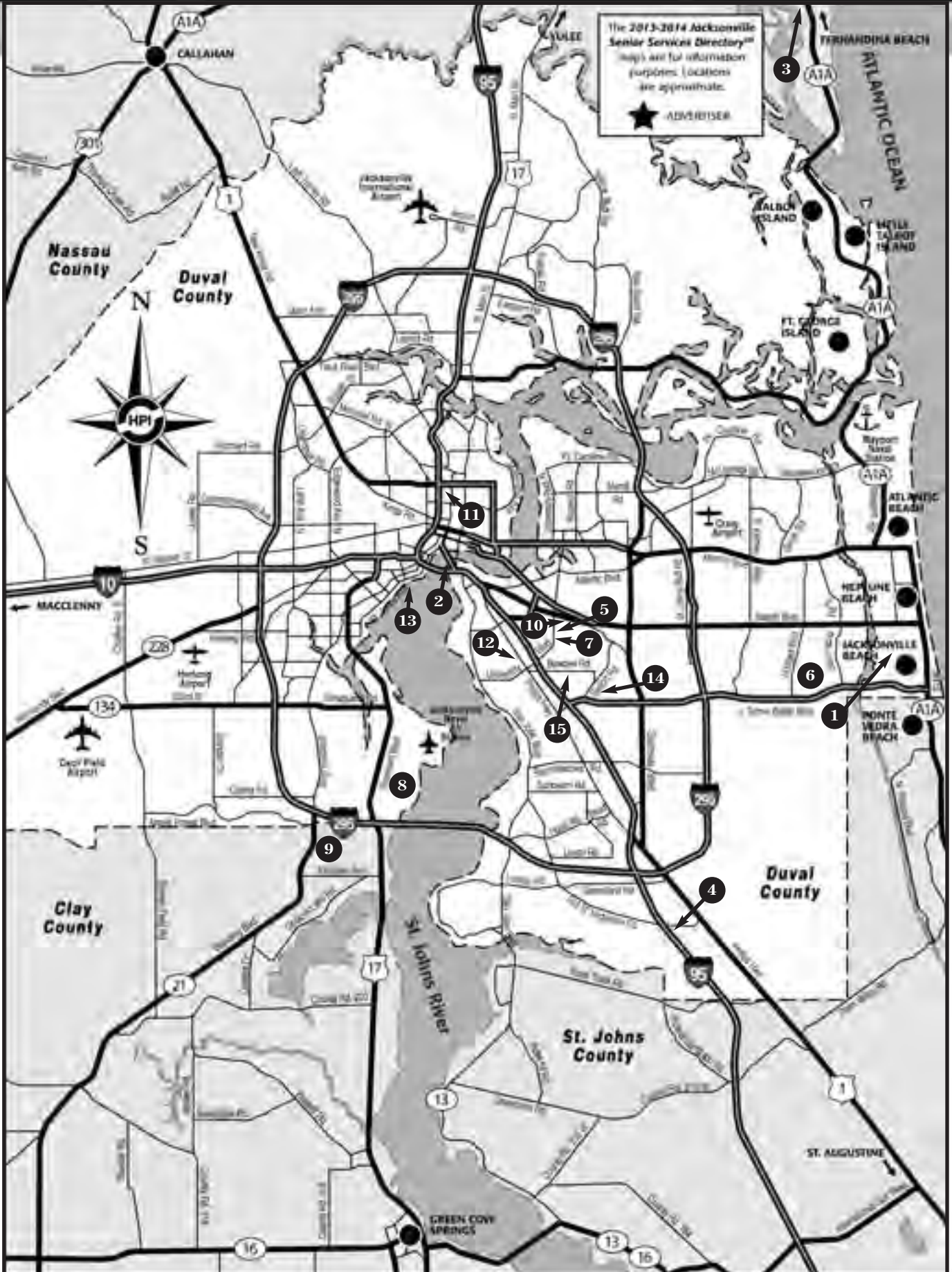
Beds: 528

Active and Consulting Physicians: 710

Accreditation: The Joint Commission

Owned/Affiliated: Ascension Health

Hospitals



14 ST. VINCENT'S MEDICAL CENTER SOUTHSIDE

4201 Belfort Road - 32216

296-3700

Emergency Room: 296-3784

Physician Referral: 308-5465

www.jaxhealth.com

Services Include: Adult & Pediatric Sleep Lab, Cardiology, Digital Mammography, Epilepsy Monitoring Unit, Gastroenterology, General Surgery, Joint Replacement Rehabilitation Center, Laboratory, Medical Imaging, Neurology, Neurosurgery, Orthopedics, Outpatient Rehabilitation, Physical Therapy, Primary Care, Spine & Brain Institute, Weight Loss Surgery

Beds: 313

Active and Consulting Physicians: 596

Accreditation: The Joint Commission

Owned/Affiliated: Ascension Health

15 WEKIVA SPRINGS

3947 Salisbury Road - 32216

296-3533

www.wekivacenter.com

Services Include: Detoxification, Electroconvulsive Therapy, Inpatient Mental Health, Intensive Outpatient Program, Mental Health and Substance Abuse Residential Treatment Programs, Partial Hospitalization Program, Substance Abuse Rehabilitation

Beds: 68

Active and Consulting Physicians: 139

Accreditation: The Joint Commission

Owned/Affiliated: Wekiva Springs Center, LLC

HOTLINE NUMBERS

630-CITY, CITY OF JACKSONVILLE

630-CITY (630-2489)

255-8008 TTY

Hours of Operation:

Monday - Friday 8 a.m. - 5 p.m.

Closed Saturday, Sundays and holidays.

Do you have a request for a city service or need information? The **630-CITY** Contact Center provides you with quick access to city services and information. All types of city services are accessible, from scheduling an appliance collection, or repairing a pothole, to reporting an animal running loose in your neighborhood, from requesting the hours of operation at a city park, to tracking your active service request. **630-CITY** is the one number to call for city services information.

4 Ways to Access City Services and Information:

- Online: www.coj.net
- Phone: **630-CITY (630-2489)** during business hours
- Email: 630CITY@coj.net
- Write: 214 North Hogan Street, 1st Floor, Jacksonville, FL 32202

AIDS INFORMATION HOTLINE

800-352-2437 Toll-Free

AL-ANON HOTLINE

350-0600

www.jaxafg.org

DEPARTMENT OF ELDER

AFFAIRS HOTLINE

800-963-5337 Toll-Free

ELDERSOURCE ELDER HELPLINE

10688 Old St. Augustine Road

Jacksonville, FL 32257

391-6600

877-391-6602 Toll-Free

Elder HelpLine

391-6699

391-6697 TTY for Hearing Impaired

888-242-4464 Toll-Free

Administrative Hours of Operation:

Monday - Friday 8 a.m. - 5 p.m.

Elder HelpLine Hours of Operation:

Monday - Friday 7:30 a.m. - 6:30 p.m.

The Elder HelpLine is a statewide network providing supportive services to elders and their caregivers seeking accurate, unbiased information and referrals about social and health services within the community and/or county. Elders, their families, and/or caregivers can access the Elder HelpLine toll-free by calling **888-242-4464**. An experienced Information and Referral Specialist is available to answer calls. ElderSource will also assist with SNAP (Supplemental Nutrition Assistance Program), most commonly known as Food Stamps. This program, which is not welfare, will help stretch your food budget, without taking away from any of your other benefits. Anyone determined eligible will receive SNAP benefits. Please call our HelpLine and ask to speak with a SNAP operator to apply.

FLORIDA ABUSE HOTLINE

800-962-2873 Toll-Free

FLORIDA/USVI POISON INFORMATION CENTER - JACKSONVILLE

800-222-1222 Toll-Free

(See page 54 for a description of services)

GATEWAY CONNECT

Alcohol or Drug Problem

877-389-9966 Toll-Free - 24-Hour Help Line

MEDICATION INFORMATION HOTLINE, DEPARTMENT OF PHARMACY, SHANDS JACKSONVILLE

655 West 8th Street - 32209

244-4700

Helps patients who have questions about their prescriptions and medications, including drug interactions, side effects, and drug/food combinations to be avoided.

NARCOTICS ANONYMOUS HOTLINE

723-5683

www.firstcoastna.org



UNITED WAY OF NORTHEAST FLORIDA

1301 Riverplace Boulevard, Suite 500

Jacksonville, FL 32207

390-3200

www.uwnefl.org

• 2-1-1 Information and Referral for Human Services and Life: ACT 2 Initiatives

United Way 2-1-1 is a 24-hour, 7 day a week, Web-based and telephone community information and referral service covering nine counties throughout Northeast Florida. The service is nationally accredited by The Alliance of Information and Referral Systems (AIRS), the American Association of Suicidology (AAS) and certified statewide by the Florida Alliance of Information and Referral Services (FLAIRS).

United Way 2-1-1 is a free information and referral service with calls answered by friendly, trained staff with a database of community services at their fingertips:

- Information and referral services are provided by telephone and through the Internet at www.nefl211.org.
- Problem solving support is available to people who may be unclear about which referrals can best meet their needs.
- Follow-up services include calls to verify that callers received helpful, quality referral information.
- Assessments of community needs based on type of calls.
- Information and referral is also available for human services agencies, professionals, school personnel and other policy makers.
- United Way 2-1-1 services are available 7 days a week, 24 hours a day.

United Way's Life: Act 2 is a proactive community collaboration developed to address the opportunities and challenges of an ever-expanding senior population in Northeast Florida.



Improving Health, One Life at a Time



Who is MCCI?

At MCCI, we are physicians, and we understand the importance of the relationship between a patient and their physician. We became doctors to be of service to others and we stay true to our vocation.

Our goal is to provide medical services of the highest quality. Our focus is on improving our patients' lives by treating them with the respect they deserve and by promoting their personal health.

↓ HEALTHY LIVING

IS JUST A FEW STEPS AWAY

1



Take a tour of your nearest MCCI location.

Call and we'll help you find a convenient location.

2



Meet with your new Primary Care Physician.

MCCI has some of the finest physicians in Florida.

3



We'll work together to keep you healthy.

We'll work with your lifestyle and focus on preventive medicine.

4



Gain access to all our services.

Physicians, Specialists, Wellness and Education Programs, Transportation for Medical Visits, Diagnostic Tests & More.



Call MCCI We'll send you an information package and arrange a private tour of your nearest MCCI location.

1-888-577-MCCI
(6224)

MCCITM
Medical Group
www.mccigroup.com

LIFE IS SHORT.

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TALK.
LEARN.
LAUGH.

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WBOB CONSERVATIVE
TALK RADIO

News. Traffic. Weather. Talk.

PRAISE.
SING.
PRAY.

91.7 The
Promise
Jacksonville • 91.9 St. Augustine

Best of Christian Contemporary Music

BOOGIE.

am **1600**
The
Beach

True Oldies of the 60's, 70's, & Mid 80's.

PROGRAM YOUR RADIO DIAL NOW.

• **Life: Act 2**

United Way of Northeast Florida's Life: Act 2 developed a four year comprehensive strategic plan to help adults age 60 and older have shorter hospital stays and to increase senior independence by providing essential aid to seniors transitioning home from acute hospital care. Through a Robert Wood Johnson Foundation grant, community collaboration and trained hospital Elder Care Advocates, a specific intervention strategy was developed to:

- Coordinate between hospital and home care services for seniors during the critical time following discharge from the hospital.
- Provide seniors with important information about community services.
- Connect or, in some cases, purchase free supportive home services for seniors.
- Monitor to ensure seniors have returned home successfully.

Three hospitals, Baptist Downtown, Baptist South and Shands Jacksonville, have chosen to sustain the program and have Elder Care Advocates. For more information, or if you would like to volunteer, please contact Jeannie Burhans, Program Director at **390-3292**.

➤ **see our ad page 95**

HOUSING ASSISTANCE

FIRST COAST LONG-TERM CARE OMBUDSMAN COUNCIL, DISTRICT 5

4161 Carmichael Avenue, Suite 141 - 32207

391-3942

<http://ombudsman.myflorida.com>

Advocates for residents in Nursing Homes and Assisted Living. Investigates complaints on their behalf and inspects facilities annually.

HABIJAX - HABITAT FOR HUMANITY OF JACKSONVILLE, INC.

2404 Hubbard Street - 32206

798-4529

www.habijax.org

HabiJax works to eliminate substandard housing in Jacksonville by building high-quality, affordable housing that enhances neighborhoods and communities. Call today to see if you qualify to purchase a new HabiJax home! Volunteers and donations are also always needed.

(See page 136 for volunteer opportunities)

HEAD START TO HOME OWNERSHIP PROGRAM

214 North Hogan Street - 32202

255-8200

www.coj.net

Provides deferred payment loans to assist eligible low-to-moderate income families/individuals who are interested in purchasing a home. The financial assistance (funded by the federal HOME Investment Partnership Program) provides for down payment, closing costs and/or principal reduction. Low-to-moderate income (80% or less of median income) families/individuals may qualify to apply for the program. Operated by the City of Jacksonville, Housing & Community Development Division, Neighborhoods Department.

JACKSONVILLE HOUSING AUTHORITY

1300 Broad Street - 32202

630-3810

630-3894 (TDD)

www.jaxha.org

Provides for U.S. Housing and Urban Development rental housing to persons who meet income requirements. Eligibility is based on federal guidelines primarily related to income. There is no discrimination against persons with disabilities. Applicants are evaluated for eligibility. There is no fee for assistance with the application process, which includes determination of what portion of rent a potential customer will contribute. Once accepted for housing, recipient tenants contribute to the monthly rent.

JACKSONVILLE URBAN LEAGUE HOUSING INITIATIVES & COUNSELING PROGRAM

903 West Union Street - 32204

Wanda Davis, Coordinator

366-3470

email: wandadavis@jaxul.org

Provides free first-time homebuyer education and financial literacy classes, budget counseling, delinquent mortgage counseling and reverse mortgage assistance (seniors only) for low-to-middle income families and individuals.

INSURANCE - MEDICARE

AETNA MEDICARE

1-800-423-0086

www.aetnamedicare.com

► see our ad this page

HUMANA

76 South Laura Street

Jacksonville, FL 32202

376-1234

► see our ad page 11

LIBRARY - LIBRARY LOCATIONS

The Jacksonville Public Library maintains a collection of more than three million items including books, audio books, e-books, compact discs, DVDs and videos. Internet service with wireless computer access and Microsoft software is available on all public computers at all library locations. Books are also available in large print at all locations. Please check your local library, since quantities vary. Special services of potential interest to seniors include: Talking Books for blind and physically disabled customers, and the Center for Adult Learning. Duval County residents, individuals who own property in Duval County, students at a college located in Duval County, City of Jacksonville employees, Florida military personnel, and Duval County public school teachers can obtain a free Jacksonville Public Library card with proof of address and proper I.D. For more information, call **630-BOOK (630-2665)** or log on to the library's website at www.jaxpubliclibrary.org.

Each library listing is numbered and has a corresponding pinpoint on the map on **page 99**.

① Main Library

303 Laura Street North - 32202

630-2665

630-2740 (TTY)

711 - Florida Relay

② Argyle Branch

7973 Old Middleburg Road South - 32222

573-3164

③ Beaches Regional

600 3rd Street

Neptune Beach, FL 32266

241-1141

"I'm new to Medicare and didn't know where to start. Talking to Aetna really helped."

If you or a loved one need help understanding your Medicare coverage options, let's talk.



Plans are offered by Aetna Life Insurance Company and its affiliates (Aetna). Not all health services are covered. Plan availability may vary by location.

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④ Bradham & Brooks Northwest Branch

1755 Edgewood Avenue West - 32208

765-5402

⑤ Brentwood Branch

3725 Pearl Street - 32206

630-0924

⑥ Brown Eastside Branch

1390 Harrison Street - 32206

630-5466

⑦ Charles Webb Wesconnett Regional

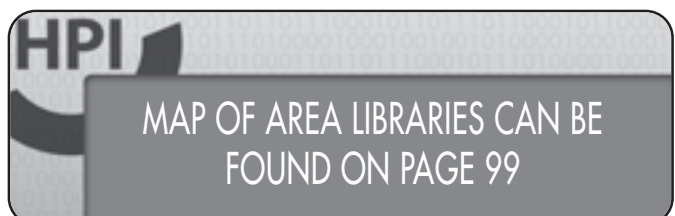
6887 103rd Street - 32210

778-7305

⑧ Dallas Graham Branch

2304 North Myrtle Avenue - 32209

630-0922



- 9 Highlands Regional**
1826 Dunn Avenue - 32218
757-7702
- 10 JPL Express Oceanway**
Holds Pickup Location Only
12215 Sago Avenue - 32218
757-7702
- 11 Mandarin Branch**
3330 Kori Road - 32257
262-5201
- 12 Maxville Branch**
8375 Maxville Boulevard - 32234
289-7563
- 13 Murray Hill Branch**
918 Edgewood Avenue South - 32205
384-2665
- 14 Pablo Creek Regional**
13295 Beach Boulevard - 32246
992-7101
- 15 Regency Square Branch**
9900 Regency Square Boulevard - 32225
726-5142
- 16 San Marco Branch**
1513 LaSalle Street - 32207
858-2907
- 17 South Mandarin Branch**
12125 San Jose Boulevard - 32223
288-6385
- 18 Southeast Regional**
10599 Deerwood Park Boulevard - 32256
996-0325
- 19 University Park Branch**
3435 University Boulevard North - 32277
630-1265
- 20 West Regional**
1425 Chaffee Road South - 32221
693-1448
- 21 Westbrook Branch**
2809 Commonwealth Avenue - 32254
384-7424
- 22 Willowbranch Branch**
2875 Park Street - 32205
381-8490

LIBRARY - SPECIAL SERVICES

CENTER FOR ADULT LEARNING (CAL) 630-2426

Need help with your reading? CAL offers confidential instruction to adults who read from the third to eighth grade level.

TALKING BOOKS FOR BLIND & PHYSICALLY HANDICAPPED CUSTOMERS

630-1999

630-2740 (TTY)

www.jaxpubliclibrary.org

Anyone who has difficulty holding, handling or reading a standard print book because of a visual or physical disability may be eligible to receive our free services. Sign up to receive books on cassette and digital format mailed to you free of charge. Our Talking Books Collection is comparable to the library's print collection in quantity and variety. Popular magazines, newspaper access and described videos are also available. Return postage and loaned equipment are also free to eligible participants. Call **630-1999** to register.

MASTECTOMY APPAREL FORMS & PROSTHESIS

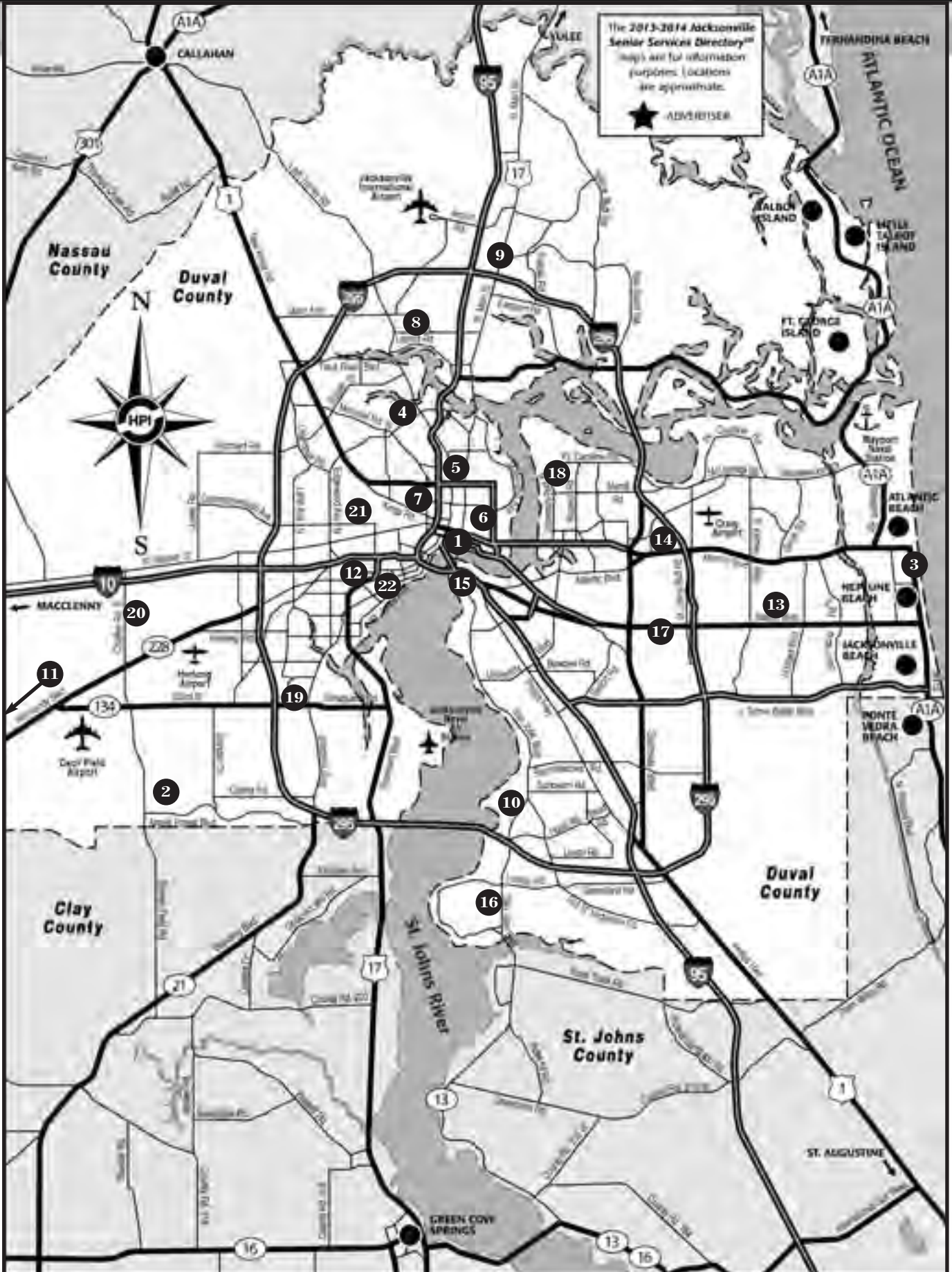
HALLIDAY'S & KOIVISTO'S PHARMACY
4133 University Boulevard South, Suite 1
Jacksonville, FL 32216
737-2216

MEDICAL ALARMS

EASY LIVING MEDICAL ALERT SYSTEMS

1021 Oak Street
Jacksonville, FL 32204
359-8409
888-522-3279 Toll-Free
www.easylivingprogram.com

Library Locations



MEDICAL ASSESSMENT

**CARES, FLORIDA DEPARTMENT
OF ELDER AFFAIRS**

4161 Carmichael Avenue, Suite 101 - 32207
391-3920

www.elderaffairs.state.fl.us

Assesses the medical eligibility of clients who have made applications to enter a nursing home. Assessments and referrals are also done for Medicaid Waiver Programs. The program seeks to reduce inappropriate institutional placement of clients who would be better served in a less restrictive environment.

MEDICAL EQUIPMENT & SUPPLIES

**BROOKS TEMPORARY LOAN CLOSET
ILRC of Northeast Florida**

2709 Art Museum Drive - 32207
399-8484

► see our ad page 67

MENTAL HEALTH SERVICES

AGING TRUE

4250 Lakeside Drive, Suite 116 - 32210
807-1203

807-1218 (TDD)

www.agingtrue.com

(See page 52 for a description of services)

AIDS CARE & EDUCATION (ACE)

4615 Philips Highway - 32207
448-5995

**BAPTIST BEHAVIORAL HEALTH,
OUTPATIENT SERVICES**

1325 San Marco Boulevard, Suite 500 - 32207
376-3800

800 Prudential Drive, Suite 510 - 32207
376-3800

4160 University Boulevard South - 32216
376-3800

13241 Bartram Park Boulevard, Suite 1901 - 32258
376-3800

900 Beach Boulevard, Suite 930
Jacksonville Beach, FL 32250
376-3800

KNOX GROUP, INC.

7855 Argyle Forest Boulevard, Suite 907 - 32244
317-9565

**MENTAL HEALTH CENTER OF
JACKSONVILLE, INC.**

3333 West 20th Street - 32254
695-9145

Provides inpatient/outpatient psychiatric services for adults in north and west Duval County, 24-hour emergency services, and crisis evaluation.

MENTAL HEALTH RESOURCE CENTER

11820 Beach Boulevard - 32246
642-9100

Major Services: 24-hour psychiatric emergency services, inpatient/outpatient psychiatric services, case management services, psychosocial rehabilitation services, therapeutic family and supported housing program, and two homeless programs.

**NORTHWEST BEHAVIORAL
SERVICES, INC.**

2392 Edgewood Avenue North - 32254
781-7797

2400 Edgewood Avenue North - 32254
781-0600

PACIFICA CARE, PLLC

13121 Atlantic Boulevard, Suite 100 - 32205
221-2232

**RENAISSANCE BEHAVIORAL HEALTH
SYSTEMS, INC.**

10550 Deerwood Park Boulevard, Ste. 600
Jacksonville, FL 32256
743-1883

RIVER POINT BEHAVIORAL HEALTH

6300 Beach Boulevard - 32216
724-9202

RIVER REGION HUMAN SERVICES, INC.

390 Park Street - 32204
899-6300
3020 Warrington Street - 32254
899-6300

www.rrhs.org

Provides substance abuse treatment, and treatment programs for HIV/AIDS and mental health.

SAGES COALITION, INC.
(SOLUTIONS AIMED AT GROWTH AND
EMPOWERMENT FOR SENIORS)

555 Stockton Street - 32204

387-4661

www.sagescoalition.org

Meets on the 3rd Thursday each month - 9:30 a.m.

SENIOR PERSPECTIVES

3947 Salisbury Road - 32216

Referrals contact Wekiva Hospital Evaluation
 Department

296-3533

Senior Program addressing the emotional problems of older adults. Group therapies consist of cognitive, behavioral and psycho-educational. These groups focus on assisting patients to develop effective ways to cope with their issues. The program provides a monthly appointment with a program psychiatrist, ongoing availability of an RN and two licensed therapists. Transportation, snack and hot lunch provided.

NURSING HOMES

Nursing homes are residences that provide meals, recreational activities, nursing, custodial assistance and rehabilitative care to those with illnesses, injuries or functional disabilities. Skilled nursing facilities (SNF) and skilled nursing units (SNU) are the two main types of nursing homes in Florida. A SNF is a free-standing facility while a SNU is a hospital-based facility. SNFs are licensed and inspected by the State of Florida and SNUs are licensed as part of a hospital.

First Coast Long-Term Care Ombudsman Council, District 5 located at 4161 Carmichael Avenue, Suite 141, Jacksonville, FL 32207 - phone: **391-3942**, advocates for residents in Nursing Homes and Assisted Living Facilities, investigates complaints on their behalf and inspects facilities annually.

For approximate locations of nursing homes, see map with corresponding pinpoints on **page 103**.

1 **ALL SAINTS CATHOLIC NURSING**
HOME AND REHABILITATION CENTER, INC.
 5888 Blanding Boulevard - 32244
 772-1220

2 **ATRIUM JACKSONVILLE**
 9960 Atrium Way
 Jacksonville, FL 32225
 724-4726

➤ **see our ad page 5**

3 **AVANTÉ VILLA AT**
JACKSONVILLE BEACH, INC.
 1504 Seabreeze Avenue
 Jacksonville Beach, FL 32250
 249-7421

4 **BROOKS REHABILITATION -**
BARTRAM CROSSING
6209 Brooks Bartram Drive
Jacksonville, FL 32258
345-7600

www.brooksrehab.org

➤ **see our ad page 45**

5 **CATHEDRAL GERONTOLOGY**
CENTER, INC.
333 East Ashley Street
Jacksonville, FL 32202
798-5300

6 **CONSULATE HEALTH CARE OF**
JACKSONVILLE
 4101 Southpoint Drive East
 Jacksonville, FL 32216
296-6800

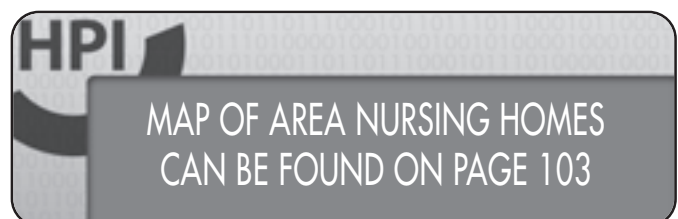
➤ **see our Outside Back Cover**

7 **CONSULATE HEALTH CARE OF**
ORANGE PARK
 1215 Kingsley Avenue
 Orange Park, FL 32073
296-8922

➤ **see our Outside Back Cover**

8 **CYPRESS VILLAGE**
 4600 Middleton Park Circle East
 Jacksonville, FL 32224
 223-6100

➤ **see our ad page 5**



5-STAR RATED
BY THE AGENCY FOR HEALTH CARE ADMINISTRATION (AHCA)
AND CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS)

**6-TIME RECIPIENT OF THE PRESTIGIOUS
GOVERNOR'S GOLD SEAL AWARD
FOR EXCELLENCE IN LONG-TERM CARE**

**Your comprehensive system for
elder care programs and services**

Short-Stay Rehabilitation • Out-patient and In-Patient Therapy
Skilled Nursing • Memory Care • Adult Day Care
Home Health Care • Independent Living

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SENIOR SERVICES

11401 Old St. Augustine Road • Jacksonville, Florida 32258
For additional information or to schedule your personal tour, please contact
904-260-1818

Memorandum • Not For Profit • River Garden is licensed by the State of Florida and is a
Certified provider under Medicare / Medicaid

www.rivergarden.org

9 **EDGEWOOD NURSING CENTER**
1771 Edgewood Avenue West - 32208
766-7436

10 **FANNIE E. TAYLOR HOME
FOR THE AGED, INC.**
3937 Spring Park Road - 32207
737-6777

11 **FIRST COAST HEALTH &
REHABILITATION CENTER**
7723 Jasper Avenue - 32211
725-8044

12 **FLEET LANDING**
1 Fleet Landing Boulevard
Atlantic Beach, FL 32233
246-9900

13 **GOVERNORS CREEK HEALTH
AND REHAB**
803 Oak Street
Green Cove Springs, FL 32043
284-5606

► **see our Outside Back Cover**

14 **HARTS HARBOR HEALTH
CARE CENTER**
11565 Harts Road
Jacksonville, FL 32218
751-1834

► **see our Outside Back Cover**

15 **HEARTLAND HEALTH CARE CENTER
JACKSONVILLE**
8495 Normandy Boulevard
Jacksonville, FL 32221
783-3749

► **see our ad on page 125**

16 **HEARTLAND HEALTH CARE CENTER OF
ORANGE PARK**
570 Wells Road
Orange Park, FL 32073
264-3912

► **see our ad on page 125**

17 **HEARTLAND HEALTH CARE CENTER OF
SOUTH JACKSONVILLE**
3648 University Boulevard South
Jacksonville, FL 32216
733-7440

► **see our ad on page 125**

18 **JACKSONVILLE NURSING
AND REHAB CENTER**
4134 Dunn Avenue - 32218
766-2297

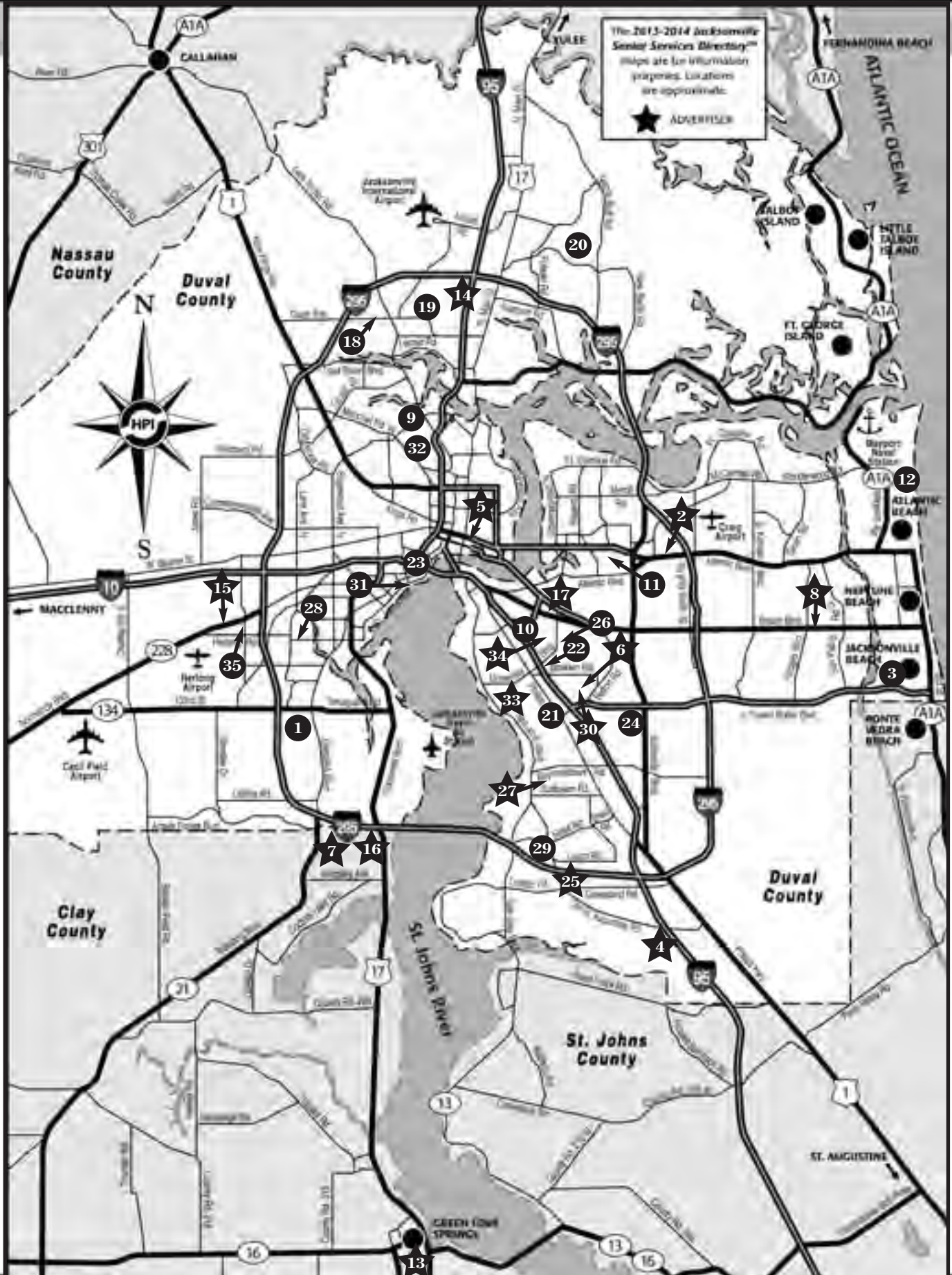
19 **LAKESIDE NURSING AND
REHABILITATION CENTER**
11411 Armsdale Road - 32218
714-3793

20 **LANIER MANOR**
12740 Lanier Road - 32226
757-0600

21 **LIFE CARE CENTER OF JACKSONVILLE**
4813 Lenoir Avenue - 32216
332-4546

22 **PALM GARDEN OF JACKSONVILLE**
5725 Spring Park Road - 32216
733-6954

Nursing Homes



23 PARK RIDGE NURSING CENTER
730 College Street - 32204
358-6711

24 REGENTS PARK OF JACKSONVILLE
8700 AC Skinner Parkway - 32256
642-7300

25 RIVER GARDEN/WOLFSON HEALTH
& AGING CENTER
11401 Old St. Augustine Road
Jacksonville, FL 32258
260-1818
www.rivergarden.org
► see our ad page 102

26 RIVERWOOD CENTER
2802 Parental Home Road - 32216
721-0088

27 SAN JOSE HEALTH AND
REHABILITATION CENTER
9355 San Jose Boulevard
Jacksonville, FL 32257
739-0877
► see our Outside Back Cover

28 SIGNATURE HEALTHCARE OF
JACKSONVILLE
2061 Hyde Park Road - 32210
786-7331

29 SOUTHLAKE NURSING &
REHABILITATION CENTER
10680 Old St. Augustine Road - 32257
268-4953

30 SOUTHPOINT TERRACE
4325 Southpoint Boulevard
Jacksonville, FL 32216
245-7620
► see our ad page 125

31 ST. CATHERINE LABOURÉ MANOR, INC.
1750 Stockton Street - 32204
308-4700

32 SUMMER BROOK HEALTH CARE CENTER
5377 Moncrief Road - 32209
768-1506

33 TAYLOR CARE CENTER
6535 Chester Avenue
Jacksonville, FL 32217
731-8230

www.taylor-residences.org
► see our ad page 130

34 TAYLOR HOME
3937 Spring Park Road
Jacksonville, FL 32207
737-6777
www.taylor-residences.org
► see our ad page 130

35 WEST JACKSONVILLE HEALTH AND
REHABILITATION CENTER
1650 Fouraker Road - 32221
786-8668

PHARMACIES

ADVANCED RX & COMPOUNDING
PHARMACY
6951 St. Augustine Road - 32217
448-8181

AHF PHARMACY
2 Shircliff Way, Suite 900 - 32204
389-9744

ALL PEOPLES PHARMACY
4750 Soutel Drive - 32208
766-3145

ALL WELL PHARMACY
5452 Blanding Boulevard - 32244
779-6990

APOTHECARY AT MEMORIAL HOSPITAL, THE
3627 University Boulevard South, Suite 120 - 32216
399-6171

BAPTIST INFUSION THERAPY
3563 Philips Highway, Suite 202 - 32207
202-5730

BAPTIST PHARMACY
810 Lane Avenue South - 32205
693-2389
807 Childrens Way - 32207
697-3601

836 Prudential Drive - 32207
 202-5288
 1325 San Marco Boulevard,
 Reid Medical Building - 32207
 202-5292
 14546 Old St. Augustine Road - 32258
 271-6690
 1370 13th Avenue South
 Jacksonville Beach, FL 32250
 241-0116

BEACHES PHARMACY, LLC
 4717 San Juan Avenue - 32210
 619-6770

BLANDING HEALTH MART PHARMACY
 5136 Blanding Boulevard - 32210
 777-2282

CARTER'S PARK & KING AND ORTEGA PHARMACIES

**4163 Oxford Avenue
 Jacksonville, FL 32210
 389-6602**

**2923 Corinthian Avenue
 Jacksonville, FL 32210
 389-5558**

COASTAL RX PHARMACY
 9191 RG Skinner Parkway, Suite 701 - 32256
 621-8175

COSTCO PHARMACY
 4901 Gate Parkway - 32246
 997-7002

CVS PHARMACY
 5999 Normandy Boulevard - 32205
 786-2148
 4475 San Juan Avenue - 32210
 389-0314
 7431 Atlantic Boulevard - 32211
 722-2151
 9100 Atlantic Boulevard - 32211
 725-4155
 5972 University Boulevard West - 32216
 419-5670
 4280 Southside Boulevard - 32216
 998-3677
 6005 St. Augustine Road - 32217
 733-7600

1190 Dunn Avenue - 32218
 751-4346
 50 Duval Station Road - 32218
 751-4600
 7953 Normandy Boulevard - 32221
 781-0738
 13170 Atlantic Boulevard - 32225
 221-0024
 1531 Monument Road - 32225
 642-7460
 5407 Blanding Boulevard - 32244
 772-8884
 7790 Blanding Boulevard - 32244
 771-0571
 4893 Town Center Parkway - 32246
 642-2442
 11264 Beach Boulevard - 32246
 641-5411
 8325 Baymeadows Road - 32256
 733-6254
 9962 Old Baymeadows Road - 32256
 641-4244
 9509 San Jose Boulevard - 32257
 288-7865
 11060 Old St. Augustine Road - 32257
 268-7751
 2680 Race Track Road - 32259
 230-6718
 120 St. Johns Commons Road - 32259
 824-9177
 430 State Road 13 - 32259
 287-6369
 5634 Merrill Road - 32277
 743-0109
 3634 Rogero Road - 32277
 744-8414
 1504 3rd Street South
 Jacksonville Beach, FL 32250
 246-7596
 414 Atlantic Boulevard
 Neptune Beach, FL 32266
 241-2461

DENNIS PHARMACY
 7900 103rd Street, Suite 14 - 32210
 772-8998

DUVAL PHARMACIES

7077 Normandy Boulevard, Suite 5 - 32205
900-7700
2386 Dunn Avenue, Suite 117 - 32218
696-8882

GUARDIAN PHARMACY OF JACKSONVILLE

8000 Belfort Parkway, Suite 200 - 32256
296-0016

**Halliday's & Koivisto's
P H A R M A C Y**

**Mastectomy Products
Compression Garments
Durable Medical Equipment
Lymphedema Sleeves
Specialty Compounding**

4133 University Boulevard South, Suite 1
Jacksonville, Florida 32216
(904) 737-2216
HallidaysHealthcareProducts.com

JAX PHARMACY

9323 Lem Turner Road - 32208
222-8490

K-MART PHARMACY

1501 Normandy Village Parkway - 32221
693-0057
500 Atlantic Boulevard
Neptune Beach, FL 32266
249-3128

LANE AVENUE PHARMACY, INC.

1233 Lane Avenue South, Suite 9 - 32205
693-6633

MONUMENT PHARMACY

1301-22 Monument Road - 32225
727-3434

NEW HORIZON PHARMACY

8535 Baymeadows Road, Suite 6-A - 32256
737-9466

NORTH BEACHES PHARMACY, INC.

1510 Penman Road
Jacksonville Beach, FL 32250
241-5171

O'STEEN'S PHARMACY

757 Edgewood Avenue North - 32254
388-0514

OMNICARE OF JACKSONVILLE

9143 Philips Highway, Suite 533 - 32256
519-8900

OSSI'S APOTHECARY

9852 Old Baymeadows Road - 32256
641-5555

OWENS PHARMACY, INC.

834 Lomax Street - 32204
353-7468

PANAMA PHARMACY

7307 North Main Street - 32208
765-3531

PARK AND KING PHARMACY

4163 Oxford Avenue - 32210
389-6602

PHARMACY PLUS, INC.

7645 Merrill Road, Suite 210 - 32277
442-8822

PHARMERICA

7970 Bayberry Road, Suite 4 - 32256
733-6099

**PREMIER PHARMACY OF
JACKSONVILLE, INC.**

150 East 8th Street - 32206
355-5646

PRESTON PHARMACY

6022 Atlantic Boulevard - 32211
724-0424

PRIME PHARMACY, LLC

7685 103rd Street, Suite 4 - 32210
345-3032

PUBLIX PHARMACY

2033 Riverside Avenue - 32204
381-1162
5858 Atlantic Boulevard - 32207
721-3488
4495 Roosevelt Boulevard, Suite E-1 - 32210
388-1303

4320 Deerwood Lake Parkway - 32216
620-8344
2875 University Boulevard West - 32217
730-7589
731 Duval Station Road, Suite 4 - 32218
696-3363
7749 Normandy Boulevard - 32221
781-2509
9518 Argyle Forest Boulevard - 32222
317-5760
11406 San Jose Boulevard - 32223
262-5991
4765 Hodges Boulevard - 32224
223-5932
13170 Atlantic Boulevard, Suite 29 - 32225
221-5765
9100 Merrill Road - 32225
745-4266
2771 Monument Road, Suite 19 - 32225
641-1451
6001 Argyle Forest Boulevard, Suite 45 - 32244
908-0759
4413 Town Center Parkway, Suite 100 - 32246
564-3790
12620 Beach Boulevard, Suite 12 - 32246
564-3586
10920 Baymeadows Road - 32256
538-3858
11250 Old St. Augustine Road, Suite 4 - 32257
262-4250
10500 San Jose Boulevard, Suite 36 - 32257
288-6450
13820 Old St. Augustine Road - 32258
262-5446
7117 Merrill Road - 32277
744-8172
14444 Beach Boulevard, Suite 6
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Adolph Wurn Park	Belmonte Park	Camp Milton Historic Preserve
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8419 San Ardo Road - 32217	10790 Key Haven - 32218	10240 Carrol Road - 32246
Alimacani Boat Ramp	Bettes Park	Carvill Park
11080 Heckscher Drive - 32226	3800 Bettes Circle - 32210	1302 Carvill Avenue - 32208
Alimacani Elementary School Park	Betz Tiger Point Park	Castaway Island Preserve
2051 San Pablo Road South - 32224	13990 Pumpkin Hill Road - 32226	2885 San Pablo Road South - 32224
Alimacani Park	Beverly Hills Park	Catherine Hester McNair Park
11080 Heckscher Drive - 32226	4511 Portsmouth - 32208	551 West 25th Street - 32206
Andrew Jackson Pool	Big Pottsburg Creek Preserve	Taye' Brown Regional Park
3816 Main Street - 32206	7440 Holiday Road - 32216	13531 Lake Newman Drive - 32221
Angelina Danese Park	Big Talbot Island State Park	Cedar Hills Park
3310 St. Augustine Road - 32207	12157 Heckscher Drive - 32226	6709 Watoma Street - 32210
Archie Dickinson Park	Bishop Circle Park	Cedar Point Boat Ramp
410 Jackson Road - 32225	5661 Bishop Circle - 32207	12000 Pumpkin Hill Road - 32226
Argyle Forest Park	Bishopswood Park	Cedar Point Preserve
8533 Acanthus Drive - 32244	6990 Argyle Forest Boulevard - 32244	Black Hammock Island - 32226
Arlington Lions Club Park	Black Hammock Island Park	Cemetery Park
4322-1 Richard Denby Gatlin Road - 32277	15770 Sawpit Road - 32226	Winona Drive - 32209
Arlington Little League Park	Blue Cypress Park	Cesery Park
6300 Fort Caroline Road - 32211	4012 University Boulevard North - 32277	2601 Cesery Boulevard - 32211
Arlington Road Boat Ramp	Bob Hayes Sports Complex	Chapelgate Park
5130 Arlington Road - 32211	5054 Soutel Drive - 32208	3824 Chapelgate Road - 32223
Arlingwood Park	Boone Park	Charles "Boobie" Clark Park and Pool
1503 Mill Creek Road - 32211	3700 Park Street - 32205	8793 Sibbald Road - 32208
Arques Park	Brackridge Park	Charles Reese Memorial Park
6803 Arques Road - 32205	8650 Newton Road - 32216	1200 Ken Knight Drive - 32208
Atlantic Highlands Park	Brannan Field Park	Cherry Street Park
1725 Sunnyside Drive - 32224	7809 Forest Trail Road - 32222	1865 Cherry Street - 32205
Baker Point	Brooklyn Park	Chets Creek Elementary
4045 San Juan Avenue - 32210	1201 Jackson Street - 32204	13200 Chets Creek Boulevard - 32224
Baker Skinner Park	Brookview Elementary School Park	Chuck Rogers Park
7641 Powers Avenue - 32217	10441 McAleer Road - 32246	11950 San Jose Boulevard - 32223
Balis Park	Brown L. Whatley Memorial Park	Cisco Gardens Park
1999 San Marco Boulevard - 32207	Alexandria Place South - 32207	4238 Jones Road - 32219
Barney Browning Park	Bruce Park	Clanzel T. Brown Park
6014 Norwood Avenue - 32208	6549 Arlington Road - 32211	4575 Moncrief Road - 32209
Bay and Broad Pocket Park	Buck Park	Colonial Manor Lake Park
529 Bay Street West - 32202	11128 McCormick Road - 32225	3625 San Jose Boulevard - 32207
	Bulls Bay Preserve	Columbus Park
	3000 Imeson Road - 32220	2850 Iroquois Avenue - 32210

Concord Park	Elizabeth R. Powell Park	Genovar Park
7932 Concord Circle East - 32208	Redpoll Avenue - 32219	12810 Genovar Street - 32256
Confederate Park	Emmett Reed Park	Gerrie's Park
956 Hubbard Street - 32206	1093 West 6th Street - 32209	6629 Fort Caroline Road - 32277
Confederate Playground	Enterprise Park	Girvin Road Park
949 Hubbard Street - 32206	9401 Argyle Forest Boulevard - 32244	515 Girvin Road - 32225
Cortez Park	Eugene Butler Middle School Park	Glen Myra Park
4260 Baltic Street - 32210	900 Acorn Street - 32209	1429 Winthrop Street - 32206
County Dock	Eugene M. Glover Playground	Glynlea Park
2400 County Dock Road - 32223	1701 Myrtle Avenue - 32209	6801 Altama Road - 32216
Crabtree Park	FEC Park	Golf Club of Jacksonville
1704 University Boulevard West - 32217	1620 Marco Place - 32207	10440 Tournament Lane - 32222
Cradle Creek Preserve	Ferngully Preserve	Goodbys Creek Preserve
900 15th Street - 32250	2280 Royal Fern Lane South - 32223	9145 San Jose Boulevard - 32257
Criswell Park	Fishweir Park	Granada Park
5372 Park Street - 32210	3925 Valencia Road - 32205	3960 Alcazar Avenue - 32207
Crystal Springs Road Park	Fletcher Morgan Park	Greenland Park
9800 Crystal Springs Road - 32221	6736 Beach Boulevard - 32216	11808 Fayal Drive - 32258
Cuba Hunter Park	Fletcher Park	Greenridge Road Park
4380 Emerson Street - 32207	1652 Atlantic Boulevard - 32207	3850 San Jose Boulevard - 32207
Dames Point Park	Florida C. Dwight Memorial Playground	Greenscape Celebration Park
9101 Dames Point Road - 32226	1199 West Church Street - 32204	801 LaSalle Street - 32207
David Wayne Pack Park	Flossie Brunson Eastside Park	Grove Park
4871 Ocean Street - 32233	1050 Franklin Street - 32202	1500 Grove Park Boulevard - 32216
Deerwood Rotary Childrens Park	Flynn Park	Grunthal Park
7901 Baymeadows Road East - 32256	2738 Orange Picker Road - 32223	1660 West 13th Street - 32209
Desoto Park	Forest Center and Park	Half Moon Island Park
3970 Baltic Street - 32210	2039 Forest Street - 32204	US Highway 17 near Nassau River - 32210
Dinsmore Boat Ramp and Playground	Forest Street Park	Hammond Park
6800 Dunn Avenue Terrace - 32219	505 Alfred Dupont Place - 32202	2142 Melson Avenue - 32254
Dinsmore Park and Center	Forestry Tower Park	Harborview Boat Ramp
7330 Civic Club Drive - 32219	10430 Beach Boulevard - 32246	4100 Harborview Drive - 32208
Dinsmore Playground	Forestview Park	Helen Cooper Floyd Park
10632 Old Kings Road - 32219	4203 Kenndle Road - 32208	3600 State Road A1A - 32233
Drew Park	Fort Caroline Club	Hemming Plaza
6621 Barnes Road South - 32216	4131 Ferber Road - 32277	135 Monroe Street West - 32202
Dutton Island Preserve	Fort Caroline National Memorial	Henry J. Klutho Park
2001 Dutton Drive - 32233	12713 Fort Caroline Road - 32225	635 3rd Street - 32206
Earl Johnson Memorial Park	Fort George Island State Cultural Site	Henry L. Brown Kooker Park
5308 St. Augustine Road - 32207	12157 Heckscher Drive - 32226	1400 East 20th Street - 32206
Eartha H. Napoleon Park	Fouraker Park	Henry T. Jones Community Center
11597 Harts Road - 32218	8140 Lenox Avenue - 32221	3856 Grant Road - 32207
Ed Austin Regional Park	Friendship Fountain	Henry T. Jones Park
11751 McCormick Road - 32225	1015 Museum Circle - 32207	2335 Gattis Lane - 32207
Ed White School Pool	Fulton Road Landing	Historic Kings Road Park
1700 Old Middleburg Road - 32210	5099 Fulton Road - 32225	1972 Kings Avenue - 32207
Edgewood Park 1, 2, 3, 4	G.E.N.A. Park	Holiday Road Park
Edgewood Avenue South - 32205	4603 Clinton Avenue - 32207	6795 Holiday Road North - 32216
Edwards Park	Gamewell Tot Lot	Hollybrook Park
1221 East 11th Street - 32206	6608 Terry Parker Drive South - 32211	319 Cherokee Street - 32254
Elizabeth Park	Garden City Park	Home Gardens Park
1886 Elizabeth Place - 32205	11246 Lem Turner Road - 32218	6367 Mockingbird Road - 32219

Hood Landing Boat Ramp	John N. McPherson Park	Lonnie C. Miller Senior Regional Park
12925 Hood Landing Road - 32223	526 West 8th Street - 32206	7689 Price Lane - 32208
Huffman Boulevard Park	John T. Lowe Boat Ramp	Lonnie Wurn Boat Ramp
2775 Huffman Boulevard - 32246	9020 San Jose Boulevard - 32257	4131 Ferber Road - 32277
Huguenot Memorial Park	John Stockton Elementary School Park	Loretto Nature Center
10980 Heckscher Drive - 32226	4827 Carlisle Road - 32210	3900 Loretto Road - 32223
Huntington Forest	Johnnie W. Walker Park	Losco Regional Park
10106 Huntington Forest Boulevard - 32257	2500 West 20th Street - 32209	10931 Hood Road South - 32257
Intracoastal Boat Ramp	Joseph Lee Center	Lovelace Park
2510 2nd Avenue - 32250	5120 Perry Street - 32208	6401 Barnes Road - 32216
Isle of Palms Park	Joseph Stilwell Middle School Park	Lynn Park
3780 Eunice Road - 32250	7840 Burma Road - 32221	5109 Lambing Road - 32210
Ivey Road Park	Julington Durbin Creek Preserve	Main Street Park
9000 Ivey Road - 32216	13130 Bartram Park Boulevard - 32223	Main Street - 32202
J. Gardner Nip Sams Memorial Park	Julius Guinyard Park and Pool	Mallison Park and Center
7000 Richardson Road - 32209	1359 Jefferson Street - 32209	3133 Lenox Avenue - 32254
J.S. Johnson Park	Justina Road Elementary Park	Mandarin High School Pool
1112 Jackson Street - 32204	3143 Justina Road - 32277	4831 Greenland Road - 32258
Jacksonville Baldwin Rail Trail	Kathryn Abbey Hanna Park	Mandarin Park
850 North Center Street - 32234	500 Wonderwood Drive - 32233	14780 Mandarin Road - 32223
Jacksonville Beach Golf Course	Kids Kampus	Manson Bull Felder Park
605 South Penman Road - 32250	1410 Gator Bowl Boulevard - 32202	1045 Fuller Lane - 32206
Jacksonville Heights Elementary School Park	Kings Road Historic Preserve	Marion Park
7701 Wheat Road - 32244	Normandy at Manning Cemetery Road - 32221	840 Marion Circle - 32208
James and Downing Park	Lake Lucina Elementary Park	Marjenhoff Park
1061 James Street - 32205	6527 Merrill Road - 32277	1955 Southhampton Road - 32207
James Fields Park	Lake Shore Middle School Pool	Martin Luther King Elementary
3327 Lane Avenue - 32254	2519 Bayview Road - 32210	8801 Lake Placid Drive East - 32208
James P. Small Park	Lakeside Park I and II	Mary Lena Gibbs
1701 Myrtle Avenue - 32209	4190 Lakeside Drive - 32210	6974 Wilson Boulevard - 32210
Jammes Road Park	Landon Park	Maxville Park
6382 118th Street - 32244	1800 San Marco Boulevard - 32207	18065 Pennsylvania Avenue - 32234
Jasmine Park	Lannie Road Park	May Mann Jennings Park
4030 College Street - 32205	3461 Lannie Road - 32218	628 Winona Drive - 32206
Jennings State Forest	Largo Well Park	McCoys Creek Boulevard Park
New Kings Road - 32219	1964 Largo Road - 32207	2805 McCoys Creek Boulevard - 32254
Jerusalem and White	Lem Merrett Park	McGirts Creek Park
2331 Jerusalem Street - 32207	845 Ellis Road - 32205	8435 118th Street - 32244
Jesse B. Smith Memorial Plaza	Leonard Abess Park	McGirts Creek Park Expansion
133 Forsyth Street East - 32202	12743 Leonard Abess Boulevard - 32225	8400 118th Street - 32244
Jessie Ball DuPont Park	Liberty Park	Melvin Park
1123 Prudential Drive - 32207	1938 Liberty Street - 32206	7401 Melvin Road - 32210
Jim Rink Park	Lighthouse Marine Boat Ramp	Memorial Park
801 Cedar Street - 32207	5434 San Juan Avenue - 32210	1620 Riverside Avenue - 32204
Joe Carlucci Sisters Creek Park and Boat Ramp	Lillian S. Davin Park	Metropolitan Park
8414 Heritage River Road - 32226	2311 River Road - 32207	4110 Gator Bowl Drive - 32202
Joe Davis Memorial Park	Lillian Saunders Center	Michael B. Scanlon Mayport Boat Ramp
2545 Larsen Road - 32207	2750 Bartley Circle - 32207	4870 Ocean Street - 32233
Joe James Center	Little Talbot Island State Park	Mickey King Park
1631 Hurst Place - 32209	12157 Heckscher Drive - 32226	3758 & 3808 Hendricks Avenue - 32207
John D. Liverman Park	Long Branch Park	Mitchell Center and Park
6680 Grace Lane - 32205	4110 Franklin Street - 32206	1010 Acorn Street - 32209

Modesky Park	Palmer Terrace	Rolliston Park
1162 Green Cay Avenue - 32233	Palmer Terrace - 32207	7505 Rolliston Road - 32208
Monticello Wildlands	Palmetto Leaves Regional Park	Rondette Park
Forest Trail Road - 32219	5720 Greenland Road - 32257	3500 Rondette Lake Road - 32277
Murray Drive Playground	Palms Fish Camp	Royal Terrace
1187 Murray Drive - 32205	6359 Heckscher Drive - 32226	5630 Benedict Road - 32209
Murray Hill Art Center at Herbert Bayer	Panama Park	Russell Bill Cook Jr. Park
4327 Kerle Street - 32205	6912 Buffalo Avenue - 32208	3300 Jones Street - 32206
Murray Hill Four Corners Park	Parkwood Heights Elementary Park	Rutledge Pearson Center
4602 Lawnview Street - 32205	1709 Lansdowne Road - 32211	1314 Union Street - 32209
Murray Hill Playground	Patton Park	Ryder Park
4208 Kingsbury Street - 32205	2850 Hodges Boulevard - 32246	2332 Automobile Drive - 32209
Myrtle Avenue Park	Peace Memorial Park	S-Line Rail Trail
217 Myrtle Avenue - 32204	1515 Mallory Street - 32205	Main Street - 32206
Nathan Krestul Park	Pearl Street Park	S. A. Hull Elementary School Park
2001 LaVaca Road - 32217	Pearl Street - 32208	7528 Hull Street - 32219
Native Parks 1 and 2	Pickwick Park	Sal Taylor Creek Preserve
Park Street - 32205	3320 Chrysler Drive - 32257	5873 Nathan Hale Road - 32221
New Berlin Boat Ramp	Pine Forest Elementary School Park	San Jose Acre Park
New Berlin Road - 32226	3939 Grant Road - 32207	2965 Caballero Drive - 32227
New Berlin Model Airplane Field	Pope Duval Park	San Jose Elementary School Park
10525 Island Drive - 32226	13500 West Beaver Street - 32215	5805 St. Augustine Road - 32207
Norman Studios	Powers Park	San Mateo Elementary Park
6337 Arlington Road - 32211	3153 Green Street - 32205	600 Baisden Road - 32218
Normandy Boulevard Sports Complex	Pumpkin Hill Creek State Buffer Preserve	San Mateo Little League
10851 Normandy Boulevard - 32221	Cedar Point Road - 32226	1185 Kraft Road - 32218
Normandy Center	Ray Greene Park	San Mateo Neighborhood Park
1751 Lindsey Road - 32221	2149 Leonid Road - 32218	11452 Renne Drive - 32218
Normandy Park	Raymond E. Davis Park	San Pablo Elementary Playground
1728 Lindsey Road - 32221	3011 Spires Street - 32209	801 18th Avenue North - 32246
North Shore Park	Reddie Point Preserve	Saratoga Lake Park
7901 Pearl Street - 32208	4499 Yachtman Way - 32277	141 University Boulevard - 32211
Northbank Riverwalk - Jacksonville Landing	Ribault River Preserve	Scott Park
201 East Coastline Drive - 32202	3250 Clyde Drive - 32208	2745 Hamilton Circle - 32209
Norwood Park	Ribault River Preserve Expansion	Seminole Park
6919 Norwood Drive - 32208	2617 Ribault Scenic Drive - 32208	4170 McGirts Boulevard - 32210
Oak Harbor Boat Ramp	Ribault Scenic Drive Park	Signet Park
2428 Seaway Street - 32233	Ribault Scenic Drive - 32208	197 West 67th Street - 32208
Oak Hill Elementary Park	Ringhaver Park	Simonds-Johnson Park
6900 Daughtry Boulevard - 32210	5198 118th Street - 32244	3730 Moncrief Road - 32209
Oakland Park	Ritz Park	Singleton Park
657 East Union Street - 32206	916 State Street West - 32202	6725 Hema Road - 32209
Oceanway Center and Park and Pool	River Oaks Park	Sisters Creek Marina
12215 Sago Avenue - 32218	1000 River Oaks Road - 32207	8203 Heckscher Drive - 32226
Ortega Hills Park	Riverfront Park	Southbank Riverwalk
4791 Ortega Hills Drive - 32244	901 Landon Avenue - 32207	1001 Museum Circle - 32207
Ortega Hills Playground	Riverside Park	Southside Estates Elementary School Park
5000 Greenway Drive - 32244	753 Park Street - 32204	9764 Jupiter Court South - 32246
Our Community Club Park	Riverview Park	Southside Park
6200 Old Middleburg Road - 32222	9620 East Water Street - 32208	1541 Hendricks Avenue - 32207
Pablo Creek Preserve	Robert F. Kennedy Park	St. Johns Marina
Southside of JTB at Hodges - 32256	1133 Ionia Street - 32206	901 Museum Circle - 32207

St. Johns Park	Timuquana Park	Westside Park
1403 Riverplace Boulevard - 32202	4541 Timuquana Road - 32210	1083 Line Street - 32209
St. Nicholas Park	Tom Marshall Park	Westwood Park
3501 Luce Street - 32207	1471 Elmar Road - 32218	5900 West Tampico Road - 32244
St. Nicholas Playground	Touchton Road Park	Wheat Road Park
2260 Spring Park Road - 32207	8551 Touchton Road - 32216	7706 Wheat Road - 32244
Stinson Park	Traymore Park	Whitehouse Park
4050 San Juan Avenue - 32210	2564 Atlantic Boulevard - 32207	11100 General Avenue - 32220
Stockton Park	Tree Hill Nature Center	Wigmore Park
4021 Ortega Boulevard - 32210	7152 Lone Star Road - 32211	1805 Wigmore Street - 32206
Sunny Acres	Venetia Elementary School Park	Wiley Road Playground
2850 Wompi Drive - 32225	4300 Timuquana Road - 32244	2150 Lane Avenue - 32210
Sweetwater Playground	Verona Park	William F. Sheffield Regional Park
7220 Esther Street - 32210	7155 San Jose Boulevard - 32217	3659 New Berlin Road - 32226
T. K. Stokes Boat Ramp	Victoria Park	Willowbranch Park
2120 Riverview Street - 32208	2948 Knights Lane West - 32216	2870 Sydney Street - 32205
Tallulah Park	Victory Park	Willowbranch Rose Garden Park
336 Tallulah Street - 32208	3781 University Club Boulevard - 32277	2840 Park Street - 32205
Tara Woods Park	Walter Jones Historical Park	Windy Hill Center
4824 Lofty Pine Circle East - 32210	11964 Mandarin Road - 32223	10445 Anders Boulevard - 32246
Taye' Brown Regional Park	Warren W. Schell Junior Memorial Park	Windy Hill Elementary Park
13951 Normandy Boulevard - 32221	510 West 6th Street - 32206	3850 Skycrest Drive - 32246
Terrace Park	Warrington Park	Woodstock Park
657 Edgewood Avenue North - 32254	325 Bowlan Street - 32216	2839 West Beaver Street - 32209
Thomas Creek Preserve	Water & Broad Street Pocket Park	Yacht Basin Park
17200 Ethel Road - 32218	663 Water Street South - 32202	2941 St. Johns Avenue - 32205
Thomas Jefferson Park	Wayne B. Stevens Boat Ramp	Yancey Park
320 Jackson Avenue - 32220	4555 Ortega Farms Boulevard - 32210	3352 Soutel Drive - 32208
Tidewater Acres Park	Wesconnett Elementary School Park	Yellow Water Trailhead
7140 Berry Avenue - 32211	5869 105th Street - 32244	Yellow Water Road - 32222
Tillie K. Fowler Regional Park	Wesconnett Park	Yerkes Park
7000 Roosevelt Boulevard - 32244	6045 105th Street - 32244	3225 McGirts Boulevard - 32210
Timucuan Ecological and Historic Preserve	Westbrook Center and Park	Zeta Phi Beta Park
Sawpit Road - 32226	905 Westbrook Road - 32209	3721 Owen Road - 32208
Timucuan Elementary	Westridge Park	Jacksonville Zoo and Gardens
5429 110th Street - 32244	2301 Maple Grove Road - 32221	370 Zoo Parkway - 32218

Get Your Own Copy of the 2013-2014 Senior Services Directory!

**Public Libraries (22 Branches in Jacksonville) • Club 55
Memorial Hospital • City of Jacksonville, Office of Special Events
Heritage Publishing, Inc. Office
City Hall, St. James Building - Information Desk
Community & Senior Centers (19 Centers in Jacksonville)**

Kennedy Community Center

1133 Ionia Street - 32206

630-0933**Legends Center**

5130 Soutel Drive - 32208

255-4050**Mary Lena Gibbs Gymnasium and Center**

6974 Wilson Boulevard - 32210

573-3153**McGirts Creek Community Center**

8435 118th Street - 32244

573-3183**Oceanway Center and Playground**

12215 Sago Avenue - 32218

751-3386**Windy Hill Community Building**

10540 Anders Boulevard - 32246

565-2669**FRIENDSHIP BRIDGE CLUB, THE**

South Jacksonville Presbyterian Church

2137 Hendricks Avenue - 32207

For information and reservations call: Rod O'Connor at **739-1935**; Doris Wilson at **733-6297**.

Meets every Thursday - 10 a.m.

For seniors 50+. Welcomes new members and guests.

JEWISH COMMUNITY ALLIANCE

8505 San Jose Boulevard - 32217

730-2100www.jcajax.org**PUBLIC SWIMMING POOLS,
DEPARTMENT OF PARKS AND
RECREATION, CITY OF
JACKSONVILLE (JAXPARKS),
AQUATICS OFFICE**

4012 University Boulevard North - 32277

745-9630www.coj.netwww.jaxparks.com

The Department of Parks and Recreation has 34 pools open to the public. The Cecil Aquatics Center is an indoor facility that includes both an Olympic-size pool and a fitness pool, and is open year-round. JaxParks' other 33 pools are outdoor facilities open during the warmer months.

Public Pool Schedule and Hours

Pre-Season (Weekends ONLY)

Starts May 26

Saturday 11 a.m. - 6 p.m.

Sunday 1 p.m. - 6 p.m.

May 28 Memorial Day 11 a.m. - 6 p.m.

Season

June 11 - August 17

Monday - Friday

Open swim 1 p.m. - 6 p.m.

Swim team 6 p.m. - 7 p.m.

Family swim 7 p.m. - 9 p.m.

Saturday 11 a.m. - 6 p.m.

Sunday 1 p.m. - 6 p.m.

Post Season

August 17 - September 3 Selected sites will be opened

Please note: The telephone numbers listed below operate during the pool season only. For general information, call **745-9630**.

Adolph Wurn Park (San Souci)

2115 Dean Road - 32216

724-8218**Andrew Jackson High School**

128 West 30th Street - 32206

630-0281**Baldwin High School**

345 Chestnut Street - 32234

266-2478**Blue Cypress Center and Pool**

4012 University Boulevard North - 32277

744-3494**Cecil Aquatics Center (opened year-round)**

13611-A Normandy Boulevard - 32221

573-8994**Charles "Boobie" Clark Park and
Sherwood Pool**

8739 Sibbald Road - 32208

768-6422**Clanzel T. Brown Park (Golfair)**

4575 Moncrief Road - 32209

768-1330**Ed White High School**

1700 Old Middleburg Road - 32210

783-4958**Emmett Reed Park**

1093 6th Street - 32209

630-0829**Englewood High School**

4412 Barnes Road - 32207

448-6895

Eugene Butler Middle School

900 Acorn Street - 32209

630-0322**Fletcher High School**

700 Seagate Avenue

Neptune Beach, FL 32266

247-6327**Forrest High School**

5530 Firestone Road - 32244

573-2485**Ft. Caroline Club and Pool**

4131 Ferber Road - 32277

744-5612**Grand Park Center and Pool**

2740 Division Street - 32209

630-0282**Harts Road Park and Pool**

15597 Harts Road - 32218

693-4396**Highlands Middle School**

10913 Pine Estates Road - 32218

751-1533**Jefferson Street Pool**

1358 Jefferson Street - 32209

630-0994**Lake Shore Middle School**

2519 Bayview Road - 32210

387-1772**Mallison Center and Pool**

3133 Lenox Avenue - 32254

388-2639**Mandarin High School**

4831 Greenland Road - 32258

292-1541**Oceanway Center and Pool**

12215 Sago Avenue West - 32218

757-8704**Paxon High School**

3239 West 5th Street - 32254

693-7583**Pine Forest Park**

2335 Gattis Lane - 32207

398-0591**Raines High School**

3663 Raines Avenue - 32209

765-0920**Ribault High School**

5820 Van Gundy Street - 32208

766-5319**Robert E. Lee High School**

1200 South McDuff Avenue - 32205

387-6959**Robert Kennedy Center and Pool**

1139 Ionia Street - 32206

630-0939**Sandalwood High School**

2750 John Prom Boulevard - 32246

642-5900**Terry Parker High School**

7301 Parker School Road - 32211

723-6144**Thomas Jefferson Elementary School**

390 Jackson Avenue North - 32220

783-2540**Wolfson High School**

7000 Powers Avenue - 32217

448-6894**Woodland Acres Park and Pool**

8200 Kona Avenue - 32211

724-6169**WATERFRONT MANAGEMENT AND PROGRAMMING**

214 North Hogan Street - 32202

255-7912www.coj.netwww.jaxparks.com

The Waterfront Management and Programming Division provides nature-based recreation opportunities to the public and protects and maintains existing public land that is environmentally sensitive and culturally significant. The division also operates nature preserves and parks, offers environmental education programs and manages fragile ecosystems. The division operates and maintains all of the city-owned boat ramps and marinas.

YMCA

Offers educational classes and health and fitness programs.

Arlington Family YMCA

9119 Merrill Road - 32225

744-2233**Brooks Family YMCA**

10423 Centurion Parkway North - 32256

854-2000**Flagler Center Family YMCA**

12735 Gran Bay Parkway West, Suite 201 - 32258

370-9622

Johnson Family YMCA

5700 Cleveland Road - 32209

765-3589**Williams Family YMCA**

10415 San Jose Boulevard - 32257

292-1660**Yates Family YMCA**

221 Riverside Avenue - 32202

355-1436**YMCA at Blue Cross Blue Shield of Florida**

4800 Deerwood Campus Parkway - 32246

905-0010**YMCA at Shands Jacksonville**

580 West 8th Street, Tower II, 1st Floor - 32209

244-9350**YMCA at the Bank of America Tower**

50 North Laura Street - 32202

356-9622

www.firstcoastymca.org

REHABILITATION SERVICES

CONSULATE HEALTH CARE OF JACKSONVILLE

4101 Southpoint Drive East

Jacksonville, FL 32216

296-6800**► see our Outside Back Cover****CONSULATE HEALTH CARE OF ORANGE PARK**

1215 Kingsley Avenue

Orange Park, FL 32073

296-8922**► see our Outside Back Cover****GOVERNORS CREEK HEALTH AND REHAB**

803 Oak Street

Green Cove Springs, FL 32043

284-5606**► see our Outside Back Cover****HARTS HARBOR HEALTH CARE CENTER**

11565 Harts Road

Jacksonville, FL 32218

751-1834**► see our Outside Back Cover****HEARTLAND HEALTH CARE CENTER JACKSONVILLE**

8495 Normandy Boulevard

Jacksonville, FL 32221

783-3749**► see our ad page 125****HEARTLAND HEALTH CARE CENTER OF ORANGE PARK**

570 Wells Road

Orange Park, FL 32073

264-3912**► see our ad page 125****HEARTLAND HEALTH CARE CENTER OF SOUTH JACKSONVILLE**

3648 University Boulevard South

Jacksonville, FL 32216

733-7440**► see our ad page 125****JACKSONVILLE ORTHOPAEDIC INSTITUTE**

1577 Roberts Drive, Suite 320

Jacksonville Beach, FL 32250

247-3324

12276 San Jose Boulevard, Suites 716-717

Jacksonville, FL 32223

288-9604

12961 North Main Street, Suites 201-202

Jacksonville, FL 32218

757-2474

1845 Town Center Boulevard, Suite 410

Fleming Island, FL 32003

621-0396

7740 Point Meadows Drive, Suites 1-2

Jacksonville, FL 32256

564-9594

4339 Roosevelt Boulevard, Suite 600

Jacksonville, FL 32210

389-8570

1325 San Marco Boulevard, Suite 102


Jacksonville, FL 32207

858-7045

14985 Old St. Augustine Road, Suite 106

Jacksonville, FL 32258

288-9491




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- Secured Alzheimer's Unit
- And Many More!

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Jacksonville, FL 32216
904.245.7620
fax: 904.281.9956

5737 Barnhill Drive, Suite 204
Jacksonville, FL 32207
733-9948

www.joionline.net

► see our ad page 114

SAN JOSE HEALTH AND REHABILITATION CENTER

9355 San Jose Boulevard
Jacksonville, FL 32257
739-0877

► see our Outside Back Cover

SOUTHPOINT TERRACE

4325 Southpoint Boulevard
Jacksonville, FL 32216
245-7620

► see our ad this page

TAYLOR CARE CENTER

6535 Chester Avenue
Jacksonville, FL 32217
731-8230

www.taylor-residences.org

► see our ad page 130

TAYLOR HOME

3937 Spring Park Road
Jacksonville, FL 32207
737-6777

www.taylor-residences.org

► see our ad page 130

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- Skilled nursing care 24-hours-a-day/ 7 days-a-week
- Full therapy services: physical, occupational and speech
- Admissions 7 days-a-week
- IV, antibiotics, wound and trach care
- Stroke and cardiac recovery
- Respiratory care
- Attending and consulting physicians
- Full-time dietitian

Heartland – Jacksonville
8495 Normandy Blvd. • Jacksonville, FL 32221 • **904.783.3749**

Heartland – South Jacksonville
3648 University Blvd. S. • Jacksonville, FL 32216 • **904.733.7440**

Heartland – Orange Park
570 Wells Rd. • Orange Park, FL 32073 • **904.264.3912**



THERAPY CENTER AT RIVER GARDEN

11401 Old St. Augustine Road
Jacksonville, FL 32258
886-8454

www.rivergarden.org

► see our ad page 102

RELIGIOUS ORGANIZATIONS

AFRICAN METHODIST EPISCOPAL CHURCH

11th Episcopal District Office
101 East Union Street, Suite 301 - 32202
355-8262
www.11thdistrictamec.org

BAHA'I COMMUNITY OF JACKSONVILLE FLORIDA

2140 St. Johns Bluff Road South - 32246
646-9813

BUCKMAN BRIDGE UNITARIAN UNIVERSALIST SOCIETY

8447 Manresa Avenue - 32244
276-3739
www.bbuus.org

CATHOLIC DIOCESE OF SAINT AUGUSTINE

11625 Old St. Augustine Road - 32258
262-3200
www.dosafl.com

EPISCOPAL DIOCESE OF FLORIDA, THE

325 North Market Street - 32202
356-1328
www.diocesefl.org

FLORIDA BAPTIST CONVENTION

1230 Hendricks Avenue - 32207
396-2351

FLORIDA CONFERENCE OF THE UNITED METHODIST CHURCH, THE

1415 LaSalle Street - 32207
396-3026
www.flumc2.org

FLORIDA JACKSONVILLE MISSION OF THE MORMON CHURCH

8663 Baypine Road, Suite 102 - 32256
636-0604
www.lds.org

HINDU SOCIETY OF NORTH EAST FLORIDA

4968 Greenland Road - 32258
268-7630
www.hsnef.org

ISLAMIC CENTER OF NORTHEAST FLORIDA, INC.

2333 St. Johns Bluff Road South - 32246
646-3462
www.icnef.org

JEWISH FEDERATION OF JACKSONVILLE

8505 San Jose Boulevard - 32217
448-5000
www.jewishjacksonville.org

MAITREYA KADAMPA BUDDHIST CENTER

85 Sailfish Drive East
Atlantic Beach, FL 32233
222-8531
www.meditationinjacksonville.org

PRESBYTERY OF ST. AUGUSTINE OF THE PRESBYTERIAN CHURCH (U.S.A.)

1937 University Boulevard West - 32217
733-8277
www.staugpres.org

RETIREMENT & LIFE CARE COMMUNITIES & HOMES

Planned senior retirement communities offer a range of options and services for seniors desiring a leisurely, hassle-free lifestyle. Maintenance, housekeeping, social programs, transportation, central dining facilities, security and a caring staff are just some of the helpful services that may be included. Choose among single-family homes in rural settings, standard apartment complexes, high-rises with breathtaking views, or apartments nestled among pristine golf courses. Each Retirement & Life Care Community & Home listing is numbered and has a corresponding pinpoint on the map on **page 127**.

★ ATRIUM JACKSONVILLE

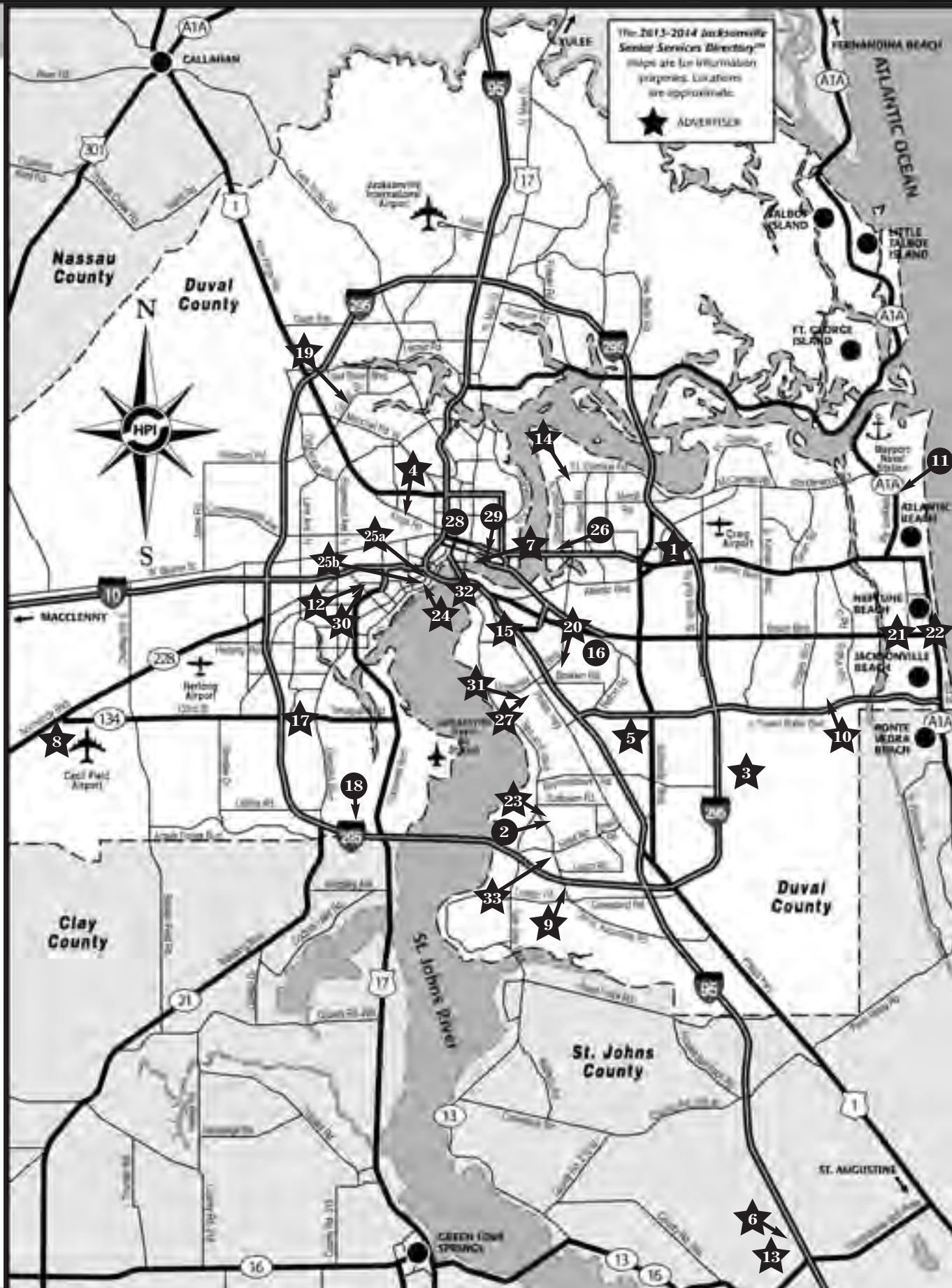
9960 Atrium Way
Jacksonville, FL 32225
724-4726

► see our ad page 5

② AUGUSTINE LANDING

10141 Old St. Augustine Road - 32257
880-1116

Retirement & Life Care Communities & Homes





115 South Third Street
Jacksonville Beach, FL 32250

904-249-3866
1-800-955-8771/TTY

A Senior Apartment Community at the Beach

- Efficiencies & One Bedroom Apartments
- Utilities Included
- HUD Subsidy Available for Qualified Applicants

www.pablotowers.com



1600 Shetter Avenue
Jacksonville Beach, FL 32250

904-241-5207
1-800-541-1833 ext. 387/TTY

- Spacious One & Two Bedroom Apartments
- HUD Subsidy Available for Qualified Applicants

www.pablohamlet.com

★ **CAMELLIA AT DEERWOOD**

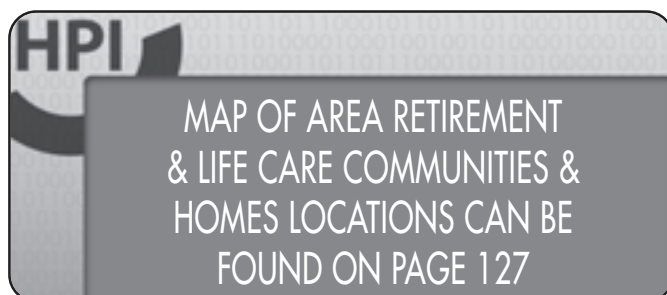
10061 Sweetwater Parkway
Jacksonville, FL 32256
519-1034

➤ see our ad page 8

★ **CAMPUS TOWERS**

1850 Kings Road
Jacksonville, FL 32209
354-7301
354-7309 (TDD)

➤ see our ad page 129



★ **CARRIAGE CLUB JACKSONVILLE**

9601 Southbrook Drive
Jacksonville, FL 32256
646-1600

➤ see our ad page 5

★ **CASCADES**

1217 Coghill Circle Court
St. Augustine, FL 32092
877-940-1689

➤ see our ad page 14

★ **CATHEDRAL RESIDENCES**

A SENIOR COMMUNITY
601 North Newnan Street
Jacksonville, FL 32202
798-5360

www.cathedralresidences.net

➤ see our ad page 130

★ **CECIL PINES ADULT**

LIVING COMMUNITY
6008 Lake Cove Avenue
Jacksonville, FL 32221
771-8839

www.cecilpines.org

★ **COVES, THE**

11501 Old St. Augustine Road
Jacksonville, FL 32258
292-2683

www.rivergarden.org

➤ see our ad page 102

★ **CYPRESS VILLAGE**

4600 Middleton Park Circle East
Jacksonville, FL 32224
223-6100

➤ see our ad page 5

⑪ **FLEET LANDING RETIREMENT COMMUNITY**

1 Fleet Landing Boulevard
Atlantic Beach, FL 32233
246-9900

★ **FLORIDA CHRISTIAN APARTMENTS**

1115 Edgewood Avenue South
Jacksonville, FL 32205
381-4800

➤ see our Tab Insert - Back

★ GLENMOOR
235 Towerview Drive
St. Augustine, FL 32092
940-4800
www.glenmoor.com

"Celebrate Life with Us"
Hurley Manor Apartments
San Jose Manor Apartments

Senior Community  

Spacious Efficiencies & One Bedroom Apartments Available
 Convenient to Shopping • Planned Activities • Onsite Service Coordinators
 Individually Controlled Heat and A/C • Group Outings • HUD Subsidized

Hurley Manor 3333 University Blvd. N. - 32277 **744-6022**

San Jose Manor.....3630 Galicia Rd. - 32217.....**739-0555**

TTY Florida Relay Center**711 or 1-800-955-8771**

★ HURLEY MANOR APARTMENTS
3333 University Boulevard North
Jacksonville, FL 32277
744-6022

Jacksonville Townhouse Apartments

3465 Phillips Highway
Jacksonville, Florida 32207  
(904) 399-5065 Telephone

(888) 341-2355 TTY • (888) 390-7770 Voice Only

Utilities Included

It is the policy of Jacksonville Townhouse Apartments to provide housing on an equal opportunity basis. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability or with regard to any other Federal, State or local protected individuals.

★ JACKSONVILLE TOWNHOUSE APARTMENTS

3465 Phillips Highway
Jacksonville, FL 32207
399-5065

16 MADISON MANOR
7400 Hogan Road - 32216
721-9555

★ MARCIS POINTE
6734 103rd Street
Jacksonville, FL 32210
778-0030
www.marcispointe.com
➤ see our ad page 131

Morris Manor

NEWLY REMODELED, SPACIOUS, APARTMENTS AVAILABLE NOW!

- Monthly pest control • Large walk-in closets
- New appliances in fully equipped kitchens
- Individually controlled heat and air conditioning
- Emergency Monitoring System
- Utilities (except phone & cable) included in rent
- **Housing assistance available under Federal HUD Section 8 for the elderly/disabled**
- **Located at city bus stop • Shopping nearby**
- **24-hour staffing & monitoring**



9050 Norfolk Blvd.
 Jacksonville, FL 32208 **764-3252**

TDD Number: **(904) 764-3259**

Campus Towers

NEWLY REMODELED, APARTMENTS AVAILABLE NOW!

- Near the historic campus of Edward Waters College
- Utilities (except phone & cable) included in rent
- Resident vegetable garden (all supplies provided)
- Monthly pest control • Large walk-in closets
- New appliances in fully equipped kitchens
- Individually controlled heat and air conditioning
- 24-hour staffing and monitoring • Emergency monitoring system
- **Housing assistance available under Federal HUD Section 8 for the elderly**



1850 Kings Road
 Jacksonville, FL 32209 **354-7301**

TDD Number: **(904) 354-7309**

18 MEETING HOUSE AT
COLLINS COVE, THE
5400 Collins Lake Drive - 32244
215-8686

★ MORRIS MANOR
9050 Norfolk Boulevard
Jacksonville, FL 32208
764-3252

764-3259 (TDD)


➤ see our ad this page

★ MOUNT CARMEL GARDENS, INC.
5846 Mount Carmel Terrace
Jacksonville, FL 32216
904-733-6696
800-955-8771 (TTY)

★ PABLO HAMLET
1600 Shetter Avenue
Jacksonville Beach, FL 32250
241-5207
www.pablohamlet.com
➤ see our ad page 128

TAYLOR RESIDENCES

Continuing the Mission
of "providing quality housing to seniors
of moderate to low - income"



TAYLOR CARE CENTER & BROOKS REHABILITATION

Sharing clinical resources to optimize therapeutic care.

Each of Taylor Care Center and Brooks Rehabilitation and their respective affiliates are separate and distinct legal entities and, as such, retains control of its health care operations and services and disclaims any and all representations and warranties with respect to the use of the other party's name, mark or logo in its communications.

<p>TAYLOR MANOR & VILLAS 6605 Chester Avenue 103 Assisted Living Units ALF #7201 6599 - 6603 Chester Avenue 82 Apartments</p>	<p>TAYLOR HOME 3937 Spring Park Road 112 Apartments 90 Assisted Living Units 24 Skilled Nursing Beds ALF #5926 / SNF #114905</p>
--	---

TAYLOR CARE CENTER
6535 Chester Avenue
120 Private/Semi Private
Nursing Care Units
Full Therapy Department
Inpatient & Outpatient Services
SNF License #1554096

<p>TAYLOR HOME HEALTH CARE 6599 Chester Avenue, Suite 804 AHCA Accredited License #299993600</p>	<p>TAYLOR APARTMENTS 6701 Chester Avenue 150 Apartments</p>
---	--

904-636-0313
www.taylor-residences.org

23 PSI MANDARIN CENTER
3933 Pritmore Road
Jacksonville, FL 32257
268-6511
www.nationalchurchresidences.org

24 RIVERSIDE PARK APARTMENTS
750 Oak Street
Jacksonville, FL 32204
356-9884
➤ see our Tab Insert - Back



**RIVERSIDE
PRESBYTERIAN
RESIDENCES**



RETIREMENT LIVING AT ITS BEST
46 Assisted Living Apts. • License AL5459

<p>The Apartments at 1045 Oak Street (904) 353-6111</p>	<p>The House at 2020 Park Street (904) 388-9376</p>
--	--

TDD 1-800-545-1833 ext. 424
www.WestminsterRetirement.com



CATHEDRAL Residences
A Senior Community
601 N. Newnan Street
Jacksonville, FL 32202
Please call today to schedule a tour.
"Enjoy the Freedom of a New Lifestyle"

904-798-5360
1-800-438-4817
FL Relay TTY 1-800-955-8771
www.cathedralresidences.net

- 55+
- Affordable Housing
- 24-Hr. Front Desk
- Active Resident Association
- On-Site Laundry
- Computer Lab
- Hair Salon
- Small Pets Are Welcome

22 PABLO TOWERS
115 South Third Street
Jacksonville Beach, FL 32250
249-3866
www.pablotowers.com
➤ see our ad page 128

25a RIVERSIDE PRESBYTERIAN RESIDENCES

1045 Oak Street
Jacksonville, FL 32204
353-6111

25b 2020 Park Street
Jacksonville, FL 32204
388-9376

26 RIVERTON TOWER
5353 Arlington Expressway - 32211
743-5090

27 SAN JOSE MANOR APARTMENTS
3630 Galicia Road
Jacksonville, FL 32217
739-0555

28 SENIOR CITIZEN VILLAGE
801 West 4th Street, Building 18 - 32209
359-0907

29 STEVENS DUVAL APARTMENTS
601 North Ocean Street - 32202
358-8872

★ SUNDALE MANOR

3505 Corby Street
Jacksonville, FL 32205
381-4817

► see our Tab Insert - Back

★ TAYLOR RESIDENCES

6601 Chester Avenue
Jacksonville, FL 32217
636-0313

www.taylor-residences.org

► see our ad page 130

★ TOWERS OF JACKSONVILLE, THE

1400 LeBaron Avenue
Jacksonville, FL 32207
398-3406 ext. 102

www.thetowersofjacksonville.com

► see our ad this page

★ WYNDHAM LAKES

10660 Old St. Augustine Road
Jacksonville, FL 32257
888-482-9717

www.brookdaleliving.com

► see our ad page 5

SAFETY & ACCESSIBILITY

TUB KING

6593 Powers Avenue, Suite 1-3
Jacksonville, FL 32217
800-843-4231

www.seniorbathtub.com

► see our ad page 17

SOCIAL SECURITY

SOCIAL SECURITY ADMINISTRATION**Jacksonville North Social Security Office**

1685 Dunn Avenue - 32218

866-635-0789 Toll-Free

Jacksonville Social Security Office

7185 Bonneval Road, Suite 1 - 32256

877-409-8424 Toll-Free

www.socialsecurity.gov

**The
TOWERS
—of JACKSONVILLE—**

*Enjoy a Relaxed
Lifestyle on
the River...*

- A Staffed Reception Desk 24 Hours A Day
- Beautiful Studio And One-Bedroom Apartments
- Rental Assistance Is Available For Those Who Qualify

www.thetowersofjacksonville.com

(904) 398-3406 ext. 102

TDD/TTY Florida Relay 711

1400 LeBaron Avenue • Jacksonville, FL 32207

The Towers of Jacksonville is an active Senior Community located in the Historic San Marco of Jacksonville.

Marcis Pointe
Senior Apartments

55 +

6734 103rd Street
Jacksonville, FL 32210
Phone: 904-778-0030
Fax: 904-778-0620

**RENT STARTING
AT**



\$688



Charming 1 and 2 bedroom
apartment homes

- Fully equipped kitchens
- Pool
- Picnic area with out-door grill
- Herb and vegetable garden
- Theater room
- Game room
- Kitchen and activities room
- Hair salon
- Cable/Internet ready
- Library
- Exercise room

www.marcispointe.com

SUPPORT GROUPS

ALZHEIMER'S ASSOCIATION**Central & North Florida Chapter**

800-272-3900 Toll-Free - 24/7 helpline

AMERICAN CANCER SOCIETY**Duval Unit**

1430 Prudential Drive - 32207

398-0537

AMERICAN DIABETES ASSOCIATION**North Florida/South Georgia**

8384 Baymeadows Road, Suite 10 - 32256

730-7200

ARTHRITIS FOUNDATION

712 Bellshire Drive, Orange Park, FL 32065

644-7317

Offers support groups, self-help courses, and water and land-based exercise courses. Call for more information.

**BETTER BREATHERS CLUB
AMERICAN LUNG ASSOCIATION
IN FLORIDA**

**Northeast Region
520-7119**

www.lungfla.org

Beaches

Mayo Clinic Hospital Cardio-Pulmonary Rehab

Department, 2nd Floor 2 North

Meets on 4th Tuesday each month - 12 p.m. - 1 p.m.

Riverside/Downtown

St. Vincent's - Heart & Vascular Medical Building

Meets on 2nd Monday each month - 2 p.m. - 3:30 p.m.

Southside

American Lung Association

6852 Belfort Oaks Place - 32216

Call for meeting day and times.

EPILEPSY FOUNDATION OF FLORIDA

5209 San Jose Boulevard, Suite 101 - 32207

731-3752

www.epilepsyfla.org

Meets on 4th Tuesday each month - 6 p.m. - 8 p.m.

**JACKSONVILLE COUNCIL OF THE
BLIND**

P.O. Box 18274 - 32229-0274

996-7404

Meets on 3rd Monday each month - 5:30 p.m. at Brooks Clubhouse, 3197 Cortez Road. A national, statewide and local nonprofit organization of the blind, visually impaired and sighted individuals, who are committed to promoting independence, dignity and a better quality of life for the blind and visually impaired.

LEUKEMIA & LYMPHOMA SOCIETY

Northern & Central Florida Chapter

7077 Bonneval Road, Suite 103 - 32216

332-6414

800-868-0072 Toll-Free

www.lls.org

LUPUS FOUNDATION OF FLORIDA

800-684-9276 Toll-Free

www.lupusflorida.org

MUSCULAR DYSTROPHY ASSOCIATION

Jacksonville B District

7077 Bonneval Road, Suite 460 - 32216

296-7434

www.mda.org

**NATIONAL MULTIPLE
SCLEROSIS SOCIETY**

North Florida Chapter

4237 Salisbury Road, Suite 406 - 32216

332-6810

800-344-4867 Toll-Free

www.nationalmssociety.org/chapters/fln/index.aspx

**SICKLE CELL DISEASE ASSOCIATION
OF AMERICA, INC.**

Northeast Florida Chapter

4519 Brentwood Avenue - 32206

353-5737

www.sicklecelldisease.org

TRANSPORTATION

**JACKSONVILLE TRANSPORTATION
AUTHORITY**

100 North Myrtle Avenue - 32204

630-3100

630-3191 (TDD)

www.jtafla.com

Fare Information: Seniors 60+ ride fixed routes for free by showing a government issued valid photo identification card, with birth date. Seniors also ride the Skyway for a discounted fare of 10 cents, Ride Request services for a discounted fare of \$1 each way, Commuter Shuttles for FREE unless a premium stop is scheduled, then 50 cents per stop and the downtown Trolley for FREE. The Jacksonville Transportation Authority Connexion service also provides paratransit service for the disabled and transportation for disadvantaged riders unable to use fixed route buses. For more information about Connexion, call customer service at **265-6001** or **636-7402 (TDD)**.

About JTA: Established by state charter in 1955, the Authority was originally charged with expanding the city's expressway system. In 1971, the authority took over public bus operations. Today, JTA remains a state agency. JTA not only builds roads and bridges, but provides public transportation options throughout the region. 185 buses serve the county by connecting with adjoining systems, which expands the service area. In addition, JTA provides a community shuttle, trolley, skyway, paratransit and stadium shuttle services.

UTILITIES - ELECTRIC

JEA - CUSTOMER CARE CENTER

21 West Church Street - 32202

665-6000**800-683-5542** Toll-Free**800-955-8771 (TDD)**

www.jea.com

UTILITIES - GAS

TECO PEOPLES GAS

4040 Philips Highway - 32207

739-1211**877-832-6747** Toll-Free

www.peoplesgas.com

UTILITIES - SOLID WASTE & RESOURCE MANAGEMENT

GARBAGE, RECYCLE & TRASH PICK UP**630-CITY (630-2489)**

UTILITIES - TELEPHONE

AT&T CUSTOMER SERVICE**888-757-6500** Toll-Free - Residence**866-620-6000** Toll-Free - Business

For new service, connect or disconnect service, transfer service and billing inquiries.

411 - Directory Assistance

(Local and Long Distance)

Dial 0 for Operator - Operator Services

For telephone lines, wiring, or jacks inside home or business.

COMCAST**374-8000** - Residence

UTILITIES - WATER

BEACHES ENERGY SERVICES**Jacksonville Beach City Hall**

11 3rd Street North

Jacksonville Beach, FL 32250

247-6241

www.beachesenergy.com

Provides electric only for Neptune and Ponte Vedra beaches. Provides all utilities for Jacksonville Beach.

JEA - CUSTOMER CARE CENTER

21 West Church Street - 32202

665-6000**800-683-5542** Toll-Free**665-6290 (TDD)**

www.jea.com

NORMANDY VILLAGE UTILITY CO.

7952 Normandy Boulevard, Suite 3 - 32221

781-1194

Provides water service for the Normandy Village area of Jacksonville, including Spring Wood, Spring Leaf and Longleaf Forest North.

UTILITY TAP IN PROGRAM (U-TIP)

214 North Hogan Street, 8th Floor - 32202

255-8200

www.coj.net

(See page 81 for a description of services)

VETERAN SERVICES

DEPARTMENT OF VETERANS AFFAIRS - VOCATIONAL REHABILITATION

7825 Baymeadows Way, Suite 120-B - 32256

731-0565**JACKSONVILLE VA SOUTHPOINT**

6900 Southpoint Drive North - 32216

470-6900**MILITARY AFFAIRS, VETERANS AND DISABLED SERVICES DEPARTMENT, CITY OF JACKSONVILLE**

117 West Duval Street, Suite 175 - 32202

630-3680**630-4993 (TTY)**

email: vetsvc@coj.net

www.coj.net

Serving veterans of the U.S. Military by:

- Assisting veterans and their families with filing VA claims for disability and pension.
- Filing appeals to VA claims previously submitted.
- Filling out and submitting VA forms for burial benefits.
- In-home consultations and assistance made available to severely disabled.
- Providing indigent or homeless veterans with temporary housing, food and clothes.
- Assisting homeless veterans to connect to beneficial social services and full-time employment.
- Counseling referrals for veterans in need of rehabilitation to gain independence.
- Providing transitional employment and job referral assistance.
- Providing limited social services for veterans in need of shelter, clothing, and health and comfort items.
- Amendment 7 homestead exemption assistance.
- Assisting with VA medical claims.
- VA Home Loan.

Serving active duty and reserve military members by:

- Hosting events that honor our military and their families.
- Provide transitional employment and job referral assistance.

Advocating for the expansion of the military presence in Duval County by:

- Continuing the advocacy for the homeporting of nuclear aircraft carrier at NAVSTA Mayport.
- Working with congressional delegation to ensure funding for infrastructure improvements necessary for additional ships and personnel at Mayport.
- Continuing the collaborative effort with the Navy to acquire restrictive easements around OLF Whitehouse, thus preserving its operational capacity.
- Managing multiple grants that fund infrastructure improvements on and around area military bases.

Serving the Disability Community by:

- Monitoring federal and state legislation relating to disability rights and laws.
- Reviewing policy that may impact the disability community.
- Serving as a consultant to all City agencies/departments and offices regarding ADA and disability issues.
- Reviewing design plans for new construction to ensure accessibility.

NORTHEAST FLORIDA VETERANS COUNCIL, C/O MILITARY AFFAIRS & VETERANS AND DISABLED SERVICE DEPARTMENT, CITY OF JACKSONVILLE

117 West Duval Street, Suite 175 - 32202

630-3680

859-8189

www.coj.net

“Strength in Unity,” the council’s purpose is to unify the veterans’ organizations of Northeast Florida, providing solidarity in communicating the veterans’ viewpoints and a means of disseminating information on issues before local government that affect veterans, their dependents and surviving spouses. The Council’s general assembly of delegates from area veteran organizations meets on the third Tuesday of the month (except December) at 7 p.m., at the City Hall Mezzanine at 117 West Duval Street, Jacksonville, FL 32202. Organizational dues are \$25 annually.

VA EYE CLINIC

580 West 8th Street - 32209

244-9220

VA SURGI-CENTER

4253 Salisbury Road North - 32216

265-9500

VET CENTER

300 East State Street, Suite J - 32202

232-3621

Provides benefits counseling and information referral as a service of the Federal Department of Veteran’s Affairs to veterans who have served in a war.

VETERANS AFFAIRS OUTPATIENT CLINIC

1833 Boulevard - 32206

232-2751

Benefits Counseling, ext. 3005

Outpatient Facility of the VA for eligible veterans.

VICTIM SERVICES

BEHAVIORAL AND HUMAN SERVICES DIVISION, SPECIAL SERVICES DEPARTMENT, CITY OF JACKSONVILLE

Victim Services Center
403 West 10th Street - 32206
Day Business Phone:

630-6300

Fax: **630-0770**

358-RAPE (7273) (24-Hour Sexual Assault Hotline)

www.coj.net

The Behavioral and Human Services Division's Victim Services Center offers comprehensive case management, referral and victim advocacy services for victims of crime. The services are structured to help reduce trauma associated with crime victimization and to facilitate recovery from traumatic experiences. All of the services are provided at no cost to victims and their significant others. The Victim Services Center works closely with the Mayor's Victims Assistance Advisory Council (VAAC) to ensure close collaboration with community agencies and service providers in an effort to improve the rights of victims of crime. The Victim Services Center provides the following specialized programs and services:

- Sexual Assault Response Center (SARC) for victims of sexual assault
 - Elderly and Disabled Mobile Outreach Services
 - Intimate Violence Enhanced Services Team (INVEST) for victims of domestic violence
 - After-Hours Hospital Emergency Room Advocacy Services
 - Victim Rights information and advocacy
 - Support Groups for survivors of violent crime
 - 24 hour Rape Hotline for victims of crime at **358-RAPE (7273)**
 - Volunteer support for victims of crime
 - Crisis Intervention and needs assessment
 - Information and referral
 - Court Advocacy and Criminal Justice Support
- Crime safety awareness education through community outreach and presentations to groups for promoting and heightening community awareness to prevent citizens, specifically seniors and children, from becoming victims of crime.

HUBBARD HOUSE, INC.

354-3114

www.hubbardhouse.org

Provides a temporary shelter for victims of domestic violence and their children. Empowerment counseling is offered to resident and nonresident victims and their children to help them take control of their lives. A program called First Step is available for abusers.

MOTHERS AGAINST DRUNK DRIVING - NORTHEAST FLORIDA CHAPTER

4417 Beach Boulevard, Suite 307 - 32207

388-2455

877-623-3435 Toll-Free

For all victims of drunk drivers. Provides educational programs and promotes safe driving. Volunteers always needed.

OFFICE OF THE ATTORNEY GENERAL, BUREAU OF VICTIM COMPENSATION

PL-01, The Capitol

Tallahassee, FL 32399-1050

800-226-6667 Toll-Free

www.myfloridalegal.com

Please call our toll-free number or visit the agency website for applications and information.

WOMEN'S CENTER OF JACKSONVILLE

5644 Colcord Avenue - 32211

722-3000

www.womenscenterofjax.org

(See page 62 for a description of services)

VITAL STATISTICS

DUVAL COUNTY COURTHOUSE CLERK OF COURTS

Marriage Licenses

501 West Adams Street, Room 2396 - 32202

255-2000

1543 Atlantic Boulevard

Neptune Beach, FL 32266

270-1508

**DUVAL COUNTY HEALTH
DEPARTMENT OFFICE OF
VITAL STATISTICS**

Birth/Death Certificates &

Marriage/Divorce Records

1217 North Pearl Street - 32202

359-6900

Birth/Death Certificates

900 University Boulevard North,

Room 101 - 32211

253-1620

VOLUNTEER OPPORTUNITIES

**AGING TRUE COMMUNITY SENIOR
SERVICES**

4250 Lakeside Drive, Suite 116 - 32210

807-1203

807-1218 (TDD)

www.agingtrue.org

Relief, Senior Companion, Caregiver Mentors, Friendly Visitor, Telephone Reassurance, and Meals on Wheels volunteer services are available to assist caregivers and the frail elderly in the Duval County area. All volunteers are carefully screened and trained. Some volunteers may qualify for a stipend.

AMERICAN CANCER SOCIETY

Duval Unit

1430 Prudential Drive - 32207

391-3601

**CATHOLIC CHARITIES BUREAU
VOLUNTEER PROGRAM**

134 East Church Street - 32202

354-4846 ext. 269

Catholic Charities offers many different opportunities for volunteers to get involved with the agency. Volunteers can be involved with special events, office clerical work, food pantry, donation pick-ups, respite care, ambassadors for refugees and many other opportunities.

CITY RESCUE MISSION, INC.

426 McDuff Avenue South - 32254

387-4357 ext. 253

A large variety of opportunities are available depending on your skills and interests.

**COMMUNITY HOSPICE OF NORTHEAST
FLORIDA**

4266 Sunbeam Road

Jacksonville, FL 32257

407-7064

► see our ad page 88

DIGNITY U WEAR

136 North Myrtle Avenue - 32204

636-9455 ext. 10

www.dignityuwear.org

Dignity U Wear has volunteer opportunities for people to come in and sort clothes by gender and size and to fill the requests we receive from the nonprofit agencies we serve. There are lots of opportunities depending on your desire and skill sets.

**FOSTER GRANDPARENT PROGRAM,
SENIOR SERVICES DIVISION,
CITY OF JACKSONVILLE**

150 East 1st Street - 32206

630-5450

(See page 38 for a description of services)

H2U - MEMORIAL HOSPITAL

3627 University Boulevard South,

Suite 140 - 32216

391-1320

**HABIJAX - HABITAT FOR HUMANITY
OF JACKSONVILLE, INC.**

2404 Hubbard Street - 32206

798-4529

www.habijax.org

HabiJax offers volunteer opportunities for you to help with all aspects of home building. We have both construction and non-construction volunteer opportunities available. Please call or visit our website for more information.

HANDS ON JACKSONVILLE, INC.

6817 Southpoint Parkway, Suite 1902 - 32216

332-6767

www.handsonjacksonville.org

We inspire, equip and mobilize people to take action that changes the world.

HART FELT MINISTRIES

P.O. Box 54699 - 32245-4699

538-0306www.hartfelt.org

Faith-based organization providing companionship and non-medical services to frail elderly people with long-term health issues to help them with life's routine tasks and enable them to "age in place." Volunteers are screened, trained, insured and given choice of assignments.

**INDEPENDENT LIVING PROGRAM,
SENIOR SERVICES DIVISION,
CITY OF JACKSONVILLE**

1093 West 6th Street - 32209

630-0966**(See page 38 for a description of services)****JACKSONVILLE ZOO AND GARDENS**

370 Zoo Parkway - 32218

757-4463 ext. 176www.jacksonvillezoo.org**(See page 44 for a description of services)****OFFICE OF VOLUNTEER SERVICES,
CITY OF JACKSONVILLE**

117 West Duval Street, Suite 100 - 32202

630-1020www.coj.net

JaxCorps is the City of Jacksonville's citizen volunteer program directed by the Office of Volunteer Services. It is a partnership that provides opportunities for volunteers to be exposed to all aspects of government by working side-by-side with city employees. Volunteers play key roles by providing services to the community, assisting with special events and assisting with daily operations. You are encouraged to become active participants in your local government!

RECYCLES ORCHESTRA

James E. Dynan, President

215-9387

An all-volunteer orchestra made up of retired musicians age 55+. All levels of expertise can be accommodated. There are no auditions. Orchestra members play one concert a week from September to June. For more information call Art Heintzinger (Booking Agent) at **272-0896**.

**RSVP OF DUVAL COUNTY,
SENIOR SERVICES DIVISION,
CITY OF JACKSONVILLE**

150 East 1st Street - 32206

630-0998**(See page 40 for a description of services)****SENIORS ON A MISSION, INC.**

2050 Art Museum Drive, Suite 102 - 32207

551-4373www.seniorsonamission.org

Seniors on a Mission supply live-alone-at-home senior citizens ten mission trip opportunities each month with a team of 18-26 like-aged people. The mission trips are age appropriate, with stimulating work opportunities for both males and females. We serve at a variety of 60 collaborating nonprofit organizations such as the Leukemia & Lymphoma Society, the Clothing Warehouse, First Coast Women's Services, Hope Haven, YMCA, Project SOS, Healthy Start, Housing Partnership, Seamark Ranch Children's Home, Salvation Army, Dreams Come True, Jefferson Davis Middle School and Volunteers in Medicine. The mission trips run about four to five hours, and lunch is included. There are eight bus pick-up locations around Jacksonville. There are currently 400 seniors who participate. Notification of monthly mission trips is available through our "Seniors on a Mission" monthly newsletter. Call or visit our website to sign up for a newsletter.

**SHANDS JACKSONVILLE
VOLUNTEER SERVICES****655 West 8th Street****Jacksonville, FL 32209****244-4271****<http://ufandshandsjax.org/volunteer>****ST. VINCENT'S MEDICAL CENTER
AUXILIARY AND VOLUNTEER OFFICE**

1 Shircliff Way - 32204

308-8305www.jaxhealth.com/volunteer

**WOLFSON CHILDREN'S
HOSPITAL AUXILIARY**

800 Prudential Drive - 32207

202-8008www.wolfsonchildrens.org

Matching your personal interests with volunteer services, volunteers are asked to commit three to four hours per week to help in one of more than 20 support services, including the surgery waiting areas, children's admitting, library and the traveling store. Auxilians help support the hospital's mission of care and to promote goodwill in the community.

WHEELCHAIR LIFTS & RAMPS

ACCESSIBILITY SPECIALISTS, INC.

9556 Historic Kings Road, Suite 107

Jacksonville, FL 32257

260-6675www.accessibilityspecialistsinc.com**ACTION DISABILITY RESOURCES, INC.**

5609 Timuquana Road - 32210

777-1979**MOBILITY WORKS/HDS VANS &
MOBILITY**

2727 St. Johns Bluff Road South, Suite 201 - 32246

281-0111**SCOOTER STORE, THE**

2431 St. Johns Bluff Road South, Suite 113 - 32246

641-5311

WOUND CARE

HARRIS FOOT & ANKLE**Harris, John, DPM, FACFAS****431 West 8th Street****Jacksonville, FL 32206****355-1553****333 5th Avenue North****Jacksonville Beach, FL 32250****355-1553****9191 RG Skinner Parkway, Suite 703****Jacksonville, FL 32256****355-1553****1886 South 14th Street****Fernandina Beach, FL 32034****355-1553****PEARL, HARVEY A., DPM, FACFAS, CWS****2324 University Boulevard West****Jacksonville, FL 32217****737-4166**

HAS YOUR LISTING INFORMATION CHANGED?

Please take a minute to complete the
evaluation form and the complimentary listing form on
page 160 or visit us on the Web, and we will be sure to
update your current information for our
2014-2015 Jacksonville Senior Services Directory™

List of Current Medications

Jacksonville Senior Services Directory™ 2013-2014

[illegible]

Jacksonville Senior Services Directory™ 2013-2014

F.S. 196.101

State of Florida DR-416 revised 02/08

RE#: _____

Year: _____

Identification Number (for appraisers use only): _____

Physician Name (Please Print): _____

a physician licensed pursuant to Chapter 458 or Chapter 459, Florida Statutes, hereby certify

☐ Mr. ☐ Mrs. ☐ Miss ☐ Ms. _____
Patient's Name (Please Print)

Social Security Number _____, is totally and permanently disabled
(Social Security Number required under s. 196.101, Florida Statutes)

as of January 1, _____, due to the following mental or physical condition(s):

☐ Quadriplegia ☐ Paraplegia ☐ Hemiplegia ☐ Legal Blindness

☐ Other total and permanent disability requiring use of a wheelchair for mobility.

☐ Please check here if patient is totally or permanently disabled but does not require a wheelchair for mobility.

It is my professional belief that the above-named condition(s) render this individual totally and permanently disabled and that the foregoing statements are true, correct, and complete to the best of my knowledge and professional belief.

Signature: _____ Date: _____

Address: _____
Street City State Zip

Florida Board Medical Examiner's License No.: _____

Date License Issued: _____

NOTICE TO TAXPAYER: Each Florida resident applying for a total and permanent disability exemption must present to the county property appraiser, on or before March 1 of each year, a copy of this form or a letter from the United States Department of Veteran Affairs or its predecessor. Each form is to be completed by a licensed Florida physician.

NOTICE TO TAXPAYER AND PHYSICIAN: Section 196.131(2), Florida Statutes, provides that any person who shall knowingly and willfully give false information for the purpose of claiming homestead exemption shall be guilty of a misdemeanor of the first degree, punishable by a term of imprisonment not exceeding one year, or a fine not exceeding \$5,000, or both.

NOTE: Disclosure of your social security number is mandatory. It is required by sections 196.011(1) and 196.101(5), Florida Statutes. The social security number will be used to verify taxpayer identity information and homestead exemption information submitted to property appraisers.

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Jacksonville Senior Services Directory™ 2013-2014

HEALTH CARE ADVANCE DIRECTIVES - THE PATIENT'S RIGHT TO DECIDE

All adult individuals in health care facilities such, as hospitals, nursing homes, hospices, home health agencies and health maintenance organizations have certain rights under Florida law.

You have a right to fill out a document known as an “Advance Directive.” The document says in advance what kind of treatment you want or do not want under special, serious medical conditions—conditions that would stop you from telling your doctor how you want to be treated. For example, if you were taken to a health care facility in a coma, would you want the facility’s staff to know your specific wishes about decisions affecting your treatment?

WHAT IS AN ADVANCE DIRECTIVE?

An Advance Directive is a written or oral statement that is made and witnessed in advance of serious illness or injury about how you want medical decisions made. Two forms of an Advance Directive are:

- Living Will
- Health Care Surrogate Designation

An Advance Directive allows you to state your choices about health care, or to name someone to make those choices for you if you become unable to make decisions about your medical treatment. An Advance Directive can enable you to make decisions about your future medical treatment.

WHAT IS A LIVING WILL?

A Living Will generally states the kind of medical care you want or do not want if you become unable to make your own decisions. It is called a Living Will because it takes effect while you are still living. Florida law provides a suggested form for a Living Will. You may use it or some other form. You may wish to speak to an attorney or physician to be certain you have completed the Living Will in a way so that your wishes will be understood.

WHAT IS A HEALTH CARE SURROGATE DESIGNATION?

A Health Care Surrogate Designation is a signed, dated and witnessed document naming another person such as a husband, wife, daughter, son or close friend as your agent to make medical decisions for you, if you should become unable to make them for yourself. You can include instructions about any treatment you want or wish to avoid. Florida law provides a suggested form for designation of a health care surrogate. You may use it or some other form. You may wish to name a second person to stand in for you, if your first choice is not available.



WHICH IS BETTER?

You may wish to have both or combine them into a single document that describes treatment choices in a variety of situations, naming someone to make decisions for you should you be unable to make decisions for yourself.

DO I HAVE TO WRITE AN ADVANCE DIRECTIVE UNDER FLORIDA LAW?

No, there is no legal requirement to complete an Advance Directive. However, if you have not made an Advance Directive or designated a health care surrogate, health care decisions may be made for you by a court-appointed guardian, your spouse, your adult child, your parent, your adult sibling, an adult relative or a close friend in that order. This person is referred to as a “proxy.”

CAN I CHANGE MY MIND AFTER I WRITE A LIVING WILL OR DESIGNATE A HEALTH CARE SURROGATE?

Yes, you can change or cancel these documents at any time. Any changes should be written, signed, and dated. You can also change an Advance Directive by oral statement.

WHAT IF I HAVE FILLED OUT AN ADVANCE DIRECTIVE IN ANOTHER STATE AND NEED TREATMENT IN A HEALTH CARE FACILITY IN FLORIDA?

An advance directive completed in another state, in compliance with the other state’s law, can be honored in Florida.

WHAT SHOULD I DO WITH MY ADVANCE DIRECTIVE IF I CHOOSE TO HAVE ONE?

Make sure that someone such as your doctor, lawyer or family member knows that you have an Advance Directive and where it is located. Consider the following:

- If you have designated a health care surrogate, give a copy of the written designation form or the original to the person.
- Give a copy of your Advance Directive to your doctor for your medical file.
- Keep a copy of your Advance Directive in a place where it can be found easily.
- Keep a card or note in your purse or wallet that states you have an Advance Directive and where it is located.
- If you change your Advance Directive, make sure your doctor, lawyer and/or family member has the latest copy.
- If you need further information about an Advanced Directive, please consult with those who are in charge of your care.

For your convenience, use the forms on the next two pages

Copy & cut on the dotted line and keep as a wallet card.

HEALTH CARE ADVANCE DIRECTIVES

I, _____
have created the following Advance Directive(s):

- ☐ Living Will
☐ Health Care Surrogate Designation
☐ Other (Specify) _____

..... Fold

Contact:

Name: _____

Address: _____

Telephone: _____

Signature: _____ Date: _____

Designation of Health Care Surrogate

Jacksonville Senior Services Directory™ 2013-2014

Should I ever become unable to make health care decisions for myself, it is my wish that the person named below serve as my health care surrogate to make health care decisions for me:

Name of Surrogate: _____

Address: _____

City/State/Zip: _____

Telephone: _____

☐ I understand that this designation will permit my surrogate to provide, withhold or withdraw consent for medical treatment for me, including life-sustaining medical care; and to authorize my admission to or to transfer from a health care facility.

☐ I have informed my Designated Health Care Surrogate of my preferences, and my designated surrogate has agreed to act on my wishes.

☐ I have also completed a Living Will, a copy of which is attached to this form.

Signed this _____ day of _____ , _____

Printed Name : _____ Signature: _____

Witness Statement: The declarant is personally known to me, and I believe him/her to be of sound mind.

Witness: _____ Witness: _____

*Note: A copy of this form should be given to your physician and the surrogate. The surrogate cannot sign as a witness. Only one witness can be a spouse or blood relative.

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Living Will Declaration

Jacksonville Senior Services Directory™ 2013-2014

Declaration made this ____ day of _____, _____. I, _____ (name), willfully and voluntarily make known my desire that my dying not be artificially prolonged under the circumstances set forth below, and I do hereby declare:

If at any time I should have a terminal condition and if my attending physician and one other physician have determined that there can be no recovery from such a condition, and that my death is imminent:

(Check one or both boxes below)

☐ I direct that life-prolonging procedures be withheld or withdrawn when the application of such procedures would serve only to prolong artificially the process of dying, and that I be permitted to die naturally with only the administration of medication or the performance of any medical procedure necessary to provide me with comfort, care, or to alleviate pain.

☐ I request that my Designated Health Care Surrogate, _____ (name), make decisions on my behalf concerning the withholding of life-prolonging procedures. (Attach Health Care Surrogate Designation.)

(Check only one of the boxes below)

☐ I want nutrition and hydration (including food and water administered through tubes) to be withheld or withdrawn when it would only serve to prolong artificially the process of dying.

☐ I do not want nutrition and hydration (including food and water administered through tubes) to be withheld or withdrawn, even when it would only serve to prolong artificially the process of dying.

In the absence of my ability to give directions regarding the use of such life-prolonging procedures, it is my intention that this declaration be honored by my family and physician as the final expression of my legal right to refuse medical or surgical treatment, and to accept the consequences of such refusal.

If I have been diagnosed as pregnant and this diagnosis is known to my physician, this declaration shall have no force or effect during the course of my pregnancy.

I understand the full meaning of this declaration, and I am emotionally and mentally competent to make this declaration.

Printed Name: _____ Signature: _____

Witness Statement: The declarant is personally known to me, and I believe him/her to be of sound mind.

Witness: _____ Witness: _____

*Note: A copy of this form should be given to your physician and the surrogate. The surrogate cannot sign as a witness. Only one witness can be a spouse or blood relative.

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Jacksonville Senior Services Directory™ 2013-2014

Do you plan on using a Public Shelter in the event of a disaster? **NO YES (Circle One)**
IF "NO", DO NOT COMPLETE THIS FORM.

If "YES", please **PRINT** information on both pages of this form and mail it to the return address.

NOTE: REGISTRATION should be UPDATED and submitted ANNUALLY.

REQUIRED Personal Enrollment Data

(One Person Per Form)

Today's Date: _____

Name: _____ SSN: _____ Sex: **M F (Circle One)**
Last First Middle

Street Address: _____
Street City ZIP

Mailing Address (if different from above): _____

Telephone: _____ Date of Birth: _____ Age: _____ Weight: _____ Height: _____ ft. _____ in.

Language Spoken: _____

Residence Type: ☐ House/ Duplex ☐ Mobile Home/ Trailer ☐ Apartment/ Condo

Living Situation: ☐ Living Alone ☐ With Parents ☐ With Family

☐ With Non-Relative

Name of Contact in your home: _____

Emergency Contacts

(Local) Name: _____ Relationship: _____ Phone: _____

(Non-Local) Name: _____ Relationship: _____ Phone: _____

Special Medical Needs

Check those that apply:

- | | | |
|---|---|--|
| <input type="checkbox"/> Medical Dependence on Electricity | <input type="checkbox"/> Cognitive Impairment | <input type="checkbox"/> Speech Impaired |
| <input type="checkbox"/> O2 Concentrator, Nebulizer | <input type="checkbox"/> Anxiety / Depression | <input type="checkbox"/> Vision Loss / Impaired |
| <input type="checkbox"/> Feeding Pump | <input type="checkbox"/> Mental Health Problem | <input type="checkbox"/> Hearing Loss / Impaired |
| <input type="checkbox"/> Suction | <input type="checkbox"/> Alzheimer's / Dementia | <input type="checkbox"/> Incontinence |
| <input type="checkbox"/> Other _____ | <input type="checkbox"/> Open Wounds / Decubitus | <input type="checkbox"/> Service Animal |
| <input type="checkbox"/> Oxygen Company _____ | <input type="checkbox"/> Respirator Dependent | <input type="checkbox"/> Dialysis Dependent |
| <input type="checkbox"/> Assistance with administration of Medications, Including Insulin | <input type="checkbox"/> Bedridden | <input type="checkbox"/> Morbid Obesity |
| | <input type="checkbox"/> Other _____ | |
| | <input type="checkbox"/> Walker <input type="checkbox"/> Cane <input type="checkbox"/> Wheelchair (Check One) | |

Assistance Required

Do you have a caregiver who will be with you? **NO YES (Circle One)**

If "YES", Name: _____ Phone: _____

Do you need transportation to a Special Needs shelter in the event of a disaster? **NO YES (Circle One)**

If "YES", ☐ Bus ☐ Car ☐ Wheelchair Van ☐ Ambulance (Check One)

**NOTE: Transportation and shelter will be provided ONLY for you plus one caregiver.
 See next page of form.**

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Other Medical Problems

Primary Doctor's Name: _____ Telephone: _____

Home Health Agency Name: _____ Telephone: _____

Anticipated Date of Discharge: _____ Reason: _____

Pharmacy Name: _____ Telephone: _____

Health Insurance Company Name: _____ Telephone: _____

Allergies: _____

Medications: _____

Consent

In case of emergency, I, _____, authorize rescuers to enter my home.

Printed Name: _____

By signing this form, I, _____, agree that the information stated on this form is accurate and truthful, to the best of my knowledge.

Signature: _____ Date: _____

Person Completing Form (if different from shelteree): _____

Address Company: _____ Phone: _____

IMPORTANT NOTES:

- In an actual emergency, response agencies will try to provide the necessary assistance, but this cannot always be assured.
- To best guarantee personal safety, individuals should make plans and follow government emergency response guidance.
- The purpose of Special Medical Needs Shelters is to provide **shelter as a last resort**. A personal caregiver should accompany registered Special Medical Needs individuals to a Special Medical Needs shelter.
- If you need to go to a hospital during a disaster, you and your care provider must make those arrangements.
- Nursing homes have approved plans for evacuation and sheltering of residents that do not include use of Special Medical Needs Shelters.

All information contained in this form is confidential and exempt from disclosure and will be made available only to other emergency response agencies (Section 252.355, Florida Statute).

**Mail To: Fire and Rescue Department
Emergency Preparedness Division
515 North Julia Street
Jacksonville, FL 32202**

Phone: 904-630-2472

This section to be completed by the Jacksonville Emergency Preparedness Division.

PIN: _____ Date Received: _____ Date Updated: _____ Evacuation Zone: _____ Triage Code: _____

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**GOVERNORS CREEK
HEALTH AND REHAB**

803 Oak St.
Green Cove Springs, FL 32043
904-284-5606
FAX: 904-212-0578



Our Services

- 24-hour Skilled Nursing
- Comprehensive Rehabilitation Services
- Physical, Speech, and Occupational Therapies available 7 days/week
- Respiratory Therapy
- Post-Acute Care
- Post-Surgical Rehabilitation
- Nutritional Services
- IV Therapy
- Pain Management
- Wound Care Management
- Respite Care
- Hospice Care
- Alzheimer's Care
- Case Management & Social Services
- Discharge Planning Services